

A team of distinguished coaches are collaborating to bring skaters together through utilizing skills in all disciplines of skating

Tryout Skills:

All skills will be demonstrated and there will be an opportunity for questions before being asked to demonstrate each skill. All skaters will not be able to perform all of these skills. That is ok. There will be a wide range of skill levels during this session. Skaters are just asked to do the best they can with the skills that they know. They will be placed with skaters that are similar to their level. After a short warm up, skaters may be asked to perform:

1. Stroking Drills
 - a. Forward Stroking
 - b. Forward Chasses
 - c. Forward and Backward Pumps
 - d. Forward and Backward Crossovers
 - e. Forward and Backward Alternating Crossovers
2. Steps and Turns –
 - a. 3 turns – forward and backward turns, on both feet, using both inside and outside edges
 - b. Mohawks – forward inside open mohawks on both feet
 - c. Power 3 turns – backward outside 3 turn mohawk
3. Synchro Moves
 - a. Forward and Backward lunge
 - b. Forward and Backward spiral on a straight line – Both feet
 - c. Forward spiral on a curve – Both feet
 - d. Shoot the duck
 - e. Catch foot spiral
 - f. Spread Eagle
 - g. 170 spiral
4. Team Maneuvers
 - a. Circle
 - b. Line
 - c. Block
 - d. Wheel

What to wear: A skating dress with tan tights, hair neatly pulled back in a pony tail or bun.

Location: Ice World in Abingdon Md

Time: Registration open at 11:15am. On ice tryout begins at 11:45am

Cost: \$40

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. Tailored workouts will be provided for each skater. These specialists are also available to work with you one on one.