



TRYOUT INFORMATION 2020-2021 SEASON

Where: Sky Rink at Chelsea Piers * Pier 61 – 23rd Street & Hudson River Park, NYC
212.336.6100 * www.chelseapiers.com

BASIC 4 - FREE SKATE 6 PASSED	PRE-PRELIMINARY - PRE-JUVENILE MIF PASSED	PRE-JUVENILE MIF AND ABOVE PASSED
<i>All ages</i>	<i>All ages</i>	<i>Age 13+</i>
Sunday 3/8 9:00-9:50a on-ice 10:15-11:15a off-ice	Saturday 3/7 6:00-7:50a on-ice	Sunday 3/1 6:30-8:20a on-ice
Sunday 3/15 8:30-9:50a on-ice	Sunday 3/8 7:40-9:00a on-ice 9:15-10:15a off-ice	Sunday 3/8 6:00-7:30a on-ice 7:45-8:45a off-ice
Parent Meeting Sunday 3/8 - 9:00a	Parent Meeting Sunday 3/8 - 8:00a	Parent Meeting Sunday 3/8 - 7:00a

SPRING PRACTICES

Begin the weekend of April 18 & 19

- Skaters should plan to attend BOTH tryout sessions for their group, but must attend at least one tryout session to be offered a placement for the 2020-2021 season.
- Skaters MUST meet the minimum age and test requirements of the level they select. After the first day of evaluations, skaters may be asked to skate with a higher level tryout group if the coaching staff feels it would be useful in their evaluation.
- Skaters will be evaluated based on age and level, and placed on the appropriate team; coaches will place skaters based on their skill sets and are not guaranteed placement on a team at the level they auditioned.
- Tryouts will be closed to parents and other observers to allow for skaters' focus on the ice.
- All ages are as of July 1, 2020.
- Skaters should wear fitted black layers (pants or skirt) with hair in a neat bun.

Pre-Register ONLINE at www.cpice.org/tryouts (Registration opens Feb 14)

Tryout fees: \$125 per skater; includes all sessions for which a skater is eligible

PRE-JUVENILE MIF AND ABOVE

Sunday 3/1 – 6:30-8:20a

Sunday 3/8 – 6:00-7:30a on-ice; 7:45-8:45a off-ice

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

Test level: Pre-Juvenile MIF required
Pre-Bronze dances recommended
Age: 13 and up
Synchro Experience: Previous team experience recommended

Individual Skills:

- Forward and backward alternating crossovers
- Cross strokes – forward and backward
- Power pulls - forward and backward
- Alternating mohawk exercise (mohawk, pump, crossover, stroke forward)
- 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 to RFO bracket
 - LBI rocker to LFI bracket
- Twizzles (both feet)
 - Forward inside 1.5 and 2.5
 - Backward outside 1 and 2

Field Moves:

- Outside spread eagle
- Outside Ina Bauer
- Forward spirals (outside & inside)
- Change-edge spirals
- Biellmans
- 135 spirals (heel grab)

Freestyle Elements:

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

Team Skills:

- Warmup block
- Pivot block with RFI 3-turn to RBO twizzle
- Traveling element
- No hold step sequence to be taught on Day 1
- Box intersection steps (double R back power 3-turns, LBO 3-turn mohawk, RBO 3-turn)

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
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PRE-PRELIMINARY THROUGH PRE-JUVENILE MIF

Saturday 3/7 – 6:00-7:50a

Sunday 3/8 – 7:40-9:00a on-ice; 9:15-10:15a off-ice

Skaters should have strong basic skating skills, good upper body carriage, clean turns, and be able to skate with power and musicality.

Test level: Pre-Preliminary through Pre-Juvenile MIF required
Age: All ages
Synchro Experience: Previous team experience not required, but recommended

Individual Skills:

- Stroking
- Forward and backward crossovers on a circle
- Forward and backward alternating crossovers & chasses
- Cross strokes – forward and backward
- Power pulls - forward and backward
- Forward crossover - swing roll exercise
- Alternating mohawk exercise (mohawk, pump, crossover, stroke forward)
- Outside 3-turn, crossover exercise
- Juvenile circle step (crossover, outside mohawk, slide, back crossover, stroke forward)
- Backward power 3-turns
- Twizzles (both feet)
 - Forward inside 1.5 and 2.5
 - Backward outside 1 and 2

Field Moves:

- Outside spread eagle
- Forward spirals (outside & inside)
- Forward lunges on both feet
- 135 spirals (heel grab)
- Back lunge

Freestyle Elements:

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

Team Skills:

- Warmup block
- Pivot block with mohawks
- Traveling element
- No hold step sequence to be taught on Day 1

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 strong projection
 - Ability to focus and pay attention to directions and corrections
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BASIC 4 THROUGH FREE SKATE 6

Sunday 3/8 – 9:00-9:50a on-ice; 10:15-11:15a off-ice

Sunday 3/15 - 8:30-9:50a on-ice

Skaters should have strong basic skating skills and be able to work with others.

