



Ice Palace

Figure Skating Club

The Ice Palace Coaching Team respectfully asks that all skaters and parents adhere to the following:

Coaching

- Payment for coaching is due within 7 days of billing date.
- Failure to make payment will result in the cancellation of all lessons from Ice Palace coaches.
- A minimum of 24 hours notice must be given if you cannot attend a scheduled lesson. Missed lessons that have not been cancelled will be charged a cancellation fee.
- Skaters with overdue accounts may not take tests or register for subsequent skating schools.
- Skaters will be billed for competitions, tests, simulations, meetings, music research/editing, yearly planning, etc. Please get this billing structure from your coach.
- Billing will take place either biweekly or monthly. Please ask your coach.
- Please do not interrupt coaches while they are coaching.
- Your primary coach is responsible for the various aspects of your child's training, including yearly planning, practice schedule, competition schedule, goal-setting, tests, music, equipment, outfits, etc. Please be sure to direct discussions regarding these topics to your primary coach.
- Please remember that your coaches are open to answering any questions or concerns you may have regarding your child's development. Feel free to contact your coach at an appropriate time, or make an appointment if necessary. Please note that coaches may bill for these meetings.

Training Guidelines

- Parents, please do not sit in the skate change area. As a parent you can be a distraction to your child and to coaches that may be coaching nearby.
- Parents may not watch off-ice classes.
- Skaters are expected to be on time for all on-ice and off-ice sessions and to train throughout the entire session. In order for skaters to reach their potential, it is expected that they attend all sessions that they have registered for.
- Skaters should commit to an energized work ethic that enhances our training environment. Disruptive or inappropriate behavior will not be tolerated.
- Parents should not talk to the skaters on the ice.
- It is unacceptable to coach your child or anyone else's child during any training session.
- Skaters must wear proper skating attire during on-ice and off-ice sessions (ie - clothing that presents the skater's body line). No loose fitted clothing, hooded sweatshirts, etc.
- Juniors should drink water before and after skating. No water bottles at boards.
- Nutrition is a key factor to athletic success. Please pack healthy snacks to ensure adequate energy levels. No junk food at the arena.