2020/2021 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.

2020/2021 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.