



Wisconsin Inspire Synchronized Skating Team Skills and Standards

Juvenile Skills and Standards

Juvenile: A team of 16-20 skaters, that have passed pre-juvenile MIF test, age under 13 as of July 1 of the tryout year.

Cross skaters are allowed from Juvenile to the Intermediate and Novice levels.

Although skaters are only required to have pre-Juvenile MIF test, Juv skaters should be working towards passing Juvenile/Intermediate moves and be introduced to Intermediate/Novice. Testing in Ice Dance through the Bronze dances is also highly recommended at this level. Skaters should work on their own to achieve the following skating skills goals: Overall skating quality should be good. Skaters should demonstrate use of ankle pressure and 90 degree knees while maintaining excellent posture and controlled skating. Precision in all movements and increased intensity of projection and expression while skating is a must! Skaters must also be working towards an understanding of synchronized elements and how to do them correctly and demonstrate the ability to listen and make corrections from coaches.

Skaters should have mastered all steps and turns thru the pre-juvenile MIF tests as well as Back Power 3s (Juvenile MIF) and single and 1.5 twizzles (Intermediate MIF). Skaters should also be developing their bag of tricks! Spins, jumps and your signature move (something that you can do well that shows jumping or spinning skill, flexibility or a unique gliding position) should be developing. Here is a goal list for all skaters to be practicing:

Turns and steps: All three turns done in a tucked OR extended free leg position, fwd outside and inside mohawks and bkwns outside and inside mohawks both with a tucked or extended free leg position, backwards power threes; all four double threes (FO-BI, FI-BO, BO-FI, and BI-FO) with free leg extended and tucked; All single and 1.5 twizzles (forwards/backwards, outside/ inside, right/ left) fwd and bkwns xstrokes, bkwns outside twizzles on both feet, Beginning brackets (L and R Fwd inside and outside and L and R bkwns inside and outside)

Freestyle Moves: Fwd spirals on both feet and both inside and outside edges with free foot 135 degrees, change of edge spiral, 170 spirals with free leg to side and held in front across the body, Biellmann spirals both Fwds and Bkwns. Spread eagles both inside and outside and both rotational directions, Ina Bauers, shoot the ducks, hydroblades and any other unique balance moves are a plus!

Dance jumps: toes turns, stag/split jumps, ½ flip, falling leaf, ½ axels, any half jumps or toe steps

Jumps with 1 revolution or more: Loops, axel or signature double jumps

Spins: Scratch spin with extended free leg held for 3 revs, sit, camel, flying camel, layback or biellmann spins, single position or in combination

No hold elements: skating moves such as pivots, illusions and ALL stops (proficiency in Z stops)

Juvenile Skills and Standards (cont.)

Connecting steps such as chasses, gathers, fwd and bkwd xovers, swing rolls are vitally important in this level and should be consistently practiced to achieve excellent performance and excellent extension and power!

Skaters are responsible for practicing an extra 2-3 hours per week and take private lessons to continue to pass moves, dance or freeskate tests, and to master elements in their program. All skaters are expected to continue to improve on their own. Coaches are available throughout the season at times to be determined for progress reports.

Open Juvenile

Open Juvenile A team of 8-16 skaters under age of 20 that have passed Pre-Preliminary Moves in the Field. Ages are of July 1st. There is no cross skating allowed at the Open Juvenile level.

This level will most likely be judged under the IJS judging system for the 20-21 season. The competitiveness of this level continues to increase.

