

THE CAMPUS ✨
CONSTELLATIONS
SYNCHRONIZED SKATING ✨



***SYNCHRONIZED SKATING 101 :
A PARENT'S GUIDE TO THE
CAMPUS CONSTELLATIONS AND
THE 2025 - 2026 SEASON***

WHAT IS SYNCHRO?

SYNCHRONIZED SKATING is a fast growing figure skating discipline offered worldwide. It is a team event where groups of 5 to 20 skaters perform a routine set to music. These programs incorporate step sequences, jumps, spins, and intricate formations. Synchronized skating is open to skaters of all ages and skill levels, making it an inclusive and exciting sport.

LEVELS OF SYNCHRONIZED SKATING

ASPIRE LEVELS (ASPIRE 1, 2, 3 AND 4) are the introductory levels of synchronized skating. They are able to compete in Non-Qualifying and Compete USA competitions. Each Aspire level requires specific elements in the program. Aspire level synchro skaters are able to gain competition experience, enjoy the camaraderie of being part of a team, and progress in their skills.

DEVELOPMENTAL LEVELS (PRELIMINARY, PRE JUVENILE, OPEN JUVENILE) are the next group of levels above Aspire. Skaters must pass certain U.S. Figure Skating tests to be eligible for these teams.

COMPETITIVE LEVELS (JUVENILE, INTERMEDIATE, NOVICE, JUNIOR, SENIOR, and SENIOR ELITE 12) are the top performing levels of synchronized skating. Teams at these levels have the opportunity to participate in sectional championships to qualify for the U.S. Synchronized Skating Championships.

SYNCHRONIZED SKATING can be a lifelong sport for skaters. There are many collegiate and adult teams across the United States, providing opportunities for skaters to continue their passion beyond youth programs. It is a fantastic way to experience team spirit, develop new skills, and participate in competitions.

US FIGURE SKATING ASSOCIATION is the governing body for all figure skating disciplines in the United States. All synchronized skaters must hold a USFS membership through a USFS club (The Campus Stars FSC) or an Aspire Program (The Campus Stars Aspire Program). Membership provides skaters with a unique USFS number that makes them eligible to participate in USFS-sanctioned events.

THE CAMPUS CONSTELLATIONS

The Campus Constellations was formed to cultivate a united and passionate community of synchronized skaters dedicated to excellence, sportsmanship, and personal growth. Together, we strive for success on and off the ice, creating a positive and empowering environment that celebrates the joy of synchronized skating! We represent The Campus Stars FSC at competitions!

Our 2024 - 2025 teams included 4 Aspire level teams. We are excited to expand in the 2025 - 2026 season and offer Developmental Lines in addition to Aspire 1 - 4 teams!

2025 - 2026 Teams : We are expecting to offer Aspire 1 - 4 teams, Preliminary, and Open Juvenile for the 2025 - 2026 season!

WHY CONSTELLATIONS?

Our program is dedicated to creating a supportive training environment for skaters of all ages and skating levels where each skater feels empowered to pursue their dreams. We are committed to developing not only exceptional skaters, but also strong individuals. Our program instills essential life values such as responsibility, teamwork, leadership, and perseverance.

CONSTELLATIONS CORE VALUES

Community

We believe in the power of community and fostering an environment that supports skaters on and off the ice.

Commitment

We teach our skaters the importance of commitment to their team and to themselves.

Confidence

Our program strives to empower our athletes, helping them grow into strong individuals that believe in themselves.



**TRYOUTS ARE HELD ON MARCH 8TH FOR THE
2025 - 2026 SEASON**

**Aspire teams tryout time : 9:30 am - 11:30 am on
3/8 *NO EXPERIENCE REQUIRED FOR ASPIRE 1*
Developmental teams tryout time : 2:15 - 3:45
pm on 3/8**

**Skaters will receive their team placement on 3/9
with a team packet that includes cost, tentative
practice schedule, tentative competition
schedule, and more information about the
upcoming season.**

**If you are unable to make tryouts please contact
coach Freya at Flamb@thecampuscc.com**

2025- 2026 SEASON OVERVIEW

**Season is August - February
1-2 practices per week (SUNDAYS)
off ice training
2 - 4 competitions per season
2 shows per season
Fun team building events**

**Supportive team environment, competition
experience, professional coaches, fun
community, and more!**



ASPIRE 1 - 2 TEAMS are beginner level teams with 1 practice per week on Sunday mornings. It is not mandatory for skaters to skate individually outside of the team, but it is recommended. For skaters to continue to progress in their skating, it is important to work on individual skating skills. Options to work on individual skills include Learn to Skate USA program, Aspire program, freestyle ice, private lessons, or attending public skate for extra practice!

ASPIRE 3 SKATER AND UP are expected to be in private lessons working on U.S. Figure Skating Tests and individual skating skills.

DEVELOPMENTAL LINES have U.S. Figure Skating test requirements in order to be eligible to skate on teams.

FIGURE SKATING PROGRAMS OFFERED AT THE CAMPUS

LEARN TO SKATE USA :

Learn to Skate USA is the Basic Skills program for skaters just getting started. The mission of Learn to Skate USA is to provide a fun and positive experience that will instill a lifelong love of skating. Skaters progress through a series of Basic Skills levels as they build fundamental skating technique. The Campus offers year-round Learn to Skate sessions, each lasting 6-8 weeks. At the end of each session, skaters receive a report card to take home. Learn to Skate is the first step to becoming a figure skater!

ASPIRE PROGRAM :

After learning necessary foundational skating skills in Learn to Skate, skaters can transition into the Aspire program. Aspire bridges the gap between basic skating and figure skating. This group class includes on-ice and off-ice training. Parents also receive parent education materials to learn more about the sport. Skaters must register with The Campus Stars Aspire Program for Aspire USFS membership before starting a session (only need to register with USFS once per season). The sessions are offered year round, varying in length. The program progresses through levels up to Free Skate 6 and also serves as an excellent supplemental skills program for skaters working with private coaches.

FREESTYLE ICE :

Freestyle ice is designated practice ice for figure skaters to work independently or with a coach. The freestyle schedule is available on The Campus Stars FSC website. Skaters can purchase freestyle ice through monthly punch cards or an annual freestyle ice package. All skaters must have a valid USFS number and sign the Freestyle Ice Code of Conduct each membership year. Campus Constellations synchro skaters receive a 25% discount on freestyle ice all year!

PRIVATE LESSONS :

Private lessons can be scheduled during freestyle ice or public ice. In these one-on-one sessions, coaches provide personalized instruction tailored to each skater's goals. Lessons may focus on freestyle skills, competition programs, or preparation for USFS tests. Working with a private coach allows your skater to embark on their own unique skating journey. To maximize progress, skaters should prioritize regular practice on freestyle ice alongside their private lessons. Most skaters begin private coaching after completing Learn to Skate or the Aspire Program.

OTHER PROGRAMS :

The Campus Stars FSC offers additional skill focused and fun focused programs throughout the year. The club hosts two theater on ice shows, ice dance clinics, holiday clinics, exhibitions, and more to keep the skaters engaged and learning new things.