



### 2026-2027 White Team Workshop & Tryouts

Skaters attending the White Team 2026-2027 Season Workshop and Tryouts should be currently passed Pre-preliminary Skating Skills Test or pass before July 31st, 2026 deadline. Must Be 13 or younger as of July 1st, 2026 per USFS Requirement. Pre-Brz Skating Skills or Higher Preferred. Skaters at this level should be able to perform basic drills and patterns, set to music, which the skater will be asked to perform both individually and attached to other skaters. We will be evaluating proficiency for the appropriate level, in edge quality, musical timing, and presentation. The skaters will perform basic synchro elements and be evaluated how well they skate together as a team.

EDGE SKILLS	STEPS/COUNTS	EXPECTATIONS
Advanced Fwd Stroking		Ability to demonstrate correct use of blade on each stroke with extension and body control.
Fwd and Bwd Perimeter Stroking		
TURNS/STEPS	STEPS/COUNTS	EXPECTATIONS
FWD Power 3 turns (R and L)		Ability to demonstrate power and the correct entry and exit edge for 3-turns and mohawks
Power Mohawks (R and L)		
FREE SKATING MOVES	STEPS/COUNTS	EXPECTATIONS
Forward Spirals on Straight Line (R and L)		Ability to demonstrate spirals with controlled extension at hip level or higher with arched back.
Forward Lunge R and L		Ability to keep back leg straight and stay low while maintaining speed.
FREE SKATING ELEMENTS	STEPS/COUNTS	EXPECTATIONS
Toe Loop	Inside 3 Entrance	Controlled entry and landing
SYNCHRO ELEMENTS	STEPS/COUNTS	EXPECTATIONS
Pivoting Block		Ability to understand the basic pivot action while performing turns and steps with other skaters.
Line		Ability to maintain straight lines with speed and flow through turns, steps and body movements.
COMPOSITION	SKATING SKILLS	PRESENTATION
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