

**** CHICAGO ****



Synchronized Skating Teams

For Skaters in Basic 4 and Up!

2020 – 2021

Training Season Info

***Please note: Due to the Global Pandemic, the Chicago Red Line is currently planning on hosting a "Training Only Season". Under this plan, the season will not include competitions or travel, and will focus on skater development.**

IMPORTANT:

2020 – 2021

Training Season Info

Due to the Global Pandemic, the Chicago Red Line is currently planning on hosting a “Training Only Season”. Under this plan, the season will not include competitions or travel, and will focus on skater development.

This training season will allow us to:

- Work on individual skills and drills, that do not include physical touching
- Keep socially distant during practice
- Build up the skaters’ individual strengths, which will strengthen the team, when it is able to resume normally.
- At a reduced dues cost, will allow families who have been impacted financially by the pandemic, to continue participating in their team sport.
- Have the coaches loosely choreograph an ‘unconnected’ performance program, that if restrictions loosen, the skaters will be able to perform in a competition or ice show.
- If restrictions / precautions lift enough to allow us to attend a competition, to collect fees at that time.

Important Note about age: For our younger team, we are requiring at least an age of 7, as we believe that most 7 year olds will be able to understand the importance of Social Distancing on the ice, to maintain everyone’s safety. If you believe your child will struggle with maintaining physical distance from their teammates, we ask that you wait to join us until next season, when we hope to resume normal team practices.

Welcome to Chicago Red Line try-outs!

We are so excited to be expanding our brand new, grassroots team, here at Morgan Park Sports Center. The coaching staff is looking forward to a fun 2020-2021 season and has decided, because of the world pandemic, to host a “Training Season” instead of a competitive one. This season will focus on individual skater development, utilizing individual skills and drills done in timing to music, which will increase in difficulty as the season progresses. We hope to offer an opportunity for your skater who is interested in synchronized skating, while providing a safe and healthy environment, where they can grow.

Our program may be new, but our coaches and directors have over 60 years of combined synchro experience, and our goal is to involve skaters in a team sport that builds character, cooperation and commitment, as well as skating skills. Skating in this organization is based on fun and learning. We want every skater to look forward to practice, work hard and take pride in their efforts and successes. In the process, the skaters will learn how to be creative, confident, and work toward a common goal. The team will also provide individuals with opportunities to lead, as well as to support their fellow skaters.

For those who are new to the sport, synchronized skating continues to be one of the most popular disciplines in figure skating. It is already a successful collegiate sport at many colleges and universities across the country, including Northwestern University here in the Chicago area. The sport is similar to synchronized swimming, in that a team of skaters perform a program in unison. The programs include elements such as intersections, circles, lines, wheels, blocks and creative elements. The objective is to blend skating elements such as footwork and jumps and spins into these formations, so that the skaters look like one unit as they perform. It is truly a spectacular sport to watch and participate in.

We ask that you look through the following information regarding the commitments that skaters and their families must make to the program once they are accepted to our Chicago Red Line family. Each skater is a valuable member of our team, but for our program to be successful, all skaters must meet their agreed upon responsibilities. Please carefully review this packet before Workshops and feel free to email any questions to the Synchro Director, Kathy Janik: KJanik@MorganParkSportsCenter.net

See you at Workshops!

Chicago Red Line Coaching Staff

“Like” us on Facebook: Chicago Red Line
Follow us on Instagram: RedLineSynchro
Follow us on Twitter: @RedLineSynchro

Coaching Staff

Our staff's coaching philosophy is that the work we do as a team will translate to valuable life lessons. The Chicago Skates coaching staff is committed to building better skaters *on* the ice, in order to build better youths *off* the ice. Our knowledgeable and committed coaches will teach you the skills in a program, to compete at your highest level and to learn from the experience. We are dedicated to the growth of the Chicago Skates organization, the Windy City FSC, and the sport of synchronized skating.

Director

Kathryn Janik – Janik is the Skating Coordinator at Morgan Park Sports Center, and has worked hard to start a new grassroots synchro team on Chicago's South Side, to introduce the discipline she loves, to a new group of skaters. Rated by the Professional Skaters Association (PSA), Janik continues her growth and knowledge of the International Judging System (IJS) through seminars, reading, national conferences and networking at international competitions. Janik was a member of the Chicago Skates from 1990-2004 and skated Synchro competitively at the regional and national level. She coached various Chicago Skates teams during her years on the coaching staff with them (2002 – 2017), and was Head Coach of the Intermediate team from 2009 – 2017. Janik was also the Chicago Skates Synchro Director from 2014 – 2017. Additionally from 2006 – 2015, Janik was proud to coach the Northwestern University Collegiate Synchronized Skating Team. Coach Janik strives to educate parents in the sport of synchro, holding parent seminars and meetings throughout the year to explain team expectations, the basis of the IJS Judging system, how synchro will benefit their skaters in the future, and where and how they can continue their skating career in high school, college and beyond. Janik has lived in the Morgan Park/Beverly neighborhood for 2 years and is still enjoying exploring all the great food the area has to offer!

