

# STARLIGHTS EXHIBITION TEAM & SYNCHRO SKILLS TEAM



Both of these teams are introductory levels and require no prior synchronized skating experience.

## Recommendations for Individual practice/lessons:

1 group skating class  
1 private lesson per week  
(*Synchro Skills team members only*)

*Individual practice time should match instructed time.*

These introductory levels provide an environment where the skaters will have fun and get an understanding of what synchro is all about. Teams practice once a week from July/August through approximately January 31st.

The following are the differences between these teams:

### Exhibition Teams:

For skaters currently enrolled in Tot, Snowplow Sam, Basic Skills, or Freeskate group lesson programs.

1 Practice per week  
-Weeknights only  
2 local exhibitions/ice shows

### Synchro Skills Teams:

For Skaters currently enrolled in Alpha/Basic 3 or higher.

1 Practice per week  
-Weeknights only  
2 semi-local competitions  
2 out of state competitions

## Skills: Synchro Skills Team (All skills on both feet)

Forward stroking  
Forward Crossovers  
Forward and Backward pumps  
One foot glide on a circle  
2 foot turns  
Snow plow stops  
Forward chasses  
Bunny Hops  
Dips  
Lunges  
Spirals

### **Bonus Elements:**

Forward inside and outside edges  
Forward outside 3 turns  
Mohawks

## Skills: Exhibition Team (All skills on both feet)

Forward Skating (8-10 strides)  
Forward swizzles (4-6 in a row)  
Backward swizzles (4-6 in a row)  
Moving forward snowplow stop  
Two-foot hop  
Dip while moving  
Curves

# STARLIGHTS PRELIMINARY, PRE-JUVENILE & OPEN JUVENILE



Preliminary: No test requirements

Pre-Juvenile: Preliminary Moves-in-the-field test highly recommended, but not required.

Open Juvenile: Pre-Juvenile Moves-in-the-field test highly recommended, but not required. These tests are minimum requirements set by U.S. Figure Skating, and most skaters participating with Starlights are well above the minimum requirement.

## **Recommendations for Individual practice/lessons:**

- 1 group skating class OR
- 1 specialty skating class (power, ice dance)
- 1 MIF lesson per week
- 1 Freestyle lesson per week

*Individual practice time should match instructed time.*

These levels are developmental and competitive. There is more travel required than the Synchro Skills teams. These teams practice once a week starting in May or June, off in July, and then August through approximately January 31st. The main difference between prelim & pre-juv is the age requirements, and pre-juv adds an off-ice practice session after Labor Day. OJ tends to be older skaters than prelim and PJ.

Video links for help practicing before tryouts will be sent after your registration is received.

## **Skills: Pre-Juvenile**

- All Preliminary skills above PLUS:
- Backward Power 3 turns
- Cross Strokes: Forward and backward
- Power Pulls: Forward and Backward
- Spin and Jump of choice
- 3 turn exercise (both feet): (video)

### **Bonus Elements:**

- Forward and Backward double threes
- Forward inside brackets
- Forward 1.5 twizzles
- Field Moves
- Split jump
- Illusion
- Backward shoot the duck

## **Skills: Preliminary (All skills on both feet)**

- All skills from the Synchro Skills sheet PLUS:
- Forward and Backward Perimeter stroking
- Forward and Backward crossovers
- Mohawk exercise: (video)
- 3 turn exercise (both feet): (video)
- Chasses
- Tap toes
- Back lunges
- Alternating backward crossovers to outside edges (Prelim MIF)
- Outside spirals, on a curve (Prelim MIF)

### **Bonus Elements:**

- Biellmann spiral and spread eagles
- Split jump
- Illusion
- Backward shoot the duck
- Spin of choice

## **Skills: Open-Juvenile**

- All Pre-Juvenile skills PLUS:
- All basic turns: mohawks, 3-turns, back power 3's
- Difficult turns:
  - Forward inside brackets
  - Forward outside rockers
  - Twizzles: Fwd 1.5, Backward single
- Field Moves:
  - Outside Spread eagles both ways
  - Spirals, leg extended back, ABOVE HIP LEVEL
  - 180 spiral (heel stretch) any direction, any leg
  - Biellmann Spirals, forward or backward
- Spin of choice
- Jump of choice

### **Bonus Elements:**

- Two difficult turns in a series, counters
- Double Twizzles
- Axel

# STARLIGHTS JUVENILE & INTERMEDIATE



Juvenile: All skaters must have passed the pre-juvenile moves-in-the-field test.  
Intermediate: All skaters must have passed the juvenile moves-in-the-field test.  
These tests are minimum requirements set by U.S. Figure Skating, and most skaters participating with Starlights are well above the minimum requirement.

