

16 REASONS TO JOIN SYNCHRO

ONE

The friendships you create with your teammates last a lifetime. They become your extended family, providing a support system in good times and in bad.



TWO

The feeling you get after achieving a goal is multiplied because it's shared with your teammates and best friends!

THREE

It provides opportunities for more people to enjoy the sport of figure skating, no matter your age!

FOUR

It's a unique sport that makes you extra unique for doing it!



FIVE

It empowers you to believe you can accomplish what you put your mind to, with hard work and dedication.

SIX

Synchro instills a foundation of teamwork, discipline, and coachability from an early age, which will help you not only in sport but in life.

SEVEN

Synchro gives you a healthy escape and helps you cope with life's stresses.

EIGHT

Since your goals are shared and supported by your teammates, there is less competition between peers, and instead, you build greater confidence and self-efficacy.



NINE

The energy at synchro competitions! It's like a big party where so many people cheer for you!

TEN

The friendly bond between teams helps build a community of growth, strength, sportsmanship and respect.

ELEVEN

It gives you the opportunity to do what you love with people that you love!

TWELVE

It teaches athletic skills that are transferrable to other skating disciplines and sports, and you get to learn while having fun!



THIRTEEN

The beautiful and unique costumes are exciting to skate in, and makes the sport truly beautiful to watch

FOURTEEN

It combines all of the figure skating disciplines in one, while also having unique elements like blocks, lines, circles, wheels, and intersections.

FIFTEEN

It creates lasting memories and allows you to feel part of something bigger than yourself, whether competing locally with your teammates, or getting to travel the world representing your country.



SIXTEEN

Being in synchro gives you many opportunities for your future, including career possibilities and other extraordinary experiences that help you grow as a person.