

**2009-2010**  
**Denver Synchronicity Open Juvenile**  
**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
  - Energy through top of head
- Forward Skating
  - Soft knees
  - Stretch and extension of non-skating leg
- Back crossovers:
  - Deep reach; gaining speed with each stroke
  - Trunk remains stable-no bobbing up and down or buckling
  - Minimal toes or chicken scratch
- Synchro Skills
  - Guide head in the direction you are skating.
  - Chin up at all times
  - Arms strong and out while skating

**Individual Elements**

- Stroking
  - Forward straight line stroking on edges with held extensions.
  - Forward and Backward Russian stroking
  - Forward circular crossovers (R, L)
  - Backward circular crossovers(R,L)
- Turns
  - Forward inside and outside 3s at speed (R,L)
  - Backward inside and outside 3s (R,L)
  - Power 3s- outside 3 turn, wide step to back inside edge, backward cross over, step forward, repeat. (R, L)
  - Forward inside Mohawks at speed (R, L)
  - Forward inside and outside double 3s
- Edge & Power Skills
  - Forward Cross rolls (R,L)
  - Backward Cross rolls (R,L)
  - Forward power pulls (R,L)
- Spirals, etc.
  - Forward outside Spirals (R, L)
  - Forward lunges (R,L)
- Stops
  - T-stops (R,L)
  - Tango stops (R, L)

Tryout Drills and elements will be introduced at the Open Houses.

**Skills to be familiar with** (we will begin working on these skills during the Open House but they will not be included in the tryout elements): brackets, rockers, counters, choctaws, and single twizzles