



2009-2010 SEASON

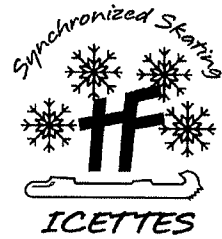
SENIOR YOUTH ICETTES TRY-OUT INFORMATION

Monday, May 18th 2009

6:45 – 7:30 p.m.

- Skaters age 12 and Up as of July 1, 2009
- Must have passed the ISI Freestyle 3 Test

www.icettes.org



Dear Potential Icette,

Whether you are returning for another great season or are considering becoming a part of our program for the first time, I would personally like to welcome you to our Icette family. Our synchronized skating program has a long-standing tradition of involving skaters in a team sport that builds valuable skills such as character, cooperation and commitment.

For those that are new to the sport of synchronized skating, it is quickly becoming the most popular discipline for figure skaters. It is already a successful collegiate sport at many colleges and universities across the country, including University of Illinois at Champaign-Urbana. The sport itself is similar to synchronized swimming in that a team of skaters perform a program in unison that includes elements such as circles, lines, wheels and blocks. The objective is to blend skating skills such as footwork, jumps and spins into these formations so that the skaters look like one unit as they perform. It truly is a spectacular sport to watch and participate in.

The coaching staff is looking forward to a fun 2009-2010 season and has ambitious goals for our future Icettes. We are proud to offer an opportunity for every skater that has an interest in synchronized skating. From our training team, the Junior Icettes to our USFS teams that travel out of state, we provide a team opportunity for most ages and ability levels.

We ask that you look through the following information regarding the commitments that skaters and their families make to the program once they are accepted as an Icette. Each skater is a valuable member of our team and for our program to be successful; every skater must fulfill his or her responsibilities. Please carefully review this packet and do not hesitate to contact me with any additional questions.

See you at try-outs!

Stephanie Skrzypek

Stephanie Skrzypek
Skating & Program Director

Try-Out Information

When: Monday, May 18th from 6:45 – 7:30 p.m.

Where: The Homewood-Flossmoor Ice Arena
777 Kedzie ~ Flossmoor, IL ~ 60422

Who: Try-outs are open to all skaters that have passed the ISI Freestyle 3 Test. Skaters should be at least 12 years old as of July 1, 2009.*

Skaters will be evaluated on the following skills:

- | | |
|--|--------------------------------------|
| ❖ Ability to Follow Directions | ❖ Endurance |
| ❖ Ability to Learn and Memorize
Advanced Choreography | ❖ Posture |
| ❖ Forward/Backward Crossovers | ❖ Speed & Strength |
| ❖ Forward/Backward Stroking | ❖ Rhythm |
| ❖ Three Turns/Mohawks/Twizzles | ❖ Presentation Skills |
| ❖ Edge Quality | ❖ Attitude |
| ❖ Spirals & Spread Eagles | ❖ Freestyle 4 Dance Step
Sequence |
| ❖ Freestyle 3 and 4 Jumps/Spins | ❖ Choctaws & Brackets |

Skaters should be prepared to perform all of these maneuvers to the best of their ability. Skaters will also be asked to perform some skills in lines or circles.

- Current Iceettes must attend try-outs even if they plan to remain on the same team.
 - Arrive early enough to register and check-in.
- The try-outs will begin promptly at the scheduled times and are closed to any spectators.
- Skaters may be asked to attend another try-out session based on their initial try-out.

Be sure to read the Tentative Season Information, Skater Code of Conduct and Parent Obligations thoroughly before attending try-outs.

TRY-OUT FEE

The registration fee is \$25.00

Receive a \$10.00 discount for registering by May 17th!

Payment must accompany registration form.

TRY-OUT ATTIRE

Female skaters should wear a skating dress or skirt (preferably black or a dark color) and a fitted shirt. Long hair should be pulled back neatly away from face. Male skaters should wear skating pants and a fitted shirt. Please DO NOT wear gloves, jewelry or shirts with a hood. Skaters may bring a water bottle if they choose.

