

**Spring Lake Park School District #16 High School  
Lettering Program Requirements for Figure Skating**

**Objectives**

1. To offer high school athletic/activity/club status to Figure Skaters.
2. To extend sanctioned high school skating beyond hockey.
3. To give Figure Skaters the same courtesy and empathy in academic considerations which traditional student-athletes receive when events require being absent or leaving school early or being tardy.
4. To recognize the accomplishments and time commitment of Figure Skaters with a high school letter award to those who meet the requirements and are selected for the award. Official high school athletic and activity recognition is important to college applicants. The time demands of figure skating often preclude a student's participation in many of the traditional high school sports and other programs.

**Qualifications and Requirements for Letter**

To be eligible to be considered for the Spring Lake Park School District figure skating letter, the Figure Skater must meet the following criteria:

1. Figure Skater must be a current student in Spring Lake Park Schools enrolled in grades 7-12.
2. Figure Skater must adhere to the Spring Lake Park School District's rules of eligibility and codes of conduct.
3. Figure Skater must submit a signed Figure Skating Lettering Student Commitment form to the lettering advisor within the first six months of the season.
4. Figure Skater must train under the supervision of a professional figure skating coach who is a member of and registered as a coach with US Figure Skating ("USFS"). Such a coach shall have successfully completed a background check and possess liability insurance.
5. Figure Skater must be a current member of US Figure Skating.
6. Figure skating must be performed at a high school or higher level of activity, as follows:

Skater must practice and/or compete/perform a minimum of 150 hours during the skating season. For the purpose of this program, the skating season will be April 16th –April 15th. The requirement is actual time dedicated to figure skating, and purchasing the ice/class alone shall not be sufficient. To be included in the required skating hours, the skater must skate on designated figure skating ice or other USFS club ice. On or off-ice sessions/classes/seminars must be pre-approved by the Figure Skater's coach if not traditional USFS training.

For the purposes of this program, hours will be counted as follows:

- a. 1 hour = 1 hour on or off-ice;

- b. Ice show rehearsals will count towards ice time and will equal the amount of time a Figure Skater is required to be at the rink (e.g., if the first ½ of the show is 1.5 hours, it will equal 1.5 hours toward the program); and,
  - c. Competitions will count as 1 hour per event in which a skater competes, and practice ice at the competition event will be counted as well with minutes purchased equaling minutes skated.
7. Figure Skater must pass or have passed the USFS Juvenile Freestyle Test or the Ice Skating Institute (“ISI”) Freestyle 5 Test.
8. Figure Skater must participate in at least three public events per skating season. These must include :
  1. ISI Competition or USFS Competition with a solo event.
  2. An ISI or USFS sanctioned event such as an exhibition or competition.
    - a. A USFS or ISI sanctioned Annual Show or any USFS or ISI sanctioned exhibition. Each show or exhibition will count as one event regardless of the number of programs performed.
    - b. All Competitions must be completed individually (not as a team) Competition will count as 1 hour per event.
9. In lieu of fulfilling the above requirements, a Figure Skater may also qualify for consideration for a letter by having achieved one of the following highest levels of accomplishment within the sport of figure skating during the season:
  - a. Any Senior (Gold) Moves, Freeskate, Pairs, or Dance tests passed;
  - b. Minnesota State Championship Medalist;
  - c. Championship Medalist as part of a Solo;
  - d. Upper Great Lakes Regional Championship Medalist;
  - e. Midwestern Sectional Championship Competitor; or,
  - f. U.S. Nationals Championship Competitor.
10. Figure Skater must submit all necessary documentation (including, e.g., testing forms, competition results sheets, proof of contracted sessions and training, ice show or exhibition programs with a coach’s signature verifying participation, and any other documents and information) to verify the at least 150 hours and/or other lettering requirements to the figure skating lettering advisor by April 15<sup>th</sup>. The figure skating advisor reserves the right not to consider an athlete for a letter or to withhold a letter from an athlete if the athlete has displayed conduct or attitudes detrimental to the sport of figure skating, to her or his team- or club-mates, or to the Spring Lake Park School District and its students, faculty, and staff, during the season.

### **Presentation of Awards**

Certificates evidencing a student’s earning of a Spring Lake Park School District’s Figure Skating letter and/or bar will be awarded to the qualifying recipients after the season ends.

### Figure Skating Lettering Student Commitment

This Figure Skating Lettering Student Commitment must be signed and given to the Spring Lake Park School District’s figure skating advisor for each season in which a student seeks to earn a letter.

1. **Eligibility-** I understand that I must meet all of the eligibility requirements set forth by the Spring Lake Park School District figure skating lettering program. I understand that if I fail to meet all eligibility requirements, including but not limited to all school district rules, policies, and procedures concerning student activities, conduct and scholastic standings, and other eligibility requirements as required of all Spring Lake Park High School students, I shall forfeit my eligibility to qualify for consideration for a letter even if I have met all other criteria.
2. **Costs-** I understand I am responsible for all costs associated with the Spring Lake Park School District’s figure skating lettering program, including but not limited to skating club and organization membership fees, ice fees, coaching fees, costs for physical examinations, travel and equipment, and any other costs associated with the sport of figure skating.
3. **Coaching/Training-** I understand I must be under the supervision of a professional figure skating coach, who is registered with US Figure Skating (“USFS”).
4. **Lettering Requirements-** I understand that in addition to the Spring Lake Park student eligibility requirements, as partially set forth above, I must meet all of the following criteria to qualify for consideration for a letter for the current skating season:
  - a. I must be a current student, enrolled in grades 7-12, at Westwood Middle School or Spring Lake Park High School.
  - b. I must submit this form to the lettering advisor within the first six months of the season, which begins April 16th.
  - c. I must be a member of USFS.
  - d. I must skate a minimum of 150 hours during the skating season on designated figure skating ice or any USFS club ice.
  - e. I must pass or have passed the USFS Juvenile Freestyle Test or ISI FS5 test.
  - f. I must attempt at least one official USFS test during the skating season up until USFS Senior Freestyle is achieved, unless I have passed my Senior Free tests or have competed in a Well Balanced Qualifying event at the Upper Great Lakes Regional Championships during the season.
  - g. I must participate in a minimum of one USFS sanctioned event and one ISI event during the April 16th to April 15<sup>th</sup> skating season<sup>1</sup>, and at least one event must be a competition. The total of events such as competitions and exhibitions must be three. The third one can be either USFS or ISI.
  - h. No later than April 15th, I must provide complete documentation to the figure skating advisor to verify that I have met the at least 150 hours and other lettering requirements. (Such documentation may take the form of testing forms, competition and event results sheets, proof of contracted sessions and training, ice show or exhibition programs with a Coach’s signature verifying participation, and any other documents and information.)

<sup>1</sup> Participation in ice shows and sanctioned exhibitions qualify as one event regardless of the number of performances during the show or exhibition. (Non-sanctioned exhibitions do not qualify as an event.) Competitions count as one event regardless of the number of events entered.

5. The figure skating advisor reserves the right not to consider an athlete for a letter or to withhold a letter if the athlete displays conduct or attitudes detrimental to the sport of figure skating, to her or his team- or club-mates, or to the Spring Lake Park School District and its students, faculty, and staff.

*I have read and understood the requirements for the Spring Lake Park School District’s Figure Skating Lettering Program.*

\_\_\_\_\_  
Student’s signature                      Date

\_\_\_\_\_  
Parent or Guardian’s signature      Date