



**Lettering Program
Acknowledgement Page**

By signing below I acknowledge that I have read and understand all the requirements for participation in the Absaroka Figure Skating Club Lettering Program.

Skater's signature: _____

Skater's Grade at CHS or approved HS program: _____

Parent or guardian signature: _____

Date: _____ Season: 2018-19

I have verified that the above skater meets the requirement for participation in the Absaroka Figure Skating Lettering Program.

AFSC Letter Program Coordinator: _____

Lettering Program Participation Fee \$20: Paid by **check** **cash** Date: _____



**Absaroka Figure Skating Club
and Cody High School
Figure Skating Lettering Program**



AFSC, in cooperation with the Cody High School Activities Department, has developed an Independent Provider Extra Curricular Lettering Program for figure skating. The requirements set forth in this policy are meant to be an equivalent to other varsity lettering requirements for CHS sports.

Objectives of the Program

1. To offer high school athletic status to figure skaters.
2. To extend sanctioned high school skating.
3. To give figure skaters the same courtesy and empathy in academic considerations (excused absences and extended deadlines) which traditional high school athletes receive from faculty when events require them to leave school early, be tardy or absent.
4. To recognize the accomplishments and time commitment of figure skaters with a varsity letter award to those who meet the requirements.

Qualification and Requirements for Lettering

For the purposes of this program the qualifying year is recognized as starting in September and ending in March. All requirements must be met in this time frame.

To be eligible for the AFSC program, the skater must meet the following criteria:

1. Skater must be a student of Cody High School or an approved HS associated program, in grades 9-12.
2. Skater must submit an AFSC Registration Form, acknowledgement page from "Lettering Program" hand out and participation fee of \$20.00 to AFSC Lettering Coordinator during the qualifying year.
3. Skater must have passing grades at the end of the previous semester to be eligible for participation in the lettering program during the current semester. Students may be asked to supply verification of grades to AFSC letter coordinator prior to participation.
4. Skater & Parents must abide by the "Code of Conducts" provided by Cody High School activities department.
5. Skater must train under the supervision of an approved AFSC professional coach. The AFSC Lettering Coordinator will collect all necessary documentation from coaches.
6. **Skater must skate all scheduled and held AFSC lessons. Skater is allowed one absence due to illness or personal reasons and those lessons not attended due to participation in USFSA sanctioned competitions. A review may be done by the Lettering Coordinator in consideration of any additional absences.**

7. **Skater must skate 25 hours of Freestyle practice. AFSC is concerned with actual practice time dedicated to figure skating, so contracting the ice is not sufficient. Freestyle ice that is attended by coaches may be used as "club" or "freestyle" hours. Athlete must note specific freestyle days and times that coaches are present on freestyle log by making a note in the margin and having coaches initial. Freestyle sessions at any rinks are eligible for freestyle hours.**
8. **Skater must attempt (not necessarily pass) at least one USFS official skate test during the AFSC season , with the exception of any skater who has only their Senior freestyle test remaining or has already passed all testing levels.**
9. **Skater must have Achieved/Passed at least 2 of the 3 following levels:**
 - a) **The Freeskate test level of Pre-Juvenile**
 - b) **The Moves in the Field test level of Juvenile**
 - c) **The Dance test level of Pre-Bronze**

Validation of test levels may be performed via AFSC's test chair or by providing the actual test sheets from test sessions.

Skater must compete in one of the above levels at least once in the qualifying year.

10. **Skater must participate in the AFSC Annual Christmas Show and Home Competition.**
11. **Skater must participate in 1 additional USFSA Sanctioned competition during the lettering year.**
12. **Complete five (5) Volunteer/Mentoring hours within the community with an emphasis on the Riley Ice arena and AFSC.**
13. **It is the skater's responsibility to ensure these expectations are met. All AFSC log sheets must be turned in to the AFSC Lettering Coordinator for verification.**

Qualification Requirements and Presentation of Awards

Skaters meeting all of the above requirements and qualifications will receive their CHS Letter, Chenille Figure Skating pin and certificate of achievement during the first year of participation and a chenille bar for each participating year after that to be placed on their letter and/or letter jacket. Awards will be handed out at AFSC annual "End of Season Celebration".

