

STARLIGHTS INTERMEDIATE, NOVICE & JUNIOR



Intermediate: Under age 18 as of 7/1/18. All skaters must have passed the juvenile moves in the field test.

Novice: Under age 16 as of 7/1/18: All skaters must have passed the intermediate moves in the field test.

Recommendations for

Individual practice/lessons:

3 private lessons per week
(dance, freestyle, moves)

Individual practice time should match instructed time. (at least 2 hours)

Additional classes that will help a skater at this level: Power, Stroking, Pilates, Stretch, Cardio. Skaters should be skating at least five days a week.

Summer and bootcamp info coming soon!

After August 19th, novice and intermediate practice two days weekly (1 weeknight, and 1 weekend day). Novice will also have a second weeknight for skills.

Junior practices 3 times per week (1 weeknight and 2 weekend days) They too, have a second weeknight for skills. All teams have off ice sessions attached to each practice. The fall schedule goes through January 31st and if the teams qualify for the U.S. Synchro Champs, their season is extended to late February.

The junior team was the first alternate to the Junior World Championships and a member of Team USA last season and hopes to continue for the 2018/19 season. This will mean the team will also compete internationally, once or twice per season.

Skills: 13+ Tryouts (All skills on both feet)

Individual Skills:

Cross strokes
Forward and backward
Power pulls
Forward and backward
Mohawk exercise:
LFO stroke, RFI Mohawk, pump,
RFO stroke, LFI Mohawk, pump
3 turn exercise (both feet):
LFO chassé, LFO 3 turn, lean R, cross
R over L
Backward Power 3's
Forward brackets:
Inside and outside
Outside counters:
Backward
Inside rockers:
Forward and backward
Power pull forward inside to
backward outside, on one foot
Forward Inside Twizzles:
L stroke, R twizzle, back exit, cross
Series of turns:
LFO rocker, LBO bracket
LFO rocker, LBO bracket, LFI counter
RFI counter, RBI rocker
RFI counter, RBI rocker, RFI bracket
LFI bracket, LBO counter
LFI bracket, LBO counter, LFO rocker
RBO rocker, RFO counter
RBO rocker, RFO counter, RBO twizzle
Backward Outside Twizzles:
(2 and 3 rotations, L and R foot)
fwd 3 turn, lean, backward outside
twizzle, check out, repeat
RFO 3 turn pull set RBO twizzle, exit,
cross repeat on Left side
RFI Twizzle w/free leg extended

Field Moves:

Outside Spread Eagles both ways
Outside Ina Bauers
Forward change edge spirals
Outside to inside edge
180 spiral
Forward and backward
Beillmann Spirals
Forward outside
Backward flat

Freestyle Moves:

Upright 1 foot spin
Free leg extended
Difficult spin of choice
Sit spin and up
Illusion
Split jump
Axel, or highest level jump

Team Skills:

Warm up block
Crossovers in a 4 spoke wheel
Connected/Disconnected Circles
Block pivot
Duck under spirals
No Hold Block