## **Recommendations for Individual practice/lessons:**

3 private lessons per week  
(ice dance, freestyle, moves)

*Individual practice time should match instructed time. (at least 2 hours)*

Additional classes that will help a skater at this level: Dance, Ballet, Pilates, Stretch

Bootcamp info coming soon! The Juvenile and Intermediate teams practice once a week in May and June with July being mostly off. Summer practices resume in August. They will skate two days a week during the normal competitive season (one weekday and one weekend day). The competitive season runs from mid-August through January 31st and if the teams qualify for the U.S. Synchro Championships, their season is extended into late February.

Video links for help practicing before tryouts will be sent after your registration is received.

## **Team Skills:**

Warm-up block

Rotating Element (circle or wheel)

Pivot Block: RFI 3 turn, RBO single twizzle (video)

Travel Element (circle or wheel)

Intermediate ONLY:

No-Hold Element

## **Bonus Elements:**

Double, Triple, Extended leg, catch foot twizzles

Axel, Beillman Spin, Russian split jump

Series of 2 difficult turns (Juvenile)

\*Death Spiral Exercise (video)

## **Skills: Juvenile and Intermediate (All skills on both feet)**

Stroking with proper posture and extensions

Forward Russian Stroking

Annie's Edges

Forward (juv/int) Backward (int)

Backward crossovers

knee bend/undercuts/posture

Power pulls: Forward and Backward

Mohawk exercise: (video)

3 turn exercise (both feet): (video)

Backward Power 3's

Forward inside brackets

Forward Inside Twizzles:

stroke, twizzle, back exit, cross, repeat (both feet)

Backward Outside Twizzles: (single)

following the circle

Series of turns: (INTERMEDIATE ONLY)

LBI rocker, LFI bracket, LBO counter

RFO bracket, RBI counter, RFI twizzle

RBI counter, RFI bracket, RBO rocker

RFI bracket, RBO counter, RFO rocker

RBO rocker, RFO counter, RBO twizzle

Twizzle Series: (INTERMEDIATE ONLY) (video)

LBO double twizzle/waltz jump into RBO double twizzle

Twizzle Series: (JUVENILE ONLY) (video)

LFI 1.5 twizzle, RFI 1.5 twizzle

## **Field Moves:**

Outside spread eagles, both directions

Spirals: straight line, outside and inside edges, free leg above head held at 135 degrees

Forward change edge spirals

FO, FI w/ free leg held at 135 degrees

180, 135 spiral forward and backward

Beillmann Spirals

Ina Bauers

## **Freestyle Moves:**

Upright spin, illusion, and spin of choice

Split jump, highest level jump of choice

# STARLIGHTS NOVICE & JUNIOR



Novice: All skaters must be passed the intermediate moves-in-the-field test.  
Junior: All skaters must be passed the novice moves-in-the-field test.  
These tests are minimum requirements set by U.S. Figure Skating, and most skaters participating with Starlights are well above the minimum requirement.

## Recommendations for Individual practice/lessons:

3 private lessons per week  
(dance, freestyle, moves/synchro)  
*Individual practice time should match instructed time. (at least 2 hours)*

Additional classes that will help a skater at this level: Ballet, Power, Stroking, Pilates, Stretch, Cardio. Skaters should be skating at least five days a week.

Boot Camp information coming soon!  
Novice and Junior will have practices in May and June, off most of July, and resume again in August.

Beginning in late August, Novice practices two days weekly (1 weeknight, and 1 weekend day). Novice will also have a second weeknight for skills for a total of 3 days of team skating.

Junior practices 3 times per week (1 weeknight and 2 weekend days) They too, have a second weeknight for skills. All teams have off ice sessions attached to each practice. The fall schedule goes through January 31st and if the teams qualify for the U.S. Synchro Champs, their season is extended to late February.

For the 2020-2021 season, the junior team will plan to continue as a part of Team USA. This will mean the team will also compete internationally, two to three times per season.

Video links for help practicing before tryouts will be sent after registration is received.

