



RED RIVER VALLEY FIGURE SKATING HANDBOOK

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RED RIVER VALLEY FIGURE SKATING CLUB is a nonprofit corporation for the purpose of providing ice time and instruction to the figure skaters of the Fargo-Moorhead area. The governing body consists of parents and other interested community members who are elected by the general membership.

[RED RIVER VALLEY FIGURE SKATING CLUB](#) is a member club of [US Figure Skating](#). US Figure Skating is the national governing body for figure skating in the US. It is responsible for making and enforcing rules for the sport, holding competitions and official tests. US Figure Skating provides the network by which Fargo-Moorhead skaters can compete locally or at the regional, sectional, national, Olympic and world levels, bringing Fargo, North Dakota and Moorhead, Minnesota recognition in the skating world. RRVFSC is a part of the UPPER GREAT LAKES REGION and the MIDWESTERN SECTION of the USFSA.

RED RIVER VALLY FIGURE SKATING CLUB instructors are professional men and women who are Compliant coaches with USFS. Skaters are taught on a one-on-one basis and can set their own pace of learning and involvement. Skaters who skate recreationally and those who skate competitively are welcome to skate with the RRVFSC. All a skater needs is a desire to learn and the love of figure skating.

Figure skating as a sport develops special skills our young men and women can carry with them always:

- **self-discipline
- **a sense of responsibility
- **goal setting
- **self-control
- **poise and the ability to perform
- **time management
- **self-motivation
- **ability to cooperate with others as well as work independently
- **ability to strive for and achieve excellence
- **a habit of daily exercise
- **a feeling of competence

Skating offers lifelong opportunities and is not a sport just for the young. Our members have used their skating abilities to do all of these things:

- Recreational skating is inexpensive and a fun way to exercise at any age. Skating is like riding a bike; once you learn how, the skill is always there.
- Figure skating can provide a career as a professional skating instructor or a Basic Skills coach.
- Professional figure skating in a performing ice company such as Disney on Ice.
- For those with an interest in skating who choose not to skate, the USFS offers a program to become a judge for figure skating events such as testing or competitions, even at Olympic, world and international events. We at RRVFSC are proud to have US Figure Skating officials in our membership.
- There is no age limit to testing US Figure Skating proficiency levels. Adults go on testing, particularly in the ice dance area. At RRVFSC we have adults skating with us on a regular basis.
- Figure skaters nationally and in the FM area are sharing their skills teaching hockey players to skate with speed, flexibility, strength, and control.

RRVFSC MEMBERSHIP

RRVFSC membership year runs from July 1st to June 30th which coincides with the US Figure Skating's membership year. Our fiscal and Board of Directors year will run simultaneously with the calendar year. Our skating year as determined by the Board coincides with the membership year. Membership renewal will be done in June of each year. A portion of the dues goes to the US Figure Skating which includes US Figure Skating membership, a subscription to the SKATING MAGAZINE and general liability insurance. The remainder of the dues stays with the local club. First time members may join at a reduced rate as an introductory member; subsequent renewals will be at the regular rate. Skaters attending college may join at a reduced rate by becoming a collegiate member; this membership category is for four years. A second family member may join at a reduced rate and choose not to receive a second copy of Skating Magazine in their home. US Figure Skating requires that each family receive at least one copy. After June 30th you will be considered a delinquent member and will lose all membership privileges. As part of membership, all skating families are required to volunteer three shifts/ten (10) hours each year during the Classic. All shortfalls will be billed at a rate of \$30.00 per hour. RRVFSC also requires that all skating members, associate members and their parents sign a Code of Conduct as part of membership.

The following was set as a guide for a skater's behavior for coaches and volunteer parents regarding Paragraph 5 of the Code of Conduct. Inappropriate behavior includes, but is not limited to, the following actions in the rink or locker room as witnessed by a coach or supervising parent:

- swearing or discourteous language used towards the coach or another skater
- extreme displays of anger
- destruction of rink or locker room property
- intentional and repeated distraction of other skaters who are trying to work
- hitting of other skaters
- not leaving the ice when the ice resurfacers come out
- other unsportsmanlike conduct or disrespectful behavior toward coaches or others.

Coaches and parents will use their discretion regarding first warnings and determining other behaviors not specifically listed above that would constitute inappropriate behavior for a club skater.

RED RIVER VALLEY FIGURE SKATING CLUB CODE OF CONDUCT

The basic purpose of this code is to provide assurance that RRVFSC skaters and their parents are informed of the standards of behavior, conduct and appearance that are expected and appropriate for the young people who represent the Red River Valley Figure Skating Club in the community of Fargo-Moorhead and surrounding areas in various areas of figure skating.

RRVFSC skaters are expected to be polite and show respect for fellow club members as well as club coaches, parents, board members, and others involved in competitions and testing. Reasonable manners and behavior are expected both on and *off* the ice. Swearing and discourteous language is not allowed at any time or is it to be directed at any individual. Anytime a club member wears clothing identifying them as a member of RRVFSC, their actions reflect on the entire club. Respect for other people's and communities' property is expected of all skaters.

No smoking, drinking, use of a controlled substance or gambling will be allowed by a club member. Any violation of this rule will result in a suspension of 15 skating days for the first offense. Subsequent offenses will result in a suspension of 30 skating days, including testing and competition and will result in a loss of member in good standing status. No fees will be refunded. The RRVFSC encourages parents to seek counseling for the skater in the appropriate area.

All skaters and parents are expected to abide by policies and guidelines formed by the RRVFSC Board and its committees regarding the various aspects and events of the RRVFSC. These policies are established on what is believed to be in the best interest of the club as a unit.

If coaches have a problem with a skater acting inappropriately during practice or displaying other objectionable behavior, the coach has the right to ask the skater to leave the ice and sit within view of the coach. After a second occurrence the skater will be asked to sit off the ice in view of the coach and the coach will notify the parents of this action at the end of that skating session. After a third occurrence the skater will be requested to call their parents to come and get them and will also result in a suspension of 5 skating days.

Parents are encouraged to be positive and supportive in their relationships with their skaters, coaches and board members. A team effort by parents, RRVFSC board members, and skaters is needed for skaters' progress and enjoyment.

In the event inappropriate action by a skater and/or parent in regard to GR 1.02-1.06 or actions specific to the RRVFSC parent/skater Code of Conduct or policies occurs, the following procedure will be followed:

Written notice will be sent to party stating violation to be discussed. The letter will include date and time of hearing before an appointed grievance committee. Failure to respond may be considered an admission of the allegations and shall constitute a waiver to a hearing.

After all information is gathered a recommendation on status of membership will be forwarded to the RRVFSC Board for action and the party in question will be notified, in writing, within 10 days of their decision.

If after the above process is completed, allegations or problems continue to occur, the US Figure Skating Membership Committee will be notified.

