



Synchro Tryout Skills and Elements

2024-2025

For the 2024-2025 season, the New England Skating Club will be evaluating for teams in the following divisions:

[OPEN JUVENILE](#)

[PRE-JUVENILE](#)

[ASPIRE 1-3](#)

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.

OPEN JUVENILE

<i>USFS Required Test Level</i>	<i>NESC Preferred Test Level</i>	<i>Age Requirements</i>
Pre-Preliminary Skating Skills or above	Pre-Bronze Skating Skills (Pre-Juv MIF) and Pre-Preliminary Freeskate	Age 18 or under as of July 1, 2024

- Forward stroking
- Forward and backward perimeter stroking, with power
- Forward and backward chasses, power pulls, cross rolls, swing rolls
- Right and left inside mohawks, with speed
- Forward and backward spirals with leg higher than 90° (both edges, both feet)
- Forward inside single, one and a half, and double twizzles
- Backward outside single and double twizzles
- Backward power 3-turn mohawks in a straight line (alternating and consecutive)
- Forward outside spread eagles, ina bauers, forward biellmanns, hydroblades
- T-stops, tango stops, backward one foot snowplow
- Posture, extensions, undercuts on all elements
- Spins:
 - Upright
 - Sit
 - Camel
- Jumps:
 - Bunny Hop
 - Waltz jump
 - Toe loop
 - Salchow
 - Loop
 - Flip

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

PRE-JUVENILE

<i>USFS Required Test Level</i>	<i>NESC Preferred Test Level</i>	<i>Age Requirements</i>
Pre-Bronze Skating Skills (Pre-Juvenile MIF)	Pre-Bronze Skating Skills (Pre-Juvenile MIF)	Age 17 and under as of July 1, 2024

- Forward stroking
- Forward and backward perimeter stroking
- Forward and backward chasses
- Forward and backward cross rolls

- Forward inside single twizzles
- Forward and backward spirals (both edges, both feet)
- Alternating forward and backward outside three turns
- Right and left inside mohawks, with speed
- Posture, deep knee bend, extensions, undercuts on all elements
- Forward and backward lunges (both feet), shoot-the-ducks
- Two or one foot spin
- Bunny hop
- Waltz jump
- Toe loop
- T-stops
- Backward one foot snowplow

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

ASPIRE 1-3

<i>USFS Required Test Level</i>	<i>NESC Preferred Test Level</i>	<i>Age Requirements</i>
No higher than Preliminary Skating Skills	Aspire 1: Basic 3 Aspire 2: Basic 4 Aspire 3: Basic 6 / Pre-Preliminary Moves	Age 17 and under as of July 1, 2024

- Forward stroking
- Forward pumps
- Backward pumps
- Forward and backward inside and outside consecutive edges
- One foot glides, both feet
- 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 stroking
- Backward perimeter stroking
- Backward inside and outside consecutive edges
- Right and left inside mohawks, with speed
- Power three turns
- Bunny hop
- Forward straight line spiral (both feet)
- Forward lunges - both feet

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