

BASIC 4 THROUGH FREE SKATE 6

Sunday 3/8 – 9:00-9:50a on-ice; 10:15-11:15a off-ice

Sunday 3/15 - 8:30-9:50a on-ice

Skaters should have strong basic skating skills and be able to work with others.

Test level: Basic 4 through Free Skate 6 (no MIF tests passed)

Age: All ages

Synchro Experience: Previous team experience not required

Individual Skills:

- Stroking
- Forward and backward pumps on a circle
- Forward and backward crossovers on a circle
- Forward alternating chasses
- Forward outside and inside edges on a circle
- Forward straight-line one foot glide
- 2-foot turns from forward to backward
- Forward outside 3-turns (R and L)
- Forward inside mohawks (R and L)

Field Moves:

- Forward lunges on both feet
- Forward spirals on a straight line (R and L)

Team Skills:

- Strokes and chasses in connected lines
- Forward and backward pumps in a circle
- Backward pumps in a wheel

Skaters will be evaluated on:

- Proper pushing off of blade
 - Ability to maintain tension in arms and carriage of upper body
 - Controlled extensions
 - Ability to skate to the beat of the music
 - Confidence of movement both in the line and on their own
 - Ability to focus and pay attention to directions and corrections
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