



LCFSA MEMBERSHIP FORM 2019-2020 JULY 1st -JUNE 30th

MEMBERSHIP TYPE

INDIVIDUAL MEMBERSHIP: \$225 ALUMNI: \$50 SYNCHRO ONLY: \$50
 FAMILY MEMBERSHIP: \$300 (UP TO 2 SKATERS) (EACH ADDITIONAL SKATER \$60)
 ASSOCIATE: \$125 ASSOCIATE FAMILY: \$150 JUNIOR CLUB \$125 1/2 YEAR JUNIOR \$70

INFORMATION

Family Last Name:

Home Phone: Email Address:

Mailing address: State: ZIP Code:

Mother's Name: Work Phone: Cell Phone:

Father's name: Work Phone: Cell Phone:

SKATER INFORMATION

NAME:	D.O.B.	ISI #	ISI LAST TEST	USFS #	USFS LAST TEST
1.					
2.					
3.					
4.					

EMERGENCY CONTACT (OTHER THAN PARENT)

Name:	Relationship:	Phone:
Name:	Relationship:	Phone:

* Emergency Medical release statement: In case of emergency, I authorize any CMA staff person to administer basic first aid and/or call the Orleans Rescue Squad. I understand every effort will be made to contact the parents/emergency contact person beforehand unless in their judgment it is imperative the rescue squad or physician be consulted immediately.

SIGNATURE

* All terms and conditions of this membership agreement are fully understood.

Signature of parent/guardian:	Date:
Signature of LCFSA representative:	Date:

Payment

Received on: _____ Amount: _____ payment type: cash or check # _____

MEMBERSHIP LEVEL DESCRIPTIONS

Full Individual: \$225

This is for one individual skater per family. This entitles members to all club offered ice time at club prices, ISI & USFS memberships, and participation in club events such as Skate with Santa, Spring Show (\$50.00 Costume Fee for skaters in the opening numbers ONLY), club photos and more. All LCFSA Members are required to purchase 1 session of club ice per week through the "LCFSA & Coach Agreement Block". You are also responsible for the Mandatory Volunteer & Fundraising Commitment. This level also includes voting rights at the LCFSA monthly meetings.

Family: \$300

This membership is for families with two skaters. For families of 3 or more skaters each additional skater is **\$60.00**. This entitles members to all club offered ice time at club prices, ISI and USFS memberships, and participation in club events such as Skate with Santa, Spring Show (\$50.00 Costume Fee for skaters in the opening numbers ONLY), club photos and more. All LCFSA Members are required to purchase 1 session of club ice per week through the "LCFSA & Coach Agreement Block". This level also includes voting rights at the LCFSA monthly meetings. You are also responsible for the Mandatory Volunteer & Fundraising Commitment

Associate: \$125

This membership is for skaters whose primary home club membership is with another USFSA club. This entitles members to all club offered ice time at club prices, LCFSA Associate Members are required to purchase 1 session of club ice per week through the "LCFSA & Coach Agreement Block". Associate Members are invited to participate in club events and activities. Associate members may participate in the Annual Spring Show for a fee of **\$100.00** (\$50.00 Costume Fee for skaters in the opening numbers ONLY). Associate Members are required to fulfill Mandatory Volunteer & Fundraising Commitment.

Associate Family: \$150

This membership is for skaters whose primary home club membership is with another USFSA club. This entitles up to 2 family members to club offered ice time at club prices. LCFSA Members are required to purchase 1 session of club ice per week through the "LCFSA & Coach Agreement Block". Associate Members are invited to participate in club events and activities. Associate members may participate in the Annual Spring Show for a fee of **\$100.00** per skater plus a \$50.00 Costume Fee for skaters in the opening numbers ONLY. Associate Family Members are required to fulfill Mandatory Volunteer & Fundraising Commitment.

Junior Club: \$125

This membership is for those skaters who have never been members and who have participated in the CMA Bridge Program. This can only be purchase one time. This entitles member to all club offered ice at club prices, ISI and USFS Basic Skills membership, participation in club events such as Skate with Santa, Spring Show, club photos and more. You are also responsible for the Mandatory Volunteer Commitment.

