### Glenview Blades Synchronized Skating 2020-2021 Synchro Fact / Skills Sheet

**Open House + Clinics / Tryouts**  
@ West Meadows Ice Arena  
**Open House:** Saturday, April 4th  
- 3:50-5:20p  
**Clinics / Tryouts:** Saturday, April 18th – 3:50-5:20p and Sunday, April 19th – 2:30-4p  
**Tryout Registration** due by Tuesday, March 31st  
**Results** by Friday, April 24th  
**Commitment Meeting** on Wednesday, April 29th @ 6pm  
**Apparel Parent Meeting** in May  
Please send any questions to Brian.Montgomery@GlenviewParks.org

**Estimated Program Fees:**  
$1300-$1800 due to Glenview Community Ice Center: Final fee will be determined after tryouts and will be based on program costs (ice, floor practice, coach fees & supplies, etc.) and the number of skaters  
$400 -$600 due to Glenview Blades: Fee covers team and competition fees, season long attire needs, accessories & supplies.

**Summer Practice Schedule:**  
Begins June 2020, Wednesday evenings (final time slot TBD) at Glenview Community Ice Center (back home!)

**Seasonal Practice Schedule:**  
Starting in September, practices on Tuesdays and Fridays at the Glenview Community Ice Center, as early as 5p, with a possible Friday morning practice for the oldest team. Younger team will practice mostly on Tuesdays, with Fridays added on competition weeks. Older teams will practice both days each week.

---

**Glenview Blades Program Summary**  
During the 2019-2020 season, the Glenview Blades skated a Synchro Skills and Open Juvenile team. The goal heading into the 2020-2021 season is to expand to three teams and field a team in-between Synchro Skills and Open Juvenile. We pride ourselves in offering fun, well-coached, affordable and competitive teams which compete both locally and regionally. The rink has supported synchronized skating teams for over 35 years with success both at district and national levels and we’re looking forward to another great year!  
We’re very excited to return to our recently renovated home rink, Glenview Community Ice Center, in June of 2020 as we begin preparing for the 2020-2021 season!

---

**Tryout Skills (FS3 and Under)**  
Skaters at this level will be taught drills and patterns, some of which will be set to music. The skater will be asked to perform both individually and in line with other skaters. Coaches will evaluate how they skate connected in a line, circle, wheel, etc.

**Stroking:**  
Forward Stroking and Forward & Backward Crossovers (Both Directions)

**Individual Elements:**  
Forward & Backward Pumps (Both Directions), Forward & Backward Chasses, Forward Push, Cross, Hold (Both Directions), Two foot turn (Forward to Backwards) and Forward & Backward one foot glide (straight line and on a circle- R,L), T-Stops (R,L)

**Optional Elements:**  
Bunny Hops (R,L), Shoot the Ducks Forward & Backward (R,L), Forward & Backward Lunges (Both Legs), Forward Spirals (Both Legs, Outside Only), Forward Outside Three Turns, Forward Inside Mohawks (Both Directions), Outside Spread Eagle and 180 Spirals (Heel Stretches)

**Overall:**  
Strong basic skating skills, upper body control, good posture, strong extensions, ability to skate to the beat of music, ability to skate confidently alone and in line, and potential to progress throughout the season. Skaters at this level are expected to incorporate moves in the field into their skating repertoire and be testing throughout the season.

---

**Tryout Skills (FS4 and Up)**  
Skaters at this level will be taught drills and patterns, some of which will be set to music. The skater will be asked to perform both individually and in line with other skaters. Coaches will evaluate how they skate connected in a line, circle, wheel, etc.

**Stroking:**  
Coaches are looking for knee bend, deep controlled edges, strong extensions, etc.  
Forward & Backward Perimeter Stroking (Both Directions), Forward & Backward Circle Crossovers at different tempos (R,L), Forward & Backward Cross Rolls (R,L), and Forward & Backward Power Pulls (R,L)

**Edge Quality & Footwork:**  
Coaches are looking for strong, clear edges, flow/power through the turns, stable body position, control of free leg, etc. (All turns will be executed on BOTH feet / directions.) Inside & Outside 3 Turns and Mohawks (L,R) at speed (connected), Back Power 3s (R,L), Chotoaws: from back outside edge and from forward inside edge (R,L), Double Twizzles: Forward inside (R,L), Double Twizzles: Forward inside (R,L) Brackets: Forward & Backward, inside and outside (R,L), Rockers: Forward & Outside

**Other Elements:**  
Forward & Backward Lunges (Both Legs), Change of Edge Spirals (R,L), Outside Ina Bauer (R,L), Outside Spread Eagle (R,L) Spins-Camel, Sit, Layback, etc., Axel Jump and 180 Spirals / Heel Stretches (R,L)

**Overall:**  
Strong basic skating skills, upper body control, good posture, strong extensions, ability to skate to the beat of music, ability to skate confidently alone and in line, and potential to progress throughout the season. Skaters at this level are expected to incorporate moves in the field into their skating repertoire and be testing throughout the season.