

INTERNAL USE ONLY	
Learn to Skate #	_____
Fundraising	_____
Ice Show Committee	_____

Senior - SKATER INFORMATION

SKATER'S NAME: _____ LEVEL: _____

PARENT/GUARDIAN: _____

MAILING ADDRESS: _____

BIRTH DATE: _____ GENDER: M F

GRADE: _____ SCHOOL: _____

EMAIL ADDRESS: _____

FEES

A. WILL YOUR CHILD BE PARTICIPATING IN ICE SHOW? Yes No (if no, please go to section C)

B. REGISTRATION **WITH** ICE SHOW PARTICIPATION:

\$295 (First Senior)

\$259 (Second Senior)

THIS INCLUDES THE FOLLOWING

- \$170 Club Dues
- \$60 or \$24 USFSA Dues (depending on how many seniors you are paying for)
- \$20 Recreation Commission Fee
- \$40 Ice Show Costume Deposit
- \$5 Ice Show Clean Up Fee

C. REGISTRATION **WITHOUT** ICE SHOW PARTICIPATION:

\$250 (First Senior)

\$214 (Second Senior)

THIS INCLUDES THE FOLLOWING

- \$170 Club Dues
- \$60 or \$24 USFSA Dues (depending on how many seniors you are paying for)
- \$20 Recreation Commission Fee

FUNDRAISING: EACH SKATER WILL BE REQUIRED TO PARTICIPATE IN FUNDRAISING. PLEASE VISIT THE FUNDRAISING TABLE TO RECEIVE INFORMATION.

ICE SHOW COMMITTEE: A PARENT OR GUARDIAN OF EACH SKATER PARTICIPATING IN ICE SHOW WILL BE REQUIRED TO HELP ON AN ICE SHOW COMMITTEE UNLESS YOU CHOOSE TO PAY THE \$100 OPT OUT FEE. PLEASE VISIT THE ICE SHOW COMMITTEE TABLE AND SIGN UP.

I choose not to volunteer on an Ice Show Committee and will pay the **\$100 Opt Out Fee.**

I cannot claim any loss or damage to personal property and/or for any injury sustained while skating. If my skater does not obey the rules and regulations, he/she will be sent home with no refund of fees. If my skater withdraws from Ice Show after December 1, 2018, I will still be responsible to pay for his/her costume in full.

If your skater decides to withdraw from the program, no refunds will be given after November 15, 2018.

Parent or Guardian's Signature

Total Due

International Falls Figure Skating Club /Recreation Department Liability Waiver

All activities undertaken by me or my child as part of this program are done so at my own risk. The Falls Recreation Commission, Independent School District #361, or the International Falls Figure Skating Club shall not be liable for any claims, demands, actions, or causes of action whatsoever to myself or to my property due to any passive or active negligence of the above mentioned organizations, their servants, agents, or employees from which all such claims, demands, injuries, damages, actions, or causes of action whatsoever.

Concussion Awareness:

Concussions are caused by a bump or blow to the head or body that causes the brain to move rapidly inside the skull. It can happen in any sport and it is to be taken seriously. Skaters need to always practice safety and never ignore a bump or blow to the head.

Skater's Name: _____

I have read the above information and I understand.

Parent or Guardian Signature: _____

Phone Number: _____

Date: _____

The International Falls Figure Skating Club MAY or MAY NOT take pictures of my skater.
(please circle)

Do you have any health comments or concerns for your skater? If so, please list below:

International Falls Figure Skating Club Parents Code of Conduct

Codes of Conduct give everyone a guide to what is expected of us if we are part of an organization, participating in a sport, or as spectators at our child's events.

Preamble: The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: respect, responsibility, fairness, caring, trustworthiness and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character" (Arizona Sports Summit Accord)

By signing below I hereby agree that:

1. I will encourage good sportsmanship by demonstrating positive support for all skaters, coaches and officials at every practice session, competition and test session.
2. I will place the emotional and physical well being of my child ahead of my personal desire to win.
3. I will encourage my child to skate in a safe and healthy environment.
4. I will inform my child's coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
5. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the results of a competitive event.
6. I will never ridicule or yell at my child or other participant for making a mistake or blame my child's teammates for placement in a competition.
7. I will do my best to make skating fun and will remember that my child participates in sports for his/her own enjoyment and satisfaction not mine.
8. I will ask my child to treat other skaters, coaches, fans, and officials with respect, regardless of race, creed, color, sexual orientation or ability.
9. I will applaud a good effort in both victory and defeat emphasizing the positive accomplishments and learning from the mistakes.
10. I will teach my child to resolve conflicts without resorting to hostility or violence.
11. I will be a positive role model for my child and other skaters.
12. I will demand a figure skating environment for my child that is free of drug or alcohol abuse and agree that I will not use or provide to a third party any drug proscribed by applicable federal, state, or municipal law.