1/2 Year Junior \$70

This membership is for those skaters who have never been members and are starting after January 1st of the skating season. This can only be purchased one time. This entitles members to all club offered ice time at club prices, ISI and USFS memberships, participation in club events such as Spring Show, club photos and more. This level also includes voting rights at the LCFSA monthly meetings. These members are responsible for a portion of the Volunteer commitment.

Synchro Only: \$50

This membership is for a skater that has joined a club sponsored synchronized skating team. This does not include the additional fund raising or fees that are associated with synchro. This entitles members to participate with their team in club events such as Skate with Santa, competitions, and the Spring Show.

* This level does not include ISI and USFS memberships, voting rights, or club ice time at the discounted rate. You are not responsible for the Volunteer & Fundraising Commitment.

Alumni Student: \$50

This membership is for a skater who is currently a College student, and was an alumni member of the LCFSA. This entitles members to all club offered ice time at club prices.

* This level does not include ISI & USFS memberships, voting rights, or participation in the Skate with Santa or the Spring Show. You are not responsible for the Volunteer & Fundraising Commitment.

ICE TIME POLICIES

"Blocks" of ice time generally run 4 weeks and can be purchased in a "LCFSA & Coach Agreement Block", "Straight Walk-on" or "1/2 Session Walk-on". An hour of ice time is called a "Session." **All Ice Time is to be paid in full before your skater can skate.** Checks; made out to "LCFSA."

We do offer Credit Card Payment through Square-up for the purchase "LCFSA & Coach Agreement Block", but only during the first week of each Block

All LCFSA Members are required to purchase one session of club ice per week through "LCFSA & Coach Agreement Block"

Minimum Ice Session Coach Recommendations:

- Alpha -Delta; Basic 1-4: 1 session per week
- FS 1-3; Basic 5-Free Skate 1-3: 2 sessions per week
- FS 4 and up: 3 sessions per week
- Competitive or Test Track: 4 sessions per week

After the first week of a new block Walk-on Skaters will need to notify and hand in Walk-on payment to a coach on the ice before skating the session.

LCFSA & Coach Agreement Block: When you purchase ice time in a Block Agreement, you will choose the days with your coach and pay ahead of time for all the weeks in the Block. Agreements need to be filled out, signed by your coach and turned in with full payment prior to, or on the first day of the Block. There are no refunds if you miss an hour in the agreement block.

- Rates are based on the # of hours/sessions per week.
- Agreement Block ice cost is \$18 per contracted hour session. 3 or more contracted hour sessions \$15 per contracted hour session

LCFSA & Coach Agreement Block, Detailed: This Agreement is available on request only. This Agreement can be used **only** if you have a Family Vacation, School Trip or School Event, Competition or Test Sessions that would result in a blocked session being missed. This Agreement can only be filled out and used at the beginning of a block. This option will not apply on existing Block Agreements that have already been started. This Agreement is not to be used for any reason other than those ones listed.

Agreements need to be filled out, signed by your coach and turned in with full payment prior to, or on the first day of the Block. There are no refunds if you miss an hour in the Agreement Block.

- Rates are based on the # of sessions circled during an ice session and the number of sessions per week.
- Agreement Block ice cost is \$18 per contracted hour session. 3 or more contracted hour sessions \$15 per contracted hour session

Straight Walk On: If a member has not purchase ice with an "Agreement Block" and chooses to skate a different day/time then the "Agreement"- you can pay a "Walk on" fee rate of \$21. Cash and Check will need to be collected on that day.

1/2 Session Walk On: Club Members my skate 1/2 a session (30 min) at the rate of \$10.00. This is based on ice capacity after "Agreement Block" members, students with lessons "Straight Walk-ons".

Non-Member Walk On: Skaters who are not LCFSA members, or are from other clubs may purchase an hour of club ice at a rate of \$25. This is based on ice capacity after LCFSA Members.

Special Notes:

- Parents are responsible for all ice time indicated on the LCFSA & Coach Agreement Block and any additional sessions skating before skaters can take the ice.
- Skaters will need to provide documentation for long term illness or injury to the LCFSA board for review to determine credit/refund options.
- Coach Agreements Block Contracts are only available for purchase during the first week of a new Block. If a Contract Agreements and payment are not handed in during the first week skaters will be charged walk-on rates.
- If contracted ice time is cancelled by CMA or LCFSA due to a storm or other emergency, a refund in the form of a walk on card will be given for the session missed.
- Please note the different rates as broken down above, and that ice time rates may be subject to change.

