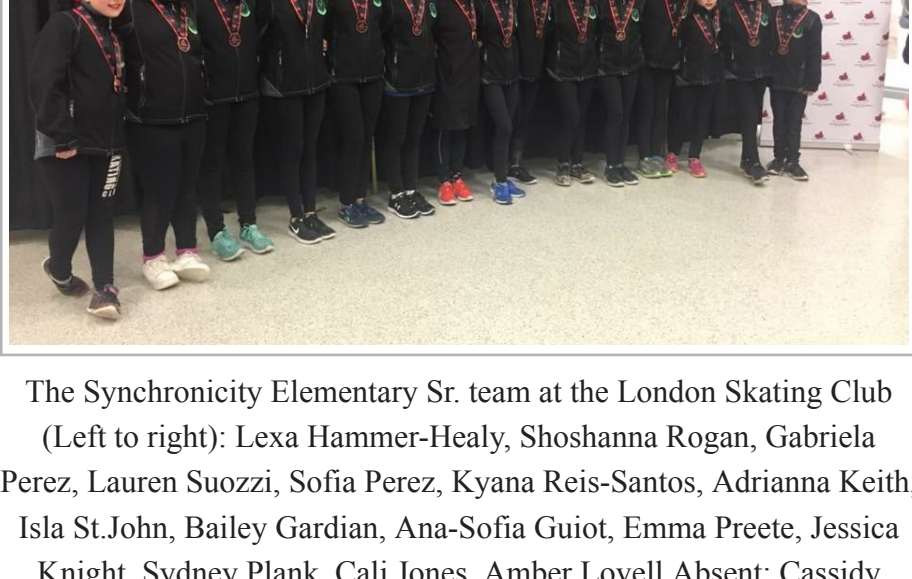
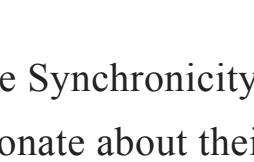
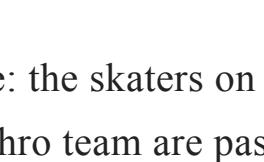
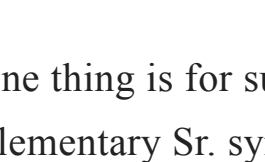


# Chasing the ‘golden skate’

Published by SportsXpress On December 29, 2017



The Synchronicity Elementary Sr. team at the London Skating Club (Left to right): Lexa Hammer-Healy, Shoshanna Rogan, Gabriela Perez, Lauren Suozzi, Sofia Perez, Kyana Reis-Santos, Adrianna Keith, Isla St.John, Bailey Gardian, Ana-Sofia Guiot, Emma Preete, Jessica Knight, Sydney Plank, Cali Jones, Amber Lovell Absent: Cassidy Falconer and Emma Stanklewicz



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One thing is for sure: the skaters on the Synchronicity Elementary Sr. synchro team are passionate about their sport and their desire to improve. In addition to practicing twice a week (four hours in total), including training on the floor as well as on the ice, each of the girls (aged 10 to 13) skate on their own once or twice a week as well.

“They’re extremely dedicated to their craft and their skill development,” says Erin Boyd, the head coach of the team, which skates out of the London Skating Club. “Their goal this season is to have a completely golden skate – where all elements are ranked to a gold standard.”

What that means is reaching the highest mark by a judging panel, which ranks elements on a gold, silver and bronze standard. The girls perform blocks, circle, line and wheel formations, as well as intersection – in which two lines skate through each other at a high speed.

So far, the team has enjoyed much success during the 2017-18 season. And in December, the Synchronicity team won a bronze medal at the Bill Phillips Memorial Synchronized Skating competition in Stratford. The event included a field of 13 teams from all across Ontario.

**Contributions by Erin Boyd and photos by Laura Plank**

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