13. I will not assist or condone any competing athlete's use of a drug banned by the Minnesota State High School League, International Olympic Committee, International Skating Union, United States Olympic Committee, or U.S. Figure Skating, or, in case of athletes, to use such drugs or refuse to submit to properly conducted drug tests administered by one of these organizations.

14. I will not provide alcohol to, or condone the use of alcohol by minors, abuse alcohol in the presence of athlete members, or at U.S. Figure Skating activities or, in the case of athletes, consume alcoholic beverages while a minor.

15. I will encourage my child's coach to continue their education and training through programs offered by U.S. Figure Skating, the Professional Skaters Association and other accredited organizations.

16. I will respect my child's coach and refrain from coaching my child or other skaters during competitions and practices because it may conflict with the coach's plan or strategies.

17. I will respect the decisions of officials and their authority during competitions and test sessions and teach my child to do likewise. Any Discussions surrounding any results will be done so in private.

18. I will show appreciation and recognize the importance of volunteers and club officials.

19. I will study the rules of the U. S. Figure Skating and teach my child accordingly so that we have an understanding and appreciation of the rules of competition and membership.

20. I will support all the opponents in my child's competition and respect the rights of all skaters to participate.

Printed Name _____

Signature _____ Date _____

INTERNATIONAL FALLS FIGURE SKATING CLUB SYNCHRO INFORMATION

(Basic 4-8, Juniors and Seniors are welcome to try-out for Synchro)

****Just a few things to consider before you sign up for Synchro****

- Tryouts are tentatively scheduled the 1st weekend of skating (check area schedule).
- There will be tryouts and not everyone will make the team. You must attend ALL tryout sessions for the team you would like to be on. No exceptions to tryouts attendance will be made.
- The cost for being on the Synchro team is \$125.00. This fee covers registration fees for the competitions that the team will be entering and the cost of the coach during practices and when travelling with the team.
- Attendance is MANDATORY! It is very important to be at all practices. You are on a team and it is very hard to have a productive practice when skaters are missing. If you have extenuating circumstances, this needs to be discussed with your coach in advanced.
- The Synchro team(s) may attend up to two competitions. If and when the teams go to the competitions will be decided at a later date. Competitions are MANDATORY. One competition is in Duluth on Jan 31st-Feb 3rd, 2019 and another in Fargo/Moorhead MN on February 8th - 10th 2019. Parents are responsible for their travel expenses including lodging and food. The club will reserve rooms for the competitions, details will follow. Exhibition is Jan 20th, 2019.
- We have synchro warm up jackets that can be purchased or borrowed, along with black skirts for practices. They must be worn to all practices.
- A costume will be picked out by the coach. Parents are responsible for the cost of the costume and tights. We try very hard to keep this cost down.
- In the past we have had Synchro practices on Saturday mornings. This is a time that we are usually guaranteed.

-Synchro teams will be responsible for cleaning up the bleachers Saturday night after Ice Show and Sunday after Ice Show as well as participating in fundraising.

- For any questions or concerns, please feel free to contact the coach or any of the Board Members. A Synchro Chairperson will be selected once the team(s) are chosen.

Thank You!

Lettering Requirements for Figure Skating at Falls High School, ISD 361

To receive an athletic letter for **Figure Skating** the requirements are based on the following criteria along with a coach's and the board's recommendation:

- The skater must be a senior level skater in grade 7-12 and meet academic eligibility.
- Comply with the Rules and abide with the Violation Guidelines as outlined by ISD 361, as well as the IFFSC.
- The skater must exhibit a positive attitude, use appropriate language, and display responsible actions on and off the ice.
- Be a good role model to other skaters and in the community.
- The skater must show continued effort on the elements, fulfill their helper obligations, and have good attendance at practice.
- The skater must participate in the Ice Show.
- The skater must have completed one of the following:
 - A. Attempt any level Moves in the Field or Free Skate Test
 - B. Compete individually at a USFSA Sanctioned Competition

Coaches may also award letters to skaters under the following circumstances:

- If a skater would have met the above criteria but due to extenuating circumstances (i.e.: illness/injury) was unable to compete/test in which they were registered for or participate in the Ice Show.

To receive an athletic letter for **Synchronized Figure Skating** the requirements are based on the following criteria along with a coach's and the board's recommendation:

- The skater must be in grades 7-12 and participated on the Blade Brigade (Preliminary or above).
- The skater must meet academic eligibility and comply with the Rules and Violation Guidelines as outlined by ISD 361.
- The skater must abide by the rules and show good sportsmanship.
- The skater must participate in competitions, exhibitions, and the Ice Show.
- The skater must exhibit a positive attitude, show effort, and have good attendance at practice.
- If a skater would have met the above criteria but due to extenuating circumstances (i.e.: illness/injury) was unable to compete/test in which they were registered for or participate in the Ice Show.

