



## Information for New Aussie Skate School Synchro Parents

### What is Synchronized Skating?

Synchronized skating is a popular ice skating discipline both within Australia and around the world. The first Australian Synchronized Team was formed in 1983 and since then the sport has grown increasingly throughout the country with representation at Club, State, National and International Levels.

Synchronized skating is a team sport in which 9-16 skaters perform a skating program together. It is characterized by teamwork, unison, 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 blocks, spins and pairs moves. The variety and difficulty of elements require that each team member is a highly skilled individual skater.

### About the Boondall Synchronized Ice Skating Club (BSISC)

BSISC is located at Iceworld Boondall in Brisbane, Australia, and is affiliated with Ice Skating Queensland Inc. Over the years, we have evolved from a single Adult team into a very successful Club consisting of numerous teams. We have sent at least two teams to Nationals every year for the past twelve years, and have won numerous gold, silver and bronze medals.

We currently have teams in almost every division, therefore allowing skaters to progress as their skills develop. This, as well as providing a strong foundation for our Club, promotes interaction between teams and an overall sense of Club spirit.

The club currently consists of a range of Aussie Skate teams to cater for all levels of skating from Basic through to the highest levels of aussie skate. The Club also has four competitive teams:

- Aussie Skate – Level 1,2 and 3 teams
- Novice - Aurora
- Open - Eclipse
- Senior - Nova
- Adult – Chill Factor

There are many benefits to participating in a team sport, and synchronized skating is a great way for skaters to compete in a sport they love while enjoying all of the aspects of working with others in a team-oriented sport.

### The Coaches of BSISC Aussie Skate

Denise Belcher has been coaching synchronized skating since the early 1990's, and is a senior synchronized National Champion and International representative on a number of occasions. She has largely contributed to the curriculum of the National Aussie Skate Synchronized Skating Program being run through Ice Skating Australia, as well as the delivery of the Synchronized Skating component of Aussie Skate, at Boondall Ice Rink. In addition to overseeing the development and coaching of the Aussie Skate synchronized teams, Denise also coaches Aurora in the Junior Competitive Division and Chill Factor in the Adult Competitive Division.

Soraya Hammond currently coaches Aurora in the Junior Competitive Division and skates in the senior competitive team. She is a long standing member of the BSISC club, and a national junior and senior synchronized champion, who has competed in a number of International and World Synchronized Championships. Soraya is a Level 1 accredited coach.

Megan Ramsay currently coaches our aussie skate teams. She is a long standing member of the BSISC club, and a national junior synchronized champion, and a senior synchronized National and International representative. Megan has been working with the Aussie Skate teams for the past 2 years and is working on completing her Level 1 accreditation in 2011.

Sarah Schahinger currently coaches our aussie skate teams. She is a long standing member of the BSISC club, and a national junior synchronized champion and senior synchronized National and International representative. She has been working with the Aussie Skate teams for the past 2 years and is working on completing her Level 1 accreditation in 2011.

Angie Spethman currently coaches our aussie skate teams. She is a national junior synchronized champion and senior synchronized National and International representative. She is a long standing member of the BSISC club, and has commenced working with the Aussie Skate teams in 2011. Angie is also an accredited early childhood carer.

Lisa Ris currently assists across all of our Aussie Skate teams. She is a national junior synchronized champion and senior synchronized National and International representative. She has commenced working with the Aussie Skate teams in 2011 and is a long standing member of the BSISC club, having skated from Novice through the Senior.

### **Clothing Required - Training:**

Initially skaters will not require a specific outfit whilst undertaking the come and try session with the teams.

We have found that skaters that join a synchronized team like to feel part of the team and want to wear a team outfit and feel special. Therefore we do have an Aussie Skate team outfit which is available for purchase or hire.

Other than that we ask that the skaters wear a red jacket or vest whilst on the ice for warmth over their skating outfit. Whilst keeping them warm during training, it also acts to keep the children visible and therefore safe whilst they are on the ice and other teams are training on the same ice.

