

Rink Side Extreme Synchronized Skating Teams Skill Mastering Guidelines

Requirements for Team A

- Forward Stroking skated with power, ease, upper body control, poise, posture and extension
- Forward crossovers (both directions) skated with power, ease, upper body control/rotation, knee bend, and toe point.
- Backward crossovers both directions skated with power, ease, upper body control/rotation, knee bend and good reach all the way to the inside edge on each push.
- Team A skaters must have knowledge of skills in ISI Pre Alpha, Alpha and Beta

Requirements for Team B

- All items listed above PLUS the following
- Inside and Outside 3-turns (on both feet) skated with flow into and out of turns with understanding of rotation and checking, posture and toe point.
- Inside and Outside Forward Mohawks (on both feet) skated with flow into and out of turns, upper body rotation, checking and extension.
- Inside and Outside Backward 3-turns (on both feet) with a basic understanding of rotation and checking. Entry edge must be on one foot.
- Inside and Outside Backward Mohawks (on both feet) with a basic understanding of rotation, checking and extension. The feet must come all the way together for proper step down forward.
- Forward and Backward Lunge skated with flow, balance, good posture, poise and one foot extension as they skater lifts back up. Skater should be able to demonstrate a lunge using both the left and the right as the front foot.
- Team B Skaters must knowledge of skills in ISI Pre Alpha, Alpha, Beta, Gamma and Delta

Requirements for Team C

- All items listed above PLUS the following
- Forward and Backward Spirals skated with flow, extension, posture and balance. Spirals may be done on an edge or a flat. Skater should be able to hold 4 times their body length using both feet.
- Brackets, Rockers, Choctaws--basic understanding of these high level turns
- Using an axis, must be able to demonstrate use of four basic edges. Skaters need to work towards skating with power and ease through all four edges with good upper body rotation and control. Toe point and extension is a plus.
- Shoot the duck--basic understanding
- Bauer/Spread Eagle--basic understanding
- Team C Skaters must have knowledge of skills in ISI Pre Alpha, Alpha, Beta, Gamma, Delta

