

What is Synchronized Skating?

Synchronized skating is an exciting team sport in which 8-20 skaters perform a free skate program with speed, unison, intricate formations and challenging step sequences. It combines aspects of singles, pairs and ice dancing into team routines. Synchro is the fastest growing discipline in figure skating, with more than 500 teams and 8,000 skaters competing in the U.S., and 20 countries competing worldwide. It is sanctioned by United States Figure Skating (USFS) and the International Skating Union (ISU), and is a growing collegiate sport.

Who are the Capitol Steps?

Since 1978, the Capitol Steps organization has been fielding USFS qualifying and non-qualifying teams representing the Skating Club of Northern Virginia. Our teams range from beginner to advanced and draw skaters from all over the Metropolitan, DC, area. Our coaching professionals are all experienced synchro skaters who have competed regionally, nationally and, in some cases, internationally.

Team practice: Saturday mornings and some Sunday mornings, mid-August through early March, at the Kettler Capitals IcePlex in Arlington, VA, and Cabin John Ice Rink in Rockville, MD.

What Skating Level does my child need to be?

Ages: 6-19

Minimum level: Basic 6/Delta. Backward crossovers are necessary.

Weekly lessons: Depending on team level, each skater should also participate in group/private lessons and practice their individual skills 1-3 hours per week.

Moves in the Field (MIF): Teams above the Beginner level have varying MIF requirements. Skaters should work with their private coaches to improve their skills and pass MIF tests.

Ice Dance: Higher level teams benefit from skaters taking lessons in ice dance.

Where are the Competitions and Exhibitions?

Schedules and travel vary every year. Local events for 2009-10 included Ice Champions Live, an event to benefit the Michael Weiss Foundation; the Capitol Critique; holiday shows at various area rinks; and Washington Area Synchronized Skating Send-offs. In addition, teams travel each season to non-local competitions, including those in Cape Cod, MA, Lowell, MA, Hershey, PA, and to Easterns and Nationals. Our non-travel Exhibition team attends local events and ISI/USFS competitions in the spring.

What Happens at Team Selections?

The Capitol Steps hold Skate-With-Us events throughout the year and annual Open House/Workshops in February and March. During Team Selections in April, coaches assess all skaters and determine team levels and skater placement. Some teams stay open until August to allow for roster expansion.

How much does Synchro cost?

There are many costs associated with synchronized skating. Annual fees depend on the number of teams, number of skaters and team levels, and factor in the cost of ice, coaches, costumes, competitions, travel and more. Please ask for more detailed information.

Website: www.Capitol-Steps.org

Coaches' email: Coach@capitol-steps.org