Ice Etiquette & Safety Guidelines

Skating is primarily an individual sport, and activities during most practice sessions are pretty unstructured. It is important to know though, that some basic rules must be observed for safety and to ensure that everyone can make effective use of their ice time. This section outlines some basic concepts that are common to most clubs.

Courtesy

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!

"On Program" and "In Lesson" Get Priority

In most rinks, the skater who is "on program" (whose music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room (In some clubs, these persons will be given bright vests or belts to wear, to make them more noticeable). Second in priority are those skaters who are currently in lessons with their pro. Always yield to these skaters as well.

Music

Program music will be played on a rotational basis. After a skater's music has been played, their music or another program may be put at end of the line to re-enter the rotation. Not everyone will be able to play their music on full sessions due to lengths of programs. Coaches may put the music of the student they are teaching ahead of other skaters. Everyone should appreciate this policy when they are in a lesson enjoying this privilege and graciously accept this policy when they are the ones being asked to wait in line.

Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink (unless you have a lot of clockwise jumpers in your club). These corners are informally called the "Lutz Corners", and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger you're exposed blade poses to other skaters. Recognize that once you've started the element it will be hard for you to see those around you. Take a good look at your expected "space" before you start the element, and abort it if it looks like you could cause a problem.

Falls and Injuries

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don't stay there any longer than you have to. While falling, remember to keep your fingers away from your blades. And learn to fall properly so that you can protect your head as much as possible. Learn to keep "loose" when you fall and this will help you to avoid breaking things.

If you see someone has fallen and may be injured, don't just drag them off without being certain that doing so won't hurt them further. If you suspect that someone is seriously hurt, the best thing to do is 1) have someone stand "guard" over them to make sure that other skaters avoid collisions with them, and 2) get a qualified adult to come and help them. A blanket or warm-up jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

Predictability

As you skate more, you'll get to the point where you'll recognize that a practice session has a certain "rhythm" to it. People tend to do pretty "expectable" or "predictable" things, and you can usually pretty much guess where somebody else is going, based on what they're doing when you see them (the normal approaches to each jump or spin are pretty recognizable). If you're a "wrong way" skater (clockwise jumper) be aware that other skaters will probably guess wrong about your intentions pretty often. If you have clockwise jumpers in your rink, try to recognize them and adjust your expectations accordingly. Try not to skate or behave in a way that would surprise other skaters. If you're standing near the boards, don't enter the flow of skaters without checking to make sure you're not going to get into someone else's way.

Don't Stand Around Refrain from standing around and visiting on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid.

Skater Code of Conduct

Our goal is to maintain a safe and positive environment for all members.

I hereby agree that:

1. I will conduct myself in a manner that is respectful of all LCFSA and CMA policies, as well as any other facility while representing LCFSA, at all times.
2. I will help to continue the pride of LCFSA at our home arena, and also at other events, by showing good sportsmanship to other skaters, coaches, officials, parents, rink staff and the general public.
3. I will use appropriate language and behavior at all times.
4. I will support and encourage my fellow skaters at practice sessions, competitions, test sessions, shows, etc.
5. I will be polite and respectful to my coach, as well as the other coaches.
6. I understand that use of the figure skating room is a privilege and I will use appropriate behavior in the room, will help to keep it clean, and will respect others belongings that are left in the room.
7. I will not use or bring any drug or alcohol substances into any rink facilities.
8. If I bring a guest to the rink, I understand that I am responsible for making them aware of these codes.
9. I will be considerate of others feelings and will not engage in any bullying behaviors towards others. I understand that this includes teasing, threats, name calling, menacing harassment or any behaviors that disrupt another student's ability to learn.
10. If I feel unsafe or that my rights are being violated, I will notify my coach or an LCFSA board member immediately. I will also help to protect another skater's rights and notify an adult if I am aware of a problem.
11. I understand that I have the right to be happy, to have fun, and to excel at this sport. I have the right to feel safe and respected, and that other skaters will follow this code of conduct as well. I have the right to learn at my own pace and to have my coach be respectful of me.

* The following procedure will be implemented if a member's behavior does not reflect the code of conduct and anti-bullying expectations:

1st offense: A meeting will be held between the parent, coach and skater. Written notification of the incident will be turned in by the coach to the board.

