

SCHEDULES AND FEES

September Synchro Skills!

Wednesday: 6:30 – 7 p.m.

September 7, 14, 21, 28 (4 weeks) \$80
or

Saturday: 12:30 – 1 p.m. (2 weeks) \$40
September 10, 17, *

* NO CLASS SEPT. 24

CLASS TIME

Sunday: 3:15 – 4:45 p.m.

3:15 – 3:45 p.m. | Off-Ice Warm-up and Training

4 – 4:45 p.m. | On-Ice Instructional Class

FALL SEMESTER | \$280

October 2, 9, 16, 23, 30

November 6, 13, 20, 27

December *, 11, 18

* NO CLASS DEC. 4

Fee includes on and off-practice and coaching

WINTER SEMESTER | \$280

January 8, *, 22, 29

* NO CLASS JAN. 15

February 5, 12, 19, 26

March 5, 12, 19

Fee includes on and off-practice and coaching

April Practice TBA | 2 additional dates for Golden Blades

Competition Prep | Additional Fee will apply

April practice not included in Winter Semester Fee

Open enrollment applies to the Synchronized Skating Developmental Program – fee will be pro-rated accordingly. All skaters must complete the skill development portion of the class before they are permitted to participate in the event and competition program.

PARENT MEETINGS

A parent meeting will be held at the start of each semester to discuss the Little Blades program, potential competitions, travel arrangements and exhibition schedules, competition dresses, etc. Dates of meetings to be determined.

ADDITIONAL FEES

Skaters will be responsible for the following additional fees, which are not included in the initial program fee. More information about these fees will be provided at practice.

- Team practice outfit
- Performance dress (to be worn at all exhibitions and competitions)
- Team jacket
- Event fees (team entry fees for competitions and instructor travel expenses will be divided equally among all team members)
- Additional practice sessions, which may be scheduled for extra preparation for exhibitions or competitions
- Memberships (applications will be provided at practice)
ISI | \$15 annually Learn to Skate USA | \$13.25 annually

* Current members of the ISI or Learn to Skate USA or member club (Pittsburgh FSC) will not need to pay additional membership fees. A copy of current membership(s) and member number(s) must be provided at time of registration.

EXHIBITIONS AND COMPETITIONS

The Little Blades team will prepare a program to be performed at the RMU Island Sports Center Holiday Spectacular Skating Show on Saturday and Sunday, December 3 and 4, 2016. The Team will use the same program for various ISI and U.S. Figure Skating competitions during the skating season. A tentative list of competitions are listed below, additional information will be discussed at practice.

LITTLE BLADES EXHIBITIONS AND COMPETITION SCHEDULE

Tentative – Events will be discussed and confirmed at parent meeting

Dec. 3: RMU ISC Holiday Show Dress Rehearsal

Dec. 3 & 4: RMU ISC Holiday Spectacular Skating Show

Feb 19 & 20: Reflections Competition, Hershey, PATBD

Feb. 26: Diamond Classic Synchronized Skating Competition, Mentor, OH

March 18 & 19 : Keystone State Games, York, PA

March 26: Shamrock Skate

April TBD: Golden Blades ISI Competition, BladeRunners, Harmarville, PA



2016-17 SEASON

Synchronized Skating Developmental Program



LITTLE BLADES | AGES 6-13



RMUISLANDSPORTS.ORG | 412-397-3335

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Synchronized Skating Developmental Program

WHAT IS SYNCHRONIZED SKATING?

Synchronized skating is a fun and rewarding experience for skaters of all ages. It is the newest and fastest growing discipline in the sport of figure skating. Team skating first appeared in the late 1950s at the University of Michigan, and synchronized skating has now become an international sport. U.S. teams now compete with teams from around the world.

Synchronized skating is all about teamwork. A synchronized skating team consists of 8 to 20 members, skating various formations and steps in unison to a choreographed program set to music. The objective is for the team to skate as one unit rather than as individuals. Programs are performed in front of judges during competitions and in ice show exhibitions.

Synchronized skating also benefits figure skaters in the development of their singles skating by enhancing on-ice performance and overall skating development.

Synchronized skating offers you the opportunity to participate in a group activity and make new friends, while sharing in the experience, energy and camaraderie of a team sport.

THE SYNCHRONIZED SKATING DEVELOPMENTAL PROGRAM: LITTLE BLADES

The Robert Morris University Island Sports Center currently has three competitive U.S. Figure Skating synchronized skating teams: the Steel City Blades Beginner 2, Pre-Juvenile and Open Juvenile.

The purpose of the Synchronized Skating Developmental Program is to introduce skaters ages 6–13 to synchronized skating and to familiarize them with elementary holds, formations and transitions. Emphasis is on the development of basic synchronized skating skills that are necessary to prepare for synchronized team tryouts. However, there is no

obligation to try out or join the Steel City Blades synchronized skating teams.

The Synchronized Skating Developmental Program teaches a variety of hand, elbow and shoulder holds in addition to footwork, unison, straight lines and formations. You'll improve your basic skating skills while having lots of fun!

There is a place for everyone in our synchronized skating program!

PREREQUISITES

In order to participate in the Synchronized Skating Developmental Program, skaters must be between the ages of 6 and 13, possess strong backward skating skills and be at the ISI Gamma level or higher. Skaters must be enrolled in the Learn to Skate Level 2 program and/or be receiving weekly private lessons while participating in the Synchronized Skating Developmental Program.

DRESS CODE

- All skaters must have their own skates.
- Tennis shoes must be worn during the off-ice portion of class.
- Proper skating attire is required – skating dress and tights or sweat suit; no jeans.
- Team practice outfit: Black fitted skating pants and white long-sleeved shirt (black pants must be fitted at the ankle and plain white shirt).
- Hair must be pulled back in a ponytail or bun.
- Jewelry is not permitted (necklaces, rings or bracelets).
- Gloves are not permitted.

INSTRUCTORS

The Synchronized Skating Developmental Program is under the direction of the RMU ISC Synchronized Skating Staff:

Beth Sutton | SKATING DIRECTOR, RMU ISLAND SPORTS CENTER



A National and Junior Olympic coach and former Ice Capades show skater, Beth is a member of U.S. Figure Skating, the Ice Skating Institute and the Professional Skaters Association. Her coaching career spans over 26 years of coaching in and around the Pittsburgh Area; the past 18 years have been years she has been proud to be the skating director and coach at the Robert Morris University Island Sports Center.

Jennie Vicinie | HEAD COACH STEEL CITY BLADES OPEN JUVENILE



Jennie has been part of the Steel City Blades coaching staff for 12 years. Currently, she is the assistant skating director at RMU Island Sports Center and is a US FS Gold Medalist.

Karen Volk | HEAD COACH STEEL CITY BLADES OPEN JUVENILE TEAM



Karen has been coaching the Steel City Blades synchronizing teams for 11 years. She brings many of her synchronizing experiences to our program as a former team member with Miami of Ohio's synchronizing team. In addition to her coaching career, Karen was a show skater with Disney on Ice.

Cari Breed | HEAD COACH STEEL CITY BLADES BEGINNER 2 TEAM



As a US FS Gold Medalist, Cari has been coaching at RMU Island Sports Center since 2003. In 2011, she joined the RMU coaching staff as an assistant coach to the Steel City Blades Staff. This will be her 6th season as a coach for SCB and the Little Blades, Developmental Synchronized Skating Program.

SYNCHRONIZED SKATING SUPPORT STAFF

In addition to their positions on the RMU ISC coaching staff, the support staff for the synchronized skating program consists of:

Rachel Lane McCarthy

Lexi Monti

Catherine Varnum Policicchio

