

Team du Coeur Synchro Skating

As a leader in the Open and Beginner Divisions of competitive synchronized skating since 1995, Team du Coeur proudly represents the Lakeland Skating Club.

Our teams offer a fun, family-oriented program to skaters of all ages.

Team du Coeur now offers a new competitive FasTrack for serious skaters looking for more synchronized training.



2012 Season Champions!

3rd Place—Midwestern Open Juv. and Pre-Juvenile Championships

1st Place—Mentor Synchro Classic; Prelim., Pre-Juv and Intro Teams

1st & 2nd—K'zoo Classic Competition; Beginner, Open Juv and Pre-Juv

Upper level teams travel to the Midwestern Synchronized Skating Championships in January.



Team du Coeur Synchro
Lakeland Skating Club
Waterford, Michigan

www.LakelandSynchro.com

For more info, email:
GM@teamducoeur.org



*Competitive
Synchronized
Skating Teams*

*Team Placement
Days
May 8 & 15, 2012*

www.LakelandSynchro.com

Team du Coeur Synchronized Skating



If your child enjoys figure skating, why not take it to the next level? Team du Coeur offers

competitive synchronized skating teams for those interested in training and competing as a group.

At the Beginner level, skating once a week on a team is not only fun, it also greatly increases a skater's individual skating skills. Teams range from 8—16 skaters based upon age and skill level.

Team du Coeur will soon be forming Intro & Beginner teams for the 2012 – 2013 season for skaters enrolled in Basic Skills. No synchro experience is needed to audition for Intro or Beginner teams. Join our family-friendly atmosphere of teamwork and fun.

Introductory Team

- Most skaters will be age 5—8 in Basic Skills.
- This is a performance team with one competition at the end of the season.

Beginner Divisions

- Skaters must be enrolled in Basic 6 and above by the fall.* Extra help lessons are available.
- These are competition teams and require limited travel; perform in local exhibitions.
- Beg. 1: Most skaters will be under age 9.
- Beg. 2: Age 9 and up.

*For Skaters currently in Basic 5 or under:

Skaters should attend Team Placement Days/ Tryouts and enroll in Spring and Summer Learn-to-Skate classes, team class and/or extra help lessons to reach minimum of Basic 6 by fall. Skaters may be placed on a Beginner team roster "in training" until Basic 6 is attained.



Team Placement Days

Tuesdays, May 8th and May 15th

All Basic Skills levels: 5:15 PM

See Web for details and registration.

www.LakelandSynchro.com

Practice Schedule

Beginner & Intro Teams — currently Saturday mornings for one hour.*

Competition Schedule for Beginner

Kalamazoo Kick-Off

Dr. Porter Classic, Ann Arbor , MI

Mid-America, Fraser, MI

Tri-States Championships, Ohio or MI

Mentor Diamond Classic, Ohio

Exhibitions & Shows

Teams will perform in the Holiday Show and/or Spring Show and Learn to Skate Exhibitions throughout the season.

Monthly Team Payment

Beginner - \$150 per month, August—March.

Intro—\$99 per month Sept—March.

Includes ice time, off-ice practice, coaching and music; costume and accessories; and competition fees for Beginner teams. There are many opportunities to **fundraise** to offset the payment.