

2011 Team Compulsory Spring Program

Let's keep the team spirit going through the spring months. The Cube will offer ice time in May and June, so we would like to continue to offer the team compulsory program during these months. Here are the days and times set-aside for the program.

Sundays May 1, 8, 15, 22

Sundays June 5, 12, 19, 26

3:15-3:45 p.m. Off Ice Training in the Cube's lobby, hallway or conference room (*location will depend on availability*)

4:00-5:00 p.m. On Ice Team Compulsory & Synchro Team Training

The Silver Blades' Team Compulsory program has been going strong for over three years, and with the current popularity of synchronized skating, we will be introducing synchronized moves to the program. For those who aren't familiar with synchronized skating, the following provides you with some information:

Synchronized skating is a popular discipline both within U.S. Figure Skating and around the world. U.S. Figure Skating held the first U.S. Synchronized Skating Championships in 1984 and also hosted the first World Synchronized Skating Championships in 2000. There are approximately 525 synchronized teams registered with U.S. Figure Skating, and nearly 5,000 athletes participate annually in the synchronized skating sectional championships.

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 step sequences, spins and pairs moves. The variety and difficulty of elements require that each team member is a highly skilled individual skater. The typical senior-level athlete has passed a senior or gold test in at least two disciplines.

There are so many benefits to participating in a team sport, and synchronized skating is a great way for figure skaters to compete in a sport they love while enjoying all of the aspects of working with others in a team-oriented sport. Watch the following video on you tube for more complete visual information.

http://www.youtube.com/watch?v=TQtMdlZWKOU&feature=player_embedded

The cost for this Spring Team Compulsory program is \$100 for eight (8) 60-minute on ice team skating instruction & eight (8) 30-minute off ice training. Please complete the attached form and include your deposit of \$50 payable to Silver Blades FSC by March 1. The remaining \$50 is due May 1.

****As a bonus, if we find a competition in our area at the end of June, we will possibly compete with our spring Teams.***