

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.

Ice Reflections are currently seeking members to join our team.

Coach: Lara Matskel Mobile: 0411 242 949 Email: lara.matskel@gmail.com

Team Managers: Michelle Lantz Mobile: 0400 231 238 Email: grievanceofficer@hisc.com.au

Terri Probert Mobile: 0401 014 114 Email: synchrorep@hisc.com.au

Training

Where: Hunter Ice Skating Stadium @ Warners Bay
When: Sunday morning 7:15 – 8:15am
Cost: \$25 per skater per session (covers coaching costs & ice time)

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/jewellery and gloves are not advised

Proposed 2022 Competitions – Mixed Age Division



Sydney Synch Festival

Date / Time: TBC
Venue: TBC



NSW State Championship

Date / Time: TBC
Venue: TBC



Australian Figure Skating Championships (*depending on results*)

Date / Time: TBC
Venue: TBC
(Only attend on dates of official practice and competition depending on the draw)

Competition costs include entry fees, coaching fees, competition dress / outfit, team jacket, travel & accommodation.

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

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