Although skaters are only required by USFS to have pre-preliminary MIF test, OJ skaters should be working to progress up the Moves in the Field test ladder. We recommend that skaters be working on pre-juvenile MIF or higher. Testing in Ice Dance is also recommended. Overall skating quality should be good. Skaters should demonstrate use of ankle pressure and 90 degree knees while maintaining excellent posture and controlled skating. Precision in all movements and increased intensity of projection and expression while skating is a must! Skaters must also be working towards an understanding of synchronized elements and how to do them correctly and demonstrate the ability to listen and make corrections from coaches. Skaters should also be working to develop their bag of tricks. Spins, jumps and your signature move (something that you can do well that shows jumping or spinning skill, flexibility or a unique gliding position) should be developing. Here is a goal list for all skaters to be practicing:

Turns and Steps: Skaters should show mastery of all 3 turns and mohawks (forward/ backward, left/ right, inside/ outside) with tucked and extended free leg. Back Power 3 turns and all four double threes (FO-BI, FI-BO, BO-FI, and BI-FO) with free leg extended and tucked; All single and 1.5 twizzles (forwards/backwards, outside/ inside, right/ left) fwd and bkws xstrokes, and brackets (L and R Fwd inside and outside and L and R bkws inside and outside).

Freestyle Moves: Fwd spirals on both feet and both inside and outside edges with free foot 135 degrees, change of edge spiral, 170 spirals with free leg to side and held in front across the body, Biellmann spirals both Fwds and Bkws. Spread eagles both inside and outside and both rotational directions, Ina Bauers, shoot the ducks, hydroblades and any other unique balance moves are a plus!

Dance jumps: toes turns, stag/split jumps, ½ flip, falling leaf, ½ axels, any half jumps or toe steps

Jumps with 1 revolution or more: Loops, axel or signature double jumps

Spins: Scratch spin with extended free leg held for 3 revs, sit, camel, flying camel, layback or bielmann spins, single position or in combination

Connecting steps such as chasses, gathers, fwd and bkwd xovers, swing rolls are vitally important in this level and should be consistently practiced to achieve excellent performance and excellent extension and power!

Skaters are responsible for practicing an extra 2-3 hours per week and take private lessons to continue to pass moves, dance or freeskate tests, and to master elements in their program. All skaters are expected to continue to improve on their own. Coaches are available throughout the season at times to be determined for progress reports.

Intermediate/Novice Skills and Standards

Intermediate: A team of 16-20 skaters, that have passed Juvenile MIF test, age under 18.

Novice: A team of 16-20 skaters that have passed Intermediate MIF test. Skaters must be under 16, but four skaters are allowed to be 16 or 17.

All ages are as of July 1st. Cross skating is allowed at these levels.

Skaters should work on their own to achieve the following skating skills goals: Overall skating quality should be very good. Skaters should have flow, power, posture and full extension and be able to execute step sequences and quality moves. Skaters should be able to skate with good expression and confidence and with PRECISION of all movements!

Skaters should have mastered all steps and turns thru the Juvenile and Intermediate MIF tests and must continue to work on passing their next moves in the field test. It is expected that each skater increases their moves in the field level by passing one MIF test per year minimum until they are a USFS Gold medalist in MIF. Ice Dance testing through Pre Silver level dances is highly recommended. Skaters should also be developing their bag of tricks! Spins, jumps, field moves and excellent step sequences are necessary. Here is a list for all skaters to be practicing:

Turns: Back double threes, All brackets, all counters, all rockers, all twizzles, 2 foot quick twizzles, Fwd Please practice on both feet and include twizzle features where possible:

- Arms over head/locked in front,
- Free leg extended, Grab free leg behind,
- Waltz jump in to twizzle, and Jump back Inside Counter in to twizzle

Freestyle moves: Change of edge forward spirals on both feet and both inside to outside and outside to inside edges with free foot 135 degrees, 170 spirals with free leg to side and held in front across the body, Biellmann spirals both Fwds and Bkwds. Spread eagles both inside and outside and both directions. All freestyle moves must be held in good position on good edges for 3 seconds minimum. All Ina Bauers shoot the ducks, hydroblades and any other unique balance moves are a plus!

