



# Synchronized Skating Teams

## What is Synchronized Skating?

Synchronized skating is the newest and fastest growing segment in the sport of figure skating. It began at the University of Michigan in the late 1950 's and has grown to become an international sport. Synchronized teams range in level from beginner to advanced senior teams. Teams consist of 8 to 24 members, skating in unison to a program choreographed to music. Programs are performed in front of judges at competitions, or at exhibitions such as ice shows. The teams also perform during intermissions at hockey games.

## How can I join the National Blades Synchronized Skating Teams?

The National Blades were established in 1997 and are entering their 15<sup>th</sup> year of earning medals and making memories!

To join at our beginning level you must be actively taking lessons at the basic 4-5 level of your learn to skate program. Skaters may come to one of our team workshops or if they believe they have the skills, can try out any time for the team that fits their age and skating level. All skaters who are National Blades Members are required to also be actively taking lessons to improve their skills.

The National Blades will be hosting try outs and workshops throughout February March and April 2012. We will also be holding two summer synchronized team camps. **Please check our website** [www.nationalblades.org](http://www.nationalblades.org) or see our flyers for times, dates and locations. **Please direct all inquiries to:** Coach Teresa Yuengert [bladesnboots@aol.com](mailto:bladesnboots@aol.com)

## Information on NBSS Coaches:

**Teresa Yuengert:** NBSS team owner, program administrator & head coach. 13 years as USFS and PSA registered/accredited coach for synchronized skating and singles skating. Former regional competitor in singles & synchronized skating. Member of the USFS honor roll for synchronized skating coaches. Coach of 2006 Eastern Sectional gold medalist team, pre juvenile division. Teresa is also a registered Diagnostic Medical Sonographer and works part- time performing sonograms.

**Laurie Bates:** USFS Gold Medalist in Ice Dancing, Silver Medalist in Free Dance and has completed her Novice level Free Skate and 5th Figure level tests. Laurie has taught for over 25 years and is a former Regional and Sectional Competitor. Laurie has also taught power skating classes for both figure skaters and hockey players.

**Katrina Douglass:** Thirteen years skating experience as a member of the Skating Club of Lake Placid, Katrina has, Junior Freestyle, Gold Dance, Senior Moves and Junior Free Dance to her credit. She has been a instructor/director of synchronized skating camp at Lake Placid New York and worked as a team leader at the USFS National Synchronized Skating Training Festival. She is skating director at the Haymarket Iceplex and is a physical education teacher with Prince William County Schools.

**Carly Hambley:** Ten years of competitive figure skating experience with the Cantiague Figure Skating Club of New York. Six years of coaching experience in New York, Virginia, and Colorado, to include Moves in the Field, freestyle, choreography, and synchronized skating. Carly specializes in off-ice and on-ice strength and conditioning. She is a former free skate medalist at the Sectional level.

**Meredith Moran:** Meredith became a member of Team Elan Senior team at age 14. She attended Miami University in Oxford, Ohio, and was a member of Miami's Senior Synchronized Skating Team all four years, including the 2006 US National Champion Miami Senior Team that captured 4th place at the World Synchronized Skating Championships in Prague. She has a gold medal in moves in the field and dance. Graduating with a major in exercise science, Meredith completed her education and has become a licensed physician's assistant..