



Tryout Group– No test - Pre-Pre Moves

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

- Forward and Backward Stroking
- Forward and backward circular crossovers (R, L)

Individual Elements

Snowplow Sam Teams:

- Forward and backward pumps
- Forward and backward chasses
- Two foot turn (forward to backwards)
- Forward and backward one foot glides held in a straight line and on a circle (R, L)

Beginner, Pre-Preliminary, Preliminary Teams:

- Forward and backward chasses
- Forward Russian stroking (push, cross, hold)
- Forward and backward one foot glides held in a straight line and on a circle (R, L)
- Forward lunges (R, L)
- Bunny hops
- Forward inside/outside 3-turns
- Forward inside Mohawks
- Forward Spirals (Both Feet)

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.