



## **Open Juvenile Team Audition Skills**

**Pre-Preliminary Moves in the Field Required (Juvenile preferred)  
Preliminary Freestyle Preferred**

### **A. Skating Skills Needed**

- a. Soft skating knees
- b. Great posture (low knees, shoulders down, head up)
- c. Strong, secure edges
- d. Ability to create speed with a minimum of crossovers
- e. Tango and T-stops

### **B. Turns Needed (all done on both Right and Left feet)**

- a. Double 3 turns (Forward & Backward, Outside & Inside)
- b. Power 3 Turns (Forward & Backward)
- c. Brackets (Forward & Backward, Outside & Inside)
- d. Rockers (Forward & Backward, Outside & Inside)

### **C. Steps Needed (all done on both Right and Left feet)**

- a. Strong backward power pulls
- b. Twizzles (Forward & Backward, Outside & Inside)
- c. Choctaws (Forward & Backward)

### **D. Field Moves Needed**

- a. Ina Bauers (outside and inside)
- b. Spread Eagles (outside and inside)

### **E. Freestyle Elements Needed**

- a. Camel, sit, back scratch spin
- b. Laybacks
- c. Split Jumps
- d. Falling Leafs

All elements will be introduced and demonstrated in the manner we would like to see them done at the Open Houses.