

SKATING CLUB OF NORTHERN VIRGINIA

SEASON BOOK

2011-2012



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THE SKATING CLUB OF NORTHERN VIRGINIA IS A NON-CHARITABLE TAX-EXEMPT 501(c)7 ORGANIZATION UNDER IRS REGULATIONS. THUS, CONTRIBUTIONS OR

GIFTS, MEMBERSHIP RENEWALS, AND MEMBERSHIP SOLICITATIONS ARE NOT TAX DEDUCTIBLE.

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**AUTHORIZED TO SIGN COMPETITION APPLICATIONS

INFORMATION ABOUT SCNV

Please save this session book and refer to it during the skating season as it contains important information. The Skating Club of Northern Virginia (SCNV) website at www.scnv.org likewise makes available information of interest and necessary documentation for club members.

SCNV also maintains a bulletin board at the Fairfax Ice Arena between the lesson office and the skate desk. Please check it for the latest news and announcements. SCNV will periodically correspond with members via email.

MEMBERSHIP INFORMATION

General: Membership in SCNV is open to all persons eligible for USFSA membership and upon approval of the SCNV Board of Directors. Memberships are non-refundable and non-transferable to other persons.

US Figure Skating (USFSA) membership is included in the SCNV membership for primary members. Each primary member family will receive a subscription to *Skating* magazine published by the USFSA.

SCNV members must rejoin every year in order to renew their USFSA and SCNV memberships and remain in good standing with SCNV. Renewal of SCNV membership is required in order to **TEST, COMPETE, OR PURCHASE ICE TIME.**

New memberships can take as long as 30 days for SCNV Board approval and USFSA processing. Membership dues and ice fees (if applicable) must accompany your SCNV application. The USFSA membership calendar is from July 1st to June 30th.

USFSA Membership Registration Form: This form must be signed and returned to the SCNV Membership Chair with the SCNV membership application packet. This form is required in order to complete your SCNV and USFSA memberships.

Code of Conduct Form: All members must submit a Code of Conduct Form with their application. This form must be signed and returned to the SCNV Membership Chair with the SCNV membership application. (See Page 15)

Authorization for Medical Release: All SCNV members under the age of 18 are requested to provide the Membership Chair a **signed “Medical Release Form”**, which will be kept on file at the rink in case of an emergency.

Media Release Form: Gives permission to be photographed or videotaped by the skating club.

TYPES OF MEMBERSHIP

Full Membership: Full Members are those adults or junior members who subscribe to SCNV Freestyle and/or Power Stroking sessions held on Monday evenings (“club ice”). Full Members have voting privileges (if at least 21 years old), are registered with USFSA, and can participate in all SCNV activities.

Full Members receive priority consideration at SCNV test sessions. In the case of *Junior Full Members* (those members under the age of 21 who subscribe to ice time from SCNV), ***one parent/guardian must also become a member of the club.***

Associate Membership: Associate Membership applies to those SCNV members joining the club to participate in USFSA and SCNV activities. Associate Members do not subscribe to SCNV ice time, but may pick up sessions per the pick-up policy. Associate Members are registered with the USFSA and have voting privileges in SCNV elections if they are at least 21 years of age. If parents of Associate Junior Members want to participate in SCNV affairs and vote in SCNV elections, they may become Associate Members and pay the Second Family Member Membership dues.

MEMBERSHIP DUES

Each SCNV Club member must pay applicable membership dues. In addition to covering Club members' USFSA registration, membership dues cover expenses such as awards, supplies, and SCNV activities. Membership dues must accompany your SCNV application.

Membership Dues

SCNV Home Club (Primary Members)

| | |
|--|----------|
| First Family Member | \$110.00 |
| Additional Family Members/Parents (each) | \$ 60.00 |

SCNV Secondary Members

| | |
|--|----------|
| First Family Member | \$ 60.00 |
| Additional Family Members/Parents (each) | \$ 40.00 |

Interim Membership (after 3/31)

New members joining SCNV after March 31st pay a membership fee of \$80.00 for the first family member and \$45.00 for each additional membership for the months of April, May, and June. Secondary club members pay \$30.00 for interim membership.