RED RIVER VALLEY FIGURE SKATING CLUB CODE OF CONDUCT ACCEPTANCE

I have closely read the Code of Conduct of the Red River Valley Figure Skating Club and hereby acknowledge my willingness to observe it. I realize that the Code of Conduct will be in effect during my entire figure skating career.

Date:_____

Participant's signature:_____

I have read the Code of Conduct of the Red River Valley Figure Skating Club and consent to having my son/daughter participate in the RRVFSC events under these rules and regulations.

Parent or Guardian's signature:_____

By action of the Board of Directors at their August 1998 meeting, it was approved to have the Code of Conduct signed on a yearly basis along with membership renewal. This yearly signature is a reminder to skaters and parents of the conduct we expect from our skaters and parents.

SKATE SAFE

U.S. Figure Skating strives to provide a safe environment for its members that are free of misconduct and harassment. The association will not tolerate or condone any form of harassment or misconduct of any of its members, including athletes, coaches, officials, directors, employees, parents, volunteers or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating. All forms of misconduct are unacceptable and in direct conflict with U.S. Figure Skating rules.

The U.S. Figure Skating SafeSport Program addresses the following types of misconduct:

- Sexual misconduct
- Physical misconduct
- Emotional misconduct
- Bullying, threats and harassment
- Hazing
- Willfully tolerating misconduct

Compliance Requirements:

Certain members and volunteers of U.S. Figure Skating must complete various compliance requirements as outlined in U.S. Figure Skating's Rulebook. All coaches and Board members of RRVFSC are compliant with U.S. Figure Skating requirements. This includes, but is not limited to, a background check and SafeSport education. Compliance will be required for some volunteer positions at the Classic, such as locker room monitors and any other position which puts the volunteer in direct contact with skaters.

The U.S. Center for SafeSport is a national nonprofit organization providing education, resources and training to promote respect and prevent abuse in sports. As a member organization of the U.S. Olympic and Paralympics Committee, U.S. Figure Skating has agreed to adhere to the Center's policies and procedures, including the SafeSport Code.

To ensure that the SkateSafe Program is implemented in all U.S. Figure Skating member clubs, each U.S. Figure Skating member club is asked to designate a club board member to hold the title of SkateSafe Compliance Chair. The specific duties of the club SkateSafe Compliance Chair include monitoring the SkateSafe policies and procedures of the club, verifying compliance with the U.S. Figure Skating coaching membership rules regarding background checks and continuing education requirements and serve as the initial contact in the club for persons to report suspected misconduct or other violations, and when necessary, report such information to U.S. Figure Skating. The SkateSafe Compliance Chair and contact information for RRVFSC is listed on our contact page of the website.

All individuals, regardless of membership with USFS, are encouraged to report suspected SafeSport violations. USFS Adult Participants are required to report suspected child abuse and/or sexual misconduct to the US Center for SafeSport and local law enforcement. There are no fees for filing a SafeSport report with the US Center for SafeSport or US Figure Skating. The Center has the exclusive authority to investigate and resolve alleged SafeSport Code violations involving Sexual Misconduct.

Questions regarding US Figure Skating's SkateSafe program can be directed to SafeSport@usfigureskating.org or 719-635-5200.

ASSOCIATE MEMBERSHIP POLICIES

The membership fee charged shall be the same as our home club membership. Associate members are expected to comply with the same rules and regulations governing home club members.

Associate members are entitled to:

--RRVFSC ice purchases at the same cost as for home club members (time and space available) with priority given to home club members until registration deadline. Associate members have priority over nonmembers.

--Testing privileges before nonmembers (time and space available). In all cases, home club members have priority in testing. Associate members have priority over nonmembers.

Associate members are **not** entitled to:

--Serve as a Board member or committee chairperson.

--Voting privileges.

--Participation on RRVFSC sponsored Synchronized Skating team lines.

Associate members are required to sign and follow the RRVFSC Code of Conduct as well as have current health insurance information on file with the RRVFSC. All associate members bringing their own coach to teach on our ice will require approval from the RRVFSC. If the coach is not available a parent is required to stay in the rink to supervise their skater. All non-club coaches must be compliant coaches with USFS and will need to provide to the Board that registration number.

GENERAL RINK POLICIES FOR ALL SKATERS TO FOLLOW

These rules are not meant to restrict, but to let parents and skaters know what is expected and provide the safest possible atmosphere to skaters-thus avoiding frustration or injury. We want your skating experience to be fun and rewarding! We want you to accomplish many skating goals. We think these policies will enable everyone to get the most out of the time spent skating.

RESPECT FOR EACH SKATER'S TIME:

1. Respect the music being played for all skaters, whether it is being used for lessons or practice. Music time must be shared and there will be ample time for each skater's music. Only one skater is needed in the music area at any time operating the music equipment. Show consideration for a skater performing their program. Give the right of way to the person having a lesson or music being played. STAY CLEAR!
2. When a skater is being given a lesson by a pro, do not interrupt them.
3. Special courtesy should be shown to testers and competitors prior to a test session or competition. Eventually all skaters will benefit from this courtesy.
4. Talking on the ice should be kept to a minimum. Visit off the ice.
5. Each skater should have an opportunity to have their program played once before skaters play their tape a second time. Skaters are not to change the order of tapes.
6. Be on time. Don't switch lesson times with another skater without permission from your pro.
7. Leave the ice immediately when the session ends and the ice resurfacers come on for resurfacing.

LOCKER ROOM:

Athletes are particularly vulnerable in locker rooms/changing areas and restrooms due to various stages of dress/undress and because they are less supervised than at many other times. Athlete-to-athlete problems, misconduct, bullying, harassment and hazing may occur when a coach or other responsible adult is not in a position to observe. Adherence to a locker room/changing area policy enhances privacy and reduces the likelihood of misconduct.

- Parents/guardians are prohibited from being in our locker room without the express permission of an officer of the club. Locker rooms are for athletes only.
- The use of any recording and photographic devices inside a locker room/changing area is strictly prohibited.
- The use of mobile digital devices (e.g. mobile phones) is strictly prohibited inside a locker room/changing area. Cell phones can be used in the lobby area only to call parents/ride.
- No music is to be played in the locker room.
- In the event of a medical situation or emergency, US Figure Skating Officials working on behalf of the club (such as doctor, physical therapist, chief referee) or emergency medical personnel will be permitted into the locker room/changing area.
- Locker rooms that are intended to be co-ed will be labeled as such and require that the door to be open at all times. If separate locker rooms are not available, the skaters will take turns using the locker room to change or use the appropriate restroom within the facility.

Keep the locker room neat at all times. THROW YOUR GARBAGE IN THE TRASH CONTAINER. NOT ON THE FLOOR!!