Coaches

Jennifer Krejci - Coach Jen has been involved in synchronized skating since 1988 and has seen the sport progress from long kicklines in "precision" skating through to today's teams who perform lifts and synchronized death spirals. After competing regionally and nationally on various teams in the Chicagoland area, she continued onto college at Western Michigan University in Kalamazoo, MI. There she was involved in the early days of WMU's Synchronized skating teams where she competing on both Senior and Collegiate teams. After college Krejci competed with the Wagon Wheel Starlets as a member of Team USA representing her country in Canada and Italy, and Revolution Senior where she was also an assistant coach. She earned National Bronze and Pewter medals competing with the WMU Alumni Adult teams in 2007 and 2008. Most recently Krejci has continued her passion for synchronized skating by competing with the Starlights Adult team earning multiple Midwestern Sectional Medals. Jennifer has coached various level teams and has a working understanding of the International Judging System as both a coach and competitor. Coach Jen lives in Beverly with her husband John and their dog Lilly.

Julia Tenebruso - Coach Julia has been involved the synchronized skating world since 2011. Tenebruso was a member of the Madison Ice Diamonds from 2012-2019, and watched the organization grow from having two beginner teams, to having several IJS teams. During her time competitively skating, Tenebruso served as a team leader for 3 years, and competed at sectionals, most notably at the intermediate level. She has been coaching learn to skate and private lessons since 2015, and loves to share her joy of skating. Recently, Tenebruso has enjoyed choreographing ice show numbers (2019-2020), and assisting with beginner level synchronized skating teams. She is thrilled to be a part of Red Line and share the love and lessons that come with synchronized skating with these awesome skaters. Coach Julia lives on the North side of Chicago while pursuing her degrees in Health Sciences and Spanish at DePaul University.

Workshop Information

Where: *Morgan Park Sports Center
11505 S. Western Ave
Chicago, IL 60643
773 – 945 – 6014*

When:	<u>Red Team</u> Age 7 - 12 / Passed Basic 3	<u>Blue Team</u> Age 8 - 13 / Passed Basic 6
<i>Sunday, September 13</i>	5:30 – 6:30 pm: 315141	7:00 – 8:00 pm: 315145
<i>Sunday, September 20</i>	5:30 – 6:30 pm: 315142	7:00 – 8:00 pm: 315144
<i>Sunday, September 27</i>	5:30 – 6:30 pm: 315143	7:00 – 8:00 pm: 315146

First practice: Sunday, October 4

Age: Based on skater's age as of July 1st, 2020

Important Note about age: For our younger team, we are requiring at least an age of 7, as we believe that most 7 year olds will be able to understand the importance of Social Distancing on the ice, to maintain everyone's safety. If you believe your child will struggle with maintaining physical distance from their teammates, we ask that you wait to join us until next season, when we hope to resume normal team practices.

*To determine which time slot you are eligible for, please read the Requirements and Workshop Skills on the following pages.

*Skaters will be evaluated based on age and level, and placed on the team applicable to their skills.

Try-Out Registration Fee

Registration: \$15.00 per skater/ea day

Register online at ChicagoParkDistrict.com, using the activity number listed above, or at the MPSC Business Office at least a half-hour before each on-ice session.

Team Results

Placement for each skater for the 2020-2021 season will be emailed to all skaters/parents by Wednesday, September 30th. **Please make sure a current email address is on your Chicago Park District account, when you sign up for Workshops.** Families are asked to respond to that email with their Decision of Intent by Saturday, October 10. Your first dues payment will be due on Thursday, October 15th.

Introductory Teams

Requirements & Workshop Skills

Red Team	Age 7 - 12 / Passed Basic 3
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Open to skaters meeting the following minimum requirements:

- All skaters must be at least 7 years old and in Basic 4 or above
- Must be currently taking a Morgan Park group class or private skating lessons
- No previous team experience is necessary

Skaters will be evaluated on the following skills:

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| <ul style="list-style-type: none">- Strong forward & backward pumps (L & R)- Forward & backward crossovers (L & R)- Spirals- Forward lunges | <ul style="list-style-type: none">- Snow Plow Stop- Forward Outside Edge 1-foot glides- Forward Inside Edge 1-foot glides- 2-Foot turns forward to backward, backward to forward |
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Skaters will also be evaluated on the following:

- The ability to learn and follow instructions
- The ability to skate and work well with others

Blue Team	Age 8 - 13 / Passed Basic 6
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Open to skaters meeting the following minimum requirements:

- All skaters must be at least 8 years old and in Pre-Free Skate or above
- Must be currently taking a Morgan Park group class or private skating lessons
- Previous team experience not required

