Beginner/Preliminary Hockettes Tryout Skills
2011 – 2012

Skating Skills

- Forward Stroking
- Forward and Backward Pumps
- Forward and Backward Crossovers
- (preliminary only)Forward Crossrolls
- (preliminary only) Forward and Backward Power Stroking
- Forward and Backward Edge Pulls or Slaloms
- Forward Alternating Chasses
- T-stops or snow plow stops (beginner only)

Turns and Steps

- 3 –turns
- Mohawks
- Basic 8 footwork sequence
- (preliminary only) also Mohawk cross, alternating feet
- (preliminary only) backward 3 turns
- (preliminary only) brackets (straight line)

Field and Freestyle Moves

- (preliminary only) Spread Eagle or 135 spiral
- Right and Left Spirals
- All lunges

Skaters should show understanding of all the requirements and a mastery of most of the items. Skaters are not expected to be perfect at everything on the list but will be expected to attempt each of the elements.