



OVERVIEW

of Synchro St. Louis-Metro Edge

Metro Edge FSC started its formation program with only sixteen skaters in the Webster Groves Ice Arena skating school in 1996. Since its inception, the program has grown to seven teams with over eighty skaters. All the teams participate in either ISI, Ice Skating Institute, or U.S. Figure Skating (USFS) venues. The teams have competed at both the developmental and competitive levels. The program currently has four teams at various levels and its numbers continue to grow.

Teams include eight to twenty skaters ranging in ages from four to eighteen years old. Team structures vary based on skill levels. The teams have consistently placed in the top three at regional competitions and continue to receive recognition on the national level.

WHY SKATE *on a team?*



Skating on a synchro team brings skaters of all ages the benefits of organized team sports:

- The skaters learn how to work as a member of a team
- Learn how to win and lose with grace
- And gives them opportunities to socialize with peers in a structured activity.
- Most importantly, the skaters form long-lasting friendships!

Synchronized Skating Teams compete at various levels--ranging from USFS Qualifying Teams to beginning Formation Level teams. Skaters are placed on teams based on age and skill level. The teams learn skating routines to music. The routines includes various elements, such as pinwheels, circles, lines, blocks, etc--also included is skating skills and the formation team focuses on marching on ice. Synchro St. Louis always stresses the importance of basics such as unison, straight lines, correct holds--and making friends and having a GREAT TIME. The teams compete in local St. Louis area competitions, and some of our older, competitive teams travel to out-of-state competitions.

If your skater has passed the ALPHA level in the learn-to-skate program at the Webster Ice Arena, then your skater can join the formation team--that's the beginning team. For more information, be sure to log on to our website at: www.metroedgefsc.org or call (314) 822-9928.