RRVFSC IS NOT RESPONSIBLE FOR LOST ARTICLES. Possessions should be locked in your locker while you are out skating. When you leave at the end of the day be sure that you have either taken all your possessions with you or locked them up in your locker-and closed the lock!

RESPECT FOR VALUABLE ICE TIME:

Be prompt for sessions and have the necessary clothing and equipment with you before getting on the ice.

Use the restroom during breaks and resurfacing.

During dance and free skate do not stand along the sides of the ice or stand in or continue to skate in the corners. Keep moving and use the entire ice surface.

Skaters will be allowed 5 minutes for changing skates, etc. and returning to the ice.

Pros are not required to be at the rink if they are not giving lessons. For this reason, there are times we will have parents there to keep sessions running smoothly. Please keep in mind that parents deserve the same respect and have the same authority as coaches while they are acting in this capacity.

GENERAL POLICIES AT THE RINK:

Reasonable manners and behavior are expected both on and off the ice. Please refer to the Code of Conduct you have signed to be aware of inappropriate behavior. Disciplinary actions will be taken if need be. MAKE AN HONEST EFFORT TO RESPECT ONE ANOTHER.

No gum chewing, food or beverage is allowed on the ice at any time.

If you are ill or going to be absent, follow your pro's policy for canceling your lessons.

Problems or concerns regarding ice or arena conditions should be communicated to the President (rrvfsc@gmail.com), never complain directly to the rink manager or crew.

The pro's room is a business office and is to be used by the pros only.

Skate guards should be worn at all times when you are not on the ice. No walking on the ice in shoes (except pros and judges).

US FIGURE SKATING MEMBER NUMBER

As part of your US Figure Skating membership, you will be given your own US Figure Skating member number. This is yours for your lifetime and no one else will ever be given this number. You need to know this number or have it handy at all times. You will always need this for testing and competing. It is your responsibility to know this number-not your coach's or the test chair's responsibility! You can find the number on your membership card you will receive from US Figure Skating each year.

RULEBOOKS

An updated USFSA rulebook is available online at www.usfs.org each year. The rulebook contains information about each level of testing, shows the dance steps, moves in the field diagrams, and describes free skate elements and jumps. The rulebook can answer many questions about all areas of figure skating.

CLUB P.O. BOX

RRVFSC has a Post Office box that can be used for correspondence. It is Box 2901, Fargo, ND 58108.

Questions or comments can also be directed to rrvfsc@gmail.com. Every effort will be made to answer your inquiry in a timely fashion.

WHERE CAN I FIND INFORMATION ABOUT RRVFSC AND ITS ACTIVITIES?

RRVFSC will post information for members on our website; www.rrvfsc.org. Both skaters and parents should check the website for information. It includes the calendar of events, ice registration forms, testing results, competition results and other valuable information about current activities in the club. Approved Board minutes are available upon request from the club Secretary. Other places to look for information:

- RRVFSC Website: www.rrvfsc.org
- RRVFSC monthly newsletter
- Bulletin boards at the rink
- Your pro
- Club sponsored seminars
- Board meetings (3rd Monday of each month)
- Handouts
- Call a board member or committee chairperson
- Your skater's skate bag!

PURCHASING ICE CLUB ICE VS. PARK DISTRICT ICE:

The advanced skater ice packages are purchased in two different ways:

The Fargo Park District/Moorhead Park & Recreation ice registration is through city offices. The RRVFSC pros and coaches are allowed to teach on city ice. This ice is available approximately October through March. The Fargo Park District/Moorhead Park & Recreation is liable for all incidents and accidents. The Fargo Park District/Moorhead Park & Recreation each sponsor their own ice show in the spring.

The club purchases and sells ice to its members. Registration is through the RRVFSC. Members will be notified of ice packages available through the website. Registration must be returned per instructions for each package. Club ice is available approximately April through October. There is generally an April/May package, a summer package and an August/September package. Skaters are assigned to specific sessions in the summer package based on their dance test level. There is usually a 2–3-week break between packages.

Ice may be purchased at various rinks in the FM area depending on cost and availability of ice. It is then packaged accordingly and sold to our members.

Ice package registration priorities have been established as follows:

----Up to registration deadline-club members only.

----earliest online time stamp will take priority if a package becomes full

At deadline-

--associate members get priority over nonmembers

--out of town skaters with local pros will get priority over out of town with own pro

After deadline-

--online time stamp will take priority with members and nonmembers being treated on the same basis

INSTRUCTION ON THE ICE

Advanced skaters may take lessons from any of the coaches or pros that are approved to give lessons on RRVFSC ice. The skater needs to arrange separately with the pro or coach for their lesson time. The skater will pay the lesson fees directly to the coach; our coaches are considered independent contractors for employment purposes.

All pros and coaches who teach RRVFSC skaters on RRVFSC ice must be approved by the RRVFSC Board, be a member or associate member of the RRVFSC and provide proof to the RRVFSC Board that they are coach compliant with USFS. The club president may be contacted for information on the approved pros and coaches. Pros teaching associate or non-club members on RRVFSC ice must provide their USFS coaches registration number.

Proper procedure for changing coaches: To help skaters make the switch to a new coach and still maintain a comfortable relationship within the rink, all parents, coaches and skaters should have a clear understanding of how to switch coaches.

1. Contact your current coach and explain your reasons for wanting to switch. Maybe the need to switch can be resolved at this step.

2. Make sure you have paid your account balance in full with your current coach.

3. Make sure your skater is comfortable making the change.

The future coach will:

1. Have the client first contact the former coach.

2. Future coach will contact the current coach with any questions.

3. Confirm that all outstanding balances are paid in full prior to scheduling any lesson time.

4. Respect what the former coach has done for the skater. If technique changes need to be made, do so without degrading the former coach's method.

ADDENDUM TO RRVFSC HANDBOOK

At the annual meeting of US Figure Skating in May, 1997 the membership voted to approve action that permits an eligible skater to serve as a paid instructor in skating related or basic skills activities to further the objectives of US Figure Skating.

Our Board of Directors has approved the following criteria which we will use to guide our skaters who desire to teach:

The minimum age for teaching will be sixteen with a coach's recommendation.

The Preliminary Singles test will be the skating level required.

Skaters will be able to teach group lessons of Basic Skills and Novice Patch during summer school.

Skaters will be required to register as a teacher with the RRVFSC Membership Chair.

Individuals will need to check with their respective athletic directors as to whether their compensation will affect their eligibility in other sports.

Giving private lessons without a coach's recommendation (while a RRVFSC member) would make a competitive skater a member "not in good standing".

SUMMER SCHOOL

RRVFSC runs a summer school program of 8-11 weeks for advanced skaters June-August. The program runs a total of 6-8 hours a day with sessions available for all levels of skaters in Skating Skills, Dance and Singles. Skaters will be assigned to the appropriate sessions based on dance test levels. Stroking time may be available for RRVFSC skaters if time permits. Registration is done online in late March or early April.

