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**2011-12  
Synchronized Registration Form**

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*(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 (Gamma/Delta and higher)\*

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

Beginner Synchro (Tot 3 or Alpha through Beta/Gamma)\*

- \$199.00 F & W       4 payments of \$52.50

*\* Skaters may be assigned to different teams based on skills, size, speed, etc.*

- Costume Fee: \$ 50.00

- 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*

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

# Synchronized Skating



## Synchronized Team Skating

**Beginner Synchro  
Intermediate Synchro  
Advanced Syncho**

**2011-2012  
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

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## 2011-2012 Synchronized Teams

Fall and Winter: Beginner, Intermediate, and Advanced

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### What is a synchronized team?

A synchronized team is a group of skaters performing various skills in unison to music. Synchronized teams allow participants to strengthen their individual skating skills while 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.
- A Synchro *Dance* Team utilizes dance steps and skating moves to produce a program. Unison, choreography, and music interpretation are the primary judging criteria.

### Requirements

The number of teams will depend on enrollment. 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. There is a place on one or more teams for every skater. If not the advanced team, then intermediate, etc.

### Typical Moves

*Beginner Moves:*

- *Snowplow stop*
- *Marching to music*
- *Teapot glide (two feet)*
- *Forward & Backward 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*

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

### Practices

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

**“Robert Unger Stars”**

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

**“Robert Unger Shooting Stars”**

**5:45 p.m. Fri. Beginner (Tot3/Alpha-Gamma)**

**“Robert Unger Sparklers”**

(Beginners: Aug. 12-Oct. 14; Holiday School; and Jan. 13-March 24)

Additional practices may be needed prior to competition performances.

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

### 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 late March. 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.

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### Price

Freestyle skaters: (Counts as one class in any package.)

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

Intermediate team (non-Freestyle skaters):

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

Beginner team skaters:

\$ 52.50 x 4 payments *or* \$ 199.00 (for the year).

*Payments are due: Aug. 13, Oct. 8, Jan. 14, and Feb. 11.*

**Costume Fee: Estimated \$ 50.00 (Due Nov. 1)**

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



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## Team Rules

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- This is an August-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. Long hair must be tied back.
- *Parents and skaters are required to sign the release on the back stating that you have read and understand these rules.*