



## 2019-2020 Learn to Skate USA Information

### LEARN TO SKATE USA CLASSES

Sycamore Ice Skating Club's Learn to Skate USA classes include a 30-minute group lesson and a 30-minute practice. Exact class times will vary depending on enrollment. Skate rental is not included.

Class	Schedule	Information
Snowplow Sam 1-4	Saturdays, 12:40-1:40 p.m.	The Snowplow Sam levels are introductory classes designed to help children six and younger develop the ABCs of movement – Agility, Balance, Coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. Upon completion of Snowplow Sam 1-4 levels, skaters will be ready to progress to Basic 2.
Basic 1-6		Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating.
Pre-FS FS 1-6		Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements.
Adult 1-6	Wednesdays, 6:50-7:50 p.m.	Adult 1-6 is for both beginning and more experienced adult skaters who wish to start or improve their skating skills.

### SPECIALTY CLASSES

Sycamore Ice Skating Club's Specialty classes include a 30-minute group lesson. Classes are Saturdays from 12:10-12:40 p.m.. Skate rental is not included.

Session 1	Prerequisite
Learn to Compete USA	For skaters in Snowplow Sam through Basic 6 interested in competing in the Indiana Figure Skating Championships Nov. 22–24 in Fishers, Indiana. Skaters are encouraged to register for the Learn to Compete USA class in sessions 1 and 2. (Competition entry fees and registration are separate, approximately \$50-\$75.)
Musicality	For skaters in Pre-FS and above.
Session 2	Prerequisite
Learn to Compete USA	For skaters in Snowplow Sam through Basic 6 interested in competing in the Indiana Figure Skating Championships Nov. 22–24 in Fishers, Indiana. Skaters are encouraged to register for the Learn to Compete USA class in sessions 1 and 2. (Competition entry fees and registration are separate, approximately \$50-\$75.)
Introduction to Pre-Preliminary Moves	For skaters in Pre-FS and above who have not passed the pre-preliminary moves in the field test. Skaters will be eligible to take the test at Perry Park in spring 2020.
Introduction to Synchro/Team Skating	For skaters who have passed the pre-preliminary moves in the field test and above.
Session 3	Prerequisite
Show	Open to Sycamore club members only. Skaters will learn specialty show program and will be challenged with complex choreography and improving performance.
Session 4	Prerequisite
Edges, Turns & Power	For skaters in Pre-FS and above. (Skaters will be divided into groups based on levels.)

Sycamore Ice Skating Club



## 2019-2020 Learn to Skate USA Registration (non-club)

Skater's name: \_\_\_\_\_ LTS USA #: \_\_\_\_\_ Gender: \_\_\_\_\_

Birth date: \_\_\_\_\_ U.S. citizen? \_\_\_\_\_ Level completed (if known): \_\_\_\_\_

Parent/guardian name: \_\_\_\_\_ Primary phone: \_\_\_\_\_

Home address with city and ZIP code: \_\_\_\_\_

Email (to receive emails from Sycamore & Learn to Skate USA): \_\_\_\_\_

### LEARN TO SKATE USA & SPECIALTY CLASSES

Session	Item		Price	
July 2019–June 2020	Learn to Skate USA membership (valid full season)		\$16	\$16
LTS USA Session 1	8-week adult session on Wednesdays	Level: _____	\$120	
	6-week session on Saturdays (+ free make-up lesson on Oct. 26)	Level: _____	\$90	
LTS USA Session 2	7-week adult session on Wednesdays	Level: _____	\$105	
	6-week session on Saturdays (+ free practice on Dec. 31)	Level: _____	\$90	
LTS USA Session 3	7-week adult session on Wednesdays	Level: _____	\$105	
	6-week session on Saturdays (+ free show practice on Feb. 15)	Level: _____	\$90	
	Annual show on Feb. 22 (includes costume and ice time)	-----	\$20	
LTS USA Session 4	8-week adult session on Wednesdays	Level: _____	\$120	
	6-week session on Saturdays (+free make-up lesson on April 11)	Level: _____	\$90	
Specialty Session 1	7-week session on Saturdays	Class: _____	\$105	
Specialty Session 2	6-week session on Saturdays	Class: _____	\$90	
Specialty Session 4	7-week session on Saturdays	Class: _____	\$105	
Cash: \$ _____ Check \$ _____ # _____ Square \$ _____			<b>TOTAL</b>	

By checking this box, I give Sycamore Ice Skating Club permission to publish or reproduce in print, electronic, or video format the likeness or image of my child or me for use in promotion of Sycamore Ice Skating Club.

I authorize Sycamore Ice Skating Club to email me at the email address(es) listed above.

By registering for Learn to Skate USA, I/we agree to the waiver, release of liability, and Safe Sport policies, which are available on the following pages.

