

## **SQSA Parade Fall 1 Contract Off Ice and Exhibition**

Off ice class is open to any SQSA member. Skaters may sign up for both Tuesday and Thursday classes.

Exhibition is for Upper Great Lakes Regionals competitors. Exhibition slots will be assigned. Exhibition is \$16.00. Please bring your payment to the exhibition and hand to Char with your CD. If your exhibition slot prevents you from participating in your off ice class, you can use the \$12.00 towards payment for exhibition.

You may not get assigned to an exhibition every week as we have too many skaters for the slots. We will post lists AND let skater's coaches know about exhibition a week in advance.

See exhibition policy below.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Coach: \_\_\_\_\_

\_\_\_\_\_ Off-Ice Workout - Tuesdays - 5:30-6:15pm. 9/5, 9/12, 9/19, 9/26 and 10/3. \$60.00

\_\_\_\_\_ Off-Ice Workout - Thursdays - 5:25- 6:10pm. 9/7, 9/14,9/21,9/28, and 10/5. \$60.00

Contracts due by 5:30pm Tuesday, 9/5 for Tuesday Off-Ice

Contracts due by 5:25pm Thursday 9/7 for Thursday Off-Ice

### **SQSA 2017 Fall 1 Exhibition Requirements and Policies**

Fall 1 exhibitions are for UGL competitors only. Skaters will be assigned a performance spot on Tuesday (5:30-6:30PM) or Thursday (5:30-6:15PM).

The exhibitions serve as a time to perform your competition program and to stimulate the feeling of competition. It is important to treat your exhibition warm up and performance with importance and the mind set as you would at UGL.

This year we are implementing an exhibition policy. All skaters will meet the policies and requirements to be able to perform their programs. If a skater is not prepared and does not follow the policies, they will not be able to participate in that week's exhibition.

1. Skaters will wear their competition attire. This includes hair off of the face.
2. Skaters will be ready and rink side before warm up.
3. Skaters will be ready and on deck according to exhibition line up.
4. Skaters will pick up their CD after every skater has skated. CD will be placed on the counter where you punch your cards for pros ice.
5. Skaters are encouraged to cheer on and watch other skaters.

Note: we do not have time to implement IJS scoring time. Skaters will be announced by microphone just like the 6.0 system

If you have any questions, contact Page at [pagelipe@aol.com](mailto:pagelipe@aol.com) or Char at [sk8char@gmail.com](mailto:sk8char@gmail.com)