Refunds on all club ice packages after the registration deadline will require a written medical excuse from a medical doctor. In case of injury during the program, RRVFSC must be notified by phone the same day, followed by a written doctor's excuse within two days. RRVFSC will retain an administrative fee of \$50.00 on all refunds. Skaters requiring a refund will be charged the weekly or daily rate (whichever applies) for the weeks/days actually skated.

SYNCHRONIZED TEAM SKATING

Until recently, figure skating had been an individual sport, however, in the late 1970's a new sport, competitive synchronized team skating, began to grow rapidly. It is a highly technical form of team skating characterized by speed, accuracy, intricate formations and breathtaking transitions typically performed by teams of 8-20 skaters. This specialized discipline requires skaters to have excellent skating skills so they can perform intricate step sequences, difficult hand holds and quick changes of direction with the highest levels of precision. Teams compete in non-qualifying events as well as qualifying. Currently RRVFSC has an Aspire 2 level Synchronized Skating Team.

The club tries to hold a Synchronized Team Skating workshop each summer. Skaters must be at least a Pre Preliminary level skater. The number of skaters on the team and their ages determines the level the team will compete at each year.

If needed, tryouts for the Synchronized Skating team will be held in early fall each year if it is determined to have a team for that year. The competitive team tries to do 2-3 competitions each year, perform at hockey games and participate in the ice shows.



TESTING

The sport of figure skating consists of the following disciplines: Singles, Skating Skills, Pair, Dance and Synchronized Team skating. Testing is a measurement of progress in these areas. The official tests of the US Figure Skating may be taken by figure skaters who are members of a member club or are individual members of the US Figure Skating. Test levels of a skater also help in placement of a skater when it comes to registering for a figure skating competition. The levels of testing are:

SINGLES

Pre-Preliminary
Preliminary
Pre-Bronze
Bronze
Pre-Silver
Silver
Pre-Gold
Gold

PAIRS

Preliminary
Bronze
Pre-Silver
Silver
Pre-Gold
Gold

SKATING SKILLS

Pre-Preliminary
Preliminary
Pre-Bronze
Bronze
Pre-Silver
Silver
Pre-Gold
Gold

FREE DANCE

Bronze Free
Pre-Silver Free
Silver Free
Pre-Gold Free
Gold Free

DANCE

Preliminary
Dutch Waltz
Canasta Tango
Rhythm Blues

Pre-Bronze
Swing Dance
Cha-Cha
Fiesta Tango

Bronze
Hickory
Hoedown
Willow Waltz
Ten Fox

Pre-Silver
European Waltz
Foxtrot
Fourteenstep

Silver
American Waltz
Rocker Foxtrot
Silver Tango

Pre-Gold
Paso Doble
Kilian
Blues
Starlight
Waltz

Gold
Westminster
Waltz Viennese
Waltz Quickstep
Argentine Tango

International
Rhumba
ChaCha Congelado
Austrian Waltz
Yankee Polka
Ravensburger Waltz
Tango Romantica
Silver Samba
Golden Waltz
Midnight Blues
Finnstep
Teatime Foxtrot

The RRVFSC normally holds four-five test sessions per year. They are usually held in the months of February, June, August, and December. It is very important that if a skater is planning on testing during any given test session that those testing days be kept open in your schedule. Watch for advance notice of testing dates on the club website, newsletter or email message. Test schedules are made in advance with the best interest of all skaters, pros, judges and dance partners kept in mind. Special requests will only be honored for weddings and funerals. Please plan ahead. Remember, you do not need to test every test session that the club holds. Testing normally takes place on Friday and Saturday, however, a test session can be lengthened or shortened or days changed according to the number of tests requested and availability of judges and partners.

Test notifications will be handed out two weeks prior to a testing session by the skater's pro. Skaters will register online for testing. Proper payment must accompany the test application in order for the skater to be placed on the testing schedule. If you do not receive a form from your pro ask him/her whether your skater is testing. After all applications are received, the test chairman can then organize a test schedule according to the number of skaters scheduled for a test, ice availability, judges and dance partner schedules. Once a skater is scheduled for a test, there will be no refunds made for any canceled test. Please remember that at this point ice time and judges have been made available for that particular test. All late forms will be assessed a \$20.00 late fee which must be paid prior to testing. Any skater turning in a late test application will test at the end of the scheduled test session if and only if there is room for that test. Paying the late fee does not assure you of being put on the test schedule!

As soon as the test schedule is complete it will be posted at the various rinks that are currently in use as well as on the club website. It is the skater's responsibility to check the time, date and location of their tests. They should arrive at least one hour before their scheduled test as a test session may run early. Please check with the test chairman to make certain all fees and forms are properly turned in. All fees must be paid before testing except for the dance partner fee. Dance partner testing fees and lesson fees are not always the same since each partner charges a different rate. Therefore, these fees cannot be paid ahead of time but must be paid on the day of testing. All dance partner fees are payable **before** the skater takes his/her dance test.

Once a skater is finished testing their pro will go over their test papers with them. All test papers must be returned to the test chairman before leaving the rink. Never take the test papers home with you. The results must be reported to the US Figure Skating and the original papers must remain on file with the test chairman for at least one year. They will then be handed back to the testers. Achievement certificates from the US Figure Skating will be presented to the individual skaters at either the Spring Banquet or the Annual meeting for all passed tests. The club provides badges to each skater as they complete a testing level in singles, skating skills, dance, pairs and free dance.

The club will purchase the first Gold (medal or bar) awarded to a home club member. The skater needs to have tested the majority of their tests with the RRVFSC and currently be a member in good standing with the RRVFSC. Any additional Gold (medal or bar) awards may be purchased by the skater or parent. Geranium points may be used to purchase the additional medal/s. Contact the Test Chair for pricing and ordering information.

To test free dances the skater must be a pre-gold dancer or above. Partnered free dance lessons will be taught on free skate ice time. Pros must recommend to the dance partner that the skater start to work on the free dance.

Judges and dance partners are brought in from all over the US at the expense of our club. It is the responsibility of our club and its members to arrange and prepare meals during the test session. As a club parent, you will be asked to volunteer time and/or food when necessary.

Further information about testing contents and scoring may be found in the Official US Figure Skating Rulebook under the section titled **Test Rules**.

COMPETITIONS

There are two types of competitions sanctioned by the US Figure Skating. Qualifying competitions "qualify" skaters to move from NQS to sectional to national competitions. Non-qualifying competitions do not have this stepping stone aspect, however, they lay the foundation for the discipline, sportsmanship and goal setting necessary in any competition. All skaters can win at competitions by having specific attainable goals such as landing a particular jump, conquering nervousness or competing with a smile.

