

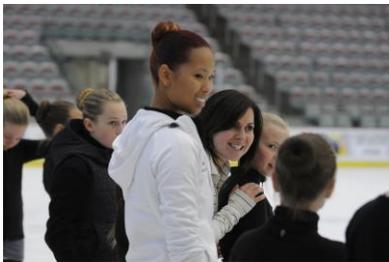
## September Synchro Workshop 2014



Coaches, officials, and skaters from across Western Canada gathered at the WinSport facility in Calgary on September 13 and 14 for the Section's Annual Fall Synchronized Skating Workshop. The weekend served as the informal start to the synchro season in the region, with educational and inspiring on- and off-ice sessions facilitated by coaches and officials from Quebec, Alberta, and Saskatchewan.

Coaches Marilyn Langlois and Angela Malorni, with skater Minh-Thu Nguyen, all from the Les Supremes organization out of St-Leonard, Quebec, kicked off the weekend with a classroom session Saturday morning. With their impressive resumes – Marilyn's Senior team are multiple-time World team members, and her Juniors are the reigning Junior World Silver Medalists; and Angela's Novice team are reigning

Canadian Champions – the two coaches can speak with authority on any aspect of synchro and shared a wealth of knowledge with participants. They offered advice on sport psychology, planning your season to achieve peak performance, simulations, getting feedback from officials, choosing music, and how to feed skaters' passion and drive over the course of a season.



Participants then split into two groups for a technical update Saturday afternoon. ISU Technical Specialist Mindy Gerlat presented to coaches and skaters of teams intending to compete at a National level, while Canadian Technical Specialist Chelsey Schaffel gave a presentation focused on the needs of developmental teams. Marilyn and Angela also provided insight into the rules from their coaching perspectives, offering tips about

how to teach and implement elements for different skill levels. Day 1 wrapped up with an interactive classroom session led by International Judge Jennifer Betts, where participants practiced awarding Program Component Scores.

After a full day in the classroom, Day 2 got participants' blood flowing. Throughout the day, groups alternated between on- and off-ice sessions with Marilyn, Angela, and Les Supremes Senior skater Minh-Thu, working on synchro elements, individual skating skills and performance, sport psychology, warm-up, and movement exercises. Officials also joined some of the on-ice sessions to give real-time feedback on technical and performance aspects.



By all accounts, the weekend was a resounding success, providing valuable takeaways and setting a positive, exciting tone for the season ahead.