

SAMPLE

Abbotsford Skating Club – Elite Session Invite

Skater Name _____

You are invited onto the Abbotsford Skating Club's _____ "Elite Freeskate Session". Your invitation is valid _____ to _____.

Elite Freeskate Session Criteria:

- Must actively compete in StarSkate or Competitive Skate events. Skate no less than four days a week and be working on an axel or higher jumps.
- Is prepared and on time for their sessions. Has a training plan, works hard and utilizes their training time efficiently.
- Is a goal setter and shows improvement on each session.
- Demonstrates dedication, determination, a winning/positive attitude and shows a desire to skate to their potential.

Elite Freeskate Session Rules:

All participants must abide by the following rules. This session runs on a "three strikes and you're out system". No refunds will be given.

- Skaters must be respectful of all coaches, fellow skaters, board members & music players.
- Skater's demonstrating poor behaviour will be asked to leave the ice.
- Skaters must wear proper skating attire. No street clothes permitted.
- Hair must be neat & tidy, pulled back off the face and in a secure ponytail, braid or bun.
- Skaters must be prepared with a training plan and on time to their session. If you are late approach a coach and request permission to skate. Warm-up without disruption to your fellow skaters.
- Skaters will use their ice time to train. Talking, leaning at the boards and getting off the ice is not permitted. If a skater needs to leave the ice they must get permission from a coach first.
- Skaters must stay on the ice for the entire session. If a skater needs to leave early they must request permission prior to the session starting. Injuries are not included in this rule. Injured skaters will be assessed by a coach and given direction as to what to do.

Skater Agreement:

Skater Name: _____ Email: _____

Parent Name: _____ Date: _____

Session Dates: _____

I have read & understand the Elite Freeskate Session Criteria & Rules Yes No

Skater Signature

Parent Signature