



Group A Tryout Skills

Individual Skills

- Forward stroking
- Forward crossovers
- Forward and backward pumps
- Forward and backwards chasses
- Forward dips
- One-foot glide moving on a circle and on a straight line on the right foot and left foot
- Two-foot turns on a circle, while moving, from forward to backwards in both directions
- Forward outside 3-turns on the right foot and left foot
- Forward inside Mohawks on the right foot and left foot
- Snowplow stops
- T-Stops
- Bunny hops leading with the right foot and left foot
- Side toe hops in both directions
- Forward lunges leading with the right foot and left foot
- Forward spirals on straight line standing on the right foot and left foot

Team Skills

- Forward and backwards pumps in a circle formation in both directions
- Forward stroking and chasses in a line formation