



LaFuria Synchronized Skating Teams Pre-Juvenile Audition Skating Skills Requirements

The LaFuria coaching staff is looking for skaters with the following skating skills:

Pre-Preliminary Moves in the Field Test Preferred

A. Skating Skills Needed

1. Soft skating knees
2. Great posture (low knees while skating but keeping shoulders down and head up)
3. Good, strong, secure edges
4. Ability to create speed with a minimum of crossovers
5. Pre-Juvenile test forward and backward crossovers

B. Steps Needed

6. Chasses
7. Crossstrokes
8. Good Mohawks that create speed
9. Strong Backward power pulls

C. Turns Needed

10. Solid forward and backward 3 turns
11. Forward double 3 turns (both inside and outside)
12. Backward double 3 turns (both inside and outside)

D. Field Moves Needed

13. Forward and backward lunges
14. Ina Bauers
15. Forward Spirals

E. Spins Needed

16. One foot spins
17. Sit spins