



Synchronized team skating involves a team of 8 – 20 athletes performing together. It is a highly technical form of figure skating characterized by speed, accuracy, intricate formations and transitions.

Philadelphia Symmetry

In the fall of 2004 with the help of some enthusiastic parents and coaches at Wissahickon Skating Club, Philadelphia Symmetry, Philadelphia's first competitive synchronized skating team, was born. It has been with this strong commitment from our coaches – Ashleigh Renard and Lisa Nowak Spearing that this team has managed to grow. In just four years Philadelphia Symmetry grew from one to three competitive teams, and from 12 to 44 skaters ranging in age from 7- 16 years old. Our 2007/2008 season, is an exciting year with our Beginner team advancing to a Preliminary level and our Open Juvenile team advancing to an Intermediate qualifying level. We also have our gold medal, Pre-Juvenile team and a Learn to Synchro class for the beginning skaters.

Our skaters have found synchronized skating to be very rewarding as they make new friends, improve their own skating skills, and travel to different cities. As a team they share their love of the sport and stand united in their successes and disappointments. Their greatest successes have come from dedication, hard work, self-discipline, and perseverance.

Our Preliminary, Pre-Juvenile and Intermediate teams will all compete in several competitions and perform at various exhibitions in the area.



For more information contact one of our coaches:

Ashleigh Renard 267-614-5657

ashleighrenard@gmail.com or

Lisa Nowak Spearing 267-549-1720

lnowaksk8@comcast.net or

go to our website:

www.philadelphiasymmetry.org

Wissahickon Skating Club
550 W. Willow Grove Ave.
Philadelphia, PA 19118
(215) 247-1759



SYNCHRONIZED SKATING TEAMS

representing

The Wissahickon Skating Club



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Synchronized Technical Elements

CIRCLE - There are several variations of the circle, as it can be skated in one circle, several circles or a circle inside a circle. The shape should be round and spacing between skates should be even. There should not be any visible pulling or tugging between skaters. Features that increase the difficulty include step sequences, changes of hold, traveling and changes of rotation.

BLOCK - An element where the skaters are arranged in a minimum of three lines and a maximum of five lines. It may be skaters on a straight line, diagonal, curved or circular pattern and teams should cover the entire ice surface. The lines of skaters should be straight and all of the skaters evenly spaced. Features that make block increase in difficulty are step sequences, changes of hold and changes of configuration.

LINE - There are several variations of the line. It can be skated in one straight line, parallel lines, diagonal lines, etc. Teams may skate two different formations in their line element, providing they are continuous and each cover 1/2 of the ice. Features increasing the difficulty include step sequences and changes of hold.

WHEEL - An element where all of the skaters rotate around a common center point. It can be done in many different formations including 2, 3, 4 and 5 spoke wheels and parallel wheels. Wheels must revolve a minimum of 360 degrees, and teams can have up to two continuous shapes in their wheel element. All spokes of the wheel should be straight and the lean of the skaters should be in the same direction. Teams increase difficulty by including step sequences, changes or hold and direction and by traveling the formation.

INTERSECTION - Any element where one half of the team intersects the other half of the team. Skaters may do turns, steps, dance jumps or free skating movements at the point of intersection to increase the difficulty.

Philadelphia Symmetry Coaches



Ashleigh Renard

WSC Director of Synchronized Skating is a Skate Canada Double Gold Medallist with over 15 years of competitive Synchronized Skating Experience, and she competed at Nationals multiple times as a Novice, Junior and Senior. She has 7 years experience teaching Synchro. She has a degree in Exercise Physiology and her PSA Coaching Ratings include Master Sports Science and Certified Synchronized Team Instructor. Ashleigh is excited about the growth of Philadelphia Symmetry and hopes that more skaters can experience the excitement and camaraderie of Synchronized Skating. Email: ashleighrenard@gmail.com



Regina Woodward Barr

has 14 years coaching experience. She was an Olympic and World competitor in ice dancing. She was Hungarian National Champion as well as a national and international competitor for the United States. She is a USFSA and PSA member with ratings in dance, moves in the field and freestyle. Regina enjoys sharing her skating knowledge and wants all skaters to have fun while working to be their best. Email: reginabarr@comcast.net



Lisa Nowak

has 22 years of coaching experience, 15 of those years in synchronized skating. She has Professional Skaters Association (PSA) Coaching Certified Ratings in Figures, Freestyle, Moves in the Field, and Senior Sports Science & Medicine. She was a competitive skater for 8 years and performed in theatrical ice shows for 2 years. Lisa is dedicated to the overall advancement of her skaters by improving their skating ability as well as their self-esteem. She coaches the Pre-Juvenile and Beginner Teams. Email: lnowaksk8@comcast.net



Logan Renard

is a Skate Canada Triple Gold Medalist with 6 years of coaching experience. She has 14 years of both synchronized skating and freestyle competitive experience. She has competed at the National level multiple times for synchronized skating. Logan is a Western Canadian Gold medalist for synchronized skating as well as a two-time Sectional champion for the Pre-Novice level. She is First-Aid, partial Skate Canada Level 1 and PSA certified. Logan is excited to share her skating experience with young skaters, encouraging them to have fun while working towards the competitive and personal goals they set for themselves. Email: loganrenard@hotmail.com



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