

2009-2010
Denver Synchronicity Adult
Tryout Elements

Individual Style Skills

- Posture
 - Centered with strong trunk; straight and supple back; hips under
 - Lift up from inside ribcage, shoulders relaxed and not hunched
- Skating
 - Deep soft knees
 - Center of gravity in hips
 - Balance and ease of movement; confident carriage with head up
 - Able to generate speed quickly and effortlessly (power)
 - Able to slow speed gently and effortlessly when needed (control)
 - Stretch and extension of non-skating leg
 - Back crossovers:
 - Deep reach
 - Trunk remains stable-no bobbing up and down or buckling
 - No toes or chicken scratch
- Arms
 - All turns and skating elements must be able to be executed comfortably with arms locked down to sides if instructed to do so.
 - Sharp connections and disconnections

Individual Elements

- Turns
 - Forward/backward double 3s at speed; gain power, good edge (R,L)
 - Choctaws: (R, L): distinct edges- from back edge and from forward edge
 - Single Twizzles: Forward inside (R, L), Back outside (R)
 - Double Twizzles: Back outside (R)
 - Brackets: Forward and backward, inside and outside (R,L)
 - Rockers: Forward and backward, inside and outside (R, L)
 - Counters: Forward and backward, inside and outside (R, L)
- Edge & Power Skills
 - Forward/backward Cross rolls (R,L)
 - Forward/backward power pulls (R,L)
- Spirals/ Moves in the Field elements
 - Forward and backward outside spiral (R, L)
 - Change edge spirals: inside to outside (R, L)
 - Ina Bauer: (R or L)
- Stops
 - Tango (R,L): upper body stable
- Simple spins
 - Upright spin

Optional extras

- Hydro blade/ back shoot the duck
- Spread eagle
- Flying Camel
- Camel, layback, back sit combination

Tryout elements and drills will be introduced at each Open House