



SYNCHRO NEWSLETTER



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ACT Arena – 107 105 Street East
Saskatoon, SK S7N 1Z2



Team Spotlight

Congratulations to Skate Saskatoon Silver Edges on your amazing performance at Skate Canada Cup in Waterloo, ON!

OPEN HOUSES!

✳ **Free to Attend with Valid Skate Canada Membership**

Team Dates & Times

Star 3/4 Beginner

Sept 5, 12, 19, 2025 – 6:30–7:30 p.m.

Star 5/6 Juvenile

Sept 5, 12, 19, 2025 – 7:30–8:30 p.m.

Star 8 (Pre-Novice)

Sept 7, 14, 21, 2025 – 6:30–7:30 p.m.;
Sept 9 – 9:00–10:00 p.m.

Open

Sept 7, 14 – 7:30–8:30 p.m.;
Sept 16 – 9:00–10:00 p.m.;
Sept 21 – 6:30–7:30 p.m.

Adult II

Sept 4, 11, 18 – 9:00–10:00 p.m.

Note: All skaters are required to have a 25-26 Skate Canada Membership, which is valid for one year from Sept. 1, 2025 – Aug. 31, 2026 at a cost of \$58.65. If a skater does not already have their 25-26 Skate Canada membership this will be automatically added at checkout.



Welcome to Synchro 2025–26!

We're excited to start another season of synchronized skating at Skate Saskatoon! Whether you are a beginner or an experienced skater, synchro offers a fun, team-focused environment where skaters build skills, confidence, and lasting friendships.

What is Synchro?

Synchronized skating is a team sport on ice where skaters perform precision patterns, formations, and choreography to music. Programs include:

- Formations & Timing – Skaters move in unison
- Spins & Jumps – Individual skills integrated into team performance
- Performance & Expression – that showcase artistry on ice

Why Synchro?

- Builds teamwork, confidence & friendships
- Develops skating skills
- Creates lasting memories on and off the ice
- Provides opportunities for performance and competition
- Fosters a love of skating and encourages skating for life

Meet Coach Trish!

Trish Bobert is a long serving member of our Skate Saskatoon Coaching Team and our dedicated Synchronized skating coach. She has over 34 years of coaching experience! Trish has a passion for Synchro and has two daughters on our Open team who have grown up to love the sport just as much.



Skater Development & Off-Ice Training

Off-ice practice is an essential part of preparing for competition — it allows teams to work on timing, formations, choreography, and strength without skates so they can maximize their time on the ice. Included at no extra cost for Star 3/4/5/6/8 & Open levels.

Team Off-Ice Schedule

Star 3/4 Beginner

4 sessions near competitions watch for dates

Star 5/6

Sundays 5–5:30 p.m. (16 sessions included)

Star 8

Tuesdays 8:15 p.m. (16 sessions included)

Open

Sundays 9:15–10 a.m. (16 sessions included)

We ask that skaters make every effort to attend these sessions, as they are crucial for team development. All off-ice sessions are coached by Trish and held in the Skate Saskatoon upstairs off-ice training facility.



Our Teams

All of our teams are competitive, with opportunities to compete throughout the season.

Star 3/4 – Beginner

Competes in local competitions while building foundational skills, learning team timing, formations, and synchro elements.

Star 5/6

Competitive team developing more advanced elements, performance skills, and precision on ice.

Star 8

Competitive team focusing on higher-level technical skills, artistry, and performance.

Open

Competitive team representing Skate Saskatoon at multiple competitions, including national-level events.

Adult II

Competitive adult team focused on skill development and performance.

All teams participate in our annual Ice Show at the end of the year, showcasing their programs and celebrating the season with the entire Skate Saskatoon club.



Team Clothing

Team clothing is optional but highly encouraged to show Team Skate Saskatoon Synchro pride. We offer optional items branded with the Skate Saskatoon logo and “Synchro,” including black leggings, black zip-up jackets, and t-shirts. Most teams choose to wear these items for warm-ups at competitions, special events, team photos, club activities, and to show team spirit during travel or on-ice performances.

I love feeling part of a team and wearing my team clothing at competitions. We look really great when we are together”.

–Skater

Skater Development and Growth

Strong skaters make strong teams! Synchro programs are stronger with strong skaters. We encourage all skaters to continue private lessons with Skate Saskatoon coaches to advance skills. Synchro programs showcase many different elements including spins, jumps, twizzles, lifts, and edge quality.

All Synchro packages Star 3–Open (except A2) include a winter option in both terms at no additional cost; **to receive this option you MUST complete the team registration by Sept. 24 2025 at 6:00pm.**

OPTION DISCOUNTS FOR SYNCHRO SKATERS:

Receive a 50% discount on additional Winter Term 1 options purchased including option drop in registrations or coach bookable ice.

Note: Adult II will receive a 50% discount on any Winter Term 1 options purchased including option drop in registrations or coach bookable ice.

See Skate Saskatoon Winter brochure for full details regarding registration deadlines!!!