Skating Sessions and Ice Fees

General Information: SCNV offers its members prime time ice on Monday evenings with a limited number of skaters per session. Ice fees are based on the rate charged SCNV by the Fairfax Ice Arena.

Ice time may not be substituted for another session, is non-transferable, and may not be resold. Skaters will receive a reserved space on SCNV sessions in the order the Sessions Chair receives fees, completed application, and ice contracts. Appropriate ice fees must accompany applications. You must be a member of SCNV to subscribe to ice time. In the case of Junior Full Members (those members under the age of 21 who subscribe to ice time from SCNV), ***one parent/guardian must also become a member of the club.***

Contractual Obligation: By signing up for an SCNV session, you are contracting to pay for that session from September to June. There will be no refunds except in cases of extraordinary circumstances approved by the Board. This contractual obligation applies to the purchase of ice for all SCNV Freestyle, Power Stroking and Theatre on Ice sessions. SCNV has contracted for the entire season with Fairfax Ice Arena. Failure to pay ice fees will result in the loss of all ice, test, and competition privileges and may result in loss of SCNV membership. The

contract for Freestyle/Power Stroking sessions is available on SCNV's website (www.scnv.org)

Sessions Offered: For the 2011-2012 skating season, there will be two Freestyle sessions, two Power Stroking sessions, and one Theatre on Ice session offered on Monday night. The Power Stroking sessions will be taught by an SCNV-approved coach. It is designed to accommodate lower level skaters as well as the most experienced. Participants will be taught appropriate edge control, posture and body alignment, as well as power and speed during stroking. The sessions are designed to improve quality of movement combined with strength, thereby enhancing overall speed in the most efficient way. The fee for these sessions covers the cost of ice and instructor. The Power Stroking sessions are not open to individual coaching.

The Theatre on Ice session will be taught by SCNV approved coaches. This team-based performance group is currently limited to those skaters competing at the Pre-Juvenile level and below.

Pick-up Policy: SCNV Full Skating Members have priority for pick-up on (1) any session with unassigned slots and (2) empty slots on full sessions occurring on a week-to-week basis. SCNV Associate Members also may pick up any session with remaining empty slots. There is no limit to the number of pick-ups for SCNV members. Skaters picking up on Freestyle sessions must wait 10 minutes before entering the ice if the session is fully subscribed. Skaters must check-in with the session monitor.

Freestyle and Power Stroking Guests: A skater who is not a member of SCNV may skate as a guest up to three (3) times a skating season. The guest will be permitted to skate if SCNV members purchasing or picking up the session do not fill all the allotted slots.

Cancellation Policy: In the event Fairfax Ice Arena is closed during inclement weather, mechanical failure, or other exceptional circumstances, club sessions will be cancelled and will either be rescheduled or, if we re unable to reschedule, a refund will be given.

Club Rules: The Club rules and regulations applicable to SCNV sessions are located on pages 17-19. SCNV's rules must be abided by and, if not followed, loss of membership may result

SCNV Freestyle /Power Stroking Schedule

Monday - 9/12/2011 to 6/4/2012

| | | |
|--|----------------------|----------|
| 6:05 – 6:30 PM (36 sessions – 25 minutes) | Power Stroking (PS1) | \$345.50 |
| Pick-up Fee | | \$15.00 |
| 6:30 – 7:10 PM (36 sessions – 40 minutes) | Freestyle (FS1) | \$441.00 |
| Pick-up Fee | | \$18.00 |
| 7:10 – 7:35 PM (36 sessions – 25 minutes) | Power Stroking (PS2) | \$345.50 |
| Pick-up Fee | | \$15.00 |
| 7:35 – 7:45 PM | ICE CUT | |
| 7:45 – 8:25 PM (36 sessions – 40 minutes) | Freestyle (FS2) | \$441.00 |
| Pick-up Fee | | \$18.00 |
| 8:25 – 9:05 PM (36 sessions – 40 minutes) | Freestyle (TOI) | \$441.00 |
| Pick-up Fee | | \$18.00 |

Please note: There will be no club sessions on December 19th, 26th 2011 or May 21st, 2012.

