



IMPORTANT PREREQUISITE

- In order to register for this program the skater must be a registered 2017-2018 ASC STARSkate; Novice, Senior, or Advanced level member.
- The skater must be a STARSkate member skating a minimum 2 days a week within the same session as this registration.

IMPORTANT NOTICE

- This is a **TEAM** sport, it is important that all skaters show up to all practices in order to learn new skills, elements, and formations.
- As this is a **TEAM** sport and the skaters are learning together, late registrations will require Synchro Coach approval.
- The Synchro Team will perform a showcase in the Ice Show on April 7, 2018 (regular Ice Show fees will apply).

2017-2018 SYNCHRO SCHEDULE & RATES

INTRO TO SYNCHRO (24 weeks) FALL/WINTER SESSION

Sept. 15, 2017 to Mar. 23, 2018

No Skating: Oct. 6/17

No Skating: Dec. 23/17 to Jan. 5/18

No Skating: Mar. 12/18 to Mar. 16, 2018

*INTRO TO SYNCHRO SKILLS (5 weeks)

SPRING - Apr. 13, 2018 to May 11, 2018

*Prerequisite: Must have completed

"Intro to Synchro"

STARSkate LEVEL	DAY & TIME	COST	STARSkate LEVEL	DAY & TIME	COST
<input type="checkbox"/> Novice	<input type="checkbox"/> Friday 6:10pm- 7:00pm	\$507.60	<input type="checkbox"/> Novice	<input type="checkbox"/> Friday 6:10pm-7:00pm	\$105.75
<input type="checkbox"/> Senior			<input type="checkbox"/> Senior		
<input type="checkbox"/> Advanced			<input type="checkbox"/> Advanced		

- Sept. 15 - Oct. 27/17- focus on learning elements of Synchro
- Nov. 3/17 - Mar. 23/18 - focus on incorporating team formations

- Apr. 13 - May 11/18 - will focus on learning and expanding skills to prepare for next season

Payment Option: Fall/Winter Intro to Synchro payment can be made in 2 instalments of \$253.80.00 each to equal \$507.60.

First: Fall/Winter payment instalment option due upon registration \$253.80.

Second: Fall/Winter payment \$253.80 to be paid with a post-dated cheque January 8, 2018.

Code of Conduct: It is the responsibility of every skater and parent/guardian to be aware of, and abide by, the Policies, Rules and Codes of Conduct which are posted on the website.

Refunds: All programs are **NON-REFUNDABLE**. Refund requests for medical or other exceptional reasons must be made in writing and be supported by a doctor's note. The Executive Board reserves the right to deny refunds. A \$25.00 administrative charge will be applied to approved refunds.

Returned Payments: NSF cheques will be subject to the administration fee of \$25.00.

Publicity: ASC registered skater's name and/or pictures may be published and appear on our advertising, our website and in local publications.

PROGRAM OUTLINE

- The first 4-6 weeks will be spent introducing, practicing, and working through each of the types of basic elements. This will give skaters the basis for what their program will consist of (similar to how they learn their jumps and spins before creating a solo).
- The remaining weeks will focus on beginning to build a program with the elements the team has learned in order to show case their new team at the ice show in April while continuing to work on skating skills and presentation.

EACH LESSON WILL CONSIST OF:

- 12-15 minute warm up on ice focusing on stroking as well as practicing block formations
- 30 minutes working on elements/program
- 3 minutes working on expression, presentation, and creative expression

TRAINING ATTIRE

- Skaters are required to wear black skating clothes to practice (leggings or skirt, and sweater).
- Focusing on emphasizing team unity.

PERFORMANCE - ICE SHOW YEAR

- Skaters will show case a Synchro program at the ASC Ice Show on **April 7, 2018** (regular Ice Show fees will apply).





INTRO TO SYNCHRO
<i>NO previous Synchro experience is required. Skaters will be introduced to the discipline at the most basic level, and will build together as a team as the weeks progress in a fun and encouraging environment.</i>
WHY SYNCHRO? WHAT WILL SKATERS GAIN?
<ul style="list-style-type: none"> • Confidence in a team atmosphere • New friendships • New skills • A team to bond with • A team environment
WHAT WILL SKATERS LEARN?
<ul style="list-style-type: none"> • Different styles of elements from their other skating disciplines • How to be a team player, supporting and encouraging one another • A new perspective on the importance of timing and working together
BASIC ELEMENTS
<ul style="list-style-type: none"> • Blocks • Lines • Wheels • Circles • Intersections
WHAT WILL SKATERS STRENGTHEN?
<ul style="list-style-type: none"> • Skating skills • Body awareness • Spatial awareness • Unison skating with others • Timing

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STARSkate: Intro to Synchro




Synchro

As individuals we are strong, but
together we are unstoppable.

STARSkate Prerequisite Levels
Novice | Senior | Advanced

AURORA FAMILY LEISURE COMPLEX
 135 Industrial Pkwy N. Aurora, ON
 905 • 713 • 1442
 email: info@auroraskatingclub.com
 website: www.auroraskatingclub.com



ASC is a Not-for-Profit Club
fully sanctioned by **SKATECANADA**