

Casper Figure Skating Club Handbook

2023-2024



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The Casper Figure Skating Club (CFSC) Board of Directors would like to welcome you to our current skating season. We hope you will enjoy your skating experience with us this year. When you register yourself or your child for skating with us, both you and your child become members of our skating club. We are excited to begin a new season with new and familiar faces!

Enclosed in this handbook is information to help you navigate a new season (or even a brand-new sport!)

MISSION

The Casper Figure Skating Club (CFSC) is a non-profit organization dedicated to the advancement, practice and instruction of the sport of figure skating in the Casper community. The club is a registered member of U.S. Figure Skating. Since 1978, the CFSC has helped members of all ages in the community develop their skills as competitive and recreational skaters.

The club's main goal is to make the sport of figure skating fun for all ages. The CFSC comprises of dedicated parents, determined skaters, and experienced coaches. We all support a family-oriented environment, good sportsmanship, and a strong fellowship within the club as well as with the surrounding community.

The CFSC welcomes anyone wishing to join. Our mission is to provide programs to encourage community- wide participation and achievement in the sport of figure skating.

CFSC 2023-2024 Board Members

<u>Position</u>	<u>Name</u>	<u>Email</u>	<u>Phone</u>	<u>Term Ends</u>
President	Sarah Neubauer	sari_jean@yahoo.com	307-251-3814	May 2024
V. President	Jen White	mybunnygirl@live.com	520-975-0768	May 2024
Treasurer	Callie Quinlan	callieq2@gmail.com	307-262-0042	May 2024
Secretary	Ashlee Taylor	Ashtaylor_30@yahoo.com	307-441-1053	May 2024
Members at Large	Jill Fay	jillybeanwyo@hotmail.com	507-258-7921	May 2024
	Iryna Fox	iryna.fox@gmail.com	509-521-6119	May 2024
	Andy Dunn	Rad_dunn@yahoo.com	307-394-1341	May 2024
	Chris Neubauer	cneubauer1@rocketmail.com	307-315-0687	May 2024
Coach Liaison	Shelby Andress	slaandress@msn.com	307-262-0691	May 2024
LTS Director	Christina Kostelc	cakannie@gmail.com	307-231-1749	

Calendar of a Typical Season

July	1 st - beginning of the new membership year. Be sure to renew your membership right away if you are attending competitions or camps over the summer.
August	Register for Sunday classes. Make sure your skates fit. Get them sharpened.
September	Classes start
October	Show/Recital rehearsals start Cookie Dough Fundraiser
November	Advent Calendar Fundraiser
December	Ice Show
January	National Skating Month!
February	Casper Invitational!
March	Nominations for upcoming board vacancies are accepted
April	Annual membership meeting to elect new board members Recital Awards Day
May	End of Season
June	1 st - New board members take office. Coaching credential renewal month Memberships can be submitted for the next season any time this month

Member benefits and privileges

Members of CFSC enjoy the following privileges:

- Progress through the test structure by participating in USFS sponsored test sessions
- Compete at U.S. Figure Skating sanctioned events
- Participate in U.S. Figure Skating qualifying events
- Represent your club at regional, sectional and national events
- Participate in sanctioned events.
- Senior members can vote for board members at the annual membership meeting

Members also receive the following benefits:

- Certificates of accomplishment for passing tests & placing at U.S.F.S.A. qualifying events
- Subscription to SKATING magazine
- Digital membership card
- U.S. Figure Skating's sports accident insurance policy
- Special offers and discounts from USFSA corporate partners
- the opportunity to become a member of the U.S., World or Olympic Figure Skating Team

Learn to Skate (LTS) USA Members enjoy the following benefits:

- Participate in a program endorsed by US Figure Skating, USA Hockey, and US Speed skating
- Fun, challenging and rewarding skating curriculums for all ages and abilities from LTS USA registered instructors
- Bridge to U.S. Figure Skating testing and competitive structure

When you register for LTS USA, you will receive:

- An official LTS USA membership card.
- Welcome packet from LTS USA that contains a skater record book to track progress through the program, a parent handbook and a Learn to Skate USA® magazine filled with helpful information about all aspects of skating.
- Secondary Sport Accident Insurance coverage
- Opportunity to participate in group lessons, approved competitions, and performances associated with CFSC and LTS USA

FUNDRAISING

CFSC members are required to participate in fundraisers (or choose the buy-out option when they join the club). The first member is required to raise \$150. Subsequent members are required to raise \$75. The total fundraising requirement is capped at \$300 for each family. (Members of the family must reside in the same household.)