The hair style that we ask for skaters to wear is a simple bun or high pony tail on the back middle of the head. This assists with the look of uniformity, as well as starting to introduce some of the team and presentation related aspects of synchronized skating.

### **Clothing Required - Competition:**

The BSISC Club does have a stock of leotards and outfits that are available to utilize for competitions and events. In the event of the team using one of these outfits there is a very small hire fee charged for the event – usually \$5 - \$10/competition.

All skaters are required to wear the team outfit for competitions. BSISC has some costumes for hire for \$5/competition but some teams choose to buy their own costumes. This is an individual team decision and all parents would be consulted on the matter at the time of competition. A pair of competition lycra tights is also required by each skater (other than boys).

### **Training Times:**

Training times are detailed in the information below.

For safety reasons it is compulsory to wear your red skate school Club Jacket while you are on the ice during aussie skate sessions and Aurora training times.

## **Aussie Skate Competitions:**

There are usually 4 aussie skate school competitions throughout the year. Our teams try to compete in at least 2 competitions but often all 4 competitions throughout the year.

In addition to the Aussie Skate competitions, our teams will be asked to perform at our Club competition, as well as some demonstration events and opportunities.

When a skater competes in an Aussie Skate Competition a Competition Entry Fee applies. This is approx \$15-20/competition. Fees are set by the rink prior to each competition.

## **Aussie Skate Liaison**

The current Aussie Skate Liaison parents are Lillian Koe-Wong, Natalie Marhinin, and Katrina Tyler who work tirelessly to keep our teams running, running fundraising, recruiting new skaters and making sure that we are organised for competitions and events.

## **Weekly Costs**

### ***Training during BSISC Saturday Sessions:***

- FREE Annual BSISC membership fee
- FREE first 2 sessions
- Weekly lessons with BSISC are \$5/half hour/ week.

All costs are payable to our treasurer Lillian Koe-Wong.

### ***Training for Aussie Skate School Sessions:***

- Approximately \$60 per term for usually an 8-10 week term. This is in addition to your standard skate school enrolment fee for other classes( pls see rink for exact costs on the Aussie Skate School Program)

## **Things you will need to know:**

- Skaters competing in Aussie Skate Synchronized teams must be financial members of Ice Skating Australia through the Aussie Skate Program as detailed above and be enrolled in a current aussie skate class.
- All skaters are required to be a BSISC Member but membership is currently FREE for aussie skate skaters.
- Competition: All skaters are required to wear the team outfit for competitions. BSISC has some costumes for hire for \$5/competition but some teams choose to buy their own costumes. This is an individual team decision. A pair of competition lycra tights is also required by each skater (other than boys).
- Term fees are payable in full in advance.
- Should a skater not be able to attend a regular training session, it is not possible to refund fees for that session as we still have to commit to and pay for ice hire, coaches, and club outgoings. Should a prolonged period of absence be required, please consult with the Aussie Skate treasurer and arrangements can be made to place your account temporarily on hold.

## Parent Participation

Assistance, support and teamwork of parents is integral to the success of the team and the BSISC club. We ask parents to assist as and when required to support team activities and fundraising. Most parents appreciate the value of these contributions through the level of enjoyment that your child is having and how much he or she benefits as a member of a well organised team.

We do ask that when parents stay for the session, that they sit in the grandstand, or in the coffee shop, during training session, as it can often be distracting to both skaters and coaches if parents are located directly at the barrier edge of the ice surface.

## Fund Raising

In order to keep costs affordable for all parents and skaters, the Club conducts fundraising events throughout the year. Your assistance at these events is essential to help minimise costs and contribute towards the success of the Team and the Club.

## Why Try Synchronized Ice Skating?

SYNCHRONIZED SKATING is the fastest growing discipline in figure skating. It is a highly technical form of team skating characterised by speed, accuracy, unison, intricate formations, difficult footwork and breathtaking transitions performed by teams of 9 -16 athletes. For skaters who not only want to enjoy the “team aspect” of ice skating, SYNCHRONIZED SKATING enhances individual skating skills by working on important basic skating techniques, such as Power, Speed, Footwork, Edge Quality, Showmanship.

