

## ICE REFLECTIONS



# HUNTER ICE SKATING CLUB SYNCHRONISED SKATING TEAM

Ice Reflections established 2003

### **What is Synchro?**

A team sport where skaters perform technical elements to music in a choreographed program. It is fun, dynamic and great for fitness & improving your skating skills.

**Coach:** Lara Matskel  
Mobile: 0411 242 949  
Email: [lara.matskel@gmail.com](mailto:lara.matskel@gmail.com)

**Team Manager:** Terri Probert  
Mobile: 0401 014 114  
Email: [synchrorep@hisc.com.au](mailto:synchrorep@hisc.com.au)

### **Training**

Where: Hunter Ice Skating Stadium @ Warners Bay  
When: Thursday night 5:45 – 6:45pm and Sunday morning 6:00 – 8:00am  
Cost: \$25 per skater per session (covers coaching costs & ice time)

### **Proposed 2020 Competitions – Mixed Age Division**



#### **Sydney Synch Festival**

Friday 28 August to Sunday 30 August 2020  
Macquarie Ice Rink – Macquarie Park, Sydney



#### **NSW State Championship**

Saturday 03 to Monday 05 October 2020  
Hunter Ice Skating Stadium, Warners Bay



#### **Australian Figure Skating Championships (depending on results)**

To be held in Brisbane from Saturday 28 November to Friday 04 December 2020 (only attend on the dates of official practice and competition depending on the draw)

Competition costs include entry fees, coaching fees, competition dress / outfit, team jacket, travel & accommodation (these will be reduced in 2020 as we will be competing at our home rink for States).

### **What do you need?**

Memberships: Hunter Ice Skating Club \$80 (required to start training)  
NSWISA \$145 (paid prior to competition entry)

What to wear: Black training pants / tights, T-shirt & jacket (no hoodies)  
Dangly earrings/jewelry and gloves are not advised

**Need more information or want to give it a try, contact Terri for more details.**

**Follow us on Facebook @icereflections**

