

LHS Lettering Criteria for Figure Skating

Individual:

Skater must be in at least 7th grade.

Skater must pass a minimum of 2 of the following:

- Pre-juvenile MIF
- Preliminary FS
- Preliminary Pairs
- Pre-bronze dance set

Skater must participate throughout the season by accumulating at least 13 points:

- Skate individually in a competition (5 points each)
- Skate a solo or small group routine at a hockey game (3 points each)
- Skate a solo in the TRFSC annual exhibition (3 points)
- Skate a solo in an ice show (5 points)
- Skate a duet or small group in ice show (3 points)

Skaters must attend practice sessions regularly throughout the entire season:

- Practice a minimum of 4 ½ hours/week—this must be documented and signed by a board member or coach. If a skater is found to be falsifying the practice record, a letter will not be issued.

In order to letter in succeeding years:

- Skater must fulfill participation and practice requirements.
- Skater must attempt at least one USFS test at a level higher than the required level (for dance, 2 out of 3 of the dances in a given level must be attempted)
- Coaches must approve the testing of the USFS test

Senior skaters:

- If a senior skater has not lettered yet, a letter will be given as long as the skater fulfills the required number of points and practice time.

Coaches have sole discretion to letter/not to letter individual skaters based on unforeseen circumstances and the rules set forth in this document.

All skaters attempting to letter must agree to these terms and fill out the 2009-2010 Athletic Eligibility Information Booklet for Lincoln High School. MSHSL rules and penalties will be followed. If skaters were not in a fall sport, forms may be obtained in the LHS Activities Office.

I wish to attempt a letter for the 2009-2010 season and agree to the terms set forth in this document.

Signature of skater

Date

Signature of parent

Date