



VARSITY FIGURE AND SYNCHRONIZED SKATING TEAMS - FAQ

WHY SHOULD I SKATE IN COLLEGE?

There are many reasons! Being part of a community, accomplishing goals with your team and learning skills that will prepare you for life after college are just a few of the benefits of being a student-athlete. Transitioning from high school to college (especially if you're moving away from home!) can be an exciting and challenging time so joining a team and having a group you immediately belong to helps ease that transition. Our athletes become like a family and support each other at practice and in the classroom! In addition to having a support network, skating in college helps students strengthen their time management and leadership skills. Our athletes learn to balance classes, homework, practice and social time like pros which makes starting their career after college a breeze and we encourage our skaters to take on leadership roles which lends itself to building a strong resume.

WHAT TEAMS DO YOU HAVE? WHAT ARE THEY LIKE?

We have openings on collegiate and open-collegiate synchro teams as well as an intercollegiate figure skating team. Depending on your experience, skill and commitment level, we'll make sure to place you on a team that works best for you.

Our season runs from August – April

- **Collegiate:** 3-4x week on ice, 3x week strength/conditioning
- **Open Collegiate:** 2-3x week on ice, 3x week strength/conditioning
- **Figure Skating:** 3x week on ice

Training is scheduled around class times and may be adjusted from season to season

At the beginning of the season, we set goals and create action plans on how to achieve them. This includes things each individual skater wants to accomplish and what the team needs to work on as a whole. Not only does this set our season up for success but it also teaches our athletes to take responsibility, be independent and work together as a team to achieve a common goal. We also place a strong emphasis on family so throughout the season we'll hold social and volunteer events to help the team bond and create a cohesive, tight-knit group. These may include activities like movie nights, team dinners, holiday parties and partnering with non-profits.

HOW MUCH DOES JOINING THE TEAM COST?

Nothing! The figure and synchronized skating teams are both varsity sports at Trine and are fully funded. This means ice time, coaching, athletic wear, laces, skate tape, tights, competition and practice dresses, travel and meals while traveling, and being able to use Trine's incredible state of the art facilities (weight and training room) and more, is all free of cost to our athletes!



THUNDER ICE ARENA



VARSITY LOCKER ROOM

WHEN CAN I VISIT CAMPUS?

Prospective students can visit campus any time of the year and receive a customized VIP tour based on things you want to learn about us! You'll have the chance to meet with faculty members and coaches, sit in on classes, learn about financial aid, tour our beautiful campus and even have a meal on us. And, if you tour during our season, you'll be able to come to practice and get on the ice with us if you'd like. So, don't forget your skates!



CAN I JOIN OTHER CLUBS TOO? WILL I HAVE TIME OUTSIDE OF SKATING?

Of course! We encourage our skaters to be involved in as many campus activities, clubs and organizations as they'd like to be. It's important to us that our skaters have the full-campus experience so we make a point to build our practice schedule around classes and other campus events. We never want our skaters to feel like they can't do something.



CAN I JOIN THE SYNCHRO TEAM IF I HAVE NEVER DONE SYNCHRO?

Absolutely! We welcome and encourage all skaters to try synchro at Trine. Many individual skaters find that they love the team aspect of synchronized skating, and are happy to learn that they are still able to do freestyle, dance and MIF if they'd like. We also offer the opportunity to be a dual-athlete and compete on our intercollegiate and synchronized skating teams simultaneously.

WHAT LEVEL DO I HAVE TO BE AT TO SKATE?

At Trine, we want all athletes to be able to experience competing at the collegiate level so we will work with your skill to find a team that works best for you and our other skaters. While you must have passed Juvenile MIF to compete on our collegiate synchro team, open-collegiate is open to all test levels and our intercollegiate team is based on freestyle tests.

HOW CAN I LEARN MORE?



Connect with Coach Franchock with any questions or visit our website at www.trine.edu
We're excited to hear from you!

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