

Junior Hockettes Tryout Skills 2011 – 2012

Skating Skills

- Forward Stroking
- Forward and Backward Crossovers
- Forward and Backward Crossrolls
- Forward and Backward Inside Edge Strokes
- Forward and Backward Edge Pulls
- Forward and Backward Alternating Chasses
- Front T-stop on the Right Foot

Turns and Steps

- all 3 -turns and Mohawks
- back power 3 turns – both directions, quick, arms down, feet close together
- all brackets, counters, and rockers (straight line and circular axis)
- Choctaws from junior moves and Choctaws from dance
- Right Forward Inside 2.5 twizzle
- Right Back Outside double twizzle
- Left Back Outside single twizzle
- Combined Step Sequence (straight line)– right back inside rocker, right forward inside bracket, right back outside counter (do not put foot down between turns)
- Combined Step Sequence (straight line) – left back outside rocker, left forward inside bracket, left back outside counter (do not put foot down between turns)
- Combined Twizzle Sequence – right forward inside 1.5 twizzle, cross roll, left back outside double twizzle
- Combined Twizzle Sequence – right back outside double twizzle, cross roll, left back outside double twizzle
- NEW!!! RFI 1.5 twizzle, edge pull, RBI rocker, RFI counter

Field and Freestyle Moves

- Right and Left Outside Spread Eagle
- Right and Left Outside Bauer
- Right and Left Spirals (change of edge inside, outside, inside)
- 135 spiral, left leg in the air
- Flying Camel and/or Camel – Sit – Back Scratch Spin

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.