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# Delaware Synchronized Skating



*a lifelong passion*



## A LIFELONG PASSION

Delaware Synchronized Skating is about having **PASSION** what for what you do no matter what age or skating level. It's about pushing yourself further than you think you can go in your personal goals, as well as the team's goals.

We are about loving what you do, loving those that are sharing the sport with you, striving to be the very best you can be, as well as becoming a better person through the work that you put into your team and the program.

We always believe that reaching out to the community in the name of our program not only builds character on the ice, but gives us life skills that we can take with us in other areas of our lives. We have contributed to the Make-A-Wish Foundation, various cancer events including Relay for Life, Cool Kids Campaign, Pockets Full of Hope and the Hurricane Relief Fund.

At Delaware, Synchronized Skating enhances each and every one of our skater's lives by offering a place for our skaters to make lifelong friendships, learn about teamwork and cooperation, travel to different places and meet a diverse group of people, as well developing life skills such as time management, a solid work ethic and integrity.

What's great about Delaware is you can skate at any age and at any level. You can experience beginner level synchronized skating as a child and as an adult, as well as advance through the levels and earn a spot on our senior team who hopes one day to travel internationally representing the U.S. at international competition.

Delaware Synchronized Skating is a place where skaters can grow in a fun, yet hard working environment. We offer a place for skaters who want to start and continue their own.... lifelong passion.

Megan O'Donnell  
Synchronized Skating  
Director

a lifelong passion . . .



## Beginner 1

A team of 8-16 skaters. No skater may have passed higher than preliminary in any discipline, and the majority of the team must be no test. The majority of the team must be under 9. Our beginner team typically practices once a week and attends 1-2 competitions out of state and several local exhibitions.



## Preliminary

A team of 8-16 skaters. Skaters must be under 12, with the majority of the team under 10. We look for skaters involved in private lessons, working toward their pre-preliminary moves in the field. Our Preliminary team typically practices once a week and attends 3-4 competitions out of state and several local exhibitions.



*"I like synchro because we work hard and have fun together!"*

-HALEY ALIOTO  
PRELIMINARY  
TEAM

## Juvenile

A team of 12-20 skaters. Skaters must be under 13 and have passed the preliminary moves in the field test.

## Intermediate

A team of 12-20 skaters. Skaters must be under 18 and have passed the pre juvenile moves in the field test.



## Novice

A team of 12-20 skaters. Skaters must be under 18 and have passed the juvenile moves in the field test. Depending upon the level we offer for a particular season, our Juvenile, Novice or Intermediate team typically practice once a week and attend 4-5 competitions out of state and several local exhibitions.



## Open Adult

A team or 8-12 skaters. The majority of the team must be 19 years or older. Our Open Adult team typically practices once a week and attends 3-4 competitions out of state and several local exhibitions.



## Masters

A team or 12-20 skaters. All skaters must be 25 years or older, with the majority of the team 35 years or older. Our Masters team typically practices once a week and attends 4 competitions out of state and several local exhibitions.



2009 NATIONAL TEAM MEMBERS

## Adult

A team or 12-20 skaters. All skaters must be 21 years or older, with the majority of the team 25 years or older. All skaters must have passed at least one of the following tests: preliminary moves in the field, adult bronze moves in the field, preliminary figure or preliminary dance. Our Adult team typically practices once a week and attends 4 competitions out of state and several local exhibitions.



2009 NATIONAL TEAM MEMBERS

2008  
National  
Bronze  
Medalists



2009 NATIONAL TEAM MEMBERS

"Skating on the Juvenile team has been a great leap for me! It challenges me to do my best for the team."

- HUNTER WITHERS, JUVENILE TEAM

"We have bonded as true teammates and friends, supporting each other on and off the ice."

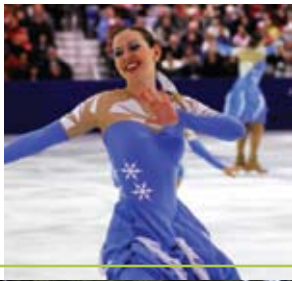
- ANNE HUMPHREY, OPEN ADULT TEAM

## Senior

A team of 16 skaters. Skaters must be at least 14 years old and have passed the novice moves in the field test. Our Senior team typically practices twice a week and attends 5-6 competitions out of state and several local exhibitions.



2009 NATIONAL TEAM MEMBERS



## Collegiate

A team of 12-20 skaters. Skaters must be enrolled in a college or degree program as full-time University of Delaware students and have passed the intermediate moves in the field test or higher. Our Collegiate team typically practices twice a week and attends 5-6 competitions out of state and several local exhibitions. All skaters must be full time students of the University of Delaware.



2009 NATIONAL TEAM MEMBERS

*"Because I skate for Delaware Synchro, I truly experience the beauty, skill, and power involved in this sport of Synchronized skating; it has enhanced my life in a way that is incomparable."*

-JODY RUSSON,  
COLLEGIATE & SENIOR TEAM



## Contact Us

Any questions regarding Delaware Synchronized Skating, please contact Megan O'Donnell, Synchronized Skating Director via email at: [megano@udel.edu](mailto:megano@udel.edu)

2008 National Silver Medalist