

# Synchronized Skating

The synchronized skating badge program is a great way to introduce synchronized skating to skaters already taking group lessons. It is recommended that skaters have successfully passed Basic 3 prior to working on Synchro 1. While you don't need the entire ice, it is recommended that the synchronized skating classes use at least a third of the ice in order to successfully and safely accomplish the elements below. Many programs find success by offering synchronized skating alongside theatre on ice.

Synchronized skating is made up of five basic elements, which includes the block, circle, line, wheel and intersection. Each element has a prescribed hand hold. As skaters progress through the levels, they will learn how to transition between elements, as well as skate in multiple holds.

Skaters may progress individually or as a group through Synchro 1-4. Upon completion, skaters will be able to confidently advance to a Basic Skills Level 1-3 team and beyond.

## Synchro 1



Skaters should have passed Basic 3 to start this level. This level will serve as an introduction to the five basic elements. Skaters should feel confident skating by themselves in order to successfully skate these elements.

- A. Block- forward stroking and snow plow stop (in shoulder hold)
- B. Circle- two foot glide, both directions (in hand hold)
- C. Line- forward stroking and snow plow stop (in shoulder hold)
- D. Wheel - forward 3 spoke or 4 spoke with half swizzle pumps, either direction (in shoulder hold)
- E. Intersection - forward intersection- 2 lines with 2 foot glide at intersection (in shoulder hold)

## Synchro 3



Skaters should have passed Basic 4 to start this level. Skaters are now introduced to skating backwards in most elements. Skaters should begin to understand how elements transition from one to the other.

- A. Block- At least two configurations incorporating skills from Basic 3-6 (in shoulder hold)
- B. Circle- backward outside and inside edge, both directions (in hand hold)
- C. Line- forward and backward skating with skills from Basic 3-6 (in shoulder hold)
- D. Wheel - 2-spoke with backward half swizzle pumps in each direction (in shoulder hold)
- E. Intersection - forward intersection- 2 lines on 1 foot at point of intersection (in wrist hold)
- F. Transition - from line to block to intersection

★ Bonus Skill: Creative Element - incorporate skills from Basic 3-6 (i.e. lunge, spiral, bunny hop)

## Synchro 2



Skaters should have passed Basic 4 to start this level. Elements are now incorporating different skills and should maintain a focus of clear shapes.

- A. Block- forward stroking and snow plow stop with a forward one foot glide and dip (in shoulder hold)
- B. Circle- forward outside and inside edge with a two-foot turn, both directions (in hand hold)
- C. Line- forward stroking and snow plow stop with a forward cross over in each direction (in shoulder hold)
- D. Wheel - backward 3 spoke or 4 spoke with backward half swizzle pumps in each direction (in shoulder hold)
- E. Intersection - forward intersection- 2 lines with 2 foot or 1 foot glide at point of intersection (in shoulder hold)
- F. Transition - from line to block

★ Bonus Skill: Try different hand holds - basketweave, tea-pot, goal post, choo choo

## Synchro 4



Skaters should have passed Basic 5 to start this level. Skaters are now in the most difficult of the synchro badges and after completion, should be able to successfully transition to the Basic Skills synchronized skating competitive levels and beyond. Elements should now be done with unison.

- A. Block- At least two configurations with one turn incorporating skills from Basic 3-6 (in shoulder hold)
- B. Circle- forward crossovers followed by outside and inside edge, two-foot turn, backward outside and inside edge, both directions (in hand hold)
- C. Line- forward and backward skating with skills from Basic 3-6 (in shoulder hold and in hand hold)
- D. Wheel - backwards wheel of choice (in shoulder hold)
- E. Intersection - forward intersection - any configuration - any point of intersection (in wrist hold)
- F. Transition- from block to line to intersection to circle

★ Bonus Skill: Creative Element - incorporate skills from Basic 3-Pre-Free Skate