2nd offense: A meeting will be held between the parent, coach, skaters and LCFSA executive board. Written notification of the incident will be kept on file.

3rd offense: The LCFSA board will meet to determine your membership privileges.

Parent Code of Conduct

Developed by the U.S. Figure Skating; 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.

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 prescribed by applicable federal, state or municipal law.
13. 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.
14. 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.
15. 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.
16. I will respect the decisions of officials and their authority during competitions and test sessions and teach my child to do likewise.
17. I will show appreciation and recognize the importance of volunteers and club officials.
18. I will study the rules of both the ISI and USFS associations and teach my child accordingly, so that we have an understanding and appreciation of the rules of competition and membership.
19. I will support all the opponents in my child's competition and respect the rights of all skaters to participate.

Mandatory Fundraising Commitments

Full Individual and Family Membership:

This membership has a **\$300.00** Mandatory Fundraising Commitment. Along with a **\$100.00** minimum mandatory commitment towards show ad sales for the Annual Spring Show Program Book. LCFSA offers 1 fundraiser “The 12 Days of Christmas Calendar Cash Raffle” Fundraiser. Each family receives 30 calendar cash raffle tickets to sell at \$10.00 a piece. If the \$300.00 mandatory fundraising commitment is not met after the “Calendar Cash Raffle”, the fundraising balance will need to be paid off by the members by January 1st in order to be in good standing. This \$300.00 Fundraising Commitment could also be paid by members if you choose not to fundraise.

Associate Membership:

This membership has a **\$100.00** Mandatory Fundraising Commitment. Along with a **\$50.00** minimum mandatory commitment towards show ad sales for the Annual Spring Show Program Book. LCFSA offers 1 fundraiser “The 12 Days of Christmas Calendar Cash Raffle”. As an Associate Member you will receive 10 calendar cash raffle tickets to sell at \$10.00 a piece. If the \$100.00 mandatory fundraising commitment is not met after the “Calendar Cash Raffle”, the fundraising balance will need to be paid off by the member by January 1st in order to be in good standing. This \$100.00 Fundraising Commitment could also be paid by members if you choose not to fundraise.

Junior Club Membership:

This membership has no Fundraising Commitment. This membership has a **\$100** a minimum commitment towards show ad sales for the Annual Spring Show Programs Book.

½ Junior Membership:

This membership has no Fundraising Commitment. This membership has a **\$50.00** minimum commitment towards show ad sales for the Annual Spring Show Programs Book.

Mandatory Volunteer Commitments

The Lower Cape Figure Skating Club is responsible for various events during the year which require many hours of volunteer work to be successful. Most people find it interesting and exciting to be involved in a club. It offers you the opportunity to meet new people and learn more about the sport of Figure Skating.

As a LCFSA Member there are Mandatory Volunteer Commitments. There are many different types of volunteer opportunities available to fulfill your commitments.

Mandatory Competition Commitments:

Full Individual and Family Membership:

***Volunteer Commitment of 6 hours minimum between the
Cape Cod Harvest Classic (October) and the Lower Cape Competition (April)***

Associate and Junior Club Membership:

***Volunteer Commitment of 3 hours minimum between the
Cape Cod Harvest Classic (October) and the Lower Cape Competition (April)***

October & April Skating Competitions:

Some of these are as follows:

- **Registration** – help at our registration table checking in skaters and teams, and answering general questions about the competition.
- **Runners** – For competitions, we always need kids to help out in many ways including getting officials signatures on the results form's, posting results and bringing music back and forth between the registration table and the announcing booth.
- **Ice Monitoring** – during competitions we need people to check in the skaters and teams and make sure the right person/team goes onto the ice when announced.
- **Announcing** – introducing skaters as they take the ice

LCFSA Spring Show:

(Each member has a volunteer commitment to sign up to help out with show preparations)

Some of these are as follows:

~Publicity	~Hospitality
~Costumes	~Lighting
~Decorating	~Setup & Breakdown
~Large Props	~Locker Rooms
~Small Props	

Concussion Information and Education

- Skaters, parents, coaches, and officials should educate themselves regarding the signs and symptoms of concussion. These websites offer additional information:
http://fs.ncaa.org/Docs/health_safety/ConFactSheetsa.pdf
<http://www.cdc.gov/concussion/sports/>
- Coaches, in particular, are encouraged to complete an annual concussion recognition program.
- Establishing an athlete's baseline neurological and/or neurocognitive functioning level allows for a more accurate assessment of post-injury difficulties, and is helpful in managing a safe return to skating. Baseline evaluation may be particularly important for skaters with certain risk factors for prolonged recovery, such as history of prior concussion or other brain trauma, learning disabilities, attention deficit disorder, history of migraine, or psychiatric diagnoses.

