Planned Program Content Sheet



Synchronized Skating

Please fill in with type or write in capital letters!

Senior ISU	Senior Elite 12	Junior ISU Advanced Novice	
Senior B	🗌 Junior B	Mixed Age	
Basic Novice	🗌 Juvenile	Adult Masters	
Swiss Championships	Test Skate	Other Competition:	
Team			
Club			
Coach			
Assistant Coach(es)			
Team Manager			

ELEMENTS IN ORDER OF SKATING

	Elements Short Program		Elements Free Skating
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	
11		11	
12		12	
13		13	
14		14	
15		15	

Date:

Name:

E-Mail:

Signature