



## STRIKE A POSE!

The 2010 U.S. Figure Skating Synchronized Skating Training Festival will be the most fashionable U.S. Figure Skating event ever, as glamorous synchronized skaters represent cities with the highest fashion – New York, Paris, Milan and Tokyo! In our own version of an unforgettable *Fashion Week*, athletes will strike their opening pose on Friday night, July 30<sup>th</sup> – and will conclude with a fabulous fashion show on Sunday evening, August 1<sup>st</sup>.

This event will return for a third time to the University of Delaware, in Newark, Del. The University of Delaware is home to the Ice Skating Science Development Center and many national and international athletes. It is also home to the University of Delaware Synchronized Skating Team, seven time U.S. collegiate synchronized skating medalists.

The arena and host hotels are located just off Route I-95, approximately 40 miles south of the Philadelphia International Airport.

Started in 2006, the U.S. Synchronized Skating Training Festival is a two-day program for synchronized skaters of all ages and skating levels.\* It is the only synchronized skating training program designed by U.S. Figure Skating.

Athletes will participate in an intensive training camp, kicked off by a welcome party. The faculty will be head coaches of U.S. Figure Skating's U.S. Synchronized Skating Team. The curriculum will consist of approximately 16 hours of instruction, including eight on-ice sessions with Team USA coaches. Every athlete will work with every coach.

Off-ice curriculum will focus on building a well-rounded athlete: core body strength, balance and flexibility and team building / sports psychology.

Several Parents' Education seminar will be held each morning by U.S. Figure Skating staff, officials and member's of Team USA's D.R.E.A.M. program. Parents' classes are free to those accompanying athletes.

New this year! A Team Manager's Track will be held Saturday afternoon and Sunday afternoon. This is a great opportunity for parents who are also involved in managing their teams to "go to camp" with their kids! Please see the separate brochure for information.

*\* It is strongly recommended that participants are at least 10 years old, and have passed at least the preliminary moves in the field test.*

## RUNWAY REVIEW

More than 15 hours of instruction:

- Eight hours on the ice under the direction of Team USA coaches
- Team building
- Stretch class
- Off ice artistry
- A welcome party and closing exhibition
- Optional workshop for age / level appropriate athletes
- Parents' Education classes
- Collegiate skating seminar

### Show Produced by:

Kelly Hodge, *Director of Synchronized Skating & Collegiate Programs*  
 Karin Sherr, *Chair, Synchronized Skating Committee*  
 Becky Search, *Chair, Synchronized Skating Development Subcommittee*  
 Susi Wehrli, *Senior Director, Membership*

## ON-ICE SESSION:

This program is one-of-a-kind, as it offers the only opportunity to work with a variety of superior coaches from Team USA.

Athletes will learn valuable skills to improve their overall skating ability, power, style, edge quality and skating together as a team – everything that is important for success under the international judging system.

## FACULTY

Will include coaches of the 2010 U.S. Synchronized Skating Team.

"It was so much fun! I haven't had that much fun at a camp before. It was my first time at a synchro camp and I absolutely loved it!"



## SAMPLE REHEARSAL SCHEDULE

### FRIDAY, JULY 30:

4-6 p.m. Athlete Registration  
 7-8:30 p.m. Athlete Welcome/  
 Synchronized Skating's Next Top Model!

### SATURDAY, JULY 31:

8-8:50 a.m. Stretch class 1  
 9:15-10:15 a.m. ON ICE: Skating Skills / Edges 1  
 10:30-11:20 a.m. Off-ice: Music, Style and Poise 1  
 11:30-12:20 a.m. ON ICE: Musical Interpretation 1  
 12:30- 1:20 p.m. LUNCH BREAK  
 1:30 – 2:20 p.m. ON ICE: Step Sequences 1  
 2:40-3:40 p.m. Team Building  
 4:50-5:50 p.m. ON ICE: Elements & Transitions 1  
 7:30-8:30 p.m. Collegiate Skating Seminar

### SUNDAY, AUGUST 1:

8-8:50 a.m. Stretch class 2  
 9:15-10:15 a.m. ON ICE: Skating Skills / Edges 2  
 10:30-11:20 a.m. Off-ice: Music, Style and Poise 2  
 11:30-12:20 a.m. ON ICE: Musical Interpretation 2  
 12:30-1:20 p.m. LUNCH BREAK  
 1:30-2:20 p.m. ON ICE: Step Sequences 2  
 2:40-3:40 p.m. Special Presentation:  
 Learning how IJS works  
 4:50-5:50 p.m. ON ICE: Elements & Transitions 2  
 6-6:30 p.m. Floor Practice  
 7-7:30 p.m. Closing Exhibition "Strike a Pose!"

## REGISTRATION FEE

The registration fee for athletes is \$385 for the entire program. Registration fee includes:

- Meal and Snacks: Lunches are included. Day 1 will be a boxed lunch with a sandwich, whole fruit, chips, two cookies and a drink. Day 2 will be a BBQ cook-out in the picnic / pool area of the ice arena. A bag of snacks will also be provided to each skater mid-morning
- All classes: Approximately 15 hours of instruction, including eight hours of ice time.
- A logo t-shirt, event materials and a special gift
- Parents education classes and collegiate skating seminar
- Welcome party and closing exhibition

## HOUSING AND CHAPERONES

The official hotel for the U.S. Synchronized Skating Training Festival is the Embassy Suites, and the secondary hotel is the Homewood Suites. They are located next to one another, across the street from the University of Delaware athletic complex.

Rooms at the **Embassy Suites** include a bedroom and living area with a pull-out couch, refrigerator and microwave. The rate includes a full hot breakfast for all persons on the room.

Group rate: \$149 / night

The **Homewood Suites** has both one and two bedroom suites, which include a living room and kitchen. The rate also includes a full hot breakfast for all persons in the room.

Group rates:

\$149 / night for a one-bedroom suite

\$249 / night for a two-bedroom suite  
 (limited number available)

Reservations are on a first-come, first served basis. Participants are to book their rooms directly by calling the hotel, reference the group "U.S. Figure Skating / Synchronized Skating Training Festival":

Embassy Suites  
 654 South College Ave.  
 Newark, DE 19713  
 302.368.8000  
 embassysuites.com

Homewood Suites  
 640 South College Ave.  
 Newark, DE 19713  
 302.453.9700  
 homewoodsuites.com

## REGISTRATION PROCESS

Athletes should register online, by **May 4, 2010**, by going to the following web site:

[https://fs12.formsite.com/USFSAIT/SynchoFest2010/secure\\_index.html](https://fs12.formsite.com/USFSAIT/SynchoFest2010/secure_index.html)

The program is limited to 200 athletes, first come, first serve, with the following restrictions:

- All athletes must be at least 10 years of age and have passed at least the preliminary Moves in the Field Test.
- Registrations will be accepted until the close of entries, and any athletes beyond the maximum capacity will be placed on a waiting list.
- All athletes will be placed onto an age and skill appropriate team.
- Wait list: If more than 200 registrations are received, athletes will be put on a waiting list. If a participant withdraws, the next applicant of similar age and skill will be offered their sport. Wait-listed athletes will be contacted immediately and informed of their status.

## PAYMENTS:

- All participants must provide a credit card number on the online form, at the time of registration. Credit cards will not be charged, however, until after the registration deadline of May 4.
- REFUNDS: Athletes who withdraw before the entry deadline will receive a full refund. There will be a \$100 administrative fee charged to athletes who withdraw after the deadline, regardless of the reason. These athletes will be shipped all of their program materials.