Our typical fundraisers are:

October- Cookie Dough

November- Advent Calendars

December-Recital Sponsorships, Raffle

****Will switch with April, depending on placement of Recital and Show****

February- Competition raffles

March/April- Show ticket sales and program ad sales

VOLUNTEERING

CFSC would not be possible without the amazing support of the parents and family members of each skater. We rely on the three (3) required volunteer hours per skater in order to complete the season. Volunteer hours can be opted-out for \$300/per family.

Volunteers are required to complete SafeSport training. After your membership is processed, sign in to the members' only section of www.usfsaonline.org to complete the training. We encourage you to complete this training ASAP so that you have all opportunities to volunteer.

Examples of opportunities to fulfill your three required volunteer hours are:

- Manning the table at skate swaps
- Assisting with fundraising and organization
- Helping set up, break down decorations for the show performances.
- Assisting the skaters in the locker rooms for show and competition- must be SkateSafe verified
- Being a runner for the competition
- Manning a table at the competition

We will have sign-up sheets available for you to volunteer.

ICE SHOW INFORMATION

CFSC holds an ice show every year. It alternates between a December holiday show or a spring show in April/May. All skaters are encouraged to participate. This is a chance to invite your friends and family to see all the new skating skills you've learned. Ice shows are often the most vivid and treasured memories people have of their time as skaters.

Fees:

There are no additional fees for Casper FSC members who want to participate.

Non-Casper Figure Skating Club members- Group number only, needs to be part of another club and provide a letter of good standing within the club.

Learn to Skate Members through CFSC-\$100 per skater. (Includes: costume rental, ice time, coach time)

New to LTS- (such as a skater taking classes through the city): \$125 per skater, will participate in the group number unless otherwise have a private coach. (Includes LTS membership, costume rental, ice time, coach time)

ICE SHOW SOLOS, DUETS, and SMALL GROUPS

- 1. Solos for the ice show will be selected as follows:**
 - A. Casper Figure Skating Club membership.
 - B. LTS through Casper Figure Skating Club.
 - C. A soloist must have a private coach.
 - a. Soloist must have 4-6 prior sessions with the private coach.
- 2. If there are MORE solo requests than time allows, priority for solos will be determined in the following order:**
 - A. Senior Spotlight
 - B. Competed in the current season or prior season if a December show
 - a. Exceptions will be made for illness, injury, and financial hardships. For privacy, this decision will be made by the discretion of the skater's private coach and the Club President.
 - C. Most difficult move the skater can perform when asked.
- 3. If there are still too many skaters than slots available, solos will then be determined by:**
 - A. Highest Freeskate Test passed.
 - B. Highest Moves Test passed.
- 4. If skaters choose to do a duet or trio, they forfeit their solo slot.**
- 5.**

Solos should conform to the USFA time constraints for the skater's current competition level. Duets and trios should follow the current USFA showcase time constraints.

Club Members will request a solo through their private coach.

RECITAL

CFSC will hold a recital in the spring of 2024. A recital is a little different than an ice show. There aren't curtains and props on the ice. There are not any group numbers. Skaters will get to perform their favorite competition program. Skaters can perform a solo/duet/trio that they have practiced with their private coach. Skaters are limited to only one performance, we will **NOT** have changing rooms for costume changes during the recital.

U.S. Figure Skating SkateSafe Program

U.S. Figure Skating strives to provide a safe environment for its members that is free of misconduct and harassment. The association will not tolerate or condone any form of harassment or misconduct of any of its members including athletes, coaches, officials, directors, employees, parents, volunteers or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating. All forms of misconduct are unacceptable and in direct conflict with U.S. Figure Skating rules.

The U.S. Figure Skating SkateSafe Program addresses the following types of misconduct:

- Sexual misconduct
- Physical misconduct
- Emotional misconduct
- Bullying, threats and harassment
- Hazing
- Willfully tolerating misconduct

All individuals, regardless of membership with U.S. Figure Skating, are encouraged to report suspected violations of SkateSafe. To make a report, email skatesafe@usfigureskating.org or call (719)635-5200.

The U.S. Center for Safesport offers a variety of training courses for coaches, athletes, parents, volunteers, minors, adults, etc. If you are a member of CFSC, you can access the training through the members only portal at www.usfsaonline.org Non-members can also create an account to access the training.

All adult members of CFSC are encouraged to complete the SkateSafe training and background check. We recommend you do this as soon as possible so you are ready to volunteer for CFSC in any/all situations. Positions such as being backstage or in a locker room require SkateSafe certification.