Skaters (and their parents) may choose to participate in as many or as few competitions as they wish. Area competition dates will be announced on the events page of the website. Registrations are done online. Be careful when filling out the registration form so that you get your birth date and testing levels correct. These are used to place you in your competition groups. It is good to check levels with your pro for accuracy. The competition chair will be asked to confirm that you are in good standing with RRVFSC. Each competition has different types of competition events and different testing requirements. Be sure to read them carefully.

At competitions you will not only be representing yourself as an individual in events, but you will also be representing the RRVFSC team. We urge members to be present and cheer for other club members as they compete.

The following is a list of some of the area competitions that various RRVFSC skaters attend:

January----Magic City International (Minot)	August - Robin Lee Open
January----Northern Lights (East Grand Forks)	October--Maplewood Fall Classic
January----Northland (Duluth)	November-Granite City Classic-St. Cloud
January----Nationals	November-Sectionals
February---RRVFSC International Classic	November—Grand Forks
April—Roseville Open	December--Bismarck
July--Skate St. Paul	

ARE YOU READY TO PERFORM?

You and your pro have carefully chosen your music and have planned a program for your ability to perform. You have practiced and practiced and are constantly striving for perfection. NOW-with all this done, how are you personally going to appear to the judges and the public as you skate out on the ice and wait for your signal to start? "SKATE! This is your time to shine". You are striving for your personal best performance! Along with that, each skater must give his or her personal appearance a good deal of preparation.

Does your costume fit properly? A skirt or trousers that are too long or too short, a bodice that is too small, tights that are baggy, have a run or hole, skates that are not freshly polished with clean laces are items to check before the performance, not when you are dressing and getting ready to go on the ice. The first impression of you on the ice is almost as important as the skating itself!

SKATING ATTIRE: TESTING

Free Skate test: Skating dress should be plain or small print. Or you may choose to wear a costume that fits the music you are skating to. Males should wear a coordinating outfit. No sweaters or gloves. If you are unsure of the proper costume to wear, check with your coach.

Dance test: As a general rule a dark colored dress/female or dark pants with a white shirt/male is preferred. But at a higher level some skaters may choose to wear skating attire that fits the music of the particular dance being tested.

SKATING ATTIRE: COMPETITION OR EXHIBITION:

This is the time to wear your decorated dresses, in good taste, to compliment you and your program.

You should always have an extra pair of tights with you. Your pro will need to have a backup copy of your skating music with them. You will upload your music on the competition site. Your hair should be clean and in simple style becoming to you. Long hair should be fastened back securely-but do not use hairpins that could fall out on the ice. Make-up, done in good taste is as much a part of your costume as your outfit. Use appropriate make-up for your showcase event/s.

With all of this taken care of ahead of time, you will have a free mind and be able to concentrate on your performance. All skaters have good days and bad days. Not everyone can place. Go out and do the best you can. No one could ask more of you if you truly tried your hardest.

Good Luck to everyone. Remember, good sportsmanship will promote a good image of you. Don't forget your smile!

Life Lessons for the athlete:

"Be more concerned with your character than your reputation. Character is what you really are, reputation is just what people say you are"

-John Wooden

Integrity

What does integrity look like on a true athlete? Integrity is a simple concept: it is a choice of correct behaviors displayed in small daily decisions. People of integrity engage in actions that follow their words and their beliefs. In other words, their core values and their behavior align. They have a depth of character. This depth is shown in honesty, sincerity, reliability, respect, humility, and loyalty. It is keeping commitments. It is fulfilling our intentions with actions. It enables us to act on our convictions. Integrity is the foundation of character.

--selection from "Life Lessons for Athletes" by Bruce E Brown

ANNUAL CLUB CALENDAR

(all dates are subject to change)

January	New Board and Officers begin terms
February	Test Session
February	RRVFSC International Classic
March	Ice Shows
April	Club April/May ice package start
April	Spring Banquet
June	Test session
June-August	Club summer ice package (assigned sessions)
August	Test Session
September	Club fall ice package
September	Annual Meeting
December	Test Session

FUNDRAISING

RRVFSC holds fundraisers to raise funds that will help supplement test sessions, ice packages, cover seminar costs and other costs necessary to keep the club running. Our major fundraiser is our annual RRV International Classic held in February. Other fundraisers can be implemented if needed. In the spring skaters can sell geraniums to earn points that can be used to purchase, for example, club clothing. Look for information on this during the April/May ice package.

PARENT VOLUNTEERING

Many volunteers are needed for board and committee positions. If you see an area that especially interests you please call and volunteer to help. We also need lots of volunteer time and talents to host our annual competition. Please call and tell us what your interests are and where you would like to help.

We also occasionally need parents to supervise an ice session. There may be times where there are no pros available to be at a skating session. If this happens, we need to have a parent there to be sure everything is running smoothly and in case a skater has an accident. It is not a hard job. We just need your time but dress warmly! If we cannot find someone willing to be there, we will need to cancel that skating session. The parent will need to be SafeSport compliant.

Elections for board positions will be held at the Annual meeting in the fall. The nominating committee is formed in June to find qualified and willing candidates. New committees will be established during the fall to take over duties as of the first of the year. Keep RRVFSC in your time management plans.

NONPAYMENT OF BILL OR NON-SUFFICIENT FUND CHECKS

Any member with an unpaid bill or a returned check marked NSF or closed account to the club or a professional will be considered to be a member not in good standing with RRVFSC. This designation will remain until the funds have been collected. Members not in good standing will not be able to test, skate on club ice and will not be certified by a club officer as a member in good standing for competitions. Members will also not be entitled to vote or hold office. The club currently assesses a \$65.00 fee each time a check is returned. This is also included if you instruct the treasurer to redeposit the check and it is returned a second time.

RRVFSC CLUB CLOTHING

The RRVFSC has a variety of items that are available for purchase. You must be a member of RRVFSC to purchase any item and/or wear any club clothing. A skater is not required to have any of these items-it is their choice. Additional items may become available as approved by the Board

Contact the club clothing coordinator to find out the process of ordering these items. Club clothing is sold at our Spring Banquet or the Annual Meeting in the fall. Club clothing may be earned through our geranium sales each spring.

Skaters, parents, coaches-remember when you are wearing clothing that identifies you with RRVFSC your actions and behaviors are a direct reflection on the club and figure skating in general. Please see that we are always seen in a positive light.

No group or individual may offer, produce, display or wear clothing that depicts the club's name (Red River Valley Figure Skating Club), its initials (RRVFSC) and/or the club logo without approval by the RRVFSC Board of Directors. Violators will be subject to a fine and/or suspension as determined by the Board and its legal counsel.

Persons wishing to propose a new item/s may do so by contacting the club President. He/she will then put you on the next meeting agenda. All proposals should be submitted at least three months in advance of the Spring Banquet and/or the Annual meeting in the fall.