Maximum Skaters Allowed for Freestyle/ Power Skating Sessions: 20

Payment Instructions

General: Make checks payable to the **Skating Club of Northern Virginia (SCNV)**. There will be a \$25.00 charge for returned checks.

MEMBERSHIP DUES: Send a check for dues along with the membership application to:

SCNV Membership
ATTN: Lisa Okada
7900 Wild Orchid Way
Fairfax Station, VA 22039

SESSIONS FEES: Club members buying ice time from SCNV must include either full payment of applicable ice fees or the first installment under the installment plan described below for all sessions. The fees will be prorated for members subscribing to SCNV ice after the first session.

Send check payable to SCNV along with the sessions application to:

SCNV Sessions
ATTN: Patty Asman
4402 Kerrybrooke Drive
Alexandria, VA 22310

Installment Plan: Installment payments of ice fees will be made on the following schedule:

| | |
|--|---------------|
| 1 st Payment (40% of Total Fee) | With Contract |
| 2 nd Payment (30% of Total Fee) | 12/1/2011 |
| 3 rd Payment (30% of Total Fee) | 2/1/2012 |

Installment payment of ice fees is a privilege, which must not be abused. The Sessions Chair must receive all payments, by the dates listed above. **Members delinquent in their payments will be charged \$10.00 for each week the payment is delinquent and will be refused test, ice, and competition privileges.** Please remember to keep your payments timely to avoid loss of ice time and embarrassment to your child or yourself.

TESTS

The Test Chair must RECEIVE completed test applications and fees no later than **TWO WEEKS BEFORE** the test dates. There will be **NO REFUNDS** for cancellations after the due date. Applications are available from the ice skating professionals at Fairfax Ice Arena or can be downloaded from the SCNV website (www.scnv.org). Skaters must be members in good standing with the USFSA to test. Skaters who are not USFSA members and want to test must become members prior to the date test applications are due.

Send test applications and fees payable to SCNV to:

Priscilla Totten
Test Chair, SCNV
435 East Nelson Avenue
Alexandria, VA 22301

Test Dates: Test will be tentatively held the following dates and times.

Wednesday, November 2, 2011 – 6:00 PM to 8:20 PM

Monday, December 19, 2011 – 6:00 PM to 9:00 PM

Wednesday, February 1, 2012 – 6:00 PM to 8:20 PM

Wednesday, March 7, 2012 – 6:00 PM to 8:20 PM

Wednesday, April 18, 2012 – 6:00 PM to 8:20 PM

Monday, May 21, 2012 – 6:00 PM to 9:00 PM

Test Priorities: In each category, Full Skating Members have priority over associate members:

1st – Candidates who have not tested in the same discipline during this season (September through June).

2nd – Candidates who did not test at the preceding SCNV test session or at a test session given by another club around the same time or later.

3rd – Candidates who tested at the preceding SCNV test session or at another club around the same time or later.

4th – Non SCNV members

Tests that are contingent on the outcome of another will be scheduled if time and space remain after all other applicants are accommodated.

Note: Members of SCNV wishing to test with another club must obtain permission in writing from the Test Chair of SCNV (Priscilla Totten).

Sanctions

If you are an eligible skater and a member of the USFSA, your appearance in public exhibitions is governed by a set of sanctions that protect your eligibility status for competitions, test, and other USFSA governed activities. When you are invited to skate in ANY exhibition or demonstration that is not sponsored by your Home Club, you must ask the person or group extending the invitation if the event is sanctioned or approved for USFSA skaters to participate. If it is, you must call any SCNV officer to obtain the required written permission. If it is not you must contact the SCNV Sanctions Chair to see if a sanction can be obtained. Do not assume that it is okay to skate.

Any skater can be restricted from USFSA competitions or other events if they violate sanctions rules and complaints are filed. Every club member has an obligation to help the club protect its eligible skaters and programs.

