



Synchro Stars

We welcome you to learn more about Synchro Stars!

Why skate with Synchro Stars?

Synchro Stars is Southern New Hampshire's premier and largest Synchronized Skating organization. With highly competitive teams, Synchro Stars offers an affordable and rewarding experience on and off the ice for our skaters and their families.

We are successful – in our 2019-20 season, our Open Juvenile team earned 2 gold, 1 bronze and 1 pewter medal, and our Pre-Juvenile team earned 1 bronze and 1 pewter medal. In the past, several of our skaters have continued their skating careers with great teams such as Hayden Lexettes and Ice Mates, Excel Junior and Senior, and University of Delaware. We also have many club traditions that are enjoyed by skaters and their families such as a day at the lake, apple picking, our holiday party, exhibition and end-of-season banquet.

Who should skate with Synchro Stars?

Skaters and families who want to be part of a strong community who, along with our coaches, are focused on making the teams successful and the experience positive and enriching are right for Synchro Stars.

Skaters working on Freestyle 3 or higher, ideally with some prior synchronized skating experience may be appropriate for our development level teams. More advanced skaters are encouraged join us on our higher-level teams. We have highly experienced and successful coaches who are well regarded in the field, and who work with our skaters and teams to perform their best. Skaters are expected to work hard and will significantly improve their skating and synchro skills with Synchro Stars.

When and where do we practice?

We anticipate our practice schedule next year to be similar to prior seasons with practices on Sunday afternoon/evening at Conway Arena in Nashua, NH, with additional practices during peak season times. We conduct off-ice conditioning, video review and 1.5 - 2 hours of on-ice practice during our Sunday practice time. This schedule allows our skaters to participate in other activities, if they wish, and does not impede on school night homework time.

For more info on our organization, contact hello@synchrostars.org

For more info on our clinic and tryouts, contact coaching@synchrostars.org

