

STARLIGHTS SYNCHRO SKILLS 1 & 2



Introductory - must be at least age 5 as of 7/1/19

Synchro Skills 1 - majority under 9 years old as of 7/1/19

Synchro Skills 2 - majority under 12 years old as of 7/1/19

Recommendations for Individual practice/lessons:

1 group skating class

1 private lesson per week (recommended after junior)

Individual practice time should match instructed time.

This is an introductory level where the skaters will have fun and get an understanding of what Synchronized Skating is all about. Teams practice once a week in the spring through May and June. July will be off and the teams will continue practicing from August through approximately January 31st. The main difference between Synchro Skills 1 and 2 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: Introductory (All skills on both feet)

Forward Skating (8-10 strides)

Forward swizzles (4-6 in a row)

Backward swizzles (4-6 in a row)

Moving forward snowplow stop

Two-foot hop

Dip while moving

Curves

STARLIGHTS PRELIMINARY, PRE-JUVENILE & OPEN JUVENILE



Preliminary: Skaters must be under 12, majority under 10 as of 7/1/19.

Pre-juvenile: The majority of the team must be under 13 as of 7/1/19.

Open-Juvenile: All skaters under age 20 as of 7/1/19 and passed pre-preliminary moves.

Recommendations for Individual practice/lessons:

- 1 skating class
- 1 specialty skating class (spins, ice dance.)
- 1 MIF lesson per week
- 1 Freestyle lesson per week

Individual practice time should match instructed time.

These levels are competitive. There is more travel required than the Synchro Skills teams. These teams practice once a week starting with spring training in May and June, off in July, and then August through approximately January 31st. The main difference between prelim & pre-juv is the age requirements, and pre-juv adds an off-ice practice session after Labor Day. OJ tends to be older skaters than prelim and PJ.

Skills: Pre-Juvenile

- All Synchro Preliminary skills above PLUS:
- All basic turns on all edges: mohawks, 3-turns
 - Backward Power 3 turns
- Cross Strokes: Forward and backward
- Power Pulls: Forward and Backward
- Spin and Jump of choice

Bonus Elements:

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

Skills: Preliminary (All skills on both feet)

- All skills from the Synchro Skills sheet PLUS:
- Forward and Backward Perimeter stroking
- Forward and Backward crossovers
- Mohawks
- Chasses
- Forward power 3 turns (Prelim moves)
- Tap toes
- Back lunges
- Alternating backward crossovers to backward outside edges
- Outside spirals, on a curve (Prelim MIF)

Bonus Elements:

- Biellmann spiral and spread eagles
- Split jump
- Illusion
- Backward shoot the duck
- Spin of choice

Skills: Open-Juvenile

- All Synchro Pre-Juvenile skills PLUS:
- All basic turns: mohawks, 3-turns, back power 3's
- Difficult turns:
 - Forward inside brackets
 - Forward outside rockers
 - Twizzles: Fwd 1.5, Backward single
- Field Moves:
 - Outside Spread eagles both ways
 - Spirals, leg extended back, ABOVE HIP LEVEL
 - 180 spiral (heel stretch) any direction, any leg
 - Shoot the ducks, forward and backward
- Spin of choice
- Jump of choice
- Bonus Elements:**
 - Axel, two difficult turns in a series, counters

STARLIGHTS JUVENILE & INTERMEDIATE



Juvenile: Skaters must be under 13 as of 7/1/19 and have passed pre-juvenile moves.
Intermediate: Under age 18 as of 7/1/19. All skaters must have passed juvenile moves

Recommendations for Individual practice/lessons:

3 private lessons per week
(ice 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

Bootcamp info coming soon! The Juvenile and Intermediate teams practice once a week in May and June with July being off. Summer practices resume in August. They will skate two days a week during the normal competitive season (one weekday and one weekend day). The competitive season runs from mid-August through January 31st and if the teams qualify for the US Synchro Championships, their season is extended into late February.

Video links for help practicing before tryouts will be sent after your registration is received.

Team Skills:

Warm-up block
Rotating Element (circle or wheel)
Pivot Block: RFI 3 turn, RBO single twizzle
Travel Element (circle or wheel)
No-Hold Element

Bonus Elements for Juvenile and Intermediate:

Axel, Bellman Spin, Russian split jump
Series of 2 difficult turns (Juvenile)

Skills: Juvenile and Intermediate (All skills on both feet)

Stroking with proper posture and extensions
Backward crossovers: knee bend/undercuts/posture

Cross Strokes: Forward and Backward

Power pulls: Forward and Backward

Mohawk exercise: (video link)

LFO stroke, RFI Mohawk, pump, RFO stroke,

LFI Mohawk, pump, repeat

3 turn exercise (both feet): (video link)

LFO chassé, LFO 3 turn, lean R, cross R over L, repeat

RFO chassé, RFO 3 turn, lean L, cross L over R, repeat

Backward Power 3's

Forward inside brackets

Forward Inside Twizzles:

L stroke, R twizzle, back exit, cross, repeat (both feet)

Backward Outside Twizzles: (single)

3 turn lean backward outside twizzle

Series of turns: (INTERMEDIATE ONLY: video links)

LBI rocker, LFI bracket, LBO counter

RFO bracket, RBI counter, RFI twizzle

LFO rocker, LBO bracket, LFI counter

RFI counter, RBI rocker, RFI bracket

RFI bracket, RBO counter, RFO rocker

RBO rocker, RFO counter

RBO rocker, RFO counter, RBO twizzle

Field Moves:

Outside spread eagles, both directions

Spirals: straight line, outside and inside edges

180, 135 spiral forward and backward

Beillmann Spirals

Ina Bauers

Freestyle Moves:

Upright spin, illusion, and highest level spin of choice

Split jump, highest level jump of choice



Novice: Under age 16 as of 7/1/19. All skaters must have passed the intermediate moves in the field test.

