

2008 – 2009 TEAM DU COEUR BEGINNER TRAINING PROGRAM

As part of our Two-Year Plan for Team du Coeur, we're pleased to announce a new opportunity for Beginner skaters.

All team members with synchro team experience, OR those in Basic 6 & up, are eligible to begin our new Training Program next season - in addition to competing with their assigned Beginner 2 or Beginner 3 team.

Leading into our plans for the 2009-2010, this training will be an important part of our anticipated team formations and will help prepare our skaters to move into a more competitive division. If your skater needs more of a challenge this year, or simply wants to learn the individual skills needed for the next level of synchro, this is the right path. Training is designed for the serious skater who is interested in preparing for a higher level of competition.

At this point, a skater's INDIVIDUAL skating skills are the most important factor in a team's success. Private lessons and a focus on testing Moves in the Field and Freestyle are the first step toward developing solid skating skills.

Additionally, other specific skills are often needed within a synchro program. However, these skills may not be taught individually until a skater reaches the Juvenile or Intermediate level. The Training Program is designed to teach some of these critical skills, along with a team-focused approach to learning **advanced synchro concepts** such as open blocks, open circles, tracking, traveling formations and more of the trends necessary to skate a competitive synchro program above the Beginner levels.

The less time a team needs to spend learning individual skills leading into competition, the more time that team can devote to fine-tuning the details of the season's program for unison, expression, form and more. And it's ALL in the details!

The format of the skills session will be a continuous flow of movement with little to no downtime once the basic patterns are learned. Coaches will work with skaters as they repeat the skills.

Some examples of the skills skaters can learn alone and in combinations are as follows:

- Back power threes in open circle
- Power 3-turn pattern forward
- Circle cycles – may include double 3's, back double 3's
- Double 3's
- Twizzles – forward
- Hydroblades front and back
- Spread Eagle
- Bauer
- Power edge pulls – front & back
- Open Block tracking patterns using inside edges (group of 4)
- Brackets on circle
- Spacing and Change of direction on circle
- Combo: 3 back edge pulls, 2 brackets
- Power crossover lines on curve
- Figure 8 block with release



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TWO-YEAR PLAN

As your skater moves from the Beginner level of synchro into other divisions, her skill and test levels become more important.

For the 2009-1010 season, Team du Coeur would like to field a Pre-Juvenile team. Beginner skaters participating in the Training Program this year would be on the track for this team next season.

For your information, here are the rules and requirements for some of the other divisions as well as Pre-Juv:

Pre-Juvenile

Up to 12 skaters, majority under 12 years of age by July 1.

Should have passed Prelim. Moves.

Juvenile

Up to 20 skaters under age 13 by July 1.

Must have passed Prelim. Moves by Dec. 1.

Division qualifies for the National Championships.

Open Juvenile

Up to 12 skaters, majority under age 19.

Should have passed Pre-Juv Moves; **must** have passed Pre-Prelim. Moves.

It is important to note the required and recommended Moves in the Field levels for each division. Skaters must make a commitment to attaining these levels over the next year to 18 months. The success of a team is heavily dependent upon the average individual skill level of the team, and these guidelines should be seen as *minimums* to attain.

Your coach will determine when your child is ready to test, so it's important to talk about your goals *now* with your coach in order to prepare for next season.

If your skater does not meet the Moves recommendations by the time of tryouts next spring, it is not an absolute cut-off. For a Pre-Juv team, it's a guideline for placing skaters.

We look forward to building strong and competitive teams, both this year and next! With your commitment to your skater now, we achieve successful and happy teams each year.

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FORMAT

Tuesdays 7:10 – 7:40 PM

August - March

The Training Program will consist of 30 minutes of full ice surface dedicated to skaters in the Training Program.

There will be up two coaches on the ice with skaters for the Training Program, providing more personalized instruction than a team setting allows.

Skaters will practice elements in unconnected in pairs or trios across the ice. At the far end, skaters move down the side of the rink back to starting position, repeating and adding onto existing moves with a continuous flow. Repetition and correction will be stressed.

Skaters will be encouraged to try new elements and will be exposed to a higher level than their existing Beginner teams are allowed to incorporate into their programs.

Many moves will be set to music to maintain the pace and flow – as well as make this a fun experience for the skaters!



ESTIMATED COST

The cost for the Training program, including ice time and coaching fees, will be spread across the number of skaters participating:

15 skaters | \$35 per month

12 skaters | \$44 per month

10 skaters | \$52 per month

With 15 skaters, this cost is under \$9 per session for a full 30-minute lesson. And each skater will get the specific training, customized coaching and new skills needed to advance in synchronized skating.

Payments will be made over the standard 9 month period, similar to your monthly team payment. A deposit of \$35, toward your first payment, will secure your skaters' enrollment.

Keep in mind, the fewer skaters participating, the more *personalized* your skaters' instruction can be with a smaller coach-to-skater ratio.

In order to offer this program, we will need a minimum of 10 skaters enrolled by June 15 to secure the ice time.

Enrollment is for the full synchro skating season, August –March. Payments may be alternated in between regular team payments to spread the costs across the month. For questions or to enroll, please contact Heather Blasko at heatherblasko@comcast.net or via our web site at teamducoeur.org.