

Synchronized Figure Skating

Skate Canada Program

Synchronized Skating is a healthy team building activity for all skaters. It is a group of skaters creating and performing various formations and routines.

Synchro programs include elements such as circles, lines, blocks, jumps, spins, wheels, intersections, and transitions (footwork) in between.

Purpose

To introduce the skaters into the world of teamwork and a very different and unique style of skating.

The goal is to teach the skaters many of the elements involved in a synchro program and create a themed program.

How does this work?

While the team is on the ice, they will receive constant instruction from the Coach during the entire session.

Responsibilities

Since this is a team sport, all skaters must arrive to the arena on time, dressed and prepared to work together. Proper sportsmanship is expected at all times between other skaters and the coach.

Synchro is an exciting team sport that creates life-long friendships.

STAR 4 Team

How to join:

Skaters interested in joining this team are expected to attend tryouts, which are held during the first official practice of the season.

No longer has age restrictions. Skaters of this level should be working on or passed STAR 2 Skills. The Coach will then decide if this Team will be a good fit for your skater.

Commitment

Commitment for this team is mandatory attendance at every weekly practice and any competitions/carnivals.

Goal for this season is to train skaters individual and synchronized skating skills, learn a program, and of course have fun!



Pre-Novice Team

How to join:

Skaters interested in joining this team are expected to attend tryouts, which are held during the first official practice of the season.

Your skater must **not** have reached the age of **18** as of July 1st, 2022. Skaters of this level should be working on or passed STAR 4 Skills. The Coach will then decide if this Team will be a good fit for your skater.

Commitment

Commitment for this team is mandatory attendance at every weekly practice and any competitions/carnivals.

Goal for this season is to train new Synchro elements, learn a new program, and of course have fun!

