

# Junior Hockettes Tryout Skills 2011 – 2012

## Skating Skills

- Forward Stroking
- Forward and Backward Crossovers
- Forward and Backward Crossrolls
- Forward and Backward Inside Edge Strokes
- Forward and Backward Edge Pulls
- Forward and Backward Alternating Chasses
- Front T-stop on the Right Foot

## Turns and Steps

- all 3 -turns and Mohawks
- back power 3 turns – both directions, quick, arms down, feet close together
- all brackets, counters, and rockers (straight line and circular axis)
- Choctaws from junior moves and Choctaws from dance
- Right Forward Inside 2.5 twizzle
- Right Back Outside double twizzle
- Left Back Outside single twizzle
- Combined Step Sequence (straight line)– right back inside rocker, right forward inside bracket, right back outside counter (do not put foot down between turns)
- Combined Step Sequence (straight line) – left back outside rocker, left forward inside bracket, left back outside counter (do not put foot down between turns)
- Combined Twizzle Sequence – right forward inside 1.5 twizzle, cross roll, left back outside double twizzle
- Combined Twizzle Sequence – right back outside double twizzle, cross roll, left back outside double twizzle
- NEW!!! RFI 1.5 twizzle, edge pull, RBI rocker, RFI counter

## Field and Freestyle Moves

- Right and Left Outside Spread Eagle
- Right and Left Outside Bauer
- Right and Left Spirals (change of edge inside, outside, inside)
- 135 spiral, left leg in the air
- Flying Camel and/or Camel – Sit – Back Scratch Spin

Skaters should show understanding of all the requirements and a mastery of most of the items. Skaters are not expected to be perfect at everything on the list but will be expected to attempt each of the elements.

## Intermediate/Novice Hockettes Tryout Skills 2011 – 2012

### Skating Skills

- Forward Stroking
- Forward and Backward Crossovers
- Forward and Backward Crossrolls
- Forward and Backward Inside Edge Strokes
- Forward and Backward Edge Pulls
- Forward and Backward Alternating Chasses
- Front T-stop on the Right Foot

### Turns and Steps

- all 3 -turns and Mohawks
- back power 3 turns – both directions, quick, arms down, feet close together
- all brackets, counters, and rockers (straight line and circular axis)
- Choctaws from junior moves and Choctaws from dance
- Right Forward Inside 2.5 twizzle
- Right Back Outside double twizzle
- Left Back Outside single twizzle
- (Novice only!) Combined Step Sequence (straight line)– right forward outside counter, right backward outside rocker, right forward inside twizzle(do not put foot down between turns)
- Combined Twizzle Sequence – right forward inside 1.5 twizzle, cross roll, left back outside double twizzle
- NEW!!! RFI 1.5 twizzle, edge pull, RBI rocker, RFI counter

### Field and Freestyle Moves

- Right and Left Outside Spread Eagle
- Right and Left Spirals
- 135 spiral, left leg in the air

Skaters should show understanding of all the requirements and a mastery of most of the items. Skaters are not expected to be perfect at everything on the list but will be expected to attempt each of the elements.

## Pre-Juvenile/Juvenile Hockettes Tryout Skills 2011 – 2012

### Skating Skills

- Forward Stroking
- Forward and Backward Crossovers
- Forward and Backward Crossrolls
- Forward and Backward Inside Edge Strokes
- Forward and Backward Edge Pulls
- Forward and Backward Alternating Chasses
- T-stops on both feet
- (juvenile only)Front T-stop on the Right Foot

### Turns and Steps

- all 3 -turns (forward and backward)
- Mohawks (also Mohawk cross, alternating feet)
- back power 3 turns – both directions, quick, arms down, feet close together
- all brackets (straight line and circular axis)
- Right backward outside-left forward inside choctaw
- Right Forward Inside twizzle

### Field and Freestyle Moves

- Right and/or Left Outside Spread Eagle
- Right and Left Spirals

Skaters should show understanding of all the requirements and a mastery of most of the items. Skaters are not expected to be perfect at everything on the list but will be expected to attempt each of the elements.

# Beginner/Preliminary Hockettes Tryout Skills 2011 – 2012

## Skating Skills

- Forward Stroking
- Forward and Backward Pumps
- Forward and Backward Crossovers
- (preliminary only) Forward Crossrolls
- (preliminary only) Forward and Backward Power Stroking
- Forward and Backward Edge Pulls or Slaloms
- Forward Alternating Chasses
- T-stops or snow plow stops (beginner only)

## Turns and Steps

- 3 -turns
- Mohawks
- Basic 8 footwork sequence
- (preliminary only) also Mohawk cross, alternating feet
- (preliminary only) backward 3 turns
- (preliminary only) brackets (straight line)

## Field and Freestyle Moves

- (preliminary only) Spread Eagle or 135 spiral
- Right and Left Spirals
- All lunges

Skaters should show understanding of all the requirements and a mastery of most of the items. Skaters are not expected to be perfect at everything on the list but will be expected to attempt each of the elements.