

Denver Synchronicity

Meet our Staff!

Denver Synchronicity's Outstanding Coaching Team

All of Denver Synchronicity's coaches are US Figure Skating compliant, members of the Professional Skaters Association, SkateSafe certified, and undergo annual background checks.

ALICIA JORDAN



Alicia is the Director of Synchronized Skating and Coach of Denver Synchronicity's Teams. Alicia is a 2x U.S National Champion, Team USA International medalist, and World competitor with the Haydenettes Synchronized Skating Team. She is a Gold Medalist in Moves in the Field and has competed Junior Ladies, Pairs, and Figures as well as Novice Dance. She discovered at an early age that Synchronized Skating was her passion and after competing with Team USA, she moved home to share her experiences and love for synchronized skating with athletes in Colorado. Alicia has been coaching with Denver Synchronicity's teams since 2004 and has coached teams at the Beginner, Preliminary, Pre Juvenile, Open Juvenile, Intermediate, Novice, Junior, Senior, Adult and Masters levels. She strives to create opportunities for athletes of all ages and levels to learn, enjoy, and succeed in synchronized skating and to grow awareness of this special sport throughout our community.

CAITLIN CATTELINO



Caitlin grew up skating in Colorado Springs and fell in love with synchronized skating after competing with a local Intermediate and Junior team. After graduating from high school, she moved to Detroit, Michigan to skate for Team Elan's Senior team, a former member of Team USA. Caitlin recently retired from DS's Adult team after competing for 14 seasons and is looking forward to focusing on her favorite aspect of synchronized skating - coaching. Caitlin has been coaching for Denver Synchronicity since 2008 and has coached teams at the Open Juvenile, Intermediate, Novice, Junior, Senior, and Masters divisions. Outside of skating, Caitlin is the National Outreach Representative for Defenders of Wildlife, a national non-profit wildlife conservation organization.

GABRIELLE TALBOT



Gabrielle began skating on her first synchronized skating team in 2002 and quickly fell in love with the sport. She grew up skating various levels for Columbine Wildflowers and La Furia, then Denver Synchronicity through high school. Gabrielle competed on Miami University's Varsity Team at the Junior Level and was a member of Team USA that season. She has skated many seasons with DS Adult since. Gabrielle has competed at the USFS National Championships every year since 2004, internationally in 2011/2012 and is a Gold Medalist in USFS Moves in the Field. Her coaching career began with teaching Learn to Skate and she has been coaching Denver Synchronicity teams since 2015 across the Beginner, Preliminary, Pre-juvenile and Open-juvenile levels across both the 6.0 and IJS judging systems. Gabrielle loves working with young skaters to help them learn valuable life lessons to become well rounded individuals while growing in their passion for the sport. Outside of the ice rink, Gabrielle is the Director of Marketing for an accounting and advisory firm.

KATEY NYQUIST



Katey is a 5x U.S. National Champion, 2016 World Bronze Medalist, and member of Team USA with the Haydenettes Synchronized Skating Team. She is a USFS Triple Gold Medalist in Freestyle, Moves in the Field, and Ice Dance. This will be Katey's second year coaching with Denver Synchronicity teams. Katey grew up skating at South Suburban and skated on Denver Synchronicity's Intermediate, Junior, and Senior teams before moving to Boston to compete with the Haydenettes. Katey loves working with synchro skaters to help build their skills and passion for synchro!

JANIE MOORE



Janie is a U.S. Figure Skating gold medalist and has six years of coaching experience. In college, she skated and coached for Miami University's synchronized skating teams. Janie grew up skating with Denver Synchronicity and is now on the Adult team.

