STARLIGHTS
Synchronized Skating Teams

OPEN JUVENILE & JUVENILE

Open Juvenile: Skaters must be under age 20 as of 7/1/18. All skaters must be passed the preliminary moves in the field test.
Juvenile: Skaters must be under 13 as of 7/1/18 and have passed the pre-juvenile moves

Recommendations for Individual practice/lessons:

3 private lessons per week
(dance, freestyle, moves)
  Individual practice time should match intsructed time. (at least 2 hours)
Additional classes that will help a skater at this level: Power, Stroking, Pilates, Stretch

At Starlights we try to run our open juvenile and juvenile teams similarly. Summer info for both teams is coming soon!

Open juv practices one day weekly starting August 20th through approximately January 31st. Starting august 20th, the juvenile team practices two days weekly through January 31st. If they qualify for the U.S. Synchro Champs, their season is extended to late February. Both teams have on ice and off ice sessions.

Bonus Elements:
Axel
Beillman Spin
Counters
2 difficult turns in a series
Double twizzles forward and backward
Russian split jump

Skills: Open Juvenile & Juvenile (All skills on both feet)

Stroking should be executed with great posture
Understands extension and free leg position
Forward & Backward Perimeter stroking
Backward crossovers
  w/Deep knees & undercuts
Cross Strokes
Power pulls
Chassès
  correct inside edge push, use of knees, w/extension & correct free foot position
Basic turns:
  Mohawks
  3 turns
  Backward Power 3 turns
Difficult turns:
  Forward inside brackets
  Forward outside rockers
  Twizzles: Fwd 1.5, Bwd single
Field Moves:
  Outside Spread eagles both ways
  Spirals, leg extended back, ABOVE HIP LEVEL
  180 spiral (heel stretch) any direction, any leg
  Death Hydroblade (inside leg is to the outside while hands on the ice for balance)
  Shoot the ducks, forward and backward
Jumps:
  Split jump
  Stag jump
  Falling Leaf
Spins:
  Sit
  Camel (flying or Regular)
  Camel Catch foot
  Layback
  illusion