

Synchroettes 2012 Skills & Drills and Tryouts

Please select the sessions that match your skater's Moves in the Field level as of
April 1, 2012



Session 1

Skaters who have passed
No Test or Pre-Preliminary Moves in the Field

Skills and Drills Sessions:

Tuesdays April 17 and April 24
4:30 – 5:30 PM

Tryouts:

Tuesday May 1 and May 8
4:30 – 5:30 PM

****All sessions at Richard J. Codey Arena in West Orange****
Sessions are \$30 each.

Skaters should show understanding of the following:

Strong basic skating skills, forward stroking, chasses,
forward and backward crossovers, mohawks, three-turns, t-
stops, spirals, shoot the ducks, bunny hops, and forward and
backward lunges

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Session 2

Skaters who have passed
Preliminary through Juvenile Moves in the Field

Skills and Drills Sessions:

Tuesdays April 17 and April 24

6:30 – 7:30 PM

Thursday April 19 and 26

6:00 – 6:45 PM

Tryouts:

Tuesday May 1 and May 8

6:30 – 7:30 PM

****All sessions at Richard J. Codey Arena in West Orange****

Tuesday session: \$30; Thursday session: \$25

Skaters should show understanding of the following:

Strong basic skating skills, cross strokes, power pulls, double three-turns, brackets, Choctaws, twizzles, alternating rockers, spread eagles, ina bauers, spirals, 135 spirals, hydros, shoot the ducks, forward and backward lunges, spins (camel and sit), backward snowplow stop, “pretty” forward t-stop, and a step sequence TBD

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Session 3

Skaters who have passed either
Intermediate and Novice Moves in the Field (all ages) or
Junior and Senior Moves in the Field **ages 12 and under as of July 1, 2012.**

Skills and Drills Sessions:

Tuesdays April 17 and April 24

7:30 – 8:30 PM

Saturday April 21 and 28

7:00 – 8:00 AM

Tryouts:

Tuesday May 1 and May 8

7:30 – 8:30 PM

****All sessions at Richard J. Codey Arena in West Orange****

Sessions are \$30 each

Skaters should show understanding of the following:

Skaters should have strong basic skating skills. They should be prepared to perform cross strokes, power pulls, double three-turns, brackets, Choctaws, twizzles, and alternating rockers on both feet, all edges. Other requirements include spread eagles, in a bauers, spirals, 135 spirals, hydros, shoot the ducks, counters, cycle circles, forward and backward lunges, spins (camel and sit), backward snowplow stop, “pretty” forward t-stop, and a step sequence TBD

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Session 4

Skaters who have passed
Junior and Senior Moves in the field
ages **13 and over** (as of July 1, 2012)

Skills and Drills Sessions:

Tuesdays April 17 and April 24

8:45 – 9:45 PM

Wednesday April 18 and 25

6:45 – 7:45 PM

Tryouts:

Tuesday May 1 and May 8

8:45 – 9:45 PM

****All sessions at Richard J. Codey Arena in West Orange****
Sessions are \$30 each.

Skaters should show understanding of the following:

Skaters should have strong basic skating skills. They should also be able to recognize, identify, and perform different combinations of turns including rockers, counters, Choctaws, brackets, and twizzes on all edges, with both feet.

Other requirements include spread eagles, in a bauers, spirals (straight line and two changes of edge), 135 spirals, hydros, spins (camel-sit-back scratch, and flying camels), split jumps, falling leaves, and cycle circles. Skaters should be prepared to perform the straight line sequence and Choctaw sequence from the Junior MIF, Step sequence from the Senior MIF, and an additional step sequence TBD.