CFSC MEMBER CODE OF CONDUCT

CFSC is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct. All CFSC members agree to adhere to the following Code of Conduct:

1. I will encourage good sportsmanship by my actions, demonstrating positive support for all skaters, coaches, and officials at every practice, competition and test session.
2. I will place the emotional and physical well-being of skaters ahead of the desire to win.
3. I will encourage skaters to maintain a safe and healthy environment by maintaining a respectful and courteous attitude to others.
4. I will promptly inform my/my child's coach of any physical/mental disability or challenge that may affect the my/my child's safety or the safety of others.
5. I will remember that doing your best is more important than winning.
6. I will not ridicule, bully, blame, or yell at skaters, coaches, officials or volunteers in response to a poor performance or for any other reason.
7. I will do my best to make skating fun at all times and will remember that everyone participates in sports for their own enjoyment and satisfaction.
8. I will treat other skaters, coaches, fans, volunteers, officials, and rink staff with respect, regardless of race, creed, color, sexual orientation or ability. I will also take action and report any acts of bullying, harassment or abuse to the appropriate authorities.
9. I will applaud any effort in both victory and defeat emphasizing positive accomplishments and learning from mistakes.
10. I will resolve conflicts calmly and peacefully without resorting to hostility or violence.
11. I will be a positive role model
12. I will demand a figure skating environment that is free of drug or alcohol abuse and agree that I will not use or provide to a third-party any illegal drug prohibited by applicable federal, state, or municipal law.
13. I will not assist or condone any athlete's use of a banned substance as described by the International Olympic Committee, International Skating Union, United States Olympic Committee, or U.S. Figure Skating, or, in case of athletes, to use such drugs or refuse to submit to properly conducted drug tests administered by one of these organizations.
14. I will expect my (or my child's) coach to be in compliance with all requirements of U.S. Figure Skating and the Professional Skaters Association, 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 coaches and refrain from "side line" coaching my child or other skaters.
16. I will respect the decisions of officials, their authority and decisions during competitions and test sessions and encourage others to do the same.
17. I will show appreciation and recognize the importance of volunteers and club officials. I will fulfill my responsibility to help my club with membership, special projects, competitions and test sessions.
18. I agree to report to the appropriate entity/party any SafeSport or Code of Conduct violations that I observe.
19. I will become familiar with the rules of the U.S. Figure Skating
20. I will support and respect all skaters and their right to participate

CSFC Skater Code of Conduct

The Skater's Code of Conduct has been established to ensure the safety of all members using our ice to ensure quality practice time for all home club, associate, non-members and guests who purchase ice from the club and who participate in all club-related activities.

1. All skaters, regardless of whether they hold home club, associate, non-member or guest status, must follow and uphold the provisions in this Skater Code of Conduct regarding behavior on and off the ice. All club members are expected to exhibit good sportsmanship and be courteous toward their fellow skaters, coaches, parents/guardians of skaters, U.S. Figure Skating officials and guests.

2. CFSC is committed to promoting a positive and friendly environment for all skaters. Remember "The Golden Rule:" treat other people like you want to be treated- with respect.

Ice Etiquette and Safety

1. While in lesson or practice, it is the skater's responsibility to always be conscientious and aware of other skaters around them.

2. Skaters must skate with the flow of other skaters and familiarize themselves with the most commonly used areas for jumps and spins.

3. The only time a skater has the sole right of way is when they are skating their program to music. When you hear another member's music, please extend that person the courtesy and move out of their path momentarily. This only takes a moment, and you will enjoy the same courtesy while you are performing your program.

4. Advanced skaters are expected to exhibit patience toward beginner members of the club. Remember, you were an inexperienced skater once, and it takes time for our future generation to advance to the point where they are completely comfortable skating with all levels of skaters.

5. Unsafe or discourteous behavior of any kind will not be tolerated

Contact Information and Websites:

www.USFSA.org

www.LearntoSkateUSA.com

www.casperfsc.org

Club Jackets & Shirts

Bear Creek Originals
219 N. Yellowstone Hwy
Glendo, WY 82213
(307) 735-4152
www.bearcreekoriginals.com

Casper Ice Arena:

307-235-8484
www.casperwy.gov

Private Coaches

<u>Name</u>	<u>phone</u>	<u>accepting new students?</u>
Shelby Andress	307-262-0691	yes
Avery Bandel	406-868-3223	yes
Christina Kostelc	307-231-1749	yes
Angie Lariviere	307-554-0497	no
Abby Reeder	307-259-7281	no
Annie Saul	307-215-4023	no
Nikki Baharie	951-818-6328	no

Coach bios can be found on the CFSC bulletin board at the rink or at www.casperfsc.org