

What is Synchronized Skating?

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 blocks, spins and pairs moves. The variety and difficulty of elements require that each team member is a highly skilled individual skater.



< 2010 Pre-Juvenile Eastern Sectional Bronze Medalists

2010 Open Juvenile > Eastern Sectional Pewter Medalists



INTERESTED IN LEARNING MORE ABOUT
WALLACE SYNERGY
SYNCHRONIZED SKATING TEAMS?

Come to our FREE Synchro Clinic

Wed., March 24th 4:30-6:00 and
Sun., March 28th 3:30-5:00.

These times include off ice warm ups
and 60 minutes of ice time & instruction.

Email Synergy@WallaceFSC.com to register

Civic Center-Landry Arena @ Fitchburg State College

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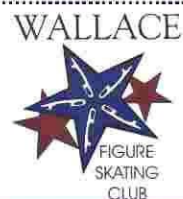
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WALLACE SYNERGY

c/o Wallace Figure Skating Club, Inc.
P.O. Box 2043
Fitchburg, MA 01420

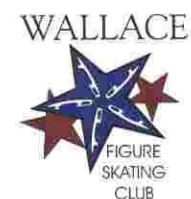
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Synchronized Skating Teams

Synchronized skating is a popular discipline both within U.S. Figure Skating and around the world. There are approximately 525 synchronized teams registered with U.S. Figure Skating, nearly 5,000 athletes that compete in 15 different levels in the synchronized skating sectional championships.

WallaceFSC.com/synchro.html



What are the different levels of synchronized teams?

2007-2008
Beginner 2
Team



Beginner 1, 2 or 3: A team of 8-16 skaters of various ages. No skater may have passed higher than preliminary in any discipline, and the majority of the team must be no test.

Preliminary:

A team of 8-16 skaters. Skaters must be under 12, with the majority of the team under 10.



2009 Preliminary Eastern Sectional
Champions!

Pre-juvenile: A team of 8-12 skaters. The majority of the team must be under 12.

Open Juvenile: A team of 8-12 skaters. The majority of the team must be under 19. All skaters must have passed the pre-preliminary moves in the field test.



2008 Open Juvenile
Eastern Sectional
Bronze Medalists

Juvenile: A team of 12-20 skaters. Skaters must be under 13 and have passed the preliminary moves in the field test.

Intermediate: A team of 12-20 skaters. Skaters must be under 18 and have passed the pre juvenile moves in the field test.

2009 Open
Juvenile
Backward
Lunge
Intersection



Novice: A team of 12-20 skaters. Skaters must be under 16, with the exception of four skaters who may be 16 or 17, and have passed the juvenile moves in the field test.

Junior: A team of 12-16 skaters. Skaters must be at least 12 years old and under 19. All skaters must have passed the intermediate moves in the field test.

Senior: A team of 16 skaters. Skaters must be at least 14 years old and have passed the novice moves in the field test.

Open Collegiate: A team of 8-16 skaters. Skaters must be enrolled in a college or degree program.

Collegiate: A team of 12-20 skaters. Skaters must be enrolled in a college or degree program as full-time students and have passed the juvenile moves in the field test.

Open Adult: A team of 8-12 skaters. The majority of the team must be 19 years or older.

Masters: A team of 12-20 skaters. All skaters must be 25 years or older, with the majority of the team 35 years or older.

Adult: A team of 12-20 skaters. All skaters must be 21 years or older. All skaters must have passed at least one of the following tests: preliminary moves in the field, adult bronze moves in the field, preliminary figure or preliminary dance. All teams may have a maximum of four alternates listed on their roster.

Parent Involvement

Parents are a vital part of our team. We encourage everyone to be involved in all aspect of our teams; finances, chaperoning, fundraising, travel plans, fun & spirit...

OH, and don't forget to cheer on the skaters!



Practice & Competition Schedule

Practice varies for the different level teams. Teams practice an average of 1-4 hours per week, both off ice and on ice. The higher the division the more practice a team requires. The Wallace Synergy competes in 5-7 competitions per year including Eastern Sectional Championships. Qualifying teams may advance to National Championships. The teams also skate in exhibitions such as Worcester Sharks & Fitchburg State hockey games, area skating clubs shows as well as our own annual Ice Show.

Finances

The Wallace Synergy teams are self financed. All expenses are budgeted and include ice, coaching, competition fees, costumes and team apparel. Various fundraising events are scheduled to help raise funds and generous sponsors help to offset these expenses.

Our Coaches

Kathy Valera & Jess Atkins are the HEART of our teams, . Our coaches' creative direction, fun approach and drive for success have lead the Wallace Synergy to medal in every competition for the past three seasons.

Membership

The Wallace Synergy team members are individual members of area USFSA figure skating clubs. Only an Associate Membership to WFSC is needed. All skaters are required to continue their individual skating skills throughout the season at any club they choose.