List of Resources and Helpful Websites:

1. U.S. Figure Skating – Chair, Sports Sciences and Medicine Committee
 - Jen Burke MD - jendoc11@aol.com
2. CDC - <http://www.cdc.gov/concussion/sports/>
3. NCAA - http://fs.ncaa.org/Docs/health_safety/ConFactSheetsa.pdf
4. Consensus Statement on Concussion in Sport – the 4th International Conference on Concussion in Sport Held in Zurich, November 2012 -
<http://www.medscape.com/viewarticle/781420>
5. American Medical Society for Sports Medicine position statement: Concussion in sport -
http://www.amssm.org/Content/pdf%20files/2012_ConcussionPositionStmt.pdf

Before LCFSA Skaters are able to return to the ice after a concussion:

- Skaters must be cleared by their Doctor
- Skaters must provide a letter from their Doctor letting LCFSA know that they have been cleared to return to the ice

2019-2020 SIGNATURE PAGE

Please initial each line, sign where indicated, and return to LCFSA with your membership form.

I have read and understand the different levels of membership.

I have read and understand the Ice Time Policies.

I have read and understand the LCFSA Volunteer & Fundraising Commitment.

I have read and understand the Concussion Information and Education sheet

I give permission for my skater's name and/or photo to be used for advertisement, to promote the LCFSA or in the media.

****Please contact the LCFSA Board about any concerns or personal issues. The Board is here to support our families and coaches.***

2019-2020 CODE OF CONDUCT STATEMENT

I have reviewed the Skater Code of Conduct and the Parents Code of Conduct myself, and with my skater/s. I understand the discipline procedure based on the violation of these principles and will encourage my skater to follow these guidelines and will lead by example.

Parent Signature: _____ Date: _____

Skater #1 Signature: _____ Date: _____

Skater # 2 Signature: _____ Date: _____

Skater # 3 Signature: _____ Date: _____

Skater # 4 Signature: _____ Date: _____

2019-2020 LCFSA Locker Room Rules

- This locker room is only to be used during Rink Freestyles and LCFSA ice time by club members only
- Hard guards must be worn on your skates!
- Throw all trash into the garbage can
- Keep all conversation positive and appropriate!
- Please take your belongings with you - check your space before you leave
- If you are the last person to leave this room, please shut off the lights and lock the door on your way out
- Please treat this locker room with respect, it is a privilege!
- NO food allowed in the locker room, and water only!
- This room will be closed if these rules are not followed
- So please remind your friends!

1 Skater Name (Please Print)

Skaters Signature

#2 Skater Name (Please Print)

Skaters Signature

#3 Skater Name (Please Print)

Skaters Signature

#4 Skater Name (Please Print)

Skaters Signature

Parent Name (Please Print)

Parent Signature

Jumping Harness Agreement 2019-2020

I am in good health and in proper physical condition to use the jumping harness. If I believe conditions are unsafe, I will immediately discontinue participation on the jumping harness.

I fully understand that the use of the jumping harness involves serious risks including but not limited to: bodily injury, permanent disability, paralysis, death, and that there may be other risks either not known to me or not readily foreseeable at this time, which may be caused by my own actions, or inactions while using the jumping harness. I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation on the jumping harness.

I hereby waive, release, and otherwise discharge the Town of Orleans, United States Figure Skating, Lower Cape Figure Skating Associates, its directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants and if applicable, owners and lessors of premises on which the "activity" takes place (each considered one of the "releases" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releases" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the releases, I will indemnify, save, and hold harmless each of the releases from any loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this JUMPING HARNESS AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely 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.

Member's Name (Please Print)

Self (if older than 18) or
Parent/Guardian Signature

Date _____