TYRONE BENNETT

Tyrone is Denver Synchronicity's off ice trainer and works with all of Denver Synchronicity's competitive teams. He is an Olympic level resident figure skating off ice trainer at the World Arena Ice Hall Olympic Training Site. Born and raised in Virginia, Tyrone athletic venture in the sports included football, tennis, and track and field, with tennis and track and field having him to be highly regarded and ranked. Eventually, track and field became his professional sports endeavor, for which he did so both nationally and internationally. With all of this taking place, Tyrone became a staple in Southern California as an off ice strength and conditioning coach in the sport of figure skating. From San Diego to Los Angeles County Tyrone performed his off ice strength and conditioning training for singles, pairs, and synchronize skaters. Soon after his indoctrination into figure skating, Tyrone's reach into the sport would turn international. From working with and assisting in elevating the skill sets of U.S. figure skaters, Tyrone would enjoy doing the same for his international skaters. Tyrone has worked with U.S. national champion figure skaters at every level, as well with national champions from various countries from around the world. In having a strong love and passion for the sport of figure skating and working with figure skaters, 2015 saw Tyrone begin to wean away from training other athletes so that he may devote his strength and conditioning training to figure skating. This allowed him to fully and completely invest himself in figure skating. He was able to work directly with U.S. Figure Skating in various conferences and clinics. He worked regularly with Peter Zapalo, Melissa Vriner and U.S. Figure Skating's S.T.A.R.S. Assessment Program. Tyrone worked with U.S Figure Skating to develop an off ice training program for Karen Chen in her campaign to win her 2017 national championship. With the accumulation of experiences and successes in off ice strength and conditioning, Tyrone was recruited by Tammy Gambill and by the Hong Kong's senior ladies national champion with the support of the Hong Kong Figure Skating Federation to relocate to Colorado Springs to render his services at the World Arena Ice Hall Olympic Training Site. Initially, this move was for Tyrone to work with Tammy Gambill's skaters and the Hong Kong's senior ladies national champion and Olympic hopeful, but soon he found himself working with skaters from all of the coaches at The World Arena. Singles, pairs, dance, resident and non resident skaters all partook and continue to participate in Tyrone's off ice strength and conditioning programs. Numerous skater, both nationally and internationally participate virtually in Tyrone's strength and conditioning off ice programs as well. Tyrone finds it to be a great joy and an immensely valued opportunity to work with figure skaters of all disciplines. Tyrone is extremely thankful to have a place in and to be apart of the figure skating world and he looks forward what the future bring him in the realm of figure skating.

Denver Synchronicity's Spectacular Management Team

JENNIFER KILSTRUP



Jennifer has been managing Denver Synchronicity since its inception in 2000. As a team member and manager, Jennifer has helped DS grow over the years from one adult team into multiple teams on many levels. She manages the day-to-day operations of the organization, from travel, scheduling, competition management, accounting, and everything in between. As a skater first on the Adult team, and then on the Masters team, Jennifer's love for synchronized skating is reflected in her love for DS. She is also a US Figure Skating judge for singles and pairs and enjoys helping skaters of all levels pursue their dreams.

JULIE NYIKOS



Julie has been a skater and manager of Denver Synchronicity since its inception in 2000. Currently on the Masters team, Julie cross-skated both Adult and Masters for many years and is a 3x National Champion (2007 Adult, 2008 & 2009 Masters). She has also competed at Adult Nationals in Freestyle and Ice Dance and is a US Figure Skating Gold Medalist in Moves in the Field. She is a software engineer and helps DS with all things technical- maintaining the website and email group and cutting music for the teams.

SUZIE NYQUIST



Suzie is happy to be a part of everything skating and DS! She is the apparel coordinator for Denver Synchronicity teams. She enjoys helping skaters to always look their best, and at competitions you will usually find her helping with buns, applying eyelashes, or sewing hairpieces. Suzie has enjoyed many years of skating on the DS Masters and Adult teams (since 1994). She is also a longtime board member of the Denver Colorado FSC, and currently serves as the synchronized skating liaison to the club. She is Mom to Coach Katey Nyquist and her sister Kimi Nyquist. Suzie is the business owner of Kate Skates (figure skating supplies) and is also a registered nurse.