

PRE-JUVENILE MIF AND ABOVE

Sunday 3/1 – 6:30-8:20a

Sunday 3/8 – 6:00-7:30a on-ice; 7:45-8:45a off-ice

Skaters should have superior basic skating skills, strong upper body carriage, power, and musicality in their skating.

Test level: Pre-Juvenile MIF required
Pre-Bronze dances recommended
Age: 13 and up
Synchro Experience: Previous team experience recommended

Individual Skills:

- Forward and backward alternating crossovers
- Cross strokes – forward and backward
- Power pulls - forward and backward
- Alternating mohawk exercise (mohawk, pump, crossover, stroke forward)
- Backward power 3-turns
- Juvenile circle step (crossover, outside mohawk, slide, back crossover, stroke forward)
- Advanced turns (forwards and backwards, inside and outside edges)
 - Brackets
 - Rockers
 - Choctaws
- Series of turns
 - RBO rocker to RFO bracket
 - LBI rocker to LFI bracket
- Twizzles (both feet)
 - Forward inside 1.5 and 2.5
 - Backward outside 1 and 2

Field Moves:

- Outside spread eagle
- Outside Ina Bauer
- Forward spirals (outside & inside)
- Change-edge spirals
- Biellmans
- 135 spirals (heel grab)

Freestyle Elements:

- Highest level spin of choice
- Highest level jump of choice

Team Skills:

- Warmup block
- Pivot block with RFI 3-turn to RBO twizzle
- Traveling element
- No hold step sequence to be taught on Day 1
- Box intersection steps (double R back power 3-turns, LBO 3-turn mohawk, RBO 3-turn)

Skaters will be evaluated on:

- Clean and controlled edges; speed and flow through turns
 - Ability to maintain tension in arms and carriage of upper body
 - Controlled, strong extensions and finish of movements (pointed toes, turned heads, locked arms)
 - Ability to skate to the beat of the music
 - Confidence of movement both in the line and on their own with excellent projection
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