

*** FUSION Synchronized Skating ***

Come join our very successful Synchronized Skating teams!

The adults recently won gold at the Scottish Championships in Dumfries over Easter and the U18 Preliminary team had an extremely encouraging skate despite three falls during their routine which lowered their final element score putting them in 9th place. However the U18s who have been together less than a year, were delighted to be awarded a Certificate of Merit for their Level 2 Circle element and you can see why.



The synchro arm of the Bracknell ice skating club currently has skaters ranging in ages from 8 to mid 50s.

We would love new members level 10 and above to come and join our friendly group as we start to develop skills and new routines ready for the next season. Training takes place each Friday from 6.15pm to 8.15pm. **Your first two trial sessions are free.**

So what is Synchronized Skating?

Synchronized skating consists of a group of between twelve to sixteen figure skaters skating on the ice at one time. We all work together as one unit.

We create formations which include circles, lines, blocks, wheels, intersections as well as performing movements in isolation. The teams skate together using various holds which include basic shoulder holds, hand holds, basket weave holds, and not holding at all. We do moves like spirals, lunges, pivots, and intersections within the programme.



**Level 10 and above - Why not come and try it out?
Its a great way to improve your skating skills in a supportive and fun team environment.**

For more information please contact any of the following:

Coaches: David Phillips and Chris Hockaday or **Synchro team managers:** Sara Brown and Lesley Brenikov via email Lesley.brenikov@btconnect.com