

2016 VSC SKATER EXPECTATIONS

OFF-ICE TRAINING CLASSES:

1. **Attendance:** The off-ice program is designed to allow skaters to improve their skill progression on-ice. Skaters are expected to attend all off-ice classes, unless otherwise given permission by their contact coach.
2. **Punctuality:** The instructors are coming in to make the most of the skater's time. So please be there for the start. If there are unforeseen circumstances occurring that prevent prompt arrival, (ie traffic accidents), please instruct your skater to enter quietly without a disturbance to the class.
3. **Attire:**

Dance class: tight fitted clothing, socks for carpet at Ice sports.

Dryland Jump classes: fitness gear, or skating clothes is fine, as well as proper running shoes.

Flexibility classes: again tighter fitting clothing best.
3. **Behaviour:** Skaters need to be attentive, respectful, and cooperative to all teachers/coaches. **Any skaters not behaving appropriately will be asked to leave the class**, and may only return when they are ready to behave properly. Please make sure that your skater understands this.
4. **Nutrition:** Skaters are not allowed to eat during classes. Please snack before and after classes. Water bottles are encouraged, and can be brought to class, but it is up to the instructor to inform skaters when they can have a "water" break.
5. **Attitude/Effort:** Skaters are always expected to put their best effort into classes. If your skater has an injury or something preventing them from doing something, **please inform your coach/and the instructor.**
6. **Technology:** Please refrain from using cell phones in class.

THANK YOU!!!

If you have any further questions, please contact Lorna Bauer at lornabauer@shaw.ca.