



**TRIANGLE SYNCHRONIZED SKATING TEAM IS SILVER-MEDAL FINALIST**  
*Team Heads to Minneapolis for National Synchronized Skating Championships*

*Wednesday, February 10, 2010 – Hillsborough, North Carolina*

Carolina Ice Synchro may need to relinquish its underdog status. The intermediate-level synchronized skating team is headed to the U.S. Synchronized Skating National Championships for a second time. The team placed second out of eighteen teams that competed at the 2010 Eastern Synchronized Skating Sectional Championships that took place in late January in Lowell, Massachusetts. Carolina Ice Synchro is the only intermediate-level team from the southeast to have ever qualified for Nationals.

The 2010 Synchronized Skating National Championships will take place March 3-6<sup>th</sup> in Minneapolis, Minnesota. Carolina Ice Synchro will compete as one of only 12 teams who earned a place to compete at this level. Each of the three sections -- Eastern, Midwest and Pacific – send their four top teams to compete nationally.

The Carolina Ice Synchro intermediate team consists of fifteen girls ages twelve to eighteen who train twice a week at the Triangle SportsPlex in Hillsborough, North Carolina. This year's program is set to music by Christina Aguilera with formations that include travelling circles, pivoting lines, flying camels and complex intersections. The team performs intricate footwork such as twizzles, choctaws and mohawks.

The team is coached by Jamye Gaster and Paula McKinley who have been coaching synchronized skating for nine years. The coaches also train teams at other levels including beginner, pre-juvenile and open adult.

"The girls skated an incredibly clean program. The judges rewarded the team for elements that were executed very well. The team's attitude and personality really sold the program to both the judges and the audience," said coach Jamye Gaster.

"Going to nationals for a second time in two years is a dream come true for both the team and for us. I am so proud of our girls," added coach Paula McKinley.

**Team Members:** Chrissy Barr (Alamance Community College), Veronica Butler (UNC-Chapel Hill) Nicole Cates (Western Alamance High School), Ariane Cook (Chapel Hill High School), Ashleigh and Haleigh Faucette (Cedar Ridge High School), Samuela Fernandes (Chapel Hill High School), Christine Hamilton (Chapel Hill High School), Amanda McClure (Durham Academy), Hadley Reid (Carrboro High School), Madison Scott (Voyager Academy, Durham), Erin Smith (home schooled), Jessica and Sarah Spicer (home schooled), and Sally Warren (Carrboro High School).

**About Synchronized Figure Skating**

Synchronized skating began in the 1950's, has grown rapidly since the 1970's and is now the fastest growing division within U.S. Figure Skating. For a synchronized team to flow in unison, individual skaters must be competent at a variety of skating skills, including speed, footwork and ice presence. Synchronized skating is currently under consideration to be added as an Olympic sport.

**Contact Information**

For more information or to view a practice session please contact Holly Russell at [Holly.V.Russell@gsk.com](mailto:Holly.V.Russell@gsk.com) or 919-749-2484. Photographs and video clips are available on request.