



## **Tryout Group- Group 3**

### **Intermediate MTF and higher (Age 14 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
- 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, 180'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)
- 180 spirals (R, L, grabbing from the heel, unsupported 180, and twisted positions)
- FO, FI Biellmann (Right leg)
- Split jump, Russian split jump, and Stag jumps
- Flip jump and loop jumps
- Hydroblades
- Pre-Gold skating skills test footwork sequence (formerly junior moves in the field)
- Silver skating skills twizzle pattern- Outside twizzles only (formerly Novice moves in the field)
- Gold skating skills spiral pattern (formerly Senior moves in the field)

Advanced Turns: (2023-2024 Intermediate Team no hold steps)

- Forward/backward, inside/outside (R, L) Brackets
- Swing Chalktaws (swing chalktaw push x step forward, swing chalktaw x into a double 3 or twizzle with a push x)
- Rockers
- Counters
- Twizzles: (2023-2024 Intermediate Team Twizzle steps)
  - Pivot block steps 2023-2024 Intermediate Team
  - RFI 2.5-3.5 - leg in, leg extended 45 degrees, grab boot option also
  - Alternating BO double and triple twizzles (novice/silver moves/skating skills pattern)
  - Waltz jump into RBO triple, LFO 3turn, lean R, LBO double
  - Alternating waltz jump twizzles (with FO 3turn, B xover in between)(left and right
  - waltz jumps into twizzles)