

## About Arctic Blaze & Synchronized Skating

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 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!

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 us with any additional questions you may have about tryouts or our organization.

We look forward to seeing you at our clinic and tryouts in April at Arctic Ice Arena!



### Arctic Blaze Synchronized Skating Teams

Arctic Ice Arena  
10700 W. 160th Street  
Orland Park, IL 60467  
708.403.4231

Arctic Blaze  
Phone: 708.764.1026  
E-mail: [director@arcticblaze.org](mailto:director@arcticblaze.org)  
Website: [www.arcticblaze.org](http://www.arcticblaze.org)

## 2011-2012



### ISI & USFS Synchronized Skating Teams

## Clinic & Tryout Information



*Photo courtesy of Tony Balzanto*

## Clinics

- Saturday, April 16th
- 10:10 - 11:30 am
- All ages and levels welcome!
- Free!

## Tryouts

- Saturday, April 23rd
- 10:10 - 11:10 am (**Tot - FS3 skaters**)
- 11:10 am - 12:10 pm (**FS4 & Up skaters**)
- Bring \$30 (checks payable to Arctic Ice Arena) and fill out the Registration Form - advance registration is appreciated!

## What to Expect at Tryouts

- Please arrive at least 30 minutes early in order for skaters to 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 a black skirt and their Arctic Blaze t-shirt. 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.
- Skaters are not expected to be able to perform each maneuver well, but they should attempt each maneuver to the best of their ability.
- There should be no talking while skaters are on the ice. The ability to listen and follow directions will be taken into account.
- 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!

## How Teams are 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
- We anticipate having ISI teams (Formation and Skating) as well as a USFS team.
- Skaters will receive their team placements approximately 1 - 2 weeks after tryouts. This letter will also include information about the date of the first meeting.

## 2011-12 Season Information

- Exact monthly dues will be determined after teams are rostered (based on the number of skaters).
- Dues will likely be collected monthly (**June through February**).
- A deposit will be due in **May**.
- Summer ice time is additional.
- The Booster Club holds fundraisers to help offset costs.

## 2010-11 Season Information

- Fees ranged from approximately \$1650-2250 per skater and were all-inclusive (ice time, coaching fees, apparel, competitions, etc.).
- Teams practiced weekly from August through the first week of April on either Monday evenings or Saturday mornings for 60-90 minutes on ice and 30 minutes off ice.
- The teams attended competitions from December through April, performed in the Arctic Ice show in June, and performed in two exhibitions.

## Tryout Maneuvers Tot - FS3

- Nice posture
- Forward stroking
- Forward and backward pumps
- Forward and backward chasses
- Forward and backward crossovers
- Forward and backward swizzles
- Forward and backward step-cross-glides
- Forward and backward edges (inside/outside)
- One-foot glides (both feet)
- Bunny hops
- Forward and backward Lunges (both feet)
- Forward Spirals (both feet)
- Dips
- Shoot-the-duck (both feet)
- Two-foot turns
- Mohawks (both feet)
- 3-turns (both feet, inside/outside)
- Snowplow stops
- T-stops (both feet)

## Tryout Maneuvers FS4 & Up

Skaters should be prepared to perform all maneuvers forwards, backwards, inside, outside, and on both feet (as applicable).

- Nice posture
- Power & speed
- Forward stroking
- Crossovers in a Figure 8 Pattern
- Edge pulls
- Cross-strokes
- Lunges
- Spirals (including change of edge)
- Shoot-the-duck
- Hydroblades
- Mohawks
- 3-turns
- Bauers
- Spread eagles
- Twizzles
- Brackets
- Counters
- Rockers
- T-stops (both feet)
- Front t-stops (tango stop)