

*Team
Ashburn*
Synchronized Skating
Group D Skills

Individual Skills

- Forward stroking
- Forward and backwards power stroking (Pre-Juvenile MIF pattern)
- Forward and backwards crossovers in both directions
- Forward and backwards cross strokes (Juvenile MIF pattern)
- Forward and backwards power pulls (Pre-Juvenile MIF pattern)
- Forward tango stops using the right foot and left foot
- 3-turn exercise on both feet
 - LFO chasse, LFO 3-turn, lean R, cross R over L, repeat
 - RFO chasse, RFO 3-turn, lean L, cross L over R, repeat
- Alternating mohawk exercise
 - LFO stroke, RFI mohawk, pump, crossover, RFO stroke, LFI mohawk, pump, crossover, repeat
- Backwards power 3-turns in both directions
- Advanced turns both forward and backwards, on inside and outside edges:
 - Brackets
 - Rockers
 - Counters
 - Choctaws (Junior MIF Pattern)
- Series of turns
 - RBO rocker, RFO counter, RBO double twizzle
 - LBI rocker, LFI bracket, LBO counter
- Twizzles performed with varying free leg and arm positions
 - Forward inside with 1.5, 2.5, or 3.5 revolutions on the right foot and left foot
 - Backwards outside with 1, 2, or 3 revolutions on the right foot and left foot

Field Moves

- Forward spirals with a change of edge
 - Inside edge to outside edge standing on the right foot and left foot
 - Outside edge to inside edge standing on the right foot and left foot
- Inside and outside spread eagle leading with the left foot and right foot
- 170 degree spirals on a back outside edge on either the right foot or left foot
- Beillmann spiral on an outside edge (optional)

Team Skills

- Warm-up block
- Change of position spirals

Freestyle Moves

- Upright 1-foot spin
- Spin of skater's choice
- Split jump
- Highest revolution jump of skater's choice