

STARLIGHTS SYNCHRO SKILLS 1 & 2



Introductory - must be at least age 5 as of 7/1/20

Synchro Skills 1 - majority under 9 years old as of 7/1/20

Synchro Skills 2 - majority under 12 years old as of 7/1/20

Recommendations for Individual practice/lessons:

1 group skating class
1 private lesson per week
(recommended after joining team)
Individual practice time should match instructed time.

This is an introductory level where the skaters will have fun and get an understanding of what Synchronized Skating is all about. Teams practice once a week in the spring through May and June. July will be off and the teams will continue practicing from August through approximately January 31st. The main difference between Synchro Skills 1 and 2 is the age requirements and length of program.

Skills: Synchro Skills 1 & 2 (All skills on both feet)

Forward stroking
Forward Crossovers
Forward and Backward pumps
One foot glide on a circle
2 foot turns
Snow plow stops
Forward chasses
Bunny Hops
Dips
Lunges
Spirals

Bonus Elements:

Forward inside and outside edges
Forward outside 3 turns (Required for basic skills 2)
Mohawks

Skills: Introductory (All skills on both feet)

Forward Skating (8-10 strides)
Forward swizzles (4-6 in a row)
Backward swizzles (4-6 in a row)
Moving forward snowplow stop
Two-foot hop
Dip while moving
Curves

STARLIGHTS PRELIMINARY, PRE-JUVENILE & OPEN JUVENILE



Preliminary: Skaters must be under 12, majority under 10 as of 7/1/20.
Pre-juvenile: The majority of the team must be under 13 as of 7/1/20.
Open-Juvenile: All skaters under age 20 as of 7/1/20 and passed pre-preliminary moves.

Recommendations for Individual practice/lessons:

- 1 skating class
- 1 specialty skating class (spins, ice dance)
- 1 MIF lesson per week
- 1 Freestyle lesson per week
- Individual practice time should match instructed time.*

These levels are competitive. There is more travel required than the Synchro Skills teams. These teams practice once a week starting with spring training in May and June. July will be off and the teams will continue practicing from August through approximately January 31st. The main difference between prelim & pre-juv is the age requirements, and pre-juv and prelim add an off-ice practice session after Labor Day. OJ tends to be older skaters than prelim and PJ.

Video links for help practicing before tryouts will be sent after registration is received.

Skills: Pre-Juvenile

All Synchro Preliminary skills above PLUS:

All basic turns on all edges:

Mohawks, 3-turns

Backward Power 3 turns

Cross Strokes: Forward and backward

Power Pulls: Forward and Backward

Spin and Jump of choice

[3 turn exercise \(both feet\): \(VIDEO LINK\)](#)

Bonus Elements:

Forward and Backward double three turns

Forward inside brackets

Forward 1.5 twizzles

Skills: Preliminary (All skills on both feet)

All skills from the Synchro Skills sheet PLUS:

Forward and Backward Perimeter stroking

Forward and Backward crossovers

[Mohawk exercise: \(VIDEO LINK\)](#)

Chasses

Forward power 3 turns (Prelim moves)

Tap toes

Back lunges

Alternating backward crossovers to backward outside edges (Prelim MIF)

Outside spirals, on a curve (Prelim MIF)

Bonus Elements:

Biellmann spiral and spread eagles

Split jump

Illusion

Backward shoot the duck

Spin of choice

Skills: Open-Juvenile

All Synchro Pre-Juvenile skills PLUS:

All basic turns: mohawks, 3-turns, back power 3's

Difficult turns:

Forward inside brackets

Forward outside rockers

Twizzles: Fwd 1.5, Backward single

Field Moves:

Outside Spread eagles both ways

Spirals, leg extended back, ABOVE HIP LEVEL

180 spiral (heel stretch) any direction, any leg

Shoot the ducks, forward and backward

Spin of choice

Jump of choice

Bonus Elements:

Two difficult turns in a series, counters

STARLIGHTS JUVENILE & INTERMEDIATE



Juvenile: Skaters must be under 13 as of 7/1/20 and have passed pre-juvenile moves.
Intermediate: Under age 18 as of 7/1/20. All skaters must have passed juvenile moves.