\_\_\_\_\_  
Signature of Parent/Guardian (or skater if over 18)

\_\_\_\_\_  
Date

**Mail a check and completed form to Barb Rector; 8302 Forward Pass Road; Indianapolis, IN 46217. Checks should be made out to Sycamore Ice Skating Club. There is a fee assessed for returned checks. You also may email your form to [learntoskateusa@sycamoreisc.org](mailto:learntoskateusa@sycamoreisc.org) and pay online at [payments.sycamoreisc.org](http://payments.sycamoreisc.org).**

## **SAFESPORT POLICIES**

Sycamore Ice Skating Club is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct.

The following code of conduct applies to all participants in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating and Sycamore Ice Skating Club including but not limited to competitions, exhibitions, training camps and local rink activities.

I recognize that my participation or my child's in all the activities associated with U.S. Figure Skating and Sycamore Ice Skating Club is an honor and privilege that carries certain responsibilities. I agree to fully abide by the rules and guidelines set forth by U.S. Figure Skating or its properly designated agents.

### **U.S. Figure Skating Member Code of Conduct GR 1.02**

I recognize that my participation in all activities hosted, supported, sponsored or engaged in by U.S. Figure Skating, including but not limited to competitions, exhibitions and training camps, is an honor and privilege that carries certain responsibilities. I agree to fully abide by the rules and guidelines set forth by U.S. Figure Skating or its properly designated agents. As a precondition to participation in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating, I will adhere to the following tenets in good faith:

- A. I will exhibit the highest standards of fairness, ethical behavior and genuine good sportsmanship in all of my relations with others.
- B. I will not damage public or private property. I understand that I may be held financially responsible for damage deemed to be wantonly or willfully executed on my part, and that I may be subject to disciplinary action by U.S. Figure Skating.
- C. I will not use or possess illegal drugs, and I will not engage in criminal activity. I understand that, if I am found to use or possess illegal drugs, or if I am found to engage in any criminal activity during any activity hosted, supported, sponsored or engaged in by U.S. Figure Skating, I may be subject to criminal penalties as well as penalties imposed by U.S. Figure Skating.
- D. I will adhere to the rules of U.S. Figure Skating and the host organization at all activities hosted, supported, sponsored or engaged in by U.S. Figure Skating.
- E. I will comply with all applicable anti-doping rules including, but not limited to, ISU and USADA anti-doping rules.
- F. I will conduct myself in a manner not detrimental to the welfare of figure skating. I understand that my actions reflect on U.S. Figure Skating and the sport of figure skating both positively and negatively. I understand that if my acts, statements, or conduct are considered detrimental to the welfare of figure skating by the appropriate authority, I may be subject to penalties imposed by U.S. Figure Skating pursuant to GR 1.04.
- G. I understand that the penalties that may be imposed may include, but are not limited to, loss of future international selections, loss of financial support from U.S. Figure Skating and its Memorial Fund, and loss of participation in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating.
- H. I understand that all disciplinary proceedings will be conducted pursuant to Article XXV, Section 3, of the U.S. Figure Skating bylaws, and that my rights and remedies are derived therefrom.

## **WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

In consideration of participating in Sycamore Ice Skating Club activities, I represent that I understand the nature of figure skating activities and that I am qualified, in good health, and in proper physical condition to participate in such activities. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity. I have been informed that a physical examination and a physician's approval is advisable prior to participating in figure skating activities, and that an annual or more frequent physical examination and consultation with my physician as to figure skating activities is also recommended. I have either had a physical examination and have received my physician's permission to participate in figure skating activities, or I have elected not to have such physical examination or obtain such physician's permission.

I fully understand that these activities involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the activities, the conditions in which the activities takes place, or the negligence of the Released Parties named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility of losses, costs, and damages I incur as a result of my participation in the activities.

I release, discharge, and covenant not to sue Sycamore Ice Skating Club Inc., US Figure Skating, or their directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, or other figure skating participants (each, a "Released Party" and collectively, the "Released Parties") from all liability, claims, demands, losses, or damages (collectively, "Claims") resulting from my participation in or use of any activities, programs, facilities, or equipment offered or operated by the Released Parties. I release the Released Parties from any Claims raised by or relating to myself, including, without limitation, those caused by the negligent act or omission of the Released Parties, or otherwise in any way arising out of or connected with my participation in the figure skating activities. I agree that if, despite this agreement, I, or anyone on my behalf, makes a Claim against any of the Released Parties, I will indemnify, save, and hold harmless each of the Released Parties from any loss, liability, damage, or cost which any may incur as the result of such Claim.

Sycamore Ice Skating Club Inc. has the right, but not the obligation, to provide rules, regulations and/or ice monitors for Club ice. Notwithstanding the foregoing, I acknowledge that the Sycamore Ice Skating Club Inc. shall not be responsible for the supervision of the skaters at Club ice or other activities or programs.

I have read this WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it feely and without any inducement or assurance of any nature, and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.