

La Furia Coaching Staff

Debbie Minter PSA Master-rated Synchro Coach, USFSA quad gold medallist, National Synchro coach

Stefano Stangalini PSA Master-rated Dance Coach, PSA certified Synchro and Moves Coach, Italian National Professional Dance Champion, National Synchro Coach

Jamy Wetzel Little National Synchro Coach, USFSA double gold medallist, principal skater with Disney on Ice

Dan Rudnicki National Synchro Coach, Head Coach of CU Collegiate synchro team, principal character skater with Disney on Ice

Fiona Rudnicki National Synchro Coach, skater with Disney on Ice.

Invited Guest Coaches International and National synchro coaches and choreographers, professional dancers, actors, athlete trainers



Novice Team: 2008 Pacific Coast Gold Medalists,
11th place 2008 US Nationals



Masters Team: 5th place, 2008 US Nationals

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Beginner Team with Coach Dan



La Furia Synchronized Skating Teams 2008/2009



Open Juvenile Team, 2008 Pacific Coast Sectional
Pewter Medalists

SYNCHRONIZED SKATING

Synchronized skating is the fastest growing discipline of figure skating. It is a highly technical form of figure skating characterized by speed, accuracy, intricate formations, difficult step sequences, and breathtaking transitions. Synchronized skating is performed by teams of 8-20 athletes and incorporates aspects of singles, pairs and ice dancing.

WHO CAN PARTICIPATE?

Synchronized skating is a lifetime sport. Skaters on beginner teams are as young as 5 years old, while athletes enjoy competing on a variety of adult teams well into their 70's.

For young skaters just beginning their skating journey, synchronized skating offers a wonderful chance to make friends while working on new skating skills. At the competitive level, Preliminary to Senior, athletes have the opportunity to compete all over the United States and internationally with the team. The team atmosphere offers skaters a chance to enjoy friends, travel, to develop dedication and a competitive spirit. The collegiate level is a fast growing program and allows skaters to continue this sport in college. There are three adult levels.

Synchronized skating offers skaters the chance to enjoy this sport for their entire life!



2008 Pre-Juvenile Team at Pacific Coast Sectionals

PRACTICE TIMES

Summer practice workshops are held on Weds afternoons, with the time depending on the team. Practices will be held at the Ice Centre at the Promenade. Teams may share ice-time to maximize ice usage. Fall/Winter practices will be at the Promenade on Tues evenings or Saturday mornings, depending on the team. Other rinks may be utilized as necessary. Depending on the team, additional weekly practice sessions may be required. Off-ice practice time is scheduled in conjunction with on-ice sessions. In addition, all skaters are required to skate on their own and to pursue USFS Moves-In-the-Field testing. Ice dance is strongly encouraged.

HOW MUCH WILL IT COST?

The dues for **most** of the teams include:

- Ice time and coaching
- Use of Competition outfits
- Competition fees and travel expenses, including hotel and airfare

Dues for the year are assessed at the beginning of the season and will vary with the level of the team and the amount of travel. Teams will undertake fundraising and may seek sponsorship to help defray expenses. Typical annual expenses are \$600 (non-traveling team) to \$3000 (competitive, traveling team). Additional out of pocket expenses may include practice outfits, team warm-ups, skate bags, practice camps

Financial aid and scholarships are available for qualified skaters. Sibling discounts, and discounts for payment in full at the beginning of the season are also available.

COMPETITIONS

Our teams will skate in the USFS Pacific Coast Section in Jan 2009 and if successful, qualifying teams may skate in 2009 Nationals in Feb. **Competitive level teams should plan to skate one out of state competition before Sectionals.** Other competitions include local Colorado competitions.



Open Adult Team, 2008 Pacific Coast Silver Medalists

LA FURIA SYNCHRONIZED SKATING TEAMS

La Furia is pleased to represent Rocky Mountain Figure Skating Club, of Westminster CO. In the 2007/8 season, La Furia fielded 2 adult and 4 youth teams. We had over 70 athletes from all across the Front Range.

5 teams represented La Furia at the USFS Sectional Championships in Nashville, TN and 2 of those teams went on to compete at Nationals in Providence, RI. Our youth teams also compete in local competitions and all our teams participate in ice shows and exhibitions all over Colorado.

The La Furia teams are proud to have the Ice Centre at the Promenade, Westminster as our main training facility. The Ice Centre is a joint project between the Hyland Hills Park and Recreation District and the City of Westminster. The Ice Centre is extremely progressive and is one of the few triple sheet facilities in North America.