

## 2025-2026 Tryout Information

*Aspire Team & Open Masters Team Evaluated Skills*

### Tryout Skills

<b>Skating Skills</b>
Forward and Backward Four Count Stroking - click <a href="#">here</a> for video
Forward and Backward Chasses - click <a href="#">here</a> for video
Forward and Backward Crossovers
Forward Slaloms
<b>Turns</b>
Forward Outside 3 Turns
Forward Inside Mohawks
Alternating Mohawk Crosses - click <a href="#">here</a> for video
Forward Power Threes
<b>Freestyle Elements</b>
Forward Spirals
Lunges
<b>Optional Recommended Elements</b>
Scratch Spin
Shoot the Duck
<b>Performance/Musicality</b>
Music counting (8 counts)
Beginning facial expressions to different music types

**2025-2026 Tryout Information**  
*Preliminary Team Evaluated 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 Four Count Stroking - click [here](#) for video

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

Forward and Backward Crossovers (Four count and two count timing)

**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 closed 3-turns and closed mohawks

Forward Outside 3 Turns

Forward Inside Mohawks

Forward Inside Brackets

**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
- Jump with speed on the entry and landing

Forward Straight Line Spirals (both feet)

Forward Lunges (both feet)

Half Flip (counter clockwise "righty")

Loop Jump (counter clockwise "righty")

Toe Loop Jump (counter clockwise "righty")

**Optional Recommended Elements**

Spread Eagles

Biellmans

**Performance/Musicality**

Proficient in counting music (8 count)

Use of entire body and facial expressions to interpret different types of music

## 2025-2026 Tryout Information

*Pre Juvenile/Open Juvenile/Juvenile Team Levels & Masters Team Evaluated Skills*

### Tryout Skills

#### Skating Skills

Skaters should be able to:

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

Forward Four Count Stroking

Forward and Backward Crossovers

Forward and backward outside lunge edges with body twist – click [here](#) for video

Forward outside Edges “wicked edge” drill – click [here](#) for video

#### Turns

Skaters should be able to:

- Have good control and sustained entry and exit edges
- 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

Cross stroke & Bracket Drill – click [here](#) for video

#### Moves Elements

Skaters should be able to:

- Give their best effort to fully extend body lines and demonstrate a controlled position
- Execute at least one of the below moves elements

Biellmans

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

Forward Outside and Inside Spirals (free leg at 135 degree from skating leg)

Outside Spread Eagles

#### Freestyle Elements

Forward Upright Spin to Back Scratch

Toe Loop Jump (counter clockwise “righty”)

Flip jump (counter clockwise “righty”)

#### Performance/Musicality

Must be completely comfortable counting music (8 count & 6 count)

Use of entire body and facial expressions to interpret different types of music

## 2025-2026 Tryout Information

Intermediate Team & Adult Team Evaluated 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 Four Count Stroking

Forward and Backward Crossovers

Forward and Backward Outside Lunge Edges with Body Twist - click [here](#) for video

Forward Outside Edges "Wicked Edge" Drill - click [here](#) for video

#### 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

Crossroll & Bracket Drill - click [here](#) for video

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

#### Moves Elements

Skaters should be able to:

- Execute at least two different moves elements

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

Inside and Outside Spirals (free leg at 135 degrees from skating leg)

Forward Spiral with Change of Edge (inside to outside and/or outside to inside)

Outside Spread Eagles

#### Freestyle Elements

Forward Sit Spin

Forward Upright Spin to Back Scratch

Toe Loop Jump (counter clockwise / righty)

Flip Jump (counter clockwise / righty)

#### Performance/Musicality

Must be completely comfortable counting music (8 count & 6 count)

Use of entire body and facial expressions to interpret different types of music