

STARLIGHTS PRELIMINARY & PRE-JUVENILE



Preliminary: Skaters must be under 12, majority under 10 as of 7/1/18.

Pre-juvenile: The majority of the team must be under 12* as of 7/1/18.

Recommendations for Individual practice/lessons:

- 1 skating class
 - 1 specialty skating class (power, spins, etc.)
 - 1 MIF lesson per week
 - 1 Freestyle lesson per week
- Individual practice time should match instructed time.*

These levels are very competitive. There is more travel required for these teams. These teams practice one day weekly starting May through approximately January 31st. Before Labor Day, practices are sporadic and may be more than once a week. The main difference between prelim & pre-juv is the age requirements, and pre-juv adds an off ice practice session after Labor Day.

Skills: Preliminary (All skills on both feet)

All Synchro Skills 1/2/3 skills on other side PLUS:
Forward and Backward Perimeter stroking
Backward crossovers (w/deep knees and undercuts)
Forward and Backward shoot the duck
Forward power 3 turns
Tap toes
Back lunges
135 degree spirals (heel stretch)
Spread eagles
Bwd crossover, bwd outside edge (Prelim MIF)
Outside spirals, on a curve (Prelim MIF)

Bonus Elements:

Biellmann spiral
Split jump
Johnny Weir slide
Illusion

Skills: Pre-Juvenile

All Synchro Preliminary skills above PLUS:
ALL EIGHT three turns:
 Forward, Backward Outside (both feet)
 Forward, Backward Inside (both feet)
 Backward Power 3 turns
Ina Bauers
Stroking should be executed with correct posture
Understands extension and free leg position

Bonus Elements:

Forward and Backward double three turns
Forward inside brackets
Forward 1.5 twizzles