The SCNV sanctions policy requires that all requests for sanctions be in writing and submitted to the SCNV Board 60 days prior to the scheduled event. It will be helpful if you have information about who is organizing the event and why, when and where the event is being held, if the event is free to the public or if admission will be charged, and what the figure

skaters are expected to do as part of the event. Direct questions concerning sanctions to:

Sanctions Chair
Lillian Calo
Lillian@scnv.org

Club Activities

The following club activities are being planned for the 2011-2012 season. Dates are **TENTATIVE AND SUBJECT TO CHANGE.**

| | |
|--|--|
| SOUTH ATLANTIC SEND-OFF | October 12, 2011 6:00 PM to 8:20 PM Fairfax Ice Arena |
| HOLIDAY PARTY | December, 2011 Date, Time, Place to be determined |
| SYNCHRONIZED SKATING SEND-OFF | January 18, 2012 7:30 PM to 8:20 PM Fairfax Ice Arena |
| ANNUAL MEETING | May 14, 2012 7:00 PM Fairfax Ice Arena |
| SCNV BANQUET | June, 2012 Date, Time, Place to be determined |

The SCNV Banquet recognizes accomplishments of SCNV skating members. **In order to be considered for many award categories, the skater must be a Full Skating Member, which means that the skater subscribes to at least one SCNV club session.** In addition, some awards are based on a system of points accumulated from tests and competitions. To ensure your skater receives credit for USFSA competitions, please contact Honor Johnson with details.

Honor Johnson
301-261-3057
honorj@att.net

SKATING CLUB OF NORTHERN VIRGINIA - Code of Conduct

This Code of Conduct is intended to address the increasing trends in youth sports whereby both parents and members are letting their emotions manifest themselves in abusive and sometimes physical violence. The Skating Club of Northern Virginia supports a zero tolerance policy for unsportsmanlike behavior. Its members, coaches, and parents (if member is under 18 years old) should continually raise the standard of behavior both on and off the ice. Membership in the Skating Club of Northern Virginia is a privilege and should carry a sense of pride. Participation in programs offered will require that members and parents of members under 18 years of age accept certain responsibilities.

MEMBERS' RESPONSIBILITIES

Members will not verbally or physically abuse any of their fellow Skating Club of Northern Virginia members. This also includes an U.S. Figure Skating officials, U.S. Figure Skating members, board members, volunteers, or coaches. Members understand that poor sportsmanship, on or off the ice, will not be tolerated.

PARENTS/GUARDIAN RESPONSIBILITIES:

Parents and guardians will not verbally or physically abuse Skating Club of Northern Virginia members. This also includes any U.S. Figure Skating officials, U.S. Figure Skating members, board members,

volunteers, or coaches. Parents understand that poor sportsmanship on or off the ice, will not be tolerated.

Parents/guardians will –

- Encourage good sportsmanship by demonstrating support for all skaters, coaches, board members, and officials during all on and off ice sessions, practices, competition, and other skating or club related events.
- Place the emotional and physical well-being of their child and other skaters ahead of any personal desire to win.
- Insist that their child skate in a safe and healthy environment.
- Treat skaters (including their own child), parents, coaches, board members, volunteers, fans, and officials with respect and refrain from verbal indignities and physical abuse.
- Not engage in sexual harassment or sexual misconduct with any skaters, coaches, board members, and officials at all practices, competition, and other skating or club related events.
- Not discriminate against any skaters, coaches, board members and officials at all practices, competitions, and other skating or club events.
- Not encourage any behaviors or practices that would endanger the health and well being of skaters.
- Refrain from coaching their child or “manipulating” other members during any on and off ice sessions.
- Teach their child to play by the rules and to resolve conflicts with civility and without resorting to hostility.
- Support coaches and officials working with their child to provide a positive, enjoyable experience for all, keeping in mind that skating is for the skaters.
- Respect the coaches and officials and their authority during events and not question, discuss, or confront coaches at the site.
- Take time to speak with the coach at an agreed upon time and place, if there are issues and concerns to discuss.
- Demand a drug, tobacco, and alcohol-free sports environment for their child and refrain from using these substances at all events.
- Comply with all applicable Anti-Doping Rules including, but not limited to, ISU Anti-Doping Rules.