Letters will be mailed by June 1st to the homes of all skaters that try-out informing them of the team that they have been placed on. The information letter will also include more information pertaining to the H-F Booster organization and plans for the upcoming season.

Senior Youth Icettes

Tentative Season Information

Please review this information before attending Try-Outs!

Competitive Division: ISI – Senior Youth Synchro

Practice Times:

Saturdays: 7:15 – 8:45 a.m.

This team will practice one to two hours per week from September - May

Fee: \$850 – \$1000

Includes:

Ice Time

Instruction

Competition Dress

Competition Entry Fees (5-6 Competitions)

Free Open Skate admission for the Icette from Sept. 1, 2009 through May 1, 2010

Fee may be adjusted to include Power Class enrollment for the year & Icette Boot Camp

Additional Expenses:

Icette Warm-Ups – approximately \$150

Icette Practice Dress – approximately \$150

Booster Fees – \$100 for the first skater in a family, \$35 each additional skater

Travel Expenses – varies by family

Icette fees do not include individual instruction. ALL Icettes are required to continue their individual skating lessons. (Group/Private lessons and Specialty Classes) Our teams can only be as strong as the weakest skater – each team member must continue to improve their skating ability!

Tentative Competition/Exhibition Schedule:

Pumpkin Patch Exhibition (H-F Ice Arena) – November 8, 2009

ISI Pep Rally/Exhibition & Icette Picture Day (H-F Ice Arena) – January 3, 2010

Polar Classic Competition (H-F Ice Arena) – January 10-11, 2010

February Freeze Competition (Glenview, IL) – February 5-7, 2010

Mardi Gras Competition (Bensenville, IL) – February 19-21, 2010

Icebreaker Classic (Park Ridge, IL) – March 12-14, 2010

ISI District 8 Championships (TBD) – March 19-21, 2010

ISI Synchro Championships (Nationals) (Oxford, OH) – March 26-28, 2010

H-F Annual Ice Show (H-F Ice Arena) – May 14-16, 2010



Senior Youth Icettes Try-Out Registration Form

2 PAGES

Skater Name: _____

Address: _____

Date of Birth: _____ Age (as of July 1, 2009): _____

Home Phone: _____

Mothers Name: _____

Mothers Cell Phone: _____

Fathers Name: _____

Fathers Cell Phone: _____

Contact E-Mail: _____

REQUIRED – We communicate regularly through team e-mails

Highest ISI Test that Skater has passed: _____

Is this Skater currently taking private lessons? Yes No

If so, who is the Skaters coach? _____

Highest USFS Tests that Skater has passed: _____

If applicable

Please read and initial the following statements:

I have read the Tentative Season Information for the Senior Youth Icettes and understand the time commitments and the financial commitments required of team members.

I have read the Skater Code of Conduct and discussed it with my child.

I have read the Parent Code of Conduct and understand my role in teaching my child to be a good sport and a responsible team member.

I understand the importance of continuing individual instruction for my child to improve his/her skating ability, and that failing to do so is cause for my child to be removed from the team.

Please complete the following survey to help us better plan our 2009-2010 season
Check all responses that apply, and write comments to clarify if necessary.

- YES! My skater plans to attend the Icette Boot Camp, August 3-7, 2009?
- No, due to a prior commitment, my skater cannot attend camp this year.

My skater is available for the following competitions/exhibitions:

- Pumpkin Patch Exhibition (H-F Ice Arena) – November 8, 2009
- ISI Pep Rally/Exhibition & Icette Picture Day (H-F Ice Arena) – Jan. 3, 2010
- Polar Classic Competition (H-F Ice Arena) – January 10-11, 2010
- February Freeze Competition (Glenview, IL) – February 5-7, 2010
- Mardi Gras Competition (Bensenville, IL) – February 19-21, 2010
- Icebreaker Classic (Park Ridge, IL) – March 12-14, 2010
- ISI District 8 Championships (TBD) – March 19-21, 2010

My family would like to participate in the ISI Synchro Nationals Competition in Oxford, OH – March 26-28, 2010.

