

2024-2025 Tryout Information

Pre-Preliminary Skills

Tryout Skills

Skating Skills
Forward and Backward Four Count Stroking - click here for video
Forward and Backward Chasses - click here for video
Forward and Backward Crossovers
Turns
Forward Outside 3 Turns
Forward Inside Mohawks
Alternating Mohawk Crosses - click here for video
Freestyle Elements
Forward Spirals
Lunges
Optional Recommended Elements
Scratch Spin
Shoot the Duck

2024-2025 Tryout Information

Preliminary Skills

Tryout Skills

Skating Skills

Skaters should be able to:

- Generate and maintain enough power to sustain glides
- Correctly push off of the blade without toe pushing
- Crossovers are stroked rather than stepped

Forward and Backward Four Count Stroking - click [here](#) for video

Forward and Backward Chasses - click [here](#) for video

Forward and Backward Crossovers

Turns and Edges

Skaters should be able to:

- Sustain glide with substantial steadiness
- Check upper body rotation on basic outside and inside edges
- Accelerate with 3-turns and mohawks

Forward Outside 3 Turns

Forward Inside Mohawks

Beginning Twizzles - click [here](#) for video

Freestyle Elements

Skaters should be able to:

- Have a controlled extension at hip level or higher
- Ability to hold an extension for a minimum of 3 seconds on an edge

Alternating Forward Outside and Inside Spirals

Loop Jump

Flip Jump

Optional Recommended Elements

Spread Eagles

Biellmans

2024-2025 Tryout Information

Pre-Juvenile/Juvenile Skills

Tryout Skills

Skating Skills

Skaters should be able to:

- Showcase rhythmic knee action and controlled free legs on extensions
- Increase speed effortlessly

Forward and Backward Four Count Stroking

Forward and Backward Chasses

Forward and Backward Crossovers

Turns

Skaters should be able to:

- Have good control and sustained edges
- Equal lobes on entry and exit
- Continuous and uninterrupted rotational action on twizzles

Slalom Ladder - click [here](#) for video

Backward Outside Twizzles - click [here](#) for video

Forward Inside Twizzles - click [here](#) for video

Forward Inside Brackets - click [here](#) for video

Moves in the Field Elements

Skaters should be able to:

- Give their best effort to fully extend body lines and demonstrate a controlled position
- Execute a spiral with one change of edge
- Execute at least two different field moves

Biellmans

Biellman into Outside Spiral - click [here](#) for video

Forward Spiral with change of edge

Spread Eagles

Freestyle Elements

Forward Sit Spin

Loop Jump (counter clockwise / righty)

Flip jump (counter clockwise / righty)

2024-2025 Tryout Information

Intermediate - Senior Skills

Tryout Skills

Skating Skills

Skaters should be able to:

- Showcase rhythmic knee action and controlled free legs on extensions
- Increase speed effortlessly
- Able to skate in multiple directions/ easily change direction while maintaining speed and balance

Forward and Backward Four Count Stroking

Forward and Backward Crossovers

Turns

Skaters should be able to:

- Continuous and uninterrupted rotational action on twizzles
- Proficient control and sustained edges in both directions while utilizing choreography and body movements

Slalom Ladder - click [here](#) for video

Backward outside twizzles - click [here](#) for video

Forward inside twizzles - click [here](#) for video

Forward inside brackets - click [here](#) for video

Understanding of and ability to connect all difficult turns - rockers, counters, choctaws, twizzles

Moves in the Field Elements

Skaters should be able to:

- Execute at least two different field moves

Biellman into outside spiral - click [here](#) for video

135s spirals

Forward spiral with change of edge

Spread Eagles

Freestyle Elements

Forward Sit Spin

Forward Camel Spin

Loop Jump (counter clockwise / righty)

Flip Jump (counter clockwise / righty)