

VARSITY LETTER REQUIREMENTS:

1. The skater must be a member of the North Atlantic Figure Skating Club (NAFSC) and the United States Figure Skating Association (USFSA), both in good standing.
2. The figure skater must follow all of their high school rules of eligibility and conduct.
3. The figure skater must attend any required athletic participation meetings held by the school.
4. The figure skater must train under the supervision of an approved NAFSC professional coach.
5. To be considered for a Varsity Letter, the figure skater:
 - a. Must have a minimum of 100 sessions* on figure skating practice ice during the skating season. For the purpose of program administration, the season will run from May 1 to April 30. This is time spent on the ice training, not time competing, rehearsing for shows and exhibitions or time purchased via ice cards.
 - b. Must have passed at least the U.S. Figure Skating Novice Moves in the Field, Intermediate Free Skate, Intermediate Pairs, or Pre-Silver Dance test.
 - c. Must attempt (not necessarily pass) at least one U.S. Figure Skating official test per skating season, with the exception of a skater who has passed their Senior Moves in the Field and/or Free Skate test.
 - d. Must participate in at least one club/rink Annual Ice Show.
 - e. Must participate in at least 2 additional “public” events per skating season. These could include competitions, exhibitions, Christmas shows, or other U.S. Figure Skating sanctioned events.
6. The Lettering Coordinator will verify the number of skated sessions and other elements of eligibility and forward the list of skaters that have met all requirements to the appropriate Athletic Directors. Varsity Letter recipients will be recognized at the NAFSC Year-End Awards Banquet.

**Any session 30 minutes in length or shorter will count as a ½ session toward the session requirement; Any session longer than 30 minutes will count for 1 session toward the session requirement.*