SANCTIONS

Any US Figure Skating member skating in a carnival, exhibition or appearance which exhibits talents or techniques must obtain a sanction from US Figure Skating fourteen days before they do so. US Figure Skating registered skaters may not participate in any unsanctioned events requiring a sanction. The club obtains sanctions for the ice shows, hockey games in Fargo/Moorhead and any local club exhibitions. However, if you are invited to skate an exhibition or ice show at any other location you will need to make sure that the event is sanctioned and you have obtained permission from your home club to participate.

LETTERED SPORT

Figure skating has been recognized in the Moorhead Public Schools as a lettered activity. These awards are given at the RRVFSC Spring Banquet. The following qualifications are necessary to letter:

An amateur skater in grades 7-12 that is a member of RRVFSC and attending Moorhead Public Schools will be eligible to letter in figure skating. First time letters are awarded for achieving three of the four following criteria:

Pass Bronze Skating Skills test

Pass the Pre-Bronze Singles test

Pass the Pre-Silver Dance test

Participate in a minimum of one US Figure Skating, ISI or Skate Canada sanctioned competition

To re-letter in succeeding years a skater needs to achieve two out of the three following criteria:

Participate in a US Figure Skating test session

Participate in a US Figure Skating, ISI or Skate Canada sanctioned competition

Participate on the RRVFSC Synchronized Skating Team

ALL SKATERS:

To be recommended for the initial letter by RRVFSC a skater must skate a minimum of 100 hours during the school year (Sept.-May).

To be recommended for re-lettering by RRVFSC a skater must skate a minimum of 40 hours during the school year (Sept.-May).

Even if you have earned your letter by the 7th grade in Moorhead, you must be actively participating during your eligible lettering year (7th) to actually receive the letter.

Minnesota schools participating in lettering programs will meet Moorhead criteria.

SENIOR RECOGNITION

Seniors will be awarded a senior plaque from the RRVFSC at the Spring Banquet if they have skated during their senior year (June 1-May 31).

OUR MISSION AND GOALS FOR RRVFSC

MISSION STATEMENT:

It is our mission to promote the sport of amateur figure skating in our community and the surrounding area under the auspices of our National Governing body, US Figure Skating. We will provide ice time and instruction to anyone who expresses an interest in learning the skills of figure skating. We encourage our skaters to participate in and develop in areas complimentary to skating such as dance, weightlifting, nutrition, aerobics and sports psychology.

GOALS:

Promote and increase communication and understanding of programs within the membership of the club. Increase membership involvement.

Help new families to become better educated about the club and its programs. Work on activities to develop a better retention of advanced skaters.

Develop a more united T-E-A-M concept within the club. Create and accept an understanding that all elements of the skating program are interrelated and each area cannot be treated as unique to itself or more important than another area.

Work to have RRVFSC become more recognized within the FM community.

Promote RRVFSC to young skaters. Basic Skills competition, information brochures

Work to develop stronger singles skating and encourage more stroking activities in the club schedule. Provide more club sponsored seminars for both skaters and parents.

Encourage skaters to participate and develop in areas that are complimentary to skating such as dance, weight lifting, sports psychology, aerobics, nutrition, etc.

From the September issue of American Skater

THE SKATING PARENT

Skating parents often lose perspective when dealing with their children's skating careers. Many times parents attempt to be more than "just parents", and when this happens, the situation is very unhealthy for the child, the parent and the professional.

Skating parents come in many shapes and sizes. They can be a great asset, or a great detriment depending on how they view their role in the skating community. When guided properly they can be a most positive influence. They should follow their professional's advice on the preparation of their skater for each upcoming goal. The professional guides the skater and his or her parents so that they can all move in harmony towards achieving their common desire.

When parents are misguided by unknowing professionals, they, the parent, create a negative influence, soon they take over the pro's job, which often results in the downfall of a talented child.

Professionals must be aware that they are not only teaching the skater, but also educating the parent, and further establishing guidelines for the parent to follow to become an asset to the child's development.

When the parents' role is ill defined, the situation becomes intolerable for all involved. Immediate action on the part of the professional is a must in order to keep the proper flow of development and coordination in order. Only then can the pro function and bring the skater to his/her full potential.

POSITIVE PARENTS

- 1 . A sincere interest in the child's skating
- 2.Enjoys the development of the child as a skater.
- 3.Uses the coaches' best knowledge for guidance of clothing, practice time, etc. and has trust in the coach's teaching ability.
- 4.Realizes that talent must be supplemented with desire.

NEGATIVE PARENTS

- 1.Attempts to live his life through child's skating.
- 2.Hangs over the barrier ranting and raving at every mistake.
- 3.Takes over as coach as often as possible.
- 4.Just knows that her/his child is Olympic material.

This article was taken from American Skating magazine. Many of us will find ourselves acting in this exact manner. So maybe this little eye-opener can be our GUIDELINES for the coming skating season.

RRVFSC OFFICERS AND BOARD OF DIRECTORS

Please see web site for contact information.

www.rrvfsc.org

CONSTITUTION OF THE RED RIVER VALLEY FIGURE SKATING CLUB

Member Club of US Figure Skating Midwestern Section
Upper Great Lakes Region

Adopted: 10/82
Revised: 9/2022

ARTICLE I

Name and Incorporation

- I. The organization shall be known as the Red River Valley Figure Skating Club.
- II. This club shall have its headquarters in the Moorhead Sports Center, 2400 4th Ave South Moorhead, MN 56560

ARTICLE II

Purpose

- I. The Red River Valley Figure Skating Club is organized exclusively for educational purposes (the promotion and teaching of the sport of amateur figure skating) including, for such purposes, the making of distributions to organizations that qualify as exempt organizations under Section 501 (c)(3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).

ARTICLE III

Officers and Board of Governors

- I. The officers shall be President, Vice-President, Secretary and Treasurer. The offices of Secretary and Treasurer may be combined.
- II. A Governing Board consisting of a least six elected members along with the officers shall constitute the Board of Governors.
- III. The election procedures and eligibility for Officers and Board of Governors shall be provided for in the By-Laws of this Club.

ARTICLE IV

Duties of Officers and Board of Governors

- I. The Board of Governors shall have the entire authority in the management of the affairs and finances of the club and shall have general control of all its property. All rights and powers connected therein shall be vested in them. Duties of individual officers shall be determined by the Board of Governors and shall be part of the By-Laws of the Club.

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ARTICLE V
Membership

- I. Membership shall be open to any person who signifies a desire to become a member by making application for membership accompanied by payment of first year dues.

ARTICLE VI
Meetings

- I. There shall be at least one Annual Stated Club Membership meeting each year.
- II. Special Meetings: The Secretary shall call special meetings at the direction of the President or upon the written request of five (5) club members in good standing.
- III. Twenty percent (20%) of the voting membership shall constitute a quorum for the transaction of business.
- IV. Notices: Notices of Stated and Special Meetings shall be mailed electronically by the Secretary to every member at least ten (10) days in advance thereof.
- V. The Board of Directors has the authority to direct the Annual Meeting as well as any special meeting of the Board, be held by remote communication (i.e., telecommunications or electronic communication) if the Board determines that circumstances warrant.

