



Registration Information

Registration

for

PreNovice, Adult II, Adult III, Competitive
CanSynchroskate and Group Dance

is

**Aug. 30 – 7:00 pm
at the Field House.**

**A \$25.00 discount will apply to registrations received on Aug. 30.
Registration forms are available on our website.**

A **\$100.00 deposit** must accompany every registration form. Forms handed in without the deposit will be returned until payment is made. All payments are to be made out to : **RSST Postdated cheques for the remainder of fees must be submitted at your team's choreography weekend.**

These cheques will be deposited every month unless you inform the Team Accounts Manager that you have done enough fundraising for a particular month and not to cash the cheque. The cheque will be returned to you or destroyed as per your instructions..

The General Manager must be contacted if alternate arrangements are requested.

Group Dance

This program has been developed to encourage our Synchronized Skaters to enhance their skating skills. This program is for all ages and skaters will be grouped based on their age and skill level. Skaters will work on Skate Canada Dances and can work towards being tested and achieving their Skate Canada test levels in Dance. This is a 45 minutes session.

The fee is 165.00 for 20 weeks and will run on Thursdays at the Doug Wickenheiser Arena from 5:45 – 6:30 pm beginning Oct. 7, 2010.

Each group, (ratio 1 coach:4 skaters, depending on registration), will receive a 15 minute lesson and then have 30 minutes of practice time.

We encourage all of our skaters to participate. This is an excellent opportunity for experienced skaters to start, complete &/or refresh their current dances and an opportunity for CanSynchroskaters to progress to the next level.

Fundraising

SWEAT EQUITY

Sweat Equity was designed to ensure that all Regina Synchronized Skating Teams families share in the responsibility for the operating of the club. Each skater is responsible for one of the following:

- one fundraising /volunteer event during the year (e.g. chocolate bar sales, meat sales, etc.) or
- one executive position (e.g. team manager, bingo coordinator), other position (e.g. assistant team manager, team accounts manager).



REGISTRATION FORM

2010/2011

A Deposit of \$100.00 must accompany this registration form.
Group Dance Fees must also accompany this registration form.

Select the teams/programs you are registering for:

PRE-NOVICE ADULT II ADULT III GROUP DANCE

Name			
Skate Canada Number		Check here for new number	<input type="checkbox"/>
Birthdate dd/mm/yyyy		Age as of July 1/10	<input type="text"/>
Hospitalization Number			
Mailing Address			
Home Phone		Work Phone	
Cell Phone		Fax Number	
Mother's Name		Father's Name	
Mother's Work Phone		Father's Work Phone	
Mother's Cell Phone		Father's Cell Phone	
Next of Kin		Next of Kin Phone	
Emergency Contact		Emergency Phone	
Skater's E-mail Address			
Parent's or Work E-mail Address			

Regina Synchronized Skating Teams

Waiver

I agree to have my name and information found on this registration form used for club purposes. I agree to have my name, phone number and e-mail address posted in the MEMBERS ONLY area of our web page. Information contained on Medical forms will be held and accessed only by the Team Managers, General Manager and Skate Canada.

In consideration of the acceptance of this application, the applicant agrees or if the skater is under 18 years of age, the skater and parent or guardian, jointly severally covenant and agree that the skater skates at his or her own risk and indemnify and hold harmless Regina Synchronized Skating Teams Inc., their professionals and staff, the City of Regina from all loss which may be sustained by reason of any injury to the skater however arising, on or as a result of the skater attending a Regina Synchronized Skating Teams Session or Competition.

Signature of Parent of Guardian or Skater if 18 years of age:

Date: _____

Club Code of Conduct

GENERAL OUTLINE

1. As a member of the Regina Synchronized Skating Teams Inc., I will always conduct myself in a manner that reflects favourably and positively on my team, the club and the city of Regina.
2. I will maintain a high standard of personal behaviour with respect to dress, punctuality, preparation and contact with other skaters, managers, coaches and club officials.
3. I will attend practice and competitions in proper uniform with my hair neatly secured. I will come to all practices with a positive outlook and realize that it is my responsibility to get help with my weaknesses. If I cannot attend a practice, I will phone my coach by noon of the practice day. If the coach is away, contact the team manager.
4. I will always take pride in making an honest effort and achievement regardless of victory or defeat.
5. I will always respect and appreciate the value of sportsmanship and teamwork (the "we" rather than "I" philosophy). I will always have a positive sense of personal and team achievement. I will always do my best.
6. I will, at all times, treat all other members, and all competitors with courtesy and respect. I will always respect all coaches, judges, officials, teammates, opponents and any one else connected with the Regina Synchronized Skating Teams.
7. I, as a member in good standing of the Skate Canada, will abide by its rules and code of conduct.
8. I, as a member in good standing of the Regina Synchronized Skating Teams, will read and abide by the policies adopted by the organization. (Rev. April 2003).
9. I will always conduct myself in a reasonable and acceptable manner. Some examples of unacceptable behaviour are:
 - Unsportsmanlike behaviour
 - Breaking curfew regulations
 - Wilful damage of property
 - Breaking the law
 - Behaviour that could damage the reputation of the RSST.
 - Behaviour which could significantly disrupt or interfere with a competition or training session
 - Failing to follow the club policies concerning tobacco and alcohol
10. I will only possess and use medical drugs which are prescribed by a medical doctor and have been registered with the manager or coach.
11. I will participate in all mandatory training sessions, assigned competitions and exhibition skates.
12. I waive all liability against the Regina Synchronized Skating Teams for any injury or loss

BREACH OF THESE CODES

If I as a skater, coach or parent have a concern or complaint that a skater has not followed the skater's code, I should contact a coach, the team manager, the general manager or a member of the executive. It is important that this be done as soon as possible following the incident so that the proper steps can be taken to ensure the behaviour does not continue. Please remember this process will be done in the most confidential manner possible.

If I do not follow the above codes, then I may expect my coach to review the situation and take an appropriate interim action in the best interest of the team and the club. My coach will explain the breach to myself and my parents (if the skater is under 19yrs of age) at the first opportunity and make sure that I/we are aware of the consequences. My coach will then approach the executive and the disciplinary committee to review the breach of code. They will then formulate an appropriate discipline after reviewing the information received from the coach and having consulted with the skater involved and any other skaters or individuals involved in or affected by the breach of the code.

APPEAL PROCESS

I can appeal to the general manager within 7 days if I feel I have been unfairly dealt with regarding this code of conduct. The General Manager may then elect to hold a meeting with all parties directly involved and the disciplinary committee.

DISCIPLINARY ACTION

In the case of a skater being removed from a team the fees will be reimbursed starting from the date the decision is made that the skater may no longer be on the team. With the exception of a plane ticket purchased in that skaters name, the cost of the ticket will be part of her account owing and will be returned to the skater once the account is paid in full.

Signature of member

Parent or Guardian if under 19yrs of age

Registration Form Checklist

A COMPLETE registration must include:

- REGISTRATION FORM
- COPY OF BIRTH CERTIFICATE
- SIGNED , CLUB CODE OF ETHICS
- \$100.00 Deposit
- \$165.00 Group Dance Fee