I _____ have read the above and understand the criteria for lettering in both figure skating and synchronized figure skating. Non-compliance with this policy could result in not lettering for the season.

Date: _____ Signature of Skater: _____

Signature of coach: _____ Signature of IFFSC Board: _____

Approved: June 11, 2014

Parent's Name _____

Address _____

Phone # _____

Skater's Name _____ **Age** _____

Level: Snowplow Sam Basic 1 2 3 4 5 6 Freeskate Senior

**Ice Show
Committee:** _____

Non-Participation Fee \$100.00 _____

Skater is not participating in ice show _____



HEADS UP CONCUSSION IN YOUTH SPORTS

A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just “not feeling right” or “feeling down”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. SEEK MEDICAL ATTENTION RIGHT AWAY.

A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

2. KEEP YOUR CHILD OUT OF PLAY.

Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION.

Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.



Hoja Informativa para los PADRES

¿QUÉ ES LA CONMOCIÓN CEREBRAL?

Una conmoción cerebral es una lesión en el cerebro, causada por un golpe en la cabeza o una sacudida. Incluso una pequeña conmoción o lo que parece ser un golpe o sacudida leve puede ser serio.

La conmoción cerebral no puede verse. Los signos y síntomas de una conmoción pueden aparecer inmediatamente después de la lesión o puede que no aparezcan, o se hagan visibles algunos días o meses después de haber sufrido la lesión. Si su hijo tiene los signos de una conmoción cerebral o si usted nota algún síntoma, busque atención médica de inmediato.

¿CUÁLES SON LOS SIGNOS Y SÍNTOMAS DE LA CONMOCIÓN CEREBRAL?

Signos que notan los padres y los tutores

Si su hijo ha sufrido un golpe en la cabeza o una sacudida durante un juego o una práctica, obsérvelo para determinar si tiene alguno de los siguientes signos y síntomas de una conmoción cerebral:

- Luce aturdido o fuera de control
- Se confunde con la actividad asignada
- Olvida las jugadas
- No se muestra seguro del juego, la puntuación ni de sus adversarios
- Se mueve con torpeza
- Responde con lentitud
- Pierde el conocimiento (así sea momentáneamente)
- Muestra cambios de conducta o de personalidad
- No puede recordar lo ocurrido antes de un lanzamiento o un caída
- No puede recordar lo ocurrido después de un lanzamiento o un caída

Síntomas que reporta el atleta

- Dolor o "presión" en la cabeza
- Náuseas o vómitos
- Problemas de equilibrio, mareo
- Visión doble o borrosa
- Sensibilidad a la luz y al ruido
- Se siente débil, confuso, aturdido o grogui
- Problemas de concentración o memoria
- Confusión
- No se "siente bien"

¿CÓMO AYUDAR A SU HIJO A PREVENIR UNA CONMOCIÓN CEREBRAL?

Aunque todo deporte es diferente, hay medidas que puede tomar para protegerse.

- Haga que siga las reglas impartidas por el entrenador y las reglas del deporte que practica.
- Invítelo a mantener el espíritu deportivo en todo momento.
- Haga que su hijo use el equipo protector adecuado según la actividad que realiza. El equipo de protección debe ajustarse bien, debe hacersele el mantenimiento adecuado, y el jugador debe usarlo correctamente y en todo momento.

¿QUÉ DEBE HACER SI CREE QUE SU HIJO HA SUFRIDO UNA CONMOCIÓN CEREBRAL?

- 1. Busque atención médica de inmediato.** Un profesional de la salud podrá determinar la seriedad de la conmoción cerebral que ha sufrido el niño y cuándo podrá regresar al juego sin riesgo alguno.
- 2. No permita que su hijo siga jugando.** Las conmociones cerebrales necesitan de un cierto tiempo para curarse. No permita que su hijo regrese al juego hasta que un profesional de la salud le haya dicho que puede hacerlo. Los niños que regresan al juego antes de lo debido—mientras el cerebro está en proceso de curación—corren un mayor riesgo de sufrir otra conmoción. Las conmociones cerebrales siguientes pueden ser muy serias. Pueden causar daño cerebral permanente que afectarán al niño de por vida.
- 3. Informe al entrenador del niño sobre cualquier conmoción cerebral que el niño haya sufrido recientemente.** Los entrenadores deben saber si el niño ha sufrido una conmoción recientemente en CUALQUIER deporte. El entrenador no necesariamente sabrá si el niño ha tenido una conmoción en otro deporte o actividad a menos que usted se lo diga.

Es preferible perderse un juego que toda la temporada.

Para obtener más información, visite www.cdc.gov/ConcussionInYouthSports.