## Skills: Novice & Junior Individual Skills:

Forward russian stroking  
Accelerating Crossovers:  
Forward and backward  
Annie's Edges  
Forward and backward  
Power pulls:  
Forward and backward  
Mohawk exercise: (video)  
3 turn exercise: (video)  
Backward Power 3's  
All brackets  
All counters  
All rockers  
ALL Fwd & Bwd Twizzles:  
(2 & 3 rotations, L and R foot)

Series of turns: (video)  
recommended to do on both R & L  
RFO bracket, RBI counter, RFI twizzle  
RBO rocker, RFO counter, RBO twizzle  
RFI bracket, RBO counter, RFO rocker  
RBI counter, RFI bracket, RBO rocker  
LBI rocker, LFI bracket, LBO counter  
LFI bracket, LBO counter, LFO rocker

### Twizzle Series: (video)

1. RFI Extended twizzle (from a FI double three), Arms extended above the head, cross stroke into LBO twizzle, LBO cross stroke, RFO 3-turn, lean, RBO coupé twizzle, spread eagle exit
2. LFO 3 turn, push back, cross stroke to LBO twizzle (arms above head) exit with a RFO stroke, LFO waltz jump, catch foot RBO twizzle
3. RFI catch foot 3.5 twizzle, step forward on left to RFO waltz jump, LBO twizzle with extended arms

## \*=Junior tryout only Field Moves:

Outside Spread Eagles both ways  
Outside Ina Bauers  
Forward change edge spirals  
FO, FI w/ free leg held at 135 degrees  
180 spiral (heel stretch)  
Forward and backward  
Beillman Spirals  
Backward flat  
Forward outside  
Forward Change Edge

## Freestyle Moves:

1 foot spin with illusion entry: (video)  
Difficult spin of choice:  
Sit spin and above  
Illusion  
Split jump and russian split jump  
Difficult kneeslides  
Axel, or highest level jump  
Double jumps (bonus skill)

## Team Skills: \*restrictions may apply

### Pivot Block: 4 difficult turns (videos)

Nov: RFI rocker, RBI brckt, RFI 3turn, RBO twiz  
\*Jr: RFI rckr, RBI brckt, RFO cntr, RBO twiz  
\*Jr: LFO rckr, LBO brckt, RFI cntr, RBI twiz

Travel Element (circle or wheel)  
Duck under, change edge spirals

No Hold Blocks

Rotating Circle

Choreographic sequence (taught at tryouts)

\*Whip intersection (video)

\*Death Spiral Exercise (video)

# STARLIGHTS ADULT & MASTERS



Adult: Skaters must be 21 as of 7/1/20 and have passed preliminary moves, adult bronze moves, preliminary figure or preliminary dance. (4 skaters can be age 18-20)  
Masters: Must be at least age 25, majority age 30+ as of 7/1/20. \*Subject to change

## **Recommendations for Individual practice/lessons:**

Minimum of 30 minutes of practice individually per week

Additional classes that will help a skater at this level: Power, Stroking, Pilates,

Bootcamp info coming soon! The Adult/Masters team practices start in August. They skate one weekend day during the normal competitive season (2018-19 was Sundays 10:30-11:30am). The competitive season runs from mid-August through January 31st and if the teams qualify for the US Synchro Championships, their season is extended into late February.

Video links for help practicing before tryouts will be sent after your registration is received.

## **Skills: Adult (All skills on both feet)**

Stroking with proper posture and extensions  
Backward crossovers: knee bend/undercuts/posture  
Cross Strokes: Forward and Backward  
Power pulls: Forward and Backward  
Lunges  
Bunny hops  
Mohawk exercise: (video)  
LFO stroke, RFI Mohawk, pump, RFO stroke, LFI Mohawk, pump, repeat  
3 turn exercise (both feet): (video)  
LFO chassé, LFO 3 turn, lean R, cross R over L, repeat  
RFO chassé, RFO 3 turn, lean L, cross L over R, repeat  
Backward Power 3's  
Backward Outside Twizzles: (single)  
RFI 3 turn, RBO twizzle (series for pivot block)

## **Bonus skills:**

Forward inside brackets  
Forward Inside Twizzles:  
L stroke, R twizzle, back exit, cross, repeat (both feet)  
Outside spread eagles, both directions  
Spirals: straight line, outside and inside edges  
180, 135 spiral forward and backward  
Beillmann Spirals  
Ina Bauers  
Upright spin, illusion, and spin of choice  
Split jump, highest level jump of choice

## **Team Skills:**

Warm-up block  
Rotating Element (circle or wheel)  
Pivot Block: RFI 3 turn, RBO single twizzle (video)  
Travel Element (circle or wheel)  
No-Hold Element