

Team Skills Needed

Team	Age	Level	Requirement	Day/Time for Practice
Ensemble/Intro to Synchro Skills	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	Saturday 12pm *Later in the season
Team Compulsories	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	Saturday 12pm *Later in the season
Teen Synchro Dance	14 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 ALL DONE WITH SPEED	Saturday TBA

****Kaleidoskate and Production – All skaters – Saturday 12pm***

Youth Formation Synchro Team	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
Sr. Youth Synchro Adv. Formation	10 to 14 years	US Freeskate 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 *ALL DONE WITH SPEED
Teen Synchro Skate	14 and older	ISI Freestyle 4 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 *ALL DONE WITH SPEED

****Synchronized Teams: Coaches have the final say on team appointments.***