



NSSA

NOTTINGHAM SYNCHRONIZED SKATING ACADEMY

NSSA RULES: 2017 – 2018

Whilst you are skating with NSSA, you represent NSSA, and often the NIC, Nottingham and Great Britain when competing abroad. Good behaviour is therefore expected at all times.

- 1 Skaters should behave in a sporting and polite manner, both within the team and to other skaters and teams. Your team will become stronger only if you support the weaker skaters.
- 2 Parents, managers and coaches expect a level of politeness and courtesy from all skaters (and adults) at all times, and expect to be polite and courteous in return.
- 3 Skaters are expected to wear uniform at all sessions (unless new to synchro).
- 4 Skaters should be aware of our club's good reputation both at skating events, and in other public arenas. You must take care for example in portraying yourself as a NSSA skater if your Facebook page uses inappropriate language or photos.
- 5 Skaters should turn up to training sessions in a fit state to do so. Any skater found to have been drinking or abusing drugs will be asked to leave the ice immediately.
- 6 Any skater found to be abusing drugs who test positive at competition will have their membership of NSSA revoked immediately.

Infringement of these rules may lead to exclusion from NSSA sessions; payment for sessions missed will not be refunded. Those forgetting to wear uniform will be offered the club 'spare polo shirt' if they want to go on the ice.

DUTIES OF COACH

- 1 Support each skater and team to achieve the best teamwork and skating level possible, learning through positive experiences during sessions.
- 2 Work closely with team managers to support the club.

- 3 Choose a team from each squad. This will be based on the skater's effort and dedication in both ice and off-ice sessions, their fitness, knowledge of the programme and their behaviour in accordance with the expectations of the club and officials.
- 4 Adopt a professional attitude to their work within NSSA by turning up to sessions on time, running effective training sessions and notifying the Chair of any absences at least one week prior to any session.

DUTIES OF TEAM MANAGERS/CHAPERONES

- 1 Support the team and club to achieve its goals through working closely with skaters, parents and coaches.
- 2 Keep parents/skaters informed either directly or via the website.
- 3 Adopt a professional approach when responsible for skaters whilst at competition.

DUTIES OF PARENT

- 1 Ensure that the team manager holds an up to date emergency/medical contact sheet and details of any medication that could affect drug testing at competition
- 2 Pay for each training session (by standing order) or event in advance and keep within the agreed balance set by the committee.
- 3 Notify the team manager in advance if a skater will be absent. A team relies on **all** its skaters.
- 4 Support the decisions of the coach and team managers, who occasionally need to take a decision with a broader view.
- 5 Sustain the good reputation of the club whilst at competitions.
- 6 Abusive behaviour (verbal or physical) towards any member of the Committee, Team Managers or Coaches will not be tolerated and may result in the exclusion of the skater/parent from the Club.
- 7 Team Members may be photographed at competitions, galas and for promotional events. Parents/carers will be asked to indicate if they do not agree to this.
- 8 Keep and sign a copy of the 'NSSA Team Rules'.

DUTIES OF SKATER

- 1 Adopt a team spirit
- 2 Adopt a positive and supportive attitude towards other squad members
- 3 Come to training prepared to work hard
- 4 Listen to the coaches during training sessions and do not engage in behaviour that will distract other skaters.
- 5 Accept the coaches' decisions
- 6 Keep and sign a copy of the 'NSSA Team Rules'

Any complaints concerning the implementation of these rules may be dealt with through the complaints procedure (on www.nssa-nottingham.co.uk), however contravention of these rules, after due process, may result in the exclusion of a skater or parent/carer from the Club. In serious contravention, the team manager and coach may make arrangements to send a skater home early from a session or event.

A skater in contravention of these rules will receive a 2 verbal warnings from the coach or manager. The third warning will be written. If further rules are broken the Skater will be excluded from NSSA.

I confirm that I have read and understood the above, and agree to abide by the rules of Nottingham Synchronized Skating Academy.

Signed
Skater's signature

.....
Print Name

.....
Parent's signature

.....
Print Name

Date

Please sign and return this section of the NSSA Rules form to your squad manager.