

# JUVENILE AND INTERMEDIATE TEAMS

## PRE-JUVENILE MIF AND ABOVE

*Skaters should have excellent basic skating skills, strong upper body carriage, power, and musicality in their skating.*

JUVENILE TEAM	INTERMEDIATE TEAM
Test: Pre-Juvenile MIF required (Juvenile MIF recommended) Preliminary dances recommended	Test: Juvenile MIF required (Intermediate MIF recommended) Pre-Bronze dances recommended
Age: Under 13*	Age: Under 18*
Synchro Experience: Previous team experience recommended, but not required	Synchro Experience: Previous team experience recommended, but not required

*\*age changes may be coming to these divisions in Spring 2021*

### **Individual Skills:**

- Forward and backward alternating crossovers
- Cross strokes – forward and backward
- Power pulls - forward and backward
- Backward power 3-turns
- Juvenile circle step (crossover, outside mohawk, slide, back crossover, stroke forward)
- Advanced turns (forwards and backwards, inside and outside edges): brackets, rockers, choctaws
- Series of turns
  - RBO rocker, RFO bracket, RBI counter
  - LBI rocker to LFI bracket
- Twizzles (both feet)
  - Forward inside 1.5 and 2.5
  - Backward outside 1 and 2

### **Field Moves:**

- Change-edge spirals (inside to outside)
- Outside spread eagle in both directions
- Biellmans
- 170 spirals (heel grab)

### **Freestyle Elements:**

- Highest level spin of choice
- Highest level jump of choice

### **Team Skills (disconnected):**

- Pivot block with RFI 3-turn to RBO twizzle
- Box intersection steps (double R back power 3-turns, LBO 3-turn mohawk, RBO 3-turn mohawk)

### **Skaters will be evaluated on:**

- Clean and controlled edges; speed and flow through turns
- Ability to maintain tension in arms and carriage of upper body
- Controlled, strong extensions and finish of movements (pointed toes, turned heads, locked arms)
- Ability to skate to the beat of the music
- Confidence of movement both in the line and on their own with excellent projection
- Ability to focus and apply directions and corrections