

Tryout Group **Intermediate MTF and higher (Age 13 and older)**

Skaters at this level will be taught drills and patterns. These drills and patterns will be set to music, which the skater will be asked to perform both individually and attached to other skaters. We will teach them synchro formations and evaluate how they skate connected in a line, circle, etc.

Skaters at this level will be evaluated on:

- Outstanding skating skills
- Clean and controlled edges
- Upper body control
- Speed, flow and the ability to accelerate through execution of patterns, **quick changes of direction** and formations
- Excellent posture and carriage
- Controlled, strong extensions
- Proper finish (pointed toes, turned heads, locked arms)
- Deep knee/ankle bend and body lean
- Ability to skate to the beat of the music
- Ability to skate with confidence and security on their own and connected in line
- Ability to adapt to and pick up changes quickly
- Spatial awareness
- Stability through turns
- Ability to maintain speed and control while executing difficult turns
- Strong execution of 2-3 field moves (spreads, spirals, 170's, Biellmann), one of which must be a spiral

Skaters should be prepared to demonstrate:

Free skating moves:

- Change edge spread eagle (outside to outside) and both feet
- Change of edge spirals with one change of edge (FI to FO) (R, L)
- 135 spirals (R, L - grabbing from the heel)
- FO, FI Biellmann
- Split jump and stag jump
- Flip jump and loop jumps

Advanced Turns (2022-2023 Novice no hold steps):

- Forward/backward, inside/outside (R, L) Brackets
- Swing Chalktaws
- Rockers
- Counters
- Twizzles: (2022-2023 Novice Twizzle steps)
 - RFI 2.5 - leg in, leg extended 45 degrees, grab boot
 - Alternating BO double and triple twizzles (novice moves pattern)
 - Waltz jump into RBO triple, LFO 3turn, lean R, LBO double
 - Alternating waltz jump twizzles (with FO 3turn, B xover in between)