



Seeking skaters for an Intermediate Synchronized Skating team! Skaters must have reached the age of 13 but have not reached the age of 19 as of July 1st, 2019.

Try-Outs at the Hazelridge Sports Complex:

Sunday, September 22: 3:50-5:00 pm

Tuesday, September 24: 5:00-6:00 pm

Building on the momentum and success from last season, this team's goal is to qualify for, and attend the **Canadian Synchronized Skating Championships in Calgary in February 2020!** We need a minimum of 12 skaters to form the team. This is an exciting opportunity for experienced Star Skaters to join synchro and compete at a high level. Skaters should have good skating fundamentals and be working on Star 4-Gold tests.

**Practices:** Sundays 3:50-5:00 pm, every other Tuesday 5:00-6:00 pm and weekly off-ice alternating before and after Sunday practices. Practice schedule to be confirmed monthly.

**Coaches:** Jessica Watson (skating coach, life coach and yoga instructor) and Karen Ballinger (skating coach, technical specialist and former Team Canada 1 competitor).

Synchro is a fun and dynamic team discipline that incorporates aspects of freeskate, pairs and dance into a group performance. Skaters learn about working together, performance, precise skating skills, stability and control, and skating close with others.



Please contact [JessCoachesSkating@gmail.com](mailto:JessCoachesSkating@gmail.com) if interested or for more details. For Hazelridge Skating Club programming go to <https://www.hazelridgeskatingclub.ca/>

\*Hazelridge has many levels of synchro teams - we have a spot for anyone 6 years and older!