



## **Tryout Group** **Juvenile MTF and higher (Age 13 and under)**

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.

### **Stroking**

We are looking for knee bend, deep controlled edges, strong extensions, etc.

- Forward and Backward Perimeter Russian Stroking – clockwise & counterclockwise
- Forward and backward circular crossovers at different tempos (R, L)
- Forward/backward cross rolls (R,L)
- Forward/backward power pulls (R,L)

### **Edge Quality & Footwork**

Turns for this level: All turns will be executed on both feet and in both directions. Skaters will be asked to perform the following turns individually in various drills and in a circular pattern, as well as in an attached block formation. We are looking for strong, clear edges, flow/power through turns, stable body position, control of free leg, etc.

- Forward/backward inside double 3s at speed (R,L)
- Swing Choctaws
- Single Twizzles, Double Twizzles, Triple Twizzles: Forward inside (R, L), Back outside (R, L); Forward inside 1.5 twizzle (2023 Juvenile Twizzle steps)
- Brackets: Forward and backward, inside and outside (R,L)
- Rockers: Backward, inside and outside (R,L)

### **Freestyle & Moves Elements**

- Outside Spread Eagle (R, L)
- Change of Edge Spiral (forward inside to forward outside and forward outside to inside) (R, L)
- 135s (R, L)
- Beilmanns (R)
- Stag jump and split jump
- Toe Loop and loop jump (R)
- Falling leaf and ballet jumps
- Optional elements:
  - Spins – Camel, Sit, illusions, Catch foot, Flying sits or Flying Camels

## **Overall**

Strong basic skating skill, upper body control, good posture, strong extensions, ability to skate to the beat of music, ability to skate with confidence and security on their own and in the line, potential to progress throughout the season.