

Lynn Benson – August 7, 2025



Lynn Marie Benson, of Salem and North Conway, New Hampshire, formerly of Lexington, Massachusetts, passed peacefully on August 7, 2025, after battling Alzheimer's disease with the determination, strength, and poise that she carried throughout all aspects of her life.

The devoted wife of Charles A. Benson and loving mother, Lynn balanced the exacting demands of a U.S. Figure Skating Hall of Fame coaching career with family life, achieving a rare harmony in which neither was diminished by the other. Her polished style and refined demeanor were matched—unexpectedly—by a fearless dare-devil spirit. On vacations, she sought out skydiving, bungee jumping, roller coasters and hot air balloon adventures, often leaving her husband, Chuck, to cheer her on from solid ground. The two first met during a snow storm on the way to a ski trip, sparking a family passion for skiing now shared by her grandchildren.

Despite her love of skating, Lynn never imposed the sport on her children; instead, she instilled its deeper elements of discipline, commitment, and perseverance while encouraging them to forge their own paths. She celebrated their achievements devoid of any ego tied to her own successes—making it easy for them to forget that, amid school drop-offs, family dinners, and extracurriculars, she was a world-class coach. Lynn's professional strive for excellence was balanced by a deep care for her family, delivered with a grace that made her an anchor of strength and inspiration.

Professionally, Lynn was a pioneering force in figure skating, earning her the title "Mother of Synchronized Skating" and induction into the U.S. Figure Skating Hall of Fame. Her career began as a Nationals singles competitor representing the Skating Club of Boston, followed by a stint performing in the **Ice Capades**—a path she chose over college, much to her parents' dismay. This foundation propelled her into a 32-year coaching career in Lexington, Massachusetts, where she founded the Haydenettes Synchronized Skating Teams, giving countless athletes opportunities to pursue their dreams. Lynn believed deeply in her athletes' potential, expecting exceptional hard work to unlock their individual talents while fostering a team ethos. Under her leadership, the Haydenettes captured 15 U.S. Synchronized Championship gold medals between 1988 and 2005, and consistently finished in the top-five at the ISU World Synchronized Skating Championships. In 2003, she became the first synchronized skating coach named Coach of the Year by both U.S. Figure Skating and the Professional Skaters Association. A fierce competitor who cared profoundly for her athletes, Lynn's innovative leadership and modest demeanor left an indelible and positive impact on the figure skating community.

Lynn is survived by her husband Chuck Benson; her daughter, Courtney Hayden (Jon); her son, Andrew Benson, (Kristen Cahill); her cherished grandchildren, Tyler, Brandon, Blaire, Travis, and Xander; and countless friends, colleagues and former athletes who were touched by her grace, determination, and enduring legacy.

Calling hours will be held on Monday, September 8 at the Douglass Funeral Home, 51 Worthen Rd., Lexington, MA from 4pm – 7 pm. A memorial mass will be held on Tuesday, September 9 at 11 am at Sacred Heart Church, 16 Follen Rd., Lexington, MA with a celebration to follow. Relatives and friends are kindly invited.

In lieu of flowers, consider donating to an organization dear to her heart since she was a child, U.S. Figure Skating (www.usfigureskating.org/support/donate) or the Cure Alzheimer's Fund (give.curealz.org).

<https://www.douglassfh.com/obituary/lynn-benson>

Click here for article in US Figure Skating - <https://www.usfigureskating.org/news/article/coaching-great-lynn-benson-passes-away>