Recommendations for Individual practice/lessons:

3 private lessons per week
(ice dance, freestyle, moves)

Individual practice time should match instructed time. (at least 2 hours)

Additional classes that will help a skater at this level: Power, Stroking, Pilates,

BOOT CAMP TENTATIVE TIMES:

Juvenile: Early August

Intermediate: Early August

The Juvenile and Intermediate teams practice once a week in May and June. Summer break: June 15-July 13. Practices resume in late July. They will skate two days a week during the normal competitive season (one weekday and one weekend day). The competitive season runs from mid-August through January 31st and if the teams qualify for the US Synchro Championships, their season is extended into late February.

Video links for help practicing before tryouts will be sent after your registration is received.

Team Skills:

Warm-up block

Rotating Element (circle or wheel)

Pivot Block: RFI 3 turn, RBO single twizzle
[\(VIDEO LINK\)](#)

Travel Element (circle or wheel)

Intermediate ONLY:

[No-Hold Element \(VIDEO LINK\)](#)

Bonus Elements for Juv and Int:

Axel, Bellman Spin, Russian split jump

Series of 2 difficult turns (Juvenile)

[*Death Spirals \(video link\)](#)

Skills: Juvenile and Intermediate (All skills on both feet)

Stroking with proper posture and extensions

Backward crossovers: knee bend/undercuts/posture

Cross Strokes: Forward and Backward

Power pulls: Forward and Backward

[Mohawk exercise: \(VIDEO LINK\)](#)

LFO stroke, RFI Mohawk, pump, RFO stroke, LFI Mohawk. pump. repeat

[3 turn exercise \(both feet\): \(VIDEO LINK\)](#)

LFO chassé, LFO 3 turn, lean R, cross R over L, repeat

RFO chassé, RFO 3 turn, lean L, cross L over R, repeat

Backward Power 3's

Forward inside brackets

Forward Inside Twizzles:

L stroke, R twizzle, back exit, cross, repeat (both feet)

Backward Outside Twizzles: (single)

3 turn lean backward outside twizzle

Series of turns: (INTERMEDIATE ONLY)

[LBI rocker. LFI bracket. LBO counter.](#)

[RFO bracket. RBI counter. RFI twizzle.](#)

LFO rocker, LBO bracket, LFI counter

RFI counter, RBI rocker, RFI bracket

[RFI bracket. RBO counter. RFO rocker.](#)

RBO rocker, RFO counter

[RBO rocker. RFO counter. RBO twizzle.](#)

Twizzle Series: (INTERMEDIATE ONLY)

[LBO double twizzle/waltz jump into RBO double twizzle \(VIDEO LINK\)](#)

[LFI 1.5 twizzle, RFI 1.5 twizzle \(VIDEO LINK\)](#)

Field Moves:

Outside spread eagles, both directions

Spirals: straight line, outside and inside edges, free leg
180, 135 spiral forward and backward

Beillmann Spirals

Ina Bauers

Freestyle Moves:

Upright spin, illusion, and highest level spin of choice
Split jump, highest level jump of choice

STARLIGHTS NOVICE & JUNIOR



USFS Minimum Requirements:

Novice: Under age 16 as of 7/1/20. All skaters must have passed the Intermediate moves in the field test.

Junior: Age 13-19 as of 7/1/20. All skaters must have passed the novice moves

Recommendations for Individual practice/lessons:

3 private lessons per week (dance, freestyle, moves/synchro)
Individual practice time should match instructed time. (at least 2 hours)

Additional classes that will help a skater at this level: Ballet, Power, Stroking, Pilates, Stretch, Cardio. Skaters should be skating at least five days a week.

BOOT CAMP TENTATIVE TIMES:

Junior Short: Spring TBD

Junior Free: Late July

Novice: Late July

Novice and Junior will have spring practices in May and early June, summer break June 15-July 13. Practices and Boot camps resume in late July. Beginning in late August, Novice practices two days weekly (1 weeknight, and 1 weekend day). Novice will also have a second weeknight for skills for a total of 3 days of team skating.

Junior practices 3 times per week (1 weeknight and 2 weekend days). They too, have a second weeknight for skills. All teams have off ice sessions attached to each practice. The fall schedule goes through January 31st and if the teams qualify for the U.S. Synchro Champs, their season is extended to late February.

The Junior team will also compete internationally, two to three times per season.

