

**NEW!**

## **GP Skating Club Synchronized Skating**

**WHAT IS SYNCHRO?** Synchronized skating, or "synchro" is a specialized discipline of skating involving groups of twelve or more skaters performing various group formations and maneuvers. The objective is for the team to perform as one unit executing circles, blocks, lines, wheels and intersections in unison to the music, while demonstrating quality edges, power and flow.

### **WHO CAN JOIN A TEAM?**

**Junior Team** – Skaters who skate in the Grande Prairie Skating Club Junior or Pre-Intermediate programs. Pre-Junior skaters or out of town skaters may be added on an assessment basis.



**Senior Team** – Skaters who skate in the Grande Prairie Skating Club Intermediate or Senior programs. Out of town skaters may be added on an assessment basis.

### **WHEN ARE PRACTICES?**

**Saturdays (On and Off Ice)**

**Jr – 10:15-11:45am**

**Sr – 10:15-12:00pm**

### **WHAT IS INVOLVED?**

Each team will have regular practices on Saturday's where they will learn a routine. We will have performances at all club events and enter each team to compete at the Totem Competition in Dawson Creek March 19-21, 2010. All skaters would need to be available that weekend as it is a team event!

### **COME GIVE IT A TRY?**

**Senior Team – Sept 8<sup>th</sup> 6:45-7:30pm**

**Junior Team – Sept 10<sup>th</sup> 6:45-7:30pm**

