



# London Skating Club's *Synchronicity*

## 2017 – 2018 Tryouts



<b>6 (or younger) – 9 year olds</b> (Birth Years: 2008 – 2011 or before) *If born after 2011, attendance is at the coaches discretion*	<b>5:00 – 5:50 pm</b> <b>April 18 &amp; 27, 2017</b>	<b>Earl Nichols Arena</b> <b>\$ 25</b>
<b>10 – 13 year olds</b> (Birth Years: 2004 – 2007)	<b>6:00 – 7:20 pm</b> <b>April 18 &amp; 27, 2017</b>	<b>Earl Nichols Arena</b> <b>\$ 50</b>
<b>14 – 18 year olds</b> (Birth Years: 1999 – 2003)	<b>7:30 – 8:50 pm</b> <b>April 18 &amp; 27, 2017</b>	<b>Earl Nichols Arena</b> <b>\$ 50</b>

\*Try-out fee covers all try-outs, prices will not be pro-rated\*

\*Decisions about the categories fielded, will be based on numbers of eligible skaters in each category\*

**MUST pre-register online only at:**

<http://www.londonskatingclub.com/pages/Synchronicity/Register>

*Synchronicity is looking to field the following teams:*

*Beginner 1, Beginner 2, Elementary, Pre-Juvenile,  
Juvenile, Pre-Novice, Novice, Intermediate*



For more information, contact us at: [synchronicity@londonskatingclub.com](mailto:synchronicity@londonskatingclub.com)



# *Synchronicity*

## Synchronized Skating Teams

### Registration Form

2017- 2018

Representing the London Skating Club

#### Personal Information (Please print clearly)

Name: \_\_\_\_\_

Date of Birth (DD/MM/YY) \_\_\_\_\_ Age as of July 1<sup>st</sup>, 2017 \_\_\_\_\_

Address (include postal code):  
\_\_\_\_\_

Phone Number: \_\_\_\_\_ Email address: \_\_\_\_\_

Medical Conditions & Allergies: \_\_\_\_\_

Emergency Contact & Phone Number: \_\_\_\_\_

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#### Skating History

Home Club: \_\_\_\_\_ Skate Canada #: \_\_\_\_\_

Highest Tests Passed (as of March 31, 2016):

Skills: \_\_\_\_\_ Dance: \_\_\_\_\_ Free Skate: \_\_\_\_\_

Current Skate Canada Coach: \_\_\_\_\_

Session/Days you skate: \_\_\_\_\_

Synchronized Skating Experience:

Number of Years: \_\_\_\_\_

Team & Club: \_\_\_\_\_

1. Are you trying out / have you tried out with a different club for the 2017 – 2018 season? If yes, please indicate with whom?
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2. If your audition is successful, are you committed to joining our teams?

YES            or            NO

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3. Please identify 3 personal qualities you will bring to your team?

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**Please note:**

**Skaters will be required to attend a “Synchronicity Team Weekend” in late August.**

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I hereby release, from any and all claims, the London Skating club, its directors, employees and coaches and agree that none of them shall be held responsible for any accident, injury or loss, however caused, whether on or off Club premises, ice or other facilities.

Skater’s Name (please print):

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Skater’s Signature  
(or parent /guardian signature if skater under 18 years of age):

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Witness (please print):

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Witness Signature:

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Date:

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# *Synchronicity*

- ✓ **Out-of-club skaters are always welcomed**
- ✓ **All** skaters must provide a current & valid Skate Canada number
- ✓ Skaters without a current & valid Skate Canada number can register with their home club or with London Skating Club at try-outs.
- ✓ Skaters attending auditions without a current & valid Skate Canada number will not be allowed on the ice.
- ✓ More try-outs may be held in the case of new skaters moving to the area
- ✓ Skaters should attend the level that matches their age / birth year
- ✓ Coaches will move/assign skaters as necessary
- ✓ Skaters may try out for multiple teams, as long as the age requirements are met
- ✓ Skaters are expected to attend both sessions as **try-out fees are not pro-rated for any reason**

## **Try-Out Notes:**

- ✓ Please attend auditions dressed in a black legs and black top
- ✓ **Absolutely no pants or “hoodies”** (that is, a jacket with a hood)
- ✓ Skaters will be asked to demonstrate a variety of skating skills, from free skate to dance (Specific skills are detailed in the sections below)
- ✓ The coaching staff will evaluate strength, flow, speed, stamina, power, posture, and the ability to project or “present” to an audience.
- ✓ At each session, experienced skaters may be asked to instruct new skaters in footwork and step sequences.
- ✓ In addition to the specific skating skills mentioned, coaches will evaluate skaters’ ability to learn quickly, their sense of music, and the extent to which they blend with other skaters.
- ✓ Time frames for skaters during try outs is to better distribute numbers of skaters on the ice - Coaches will move/assign skaters as necessary.

## **Skills - Skaters auditioning for Synchronicity should be prepared to perform some or all of the following:**

- ✓ Skating with good quality push and knee action
- ✓ Cross cuts
- ✓ Basic turns (three’s and Mohawks) – On both feet and in both directions
- ✓ Choctaws, counters, brackets, rockers (both feet)
- ✓ Twizzles (single, 1 1/2 and double, both feet)
- ✓ Spins (basic one foot spin, back spins)
- ✓ Russian Stroking
- ✓ Spread eagles (both edges, both directions)
- ✓ Ina Bauer (both edges, both directions)
- ✓ Spirals (both edges, both feet) and be able to maintain the proper position for a period of time
- ✓ Spiral Variations
- ✓ Continuous turns (forward & backward)