

## Synchronized Skating Skill Progression/Basic Skills - Juvenile

	<b>Synchro 1 -4</b>	<b>Beginner 1</b>	<b>Beginner 3</b>	<b>Beginner</b>
<b>Program length, Age, number</b>	Skill Development Only No age requirements	1.5 – 2 minutes ➤ Majority under 9 ➤ 8 -16 skaters	1.5 – 2 minutes +/- 10 sec. ➤ Majority 9 – 11 ➤ 8 – 16 skaters	2 – 2.5 minutes +/- 10 sec. ➤ Majority at least 12 ➤ 8 – 16 skaters
<b>Program requirements</b>	<ul style="list-style-type: none"> <li>➤ Circle: Begins with forward pumps in Synchro 1, advancing to include a very basic “step sequence” in Synchro 4</li> <li>➤ Line: Begins with a forward line in Synchro 1, advancing to a transition from forward to backward by Synchro 4.</li> <li>➤ Wheel: Begins with a 4 spoke or 2 spoke with pumps, advancing through all basic wheels.</li> <li>➤ Intersection: Begins in Synchro 2 with two lines, two feet, advances to two lines, one foot glide at point of intersection</li> </ul>	<ul style="list-style-type: none"> <li>➤ Circle: Include a two foot turn and a forward inside or outside edge*</li> <li>➤ Line: Any shape, cover ice, all forward skating.</li> <li>➤ Block: Cover ice, only 1 configuration allowed.</li> <li>➤ Wheel: 4-spoke or "S" with backward pumps.</li> <li>➤ Intersection: Two lines facing each other, 2-foot glide at point of intersection.</li> </ul> <p>"See element C in Basic 3 "See elements A &amp; B in Basic 4</p>	<ul style="list-style-type: none"> <li>➤ Circle: Include combination move from Basic 8*</li> <li>➤ Line: Any shape, cover all ice, may include backward &amp; forward skating.</li> <li>➤ Block: Cover ice, must have either 1 or 2 configurations.</li> <li>Wheel:</li> <li>➤ Wheel of choice with backward pumps.</li> <li>➤ Intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.</li> </ul> <p>"Forward inside Mohawk, step down, cross behind, back cross-over, step forward to an inside edge. (Not necessary to repeat, do only in one direction.)</p>	<ul style="list-style-type: none"> <li>➤ Circle: Include combination move from Basic 8*</li> <li>➤ Line: Any shape, cover all ice, must include forward &amp; backward skating.</li> <li>➤ Block: Cover ice, must include 2 or 3 configurations.</li> <li>➤ Wheel: Wheel of choice.</li> <li>➤ Intersection: Two lines facing each other, 1-foot glide or forward lunge point of intersection.</li> </ul> <p>'Forward inside Mohawk, step down, cross behind back cross-over, step forward to an inside edge. (Not necessary to repeat, do only in one direction.)</p>
<b>Expected skater skill</b>	Skaters should feel comfortable executing skills from Basic 3 – Basic 8.	Skaters should be approximately Basic 4 – Basic 8. No skaters higher than preliminary, majority “no test”.	Skaters should be approximately Basic 5 – Free Skate 2. No skaters higher than preliminary, majority “no test”.	Skaters should be approximately Basic 5 – Free Skate 2. No skaters higher than preliminary, majority “no test”.
<b>Notes</b>	The instructor manual gives in-depth information on keys to teaching. Main points are learning holds, guiding, shadowing, making the shapes, and introducing the concepts of two important features: point of intersection (i.e., one-foot glide) and a "step sequence" incorporating skills the skater is working on individually (Combination element in Basic 8)	<p>This level reviews and repeats important concepts of Synchro 1-2, and puts everything together in a program. In addition to the focus of Synchro 1 &amp; 2, skaters should learn to skate to music and link of the elements together with transitions.</p> <p>Important concepts include mastering the fwd edge gliding in a circle (the entry edge for a Mohawk or 3-turn), the point-of-intersection, and incorporating skills from the Basic levels.</p>	<p>This level reviews and repeats important concepts of Synchro 2, 3 &amp; 4. In addition skaters should learn to skate to music and link of the elements together with transitions.</p> <p>Important concepts include mastering the idea of a "step sequence" to music (i.e. the combination move) and building upon skills learned earlier.</p> <p>When opportunity is there, incorporate other skills from the Basic levels into the synchro elements.</p>	<p>This level reviews and repeats important concepts of Synchro 2, 3 &amp; 4. In addition skaters should learn to skate to music and link of the elements together with transitions.</p> <p>Important concepts include mastering the idea of a "step sequence" to music (i.e. the combination move and building upon skills learned earlier.</p> <p>When opportunity is there, incorporate other skills from the Basic levels into the synchro elements.</p>

