

## **Synchronized Skating Notes**

Prepared by Colleen Laferriere

December 2022

### **No ice time for Synchro?**

Start with a 15 minute time during an Excel/Junior development/Rising Stars/STAR Academy

- Instead of 15 minute stroking do a 15 minute synchro lesson
  - could be a circle one week
  - a line next week
  - a block next week
  - a spoke next week

### **Coaches don't want to lose their freeskate time for Synchronized Skating**

- it's 15 minutes during a session
- another aspect of skating
- doing crossovers in a circle with stronger skaters will force skaters to improve

### **Coaches don't know how to coach it**

- that's what I'm for
- I will come and do a session with the coaches in the club to show the basics

### **What is Synchro?**

- it is formations
- it is pairs or dance with 8-16 skaters
- it has edges, turns, timing, posture, power, presentation, interpretation, skating skills

### **Losing skaters to only doing synchro**

- put a rule in that they must take another session
- rule that they must continue with their skills, dance, freeskate??
- synchro is an addition, not instead of

### **Letting a coach come in and coach synchro, will I steal your skaters?**

- absolutely NOT, I'm retired, don't want a team
- want to share my knowledge and build synchro skating in BC (Alberta has 7 or more teams)

### **All the synchro rules!!!**

- don't need to know all the complicated rules when starting out.
- basics are logical
- circle is round
- line is straight
- steps synchronized
- Star 2 & 3 are elements like Star 1 freeskate

- if a group of skaters/coach/club became interested in going further with the team and wanted to put together a program, I would be more than willing to help.
- I believe that any coach that choreographs freeski programs would be able to figure out how to put together a program with help
- Start at Star 2/3 level on basic formations, then take those formations and connect them to make a Star 4 program.

There are Synchro assessments

- skaters can be assessed on Star 2, 3 and 4
- videos on Skate Canada site to refer to

Resources:

[www.skatinginbc.com](http://www.skatinginbc.com)

technical

star competition

2022-23 Skate Canada Star Program Requirements Guide – pg 12 (Team size, pre-requisites, elements)

2022-23 Skate Canada Star 1-4 Event Standards for Assessment Guide – pg 14 & 15  
(Mandatory requirements, Elements)

technical

synchronized

ISU 2501 Difficulty Groups of Elements, Features & Additional Features(all the elements broken down with lots of detail)

[www.skatecanada.ca](http://www.skatecanada.ca)

Notice board

April 2022

2022-23 Synchronized Skating Categories & Ages Revised

materials

digital materials

competition

Synchronized skating

Synchronized Assessment Resource Guide(how to guide)

Assessment sheets