



August 23, 2018

Hello and welcome back to another season of Synchro!

My name is Jessica Watson and I am the Head Coach for the Hazelridge Highlights Synchronized skating teams. Synchro has been a part of the Hazelridge Skating Club for many, many years and I am delighted to be back for my fourth year coaching with the club.

Last season, we found ourselves with 5 booming teams - up from 3 the year before. We continued to offer Beginner, Teen, and Beginner Adult teams and we also created PreTeen and Intermediate Adult teams. It was a year of learning as we scaled in size. We finished the season feeling successful and accomplished.

This year we are introducing some exciting program changes that will enable our athletes and teams to grow stronger. We are continuing to offer 3 youth teams and 2 adult teams AND our PreTeen (Synchro 2) and Teen (Synchro 3) teams are taking it up a notch this season. We are investing in the development of our youth teams by gaining an extra shared hour of synchro skills practice each week as well as some extra help. We are very excited to welcome Karen Ballinger to our coaching team. Karen joins us from Ontario, where she skated at the international and world level for Nexxice Senior (Team Canada 1) before becoming a coach and technical official. She moved to Winnipeg last year to complete her Pediatrics training at the Children's Hospital.

We are also excited to have Gwen Greenhill, a long time Hazelridge Synchro, Star Skater and PA, join us in assisting the Beginner team. Gwen is looking to add figure skating coach to her repertoire that also includes Piano Teacher and Life Guard and High School Student. She will be starting the first phase of coach training in September.

The teams will perform in 2-3 competitions this year:

Synchro Championships - Jan 19th - Carberry, MB  
Eastman Regionals - Feb 2, Winnipeg, MB  
Prairie Regionals - Feb 2-3rd, Tisdale, SK  
Crocus - Mar 16th, Neepawa, MB

Each team/skater will have their own goals but for the coaching team, we are aiming for a year of streamlined processes, defined skating style, simplified but strong basic synchro elements, and raising the expectations of how we each (skaters and coaches) show up and what we can each accomplish.

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! It is an experience you must try before you judge.

Sessions start the week of September 21st and times are on the calendar on the website.  
<https://www.hazelridgeskatingclub.ca/>

See you at the rink!

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