

STARLIGHTS SYNCHRO SKILLS 1, 2, 3



Synchro Skills 1 - majority under 9 years old as of 7/1/18

Synchro Skills 2 - majority under 12 years old as of 7/1/18

Recommendations for Individual practice/lessons:

1 skating class

1 private lesson per week

*Individual practice time should match
instructed time.*

This is a very introductory level where we want the skaters to have fun and get an understanding of what Synchronized Skating is all about. Travel is minimal and they practice weekly starting Mid-July through approximately January 31st. The competition schedule will dictate the length of the season. The main difference between Synchro Skills 1, 2 and 3 is the age requirements and length of program.

Skills: Synchro Skills 1 & 2 (All skills on both feet)

Forward stroking

Forward Crossovers

Forward and Backward pumps

One foot glide on a circle

2 foot turns

Snow plow stops

Forward chasses

Bunny Hops

Dips

Lunges

Spirals

Bonus Elements:

Forward inside and outside edges

Forward outside 3 turns (Required for basic skills 2)

Mohawks

Skills: Synchro Skills 3 (All skills on both feet)

All Skills above from Synchro Skills 1 & 2 PLUS:

Forward & Backward Perimeter stroking

Backward crossovers (w/deep knees and undercuts)

Forward inside and outside edges

Forward power 3 turns

Backward outside 3 turns

Mohawks

Forward and backward shoot the duck

Tap toes

Back lunges

Bonus Elements:

135 degree spirals (heel stretch)

Spread eagles

Bwd crossover, bwd outside edge (Prelim MIF)

Outside spirals, on a curve (Prelim MIF)