

Tryout Group- Group 2 Prelim moves and up

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 chassés
- 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
- Spirals with a change of edge (R, L)
- 2 foot 360 rotations from intersections
- Forward and backward lunges (R, L)
- T-stops (R, L), Backward inside stop (R, L), front show stop (R)
- Catch Foots (R,L)
- Toe Loop, Loop Jump (Righty)
- Spread eagles, bent knee spreads, ina bauer, forward/backward shoot-the-duck, scratch or sit spin, sit spins, illusions, stag jumps, split jumps, 135s,
- Connected steps incorporating crossovers, 3 turns, mohawks, chassés connected. Refer to 2023-2024 Prelim and Prejuv team's pivot block steps
- Twizzles- Twizzle element from 2023-2024 Juvenile team
- Bronze skating skills test forward double 3 pattern (formerly Juvenile moves in the field)
- Pre-Silver skating skills test spiral pattern (formerly Intermediate moves in the field test)

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.