

# Varsity Synchro Try-Out Skills

Stroking- big high extensions, quality  
knee bend

Step X Hold Forward

Step X Hold Backward

Crossovers on a circle forward and backward

FO3turns

FI3turns

BO3turns

BI3turns

Double 3's

Swing rolls forward

Chases forward and backward

Single and double twizzles all ways

T stops back and in front

Hockey stops

Brackets- mainly FI to BO and BI to FO

Rockers-mainly FO, FI and BI

Counters-mainly FI and BI

Loop-only BI

Mo-hawk X

Falling Leaf

Split jump

Camel spin

Sit spin

Camel sit combo

Spirals- especially 180 spirals

Spread Eagles

Illusion

Quality of overall skating, posture, ability to pick up footwork quickly will also play a part in placement.

Please note that it is not necessary to be able to do all the freestyle elements, but if you can do them it will be a benefit to you.

\*\*All skaters will also be required to do a team try-out performing block, circle, and line formations.

## JV Synchro Try-Out Skills

Stroking without toe pick pushes  
Forward and backward crossovers  
Step X holds forward and back  
FO3 turns  
FI3 turns  
BO3 turns  
Chases forward and backward  
Mohawks  
Mohawk X  
Lean leans  
Swing rolls forward  
Brackets FI to BO only  
Single Twizzles  
Tracking in a group exercise

Extras:

Scratch spin to back spin  
Sit spin  
Leg lift spirals  
Regular spirals  
Shoot the duck

\*\*All skaters will also be required to do a team try-out performing block, circle, and line formations.