Team Stoking

Team Stoking helps build team strength, control, speed and execution. These sessions are included in the season registration for most teams.

Star 3/4/5/6 includes Synchro Stoking Level 1

Star 8/Open includes Synchro Stoking Level 2

Competition Season

Synchro teams compete at events throughout the season, which runs from October through March.

- Beginner Teams (Star 3/4): Typically attend one or two regional competitions each year – a great introduction to the world of synchro events.
- Star 5 through Adult Teams: May compete in a variety of events across the province and beyond.
- Open Level Team: Our highly competitive team, which has proudly represented Skate Saskatoon at Nationals, and usually attends 3–4 competitions per season.

In past years, most teams have chosen to attend two competitions – Prairie Regionals and IceFest.

Each team's schedule is finalized through collaboration between Coach Trish, the Team Manager, parents and skaters to ensure the right fit for everyone.

This mix of events offers every skater a chance to perform, grow, and experience the energy of competition while building confidence as a team.

Competitions

This is a list of available competitions for the season. Coach Trish will work with teams to determine which competitions they will attend in a season.

- Rose Bowl, Dec 13, 2025, Calgary, AB, Star 8+
- Prairie Regionals, Jan 30–Feb 1, 2026, Winkler, MB
- Skate Canada Cup, Mar 6–8, 2026, Waterloo, ON – Open
- IceFest, Mar 14, 2026, Carstairs, AB, Star 5+
- Living Skies, Mar 21–22, 2026, Regina, SK

Costs and Fundraising

Your synchro registration covers ice time, coaching, and off-ice training. Additional costs may be part of the season, and we do our best to keep these as affordable as possible.

The good news is, these extra costs can be subsidized through fundraising. Most of our fundraisers are set up so that if you partake, you get credit for the funds you raise toward your individual skater's expenses. Fundraisers are also a great way for skaters across teams to bond as Team Skate Saskatoon.

The more you participate, the more you get back – making synchro more affordable for everyone!

Managing Additional Fees: Teams set up installment plans with parents to help off-set the costs of these additional fees.



Additional Costs not included with team registration and are captured in "Team Fees" include:

- Costumes
- Hotels (often shared to reduce cost per skater)
- Team travel (buses to competitions)
- Team meals when away (we plan group meals that are cost-effective)
- Choreography weekend coaching (mandatory for Star 5+)
- Coaching at competitions (shared by teams that attend)

Each team is asked to organize at least one fundraiser each season that all teams can participate in and help with added costs.

Popular Fundraising:

- Purdy's Chocolate Sales
- Valley Meats Sausage Fundraising
- Spring Rolls Sales
- Basket Raffles & Lottery Tickets
- Mom's Pantry Orders
- Bottle Drives one of our biggest fundraisers!

Bottle drives are not just a great way to raise money – they're also a team-building opportunity where skaters from all levels get to know each other and work together as Team Skate Saskatoon.



Important Choreography Weekend!! September 26-28

All teams will have the opportunity to begin preparing their programs for the year during Choreography Weekend. Skaters from Star 5 and up will work with Coach Trish and external choreographers to develop program elements, transitions, and team formations for the season. Skate Saskatoon brings in guest Choreographers for this session who are highly experienced and energizing. Our skaters enjoy this fast paced weekend to kick off the season.

Important: Skaters must register for the winter season by September 24, 2025. This allows Coach Trish time to determine team placements and notify skaters of their schedules for Choreography Weekend.

Attendance is expected at this workshop to ensure a strong start on your team's program and ensure a smooth season kickoff.

Watch for Choreo Schedule!



Get Involved!

Volunteers & Team Managers

Our synchro program relies on dedicated volunteers:

- Team Managers: Coordinate registrations, fundraising, costumes, travel & meals
- Treasurers: Track team expenses
- Fundraising Coordinators: Organize and share opportunities with teams

Interested? Contact Coach Trish — we'd love to have you join the team!

Team Managers will host information sessions at the beginning of the season with coach Trish. Please watch for these important dates!



Workshop Opportunity for Adults (Optional)

Adult / Synchro Seminar – October 25, 2025
Martensville Recreation Centre | Starts 8:00 AM
Full day of on- and off-ice instruction from top coaches and specialists.

Guest & Seminar Instructors

- Heather McMahon – Senior Manager, Skate Canada Programs
- Trish Bobert – Synchro Coach, Skate Saskatoon
- Natasha Taylor – Director of Skating & National Skate Canada High Performance Coach
- Darian Kotchorek – Registered Dietician
- Logan Currey – University of Saskatchewan Dance Team

Classes Include (6 hours total)

- Skills – Improve edges, turns, and technical elements
- Free Skate – Performance techniques and choreography
- Nutrition – Fuel your body for peak performance
- Dance – Enhance movement, timing, and flow
- Synchro – For skaters aged 12+

This seminar is optional, but an excellent opportunity for Adult skaters and Synchro participants to enhance skills, meet other skaters, and learn from top professionals.

Register online at Skate Saskatchewan!



Let's get this party started! We can't wait for the season!