

A team of distinguished coaches are collaborating to bring NATIONAL opportunities to skaters with the passion and work ethic to compete at the IJS level.

Requirements to Tryout:

1. Member of U. S. Figure Skating
2. Moves Level Requirements:
 For an Intermediate Team: **Intermediate Moves**
 For a Novice Team: **Novice Moves**
 For a Junior Team: **Novice Moves**

Dance testing preferred, although not required.

Tryout Skills:

All skills will be demonstrated and there will be an opportunity for questions before being asked to demonstrate each skill. After a short warm up, skaters may be asked to perform:

1. Stroking and crossover drills
2. Inside Slide Chasse Pattern from USFS Intermediate Moves in the Field
3. Spin and Jump of your choice in a group setting,
4. Twizzle series: RFI 3Tw, LFO 3 turn lean, LBO 3Tw, RFO 3 turn lean, RBO 3Tw
 This sequence has 3 distinct twizzles, each with 3 rotations, immediately following one another, on the foot and edge described above.
5. Steps and turn series to include the following:
 - a. Steps: Outside to inside Choctaw: both forward (like Quickstep) and backward (like junior moves pattern)
 - b. Turns: 3 turns, brackets, rockers, counters, twizzles
 - c. Series:

Step Sequences:	All of the below sequences should be practiced on BOTH feet
CRB	FI Counter, BI Rocker, FI Bracket
RBC	BI Rocker, FI Bracket, BO Counter
RCT	BO Rocker, RO Counter, BO Twizzle
RCT	FI Rocker, BI Counter, FI Twizzle

6. Moves of your choice: Select 1
 - Outside spread eagle
 - Outside bauer
 - Biellmann spiral
 - 170 spiral - supported spiral with free leg lifted to the side at greater than 170 degrees
 - Spiral with change of edge, with the leg held to the back at a height at or above 135 degrees

Junior Skaters will be asked to perform:

1. Straight Line Step Pattern from USFS Junior Moves in the Field
2. Power Pull Pattern from USFS Junior Moves in the Field
3. Spiral with a change of edge from inside to outside edge

What to wear: If you are prepared to skate at the IJS level, we have every confidence you will dress appropriately.

Location: Ice World in Abingdon Md

Time: Registration open at 10:30am. On ice tryout begins at 11:00am

Cost: \$50

Coaches: As part of Chesapeake our coaches are Olympians, Synchro World Champion, International Gold Medalists, National Champion, National Synchro and Ice Dance Medalists. You will have the opportunity to meet and work with many of them. Additionally, during our summer training, we work with a team of specialists from Johns Hopkins to screen our skaters for strength, balance, coordination, conditioning etc. and workouts will be provided for each skater. These specialists are also available to work with you one on one.