



August 6, 2019

Hello and welcome back to another exciting skating season!

This year we will continue to build on our progress and success from last year following our record medal count. We welcomed Gwen Greenhill and Karen Ballinger to our coaching team and I am grateful that they will continue with the youth teams this year!

**We anticipate 5 Highlights Teams for the 2019-2020 season:**

**Beginner** - Skaters should be working on Stage 4 or higher.

This "intro-to-synchro" team is coached by Gwen and assisted by Jessica. Practices are Sundays from 2:15-2:55 and are a great way to complement your skater's individual skating lessons. The team will perform a routine in the Hazelridge Ice Show, as well as possibly the Crocus competition in March 2020.

**Juvenile (formerly Elementary):** Skaters must not have reached the age of 15 by July 1st, 2019, and at least 75% of team must not have reached the age of 13. Skaters should be working on Star 1 or higher tests.

The Elementary team will move up two categories (skipping Pre-Juvenile) to enter the CPC judging system with their new 3 minute program! This will be a big jump for the skaters but we have been working on their fundamentals within the skate-to-standard synchro levels and know they are up to the challenge. We will need 8-16 skaters for the team. This year their program will consist of many new elements, including a back-to-back intersection, a pivoting block with turns, a moves element (spirals) and a traveling circle.

Coached by Jessica and Karen. Practices are Sundays 2:55-3:50 pm, every other Tuesday 5:00-6:00 pm and an off-ice every other week before Sunday practice.

**Intermediate (formerly Pre-Novice)** - Skaters must have reached the age of 13 but have not reached the age of 19 as of July 1st, 2019. Skaters should be working on Star 4-Gold tests.

Building on the momentum and success from last season, the Pre-Novice team plans to move up to the Intermediate category with the goal of qualifying for the Canadian Synchronized Skating Championships in Calgary in February 2020! **We need to ensure a minimum of 12 skaters to form the team.** Please spread the word! This is an exciting opportunity for Star Skaters to join synchro and compete at a high level.

The 3 ½ minute program is made up of your synchro favourites: intersection, moves element, no hold element, pivoting block and traveling circle; with two new elements: the twizzle element, and an artistic element (line or wheel).

Coached by Jessica and Karen. Practices are Sundays 3:50-5:00 pm, every other Tuesday 5:00-6:00 pm and weekly off-ice alternating before and after Sunday practices. Off-ice schedule will be confirmed monthly.

**Adult 1** - This team of 8-20 skaters, aged 18+, will compete across Manitoba and requires skaters to have strong skating skills to skate both in line and on their own. The team enjoyed working with a professional choreographer last season and plans to attend the Skate MB choreography sessions again this Fall.

Practices will be Fridays alternating 8 and 9 pm start with an off-ice often beforehand.

Elements this year: Intersection, No Holds\*, Pivoting Block, Traveling Circle, Artistic Line\*, Artistic Wheel\*

**Adult Performance Team** - Fridays alternating 8 and 9 pm start. This team will work on a theatrical synchro routine to be performed at the ice show and other potential exhibitions. Skill levels will vary from skater to skater. Sure to be a good way to stay active, involved and explore a creative outlet.

\*All the teams and times are subject to registration. The composition of each team will be at the discretion of the coaching staff.

**Important Performance Dates:**

The competitive teams (Juvenile, Intermediate, Adult 1) will plan to attend these competitions this year:

MB Synchro Championships - January 18, 2020 - Dauphin, MB  
Prairie Regionals - February 1-2, 2020 - Killarney, MB  
Synchro Nationals - February 21-23, 202 - Calgary, AB (Intermediate)  
Crocus - March 14, 2020 - Roblin, MB

The ice show will be a "Space" theme and happen on March 1, 2020

We really do have a team for everyone here in Hazelridge - we are very lucky! If you are interested in skating on an adult team (even after being off the ice for 30 years!) or having your kiddo try it out, please come to our first sessions!

Sessions start the week of September 22nd with session times to be listed on the calendar on the website <https://www.hazelridgeskatingclub.ca/>

See you at the rink!

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