

Glenview Ice Center Synchronized Skating Teams

T ogether “Think
E veryone in
A chieves Sync”
M ore



Thoughts from Your Coaches

- Be on time.
- Wear correct practice dress. No sweaters or sweatshirts.
- Always put hair in a ponytail or bun for practice.
- Be on time.
- Put anticipated vacation and all absences in writing to your coach.
- Be positive about your team! Positive (and negative) attitudes are contagious!
- Please leave a message **BOTH** at the rink and cell phone for the appropriate coach if you will be missing practice or competition.

Beginner and Open Juvenile TEAM:

**Maria Cell
@ Ice Center**

**630-939-0211
847-724-2800**

Pre-Juvenile Team:

**Rebecca Cell
@ Ice Center**

**630-880-0455
847-724-2800**

- Be on time.
- Remember that skaters who miss the last practice before an exhibition or competition will NOT skate in that event but are required to come out and support the team.
- Stay informed - check the Blades bulletin board when you come to the rink or Website.
- We can't learn to be better without each other.
- Team members **MUST** change clothes, take skates on & off and store bags in locker room A before and after every practice.
- Be on time.
- Keep competition weekends free. Specific competition times are not received until approximately 1 week before the competition. Please schedule parties and other special events for non-competition weekends.
- *Remember that the only place where success comes before work is in the dictionary!*

We treasure the opportunity to work with your children. We look forward to a fun and exciting season.

Maria, Beth, Rebecca and Bethany