ARTICLE VII
Adoption of Constitution and By-Laws

- I. The Club shall vote at the next Stated Meeting on the revised adoption.

ARTICLE VIII
Changes to Constitution and By-Laws

- I. Any future changes to this Constitution or to the By-Laws shall be approved by a Majority of the Board of Governors and by a majority of the members at a Stated Membership meeting.

ARTICLE IX
Dissolution

- I. Upon the dissolution of the Red River Valley Figure Skating Club, the Board of Governors shall, after paying or making provision for the payment of all liabilities of the organization, dispose of all assets of the organization to an organization with the same purpose of this organization and if no such organization exists, to such organization or organizations organized and operated exclusively for charitable, educational, religious, or scientific purposes as shall at the time qualify as an exempt organization or organization under Section 501 (c)(3) of the Internal Revenue Code of 1954 (or corresponding provision of any future United States Internal Revenue Law) as the Board of Governors shall determine.

BY-LAWS OF THE RED RIVER VALLEY FIGURE SKATING CLUB

Member Club of US Figure Skating Midwestern Section
Upper Great Lakes Region

Adopted: 4/87

Revised: 9/2022

I. PURPOSE

The purposes of the club are:

- I. To encourage the instruction, practice, competition and testing of the members in compulsory, figures, moves in the field, free skating, pair skating, dancing and all types of figure skating.
- II. To encourage and cultivate a spirit of fraternal feeling among ice skaters.
- III. To provide for testing sessions subject to the rules and guidelines of the US Figure Skating.
- IV. To sponsor, produce or cooperate in the production of amateur ice carnivals and shows.
- V. To do and perform such other acts as may be necessary, advisable, proper or incidental in the realization of the objects and purposes of this organization.
- VI. To carry out the general policies of the US Figure Skating regardless of age, race, sex, religious creed, color, national origin or ancestry.

II. MEMBERSHIP

- I. Membership shall be open to any person who signifies a desire to become a member by making application for membership accompanied by payment of the first year's dues. All members and/or parents are bound by US Figure Skating Rules GR 1.01-1.04. (Code of Ethics, Code of Conduct and Harassment & Abuse Policy). Inappropriate actions will result in disciplinary proceedings as set forth by the RRVFSC.
- II. **ARREARS:** Any member in arrears for dues or other indebtedness to the Club or one of its affiliated pros shall be considered a member not in good standing with RRVFSC. Members not in good standing will not be able to test, skate on club ice, will not be certified by a club officer as a member in good standing for competitions, will not be eligible to hold office or entitled to vote.
- III. **RESIGNATION:** Any member who is over 30 days in arrears for dues will be assumed to have resigned from the club.
- IV. **HONORARY MEMBERS:** Honorary members may be elected at any meeting of the Board of Governors, but three negative votes shall reject the application.

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(II.IV HONORARY MEMBERS Continued)

An Honorary Member shall be free from initiation fees, dues, and/or assessments. He or she may represent the club in exhibitions and attend ice skating sessions under the same rules governing active members. He or she shall not be nominated or elected to an office or as a member of the Board of Governors but may be appointed to the Board only to fill a vacancy where he or she shall have a vote. Honorary members have no vote unless otherwise provided. They have no claim on the assets or property of the Club. He or she shall not represent the club in competitions.

- V. DUES: Dues shall be set by the Board of Governors and will be published in the Club newsletter.
- VI. VOTING MEMBERSHIP: Members of record on July 1st of each year or by the first day of the new USFSA membership year will be entitled to vote. There is no provision for absentee voting. There shall be one vote per member 18 years of age and older plus one vote per family with members under 18 years of age (voted by a parent/guardian), with a maximum of one vote per person.

Examples:

- a. A family with two non-member parents/guardians and skater members under 18 (any number of skaters) have one vote.
 - b. A family with one member parent/guardian, one non-member parent/guardian, and skating members under 18 have 2 votes.
 - c. A family with two member parents/guardians and a skating member (either over or under 18) have 3 votes.
 - d. A family with one member parent/guardian, one non-member parent/guardian and 18 year old skater and a younger skater have 3 votes.
 - e. A family with two non-member parents/guardians, an 18 year old skater and a younger skater have 2 votes.
- VII. ASSOCIATE MEMBERSHIP: An "associate membership" in the Red River Valley figure Skating Club is available to those individuals who are club members, in good standing, of another home club.

III. GENERAL MEMBERSHIP MEETINGS

- I. There shall be at least one annual meeting to be held each year (Stated Meeting). Election of officers and Board of Governors will take place at this meeting. Notification of such Stated Meeting shall be published in advance in the Club's official newsletter or publication and will be mailed electronically to all club members not less than ten (10) nor more than 30 (thirty) days in advance.

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(III.II GENERAL MEMBERSHIP MEETINGS Continued)

- II. SPECIAL MEETINGS: The Secretary shall call special meetings at the direction of the President or upon written request of 20% of the voting membership in good standing.
- III. QUORUM: Twenty percent (20%) of the voting membership shall constitute a quorum for the transaction of business.
- IV. NOTICES: Notices of Stated and Special Meetings shall be mailed electronically by the Secretary to every member at least ten (10) days in advance thereof.
- V. FISCAL YEAR: Effective January 1, 1995, the fiscal year of the club will run simultaneously with the calendar year.

IV. BOARD OF GOVERNORS

- I. MEMBERSHIP: The Board of Governors shall include the four elected officers and six Board Members and the Past President. No more than one immediate member of a family may run for or serve on the Board of Governors simultaneously. Immediate family members are defined as husband/wife, daughter/son, mother/father, brother/sister. Three members shall be elected each year.

If a Board Member, whose term is not currently up for election, becomes a candidate for an Officer position and then loses the election, their Board seat remains open to them and not filled vacancy will be filled as stated in Article IV.VIII.

- II. TERM OF OFFICE: A Board Member's term of office shall be two (2) years, with a limit of three consecutive terms. A Board Member may not serve for more than six-(6) consecutive years. A former Board Member may be re-elected as a Board Member after a one year's absence from the Board. Only individuals that currently serve as a Board Member may be an Officer candidate.
- III. Meetings: The Board of Governors shall meet at least once a month for ten (10) months each calendar year. The date of such meetings shall be stated by the President or in his/her absence by the Vice President.
- IV. The President or in his/her absence, the Vice President, has the authority to direct monthly board meetings to be held by remote communication (i.e., telecommunication or electronic communication) if the President or in his/her absence, the Vice President determines that circumstances warrant.

