



If you are interested in auditioning for a Synchro St. Louis – Metro Edge team, you need to be proficient in the skills listed by the team level. Also you must have (or will test and pass) the **REQUIRED** USFS Moves in the Field by September 1, 2007. The Moves in the Field test level is the minimum requirement for our USFS team athletes. In addition, your skater will be evaluated on skating speed, skill, strength and maturity for team selection. Having your MIF test level or being asked to audition for a higher USFS team does **not** guarantee you a position on that team.



If you have not tested any USFS Moves in the Field, please ask to speak to one of our coaches at the start of our Thursday All Team Audition for skater instruction.

“ALL SKATE TEAM AUDITION”

Thursday, April 19th, 2007 – Webster Ice Arena – 5:30pm – 6:45pm
Auditions are **FREE** for current Synchro St. Louis-Metro Edge Skaters
Cost to Audition for new skaters: \$10

Skaters interested in auditioning for a skating team (Edge, Blades or Spirals) are **required** to attend. At this audition, skaters will be invited to future, individual team auditions.

Team Moves in Field and Audition requirements

EDGE	REQUIRED Juvenile Moves (USFS Team Level – Intermediate)
Auditions:	April 19 th at 5:30pm – <u>then April 23rd 7pm-9:10pm</u> Be ready to perform: Brackets, choctaws, rockers, double 3-turns, double twizzles, Bauer’s, spread eagles, back shoot the duck, split jumps, loops and flips
BLADES	REQUIRED Preliminary Moves (USFS Team Level – Pre-Juvenile or Open Juvenile)
Auditions	April 19 th at 5:30pm – <u>then Saturday, April 21 8:30am – 9:30am</u> Be ready to perform: Forward/backward 3-turns, Mohawks, brackets, twizzles, Bauer’s, back lunge, back shoot the duck, forward/backward spirals, one foot spins and toe loops
SPIRALS	REQUIRED Pre-Preliminary Moves (USFS Team Level – Beginning or Preliminary)
Auditions	April 19 th at 5:30pm – <u>then April 21th 7:15am – 8:15am</u> