

FEES

Beginner Team – Based on 12 Skaters

- \$250 deposit
- 6 monthly payments of \$112
- Competition dress, practice attire, and travel expenses
- Silver Star FSC membership \$70

Open Juvenile – Based on 8 Skaters

- \$300 deposit
- 7 monthly payments of \$159
- Competition dress, practice attire, and travel expenses
- Silver Star FSC membership \$70

All fees are estimates. Exact numbers will be set when enrollment is finished.



SYNCHRONIZED SKATING LINKS

- www.usfsa.org/Programs.asp?id=44
- www.southernstarssynchro.com
- www.pinevilleice.com
- www.silverstarfsc.com

**For More Information Contact
Synchronized Skating Director
Diana Dandro**

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dandrodl@gmail.com**

Visit Our Website!

www.southernstarssynchro.com

SOUTHERN STARS SYNCHRONIZED SKATING TEAMS

2011-2012 Season



WE WANT YOU TO JOIN US!

WHAT IS SYNCHRONIZED SKATING?

Synchronized skating is a team sport in which 8-20 skaters perform a program together. It uses the same judging system as singles, pairs, and dance and is characterized by teamwork, speed, intricate formations and challenging step sequences. As with the other disciplines, all teams perform a free skate with required well-balanced program elements. The basic elements of Synchronized Skating are a line, wheel, intersection, block, and circle.

SOUTHERN STARS SYNCHRONIZED SKATING

The Southern Stars Synchronized Skating program was started in 2010 with the intent of creating an opportunity for skaters in the Charlotte area to participate in a team sport. Our mission is to teach Synchronized Skating fundamentals, good sportsmanship, and to promote leadership. Our goal is to reach our maximum skating potential and to perform to the best of our abilities at competition time.

PRACTICE SCHEDULE

Beginner and Open Juvenile

Saturday	9:30-10:40am	On Ice
	10:50-11:50am	Off Ice

Open Juvenile Only

Sunday	6:45-7:45am	On Ice
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***Both teams will have additional practice time throughout the season to prepare for competitions. Times and dates TBA. ***

BEGINNER TEAM

Our Beginner Team is for skaters that have less than two years of Synchronized Skating experience and who have not taken any USFS Moves in the Field tests. The purpose of this team is to introduce skaters to Synchronized Skating and to familiarize them with elementary holds, elements and transitions. The Beginner Team practices for two hours on Saturdays at the Pineville Ice House. The team will compete at 2-3 competitions and will do 2-3 exhibitions throughout the season. All team members will have the opportunity to earn the USFS Synchronized Skating Badges.

Required Skills

Skaters must have passed Basic 5 by start of the season.

OPEN JUVENILE TEAM

Our Open Juvenile Team is for skaters who have passed the Pre-Preliminary Moves in the Field Test. The purpose of this team is to introduce skaters to advanced synchro skills and competitions. The Open Juvenile Team practices for three hours on the weekends at the Pineville Ice House. The team will compete at three competitions, including the US Eastern Sectional Championships which are being held in Hershey, PA this year. The team will also perform in 2-3 exhibitions.

Required Skills

Skaters must have passed Pre-Preliminary Moves in the Field. Higher Moves in the Field levels are strongly recommended.

STAFF

Synchronized Skating Director/Head Coach

Diana Dandro



Diana has been coaching Synchronized Skating for 5 years and has 19 years of synchro experience. In 2010 she started the Southern Stars Synchronized Skating program at the Pineville Ice House. She has competed at the National level 4 times. She was a member of the Miami University Varsity Collegiate Team, whom she helped earn a National Title and a National Silver medal. Before college she was a member of Juvenile, Intermediate, and Junior level teams. Diana is a PSA Master Rated coach in Group teaching and has earned the Registered Rating in Moves in the Field and dance. She has a BS degree in Exercise Science.

Assistant Coach

Ashley Van Slyke



Ashley began coaching Synchronized Skating last season with the Southern Stars Beginner Team. She has seven years of synchro experience. She was a member of the Bowling Green University Collegiate Team, whom she competed with at the National level. Before college she was a member of Preliminary and Teen level teams. Ashley is a member of the PSA. She has a BS degree in Deaf Education and works in the Fort Mill School District as a special education teacher at the elementary and middle school levels.