- a) **Any Senior (Gold) Moves tests passed will additionally receive their USFSA Pin**

Parent Code of Conduct

As parents, you are an invaluable part of your child's educational and athletic development. Your attitudes and actions have the most impact upon the outcome of your child's learning. Therefore, it is important that you see activities for what they can do to help your child's development. The Parent Code of Conduct is:

- Be a positive role model through your own actions to make sure your child has the best athletic experience possible.
- Be a "team" fan, not a "my kid" fan.
- Weigh what your children say; they may tend to slant the truth to their advantage.
- Show respect for the opposing players, coaches, spectators and support groups.
- Be respectful of all officials' decisions.
- Don't instruct your children before or after a game, because it may conflict with the coach's plans and strategies.
- Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- Gain an understanding and appreciation for the rules of the contest.
- Recognize and show appreciation for an outstanding play by either team.
- Help your child learn that success is experienced in the development of their skills and that they can feel good about themselves, win or lose.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if you have a concern. Be sure to follow the designated chain of command.
- Please reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests or any event associated with student athletes including post season banquets, celebrations etc.
- Remember that a ticket to a school athletic event is a privilege to observe the contest.

Coaches Code Of Conduct

We understand that the Athletic Director and Coaches are leaders, and are dedicated to more than the X's and O's of competition. As a professional educator, leader and role model for students, the high school Coach or Athletic Director will:

- exemplify the highest moral character as a role model for young people
- recognize the individual worth and reinforce the self-image of each team member
- establish a realistic team goal or vision for each season and communicate that to the athletes and parents
- encourage and assist team members to set personal goals to achieve their highest academic potential
- create a set of training rules for athletes that reflect the positive values of abstaining from the use of alcohol, tobacco and other drugs (performance degrading substances)
- strive to develop the qualities of competence, character, civility and citizenship in each team member
- provide a safe, challenging and encouraging environment for practice and competition
- gain an awareness of the importance of prevention, care and treatment of athletic injuries
- respect the integrity and judgment of the game officials
- teach and abide by the rules of the game in letter and in spirit
- build and maintain ethical relationships with coaches and administrators
- strive for excellence in coaching skills and techniques through professional improvement
- promote personal fitness and good nutrition
- be modest in victory and gracious in defeat
- reinforce our alcohol, tobacco and other drug-free policies

Priorities

It is imperative that administrators, teachers, coaches, sponsors, students, and parents know and understand the priority system the Activities Department will be operating under when it is time to make decisions involving questions that arise. It is critical that we all understand and adhere to this system in order for our decision making to have continuity in each and every situation that confronts us.

So there is never a misunderstanding as to the importance of one element within the Activities Department to another, the following are our priorities in the order of their impact and importance to the system:

Coaches and Sponsors-Students
Programs
Parents/Patrons

So there is never a misunderstanding as to the importance of one element over another when making decisions concerning students - and when students make decisions concerning activities, the following are our priorities in the order of their impact and importance to our programs and teams:

Family
Education
Team

Parents and Sportsmanship

The following are just a few reminders of the important role parents play in modeling behaviors when involved in activities:

1. You are a fan and a spectator.
2. Please respect coaching decisions. These decisions relate to the team.
3. Officials are seldom perfect. Please be respectful of the job they do.
4. You are the host for all visiting teams – treat them with respect.
5. Cheer for our team – not against the opponent.

Common vs Personal Agendas

Cody Public Schools Activities offers many opportunities to grow and develop in ways that are beneficial to the group as a whole and as individuals. It is important to understand that for success to be achieved and growth to take place, everyone needs to be on the same page – which means to have a *common agenda*.

