



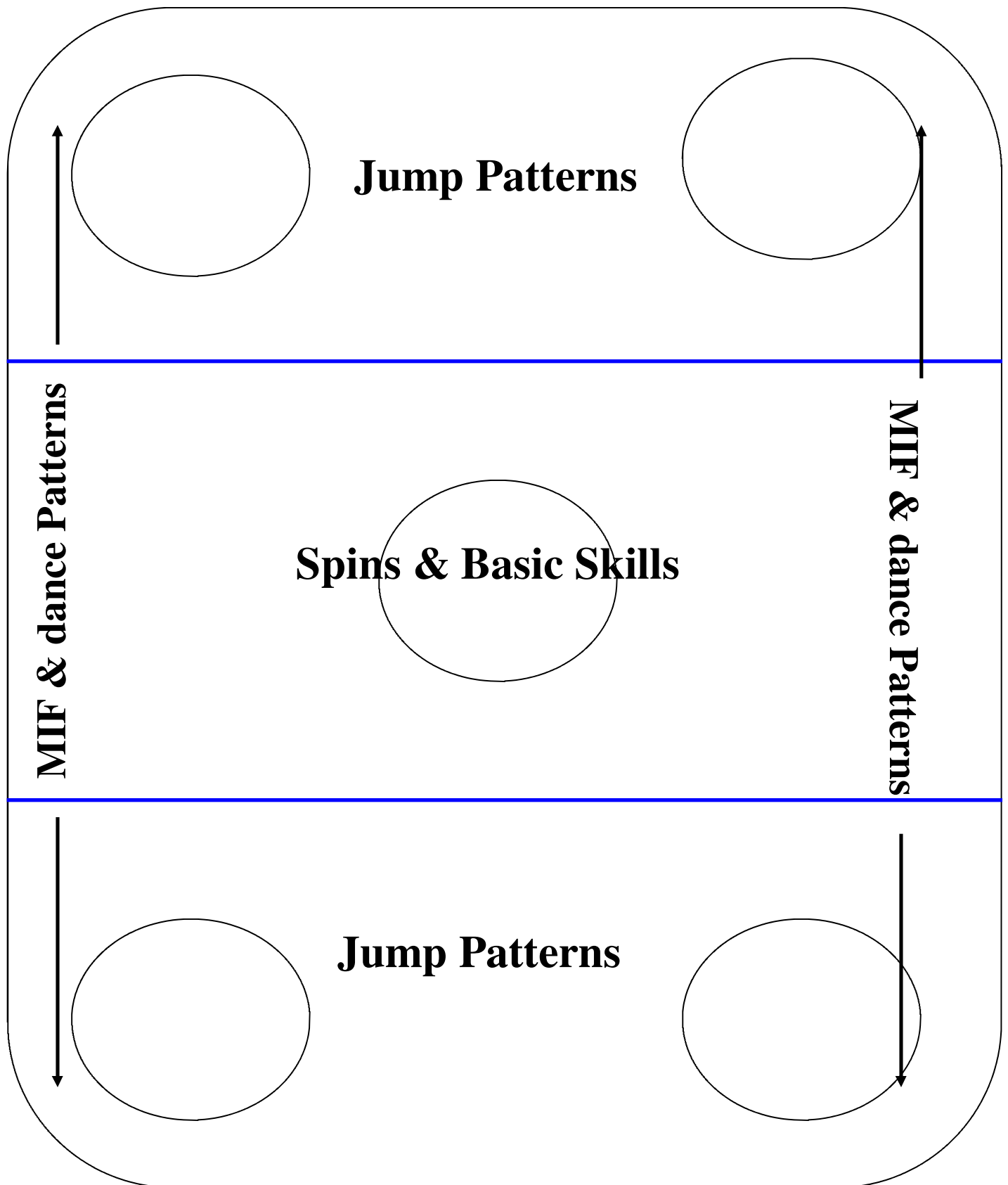
2011-2012 Freestyle Session

Handbook

(Rules & Policies)



FS Session Traffic Patterns



Cool Sports' Freestyle Session Rules June 2011 - May 2012



Contracts, Memberships & other Session Rules

1. Freestyle Session (FS) skaters are required to sign-in at the front desk before each FS session. *(Please have skaters do this instead of parents or guardians)*
2. Any skater failing to check in for a FS session or who enters or exits early / late will be charged for 2 FS sessions. The additional session will be immediately added to the skater's contract.
3. ALL skaters must be members in good standing of USFS either through the Basic Skills program or through the KFSC / individual membership. (Guest ISI skaters are permitted to skate with proof of ISI membership card)
4. Excessive socializing is not allowed during FS sessions. Coaches & the Skating Director have the right to remove any skater(s) from a FS session who is spending too much time chatting with friends.
5. Doors to the ice surface must remain closed during FS sessions. Only coaches & skaters entering or exiting the ice may open these doors.
6. No food or drinks on or near the ice surface **except for water bottles.**
7. Jeans, hats, large jewelry & navel-revealing shirts are not permitted. Gender appropriate clothing is required.
8. FS skaters **MUST** be a private student of one of the Cool Sports' staff instructors OR be a guest skater who has received special permission to skate. Proof of USFS or ISI membership is required.
9. Skaters are **NOT** required to take a private lesson during each FS session that they skate. Private lesson schedules will be determined between coach, parent & skater.

