

# *Synchro Day 2016*

*with special guest coach, Jessica Brown*

*Hosted by the Wolfville Skating Club, sanctioned by Skate Canada Nova Scotia*

Friday, November 11, 2016

9 am to 3 pm

Hants Exhibition Arena, Windsor

A bit about Jessica...



Jessica is an NCCP Level 3 Certified coach. She coaches all disciplines and levels of figure skating and has been coaching with Gold Ice since 2006.

Her achievements as a synchronized skater include several world and international medals with Gold Ice Junior and was a National Team Member with Skate Canada for 3 years. She enjoys working with skaters of all ages and abilities and loves passing on her passion and knowledge of the sport to all her teams.

In 2007 Jessica coached the Gold Ice Novice competitive team to a Silver medal performance at nationals in her first year of coaching. The next season her Novice competitive team won the National Championships. Over the past 9 years, Jessica has been able to coach various Gold Ice teams to Regional and National titles each and every season. In 2009 she brought several Gold Ice alumni out of retirement to form the Open team which has since won 2 silver and 4 bronze medals at the Skate Canada Synchronized Skating Championships.

Sessions include:

- An on-ice warm-up with the Acadia Axe-Elles
- Technical lessons with Jessica focusing on wheels, blocks, intersections, lines, circles, and no hold elements
- A monitoring session of your team's completed or partially completed program with Jessica (programs will also be video taped and then emailed to technical specialist, Kaitie McVey, the coach and Kaitie will then go over the technical aspects of the program)
- Off ice sessions looking at pre, during, and post competition nutrition for parents and skaters (TNETATIVE)
- Off ice sessions focusing on flexibility for spirals, spread eagles, and Ina Bauers (TENTATIVE)

## TENTATIVE On-Ice Schedule

Time	Session	Who Participates
9:00 am – 9:20 am	An on-ice synchro warm-up	Everyone
9:20 am – 9:50 am	Beginner Stroking	Beginner 1 & 2, Elementary
9:50 am – 10:30 am	Advanced Stroking	Juvenile & above
10:30 am – 10:50 am	Pivoting Block	Juvenile & above
10:50 am – 11:00 am	FLOOD	
11:00 am – 11:40 am	Blocks, Wheels, and Circles	Beginner 1 & 2, Elementary
11:40 am – 12:00 pm	Lines and Intersections	Beginner 1 & 2, Elementary
12:00 pm – 12:30 pm	Travelling Wheel and Intersections	Juvenile & above
12:30 pm – 12:50 pm	No hold element and turns in synchro	Juvenile & above
12:50 pm – 1:00 pm	FLOOD	
1:00 pm – 2:50 pm	Monitoring	Everyone

### Team and Skater Fees

Beginner 1 & 2, Elementary	\$150
Juvenile & above	\$175
Individual Skaters	\$20
Coaches	FREE

\*Fees must be paid in full for a team to be registered.

### Application Information

Applications are due by **November 4, 2016**. Applications can be emailed to [synchroday@gmail.com](mailto:synchroday@gmail.com) or mailed to:

Fallis Thompson  
ASU Box 6932  
Wolfville, NS  
B4P 2R5

If you have any questions, please contact Fallis Thompson directly at [synchroday@gmail.com](mailto:synchroday@gmail.com) or 902-240-5046.

### Accommodation

If your team is looking for a place to stay on Thursday night, the Super 8 in Windsor is down the road from the arena. Their rate is around \$125 per night and they can be reached at (902) 792-8888.