

# PRE-PRELIMINARY THROUGH PRE-JUVENILE MIF

**Saturday 3/7 – 6:00-7:50a**

**Sunday 3/8 – 7:40-9:00a on-ice; 9:15-10:15a off-ice**

*Skaters should have strong basic skating skills, good upper body carriage, clean turns, and be able to skate with power and musicality.*

**Test level:** Pre-Preliminary through Pre-Juvenile MIF required  
**Age:** All ages  
**Synchro Experience:** Previous team experience not required, but recommended

## **Individual Skills:**

- Stroking
- Forward and backward crossovers on a circle
- Forward and backward alternating crossovers & chasses
- Cross strokes – forward and backward
- Power pulls - forward and backward
- Forward crossover - swing roll exercise
- Alternating mohawk exercise (mohawk, pump, crossover, stroke forward)
- Outside 3-turn, crossover exercise
- Juvenile circle step (crossover, outside mohawk, slide, back crossover, stroke forward)
- Backward power 3-turns
- Twizzles (both feet)
  - Forward inside 1.5 and 2.5
  - Backward outside 1 and 2

## **Field Moves:**

- Outside spread eagle
- Forward spirals (outside & inside)
- Forward lunges on both feet
- 135 spirals (heel grab)
- Back lunge

## **Freestyle Elements:**

- Highest level spin of choice
- Highest level jump of choice

## **Team Skills:**

- Warmup block
- Pivot block with mohawks
- Traveling element
- No hold step sequence to be taught on Day 1

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## **Skaters will be evaluated on:**

- Clean and controlled edges; speed and flow through turns
  - Ability to maintain tension in arms and carriage of upper body
  - Controlled, strong extensions and finish of movements (pointed toes, turned heads, locked arms)
  - Ability to skate to the beat of the music
  - Confidence of movement both in the line and on their own with strong projection
  - Ability to focus and pay attention to directions and corrections
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