**For more information on the Boondall Synchronized Ice Skating Club please visit:**

**<http://www.boondallsynchro.org.au>**

email [iceskatingbrisbane@gmail.com](mailto:iceskatingbrisbane@gmail.com) or call **Denise Belcher on 0402 855 484** to discuss your skating options

BSISC Welcomes All New Members

# WHAT TO EXPECT FROM YOUR SYNCHRONIZED AUSSIE SKATE CLASSES



## **Aussie Skate - Level 1**

### **Skill Level Required**

- Aussie Skate Level - Basic 1 with stable forward skating

### **Elements Learnt**

- Circle, Line, Block, Wheel, Intersection

### **Steps Learnt**

- Forward pumps, pushes, chasses, swizzels.

### **Skills Learnt**

- Introduces forward team skating and manoeuvres.
- Basic synchronized hand and shoulder holds.
- Wheel, circle, block, intersection and line element execution.
- Maintaining line ups and spacing for correct execution of blocks and intersections.
- Individual basic forward skating skills

### **Expectations**

- Competency in the above elements and skills
- Importance of team work and team skills
- Participation in 2-4 Aussie Skate competitions/year
- Club Exhibitions and Events

### **Training Times and Expectations**

- 11.00 – 11.30 am on ice in Aussie Skate Session
- 11.30 – 12.30 pm on ice in BSISC Session
- Some off ice practice may also be required closer to competitions
- In addition, it is also expected that skaters will continue with Aussie Skate Lessons appropriate to their skating skill level to further develop their individual skills.

## **Aussie Skate - Level 2**

### **Skill Level Required**

- Aussie Skate Level – Novice 1 with confident forward skating, plus the introduction of crossovers and other forward linking steps.

### **Elements Learnt**

- Circle, Line, Block, Wheel, Intersection

### **Steps Learnt**

- Forward pumps, pushes, chasses, crossovers, swizzels, russians, progressives, swing or cross rolls, lunges.

### **Skills Learnt**

- Further develop forward team skating and manoeuvres.
- Synchronized hand holds and changes to hand holds during execution of elements such as a line and block.
- Wheel, circle, block, intersection and line element execution with speed and correct shape.
- Maintaining line ups and spacing for correct execution of blocks and intersections.
- Correct body position, free leg extensions and overall presentation skills.
- Introduction of forward and backward Line and V intersections.
- Changes of axis during block skating.
- Advanced individual and team forward skating skills and linking steps.
- Introduction of individual and team backward skating skills.

### **Expectations**

- Competency in the above elements and skills
- Reinforcement of the importance of team work and team skills
- Development of forward and basic backward individual skills and linking steps
- Basic Competition Presentation Skills
- Participation in 2-4 Aussie Skate competitions/year
- Club Exhibitions and Events

### **Training Times and Expectations**

- 11.00 – 11.30 am on ice in Aussie Skate Session
- 11.30 – 12.30 pm on ice in BSISC Session
- Some off ice practice may also be required closer to competitions
- In addition, it is also expected that skaters will continue with Aussie Skate Lessons appropriate to their skating skill level to further develop their individual skills.

## **Aussie Skate - Level 3**

### **Skill Level Required**

- Aussie Skate Level – Intermediate 1 with confident forward and backward skating, plus the introduction of backward crossovers and other backward linking steps.

