

**2013-2014**  
**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
  - Arms parallel to the ice surface unless otherwise instructed.
  - 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)
  - Outside Ina Bauer: (R or L)
  - Back Lunge (R,L)
- Stops
  - Tango (R,L): upper body stable
- Simple spins
  - Upright spin

**Optional extras**

- Outside Spread eagle
- Flying Camel
- Camel, layback, back sit combination

Tryout elements and drills will be introduced at each skills session/open house.