

MAPLE RIDGE SYNCHRO COMPETITION POLICIES

Overview:

The Competition Policies are designed to ensure that skaters are maximally prepared to skate at their potential at each competition. The Policies consider the skaters as ATHLETES, and skaters/parents are to acknowledge that all policies are geared towards helping them perform their best. Successful performances are not only dependent upon our preparedness from practices, but also upon issues of positive team image, nutrition, rest, safety, team cohesiveness, and respect for the sport.

Communication and Cell Phones:

Skater cell phones are to be turned off whenever the team is preparing to compete (meetings, off-ice, dressing room etc). Please use your phones prior and following these times while at competitions.

Schedule:

The daily schedule will be circulated before we go to the competition. All skaters will need to abide by the schedule. During away competitions there will be a healthy mix of “free” down time, as well as scheduled “team time”. Team members are expected to participate in all team activities, and are to use their free down time accordingly in order to be well rested. Skaters are to remain with the team at all times. Skaters may not leave the arena or the hotel for any reason without first discussing it with the Team Manager and Coach, or your designated Chaperone. There may be opportunities to leave the group during free time – but this still must be discussed with the Team Manager in advance. We just need to know where everyone is! Any questions or concerns about scheduling should be addressed to the Team Manager and Coach.

Hotel Quiet Time and Lights Out:

Please respect all instructions to be quiet. A complaint directed towards our team or Club is the last thing we want. After lights out, skaters are to quiet down, remain in their rooms, and try to sleep. We must represent ourselves appropriately, and respect the other guests (including competitors, officials etc) staying at the hotel.

Banned Substances:

Skaters are banned from consuming illicit drugs, smoking, or consuming alcohol.

Concession Food:

Maple Ridge skaters are strongly discouraged from purchasing meals from arena concessions. It is instead requested that healthy meals be packed as the availability of healthy choices from arena concessions cannot be relied upon.

Attire:

Skaters will abide by the dress code set by the Coach/Manager. This information will be circulated in advance.

A few other notes about attire: Skaters are not to take out their hair or remove their competition makeup until they are back at hotel or back at home;

Footwear must be worn at all times in hotels (no bare feet – we need those feet!); Pyjamas (including pyjama pants) are not to be worn anywhere other than our own hotel rooms and hallway (NOT in lobby) –please dress appropriately when going down into the lobby.

Skater Etiquette:

Skaters/parents will refrain from making critical commentaries about what they are watching when at the arena, or about other teams. One never knows who is sitting nearby and it could be family members of the team you are critiquing, or it could be an official. Regardless, offering anything other than praise is tacky in any sort of public space. Skaters are not to talk critically about any other team in the arena, hotel, restaurants, washrooms etc. If it is absolutely necessary to discuss another team – you must do so in the privacy of your hotel room (door closed), or once back at home.

Further to the above, when discussing skating events on social media (facebook, texting, email etc) skaters are not to write anything other than praise. As previously stated, if it is absolutely necessary to discuss another team in a less than satisfactory way, it must be done orally and in private away from all performance venues.

Regardless of the rules at each arena, our skaters/parents will refrain from walking in the stands during the performance of another team. We will wait until the performance is completely over before getting up. Our fans are also asked to abide by this policy in order to demonstrate respect for the participants of synchronized skating.

Skaters and parents will politely cheer for all teams taking the ice. Skaters and parents will reciprocate friendliness as offered by others (return good luck wishes in the hallways etc)