Skaters will be evaluated on the following skills:

- | | |
|---|--|
| <ul style="list-style-type: none">- Strong forward & backward crossovers- Mohawks on a circle- Alternating Mohawks- Forward and backward lunges- Basic Skills Drills (Taught at Workshop)- 2-Foot Spin | <ul style="list-style-type: none">- Outside & Inside 3-turns (L & R)- Spirals- T-Stops- Power 3-turns- Basic Step Sequence (Taught at Workshop)- Half Flip Jump |
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Skaters will also be evaluated on the following:

- The ability to learn and follow instructions
- The ability to skate and work well with others

Skaters will not be expected to execute every maneuver perfectly, but they are expected to attempt each maneuver to the best of their ability. Skaters will be asked to execute these skills individually and in some cases team formations (circles, lines and blocks), while holding props to avoid physical contact.

Full Season Information

Team levels and practice schedule subject to change

Red Team (Approx Synchro Skills 1 ages and levels) and Blue Team (Approx Synchro Skills 2 ages and levels)

Practice Schedule

Fall - Spring	<u>Red Team</u>	Sundays – On Ice 5:30 – 6:30 pm	Tuesdays – Virtual Off-Ice 4:00 – 4:40 pm
	<u>Blue Team</u>	Sundays – On Ice 7:00 – 8:00 pm	Tuesdays – Virtual Off-Ice 5:00 – 5:40 pm

****Note: Practice times WILL CHANGE if/when restrictions get lifted.***

Yearly Dues

\$400.00

Covers: partial ice time costs, off-ice, and coaching fees.

Down payment of \$200.00, due October 15, 2020

Remainder payment of \$200.00 due December 1, 2020

Families will have the option to either pay in full at the time of enrollment (October 15, 2020) or take advantage of the payment plan option. If payers opt into the payment plan and have an email on file, they will get a reminder email five (5) business days before the due date. Payers will also have the option to have their card charged automatically on the due date.

Additional Expenses*

*IF restrictions lessen over the season, and allow our skaters to be able to start connecting during practice, we may look into the possibility of participating in a competition or ice show. If that happens, the following expenses may be collected:

Make-Up/Hair Supplies & Miscellaneous Fees	\$50
Practice Outfit	Approx. \$50 - \$80
Transpack Skate bag (Embroidery Optional)	\$26 - \$40
Competition Dress & Tights	Approx. \$125 - \$175
Team Jammin Jacket (Optional)	Approx \$135
Transportation to/from competitions	

Event Calendar 2020-2021

Event	Location	Date
Workshops	MPSC	September 13, 20 & 27
Virtual Team Building	Zoom - Online	October
Team Service Project	TBD	November - December
MPSC Holiday Decorating	MPSC	December
South Side Irish Parade (Covid Permitting)	Western Ave.	March 14, 2021
End-of-Season Party	MPSC or Zoom	April 2021
Ice Show (Covid Permitting)	MPSC	May 7 – 8, 2021*

*All events are tentative, based on city and state restrictions.

Synchronized Skating: Quick Key Facts

US Figure Skating (www.usfigureskating.org - go to Programs, then Synchronized)

- National synchronized skating program – there are 530 teams across the U.S.
- Program has been in existence for nearly 30 years
- Synchronized teams in the US can compete in 16 different levels according to the age and skill level of the skater
 - Synchro Skills 1, 2 or 3 (level based on age): Teams of 8-16 skaters; All ages; No synchro experience
 - Preliminary, Pre-Juvenile and Open Juvenile: Teams of 8-16 skaters; basic-advanced synchro experience
 - Juvenile, Intermediate and Novice: Teams of 12-20 skaters; advanced synchro experience
 - Junior and Senior: Teams of 16 skaters; these are the two most advanced levels in Synchro
 - Open Collegiate and Collegiate: College aged teams of 8-20 skaters who are Full Time college students
 - Open Adult and Adult: Teams of 8-20 skaters; 21 years or older
 - Masters: Teams of 12-20 skaters; Majority 30 years or older
- Some team levels compete regionally, nationally and internationally
- Teams consist of 8-20 skaters overall
- Team levels based on skill level: Stage in “Moves in the Field” tests
 - Require certain levels to have been passed in order to compete
 - Can take more than one try to pass each test
 - Footwork from Moves classes/tests are used in synchro
- Elements in synchronized skating include blocks, circles, wheels, lines, intersections, moves in the field, creative elements, no-hold step sequences, spins and pairs moves. With the skaters making the formations by utilizing different holds and steps while skating together as a team.

Mission Statement:

As the national governing body, the mission of U.S. Figure Skating is to provide programs to encourage participation and achievement in the sport of figure skating on ice. It has a membership of over 140,000 and is the recognized skating organization for the US Olympic Committee (USOC) and International Skating Union (ISU).