



Group A Tryout Skills

Individual Skills

- Forward stroking
- Forward and backward swizzles
- Forward and backward pumps
- Forward chasses
- Forward slaloms
- Forward and backward crossovers
- One-foot glide moving on a straight line and on a circle on the right 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 and left foot
- Forward inside Mohawks on the right and left foot
- Snowplow stops
- T-Stops with the right and left foot
- Bunny hops leading with the right and left foot
- Forward lunges leading with the right foot and left foot
- Forward spirals on straight line standing on the right foot and left foot
- Side toe hops in both directions

Team Skills

- Circle Formation- Forward and backward crossovers and pumps in both directions
- Wheel Formation – Forward and backward crossovers and pumps in both directions
- Line & Block Formation- Forward stroking, chasses and individual skills
- Intersection – Forward stroking and 1- foot glides