



TRYOUT SKILLS

2024-2025 Season

Aspire Levels

Aspire Levels 1 - 4 are the beginning levels of synchronized skating offered at nonqualifying and Compete USA competitions. Aspire Synchro consists of a team of 5-20 skaters and must be 13 years and younger (Aspire 1), 16 years or younger (Aspire 2), or 17 years and younger (Aspire 3 and Aspire 4). No skaters may have passed higher than pre-bronze, depending on the level.

Aspire Tryout Skills

- Forward Skating
- Chasses
- Pumps Forward and Backwards
- Fwd 1 Foot Glides (both feet)
- 2 Foot Turn Fwd to Backward
- BunnyHop
- Toe-to-Toe Hop
- 2 Foot Spin
- Snowplow Stop
- Forward and Backward Crossovers*
- Lunge*
- Spiral*
- Backward Snowplow Stop*
- 3-Turns Right and Left*
- Mohawk Right and Left*

Preliminary

Preliminary is considered a developmental level consisting of 8-20 skaters. All skaters must be 13 years and younger and must have passed the preliminary skating skills test. Preliminary competes at nonqualifying competitions and the Eastern Sectional Championships.

Preliminary Tryout Skills

- **All of the Above**, Including Bonus Skills, plus the following
- Forward and Backward Crossovers w/ Power
- Advanced Forward Stroking
- Backward Stroking
- Swing rolls and Cross rolls
- Power 3-Turns
- 5-step Mohawk Sequence
- 2 Foot Twizzles
- T-Stop
- Perimeter power stroking*
- Backward 3-turns*
- Show Stop*
- Spins - Sit, Camel, Layback*
- Spread Eagle/Ina Bauer*

***Denotes Bonus Skill and Not Required but Encouraged**



TRYOUT SKILLS

2024-2025 Season

Pre-Juvenile

A team of 8-20 skaters. All skaters must be 17 years and younger. All skaters must have passed the pre-bronze skating skills test.

Open Juvenile

A team of 8-20 skaters. All skaters must be 19 years and younger. National Blades requires skaters to have passed at least bronze skating skills test.

Both levels compete at nonqualifying competitions and the Eastern Sectional Championships.

Pre-Juvenile/Open Juvenile Tryout Skills

- Forward and Backward Crossovers w/ Power
- Forward and Backward Perimeter Stroking
- Swing rolls and Cross rolls
- Power pulls Forward and Backward
- 5-step Mohawk Sequence
- Power 3-Turns
- Backward 3-turns
- Double 3-turns
- Forward & Backward Twizzles
- T-Stop
- Lunge/Spiral Left & Right
- Show Stop*
- Brackets*
- Spins - Sit, Camel, Layback*
- Spread Eagle/Ina Bauer*

***Denotes Bonus Skill and Not Required but Encouraged**



Tryouts are \$40 per skater
Register online to secure your spot!
www.nationalblades.com

Questions? iceytee2012@gmail.com