



**High Altitude Skating Club**  
**Laramie High School FS Team**  
**Junior Varsity/Varsity Letter Instructions**



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

Address: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

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

School Year Applying for: \_\_\_\_\_

*Check all boxes as they apply. All requirements must be met during the school year listed above.*

*\*denotes mandatory requirement for Varsity letter consideration*

## REQUIREMENTS

- ☐ Currently enrolled student in 9th through 12th grade. Home-schooled students are also eligible.
- ☐ Must maintain at least a 3.0 GPA and abide by all school academic and behavioral expectations. Grade checks may be requested to confirm eligibility. NOTE: If skater fails to adhere to any of the school district requirements, the skater forfeits the right to letter for that season. **(Please attach transcript.)**
- ☐ Must be a current Home Club Member of the High Altitude SC and the U.S. Figure Skating – both memberships must be in good standing.
- ☐ Must skate a minimum of 75 hours this year, September 1st -March 31st. **(Attach details.)**  
For the purposes of this program, hours will be counted as follows:
  - 1 hour = 1 hour on or off-ice with a coach, organized event or scheduled practice (i.e. freestyle ice).
  - Ice show rehearsals will count towards ice time and will equal the amount of time you are required to be at the rink. (ex. The first ½ of the show is 1.5 hours and will equal 1.5 hours)
  - Competitions will count as 1 hour per event you compete in; practice ice at the event will also count toward the total required time; minutes purchased = minutes skated.
- ☐ Must train under a coach who has met the U.S Figure Skating coaching compliance requirements.
- ☐ Must attempt at least one USFS level test in any discipline (free skate, skating skills, dance, or pairs).  
This testing requirement is waived for any skater who has passed their Senior Free Skate test. **(Attach test sheets.)**
- ☐ \*Must achieve or previously have achieved one of the following:
  - Passed the Bronze Free Skate Test Date: \_\_\_\_\_
  - Passed the Bronze Skating Skills Test Date: \_\_\_\_\_
  - Passed the Bronze Dance Test Date: \_\_\_\_\_
  - Passed the Bronze Pairs Test Date: \_\_\_\_\_
  - Competed at one of the following (mark which event) Date: \_\_\_\_\_
    - Sectional Singles Finals at Juvenile level or higher
    - Excel National Festival at the Juvenile level or higher
    - Synchronized Sectional Championships at the Intermediate or higher level
    - National Showcase at the Juvenile level or higher
    - Theatre on Ice Nationals at the Junior level or higher



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☐ Must participate in at least three USFS sanctioned shows or competitions. **(Please list below)**

1. \_\_\_\_\_ Date: \_\_\_\_\_
2. \_\_\_\_\_ Date: \_\_\_\_\_
3. \_\_\_\_\_ Date: \_\_\_\_\_

☐ Skater has personally contributed eight volunteer hours for High Altitude SC (volunteer hours are for skating club or skating community oriented)

Volunteer Activity/Event	Date	Hours

When the above checklist is complete and all required documents are attached, please sign, have your coach sign and return to Laramie High School FS Team Manager, who will submit to the Board.

\_\_\_\_\_  
Skater's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
High School Team Manager's signature

\_\_\_\_\_  
Date

Thank you,  
Amy Iddings, High Altitude Skating Club President  
307-760-2674