

Private Lesson and Coaching Policies

Coach: Sydney Ross

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Private Lesson Fees:

- 20 min - \$20
- 30 min - \$30
- 1 hour - \$60
- 30 min off ice - \$5 per person
- 30 min semi-private lesson - \$20 per person
- 30 min group class - \$10 per person

Semi-private Lesson Policies:

- The rate is \$20 per skater up to a maximum of two skaters.
- If one skater does not show up, the other skater will be charged the private lesson rate.
- Semi-private lessons will only be held during 30 minute lesson blocks.

Cancellation Policy:

- A 48-hour cancellation policy is in effect for private lessons. No-shows WILL BE CHARGED for the missed lesson.
- You must notify me at least 48 hours in advance if cancelling any lesson to avoid paying for the lesson. Exceptions may be made in the case of sudden illness, etc.
- For on-ice and off-ice classes, a 1-week cancellation policy is in effect. Any cancellations that do not meet this deadline will be charged.
- My phone contact information is above and I can always be reached through text, call, voicemail, or email.

Payment Policy: The payment method options are: Venmo (@SydneyRoss875), personal check, or cash, due at the time of the lesson or class.

Test Fees:

- \$30 per test (includes skater's warmup and test time)
 - If travel is involved beyond the home rink, then additional fees may apply.
- NOTE: Additional testing registration fees will apply and will be paid directly to the hosting club by the parent.

Competition Fees:

- \$20 per competition event
 - \$30 per practice ice session
 - Music editing fee - \$25 per music cut
 - If travel is involved beyond the home rink, then additional fees may apply.
- NOTE: Additional testing registration fees will apply and will be paid directly to the hosting club by the parent.

Skater Responsibilities:

- Adhere to the Ice Etiquette Expectations.
- Have a good attitude when taking the ice.
- Bring a copy of each piece of music to the ice.
- Skaters will be responsible for their actions, reputation, and their own improvement including communicating with their coach.
- Skaters will be responsible for remembering their choreography.
- Skaters must be on time for their lessons. If a skater is not on time, they will be bumped out of their lesson slot or given just the remainder of their lesson with full payment responsibilities.
- Skaters must warm up properly before each ice session.

Parent Responsibilities:

- Help to get your skater to the rink on time and be ready for a fun and productive time on the ice.
- Communicate any and all concerns with your coach.
- Register the skater for the necessary events on time.
- Emphasize personal improvement and define success as giving maximum effort.

*Fees are subject to change. By scheduling a lesson or signing up for a class you agree to these policies.

Coach Responsibilities:

- My coaching focus is helping the skater grow on the ice and develop a life-long passion for skating.
- Respecting each skater's goals and working together with the skater and their parent(s) to support them in their ice skating journey.

Ice Etiquette Expectations

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- The rules, etiquette, and expectations for an individual rink must be obeyed and upheld.
- Before entering the ice, the skater or the skater's parent must pay for the session.
- Video recording of another skater or child is prohibited.
- The skater in the program whose music is playing has the absolute right-of-way.
- Skaters in lessons or on the jump harness have the second right-of-way.
- Stopping or standing is not allowed on the ice, however, skaters and coaches may stop or stand next to the ice rink boards.
- Audio headphones may not be worn on the ice, however coaches working on choreography may use headphones for that limited purpose.
- Skaters must wait their turn to have their program played. Programs shall be played according to the order in the music box, however skaters in lessons will have priority placement. Skaters may play their music once per session or until all skaters have played their own music. All programs shall be played from start to finish unless otherwise specified by the coach.
- Slower skaters should yield to faster, more experienced skaters.
- Faster, more experienced skaters must watch out for slower, less experienced skaters.
- Skaters shall not kick, hit, or lay on the ice nor should skaters block for another skater.
- Skaters shall not say profanity in the ice arena.
- Skaters will not yell "excuse me" or "program" at other skaters unless dictated by the coach or in a program. These will be used as a last resort.
- If an accident does occur, the skater will be kind, compassionate, and apologetic.
- Skaters shall respect other coaches, parents, officials, and skaters.
- Skaters shall be accountable for their actions.
- Skaters will respect the coach and their time and the coach will do the same for the skater.
- Skaters will not be on electronic devices while on the ice. The only electronic devices used on a session should be for music playing purposes in the music box.
- Skaters will be 100% focused on every session they skate.
- Skaters will have fun!

About Sydney Ross:

I am a United States Figure Skating certified, insured, and Safe Sport Compliant Coach with four USFS Gold Medals in Moves in the Field, Freestyle, Ice Dance, and Free Dance. I teach beginning to advanced skaters of all ages and abilities through private or group lessons in Freestyle, Moves in the Field, Ice Dance, Free Dance, Choreography, Off-Ice Strength Training, and Power Skating. I started skating when I was two years old. After trying many different sports, I realized how much I loved skating. My sister is also a competitive figure skater, and I cherish the times I can skate with her. I am a student at Montana State University majoring in Biological Engineering. When I am not at the rink I love to snowshoe, read, watch Star Wars, and spend time with my sister.



COVID-19 Policies:

1. Skaters and parents must adhere to rink policies at all times.
2. I will wear a mask for the protection of the skater. Skaters are not required to wear masks on the ice unless otherwise mandated by the rink.
3. I understand that skaters may have to self-quarantine. Please let me know as soon as possible if this is the case. I will do my best to fill your lesson slot for the two week period, but if I am unable to fill the lesson slot, cancellation policies above will be followed.