



Skills for Team Braemar Clinic & Tryouts

REGISTRATION FEE—\$25

LOWER LEVEL—*Skaters age 12 and below as of July 1st 2015, MIF PRE-JUV and below*

Forward and Backward perimeter stroking
Forward and backward crossovers
Power pulls
3-turns
Mohawks
Outside and inside spirals
Any jumps (ballet, tap toe, waltz)
Any spins (1-foot, sit spin)
Any “extras” (spread eagles, lunges, etc.)

HIGHER LEVEL—*Skaters age 13 and above as of July 1st 2015, MIF JUV and above*

All of the above plus...

Moves Elements

Spirals & 135 Spirals
Spread Eagles—right outside to left outside, left outside to right outside
Ina Bauers
Choreographed moves sequences—*As learned at Clinic*

Turns & Edges

Series 1—Right forward inside bracket, pull to a right back inside counter, to a right forward inside 1-1/2 twizzle/2-1/2 twizzle
Series 2—Right backward outside rocker, to a right forward outside bracket, to a right backward inside counter
Individual twizzles (right forward inside, left forward inside. 1 revolution, 2 revolutions, then 3 revolutions)
Individual turns (bracket, rocker, counter, Choctaw, twizzles)

Team Skills—*As learned at Clinic*

Jumps

Axels
Split jumps
Stag jumps
Ballet jumps
Mazurka jumps

Spins

Flying camel spin
Broken leg sit spin
Bielman spin
Y-spin
Layback Spin

Tryout Attire

Please wear black leggings and a black shirt. Hair pulled back neatly in a bun—clean and crisp.