

FREQUENTLY ASKED QUESTIONS

What are the team levels?

Each team level has a different set of requirements as specified by US Figure Skating:

Team Level	Age (as of July 1)	USFS Moves in the Field test requirement	CP Ice Moves in the Field test recommendation
Synchro Skills 1	Any age Majority under 9	No test required (no higher than Preliminary MIF)	No test
Synchro Skills 2	Any age Majority 9-11	No test required (no higher than Preliminary MIF)	No test
Synchro Skills 3	Any age Majority 12+	No test required (no higher than Preliminary MIF)	No test
Preliminary	Under 12 Majority under 10	No test required	Pre-Preliminary MIF
Pre-Juvenile	Any age Majority under 13	No test required	Preliminary MIF
Open Juvenile	Under 20	Pre-Preliminary MIF required	Pre-Juvenile MIF
Juvenile	Under 13	Pre-Juvenile MIF required	Juvenile MIF
Intermediate	Under 18	Juvenile MIF required	Intermediate MIF

**Please note that we will not be fielding teams at all of these levels. We will decide on the appropriate team levels after evaluating skaters at tryouts.*

What is the weekly schedule for CP Ice?

Practice schedules will depend on the skater's team level. Our 2019-2020 season schedule consisted of:

Intermediate team

Saturdays - 6:00-7:50a on-ice, 8:00-9:00a off-ice - Chelsea Piers

Sundays - 2:30-6:30p - Ice House

Open Juvenile team

Saturdays - 7:00-7:50a on-ice, 8:00-9:00a off-ice - Chelsea Piers

Sundays - 6:00-7:50a on-ice, 8:00-9:00a off-ice - Chelsea Piers

Pre-Juvenile team

Sundays - 7:00-7:20a off-ice, 7:30-8:50a on-ice, 9:00-10:00a off-ice - Chelsea Piers

Synchro Skills teams

Sundays - 9:00-9:50a on-ice, 10:00-10:30a off-ice - Chelsea Piers

All Skaters (optional practices)

Thursdays - 6:30-7:30a - Skills & Drills - Bryant Park

We have additional/extended practices before major competitions, all of which are outlined in your team contract at the start of the season.

I've never skated synchro before. Can I still try out for a team?

Absolutely! All of our skaters were new to the sport at some point, and they are very enthusiastic to welcome new members to the team. We recommend attending the clinic for your skating level before your tryout date so that you can become comfortable with the synchro elements and style of skating.

Can I still make progress in my individual skating if I skate synchro?

Yes! In fact, we've seen that most of our skaters make MORE progress while skating synchro than they would have otherwise. Simply put, they spend more time on the ice, focus on strength and extension, and become more comfortable performing in front of large groups. Additionally, they are often more motivated to continue setting goals and passing tests when they see their teammates moving through the levels.

What is the synchro "season"?

Our practices run from September to mid-February, with pre-season practices in May and June, and a choreography boot camp for most teams in August. Most competitions are scheduled for November through February. In March, we start clinics and tryouts for the following season. Many of our skaters plan on taking advantage of the summer synchro opportunities offered by US Figure Skating.

Where do you practice?

We train in New York City at Sky Rink at Chelsea Piers and Bryant Park. Our IJS qualifying-level teams also train at Ice House in Hackensack. Families generally carpool or take a team bus to out of town competitions.

Where do you compete and perform?

We compete across the Northeast! In the past few seasons, we have traveled to Connecticut, Massachusetts, Virginia, upstate New York, and even have a competition at our home rink in NYC. In addition, we often to perform at some of the most beautiful rinks in the city and have had multiple TV appearances.

How much travel is involved?

Our teams compete in 4-5 competitions during the season, some of which require an overnight stay. Traveling with friends and teammates is a very memorable part of the CP Ice experience!