



Dear Current and Potential Arctic Blaze Synchronized Team Skater:

Do you enjoy figure skating? Do you like skating with your friends? Do you like skating to music? If so, I'd like to invite you to try-out for the Arctic Blaze synchronized skating teams!

Synchronized skating is the fastest growing discipline in figure skating. Skaters perform a program to music while skating in unison. Formations such as blocks, circles, wheels, lines, and intersections are performed in the program. In addition to improving individual skating skills and making lifelong friendships, skaters also develop traits such as character, commitment, and teamwork. Synchronized skating allows skaters to be involved in the sport throughout their entire life, including during college and adulthood.

Arctic Blaze offers competitive synchronized skating teams for most ages and ability levels. Skating once or twice per week on a team allows skaters to increase their skating skills while adding the fun of being part of a team. Teams range from 8 to 24 skaters based on age and skill level. No synchronized skating experience is necessary to audition for the Arctic Blaze teams!

The Arctic Blaze season runs from August through March (with additional practices in May to prepare for the ice show). Additionally, the team will have a camp in the summer to begin preparation for the new season. The teams compete at approximately 4-5 Ice Skating Institute (ISI) competitions per year, usually around the Chicagoland area. They also perform in several exhibitions and shows per year, including Arctic Ice Arena's annual show in May.

This season, we are excited to announce the formation of a new USFS team! The team will travel to out-of-state competitions in and around the Michigan and Wisconsin areas.

Please review the following information about the Arctic Blaze teams. Once joining the Arctic Blaze teams, each skater is considered a valuable part of the organization and must fulfill his or her responsibilities in order for the team to be successful. Please feel free to contact me with any additional questions you may have about tryouts or our organization.

We look forward to seeing you at tryouts on Sunday, May 16th, at Arctic Ice Arena!

Sincerely,
Kristin A. Adamczyk
Director of Synchronized Skating
Arctic Ice Arena



See two of our teams in action!

http://www.youtube.com/watch?v=Lrw3L0kC_Ao

<http://www.youtube.com/watch?v=F7YJXOajBol>

2010 – 2011 Arctic Blaze Tryout Information

When: Sunday, May 16th, 2010 from 3:30-5:30 pm

Where: Arctic Ice Arena, 10700 West 160th Street, Orland Park, IL 60467

Who: Any skater at the Alpha level or higher interested in skating on a team for the 2010-11 season. All skaters, even those on the current Arctic teams, are required to try-out if they plan on skating on the teams next season.

Cost: \$30 per skater. Register by May 9th and pay only \$25! Payment must accompany the registration form. Checks should be made payable to: **Arctic Ice Arena**.

How are teams formed?

- Skaters will be placed by age, ability (based on tryouts), and attitude.
- The goal is to place **all skaters** interested in synchronized skating on a team. We want to make sure that skaters are placed on teams that best meet their needs while maintaining competitive teams for each division.
- Team divisions will be determined by the coaching staff based on the following:
 - The number of skaters at tryouts
 - The age of skaters at tryouts
 - The test level and ability of skaters at tryouts
- Skaters will receive their team placements approximately 2 weeks after tryouts. This letter will also include information on the date of the first meeting (where you will be given additional team information including financial commitment, committee information, etc.).

What can I expect at tryouts?

- Please arrive at least 30 minutes early in order for skaters to register, check-in, get their photo taken, and go to the locker room where they can put on their skates.
- Returning skaters should come to tryouts dressed in their team practice dresses and warm-up jackets. Hair should be pulled back neatly in a bun or ponytail. New skaters should wear a skating dress and tights, if possible. Otherwise, black yoga-type pants and a fitted shirt will suffice. Hair should be pulled back neatly in a bun or ponytail. Please do not wear gloves. Skaters may bring a water bottle if they choose.
- Tryouts will begin promptly at the scheduled times and are closed to all spectators. Parents may wait in the lobby of the arena.
- Skaters are not expected to be able to perform each maneuver, but they should attempt each maneuver to the best of their ability.
- There should be no talking while skaters are on the ice. Skaters need to listen to instructions from the coaches. Punctuality, as well as the ability to listen and follow directions will be taken into account.
- Skaters will be evaluated by coaches with synchronized skating experience.
- Please see the list of elements that skaters may be asked to perform during tryouts.

