



2026-2027 Blue Team Workshop & Tryouts

Skaters attending the Blue Team 2026-2027 Season Workshop and Tryouts should be currently passed Pre-Silver/INT Skating Skills or pass before July 31, 2026 deadline. Silver/Novice Skating Skills and higher preferred. Must be 19 and younger as of the July 1st, 2026 per USFS requirement. Skaters at this level should be able to perform drills and patterns, set to music, which the skater will be asked to perform both individually and/or attached to other skaters. We will be evaluating proficiency, edge quality, musical timing, and presentation of the drills that we will be teaching to the skaters. The skaters will also learn basic synchro elements and be evaluated how well they skate together as a team.

INDIVIDUAL SKILLS	STEPS/COUNTS	EXPECTATIONS
Forward and backward perimeter Stroking		Skaters should demonstrate superior edge control while accelerating across the ice while maintaining exceptional extensions and body alignment.
"Russian Circles"	ROL push X (x3), LBO back power 3, lean, repeat on other side. Pattern will serpentine down the ice with the back power 3 crossing over the long axis of the rink.	Skaters should be able to generate and maintain power and flow throughout while displaying superior body control and free leg extensions
Forward inside brackets	ROL push X, step F L, step into RFI Bracket, pull back, X free leg on top, lean R, repeat. This will be repeated on the left foot	Skaters should be able to demonstrate correct edge control in and out of all turns. Skaters should be able to maintain speed, balance, and flow when executing difficult turns.
Forward inside 2.5 twizzles	ROL push X, step F L, step into RFI Twizzle, check out, LFO 3TURN lean, repeat. This will be repeated on the left foot	Correct twizzle function with controlled arms and free legs while maintaining speed and flow
Alternating back outside 2 twizzles	Novice/Silver MITF pattern,	
FIELD MOVES	STEPS/COUNTS	EXPECTATIONS
135 Spiral - both feet, inside & outside edges		Free leg at 135 degrees or higher while maintaining edge control
FREE SKATING ELEMENTS	STEPS/COUNTS	EXPECTATIONS
Flip Jump	Forward outside 3-turn	Strong entry and landing while maintaining speed
Loop Jump	Backward cross over entry	Strong entry and landing while maintaining speed
SYNCHRO ELEMENTS	STEPS/COUNTS	EXPECTATIONS
Pivoting Block		Able to perform pivot block functions while executing difficult turns and staying in line with other skaters.
Line		Able to perform difficult turns and free skating movements while staying in line with other skaters
No Hold		Able to maintain 360 degree spacing while executing various turns, freestyle elements, and body movements.
COMPOSITION	SKATING SKILLS	PERFORMANCE
Ice Coverage	Ability to execute difficult turns with ease	Commitment to Movements
Strong Holds and Connections	Execute Movements with fluidity	Project and express with whole body
Low and Mid level body Movements	Ability to generate energy and speed with ease	Clear execution of of all movements in unison