

2009-2010
Denver Synchronicity Masters
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
- Edges deep vs. flat
 - On chasses, swing rolls, deep arcs, cross strokes, and entrance/exit of turns

Individual Elements

- Stroking
 - Forward circular crossovers- strong extensions (R, L)
 - Backward circular crossovers- down in the knees and quiet (R,L)
- Turns
 - Forward/backward inside 3s (R,L)
 - Forward/backward outside 3s (R,L)
 - Forward/backward double 3s- strong edges and control (R, L)
 - Mohawks- at speed (R, L)
- Edge & Power Skills
 - Forward/backward Cross rolls- body control and proper edges (R,L)
 - Forward/backward power pulls- upper body control (R,L)
- Spirals
 - Forward outside (R, L)
- Stops
 - T-stops (R,L)
 - Tango (R,L)
- Optional Extras
 - Spread Eagle/ Ina Bauer
 - Spins: scratch, sit, or camel

Elements and drills will be introduced at each Open House