



# Central Pennsylvania FSC

## NEWS RELEASE

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**FOR IMMEDIATE RELEASE**  
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### **Central Pennsylvania FIGURE SKATING CLUB HOSTS 4th Annual Reflections Synchro Invitational**

**Harrisburg, PA** – The Central Pennsylvania Figure Skating Club (CPFSC) will host its 4th Annual Synchronized Figure Skating Competition on Sunday, February 19, 2012 from 9:00 a.m. until 5:00 p.m. at the Giant Center in Hershey, PA. The competition draws teams at various levels from up and down the east coast. This year, 58 teams including almost 700 competitive figure skaters will participate in the event.

Synchronized skating is a popular discipline both within U.S. Figure Skating and around the world. There are 586 synchronized teams registered with U.S. Figure Skating for 2012, consisting of more than 9,000 active, synchronized skating athletes. Synchronized skating is a team sport in which 8-20 skaters perform a program together. It uses the same judging system as singles, pairs and dance and is characterized by teamwork, speed, intricate formations and challenging step sequences. The 2012 U.S. Synchronized Skating media guide is available at: <http://www.usfsa.org/content/mediaguide/2012%20Synchro%20Media%20Guide%20online.pdf>

CPFSC sponsors teams, known as Team Reflections, at four different levels: beginner, pre-juvenile, intermediate and masters. Earlier this year, teams traveled to Connecticut, Michigan and Massachusetts for competitions and most recently competed at and hosted the 2012 Eastern Sectional Championships in Hershey. In 2010, the intermediate team skated their way to a silver medal at the U.S. Synchronized Championships in Minneapolis, Minnesota. This year, both the masters and intermediate teams have qualified to compete at the 2012 U.S. Synchronized Skating Championships, which will be held in Worcester, Massachusetts Feb. 29-March 3. The very successful Team Reflections organization began more than a decade ago under the leadership of Coaches, Amy Henderson, Debbie Sheaffer, Janice Reinke and the Central PA Figure Skating Club Board. The teams receive presentation instruction from Kristina Grant of the Harrisburg Ballet Theater and guest coach Heather Paige-Himes of the Starlights and former skater of the University of Miami (OH). Team Reflections is proud to have launched skating careers of several former members who now represent Team USA, skating with the University of Miami (OH) and have competed at the Junior World Challenge Cup and the World Synchronized Skating Championships!

U.S. Figure Skating is the national governing body for the sport of figure skating in the United States as recognized by the United States Olympic Committee and the International Skating Union.

For more information, please visit [www.centralpennfsc.org](http://www.centralpennfsc.org), or [www.teamreflections.org](http://www.teamreflections.org). Contact Becky Hilgers, CPFSC President, [president@centralpennfsc.org](mailto:president@centralpennfsc.org) or Renee' Felton, U.S. Figure Skating Director of Media & Public Relations, at [rfelton@usfigureskating.org](mailto:rfelton@usfigureskating.org).