

North Atlantic Figure Skating Club

Beginner Synchronized Skating Team

Age: Skaters should be 8-13 years old

Level: Skaters should currently be in Basic 4/Gamma and or higher

Synchronized skating is a popular discipline both within U.S. Figure Skating and around the world. U.S. Figure Skating held the first U.S. Synchronized Skating Championships in 1984 and also hosted the first World Synchronized Skating Championships in 2000. There are approximately 525 synchronized teams registered with U.S. Figure Skating, and nearly 5,000 athletes participate annually in the synchronized skating sectional championships.

Synchronized skating is a team sport in which 8-20 skaters perform a program together. It uses the same judging system as singles, pairs and dance and is characterized by teamwork, speed, intricate formations and challenging step sequences. As with the other disciplines, all teams perform a free skate with required well-balanced program elements. In addition, teams at the junior and senior level perform a short program consisting of required elements.

Elements in synchronized skating include blocks, circles, wheels, lines, intersections, moves in the field, moves in isolation, no-hold step sequences, spins and pairs moves. The variety and difficulty of elements require that each team member is a highly skilled individual skater. The typical senior-level athlete has passed a senior or gold test in at least two disciplines.

Synchronized teams in the U.S. can compete in [14 different levels](#) according to the age and skill level of the team members.

Teams competing at the Basic Skills (beginner) level may compete at any U.S. Figure Skating synchronized skating nonqualifying competition or U.S. Figure Skating Basic Skills competition.

Teams competing at the developmental levels of preliminary, pre-juvenile, open juvenile, open collegiate or open adult may also compete at the Eastern, Midwestern or Pacific Coast Synchronized Skating Sectional Championships, held annually at the end of January.

Teams at the competitive levels of juvenile, intermediate, novice, junior, senior, collegiate, adult or masters compete first at their respective sectional championships. A placement in the top four at sectionals earns them a spot at the U.S. Synchronized Skating Championships. Top-performing teams at the junior and senior levels at have the opportunity to earn a berth to the U.S. Synchronized Skating Team, with the top two senior teams going on to represent the United States at the World Synchronized Skating Championships.



There are so many benefits to participating in a team sport, and synchronized skating is a great way for figure skaters to compete in a sport they love while enjoying all of the aspects of working with others in a team-oriented sport.

NAFSC Nor'easters Beginner Synchronized Skating Team

2010 – 2011 REGISTRATION FORM

(One form per skater please)

SKATERS NAME: _____ AGE: _____ BIRTHDATE: _____ FEMALE/MALE _____

PARENT/GUARDIAN NAME: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: DAY: _____ EVENING: _____ CELL: _____

E-MAIL ADDRESS: _____ USFS NUMBER _____

EMERGENCY INFORMATION *Every effort will be made to contact the parents first. Please give an alternative name and telephone number.

CONTACT: _____ PHONE: _____

SPECIAL NEEDS OR CONCERNS: _____

CURRENT SKATING LEVEL: _____ TESTS COMPLETED: (moves) _____ (fs) _____ (dance) _____

CURRENT SYNCHRO LEVEL: _____ HOME CLUB AFFILIATION _____

COACHES: _____

ICE SCHEDULE

Thursdays Early Fall (8 weeks) 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4

Time: 6:30-7:20 PM

Thursdays Late Fall and Winter (14 weeks) 11/11, 11/18, 12/2, 12/9, 12/16, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 3/3, 3/10

Time: 6:16-6:55

Thursdays Spring (4 weeks) 3/17, 3/24, 3/31, 4/7

Time TBA (time will be similar to early fall schedule)

26 weeks of Thursday ice and coaching on ice

2-3 sessions of additional practice prior to competition times tba

Off ice warm-up/training will be held 15 minutes prior to and 15 minutes after each ice session. Additional off ice at the coach's discretion.

FEE SCHEDULE

Total Amount Due \$ 695.00 Payable in 8 monthly installments beginning on September 1st

Included in the fee are the following:

26 weeks of Thursday ice and coaching (on and off the ice)

2-3 sessions of additional ice prior to competitions

\$160 budget for dress, tights and make-up

T-shirt

Entry fees for 2 competitions

\$50 budget for warm-up jacket

Coaches travel and fees for two competitions as approved by NAFSC

Not included are travel, hotel and food expenses for competitions and exhibitions.

Possible Competition Schedule

December 10-11

Cape Cod Classic, MA\

December 30, 2010

NAFSC Basic Skills Competition

January 7-9, 2011

Colonial Classic, Lowell, MA

Tentative Show and Exhibition Schedule

December 2, 2010

NAFSC Tree Lighting

January 30, 2011

NAFSC Winter Exhibition

April 9-10, 2011

NAFSC Annual Ice Show

Please make checks payable to: North Atlantic Figure Skating Club or NAFSC

Mail to: Nor'easters Synchronized Skating Team

P.O. Box 6052, Falmouth, ME 04105

LIABILITY WAIVER: IN CONSIDERATION OF MY CHILD ENROLLING IN THE PROGRAM, I AGREE TO INDEMNIFY AND HOLD HARMLESS THE LEARN TO SKATE PROGRAM, NAFSC, FAMILY ICE CENTER AND ALL OF ITS OFFICERS, AGENT SERVANTS OR EMPLOYEES AND PARTICIPANTS FROM ALL CLAIMS, LOSS LIABILITY, DAMAGE AND EXPENSE WHICH MAY IN ANY WAY ARISE FROM MY CHILD'S PARTICIPATION IN THE LEARN TO SKATE PROGRAM. I FURTHER UNDERSTAND THAT THERE WILL BE NO MAKE UP CLASSES OR REFUNDS GIVEN FOR CLASSES UNATTENDED BY THE STUDENT, AND THAT THE INSTRUCTORS CAN BE CHANGED WITHOUT PRIOR NOTICE. PARENT/GUARDIAN

PRINT NAME _____

SIGNATURE _____ DATE: _____