Yes

No

This competition would require skaters to arrive in Ohio on Friday evening (minimum one night stay in hotel, possibly two nights) Miami University is approximately 6-7 hours from Homewood-Flossmoor by car. Each family would be responsible for making the trip on their own or carpooling. Travel expenses are not included in Icette Fees.

Would your skater consider participating on this team and a USFS team as a "Cross Skater." *Skater would have a permanent spot on both teams. The team registration fee for this team would be waived; the skater would pay the fees for the USFS team and have to purchase the competition dress for this team.*

Yes

No

Would your skater consider participating on this team and take an "Alternate" position on a USFS team? *Skater would have a permanent spot on this team and only compete when needed on the USFS team. The team registration fee for the USFS team would be waived; the skater would pay the fees for this team and have to purchase the competition dress for the USFS team.*

Yes

No



Skater Code of Conduct

Below is the code of conduct and guidelines for Icette skaters. Please read this carefully.

1) Personal Conduct

- a) Icettes are expected to represent the Homewood-Flossmoor Ice Arena in a positive manner.
 - i) Icettes are courteous, respectful and friendly to other skaters and/or teams.
 - ii) Icettes are courteous and respectful to coaches and ice arena staff.
 - iii) Icettes are courteous and respectful to each other and everyone they encounter.
 - iv) Icettes do not use profanity.
 - v) Icettes do not smoke, drink or use illegal drugs. (Will result in immediate dismissal from the team.)

2) Attendance Policy

- a) Tardiness
 - i) Icettes must be on the ice and ready to skate at the scheduled start of their practice.
 - ii) Once a skater is tardy to three practices, it will reflect as an absence on their attendance record.
- b) Absences
 - i) Icettes MUST call the rink and leave a message for their coach in advance if they will be unable to attend a practice for any reason.
 - ii) Once a skater has accumulated three absences on their attendance record, they will be placed on probation. (See Section 7)
 - iii) If a skater misses the last practice at H-F Ice Arena before a competition, they will not be permitted to skate with the team at the competition. For teams that have an official practice at an away competition, that practice is considered an "Official Practice" and is a part of the competition. Attendance is mandatory.
- c) Only the coach or rink management may cancel a practice.
- d) If an Icette is medically excused due to an injury, he/she is expected to attend all practices and competitions.

3) Proficiency

- a) Icettes are responsible for knowing all footwork, manuevers and formations.
 - i) An Icette who misses a practice is responsible for learning all maneuvers, etc. from the missed practice before the next practice.
 - ii) Icettes assist other team members to learn the maneuvers and routines.

- iii) Icettes are responsible to be proficient at all footwork and maneuvers by the next practice after they have been taught. (For example, a footwork sequence is taught, the Icette must know the sequence and be able to perform it to tempo by the next practice. The Icette is responsible for coming to open skate to practice, seeking assistance, etc.)
 - iv) Icettes must be taking private or group lessons throughout the skating season. Power Class is recommended for those skaters who do not want to enroll in Freestyle classes.
- b) Proper fitting skates in good condition are required at all times.
- 4) Competitions
- a) Icettes call time at a competition is usually at least 1 hour before their actual skate time. Icettes must be on time for their call time.
 - b) Icettes are always good sports and present themselves in a positive manner at all times.
 - c) Skaters may not wear any jewelry when competing.
 - d) Skaters will be required to wear their hair in the team style.
 - e) Skaters will be required to wear certain make up.
- 5) Uniforms and Appearance
- a) All Icette skaters will be required to wear the practice attire that their coach requests. Skaters that do not wear the practice uniform will be asked to sit out for that practice and it will reflect as an absence on their attendance record.
 - b) Skaters practice attire and competition attire is always clean, without wrinkles and in good condition.
 - c) Stud earrings may be worn to practice.
 - d) Long hair will be worn pulled back neatly for all practices.
 - e) No gum chewing while on the ice.
- 6) General Responsibilities
- a) Icettes are responsible for keeping up with the news and changing events.
 - b) All fees are due on or before the assigned dates.
 - c) All parents must be members of the H-F Boosters Association. Dues must be paid for each family.
- 7) Probation
- a) Icettes that violate these rules or accumulate 3 absences will be placed on probation. Once a skater is on probation they are not allowed to practice or compete with the team. The only way for a skater to be removed from probation is for the skater, his or her parent, the team coach and the skating director to meet in person to discuss the issue.



