

team
REFLECTIONS
synchronized skating teams

Adult



Snowplow Sam



Aspire Beginner

Preliminary

Recruiting for any level and accepting all levels from Learn to Skate Basic 4 and Above for the 2023 - 2024 season!

Register online at
www.centralpennfsc.org/teamreflections

WHY SYNCHRO?

FUN: Synchro is a discipline of figure skating that encourages sportsmanship, camaraderie and teamwork.

CHALLENGING: Not only do you have to focus on yourself but you have to match 15 other teammates on the ice.

GROWING: Synchronized Skating is the fastest growing discipline in figure skating.

INCLUSIVE: While primarily a female dominated sport, the male presence is growing and boys are often times highlighted during programs.

SUPPORTIVE: Your teammates are there to hold you up or help you up when you fall.

FAMILY: The world of synchro creates an atmosphere to develop lasting relationships where friends become family.

CREATIVE: Synchro demands artistry and musicality to work side by side with athleticism.

ENTERTAINING: Each program tells a story through movement and music selection.

OLYMPIC WORTHY: There are goals and plans in place to achieve olympic status for the sport in the coming years.

RESUME BUILDER: Interested in skating for Disney on Ice or other ice shows in the future? One of the first questions asked of candidates is whether or not they have done synchro!

ABOUT THE SPORT

Synchronized skating is the fastest growing discipline both within U.S. Figure Skating and around the world. The first U.S. Synchronized Skating National Championship was held in 1984 and the U.S. played host to the first World Synchronized Skating Championship in 2000. Today, there are approximately 600+ teams registered with U.S. Figure Skating and as many as 5,000 skaters compete annually in the Synchronized Skating Sectional Championships.

Synchronized skating is a team sport in which 8 to 16 skaters perform a program together. It uses the same judging system as singles, pairs and dance and is characterized by teamwork, speed, specific shapes, intricate formations and choreographed challenging turn sequences. As with other disciplines, all teams perform a free skate with required well-balanced program elements. Additionally, teams at the junior and senior level also compete a short program consisting of specific required elements.

Elements in synchronized skating include blocks, circles, wheels, lines, intersections, spins, creative elements and connected and non-connected skating. The variety and difficulty of elements require that each team member is a highly skilled individual skater. The typical senior level skater has passed senior or gold tests in multiple disciplines.

A truly global sport, in addition to the U.S., many of the world's top teams are from Finland, Russia and Canada. In the U.S., synchronized skating teams can compete in 14 different levels according to the team member's age and skill level. Teams at the competitive levels of juvenile, intermediate, novice, junior, senior, collegiate, adult and masters compete first at their respective sectional championships. A placement in the top four to six at sectionals earns a spot at the U.S. Synchronized Skating Championships. Top performing teams at the junior and senior levels often have the opportunity to represent the USA in International Competition, with the top two teams each season going on to represent the United States at the World Synchronized Skating Championships.

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FAQ'S

Who is Team Reflections? Based out of the Central PA area, the Reflections organization was founded in 2001. Our organization has delivered National medals and has graduated skaters who later went on to compete as part of Team USA on the international and world stage. Our goal is to create a fun and rewarding skating experience for all skill levels while developing skaters into accomplished competitors. Our coaching staff has 50+ years of combined competitive synchro experience and all are passionate about giving skaters the opportunity to be a part of this amazing team sport.

Why Synchronized Skating? Synchronized skating is an incredible team sport that teaches young athletes about teamwork, commitment, and discipline on and off the ice. While we aspire to develop higher level teams, we are developing our Beginner, Snowplow, Preliminary, and Adult team skaters to become strong synchronized skaters and confident, committed athletes as they move up through the team levels.

Is synchronized skating experience required to be part of Team Reflections? No! We welcome skaters from singles, pairs and dance disciplines, too. Successful synchronized skaters come from all figure skating backgrounds.

Do I have to give up my private coaches or individual skating? Definitely not! We encourage our athletes to continue in other disciplines of skating and to continue pursuing higher test levels. Many of our athletes continue to compete individually.

Where do Team Reflections skaters come from? Our skaters come from all over the greater Central PA area (Exton, Hershey, Harrisburg, Mechanicsburg, Camp Hill and points in between).

What are Get in Sync Clinics? Our Clinics are meant to introduce skaters to the Team Reflections organization and to be an upbeat and challenging experience with synchronized skating instruction from our coaching staff. Skaters will participate in both individual synchro and team synchro skills.

FAQ'S

Where do our teams practice? We practice at several rinks in the Central PA area including (but not limited to) PowerPlay Rinks (Exton, PA) and HersheyPark Arena (Hershey).

How much does it cost to be on a team? We pride ourselves in our ability to supplement as many fees as possible for our skaters through our club funding. For the 2022 - 2023 season we were able to cover 50% of apparel costs, covered all competition registration and ice fees, and provided free ice time opportunities for development.

Team Fees are paid in 5 payments throughout the season and include the following: ice time, coaching, competition dress, all team practice/competition apparel (jackets, tanks, pants, quarter zips, you name it). Transportation, hotels, and meals at all competition are also costs to be considered for the season (for more specifics, please do not hesitate to reach out and ask!).

When do our teams practice?

