

About the Coaches

Kate Shoemaker-Miller

Kate is the coach and director of the Ice Force Synchronized Skating Teams. This is her 14th year coaching synchronized skating and her 11th year with SDFSC. Under Kate's guidance, the Ice Force synchronized skating program has expanded from 9 skaters in 1999 to 50 skaters in 2009. She has coached teams in the Beginner, Pre-Juvenile, Open Juvenile, Open Junior, Intermediate, Adult, and Open Adult divisions. The Ice Force teams have won numerous medals at regional and sectional competitions. Kate skated for 5 years in the junior level and 4 years at the senior level with the University of Delaware Precisionaires. She competed in 8 National Synchronized Skating Championships. She is a member of PSA.

Christy Lemoine

Christy has been involved in synchronized skating for 9 years. She is the current coach of the Ice Force Beginner team and taught an Open Adult team in 2006-2007. Christy is the footwork coach for the Open Juvenile and Open Junior teams. She handles the footwork choreography and teaching of all step sequences for those teams. Christy and Jessica teach the Ice Force Footwork Clinics for all four of our teams.

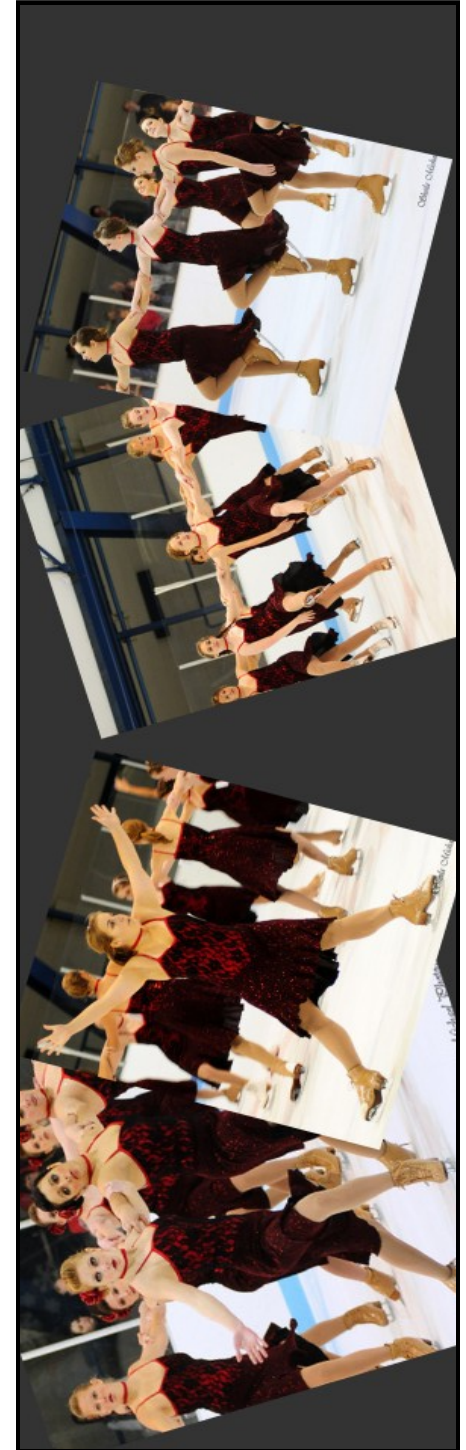
Jessica Lemoine

This will be Jessica's third season assisting with the Ice Force Synchronized Skating Teams. She skated on the Ice Force Open Junior team for 3 years. Jessica recently passed her first PSA oral ratings exams and now holds the Registered Dance, Registered Moves in the Field and Registered Sports Science Ratings. She has also passed her Senior Moves in the Field, Junior Free Skating, Gold Dances, 1st Figures, and Intermediate Free Dance.

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ICE FORCE SYNCHRONIZED SKATING TEAMS



2010-2011 SEASON

KETTERING, OHIO



What is Synchronized Skating?

Synchronized Skating involves a team of at least 8 skaters who are on the ice at the same time and move as one unit. The team performs a program set to music that includes required elements. Highlighted skating skills include speed, intricate footwork, and presentation. Synchronized Skating is the fastest growing discipline within U.S. Figure Skating.



Open Practices

Do you want to try synchronized skating? Please join the Ice Force Synchronized Skating teams for open practices. Come skate with the teams and learn some of the basic elements that the Ice Force Teams use in their programs. **Open Practices will be held in March.**

Saturdays: 3/20 and 3/27

Sundays: 3/21 and 3/28



Accepting skaters for the 2010-2011 season

Please contact Kate Shoemaker-Miller: kate_shoemaker@yahoo.com

2009-2010 Practice Schedule

August 2009 - March 2010

Beginner: A team consisting of 8-16 skaters, any age. Minimum skill requirement: Basic Skills 5.

Saturdays: 8:30-9:50 am

Pre-Juvenile: A team consisting of 8-12 skaters. The majority of the team must be under 12 as of 7/01/10. Skaters should be working on the Pre-Preliminary moves in the field test.

Sundays: 5:40-7:10 pm

Open Juvenile: A team consisting of 8-12 skaters. The majority of the team must be under 19 as of 7/01/10. All skaters must have passed Preliminary moves in the field test.

Saturdays: 8:00-10:00 am

Intermediate: A team consisting of 12-20 skaters, under the age of 18 as of 7/01/10. All skaters must have passed Juvenile moves in the field test.

Saturdays: 8:00-9:00 am

Sundays: 5:40-7:30 pm

Ice Force Open Practices

Beginner: Saturdays, March 20 & 27
9:00-9:50 am

Pre-Juvenile: Sundays, March 21 & 28
5:40-6:30 pm

Open Juvenile: Saturdays, March 20 & 27
9:00-9:50 am

Intermediate: Sundays, March 21 & 28
5:40-6:30 pm



Photo by: Sheila Michael

Cost includes:

All ice fees, competition entry fees, coaching fees, music fees, competition dress, 2 pairs of tights, fleece jacket, t-shirt, warm-up pants, practice dress, and team scarf

****The cost for each team will be determined by the number of skaters on each team. A projected budget will be included in the team information packet.**

2009-2010 Competition Schedule

11/21/09

Kalamazoo Kick Off Classic

Kalamazoo, MI

12/05/09

Dr. Porter

Ann Arbor, MI

01/23/10

Mid-America Synchronized Championships

Fraser, MI

02/13/10

Tri State Synchronized Championships

Kalamazoo, MI

Visit our website at www.iceforcesynchro.org