



Do you love figure skating but wish you could be part of a team?

Try Synchronized Skating!

- Improve your skating skills
 - Make new friends
- Have the opportunity to travel and compete with a team

New Synchronized Skating Team at March-Kanata! *- Elementary Level*



- The March-Kanata Skating Club will be hosting a new synchronized skating team at the 'Elementary' level for the 2010-11 season
- The team will be coached by **Laura Scholtes**, Coach of the 2009 National Champions (Open Category) and a former Team Canada Member (Senior)
- We are currently looking for **Junior to Intermediate level STARskaters, ages 12 and under** to join our team
- Practices start in September and will be held Sunday afternoons at the Mlacak Arena in Kanata from 2-4pm
- If you are interested, please plan on attending the following:

'Try Synchro/Open House'
Sunday September 12, 2010
3-4pm at the Mlacak Arena in Kanata

- Skaters will have an opportunity to try some new skills and see what synchro all about. There will also be a short parent information session.
- To RSVP, or for more info please contact Heidi at 839-0008 or hra@rogers.com

*More West Ottawa Area Synchronized Skating Teams
Please see over....*



National Capital Ice Caps - *Pre-Novice Level*



- The Ice Caps placed 4th at Provincials in 2009, and represented Eastern Ontario at the Ontario Winter Games in 2010
- The team practices once per week at the Nepean Sportsplex and will attend competitions and events across Ontario and Quebec this season
- The Ice Caps' season begins in September and ends in early March
- We are currently looking for **Intermediate to Senior level STARskaters ages 12 and over**
- Please contact Lauren for more info at 613 852 1717 or lcapstick@hotmail.com



New Team! - *Beginner Level*

- The Nepean Skating Club will be hosting a new 'Beginner' level team in 2010-11 coached by Heidi Bauer and Susan Chouinard
- Practices will be held once per week at the Nepean Sportsplex
- We are currently looking for **skaters 10 and under working on CanSkate Stage 4 or higher**
- Please contact Heidi for more info at hmbauer@yahoo.com

