



Tryout Group **Preliminary - Pre-Juvenile MTF**

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 basic synchro formations and evaluate how they skate connected in a line, circle, etc.

Stroking

- Straight forward stroking
- Forward Perimeter Stroking - Clockwise & Counterclockwise (push, cross, hold)
- Forward/Backward Crossovers- The skater performs a series of backward crossovers changing tempo between slower and faster crossovers.

Individual Elements

- Forward and backward chasses
- Forward/backward swing rolls (R, L)
- Forward/backward power pulls
- Forward/backward lunges (R, L)
- Forward inside/outside 3-turns (alternating 3-turns, power 3 turn pattern)
- Mohawks – forward inside and forward outside (R, L) – connected in lines
- Spirals (R, L) On an edge and straight line
- 2 foot 360 rotations from intersections
- T-stops (R, L), Backward inside stop (R, L), front show stop (R)
- Catch Foots (R,L)
- Toe Loop, Loop Jump (Righty)
- Optional elements: spread eagle, ina bauer, forward/backward shoot-the-duck, scratch or sit spin, sit spins, illusions, stag jumps, split jumps, 135s,
- Block and circle step sequences incorporating crossovers, 3 turns, mohawks, chasses. Refer to 2022-2023 Prelim and Prejuv teams' pivot block steps

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.