

SYNCHRONIZED TEAM INSTRUCTOR RATING REQUIREMENTS

**** Videotape Guidelines for all levels:**

1. The video must be VHS or DVD format of good quality.
2. The team must be at the designated level for the rating.
3. The candidate will be asked to narrate the video, discussing points such as theme and style.

1. REGISTERED PSA SYNCHRONIZED TEAM INSTRUCTOR (RT);

- A. Must have attended a PSA approved educational program within one year of applying to take an exam. Affidavit must be on file with the PSA office.
- B. Must have completed the PSA Basic Accreditation rating.
- C. Must have trained a registered U.S. Figure Skating or ISI competitive team at any level, or other ISU member organization equivalent.
- D. Must have a minimum of 50 hours* over a one-year period of professional coaching experience with at least one of the years at the registered synchronized team level (see C above) or higher.
- E. Must have employer or team manager sign the application verifying team teaching experience.
- F. ** Must bring a VHS or DVD video with a sampling of the applicant's Team choreography at the U.S. Figure Skating or ISI competitive team at any level or other ISU member organization equivalent to the exam for review by the panel of examiners.
- G. Must pass the Registered PSA Synchronized Team Instructor oral exam.
- H. Must pass the Registered Sport Science & Medicine written exam.

2. CERTIFIED PSA SYNCHRONIZED TEAM INSTRUCTOR (CT):

- A. Must have attended a PSA approved educational program within one year of applying to take an exam. Affidavit must be on file with the PSA office.
- B. Must have completed the Registered PSA Synchronized Team Instructor rating.
- C. Must have trained a team at the U.S. Figure Skating Sectional level or the ISI National level, or other ISU member organization equivalent.
- D. Must have a minimum of 100* hours over a two-year period of professional coaching experience with at least one of the years at the certified synchronized team level (see C above) or higher.
- E. Must have employer or team manager sign the application verifying team teaching experience.
- F. ** Must bring a VHS or DVD video with a sampling of the applicant's Team choreography at the U.S. Figure Skating Sectional level or ISI National level or higher, or other ISU member organization equivalent to the exam for review by the panel of examiners.
- G. Must pass the Certified PSA Synchronized Team Instructor oral exam.
- H. Must pass the Certified Sport Science & Medicine written exam.

3. SENIOR PSA SYNCHRONIZED TEAM INSTRUCTOR (ST):

- A. Must have attended a PSA approved educational program within one year of applying to take an exam. Affidavit must be on file with the PSA office.
- B. Must have passed the Certified PSA Synchronized Team Instructor exam.

- C. Must have trained a Collegiate, Novice, Junior or Senior team at the U.S. Figure Skating National level, or other ISU member organization equivalent or have been a Junior or Senior U.S. Figure Skating National Synchronized Team competitor, or other ISU member organization equivalent.
- D. Must have a minimum of 150* hours over a three-year period of professional coaching experience with at least one of the years at the senior synchronized team level (see C above) or higher.
- E. Must have employer or team manager sign the application verifying team teaching experience.
- F. ** Must bring a VHS or DVD video with a sampling of the applicant's Team choreography at the Collegiate, Novice, Junior or Senior U.S. Figure Skating National level or higher, or other ISU member organization equivalent to the exam for review by the panel of examiners.
- G. Must pass the PSA Senior Synchronized Team Instructor oral exam.
- H. Must pass the Senior Sport Science & Medicine written exam.

4. MASTER PSA SYNCHRONIZED TEAM INSTRUCTOR (MT):

- A. Must have attended a PSA approved educational program within one year of applying to take an exam. Affidavit must be on file with the PSA office.
- B. Must have completed the Senior PSA Synchronized Team Instructor rating.
- C. Must have trained a Junior or Senior Team competing at the U.S. Figure Skating National, or other ISU member organization equivalent level or have been a U.S. Figure Skating or other ISU Governing Body selected International Synchronized Team competitor at the Junior or Senior level, or other ISU member organization equivalent.
- D. Must have a minimum of five (5) years professional coaching experience and have coached a minimum of 50 hours per year over the five-year period or coached a total of 250* hours in the five-year period in the discipline of synchronized team with a least one year at the master level (see C above).
- E. Must have employer or team manager sign the application verifying team teaching experience.
- F. ** Must bring a VHS or DVD video with a sampling of the applicant's Team choreography at the Junior or Senior U.S. Figure Skating, or other ISU member organization equivalent National or International level to the exam for review by the panel of examiners.
- G. Must pass the Master PSA Synchronized Team Instructor oral exam.
- H. Must pass the Master Sport Science & Medicine written exam.

* **Hours maybe combined with on-ice and off-ice but on-ice must be 50% or more.**