
**2009-2010
Synchronized Registration Form**

(Please print clearly)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Birthdate _____

E-mail address _____

Highest skating test passed: _____

Please check one:

Advanced Synchro

- \$275.00 F & W 4 payments of \$72.00

Intermediate Synchro

- \$275.00 F & W 4 payments of \$72.00

Tot Synchro

- \$225.00 F & W 4 payments of \$62.00

- Freestyle Package -- I am paying for this class as a part of my Freestyle package.
- All You Can Skate -- I am paying for this class as a part of my All You Can Skate plan.

We have read over carefully the rules and information concerning synchronized team participation, and we fully understand and will abide by the rules outlined in this brochure. We will commit to the synchronized team for this competitive season.

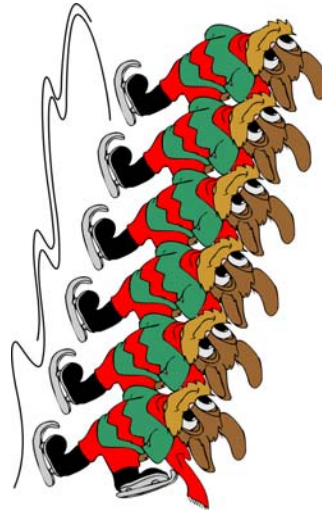
Also, I skate at my own risk and hereby release the Ice Chalet, its owners, and all personnel from any and all liability.

Signature of Skater

Date

Signature of Parent

Date



Chalet Ice Rinks, Inc.
P.O. Box 10668
Knoxville TN 37939
(865) 588-1858



Synchronized Team Skating

New: Tot Synchro
(Ages 7 & under)

Intermediate Synchro
Advanced Syncho

2009-2010
Fall & Winter Terms

Ice Chalet

(Beside The Shops @ Western Plaza)
100 Lebanon Street
Knoxville TN 37919
tel 865-588-1858 fax 865-588-7509
icechalet@bellsouth.net
www.chaleticerinks.com

2009-2010 Synchronized Classes

Fall and Winter: Tots, Intermediate, and Advanced

What is a synchronized team?

A synchronized team involves a group of skaters performing various skills in unison to music. Synchronized teams allow participants to strengthen their own individual skating skills while at the same time enjoying the atmosphere of a team sport.

- A Synchro *Formation* Team performs forward skating, backward skating on two feet, and two-foot turns while executing various formations such as pinwheels, circles, lines, etc.
- A Synchro *Skating* Team performs forward and backward skating steps, along with maneuvers such as backward splicing, backward spoke wheels, and lines or circles with intricate footwork. Unison, cleanliness, and SPEED are expected.

Requirements

The number of teams will depend on enrollment. To be eligible for the intermediate and advanced teams, the skater must have passed Beta. Skaters must be able to execute certain maneuvers (see below). How well skaters perform the listed skills easily, with speed and power, will determine their team assignments. Ultimately, the team assignments will be determined by the skating school director and the team coaches. *No one will be eliminated.*

Typical Moves

Tot Moves:

- Snowplow stop
- Marching to music
- Teapot glide (two feet)
- Forward Swizzles

Intermediate Moves:

- Long one-foot glides
- Arabesque (straight line)
- T-stops and snowplow stops, both ways
- Footwork to music
- Lunges on both feet

Advanced Moves:

- All of the other maneuvers, plus...
- All stops, both feet, including tango
- Backward lunges, both feet
- Mohawks: inside & outside, forward & backward, open & closed
- Backward outside three-turns

Skaters should be dressed in black, fitted pants or tights, no baggy pants, and a black top with long sleeves.

Practices

8:30 a.m. Sat. Advanced (High Freestyle)

9:30 a.m. Sat. Intermediate (Beta and up)

5:00 p.m. Fri. Tot (Ages 7 and under)

Important: The first class is a mandatory meeting for all skaters and their parents.

Additional practices may be needed prior to competition performances.

Team Spirit & Identity

To be successful, the team will need to form a strong bond, so skaters will be expected to stay with their assigned team throughout the year.

Competitions

Plan to attend a competition in mid-Winter as well as our annual competition in Knoxville in early April. If a skater is unable to participate in a competition, he/she will train as an alternate and may skate at the Knoxville competition at the coach's discretion. Alternates are important to the team and are expected to attend all practices.



Price

Freestyle skaters:

Part of packages -- counts as one class.

Beginner/Intermediate skaters:

\$ 72.00 x 4 payments *or* \$ 275.00 (for the year).

Tot skaters (ages 7 and under):

\$ 62.00 x 4 payments *or* \$ 225.00 (for the year).

Costume Fee: Estimated \$ 75.00 (Due Nov. 1)

Please note:

Additional expenses will include competition entry fees and may include additional ice time immediately before a competition.

Team Rules

- This is a September-April team commitment. Late registrants will be trained as alternates.
- Skaters are allowed no more than two absences per semester -- one excused and one unexcused. A skater who misses three practices will be dismissed from the team. **NO REFUNDS** will be given.
- Skaters will be expected to make up any missed practices by learning the steps in a private lesson.
- No late arrivals are tolerated -- A skater will be marked absent if he/she is late for a scheduled practice, and he/she will sit on the bench and observe practice.
- A skater cannot miss the final two practices before a competition in which he/she is to perform.
- If there is a behavior problem that interferes with practice, the skater/skaters involved will be asked to leave the ice. This will be considered an absence.
- Skaters who are sick or injured are asked to come and watch practice if at all possible.
- Practices should be high priority, and skaters need to be attentive and respectful to each other and the teachers during this valuable time.
- Skaters should be dressed appropriately -- no jeans or baggy sweatshirts. Members will be expected to wear black fitted pants or tights and a black top with long sleeves.
- *Parents and skaters are required to sign the release on the back stating that you have read and understand these rules.*