



Synchronized Skating Teams

For Skaters in Basic 5 and Up!

**2021 - 2022 Season
Try-Out Information**

Welcome to Chicago Red Line!

We are so excited to be starting a brand new, grassroots team, here at Morgan Park Sports Center. 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.

The coaching staff is looking forward to a fun 2021-2022 season and has ambitious goals for our future skaters. Our plan for this season is to host one of the new levels of synchro, called "Aspire Synchro". We hope to offer an opportunity for ANY skater that has a interest in synchronized skating.

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 try-outs and feel free to email any questions to the Synchro Director, Kathy Janik: KJanik@MorganParkSportsCenter.net

See you at try-outs!

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 Synchro and it's judging systems (6.0 & IJS) through seminars, readings, 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 with them (2002 – 2017), but namely 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 Synchronized Skating Team. Coach Janik strives to educate parents in the sport of synchro, holding multiple parent seminars and meetings throughout the year to explain team expectations, the basis of the 6.0 & IJS Judging systems, 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 lives in Oak Lawn with her partner Eliana, and their dog, Dexter.

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 Skokie Valley 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.

Bethany McHugh – Coach Bethany started her synchronized skating career when she was 9 years old and never looked back. Since then, she has skated for both the Wagon Wheel Starlets and Miami University in Oxford, Ohio, where she earned 8 medals nationally (4 of them gold) at the Junior, Senior and Collegiate levels. She also competed in many international competitions, including the 2002 Senior World Championships in Rouen, France, which is only attended by the top two teams in the country. Bethany has 12 years of synchronized skating coaching experience ranging from synchro skills to the collegiate level. She was an elementary school teacher for 8 years and has a master's degree in teacher leadership with an endorsement in special education, but is now enjoying spending time at home with her own children, Addelyn and Logan. She lives in Valparaiso, IN with her husband, TJ, and their kids.

Workshops and Try-Outs

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

When: Age* 7 - 16 / Passed Basic 5

Sunday, August 22 4:00 – 5:00 pm Registration Activity Number: 387169

Sunday, August 29 4:00 – 5:00 pm Registration Activity Number: 387170

First practice: Sunday, September 12, 2021

Age: Based on skater's age as of July 1st, 2021

Workshop Registration Fee

Registration: \$15.00 per skater/per session

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 Placement

This season the Chicago Red Line is planning on only fielding one Aspire Beginner team.

Any Skater who wishes to join the Chicago Red Line competitive team for the 2021-2022 season, must fill out and turn in the *Letter of Intent* (last page in this packet) and email it to the Synchro Director, Kathy Janik at KJanik@MorganParkSportsCenter.net by Wednesday, September 8th.

All skaters who submit their Letter of Intent will be emailed the *registration link* to make their first Dues payment, which will be due on Sunday, September 12, 2021.

Workshop Skill Requirements & Elements To Try

Open to skaters meeting the following minimum requirements:

- All skaters must be at least 7 years old and in Basic 5 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:

Skating Skills:

- Strong forward & backward pumps (L & R)
- Forward & backward crossovers (L & R)
- Snowplow Stops & T-Stops
- Forward Outside Edge 1-foot glides
- Forward Inside Edge 1-foot glides
- Basic Skills Drills (Taught at Workshop)

Turns:

- 2-Foot turns forward to backward, backward to forward
- Mohawks on a circle
- Alternating Mohawks
- Outside & Inside 3-turns (L & R)
- Power 3-turns
- Basic Step Sequence (Taught at Workshop)

Gliding Maneuvers:

- Spirals
- Forward Lunges
- Backward Lunges

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 trying out for these teams will not be expected to execute every maneuver perfectly, but they are expected to attempt each maneuver to the best of their ability. A skater's effort level is just as important as their current skill level.

Skaters will be asked to execute these skills individually and in team formations (circles, lines and blocks).

Full Season Information

Team levels and practice schedule subject to change

Aspire Beginner Synchro Team

*The 2021-22 season will be an entirely local season for the safety of the skaters and their families.

Practice Schedule

Fall - Spring Sundays: Aspire Beginner
4:30 – 5:30 pm Off-Ice
5:45 – 6:45 pm On-Ice

Yearly Dues

\$1,075.00

Covers: partial ice time costs, off-ice, coaching, competition entry fees (3 competitions).

Down payment of \$400.00, due at Fall Registration: August 24 – Sept 12, 2021

Second payment of \$337.50, due December 1, 2021

Remainder payment of \$337.50, due February 1, 2022.

Families will have the option to either pay in full at the time of enrollment (August 24, 2021) 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

Make-Up/Hair Supplies & Miscellaneous Fees	\$125
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 2021-2022

Event	Location	Date
Summer Workshops	MPSC	Sunday, August 22 4:00p Sunday, August 29 4:00p
First Team Practice	MPSC	Sunday, September 12 4:30 – 6:45 pm
Kick Off Exhibition	MPSC	November 7, 2021 6:15 pm
Autumn Classic	RecPlex Sports Complex Pleasant Prairie, WI	November 13, 2021
Synchro Illinois	Robert Crown Ice Center, Evanston, IL	January 22 - 23, 2022
Greater Chicagoland Basic Skills Championships	Robert Crown Ice Center, Evanston, IL	March 13, 2021*
End-of-Season Party	MPSC	April 2022*
Annual Ice Show	MPSC	April 30 – May 1, 2022*

*Tentative dates / TBD

Synchronized Skating at Morgan Park Sports Center: 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
 - Aspire Synchro (level based on age): Teams of 5-20 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).

Aspire Synchro Teams

Projecting to field 1 team in the Aspire Synchro levels, under the **Chicago Red Line** name.

Commitment:

- Practices:
 - Typically 1 time per week, at a consistent time
 - 45 minutes - 1 hour on the ice
 - 30 – 45 minutes off the ice
 - Extra on-ice practices occasionally added throughout the year based on need, and may be an additional cost.
- Competitive season runs November - March
 - 3-4 competitions during the season:
 - 3-4 local competitions with no overnight stay
 - There will be no travel competitions this seasons, requiring an overnight stay.
 - Competition times are weekends usually Friday after school or Saturday or Sunday
- Estimated costs per year:
 - \$1,075.00 Annual dues paid to the Morgan Park Sports Center Business Office or online.
 - \$125-150 Competition dress
 - \$50-200 Team clothing (for returning team skaters this cost is usually on the lower side)
 - \$125 Additional fees (i.e. hair and make-up costs, national competition practice ice, team building event with the whole organization)



The Red Line 2021-2022 Letter of Intent

My child is intending to skate on the 2021-2022 Aspire Beginner team.

By completing and signing this Letter of Intent, I agree to pay the full dues amount for The Red Line team, regardless of how many sessions are actually skated. I understand that in addition to the basic bill, there may be additional assessments to cover costumes, additional practice sessions, and other similar expenses. The basic bill and additional assessments will be team-specific. All bills must be paid as directed by The Red Line Informational Packet, unless otherwise arranged with management. All outstanding balances must be paid in full by the end of The Red Line 2021-2022 skating season.

I understand that by submitting this letter of intent, the Coaches and Synchro Director will place my skater on the team they are best qualified for. I additionally understand that the coaches have final decision-making authority relating to all matters which include, but are not limited to choreography, music selection, costumes, team assignments, the establishment of team rosters for competitions, competitions and special events, and team discipline.

In addition, I have received, read and fully understand the contents of the 2021-2022 Red Line Team Rules and Reminders. I agree to adhere to all practices and principals as defined in the Team Rules.

I additionally agree to allow my skater's picture to appear on The Red Line, Morgan Park Skate School, Morgan Park Sports Center and Chicago Park District websites and social media, in team publicity material, in newspaper articles, and any other similar material.

I understand that I must turn in a printed copy of this Letter of Intent to the MPSC Business Office **OR** email a photo/ photocopy of this letter to KJanik@MorganParkSportsCenter.net before Wednesday, September 8, 2021 11:59 pm., and I understand that by doing so, I agree to everything listed above.

In addition, I understand that the first instalment of dues payment must be submitted to the MPSC Business Office or online, on the Chicago Park District website via the link emailed to you by the Synchro Director by September 12, 2021.

Skaters Name: _____ Date of Birth: _____

Skater's Email: _____ Highest Level Passed: _____

Parent's Name(s) : _____

Parent (s) Email: _____

Skater's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____