Test level: Basic 4 through Free Skate 6 (no MIF tests passed)

Age: All ages

Synchro Experience: Previous team experience not required

Individual Skills:

- Stroking
- Forward and backward pumps on a circle
- Forward and backward crossovers on a circle
- Forward alternating chasses
- Forward outside and inside edges on a circle
- Forward straight-line one foot glide
- 2-foot turns from forward to backward
- Forward outside 3-turns (R and L)
- Forward inside mohawks (R and L)

Field Moves:

- Forward lunges on both feet
- Forward spirals on a straight line (R and L)

Team Skills:

- Strokes and chasses in connected lines
- Forward and backward pumps in a circle
- Backward pumps in a wheel

Skaters will be evaluated on:

- Proper pushing off of blade
 - Ability to maintain tension in arms and carriage of upper body
 - Controlled extensions
 - Ability to skate to the beat of the music
 - Confidence of movement both in the line and on their own
 - Ability to focus and pay attention to directions and corrections
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FREQUENTLY ASKED QUESTIONS

What are the team levels?

Each team level has a different set of requirements as specified by US Figure Skating:

Team Level	Age (as of July 1)	USFS Moves in the Field test requirement	CP Ice Moves in the Field test recommendation
Synchro Skills 1	Any age Majority under 9	No test required (no higher than Preliminary MIF)	No test
Synchro Skills 2	Any age Majority 9-11	No test required (no higher than Preliminary MIF)	No test
Synchro Skills 3	Any age Majority 12+	No test required (no higher than Preliminary MIF)	No test
Preliminary	Under 12 Majority under 10	No test required	Pre-Preliminary MIF
Pre-Juvenile	Any age Majority under 13	No test required	Preliminary MIF
Open Juvenile	Under 20	Pre-Preliminary MIF required	Pre-Juvenile MIF
Juvenile	Under 13	Pre-Juvenile MIF required	Juvenile MIF
Intermediate	Under 18	Juvenile MIF required	Intermediate MIF

**Please note that we will not be fielding teams at all of these levels. We will decide on the appropriate team levels after evaluating skaters at tryouts.*

What is the weekly schedule for CP Ice?

Practice schedules will depend on the skater's team level. Our 2019-2020 season schedule consisted of:

Intermediate team

Saturdays - 6:00-7:50a on-ice, 8:00-9:00a off-ice - Chelsea Piers

Sundays – 2:30-6:30p – Ice House

Open Juvenile team

Saturdays - 7:00-7:50a on-ice, 8:00-9:00a off-ice - Chelsea Piers

Sundays - 6:00-7:50a on-ice, 8:00-9:00a off-ice - Chelsea Piers

Pre-Juvenile team

Sundays – 7:00-7:20a off-ice, 7:30-8:50a on-ice, 9:00-10:00a off-ice - Chelsea Piers

Synchro Skills teams

Sundays - 9:00-9:50a on-ice, 10:00-10:30a off-ice - Chelsea Piers

All Skaters (optional practices)

Thursdays - 6:30-7:30a - Skills & Drills - Bryant Park

We have additional/extended practices before major competitions, all of which are outlined in your team contract at the start of the season.

I've never skated synchro before. Can I still try out for a team?

Absolutely! All of our skaters were new to the sport at some point, and they are very enthusiastic to welcome new members to the team. We recommend attending the clinic for your skating level before your tryout date so that you can become comfortable with the synchro elements and style of skating.

Can I still make progress in my individual skating if I skate synchro?

Yes! In fact, we've seen that most of our skaters make MORE progress while skating synchro than they would have otherwise. Simply put, they spend more time on the ice, focus on strength and extension, and become more comfortable performing in front of large groups. Additionally, they are often more motivated to continue setting goals and passing tests when they see their teammates moving through the levels.

What is the synchro "season"?

Our practices run from September to mid-February, with pre-season practices in May and June, and a choreography boot camp for most teams in August. Most competitions are scheduled for November through February. In March, we start clinics and tryouts for the following season. Many of our skaters plan on taking advantage of the summer synchro opportunities offered by US Figure Skating.

Where do you practice?

We train in New York City at Sky Rink at Chelsea Piers and Bryant Park. Our IJS qualifying-level teams also train at Ice House in Hackensack. Families generally carpool or take a team bus to out of town competitions.

Where do you compete and perform?

We compete across the Northeast! In the past few seasons, we have traveled to Connecticut, Massachusetts, Virginia, upstate New York, and even have a competition at our home rink in NYC. In addition, we often to perform at some of the most beautiful rinks in the city and have had multiple TV appearances.

How much travel is involved?

Our teams compete in 4-5 competitions during the season, some of which require an overnight stay. Traveling with friends and teammates is a very memorable part of the CP Ice experience!