



Esprit de Corps Skating Teams

Skills, Drills and Tryouts for 2011-2012

www.HaydenSynchroTeams.com

- Dates:**
- Sunday, May 15, 2011
 - Sunday, May 22, 2011
 - Sunday, June 5, 2011

Location: **New England Sports Center**
 121 Donald Lynch Blvd.
 Marlborough, MA 01752
 Tel: 978-229-2700

	Adult	Masters	Open
Arrival	5:00 pm	7:45 pm	5:30 pm
Off ice	5:15 & 7:10	8:00 & 9:50	5:45 & 6:40
On ice	6:00-7:00	8:40-9:40	7:20-8:20

Head Coach: **Deirdre Wilson**
Guest coaches: Ron Kravette - Skating Skills, Technique & Form
 Donna Mitchell - Tricks & Turns
Fee: **\$25 per session**

Please bring sneakers, ballet slippers or jazz shoes.

Esprit de Corps Adult 2011 National Champions

Strongly recommended test level: Senior MIF (60% of the team 2010-2011)

Minimum requirements: Junior MIF (90% of the team 2010-2011) or comparable high level synchro experience

- Athletes at this level are expected to be very good skaters who are proficient enough to execute the Adult well balanced program elements with difficult variations. Skaters at the Adult level skate with strong, clean, definite edge control. Skaters should have an understanding of the IJS rules. EDCA is of comparable skill level to teams competing at novice or junior levels.
- The Adult team skates at least once per week and has mandatory floor practice averaging 45 minutes prior to on-ice sessions. Ice time can be up to 2.5 hours but averages 2 hours.

Required test level: Preliminary or Adult Bronze MIF, Preliminary Figure or Preliminary Dance

Required minimum age: 21

Esprit de Corps Masters 2011 National Champions

Strongly recommended test level: Novice MIF (>40% of the team 2010-2011), Intermediate FS or Silver Dance

- Previous competitive synchro experience is strongly recommended.
- Most skaters in the Masters level did not start skating as adults. Most have a strong skating background and many skated on synchronized teams previously. Masters teams are judged under the 6.0 judging system and should be able to complete all the basic elements well, with some difficult variations included. Teams should be able to perform step sequences from the IJS system in levels 2 or 3. Skaters are expected to have strong edge depth and control of the turns elected to perform. EDCM is of comparable skill level to teams competing at intermediate or novice levels.
- The Masters team skates at least once per week and has mandatory floor practice averaging 1 hour prior to on-ice sessions. Ice time can be up to 2.5 hours but averages 2 hours.

Required minimum age: 25

Esprit de Corps Open Adult 2011 Eastern Sectional Bronze Medalists

- Previous synchro experience recommended.
- There is no mandatory test level for the Open Adult division but EDCO skaters are accomplished in the disciplines of MIF and compulsory figures, Ice Dance and Free Style with many of the skaters continuing to improve their skill levels and test. EDCO has skaters who started synchro skating after a career in singles, pairs or dance; those continuing a synchro career and skaters who took up skating as adults. Open Adult provides an opportunity for adults to compete and continue in synchronized skating. Other teams in this division may be much younger as this division has a wide age range and no test level. Open Adult teams are judged under the 6.0 judging system and should be able to perform the well balanced program elements well, with simple steps, holds, formations and transitions. EDCO performs at a level similar to many masters teams, but with a smaller team.
- The Open team skates once per week and has mandatory floor practice averaging 30 minutes prior to on-ice sessions. Ice time can be up to 2 hours but averages 1.5 hours. This team has a shorter season because it competes only as far as the Eastern Championships. Because of this, it enjoys a lower cost per skater.

Recommended age: At least 19 years old, required that the majority of the team be at least 19

For additional information, contact Coach Deirdre Wilson at deidrewilson2004@yahoo.com.