Junior: Age 13-19 as of 7/1/19. All skaters must have passed the novice moves in the field test. Two Programs: Short & Free Program

Recommendations for

Individual practice/lessons:

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

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

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

Boot Camp information coming soon!

Novice and Junior will have spring practices in May and June, off in July, and resume again in August.

Beginning in late August, Novice practices two days weekly (1 weeknight, and 1 weekend day).

Novice will also have a second weeknight for skills for a total of 3 days of team skating.

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 will be representing the United States of America as Team USA at the World Junior Synchronized Skating Championships. For the 2019-2020 season, we hope to continue as a part of Team USA. This will mean the team will also compete internationally, two to three times per season.

Video links for help practicing before tryouts will

Skills: Novice & Junior ***=Junior tryout only**

Individual Skills:

Advanced Forward stroking

Crossovers:

Forward and backward

Cross strokes:

Forward and backward

Power pulls:

Forward and backward

Mohawk exercise: (video link)

LFO stroke, RFI Mohawk, pump,

RFO stroke, LFI Mohawk, pump

3 turn exercise: (video link)

LFO chassé, LFO 3 turn, lean R, cross R over L (both feet)

Backward Power 3's

All brackets

All counters

All rockers

ALL Twizzles:

(2 & 3 rotations, L and R foot)

Series of turns: (video links)

LBI rocker, LFI bracket, LBO counter

RFO bracket, RBI counter, RFI twizzle

RBO rocker, RFO counter, RBO twizzle

RFI counter, RBI rocker, RFI bracket

RFI bracket, RBO counter, RFO rocker

LFI bracket, LBO counter, LFO rocker

***Twizzle Series: (video links)**

1. RFI Extended twizzle, cross stroke into RFO waltz jump into LBO twizzle

2. LFO 3 turn, push back, cross stroke to LBO twizzle (arms above head) exit with a RFO stroke, LFO waltz jump, catch foot RBO twizzle

Field Moves:

Outside Spread Eagles both ways

Outside Ina Bauers

Forward change edge spirals

Outside to inside and inside to outside

180 spiral

Forward and backward

Beillmann Spirals

Forward outside

Backward flat

Freestyle Moves:

***Upright 1 foot spin: (video link)**

Free leg extended

Difficult spin of choice:

Sit spin and up

Illusion

Split jump

Axel, or highest level jump

Team Skills:

Warm-up block

Pivot Block w/ 2-***4** difficult turns

R-FI 3 turn, BO twizzle (novice only)

L-FO rocker, BO bracket, **FI counter, BI twizzle**

R-FI rocker, BI bracket, **FO counter, BO twizzle**

Travel Wheel

Duck under, change edge spirals

LFO-I & RFI-O

No Hold Block (video link)

Rotating Circle (video link)

Choreographic step sequence

***Whip intersection**

***Death Spirals**

STARLIGHTS ADULT & MASTERS



Adult: Skaters must be 21 as of 7/1/19 and have passed preliminary moves, adult bronze moves, preliminary figure or preliminary dance. (4 skaters can be age 18-20)
Masters: Must be at least age 25, majority age 30+ as of 7/1/19.

Recommendations for Individual practice/lessons:

Minimum of 30 minutes of practice individually per week

Additional classes that will help a skater at this level: Power, Stroking, Pilates, Stretch

Bootcamp info coming soon! The Adult/Masters team practices start in August. They skate one weekend day during the normal competitive season (2018-19 was Sundays 10:30-11:30am). The competitive season runs from mid-August through January 31st and if the teams qualify for the US Synchro Championships, their season is extended into late February.

Video links for help practicing before tryouts will be sent after your registration is received.

Team Skills:

Warm-up block
Rotating Element (circle or wheel)
Pivot Block: RFI 3 turn, RBO single twizzle
Travel Element (circle or wheel)
No-Hold Element

Skills: Adult (All skills on both feet)

Stroking with proper posture and extensions
Backward crossovers: knee bend/undercuts/posture
Cross Strokes: Forward and Backward
Power pulls: Forward and Backward
Lunges
Bunny hops
Mohawk exercise: (video link)
LFO stroke, RFI Mohawk, pump, RFO stroke, LFI Mohawk, pump, repeat
3 turn exercise (both feet): (video link)
LFO chassé, LFO 3 turn, lean R, cross R over L, repeat
RFO chassé, RFO 3 turn, lean L, cross L over R, repeat
Backward Power 3's
Backward Outside Twizzles: (single)
RFI 3 turn, RBO twizzle (series for pivot block)

Bonus skills:

Forward inside brackets
Forward Inside Twizzles:
L stroke, R twizzle, back exit, cross, repeat (both feet)
Outside spread eagles, both directions
Spirals: straight line, outside and inside edges
180, 135 spiral forward and backward
Beillmann Spirals
Ina Bauers
Upright spin, illusion, and highest level spin of choice
Split jump, highest level jump of choice