



Synchro Tryout Skills and Elements

2025-2026

For the 2025-2026 season, the New England Skating Club will be evaluating for teams in the following divisions:

[ASPIRE 1](#)

[ASPIRE 2](#)

[ASPIRE 3](#)

[ASPIRE 4](#)

Skaters will be evaluated on each of these skills by our coaching staff and Director of Synchronized Skating. Placement on a team is determined by age, maturity, quality of the skills demonstrated during tryouts, and ability to meet requirements in the Contract.

All placements by the coaches and Director of Synchronized Skating are final.

ASPIRE 1

<i>USFS Required Test Level</i>	<i>NESC Preferred Test Level</i>	<i>Age Requirements</i>
No higher than Preliminary Skating Skills	Basic 2 - Basic 4	Age 13 and under as of July 1, 2025

- Forward stroking
- Forward chasses
- One foot glides, both feet
- Forward pumps
- Backward pumps
- Working on forward crossovers
- Snowplow stop

Other drills and step sequences may be performed as coaches deem necessary.

ASPIRE 2

<i>USFS Required Test Level</i>	<i>NESC Preferred Test Level</i>	<i>Age Requirements</i>
No higher than Preliminary Skating Skills	Basic 4 - Basic 5	Age 16 and under as of July 1, 2025

- Forward stroking
- One foot glides on both feet, forward and backward
- Forward pumps
- Backward pumps
- Forward inside and outside consecutive edges
- Working on backward inside and outside consecutive edges
- Forward crossovers
- Working on backward crossovers
- Forward chasses
- Backward chasses
- Forward outside three turns
- Forward perimeter power stroking
- Working on backward perimeter power stroking
- Bunny hop
- Forward lunges - both feet
- Snowplow and T-stop

Other drills and step sequences may be performed as coaches deem necessary.

ASPIRE 3

<i>USFS Required Test Level</i>	<i>NESC Preferred Test Level</i>	<i>Age Requirements</i>
No higher than Preliminary Skating Skills	Basic 6 / Pre-Preliminary Moves	Age 17 and under as of July 1, 2025

- Forward stroking
- One foot glides on both feet, forward and backward
- Forward pumps
- Backward pumps
- Forward and backward inside and outside consecutive edges
- Forward crossovers
- Backward crossovers
- Forward chasses
- Backward chasses
- Forward outside three turns
- Forward inside three turns
- Forward outside and inside alternating three turns
- Forward perimeter power stroking
- Backward perimeter power stroking
- Right and left inside mohawks, with speed
- Power three turns
- Bunny hop
- Forward straight line spiral (both feet)
- Forward lunges - both feet
- T-stop and backward snowplow stop

Other drills and step sequences may be performed as coaches deem necessary.

ASPIRE 4

<i>USFS Required Test Level</i>	<i>NESC Preferred Test Level</i>	<i>Age Requirements</i>
No higher than Pre-Bronze Skating Skills (Pre-Juv MITF)	Aspire 1-2 Freeski / Preliminary Moves	Age 17 and under as of July 1, 2025

- Strong posture, extensions, undercuts on all elements
- Forward stroking
- One foot glides on both feet, forward and backward
- Forward pumps
- Backward pumps
- Forward and backward inside and outside consecutive edges
- Forward crossovers
- Backward crossovers
- Forward chasses
- Backward chasses
- Forward power pulls
- Working on backward power pulls
- Forward outside three turns
- Forward inside three turns
- Forward outside and inside alternating three turns
- Forward perimeter power stroking
- Backward perimeter power stroking
- Right and left inside mohawks, with speed
- Power three turns
- Working on forward inside single twizzles, both feet
- Working on backward two foot single turn
- Bunny hop
- Forward and backward straight line spiral with leg higher than 90° (both feet)
- Forward lunges - both feet
- T-stop on both feet and backward snowplow stop

Other drills and step sequences may be performed as coaches deem necessary.