Dance jumps: toes turns, stag jumps, split jumps, ½ flip, falling leaf, ½ axels and any half jumps or toe steps

Jumps with 1 revolution or more: Loops, axel or signature double jumps

Spins: Scratch spin with extended free leg held for 3 revs then pulled in for 6 revs total, sit, camel, flying camel, butterfly, layback or Biellmann spins, single position or in combination

No hold elements: skating moves such as pivots, illusions, and z stops

Turn series: LFI bracket to LBO counter to LFO rocker

LBI Rocker to LFI bracket to LBO counter

RFO bracket to RBI counter to Rfl 2 ½ twizzle

RFI rocker to RI counter to RFI bracket of the top of the lobe

LBI rocker to LFI counter to LBI twizzle

LFO rocker to LBO bracket to LFI counter to LBI twizzle

Intermediate/Novice Skills and Standards (cont.)

Skaters are responsible for practicing 3-4 hours per week and take private lessons to continue to pass moves, dance or freeskate tests, and to master elements in their program. All skaters are expected to continue to improve on their own. Coaches are available at posted times throughout the season for progress reports.

Junior Skills and Standards

Junior: A team of 16-20 skaters that have passed Novice moves in the field (MIF) test and who are 13 years or older but under the age of 19 as of July 1. All ages as of July 1 of the tryout year. Cross skating is allowed to the Intermediate and Novice levels.

Skaters should work on their own to achieve the following skating skills goals: Overall skating quality should be excellent with strong positions, power and speed. Skaters should have flow, posture, and exceptional extension and body lines and be able to execute step sequences and quality moves. Skaters should be able to skate with exceptional expression and confidence and with PRECISION and PURPOSE in all movements!

Skaters should be working on their own to pass the Junior and Senior moves in the field tests. Testing in Ice Dance through at least Pre Silver level is highly recommended. Skaters should also be developing their bag of tricks! Spins, jumps, field moves and excellent step sequences are necessary. Here is a list for all skaters to be practicing:

Turns and Twizzles:

Skaters should have the ability to execute all brackets, rockers, counters and loops of good quality with flow and speed. Skaters should have the ability to change directions quickly using back power 3s, mohawks, three turns, or weight shifts. Skaters should be able to execute triple twizzles on all edges and feet (8) with features:

- Arms over head/locked in front,
- Free leg extended, Grab free leg behind,
- Waltz jump in to twizzle, and Jump back Inside Counter in to twizzle

Turn series: LFI bracket to LBO counter to LFO rocker
LBI Rocker to LFI bracket to LBO counter
RFO bracket to RBI counter to Rfl 2 ½ twizzle
RFI rocker to RI counter to RFI bracket of the top of the lobe
LBI rocker to LFI counter to LBI twizzle
LFO rocker to LBO bracket to LFI counter to LBI twizzle

Freestyle Moves

135 spiral with change of edge is required plus at least one additional additional level 3 freestyle move including spreads in both directions, 170 on edges, Biemann, 135 with change of edge, Outside in a bauer in both directions, or outside in a bauer in one direction and spread in other direction. All freestyle moves must be held in good position on good edges for 3 seconds minimum. All Ina Bauers shoot the ducks, hydroblades and any other unique balance moves are a plus!

Dance Jumps

Skaters should have mastery of all dance jumps: stags, ballet, mazurkas, split falling leaf, ½ axels, ½ flips, ½ loops, and split jumps and rotational toe steps.

Spins

A good quality scratch spin with leg extended for 3 revolutions then pulled in for a total of 9 revolutions is required. There must be no traveling and skaters must be able to exit with a jump out, toe stop, or Back outside landing position.

Illusions - forward outside or backward inside spin entrance

Mastery of one other spin is required- sit, camel, catch camel, layback, flying camel, flying sit, bielmann or l spin. Skaters should be able to hit strong spin position within one revolution and hold position for a minimum of 6 fast revolutions.

Jumps

Exceptional split jumps, Russians, Axels, double jumps,

Skaters are responsible for practicing 4-5 hours per week and take private lessons to continue to pass moves, dance or freeskate tests, and to master elements in their program. All skaters are expected to continue to improve on their own. Coaches are available at posted times throughout the season for progress reports.