

Synchronized Skating Bridge Program

Skating schools can use either the Basic Skills synchronized skating badges 1-4 curriculum or the beginner competitive program for the bridge program, based on their individual needs.

The Synchro 1-4 badges are for skill development, and contain the fundamentals of each of the five basic synchronized skating elements: the circle, line, block, wheel and intersection. They start very simple and get progressively more difficult as skaters acquire the skills.

Please see your U.S. Figure Skating Basic Skills Instructor's Manual for tips and detailed instructions on how to teach each element.

The beginner competitive program builds from the Synchro 1-4. It is not necessary to complete Synchro 1-4 prior to starting the beginner competitive program. Rather, the beginner competition requirements are actually a "summary" of what skaters learn in the badge program.

Depending upon the amount of time, ice, and desire of your skaters, you can successfully run a bridge program for synchronized skating by just teaching the skills in Synchro 1-4, or by "pasting together" those elements into a program which follows the rules for beginner 1, 2 or 3 (depending upon age).

For a group of skaters that want to do an exhibition or even a competition, it is suggested that you put together a program that fits the requirements of Beginner 1, 2 or 3.

- This manual contains the following information:
- Skill progression chart from the synchro badges, through beginner, all the way to juvenile. This will give the instructor an understanding for what should be expected at the basic skills level, and how it will prepare the skaters for the future.
 - An overview of how skaters would move through the U.S. Figure Skating pipeline from beginner through intermediate.
 - A summary of the competition rules for Beginner 1, 2 and 3
 - A FAQ sheet about the beginner competition program

Please be sure to go back to your U.S. Figure Skating Basic Skills instructor manual for the detailed Synchro 1-4 curriculum.