Monthly Contracts & Ice Time Fees

1. Contracts are due the 1st of each month / session and are considered late if not paid for by the 5th. A \$10 late fee will be assessed to all late contracts.
2. A monthly contract may NOT be purchased after the 10th of the month.
3. Upgrades or contract changes must be made by the 10th of each month.
4. An additional 15 minutes may be purchased for \$5, but must be requested before skating a FS session. Staff will not be responsible for determining your intentions and will charge for a full FS session unless otherwise indicated before skating.

Session Traffic Patterns (Right of Way)

1. A skater in a lesson and performing a program run through (with green vest on) has ultimate priority of ice. All skaters & coaches will do their best to move out of the way of the performer.
2. A skater in lesson **and** a skater not in a lesson but performing a program run through (with green vest on) has 2nd priority.
3. Spins & basic skill patterns should be rehearsed in the middle of the ice between the two blue lines.
4. Jumps should take place in the corners.
5. MIF & dance step sequence patterns should be performed along the perimeter of the ice and only through the middle of the ice or diagonally when a "spotter" is available.
6. Backward arabesques can only be performed during heavily trafficked sessions when a "spotter" is present.

In general, all skaters & coaches are asked to share ice time & ice space equally and be courteous to other skaters / coaches. Private ice time is available for purchase for anyone who fails to be able to share the ice respectfully with others. \$350 / hr.

Freestyle Session (FS) Level Requirements

1. All FS sessions have been labeled based on skating level requirements (see below) to indicate what level of skater may participate during any given FS session.
2. Skaters must receive special permission from the Skating Director before skating during a FS session that is either too high or too low for their current skating level.
3. A maximum of 26 skaters will be permitted during any given FS session. Exceptions will not be made.

Skating Level Requirements

F_{SO}—Freestyle Open (*open to all levels*)

F_{SH/M}—Freestyle High & Medium (*double & triple jumps; Juvenile or higher MIF; Adult Silver or higher; Silver dances*)

F_{SH/M/L}—Freestyle High, Medium & Low (*Loop jump through triples; Preliminary & higher MIF; Adult Bronze; Pre Silver dances*)

F_{SM/L/B}—Freestyle Medium, Low & Beginner (*Basic Skills—loop jumps; Pre-Pre & Prelim MIF; Beginner adults & dances*)

Adult F_{SO}— Freestyle Open (*for adult skaters ages 18 & older*)

Cool Sports'
Freestyle Session Rules
June 2011 - May 2012
(Cont...)



Music & Program Run Throughs

1. During busier sessions and when an ice monitor is not available, skaters should start a music line-up and begin playing program music after a 5 minute warm-up. Skaters may ask another skater to press PLAY for them if a monitor or coach is not able to assist them. They will then be responsible to press PLAY for the next person in line.
2. Coaches in a lesson have the right to "jump" to the front of the music line, but this can only be done one time per student.
3. A skater who is next in line to perform their program should be waiting beside the music box with the green vest on.
4. The skater who just finished performing their program should immediately skate over to the music box, remove the green vest, and press PLAY for the next skater.
5. During less crowded sessions, skaters may play their music as often as they deem necessary, but no more than 4 times per session.
6. Using the sound system for choreographing programs is NOT permitted. Skaters & coaches should bring their own boombox for choreography purposes.
7. Skaters are allowed to bring in music of their choice to play during FS sessions, however if the songs are deemed inappropriate by Cool Sports' staff coaches or the Skating Director, then those songs will not be played. Continual abuse of inappropriate music will result in CD's being confiscated or loss of music playing privileges.
8. Ipods, MP3 players & CDs are the only appropriate sources of music.
9. Headphones are NOT permitted during FS sessions.

Skating Parents & Guests

Parents of skaters are also asked to follow some simple rink etiquette to help ensure a safe & positive skating environment for both skater & coach.

1. Parents & guests are not permitted inside the player's bench area or the penalty box area or alongside the ice surface. Suggested seating options are the bleachers at the lobby end of the rink or inside the lobby itself.
2. All doors to the rink surface must remain closed during FS sessions. Skaters & coaches may use doors to enter & exit the ice only. A skater may choose to exit the ice if a conversation is necessary with a parent or guardian.
3. Lessons are not to be interrupted except in cases of true emergencies. Necessary discussions with coaches need to occur at the conclusion of FS sessions. It may require a phone call instead of a face-to-face meeting.
4. Parents are asked to allow the skater to sign-in for themselves. This helps the skater to learn the FS schedule & recognize when they should enter & exit the rink.
5. Questions & concerns about skater's lessons, competitions, training schedules and/ or overall skating regimen should be addressed directly with your private coach.
6. Questions & concerns about ice times, skating fees, monthly contracts, skating schedules and other skater / parent issues occurring at Cool Sports should be addresses directly with the Skating Director. (865) 218-4500x 227

Freestyle Session Cancellations or Schedule Changes

1. The Skating Director reserves the right to make necessary cancellations or schedule changes based on rink events, low enrollments, or weather conflicts.
2. 24—72 hour notice will be given prior to schedule changes or cancellations, and communicated via email.
3. Cancellations based on weather conflicts will be communicated via email to the skating community, in a phone call to the coaching staff and also placed on the front page of the Cool Sports website at www.coolsportstn.com. If you have not been notified about a cancellation, then safely assume the schedule will remain the same.
4. It is suggested that all Freestyle Session skaters & Monthly Contracted skaters be sure that the Skating Director has a copy of their current email address & phone number.

The Skating Director reserves the right to remove any skater from a FS session or ask a parent / guardian to leave if FS session rules cannot be followed. Refunds will not be given to skaters asked to leave a FS session.