Parent Responsibilities*

Preamble

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

I therefore agree:

- 1) I will not force my child to participate in skating. I will remember that my child participates in skating for his/her own enjoyment, not mine.
- 2) I will learn the rules of the sport and the policies of the Homewood-Flossmoor Ice Arena. I will teach my child to obey the rules.
- 3) I will know my child's schedule – practice, exhibition and competition. I will insure that my child will attend all practices and competitions possible and, when not possible, I agree to inform the coach in advance.
- 4) I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and be demonstrating positive support for all skaters, coaches, and spectators at every practice or competition.

- 5) I will not encourage any behaviors or practices that endanger the health and wellbeing of the athletes. I will insist that my child skate in a safe and healthy environment that is free of alcohol, drugs or tobacco and I will refrain from their use at all team events.
- 6) My child and I will treat other skaters, coaches and spectators with respect regardless of race, creed, color, sex or ability.
- 7) 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 outcome of his/her performance. I will make my child feel like a winner every time by offering praise and congratulating their performance.
- 8) I will never ridicule or yell at my child or another participant for making a mistake or losing a competition.
- 9) I will leave the coaching to the coaching staff. I will insist my child participate in a manner consistent with the team's plans.
- 10) I will respect the coaching staff and their authority at practices and competitions. I will never question, discuss or confront coaches in front of another team member, parent or spectator. When I have a concern, I will take time to speak with coaches at an agreed upon time and place.
- 11) I will refrain from coaching my child or other skaters during practice and competition unless I am one of the official coaches of the team.
- 12) I understand the benefits from participating in a team sport; the commitment, the discipline and the social skills learned and acquired. Whenever possible, I will volunteer my time and talents to support my child's participation in synchronized skating.

*Adapted from: Massachusetts Hockey Fair Play & Respect Program & the Massachusetts Sport Parent Code of Conduct



Icette Boot Camp Information

- Camp will be held August 3-7, 2009 from 9:00 am until 5:00 pm.
- Registration Fee of \$175.00 includes all ice time, instruction and field trips.

What should my skater wear?

Each skater will be given 3 camp t-shirts to wear (Tues, Wed & Thurs). On Monday and Friday they may wear any t-shirt they would like, as long as it is appropriate. Skaters should arrive every day dressed for off-ice activities. They should pack their skating clothes in their skate bags to change into later.

Off Ice: Black or dark, solid color athletic shorts (No denim), socks and gym shoes and T-Shirt.

On Ice: Tights, solid color skating dress, or solid color skating skirt and camp t-shirt and fitted jacket.

What should my skater bring?

Please pack the following items in your skating bag every day:

- Skates
- Skate Guards
- Skating Clothes (Tights, skating dress/skirt & fitted jacket)
- A Water Bottle
- A Healthy Lunch
- A Healthy Snack
- Sunscreen/Bug Spray
- Hat/Sunglasses
- Extra Ponytail Holders (Skaters must wear their hair pulled back)

What will my skater be doing at Boot Camp?

Every day will consist of on ice and off ice activities. Our Icettes will all have at least 15 hours of on ice practice and training. Off Ice activities consist of training activities such as special workshops to focus on presentation, and social activities such as spirit gifts and big/little sister revealing. Everything is designed to get our skaters pumped up for the upcoming season! We go on a special team building field trip to Irons Oaks outdoor education center. On Friday, we will have a Pizza Party lunch and spend the rest of the afternoon at Lions Club Pool.

Is attendance mandatory?

Summer is a busy season for everyone, however – our boot camp is one of the most important weeks in our Icette season. The skaters get acquainted, learn to work together and learn their competitive program for the season. It is extremely important that every team member is in attendance for the team to be successful. If you have a schedule conflict for these dates, please let us know as soon as possible.

Can parents watch?

YES! Every day at 4:30 PM we will have an exhibition for each team to show off what they worked on that day. Please come and support our Icettes! Cheering is encouraged!!