



*"Individually we glide, but together we soar –
synchronized skating turns grace into unity and
rhythm into strength."*

Synchronized Skating
Team Handbook
2025/2026



OUR CONTACT

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 <https://www.oakbayfsc.ca>

What is Synchronized Skating? (Synchro)

Synchronized skating is a team discipline in figure skating where 8 to 20 skaters perform choreographed routines in unison on ice. The goal is to move as one cohesive unit, executing elements like:

- Blocks – Skaters form a straight-line or grid and move together.
- Circles – Team members skate in one or more circles.
- Lines – Straight lines that move and rotate across the ice.
- Wheels – Skaters rotate around a central point like spokes on a wheel.
- Intersections – Lines of skaters cross through each other.
- Moves in the Field – Artistic movements in unison (like spirals or arabesques).
- No Hold Elements – Skaters perform synchronized steps while not physically connected.

Key Characteristics:

- Precision & Timing: All skaters must move in perfect sync.
- Speed & Flow: The group maintains strong, flowing movement across the ice.
- Difficulty: Includes intricate footwork and advanced turns, all while synchronized.
- Artistic Expression: Like all figure skating, it includes choreography, music interpretation, and performance.

Competitive Structure:

- Competitions are held at local, national, and international levels.
- The highest level is the ISU World Synchronized Skating Championships.
- It is not currently an Olympic sport, though there's ongoing advocacy for its inclusion.

Synchronized skating combines athleticism, teamwork, and artistry in a way that's unique among figure skating disciplines. It's sometimes described as "precision skating" because of the level of coordination required.

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The Teams

ADULT

This team will consist of 8 – 20 skates. Skaters must have reached the age of 18 as of July 1st preceding the competition.

Requirements:

- Various ages (18 years of age to 50+)
- Synchro experience is an asset
- All prospective members must attend a tryout to join the team
- Possible opportunity to travel and compete in a B.C. or A.B. competition
- Possible opportunity to participate in local exhibition

YOUTH – STAR 8

This team will consist of a minimum of 8 skaters that must have successfully completed STAR 1 skills. The club recommends skaters be 12 years old and has passed STAR 3 Skills & Free Skate as this level can be challenging.

The focus will be on learning synchronized skating skills and maneuvers while also focusing on continuing to develop and strengthen individual skating skills.

Requirements:

- Previous skating experience required.
- Recommendation to have passed STAR 3 Free Skate & skills assessments.
- No synchro experience required.
- Possible opportunity to travel and compete in B.C. competition.

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Practices

- Consist of both on-ice and off-ice practices.
- Are scheduled well in advance.
- Attendance to all practices is mandatory.
- All necessary absences are to be advised to the coach and in advance whenever possible.

Team Meetings

Team meetings will be called throughout the year to provide information to parents and skaters. They also present an opportunity to share ideas in the spirit of cooperation and keep open lines of communication. Attendance by skaters and parents of young skaters is expected.

Competitions

The competitions teams will attend are selected by the coach at the beginning of the skating season. Under some circumstances, skater/parent input is requested; however, the final decision will be made by the coach. In addition to competitions, skaters can expect to participate in exhibitions throughout the year and should make every effort to be available for these events. Skaters attending competitions are representatives of the OBSC and will behave appropriately, following conduct guidelines, and any specific competition regulations.

Costumes

- Competition and showcase attire will be decided upon early in the season. Everyone will be expected to purchase a set outfit.
- Will be funded from costuming fees, with a residual balance paid for from team funds (through team fundraising efforts).
- Alterations may need to be made to costumes as required.
- For travel, skaters will be required to wear black yoga-type pants and a team t-shirt or whatever the coach has decided is the team outfit. The cost of these items is to be borne by the individual skater and they belong to them personally.

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Budget for Youth Team

Weekly Sessions – \$650 + tax

Costume Fee – \$250 + tax

Alternations – \$100

Gas to Drive to Nanimo – \$40-\$60

Hotel in Nanimo – approx. \$160 per night + tax

These will be the responsibility of each skater to pay for. There will be team and individual fundraising opportunities as well to help offset these costs.

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