### **Elements Learnt**

- Circle, Line, Block, Wheel, Intersection

### **Steps Learnt**

- Forward pumps, pushes, chasses, crossovers, swizzels, russians, progressives, swing or cross rolls, lunges
- Backward pumps, pushes, chasses, crossovers, swizzels, russians
- Introduction to basic turns

### **Skills Learnt**

- To develop backward team skating and manoeuvres.
- Synchronized hand holds and changes to hand holds during execution of forward to backward elements such as a line and block.
- Forward to backward skating using basic turns such as Mohawks and 3 turns.
- Backward Wheel and Intersection element execution with speed, correct spacing and correct shape.
- Forward to backward circle, block, and line elements using basic turns and a variety of forward and backward linking steps.
- Maintaining line ups and spacing for correct execution of blocks and intersections whilst undertaking forward to backward manoeuvres.
- Correct body position, free leg extensions, edges and edge control and overall presentation skills
- Introduction of backward intersections with point of intersection on 1 foot.
- Changes of axis and configuration for block skating.
- Changes of configuration during wheel elements.
- Individual advanced forward skating skills.
- Introduction of strong backward skating skills.

### **Expectations**

- Competency in the above elements and skills
- Development of strong team work and team skills
- Further development of forward and backward skating skills and linking steps
- Development of basic turns
- Advanced Competition Presentation Skills
- Participation in 2-4 Aussie Skate competitions/year
- Club Exhibitions and Events

### **Training Times and Expectations**

- 11.00 – 11.30 am on ice in Aussie Skate Session
- 11.30 – 1.00 pm on ice in BSISC Session and Novice Squad
- Some off ice practice may also be required closer to competitions
- In addition, it is also expected that skaters will continue with Aussie Skate Lessons appropriate to their skating skill level to further develop their individual skills.

## **Aussie Skate - Level 4**

### **Skill Level Required**

- ☑ Aussie Skate Level – Intermediate 2 and above with confident forward and backward skating, backward crossovers, forward to backward linking steps, and basic jumps and forward turns.

### **Elements Learnt**

- ☑ Circle, Line, Block, Wheel, Intersection

### **Steps Learnt**

- ☑ Forward pumps, pushes, chasses, crossovers, swizzels, russians, progressives, swing or cross rolls, lunges, bunny hops, tap toes,
- ☑ Backward pumps, pushes, chasses, crossovers, swizzels, russians, backward lunges, swing or cross rolls,
- ☑ Turns such as 3 turns and mohawks.

### **Skills Learnt**

- ☑ To develop a combination of forward and backward team skating and manoeuvres.
- ☑ Synchronized hand holds and changes to hand holds during execution of forward to backward elements such as a line and block.
- ☑ Further development of forward to backward skating using basic turns such as Mohawks and 3 turns.
- ☑ Backward Wheel and Intersection element execution with speed, correct spacing and correct shape.
- ☑ Forward to Backward circle, block, and line elements using basic turns and a variety of forward and backward linking steps.
- ☑ Changes of direction in elements such as wheels and circles.
- ☑ Condensing of circles.
- ☑ Maintaining line ups and spacing for correct execution of blocks and intersections whilst undertaking forward to backward manoeuvres.
- ☑ Correct body position, free leg extensions and overall presentation skills
- ☑ Introduction of backward intersections with a turn at the point of intersection.
- ☑ Changes of axis for block skating.
- ☑ Changes of configuration during wheel and block elements.
- ☑ Individual advanced forward and backward skating skills, turns and edges.
- ☑ Advanced hand and shoulder holds.

### **Expectations**

- ☑ Competency in the above elements and skills
- ☑ Development of strong team work and team skills
- ☑ Further development of forward and backward skating skills and linking steps
- ☑ Advanced Competition Presentation Skills
- ☑ Participation in 2-4 Aussie Skate competitions/year
- ☑ Club Exhibitions and Events