COURSE OF ACTION: Should a parent, guardian, or member not adhere to the above standards, the Skating Club of Northern Virginia Board of Directors is empowered to take necessary action. Actions could be as simple as a verbal warning to the parent or member OR a disciplinary hearing before the Board of Directors leading to suspension or expulsion from the Skating Club of Northern Virginia.

IMPLEMENTATION: The discipline process procedure is on file with the Skating Club of Northern Virginia. Anyone may file a written complaint and send it to an officer of the Skating Club of Northern Virginia.

Skating Club of Northern Virginia
SKATING RULES AND REGULATIONS

COACHES

All coaches teaching on SCNV sessions:

- Must have prior approval of the SCNV Board of Directors
- Are expected to enforce the rules for skating sessions listed on the following pages with their students and report any inappropriate behavior or violation of the rules to the session monitor.

SESSION MONITORS

Session monitors shall enforce the rules for skating sessions listed on the following pages. Skaters violating these rules must be instructed to comply with these rules or leave the ice. Skaters who violate the rules and cause safety issues to be of concern to other skaters on the session must be reported to the SCNV Board of Directors.

The SCNV skating rules and regulations stated on the following pages must be followed. Failure to do so may result in suspension of ice, test, and competition privileges, and loss of club membership.

GENERAL

- Guests (non-SCNV members) may skate on club ice no more than 3 times in the same season. All guests must check in and pay the monitor before skating.
- The fundamental rules of courtesy and good sportsmanship apply at all times.
- Skaters may be on the ice only during sessions for which they have paid.
- Session monitors have authority to discipline anyone not observing these skating session rules.
- The SCNV is not responsible for injuries.

SKATING RULES AND REGULATIONS (continued)

SESSIONS - ALL SKATING

The following rules apply to all skaters (members of SCNV and guests) skating on SCNV ice time. All skaters and observers (when applicable) must:

- Make every effort to avoid collisions with other skaters. Skaters must use caution and be aware of other skaters at all times.
- Not exhibit hostile or threatening behavior towards other skaters, including deliberately skating close to another skater.
- Not use hostile or impolite language to other skaters or observers. This includes no cursing, yelling, or threatening.
- Dress appropriately: skating dresses, tops and skating skirts, or tops and leggings. No thongs, bathing suits, or other inappropriate attire for athletic competition.

- Leave the ice as soon as the monitor calls for clearing of the ice or when the Zamboni comes out. This is for safety and insurance reasons.
- Not get on the ice before their session begins and must leave the ice when their session has ended.
- Not damage rink property, including no kicking of the ice.
- Not sit on rink boards. This is a hazard to other skaters and defaces the barrier.
- Not place clothing or other equipment on the boards.
- Not eat, drink, chew gum, or smoke while on the ice. However, a skater may place bottled water with a cap on the boards.
- Not monopolize one section of the ice, i.e., the center of corners.
- Refrain from lengthy visits with other skaters on the ice. Socializing should be done off the ice.
- Don't interrupt a coach who is teaching a private lesson to another skater.

FREESTYLE SESSIONS

1. Many freestyle elements require space. Extra caution should be used by each skater to ensure adequate clearance when doing these elements.
2. All skaters must yield to the skater doing his or her program.
3. The skater performing his or her program:
 - a. Must wear the designated belt to ensure other skaters are aware of who is performing his or her program.
 - b. Has "right of way"; however, the skater must not expect to maintain his or her program without interruption.
4. Group skating with or without music is not allowed. (With the exception of a designated Theatre on Ice session.)

5. Pair skating (up to Novice level) is allowed subject to prior Board approval. The limit is two (2) pairs per session and priority will be given to mixed pairs.
6. The use of the harness is not permitted. However, the use of the pole (to assist with jumps) is permitted under the supervision of a coach.
7. All CD's must be given to the monitor at the beginning of the sessions. The order of play and the playing of skaters' CD's more than twice will be at the monitor's discretion. Skaters "picking up" will have their music played, if time permits, after subscribing members have had their CD's played once.