

# Team Skills Needed for each team

## Friday Teams

Team	Age	Level	Requirement	Day/Time for Practice
<b>Ensemble/Intro to Synchro Skills</b>	4 to 7 years	US Basic 2 & higher ISI Pre-Alpha & higher	*Must be able to separate from mom/dad easily *Must be able to skate on their own *Must be able get up on their own if they fall	Friday evening 6:20-7:10pm
<b>Small Productions</b>	4 and older	US Basic 2 & higher ISI Pre-Alpha & higher	*Must be able to separate from mom/dad easily *Must be able to skate on their own *Must be able get up on their own if they fall	Friday evening 6:20-7:10pm
<b>Team Compulsories</b>	8 and older	ISI Freestyle 1 US Pre-Preliminary	*Backward Edges *Forward 3 turns (all) *Backward 3 turns (all) *Mohawks (all) *Forward Lunge *Forward Spirals (all) *Bunny Hop/Waltz Jump/1/2 Flip/Ballet Jump *2 foot and 1 foot spin	Friday evening 6:20-7:10pm
<b>Teen Synchro Dance</b>  &  <b>Teen Synchro Skate – Short Program</b>	12 and older	ISI Freestyle 3+ US Preliminary	*3turns/Mohawks/Brackets *Counters/Rockers *1-foot Twizzles (all F) *1-foot Twizzles – Back outside: 1 rotation *spirals (all) *Waltz Jump/Salchow Jump/Toe Loop jump/Loop Jump/Flip Jump *F/B Scratch Spin/Sit Spin <b>ALL DONE WITH SPEED</b>	Friday evening 6:20-7:10pm  <i>Synchro short – September thru Mid-November.</i>  <i>Synchro Dance will start Mid-November</i>

## Saturday Teams

Team	Age	Level	Requirement	Day/Time for Practice
<b>Youth Formation Synchro Team</b>	7 to 10 years	US Basic 4+ ISI Alpha+	*Must be able get up on their own if they fall *Forward pumping *Forward skating *Swizzles *Forward 1-foot glides *Backward pumping	Saturday morning 11 – 11:55am
<b>Sr. Youth Synchro Adv. Formation</b>	10 to 14 years	US Freeski 2+ ISI Freestyle 1+	*F/B pumping *Forward skating *F/B 1-foot glides *F/B crossovers *Forward 3 turns *Forward mohawks *Forward Lunge *Bunny hops	Saturday morning 11 – 11:55am  <b>*ALL DONE WITH SPEED</b>
<b>Teen Synchro Skate: Long Program</b>	13 and older	ISI Freestyle 3+ US Preliminary	*3turns/Mohawks/Brackets *Counters/Rockers *1-foot Twizzles (all F) *1-foot Twizzles – Back outside: 1 rotation *spirals (all) *Jumps up to FS 4 *F/B Scratch Spin/Sit Spin	Saturday morning 11-11:55am  <b>*ALL DONE WITH SPEED</b>
<b>Youth Synchro Dance</b>	8 to 12 years	ISI Freestyle 1 US Pre-Preliminary	*Backward Edges *Forward 3 turns (all) *Mohawks (all) *Forward Lunge *Forward Spirals (all) *2 foot and 1 foot spin	Saturday afternoon 12-1:00pm
<b>Adult Synchro Skate</b>	18+		*Forward/Backward Skating *Fwd/Bwd Crossovers *Forward Outside 3-Turns *Forward inside Mohawks *Forward Lunge/Spirals *F. Pivot/2 foot Spin	Saturday afternoon 12-1:00pm
<b>Kaleidoskate</b>	8 and older	ISI Freestyle 1 US Pre-Preliminary	*Forward 3 turns (all) *Mohawks (all) *Forward Lunge *Forward Spirals (all) *2 foot and 1 foot spin	Saturday afternoon 12-1:00pm
<b>Medium Production</b>	8 and older	ISI Freestyle 1 US Pre-Preliminary	*Forward 3 turns (all) *Mohawks (all) *Forward Lunge *Forward Spirals (all) *Bunny Hop/Waltz Jump/1/2 Flip/Ballet Jump *2 foot and 1 foot spin	Saturday afternoon 12-1:00pm
<b>Theater Production</b>	TBD	US Basic 2 & higher ISI Pre-Alpha & higher	*Must be able to skate on their own *Must be able get up on their own if they fall	Saturday afternoon 12-1:00pm