### **Training Times and Expectations**

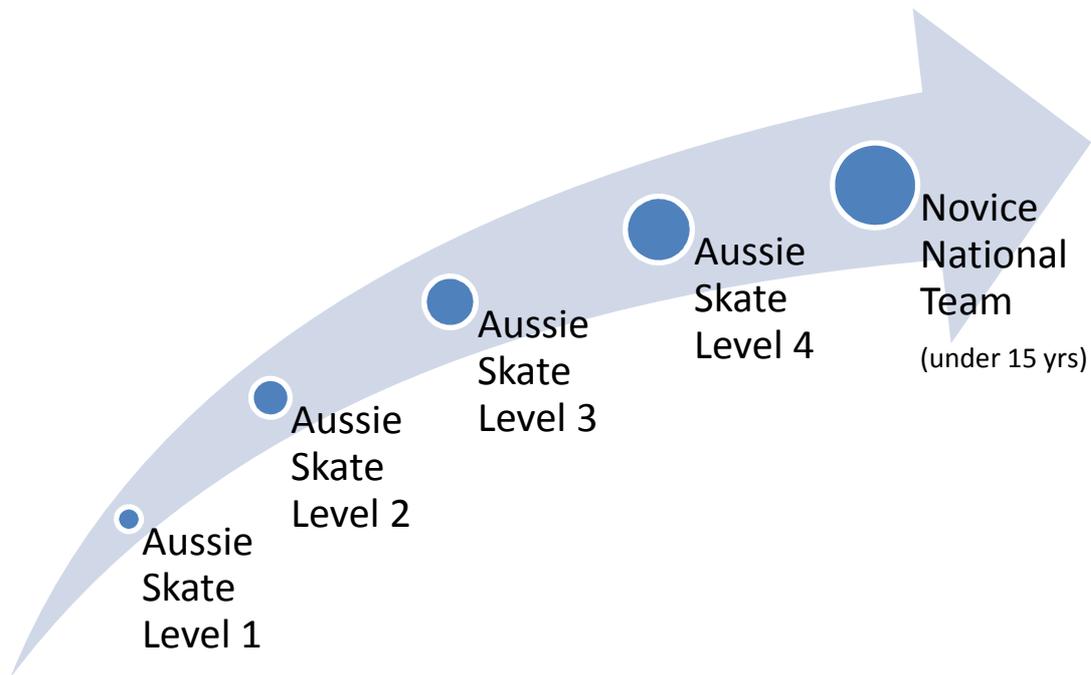
- ☑ 11.00 – 11.30 am on ice in Aussie Skate Session
- ☑ 11.30 – 1.00 pm on ice in BSISC Session and Novice Squad
- ☑ Some off ice practice may also be required closer to competitions
- ☑ In addition, it is also expected that skaters will continue with Aussie Skate Lessons appropriate to their skating skill level to further develop their individual skills.

**WHAT NEXT AFTER**

**SYNCHRONIZED AUSSIE SKATE CLASSES?**

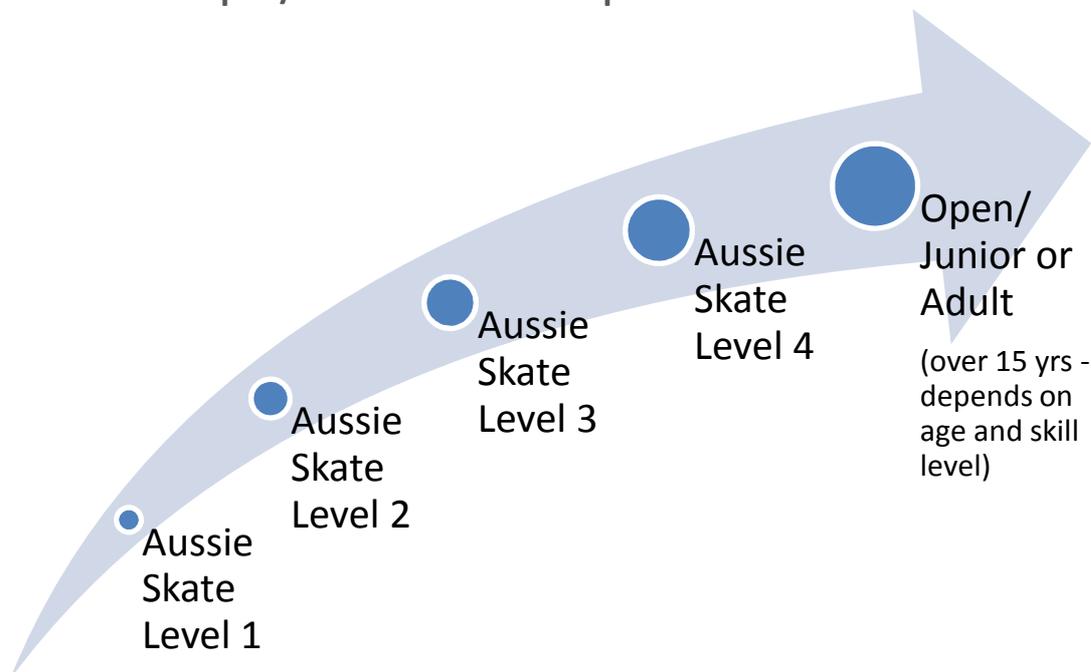
## Development Path 1 (If skill level is appropriate)