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	<b>Synchro 1 -4</b>	<b>Beginner 1</b>	<b>Beginner 3</b>	<b>Beginner</b>
<b>Program length, Age, number</b>	2 minutes <ul style="list-style-type: none"> <li>➤ Majority under 10</li> <li>➤ 8 – 16 skaters</li> </ul>	2 minutes <ul style="list-style-type: none"> <li>➤ Majority under 12</li> <li>➤ 8 – 12 skaters</li> </ul>	2.5 minutes <ul style="list-style-type: none"> <li>➤ Majority under 19</li> <li>➤ 8 – 12 skaters</li> </ul>	3 minutes <ul style="list-style-type: none"> <li>➤ Under 13</li> <li>➤ 8 – 20 skaters</li> </ul>
<b>Program requirements</b>	Circle Line Block Wheel intersection: Forward only	Circle Line Block Wheel Intersection: Forward only	Circle Line Block Wheel Intersection	Circle Line Block Wheel 2 Intersections
<b>Expected skater skill</b>	There are no skill requirements or restrictions on this level. However, it is recommended that skaters are at the Basic Skills free skate levels - the preliminary MITF test.	There are no skill requirements or restrictions on this level. However, it is suggested that skaters are at the Basic Skills free skate levels - the pre-juvenile MITF test.	Skaters at the open juvenile level must have passed the pre-preliminary MITF test to go to sectionals. However, skaters should be working on skills through the juvenile test.	Skaters must have passed at least the preliminary MITF test. However, skaters should be comfortable skating elements through the juvenile test.
<b>Notes</b>	<p>This level is the next step up from beginner 1 or 2 (depending on age). A 2-minute program in either of those levels will adequately meet the requirements for preliminary.</p> <p>Continue to focus on the basic skills and important concepts from beginner, but layer each element with slightly more difficulty. For example, changing hold, changing rotational direction in the circle.</p> <p>Continue to introduce the concept of a step sequence in the line, circle and block elements. Focus on executing a Mohawk and/or 3-turn with a clear entry and exit edge. Incorporate moves and turns from the Basic 3-8 levels.</p> <p>In addition to guiding, shadowing and unison concepts from Synchro 1-4, encourage strong basic skating skills: knee-bend, posture, flow, power and extension.</p>	<p>This level also builds on the beginner levels. Most likely, a Beginner 2 team will progress to pre-juvenile. A 2-minute beginner 2 program will adequately meet the requirements for pre-juvenile.</p> <p>Continue to focus on the basic skills and important concepts from beginner, but layer each element with slightly more difficulty. For example, changing hold, changing rotational direction in the circle.</p> <p>Continue to introduce the concept of a step sequence in the line, circle and block elements. Focus on executing a Mohawk and/or 3-turn with a clear entry and exit edge. Incorporate moves and turns from the Basic 3-8 levels.</p> <p>In addition to guiding, shadowing and unison concepts from Synchro 1-4, encourage strong basic skating skills; knee-bend, posture, flow, power and extension.</p>	<p>This level builds on the beginner 3. Whereas the skills are almost the same as preliminary and pre-juvenile, the skaters are older, stronger and must be at least pre-preliminary MITF level. A beginner 3 program that is 2 Yi minutes adequately meets the requirements for open juvenile.</p> <p>Continue to develop the basic concepts from beginner, but introduce features such as changes of hold, changing rotational direction in the wheel and circle and increasing the difficulty of the intersection (perform a backward intersection or a more challenging point of intersection).</p> <p>Focus on the step sequence feature and executing multiple 3-turns and Mohawks on correct entry and exit edges.</p> <p>Continue to encourage strong basic skating skills.</p>	<p>Juvenile is the first competitive level in synchronized skating that advances to the U.S. Synchronized Skating Championships.</p> <p>Juvenile builds upon the skills learned in preliminary and pre-juvenile. Continue to emphasize strong basic skating skills.</p> <p>The program should focus on the six required elements, but there may be time to add an additional element, such as a movement in isolation.</p> <p>In the line, circle and block, focus on adding a step sequence that has a few well-executed turns (primarily 3-turns, Mohawks and double threes).</p> <p>Introduce traveling in the circle and wheel, backward intersections and more difficult elements at the point of intersection.</p> <p>The goal for this level is to develop skills to help the skater be successful at intermediate or novice.</p>