

## Pre-Juvenile/Juvenile 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
- T-stops on both feet
- (juvenile only) Front T-stop on the Right Foot

### Turns and Steps

- all 3 -turns (forward and backward)
- Mohawks (also Mohawk cross, alternating feet)
- back power 3 turns – both directions, quick, arms down, feet close together
- all brackets (straight line and circular axis)
- Right backward outside-left forward inside choctaw
- Right Forward Inside twizzle

### Field and Freestyle Moves

- Right and/or Left Outside Spread Eagle
- Right and Left Spirals

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.