



## BBFC Synchronized Skating Lettering Criteria

1. Skater must follow the Grand Forks Public Schools and the NDHSAA Polices. (Academic Ineligibility, Citizenship, Drugs & Alcohol Policy, etc.)
2. Skater must show leadership, hard work and good sportsmanship.
3. Skater must be a current member in good standing with U.S. Figure Skating and the Border Blades Figure Skating Club.
4. Skater must not be in violation of any training rules set forth by the coach(es).
5. *The lettering deadline is March 31<sup>st</sup>.* The skater will keep documentation of their lessons and practice times, the team coaches will keep documentation of skater's attendance for practices and competitions/ice shows. All forms must be turned in by March 31<sup>st</sup> to the Synchro Coordinator. At the end of the year, the lettering committee will verify your application and keep a journal of all yearly letter winners.
6. The lettering criteria will be the responsibility of the skater to ensure that she/he has met the requirements and obtained enough points during the lettering year (April 1<sup>st</sup> – March 31<sup>st</sup>) in order to eligible.

### **Requirements to Letter:** (Includes Alternates and /or Shared Spots)

1. Lettering year is April 1<sup>st</sup> – March 31<sup>st</sup>
2. The first year you will be eligible to letter is 7<sup>th</sup> grade.
3. Skater **MUST** have passed the Juvenile Moves in the Field Test.
4. Skater **MUST** attempt at least one U.S. Figure Skating Test per season, with the exception of skaters who are triple gold medalists (Senior MIF, Gold Dance and Senior Free Skate).  
Skater must be a member of the highest level synchronized skating team the BBFSC has available. The line must be a Open Juvenile line or higher.
5. All Full Team Members must accumulate 20 or more points.
6. All alternates or Shared Spot Members must accumulate 17 or more points.
  - a. It is possible for an athlete to earn a Varsity letter each year by accumulating the specified amount of points.
  - b. If by the time an athlete is a senior in high school and has not earned a Varsity letter, the athlete is eligible to receive a letter if they have skated on the team for 3 or more consecutive years and have accumulated a total of 55 points.
  - c. We will pro-rate the letter point system for injured skaters or those who have endured a long-term illness and unfortunately could not participate during the entire season, but stayed committed to the team.
7. The skater must complete the entire season. The season is not complete until after the final performance of the ice show.

**Lettering Requirements Summary Sheet for Synchronized Skaters**

**Skaters Name:** \_\_\_\_\_ **USFS #** \_\_\_\_\_

**Have you ever lettered before? Yes or No** \_\_\_\_\_ **Grade:** \_\_\_\_\_ **School Attending This Lettering Year:** \_\_\_\_\_

**Years of Participation on the Highest Level Synchro Team (Open Juvenile):**

|                      |          |  |
|----------------------|----------|--|
| 1 <sup>st</sup> Year | 1 point  |  |
| 2 <sup>nd</sup> Year | 2 points |  |
| 3 <sup>rd</sup> Year | 3 points |  |
| 4 <sup>th</sup> Year | 4 points |  |
| 5 <sup>th</sup> Year | 5 points |  |
| 6 <sup>th</sup> Year | 6 points |  |

**Practice**

|                          |          |  |
|--------------------------|----------|--|
| 100% Practice Attendance | 4 points |  |
| 1 Excused Absence        | 3 points |  |
| 2 Excused Absences       | 2 points |  |
| 3 Excused Absences       | 1 point  |  |

**Performances**      **\*\*All Performances must be Excused by coach and Synchro Coordinator or letter will be forfeited.**

|  |             |  |
|--|-------------|--|
| Competition  | 3 points ea |  |
| Competition Attendance (Alternates/Shared Spots)                     | 2 points ea |  |
| Competition Attendance (Injured or Ill Skaters)                      | 1 point ea  |  |
| Holiday Exhibition   | 1 point     |  |
| Ice Show Saturday  | 1 point     |  |
| Ice Show Sunday  | 1 point     |  |
| Hockey Game  | 1 point     |  |
| Other Synchro performances in front of an audience not listed above. | 1 point     |  |

**U.S. Figure Skating Tests**

|   |          |  |
|---|----------|--|
| Triple Gold Medalist                                      | 5 points |  |
| Senior MIF Test Passed during the lettering year          | 4 points |  |
| Moves in the Field Test Passed during the lettering year  | 3 points |  |
| Moves in the Field Test 'Retry' during the lettering year | 1 point  |  |

**Other**

|   |          |  |
|---|----------|--|
| Practice sheet filled out accurately with at least 45 minutes per week.                           | 1 point  |  |
| Participate in 1- (30 minute) "Moves in the Field" private lesson per week during synchro season. | 1 point  |  |
| Participate in 1-(15 minute) "Dance" private lesson per week during the synchro season.           | 1 point  |  |
| Team Captain  | 2 points |  |
| Holiday Party   | 1 point  |  |

Total Points needed to Letter (20 points)

TOTAL POINTS: \_\_\_\_\_

\_\_\_\_\_  
Skaters Signature:

\_\_\_\_\_  
Coaches Signature:

\_\_\_\_\_  
Lettering Committee Chair: