

# **Intro to Synchro Clinics**

## **Sunday, January 7 | Hylo Park Arena**

### **Hosted by U.S. Figure Skating**

#### **Programming Overview and Participant Checklist**

This event is FREE to athletes who meet the criteria as outlined below and coaches who would like to observe! A special ticket offer to the 2024 U.S. Synchronized Skating Championships at Orleans Arena Feb. 21 – 24, 2024 will be available to participants!

#### **PROGRAMMING OVERVIEW**

##### **Intro to Synchro – Low**

*For skaters who have passed pre-preliminary – bronze skating skills.*

8:15 a.m. Check-In Opens

8:30 – 9:15 a.m. Off-Ice Clinic

An off-ice introduction to synchro fundamentals and team building so we can maximize the exploration of skills on the ice. Learn different types of synchro holds and the basic shapes that will be used in the on-ice portion of the clinic. Get to know what it's like to work with a team to set goals and work collaboratively with others both on and off the ice.

9:15 – 9:30 Skates on!

9:30 – 10:30 On-Ice Clinic

We'll start to warm up basic skating skills with a focus on use of proper edges, generation of power, and body awareness. We'll then use those skills to do connected and disconnected synchro elements from the preliminary and pre-juvenile team levels: intersection element, traveling element, line, and pivoting block.

10:30 skates off and skater pickup!

##### **Intro to Synchro – High**

*For skaters who are working on or passed bronze – gold skating skills.*

10:15 Check-In Begins

10:30 – 11:30 On-Ice Clinic

Warm up with skill drills that focus on edge control, generation of power, and body awareness including stroking and connected turn drills. We'll then use those skills to do connected and disconnected synchro elements from the open juvenile and intermediate team levels: intersection element, traveling element, no hold element.

11:30 – 11:45 Skates off & snack break!

11:45 – 12:15 Off-Ice Clinic 2 – Synchro “Tricks” and Team Building

Spend time learning about how to work together as a team through team building games. Explore more advanced synchro tricks such as cartwheels, faults, and basic lifts.

12:15 p.m. skater pickup!

##### **Coaches Track**

*Open to all local coaches.*

Coaches are welcome to attend all portions of either clinic, including on-ice!

## **PARTICIPANT CHECKLIST**

- Complete the pre-registration form by clicking [HERE](#).
  - While this clinic is free, we do ask that all attendees complete the pre-registration form so we can tailor the clinic to the athletes present. Walk-ups are welcome but will be asked to complete the registration form on-site.
- On clinic day, come dressed according to the checklist below to best support connected maneuvers:
  - Fitted pants, leggings, or tights with a skirt. No yoga pants or flared leggings.
  - Fitted shirt and/or jacket/vest. Avoid anything that is puffy or has a hood.
  - No long earrings, studs are ok.
  - No gloves during connected maneuvers.
- Skaters are encouraged to bring water and tissues.

## **CLINIC STAFF**

### **Megan Romeo**

*Team USA synchronized skating alumni and former U.S. Synchro Championships competitor*

In 2009 I was a founding member of the synchronized skating organization in my hometown in New York. After supporting their growth from one team to four over the course of three years, I was hooked on synchro which led me to continue skating in college. While I pursued my degree in Early Childhood Education, I was a member of the Miami University Varsity Synchronized Skating teams and was lucky enough to represent Team USA internationally with them. After graduating I remained on campus to complete my Master of Education degree and continued on the coaching side of synchro, working with the open collegiate club team and local youth synchro teams on campus. In 2017 I began working for U.S. Figure Skating headquarters as the synchronized skating lead in the Events Department, primarily focused on the annual organization of the U.S. Synchronized Skating Championships. Teaching people about the incredible discipline of synchro has been a passion of mine since I started in the sport and I'm excited to show Vegas what synchro is all about!

## **FACILITY INFORMATION**

Hylo Park Arena (formerly Pepsi Ice Arena)  
2400 N Rancho Dr.  
Las Vegas, NV 89130

## **ADDITIONAL RESOURCES**

- [2024 U.S. Synchro Championships Website](#)
- [Synchronized Skating Overview](#)
- [Synchronized Skating Historical Timeline](#)
- [Synchro Team Definitions](#)
- [Synchronized Skating Rules & Resources](#)