

# In Synch

January 2010



## CONGRATULATIONS!

To all four of our award-winning teams for their performances at Fraser Mid-America:

Open Juvenile      1st Place

Pre-Juvenile      4th Place

Beginner 2      1st Place

Beginner 1      1st Place

Kudos to our Kung-Fu Pandas for their sportsmanship in the face of (musical) adversity :-). What a crowd-pleaser! You guys were awesome!

**Have you seen our new banner?**

## MIDWESTERN

## CHAMPIONSHIPS

## SEND-OFF EXHIBITION

Join us this Tues., Jan. 26, from 5 pm to 6:30 pm to send the Pre-Juv and Open Juv teams off to [Cedar Rapids, Iowa](#), in style.

Cake and pop at 5:00, followed by a short exhibition at 5:50 with special guests—Team du Coeur Intro Team. The big bus leaves the next day for a journey through the corn!

*Come Sail Away!*

*Let me stand next to your FIRE!*



*Skate from the Heart*



**TEAM DU COEUR**  
Lakeland Skating Club, Waterford, Michigan

Leading the Open Divisions since 1995

[www.LakelandSynchro.com](http://www.LakelandSynchro.com)

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## TEAM TRADING PINS

Team du Coeur logo trading pins for competition are available for purchase through the online store in time for Tri-States and Mentor competitions.



## DONATIONS = DEDUCTIONS!!

### LAKELAND SKATING CLUB CERTIFIED NON-PROFIT 501c3

The LSC recently received its official non-profit status and tax ID number, making additional sponsorship and fundraising opportunities available.

Many companies and corporations offer grants to non-profit organizations through their employees. If you or a family member qualify, please consider requesting a donation to Team du Coeur to use toward our bus fund for Mentor, Ohio, or for additional Ice Show practice ice costs.



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## COMPETITION SCHEDULE

**01/27 – 01/31**      **MidWestern Champ.'s**  
Cedar Rapids, Iowa – PJ and OJ only

**02/12 – 02/13**      **Tri-States, Kalamazoo**  
B1, B2, PJ and OJ

**02/26 – 02/28**      **Diamond Classic**  
Mentor, Ohio – Intro, B1, B2

## EXHIBITION SCHEDULE

01/26 Midwestern Send-off at Lakeland  
- PJ, OJ and Intro skating; all invited

03/04      Learn To Skate  
- Teams TBD (5:20 and 6:20)

03/06      Learn To Skate - Intro Team

## NEW WEB ADDRESS

Have trouble spelling Team du Coeur? You're not alone. To help potential skaters find our synchro Web site more easily, we've added a new Web address. You can now find us at:

[www.LakelandSynchro.com](http://www.LakelandSynchro.com)

We're also still at [www.TeamduCoeur.com](http://www.TeamduCoeur.com) (and .org ). Pass it along!

**BIG THANKS** to our GM and Travel guru Jill Helgemo for all her work pulling together the Iowa trip. Pleasing 50+ people is never an easy job—especially when our schedule is dictated by the competition schedules and the LOC.

She's done a great job keeping the trip as affordable as possible for our families while creating a schedule to take care of everyone for 5 days. Together with the coaches, we have worked to ensure your kids have the best possible experience and are well-prepared for the biggest competition of the season.

Just sit back and enjoy the ride!

(And make sure to wish Irina K. and Amy White Happy Birthday along the way!!)



4/23—4/25

Lakeland  
Ice Show!

Mr.  
Bremner  
gives Pre-  
Juv the  
thumbs up!

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## Off-Ice Classes Now Enrolling



### CLASS DATES

February 2, 9, 16, 23

March 2, 9, 16, 23, 30

April 13, 20

Ballet is recommended for Intro, Beginner or Pre-Juv skaters; Conditioning is recommended for Pre-Juv or Open Juv skaters.

Minimum of 3 participants per class, if less than 3 participants the rates will be billed as a private lesson.

Stephanie Dunn, off-ice trainer, is offering three classes for team skaters on Tuesday evenings. Classes begin Feb. 2.

Ballet	4:30- 5:00
11 WEEKS	\$65.00
Conditioning	5:30-6:10
11 WEEKS	\$80.00
Conditioning	6:20-7:00
11 WEEKS	\$80.00