How much will it cost to skate on the team and when are practices?

- Exact monthly dues will be determined after teams are rostered. Dues will likely be collected monthly (**August through March**).
 - Dues will likely include most team expenses, including, but not limited to: ice time, coaching fees, competition entry fees, team dresses, and warm-ups.
 - Summer ice time is additional.
 - Fees averaged approximately \$1500 per skater for the Sept. – March 2009-2010 season.
 - The Booster Club anticipates being able to hold fundraisers to help offset costs.
- Teams practice one time per week (potentially two times per week for the older USFS team). Both summer and regular season practice days and times will be announced at the first meeting.
 - Teams practiced on either Monday evenings or Saturday mornings for the 2009-10 season.
 - Additionally, team members will need to participate in power class and off-ice training.

If you have additional questions, or if you have a conflict with the tryout date, please contact the **Director of Synchronized Skating, Kristin Adamczyk**, via email at kadamczyk99@gmail.com or via phone at 708.764.1026.

2010 – 2011 Arctic Blaze Tryout Maneuvers

Alpha to Freestyle 3 skaters:

- Tryout from **3:30 – 4:30 pm** on Sunday, May 16th
- Skaters may be asked to demonstrate the following (maneuvers will be demonstrated if skaters are unfamiliar with them):
 - Nice posture (arms shoulder high, chin up, back straight, knees bent, free leg extension)
 - Forward stroking
 - Forward and backward pumps
 - Forward and backward chasses
 - Forward and backward crossovers
 - Forward and backward step-cross-glides
 - Forward and backward edges (inside/outside)
 - One-foot glides (both feet)
 - Two-foot turns
 - Bunny hops
 - Forward Lunges (both feet)
 - Forward Spirals (both feet)
 - Dips
 - Shoot-the-duck (both feet)
 - Mohawks (both feet)
 - 3-turns (both feet, inside/outside)
 - Snowplow stops
 - T-stops (both feet)
- Skaters will be asked to perform some steps connected to others (such as in a circle or line).

Freestyle 4 and up skaters:

- Tryout from **4:30 – 5:30 pm** on Sunday, May 16th
- Skaters may be asked to demonstrate the following:
 - Nice posture (arms shoulder high, chin up, back straight, knees bent, free leg extension)
 - Power
 - Speed
 - Forward stroking
 - Forward and backward crossovers
 - Edge pulls (forward/backward)
 - Cross-strokes (forward/backward)
 - Lunges (forward/backward, both feet)
 - Spirals (Inside/outside, forward/backward, change of edge)
 - Shoot-the-duck (both feet)
 - Hydroblades (both feet)
 - Mohawks (both feet)
 - 3-turns (both feet, inside/outside, forward/backward)
 - Bauers (both feet)
 - Spread eagles (both feet, inside/outside)
 - Single twizzles (both feet, forward/backward, inside/outside)
 - Brackets, counters, rockers (both feet, forward/backward, inside/outside)
 - T-stops (both feet)
 - Front t-stops (tango stop)
- Skaters will be asked to perform some steps connected to others (such as a circle or line).

Skaters should be prepared to attempt each of the above maneuvers to the best of their ability. Some maneuvers will be performed while skating in circles or lines with others.

Please note that tryouts are not meant to be stressful, but to allow the coaches to get a better sense of where each skater will best fit in the Arctic Blaze program. Remember, the most important part of tryouts is to try your best, smile, and have fun!

2010 – 2011 Arctic Blaze Registration Form

Skater's Name: _____

Skater's Birthdate: _____ Skater's Age as of 7/1/2010: _____

Street Address: _____

City, State, Zip: _____

Parent Name(s): _____

Phone Number: _____

Email Address: _____

Highest Skating Test Levels Passed (e.g., Alpha): _____

Previous Synchro Experience: _____

Additional Comments or Questions: _____

I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries which I may sustain as a result of participating in tryouts. I hereby release Arctic Ice Arena, Arctic Blaze, their personnel and employees from all liabilities.

Signature of parent or legal guardian: _____ Date: _____

For Arctic Blaze use only:

Check number: _____ Amount: _____ Tryout Number: _____ Team: _____