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(IV.V BOARD OF GOVERNORS Continued)

- V. **QUORUM:** Seven Board Members shall constitute a quorum for conducting business.
- VI. **AUTHORITY:** The Board of Governors shall have entire authority in the management of the affairs and the finances of the Club and shall have general control of its property. All rights and powers connected therein shall be vested in them.
- VII. **APPROPRIATIONS:** All appropriations from the funds of the Club shall be made by the Board of Governors.
- VIII. **REVIEWS:** A review committee appointed by the President shall review the records of the Secretary and Treasurer at least once each fiscal year.
- IX. **VACANCIES:** Vacancies on the Board of Governors and any Officer positions shall be appointed by the President with a 2/3 vote of the members of the Board of Governors in attendance at the meeting in which the appointment is voted on. A board member shall be appointed for the unexpired term of her/his predecessor in office.
- X. **HONORARY BOARD MEMBERS:** The Board of Governors shall name as they deem appropriate, individuals as Honorary Board Members. These Honorary Board Members shall attend meetings, provide discussion regarding club issues and serve as liaison to Committees as Board representation. Honorary Board Members do not have voting power for purposes of Board action.

V. OFFICERS

- I. The officers shall be President, Vice-President, Secretary and Treasurer. One person may hold the offices of Secretary and Treasurer. The officers are elected to one year term with no term limitations. Following service as the President, the former President is Past President, serving as a member of the Board of Governors with voting privileges. Following service as the Past President, this person may be a candidate for any Board of Governors or Officers position.

VI. DUTIES OF OFFICERS

- I. **PRESIDENT:** It shall be the duty of the President to take charge of the Club; to preside at all meetings of the Club, and of the Board of Governors. He or she shall have the entire supervision and management of the Club and its property pending the action of the Board of Governors, the power to suspend any member for violating the By-Laws or Policies of the Club, pending the approval of the Board, to call special Board meetings and Club meetings. Contracts, agreements, deeds and other legal instruments or documents of every type and description shall be executed on behalf of the Club by the President, where appropriate the Secretary, or such other corporate officers or agents as the Board of Governors may, from time to time, designate by resolution.

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(VI.I DUTIES OF OFFICERS Continued)

Effective January 1, 1996, the President can serve as Chair of only one Standing Committee as identified in Section VIII of these By-Laws. The President shall be an ex-officio member of all Committees.

- II. VICE-PRESIDENT: It shall be the duty of the Vice-President to assist the President in the discharge of his or her duties and in his or her absence to assume the duties and officiate in his or her stead.

- III. TREASURER: The Treasurer shall have general control and supervision of the funds of the Club and shall keep a record of all receipts and disbursements and shall render a written report when requested by the President or Board of Governors. The Treasurer shall present a full financial statement (balance sheet and profit/loss) of all accounts at the end of each calendar year. The Board shall have the power whenever they deem it necessary to appoint an acting Treasurer. The funds shall be deposited in the name of the club in a bank approved by the Board or in securities approved by the Board. All disbursements by check shall be signed by the Treasurer or another officer designated by the Board of Governors.

- IV. SECRETARY: It shall be the duty of the Secretary to keep the minutes of the meetings of the Club and of the Board of Governors and to supervise all reports and documents connected with the business of the Club.

He or she shall supervise correspondence of the Club, prepare and issue notices of all meetings of the Club and Board of Governors.

- V. COMPENSATION OF OFFICERS: Officers of the Club shall serve without compensation, unless compensation for an officer is approved by resolution of the Board of Governors. Officers may be reimbursed for the reasonable and necessary expenses actually incurred for the benefit of the Club.

VII. REMOVAL OF OFFICERS OR MEMBERS OF THE BOARD OF GOVERNORS

Officers or elected members of the Board of Governors may be removed from office if the following conditions are met:

- 1)The officer or member of the Board of Governors has not contributed or acted in the best interests of the Club.
- 2)The motion for removal must be approved with a vote of 2/3 of the members of the Board of Governors. (Example: If all 11 positions on the Board of Governors are filled, then 8 votes would be necessary to remove an Officer or member of the Board of Governors.)
- 3) If it has been determined that an Officer or other Board Member has not acted in the best interests of the Club and/or three (3) meetings are missed, the remaining members of the Board, may, at their discretion, remove the Officer or member of the Board of Governors according to 2) above. The vacancy caused by such a removal is to be handled as directed by Section IV.VIII.

VIII. STANDING COMMITTEES

All committees and committee chairs are appointive positions by the President and are subject to approval by the Board of Governors. Committee chairman do not have voting privileges on the Board of Governors, however, members of the Board of Governors may serve as committee chairman. There shall be no limitations on the number of terms a committee member may serve or be appointed to serve.

- I. TEST COMMITTEE: The Test Committee shall consist of three (3) or more members who have complete charge of following US Figure Skating testing procedures, giving US Figure Skating tests and obtaining approved US Figure Skating judges for tests. The Test Committee shall work with the Board of Governors and the professional teaching staff to schedule test sessions.

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(VIII.II STANDING COMMITTEES Continued)

II. NOMINATING COMMITTEE:

Each year there shall be established a Nominating Committee, which shall consist of three (3) club members, at least one of whom is on the Board of Governors, and one of who is from the voting membership. One member of the committee will serve as chair. This committee will be appointed not less than sixty (60) days prior to the stated annual meeting. This committee is responsible for recommending suitably qualified candidates for RRFVSC offices. All committee deliberations shall be kept strictly confidential. Committee members will solicit from the President and the Board of Governors suggestions for positions to be filled. Nominations other than those recommended by the Nominating Committee must be submitted in writing no later than twenty- one (21) days prior to the stated annual meeting. No other nominations after that date, including nominations from the floor of the annual meeting, will be permitted. A single secret ballot shall be cast to fill all vacancies. The candidates receiving the greatest number of votes on the ballot shall be elected. Members shall vote no more and no less than the number of vacancies when casting their ballot. Any ballot not complying will not be counted. In the event of a tie, the President shall cast a vote breaking the tie.

III. SUMMER SCHOOL COMMITTEE: The Summer School Committee shall have charge of all aspects of the summer school skating program.

IV. Other committees may be formed as deemed necessary by the President and the Board of Governors to carry out the functions of the Club.

IX. CONFLICT RESOLUTION

- I. If any club member(s) has a complaint against another member(s) for an infraction of any bylaw or rule other than skating rules, they may file such a complaint in writing to the board. Such complaints will be investigated according to the adopted conflict resolution policy which is posted on the club website.

CERTIFICATION:

I, _____, the duly elected and acting Secretary of the Club, hereby certify that pursuant to a resolution of the members of the Club, adopted at a meeting of the membership held on the 28th day of April, 2013, a quorum of the members present and participating, the foregoing Restated Bylaws of the Club were adopted.

Secretary