Video links for help practicing before tryouts will be sent after registration is received

Skills: Novice & Junior ***=Junior tryout only**

Individual Skills:

Advanced Forward stroking

Crossovers:

Forward and backward

Cross strokes:

Forward and backward

Power pulls:

Forward and backward

Mohawk exercise: (VIDEO LINK)

LFO stroke, RFI Mohawk, pump, RFO stroke, LFI

3 turn exercise: (VIDEO LINK)

LFO chassé, LFO 3 turn, lean R, cross R over L (both feet)

Backward Power 3's

All brackets

All counters

All rockers

ALL Twizzles:

(2 & 3 rotations, L and R foot)

Series of turns:

LBI rocker, LFI bracket, LBO counter

RFO bracket, RBI counter, RFI twizzle

RBO rocker, RFO counter, RBO twizzle

RFI counter, RBI rocker, RFI bracket

RFI bracket, RBO counter, RFO rocker

LFI bracket, LBO counter, LFO rocker

Twizzle Series: (video link)

1. RFI Extended twizzle, cross stroke into RFO waltz jump into LBO twizzle

2. LFO 3 turn, push back, cross stroke to LBO twizzle (arms above head) exit with a RFO stroke, LFO waltz jump, catch foot RBO twizzle

3. RFI catch foot 3.5 twizzle, step forward on left to RFO waltz jump, LBO twizzle with extended arms

Field Moves:

Outside Spread Eagles both ways

Outside Ina Bauers

Forward change edge spirals

Outside to inside and inside to outside

180 spiral

Forward and backward

Beillmann Spirals

Backward flat

Forward outside

Forward Change Edge

Freestyle Moves:

***Upright 1 foot spin: (video link)**

Difficult spin of choice:

Sit spin and above

Illusion

Split jump

Axel, or highest level jump

Team Skills:

Warm-up block

Pivot Block: 4 difficult turns (Video Links)

RFI rocker/RBI bracket, RFI3-turn/RBO double twizz (novice only)

L-FO rocker, BO bracket, FI counter, BI twizzle

R-FI rocker, BI bracket, FO counter, BO twizzle

Travel Wheel (video link)

Duck under, change edge spirals

LFO-I & RFI-O

No Hold Blocks

Novice Tryout Only: NHE (VIDEO LINK)

***Junior Tryout Only: NHE (VIDEO LINK)**

Rotating Circle

Choreographic step sequence

***Whip intersection (video link)**

***Death Spirals (video link)**

STARLIGHTS ADULT & MASTERS



Adult: Skaters must be 21 as of 7/1/20 and have passed preliminary moves, adult bronze moves, preliminary figure or preliminary dance. (4 skaters can be age 18-20)
Masters: Must be at least age 25, majority age 30+ as of 7/1/20.

Recommendations for Individual practice/lessons:

Minimum of 30 minutes of practice individually per week

Additional classes that will help a skater at this level: Power, Stroking, Pilates,

Boot camp TBD, usually late August. The Adult/Masters team practices start in August. They skate one weekend day during the normal competitive season (2019-20 was Sundays between 11:20-1:20pm). The competitive season runs from mid-August through January 31st and if the teams qualify for the US Synchro Championships, their season is extended into late February.

Video links for help practicing before tryouts will be sent after your registration is received.

Team Skills:

Warm-up block
Rotating Element (circle or wheel)
Pivot Block: RFI 3 turn, RBO single twizzle
[\(VIDEO LINK\)](#)
Travel Element (circle or wheel)
No-Hold Element

Skills: Adult (All skills on both feet)

Stroking with proper posture and extensions
Backward crossovers: knee bend/undercuts/posture
Cross Strokes: Forward and Backward
Power pulls: Forward and Backward
Lunges
Bunny hops

Mohawk exercise: (VIDEO LINK)

LFO stroke, RFI Mohawk, pump, RFO stroke, LFI Mohawk, pump, repeat

3 turn exercise (both feet): (VIDEO LINK)

LFO chassé, LFO 3 turn, lean R, cross R over L, repeat
RFO chassé, RFO 3 turn, lean L, cross L over R, repeat
Backward Power 3's
Backward Outside Twizzles: (single)
RFI 3 turn, RBO twizzle (series for pivot block)

Bonus skills:

Forward inside brackets
Forward Inside Twizzles:
L stroke, R twizzle, back exit, cross, repeat (both feet)
Outside spread eagles, both directions
Spirals: straight line, outside and inside edges
180, 135 spiral forward and backward
Beillmann Spirals
Ina Bauers
Upright spin, illusion, and highest level spin of choice
Split jump, highest level jump of choice