

SYNCHRO SKILLS, PRELIMINARY, PRE-JUVENILE TEAMS

NO TEST, PRE-PRELIMINARY, PRELIMINARY MIF

Skaters should have solid basic skating skills, good upper body carriage, clean turns, and be able to transition from skating forwards to backwards.

SYNCHRO SKILLS TEAM	PRELIMINARY TEAM	PRE-JUVENILE TEAM
Test: No test required (no higher than Preliminary MIF allowed)	Test: No test required (Pre-Preliminary MIF recommended)	Test: No test required (Preliminary MIF recommended)
Age: All ages	Age: Under 12*	Age: Under 18*
Synchro Experience: No previous team experience necessary	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:

- Stroking
- Forward and backward crossovers on a circle
- Forward and backward alternating crossovers & chasses
- Power pulls - forward and backward
- Forward crossover - swing roll exercise
- Alternating mohawk exercise (mohawk, pump, crossover, stroke forward)
- Outside 3-turn, crossover exercise

Field Moves:

- Forward spirals (outside & inside)
- Forward lunges on both feet

Team Skills (disconnected):

- Pivot block with mohawks
- Circle step pattern to be taught at tryout

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