



DENVER SYNCHRONICITY

SYNCHRO TEST LEVEL MINIMUM REQUIREMENTS for 2024-25 Season **TRYOUT INFORMATION**

TEAM LEVEL	USFS TEST REQUIREMENT	AGE REQUIREMENT (As of July 1, 2024)	DENVER SYNCHRO TEST REQUIREMENT
Intro to synchro classes and performance teams	None	None	All Basic skills and Freeskate levels No tryout necessary
Aspire Team	No higher than Pre-Bronze skating skills as of Oct. 1st.	None	Freeskate Level 2- Pre-Bronze Skating Skills
Preliminary	Preliminary skating skills	13 years or younger	Preliminary skating skills or higher
Pre-Juvenile	Pre-Bronze skating skills	17 years or younger	Pre-Bronze skating skills or higher
Juvenile	Bronze skating skills	13 years or younger	Bronze skating skills or higher
Intermediate	Pre-Silver skating skills	19 years or younger	Pre-Silver skating Skills or higher
Novice	Silver skating skills	19 years or younger	Silver Skating Skills or higher
Junior	Pre-Gold skating skills	13-19 years of age	N/A
Senior	Gold skating skills	15 years or older	N/A
Adult	Preliminary skating skills or equivalent	18 years or older	Minimum Intermediate skating Skills or equivalent
Masters	None	25 years or older	Minimum Pre Juvenile skating skills or equivalent
Open Masters	None	25 years or older	None
Open Adult	None	18 years or older	None

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FAQ

Does the test level passed determine what team an athlete will be placed on?

The test level passed is simply a minimum safety requirement to be on a team roster. Even if an athlete has passed a required skating skills test, that does NOT necessarily mean they are ready to compete synchro at that level due to many other factors that have to be considered for the good of the entire team and the growth of the individual athlete. It is possible that an athlete isn't placed on a team level even though they have passed the minimum skating skills test required for that level.

When does the skating skills test need to be passed by?

The USFS deadline is October 1st, 2024, however, Denver Synchronicity requires the test be passed no later than September 1st, 2024 in order to make team and roster adjustments in time for the Oct. 1 USFS deadline. If an athlete tries out in May without the minimum test level yet passed but has plans to take the test before September 1st, AND the synchro coaches feel the athlete meets all other criteria for that team level, the athlete may be placed on the team with the stipulation that their test must be passed by September 1st in order to be a rostered member of that team. If not passed by that deadline, the athlete may then be placed on a team with a lower test requirement instead.

If an athlete competes on a team for a season, do they automatically move up to the next level the following season?

No, an athlete does NOT automatically move up to the next team level after one season of competing on a team. Typically, athletes compete at a team level for a minimum of two or more seasons. Occasionally, there are exceptions to that if an athlete is found to be fully ready to move up or is aging off and is ready to change levels for example. It is important that athletes do not have the expectation of moving up to the next level simply because they have skated at a level already. We take each athlete's short and long term goals very seriously and sometimes staying at the same team level for another season or more is what is best for ensuring their maximum growth, the most positive experience for them and their teammates, etc.

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FAQ CONTINUED...

What factors are taken into considerations around team placement?

There are many factors that we must consider when selecting athletes for each team level. Age and maturity level, test level (all disciplines), individual skill abilities on ice, overall quality of skating, overall physical fitness, ability to adapt in a team environment both on and off the ice, does the athlete and their family bring a positive attitude and team mindset?, etc.

Are there specific skills I can work on with my student to help them prepare for their tryout?

Yes, we have created a specific list of tryout skills and expectations for athletes to come to tryouts prepared to demonstrate. This documents is specific to the athlete's skating skills level and can be found [HERE](#).

Who can I contact if I have additional questions to better support my athlete?

You can contact any of our staff at any time. We love to hear from our synchro athletes' coaches and parents! Reach out to our director, Alicia Jordan, and she is happy to answer any questions or connect you to your athlete's synchro coaches.

[Alicia Jordan- alicia@denversynchro.org](mailto:alicia@denversynchro.org)- 719-323-7782

Join Us!



SYNCHRONIZED SKATING OPPORTUNITIES

Located near Denver, Colorado and the beautiful Rocky Mountains, Denver Synchronicity is the premier synchronized skating program in the region, fielding teams of all ages and skill levels.

Free Skills Sessions

May 8

7:40-8:30 PM: Pre-Bronze (Pre-Juv)-Gold (Senior) Skating Skills Passed

8:30-9:30 PM: All Adults Age 18+

May 15 and 22

6:00-6:45 PM: Basic Skills-FS 1 Levels

6:45-7:30 PM: FS2-Preliminary Skating Skills Passed

7:40-8:25 PM: Pre-Bronze (Pre-Juv)-Gold (Senior) Skating Skills Passed

8:25-9:10 PM: All Adults Age 18+

Tryout (\$75)

May 29

6:00-7:00 PM: FS 2-Preliminary Skating Skills Passed

7:00-8:00 PM: Pre-Bronze (Pre-Juv)-Gold (Senior) Skating Skills Passed

8:10-8:40 PM: Masters/Open Masters (Adults 25+)

8:40-9:10 PM: Adult/Open Adult (Adults 18+)

For Detailed Information:



denversynchro.org
info@denversynchro.org

Register Here:



denversynchro.getomnify.com



Denver Synchronicity Synchronized Skating Teams

South Suburban Sports Complex
4810 E. County Line Rd, Highlands Ranch, CO 80126
Director: Alicia Jordan