Weekly practice times for Preliminary:

The Preliminary team has over 2 weekly practice sessions (most practices preceded by 40 minutes of off ice practice). Preliminary has 1 practice during the week where we work on skills development and 1 practice on the weekend.

Weekly practice times for Snowplow Sam/Aspire Beginner:

The Snowplow and Aspire teams practice 1 to 2 hours per week with most practices preceded by 30 minutes of off-ice training.

Weekly practice times for Adult:

The Adult team has over 2 weekly practice sessions (preceded by 30 minutes of off ice). Adult has 1 practice during the week and 1 practice on the weekend.

Developmental On-Ice and Off-Ice practices are offered in the Spring and Summer months to continue our athletes' development in the off-season.

TEAM REFLECTIONS

ANNUAL CALENDAR

2023 - 2024 (SUBJECT TO CHANGE)

MARCH 2023

AUDITIONS - HERSHEY
(3/15 AND 3/28)

EXTON SPRING SYNCHRO
CLINIC BEGINS 3/25

APRIL 2023

AUDITIONS - EXTON, PA
(4/1 AND 4/2)

AUDITIONS - HERSHEY (4/1)

EXTON SPRING SYNCHRO
CLINIC (3/25 - 6/10)

MAY 2023

EXTON SPRING SYNCHRO
CLINIC (3/25 - 6/10)

JUNE 2023

EXTON SPRING SYNCHRO
CLINIC ENDS 6/10

JULY 2023

OPEN HOUSE
POWER PLAY RINKS

AUGUST 2023

PRELIMINARY TEAM
CHOREOGRAPHY WEEKEND
(HERSHEY, PA)
8/19/23 FROM 9AM TO 3PM
8/20/23 FROM 9AM - 12 PM

SNOWPLOW AND BEGINNER
CHOREOGRAPHY DATES
(EXTON, PA)
8/23 & 8/24 FROM 5 - 7 PM

SEPTEMBER 2023

WEEKLY TEAM PRACTICES
BEGIN 9/9 AND 9/10

OCTOBER 2023

WEEKLY TEAM PRACTICES

NOVEMBER 2023

FALL PEP RALLY
(DRESS REHEARSAL
PERFORMANCE)

DECEMBER 2023

DR. PORTER CLASSIC (ANN
ARBOR, MI 12/1 - 12/3)
ADULT, PRELIMINARY &
ASPIRE BEGINNER TEAMS

HOLIDAY PERFORMANCE
(EXTON)

JANUARY 2024

COLONIAL CLASSIC (LOWELL, MA
1/5 - 1/7)
PRELIMINARY & ASPIRE BEGINNER
TEAMS

EASTERN SECTIONALS (OPEN
ADULT TEAM)

FEBRUARY 2024

REFLECTIONS SYNCHRO
INVITATIONAL (HERSHEY, PA
2/17 - 2/19) - ALL TEAMS

MARCH 2024

TEAM BANQUET & END OF
SEASON CELEBRATION

2024 - 2025 AUDITIONS

KATELYN HILGERS VRANKA

HEAD COACH



CONTACT

✉ KATELYNHILGERS@GMAIL.COM

☎ 717-439-8056

EDUCATION:

Miami University | BA Finance

EMPLOYER:

The Hershey Company | 2014 to Present

SKILLS

- Communication
- Leadership
- Time Management/Organization
- Teamwork/Collaboration
- Encouragement
- Mentorship



Energetic, athletic coach with 6+ years of experience in coaching and group fitness instruction

AGE: 31

HOME CLUB: Central Pennsylvania Figure Skating Club

YEARS SKATING: 24

MOVES IN THE FIELD: Gold Medal

ICE DANCE: Gold Medal, 7 International Dances

FREESTYLE: Intermediate

RELEVANT EXPERIENCE

Team Reflections Synchronized Skating | Head Coach (2022 to Present)

- Head coach of Team Reflections Adult, Preliminary, Aspire-Beginner and Snowplow teams

Skate & Sculpt | On-Ice Instructor (2022 to Present)

- Instruct a figure skating fitness class designed by Olympian Ashley Wagner for adult skaters
- Classes are 60 minutes of "power skating with a twist"

Sectional Technical Specialist - Synchronized Skating

- Received sectional level technical specialist appointment in 2022

COMPETITIVE EXPERIENCE

Miami University Varsity Synchronized Skating Team & Team USA | Senior Division (2010 - 2014)

2013 - 2014 Season

- Mozart Cup (Salzburg, Austria): 4th place
- 2013 National Synchronized Skating Championships: 4th Place

2012 - 2013 Season

- Leon Lurje Trophy (Goteborg, Sweden): 4th Place
- 2013 National Synchronized Skating Championships: Silver Medalist
- ISU World Synchronized Skating Championships (Boston, MA): 8th Place

2011- 2012 Season

- 2012 National Synchronized Skating Championships: Bronze Medalist
- French Cup (Rouen, France): 5th Place

2010 - 2011 Season

- ISU World Synchronized Skating Championships (Helsinki, Finland): 10th Place
- 2011 National Synchronized Skating Championships: Silver Medalist
- Spring Cup (Milan, Italy): Bronze Medalist

Team Reflections | Beginner through Intermediate Division (2000 - 2010)

- 2010 National Synchronized Skating Championships: Silver Medalist