

**Jenny Cherry:** Skating Director of the Ashburn Ice Angels, Jenny has been skating since age 4 and coaching for 14 years. She has taught group and private lessons to tots, children, and adults. She teaches freestyle, ice dancing, moves in the field, power skating, and synchronized skating. Jenny has a B.S. degree in Psychology and a Master's in Education. She is a certified teacher who has taught grades 6-12 in both the public and private sector. Jenny is married with one daughter.

**Lynn Eisenhour:** Lynn has been skating since age 5, competing at local, regional and sectional levels. She has coached singles, groups, moves in the field and choreography for 17 years to all ages and all levels of skaters. Lynn has been with The Ashburn Ice Angels since the organization's inception in 2001. Lynn has a B.S. degree in Middle School Education with concentrations in Math, Science and Social Studies. She is a certified teacher and has three children from 11 to 4 years.

**Sharon Brusie:** Sharon has been with the Ashburn Ice Angels for 7 years. She teaches all levels of ice skating, freestyle, moves in the field, power skating, group and private lessons. Sharon skated on a Synchro team for 9 years. While Sharon competed in Novice Ladies singles at the Regional level, Synchro gave her the opportunity to compete on the National and International stage. Sharon has a B.A. degree in English Literature from VCU, and is married with 2 children.

**Kristin Huppi:** Doctor of Physical Therapy, Certified Strength and Conditioning Specialist, and National Strength and Conditioning Association. Nine years coaching experience for free skating, moves in the field, choreography and synchronized skating. Member of the DC Edge Adult Synchro team.

**Kerstin Magnuson:** A Miami University Varsity letter winner has extensive experience representing the US on the National and International Synchronized Skating Circuit. Kerstin brings 23 years of figure skating experience and 18 years of synchronized skating experience to the team. Prior to joining the Ice Angels, Kerstin earned her B.A. in Social Work at Miami University and her M.A. in Social Work at the University of Chicago. Kerstin attends law school in Washington, DC.

**Brenda Hinkle:** Brenda has been skating since age 9 and competed in singles as well as on a synchronized skating team in the New England area where she grew up. She has coached skating for more than 20 years. She has a B.S. degree Communications and is married with 3 children.

**Melissa Marshall:** Melissa has 9+ years coaching experience and was a member of the Capitol Steps synchronized skating team. She has been a member of dance teams and cheerleading squads as well as an open all-star squad, the Spirit Extreme and a semi pro team, the Virginia Mutiny. Melissa received her B.A. in Art and Visual Technology specializing in Graphic Design/Minor in Business from George Mason University and her M.A. in Photography from the Savannah College of Art and Design.

**Lori McHugh:** Lori McHugh started skating at the age of 6. In addition to competing in USFS and ISI, Lori incorporated her love of dance into skating and began choreographing programs for people by the age of 18. In addition to touring with Disney on Ice, Lori ran her own skating school in the Netherlands for non-Dutch speaking children. Although Lori's 20 years of teaching bring experience to the team, her greatest achievement is being mother to six children.

# Ashburn Ice Angels

## Synchronized Skating Teams



PO Box 701  
Ashburn, VA 20146

See what we have accomplished:  
[www.ashburniceangels.org](http://www.ashburniceangels.org)

Want to talk to someone:  
[director@ashburniceangels.org](mailto:director@ashburniceangels.org)

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# Ashburn Ice Angels

The Ashburn Ice Angels Synchronized Skating Teams are competitive USFS level teams. We travel to a variety of skating events and competitions throughout the season. During the 2009 – 2010 season we fielded Beginner Level 1 and Level 3 teams, a Preliminary team and an Intermediate team. We traveled to Lowell, MA twice; Stamford, CT; and Hershey PA as well as several local events. This season, we hope to expand our team selection and continue to field strong teams in the chosen levels.

Our teams skated exceptionally well last season and brought home many medals and trophies. Check out the website for a full list of events and placements.

Teams are formed from 8-20 athletes combined to skate in a single unit. These athletes train hard to achieve unison, peak athletic conditioning and deliver a performance in a fast-paced, exciting to watch, and technically competitive environment.

Our athletes are skaters ranging from 6 years old through high school. Synchronized skating offers many opportunities to continue skating throughout college and adulthood.



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## Open House Information

March 1<sup>st</sup>, 5:45 PM

Performances by  
Intermediate ~ West Side Story  
Preliminary ~ Peace Theme  
Beginner 3 ~ Iko Iko  
Beginner 1 ~ Carnival of Animals

## Audition Information

Ages 6 through High School  
Basic 5, No-Test through Senior MIF

March 7<sup>th</sup>, 7:00 - 8:00 pm  
Audition Workshop, Pre-Juv MIF and higher,  
Age 11 and older

March 14<sup>th</sup>, & 21<sup>st</sup>, 7:00 – 8:00 pm  
passed Pre-Juvenile MIF and higher  
Age 11 and older

March 8<sup>th</sup>, 5:45 – 6:45 pm,  
Audition Workshop, all skaters attend  
No-Test – Preliminary MIF

March 15<sup>th</sup>, 5:45 – 6:45 pm  
No-Test levels passed

March 22<sup>nd</sup>, 5:45 – 6:45 pm  
Pre-Pre, Prelim MIF tests

## General Information

### *Beginner (all levels):*

On-ice practice: Mon, 5:45 - 6:45 PM  
Off-ice Practice: Mon, 5:00 - 5:30/7:00 - 7:30 PM  
Ballet: Sat, 7:00 – 7:45/7:45 – 8:15 AM  
Occasional On-Ice: Sat, 6:00 – 6:45 AM

### *Preliminary, Pre-Juvenile, Open-Juvenile:*

On-ice practice: Mon, 5:45 - 6:45 PM  
On-ice practice: Sat, 6:00 – 7:30 AM  
Off-ice Practice: Sat, 8:00 – 8:30 AM  
Ballet: Sat, 8:30 – 9:15 AM

### *Novice, Intermediate, Juvenile:*

On-ice practice: Sat, 6:00 – 7:45 AM  
On-ice practice: Sun, 7:00 – 8:15 PM  
Off-ice: Sun, 5:30 – 6:30 PM  
Ballet: Sat, 8:15-9:15 AM

Dates and times are subject to change and are dependent on the number of teams formed

It is said that figure skating requires the elegance of a royal court, the grace of a ballerina, the speed of a sprinter, the balance of a tightrope walker, the agility of a high diver, the endurance of a marathon runner, the coordination of a juggler, the strength of a high jumper and the rhythm of a dancer and the performance of a mime. Add that to the unison of the Rockettes, the uniformity of a synchronized swimming team and the teamwork of soccer players and you've got synchronized skating!

Synchronized skating is a team sport in which 8-20 skaters perform a program to set music with required formations such as circles, lines, blocks, wheels and intersections.



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