### Aussie Skate – Novice National Competitive Team



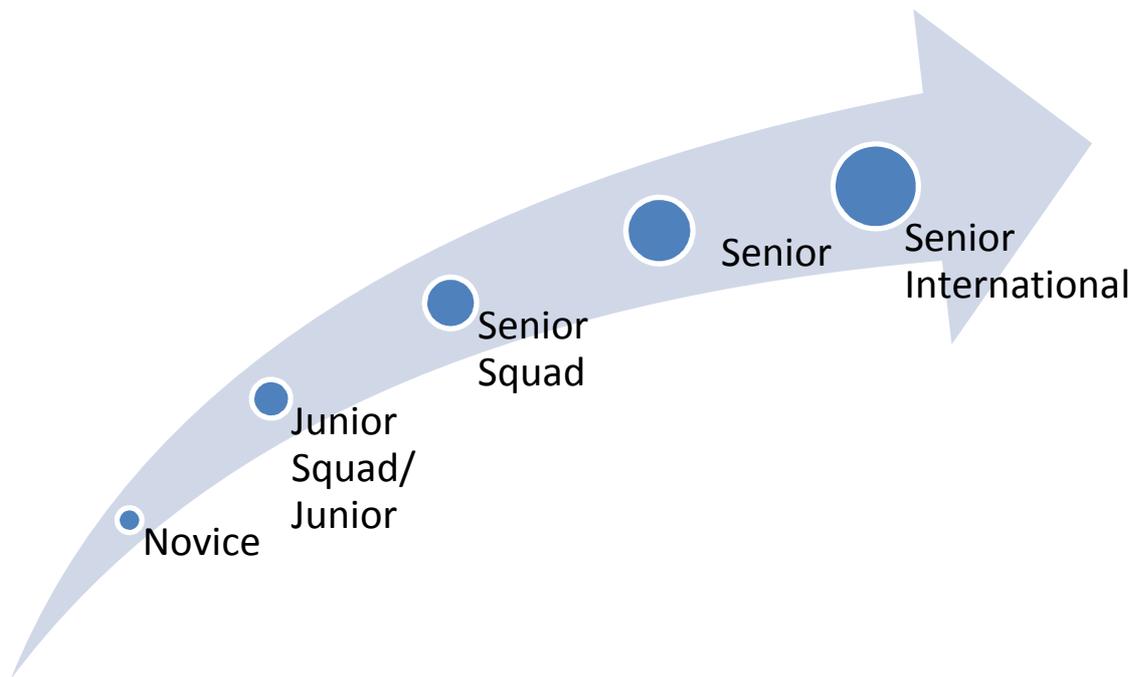
## Development Path 2 (If skill level is appropriate)

### Aussie Skate - Open/Adult National Competitive Team



## National Development Path for Skaters (If skill level is appropriate)

Novice – Senior



## National Development Path for Skaters (If skill level is appropriate)

Open/Adult – Senior

