



# CanSynchronskate

## FALL AND WINTER PROGRAM



**Oct. 4, 2010 – March 21, 2011  
(20 Weeks)**

**Open House, Parents Info Night  
and Registration**

**Monday, Sept. 27 6:30 – 7:30 pm  
Cooperators Centre – Evraz Place**

Regina Synchronized Skating Teams are  
Members of Skate Regina and Skate Canada.  
Our Coaches are certified by Skate Canada

For more information or inquiries please  
email [rsst@sasktel.net](mailto:rsst@sasktel.net)

or visit our website at [www.reginasynchronskate.ca](http://www.reginasynchronskate.ca)

1 hour lessons. Synchronized skating involves a team of skaters performing various group formations and maneuvers. With Synchronized Skating being

### CanSynchronskate & Adult CanSynchronskate

the focus, skaters will learn a choreographed Synchronized Skating program while working towards CanSkate, Advanced CanSkate, or STARSSkate skills. Attending Synchronized Skating competitions is an option should enough registered skaters be interested. The decision to attend competitions would be at a cost over and above the initial registration fees (paid to Regina Synchronized Skating). Does not include \$30.00 Skate Canada Membership Fee.

### Fees

#### Non Competition CanSynchronskate /Adult CanSynchronskate

Mondays – Balfour Arena

6:30 – 7:30 pm

Oct. 4 – Dec. 20/Jan. 10 – March 21

\$250.00 per skater

Includes 20 weeks of Ice and Coaching

#### Competitive CanSynchronskate

Thursdays – Doug Wickenheiser Arena

6:30 – 7:45 pm

Oct. 7 – Dec. 16/Jan. 6 – Mar 17

\$250.00 per skater plus

additional \$500 - \$700.00 per skater,  
depending on the parent and teams decision  
on which competitions they will attend. Can be  
paid through fundraising.

- ❖ Ice and Coaching
- ❖ Competition fees, hotels, transportation  
and most meals
- ❖ Costuming
- ❖ Administration fees

Required for those taking the competition option. SWEAT EQUITY  
Sweat Equity was designed to ensure that all Regina Synchronized Skating



### Fundraising

Teams families share in the responsibility for the operating of the club. Each skater is responsible for one of the following:

- ❖ Help with one fundraising event during the year (e.g. chocolate bar sales, meat sales, etc.) or
- ❖ Help with one executive position (e.g. team manager, assistant team manager, team accounts manager).

Registration Forms will be Available by Aug. 15 at [www.reginasynchronskate.ca](http://www.reginasynchronskate.ca)



CanSynchroSkate

**REGISTRATION FORM**

**2010/2011**

<b>Name</b>			
<b>Skate Canada Number</b>		<b>Check here for new number</b>	<input type="checkbox"/>
<b>Birthdate dd/mm/yyyy</b>		<b>Age as of July 1/10</b>	<input type="text"/>
<b>Hospitalization No.</b>			
<b>Mailing Address Including postal code</b>			
<b>Home Phone</b>		<b>Work Phone</b>	
<b>Cell Phone</b>			
<b>Mother's Name</b>		<b>Father's Name</b>	
<b>Mother's Work Phone</b>		<b>Father's Work Phone</b>	
<b>Mother's Cell Phone</b>		<b>Father's Cell Phone</b>	
<b>Emergency Contact</b>		<b>Emergency Phone</b>	
<b>Skater's E-mail Address</b>			
<b>Parent's or Work E-mail Address</b>			

**Most Recent CanSkate/StarSkate Level Achieved:** \_\_\_\_\_

If Registered with Skate Regina CanSkate, please indicate day and time of your session, and Coach if taking private lessons:

\_\_\_\_\_ (this is to coordinate level of achievement with coaches)

**FEES**

**CanSynchroSkate** - \$250.00 per skater, payable at time of registration  
Includes 20 weeks of Ice and Coaching, Does not include \$30.00 Skate Canada Membership Fee.

**COMPETITION OPTION**

additional \$500 - \$700.00 per skater, depending on the parent and team's decision on which competitions they will attend. Postdated cheques required upon commitment, fees can be raised through fundraising.

**Please check (✓) , if you are interested in participating in the competition option.**

**Regina Synchronized Skating Teams**  
Box 3676 Regina, Sask. S4P 3N8  
Email [rsst@sasktel.net](mailto:rsst@sasktel.net)

## 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:** \_\_\_\_\_

## Regina Synchronized Skating Teams

### 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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian if under 18yrs of age

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