

Synchronized Skating Clinic



All skaters—Welcome to Synchro

At this clinic we will learn the basic synchro formations and steps that are used in synchronized skating. This will include elements like Blocks, Wheels, Circles, Intersections, and Lines. Steps reviewed will be stroking, swizzles, chasses, and push-cross-hold. We will also discuss timing and counting of steps while listening to the beat of different music.

Anyone who is new to synchro, should plan to attend this clinic. Anyone who has previously done synchro, but taken more than 2 seasons off, should plan to attend this clinic.

August 1st 6:00-6:30pm (\$20/skater)

Steps and counting intro: stroking, swizzles, chasses. Formations-Block, lines, and pinwheels.

August 8th 6:00-6:30pm (\$20/skater)

Review of steps/counting: stroking, swizzles, chasses, push-cross-hold. Formations-intersections and circles.

August 15th 6:00-6:30pm (\$20/skater)

Review of steps/counting: stroking, swizzles, chasses, push-cross-hold. Formations-intersections and circles.

Synchro Clinic and Skills (Competitive synchro skaters)

At this clinic we will focus on synchro skating skills and advanced steps required to be proficient when skating on a competitive synchro team. Skaters will do drills to focus on turns such as 3-turns, brackets, twizzles, and choctaws, gliding maneuvers such as spirals, lunges, and spread eagles, and power drills like power-3s, and crossovers.

Skaters who are interested in competing with our competitive teams are encouraged to attend to prepare for synchro placement tryouts.

August 1st 6:30-7:15pm (\$30/skater)

Skills: Individual skills of crossovers, chasses, push-cross hold (fwd and bckwd). Spirals (inside and outside edges). Lunges-all 4 in pattern. Power skating including power 3s, stroking
Formations: Intersecting block

August 8th 6:30-7:15pm (\$30/skater)

Skills: Spirals-change of edge I to O pattern. Edge/turn patterns of twizzles, alternating 3-turns and alternating choctaws. Lunges-all 4 in pattern.
Formations: traveling circle and pivoting lines, intersection 4-spoke if time permits

August 15th 6:30-7:15pm (\$30/skater)

Skills: Spirals-change of edge I to O pattern. Edge/turn patterns of twizzles, alternating rockers. Lunges-all 4 in pattern.
Formations: no-point intersections (back twizzle)

PLEASE PRINT CLEARLY & SIGN WAIVER FORM:

Name: _____

Parent/Guardian Name: _____

Address: _____

City: _____ ST: _____ Zip: _____

Phone (H): _____ (C) _____

Email: _____

Date of Birth: _____ Age: _____

Attending:

____ Welcome to Synchro ____ Synchro Clinic & Skills

____ August 1st ____ August 8th ____ August 15th

WAIVER FORM

In consideration of being allowed to participate in any way in Lou & Gib Reese Ice Arena (LGRIA) programs, related events, and activities, the undersigned acknowledges, appreciates, and agrees that: 1) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of injury does exist; and 2) I KNOWINGLY AND FREELY ASSUMES ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assumes full responsibility for my participation; and 3) I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest instructor immediately; and 4) I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HARMLESS LGRIA, CITY OF NEWARK, its elected officials, officers, employees, participants, sponsoring agencies, sponsors, advertisers and, if applicable, owners and lessors premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. In addition I also give permission for my child to be photographed and that photograph to be used in Arena promotion and advertising.

PARTICIPANTS SIGNATURE DATE

FOR PARTICIPANTS OF MINORITY AGE (Under Age 18 at time of registration) This is to certify that I, as a parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above all the Releasees, and for myself, my heirs, assigns and next of kin, I do also release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above. EVEN IF ARISING FROM NEGLIGENCE.

PARENT/GUARDIAN'S SIGNATURE DATE

TO REGISTER:

Make Check Payable and Mail to: Lou & Gib Reese Ice Arena, 936 Sharon Valley Road; Newark, OH 43055
Call (740) 349 - 6784 or Register ONLINE at www.newarkicearena.com