

# Synchronized **Spotlight** Team Name: **Synchroettes**

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**Club/Level:** Essex Skating Club of N.J./Juvenile

**Coach:** Geri Lynch

**Team members:** Sami Apruzzio, Kate Bagger, Rachel Barnett, Jennifer Brunner, Stephanie Brunner, Sara Butter, Kristin Donadio, Molly Farber, Brielle Freda, Felicity Greene, Lisa Goldman, Jessica Lemchuk, Megan Luster, Seton McFarland, Tori Mueller, Sabrina Oudine, Imani Rickerby, Michelle Rose, Stacey Su, Flora Jane Sugarman, Ashley Tomich, Tillie Waldman and Rebecca Yarger.

**Team rituals:** Before a competition, we stand in a circle in the locker room, hold hands (crisscrossed), close our eyes and send a squeeze around the circle. We listen to our music and visualize our routine. Before going on the ice at a competition, we give each other a pinch for good luck.

**What makes your team special?** We work together. We are friends. We have fun. We welcome new members. Our coach, Geri, taught us how to be gracious when we do well and gracious when we don't.

**Team goals:** Be the best we can be. Master our program. Work together as a team. Earn a first-place medal and compete at the U.S. Synchronized Team Skating Championships.

**What is the best part about being a member of a synchronized skating team?** Having fun, making friends and having a really nice coach.

**What are some of your favorite memories?** Placing third at this year's Garden State Classic on our home ice. All of our friends and family were there. It was the best we skated together all year. Another memory is the blackout at the ice rink on a snowy Friday night in Cape Cod, Mass. The lights went back on, but the skating was delayed until the next day. The lights were also out at the hotel. and we had to out uo our hair in the dark.