Teams that work together to reach common goals are the most successful. Teams that are unsuccessful – even though they may be winning – are those that have *personal agendas* prioritized ahead of the team agendas.

Every student should have personal goals and aspirations. However, they must be secondary to the *common agendas* set for the team. If you are more worried about your points, statistics, place, or playing time than the team score – we no longer have a team. What we have is a group of individuals seeking personal ambitions – no one ever wins for long under those circumstances, no matter how good they are as individuals.

Common agendas lead to team success. *Personal agendas* lead to failure no matter what the outcome of the contest.

The Activities Department's Chain of Command

Board of Education
Superintendent
Principals
Activities Director
Head Coaches and Sponsors
Assistant Coaches

The Activities Code

Interscholastic activities have been established in the Cody School District for the purpose of supplementing and contributing to the total educational program of this institution.

In order for the Activities Department of Cody Public Schools to reach its goals, there are certain objectives which must be met by the activity participant.

Rules of Conduct/Training Rules

Activity participants must always remember that participation in activities is a privilege, not a right. Students who participate in the activities program must observe regulations that are more restrictive than those relating to the general student community. Participation is both an honor and a responsibility. Activity participants earn recognition for the achievements as representatives of their school and its ideals. Those students who are selected for the privilege of membership on teams should conduct themselves at all times in such a manner as to be a credit to their parents or guardians, the school, and their community. Exemplary conduct is expected throughout the year, in or out of season, in or out of uniform, whether on campus or off.

Use or possession of alcohol, tobacco or illegal drugs/substances is expressly forbidden. This may include misuse of over the counter drugs as well.

Participation, Recruitment, and Retention

Factors such as time, facilities, equipment, staffing, budgetary considerations, and tradition limit the ability of the Cody Public School System on providing participatory opportunities. However, our goal is to provide as many students with as many programs as possible. Athletically speaking, variety is the spice of life. We will do our best to keep as many students in our programs for as long as possible.

Students are encouraged to participate in activities throughout the entire school year. We need to make it clear that multi-activity participation has the most benefits. *The key benefit in competition may be the fact that activities in general are the best measuring tool of success as an adult.* Generally speaking, the most successful adults are those who were involved as students in activities because they learn the skills needed for future success: leadership, self-discipline, cooperation, work ethic, decision making, perseverance, etc....



Lettering Program Skating Log 2018/19

Skater Name: _____

Club Ice

ACTUAL TIME ON THE ICE ONLY COUNTS TOWARDS REQUIRED HOURS

Date	Time on Ice	Coach or Chair Initials
Sept 23		
Sept 30		
Oct 7		
Oct 14		
Oct 21		
Oct 28		
Nov 4		
Nov 18		
Dec 2		
Christmas Rehearsal		
Jan 6		
Jan 12		
Jan 13		
Jan 27		
Feb 3		
Feb 10		
Feb 17		
Feb 24		
March 3		
Celebrate Skate		

You are allowed one absence for personal reasons or illness.

Total Club Ice Hours Skated: _____

Letter Coordinator Signature: _____ Date: _____



Lettering Program Skating Log 2018/19

Skater Name: _____

Volunteering/Mentoring 5 Hours Required

Activity	Date/Time	Location/Organization	Coach or Organizers Initials

Total Hours: _____

Letter Coordinator Signature: _____ Date: _____



Lettering Program Skating Log 2018/19

Skater Name: _____

Shows, Performances, Competitions

Event	Location	Date	Levels Competed	Coach or Chair Initials
AFSC Christmas Show	Cody			
Cody Spring Classic	Cody			
USFSA Sanctioned Competition				

Required participation: AFSC Christmas Show, Home Competition, and 1 additional USFSA Sanctioned Competition

Skaters must participate in these events, not just be entered.

Letter Coordinator Signature: _____ Date: _____