



# Mt. Vernon Freestyle - September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Professional Coaching</b> Coaches available for freestyle &amp; figure power skating. Make arrangements for instruction with the coach of your choice. Resumes available online at <a href="http://fairfaxcounty.gov/parks/rec/mv/mv-icestaff.htm">http://fairfaxcounty.gov/parks/rec/mv/mv-icestaff.htm</a> or at the Desk.</p> <p><b>Other information</b> -All skaters under 10 must be always supervised by a parent or guardian (16 years or older) -Skaters must meet minimum age requirements to use the fitness room. -Skaters must abide by the "Freestyle Skater Guidelines &amp; Code of Ethics". -Contact the Skating Director for additional information.703-768-3224</p>			<p>1 6:00am-6:30am 6:30am-7:00am 7:00am-7:30am 7:30am-8:00am 8:00am-8:30am 8:30am-9:00am</p> <p>3:15pm-3:45pm 3:45pm-4:15pm 4:15pm-4:45pm 4:45pm-5:15pm</p>	<p>2 6:00am-6:30am 6:30am-7:00am 7:00am-7:30am 7:30am-8:00am 8:00am-8:30am 8:30am-9:00am</p> <p>3:15pm-3:45pm 3:45pm-4:15pm 4:15pm-4:45pm 4:45pm-5:15pm</p>	<p>3 6:00am-6:30am 6:30am-7:00am 7:00am-7:30am 7:30am-8:00am 8:00am-8:30am 8:30am-9:00am</p> <p>3:15pm-3:45pm 3:45pm-4:15pm 4:15pm-4:45pm 4:45pm-5:15pm 5:30pm-6:00pm-FPS</p>	<p>4 7:00am-7:30am 7:30am-8:00am 8:00am-8:30am 8:30am-9:00am</p>
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## Freestyle Skater Guidelines and Code of Ethics

The Mt. Vernon REC Center ice arena management staff want to make each freestyle session as productive as possible. Below are 10 guidelines for skaters and parents/chaperones aimed at ensuring safe and enjoyable sessions for all skaters. Please review them carefully:

1. Positive reinforcement is always welcome and expected. Applaud any effort and provide encouragement.
  - There should be no yelling, screaming or negative reactions or comments directed to any skater or coach on the ice surface or in any public area of the facility or grounds.
2. Treat all skaters, coaches, monitors, and staff with kindness, courtesy, and respect.
  - Take heed of all direction given by the staff and react with respect to the requests made.
  - Staff is here to provide a service and to ensure a safe and pleasurable skating environment, not to be abused or ignored.
3. React with maturity when faced with inappropriate behavior by other skaters, parents, or professionals.
  - Emotionally charged behavior will not yield productive results.
  - Should problems arise with another individual, bring only the facts to the attention of the Skating Director.
  - Be the best example to those around you.
4. Using obscene language at any time will not be tolerated. Nor will intent to intimidate members of the staff, other skaters, parents, and/or coaches either on the ice surface or in the public areas.
5. Gossip is counterproductive.
  - Spreading hearsay and rumors among skaters, parents and professionals is inappropriate and destructive to our program and the skating community.
6. Pride in a coach is expected, however it is best to speak only in positive terms of what the coaching relationship means to you individually.
  - Never discuss what your coach can do or what another coach cannot do for another skater. This action is considered solicitation by the Professional Skaters Association and could result in sanctions being taken against your coach, regardless of your intent.
7. Help keep our facility neat and clean.
  - Place all trash in proper receptacles.
  - Keep the warming room uncluttered by keeping all personal belongings together neatly on or under the benches.
8. Check in at the Front Desk before every session and register with the monitor when one is present.
  - It is the responsibility of the skater to make payment for each session skated via scan card or pick-up session.
  - Each skater is responsible for signing in for each session skated.
  - Bridging ½ of one session and ½ of another session is not permitted. In such instances, two sessions must be paid for. No exceptions for lessons & no half freestyle sessions.
9. When on the ice, yield right of way to:
  - The skater performing their program.
  - The skater jumping on the harness.
  - All coaching professionals.
10. Avoid socializing in the jump corners or in the center of the ice. Doing so can cause serious injury.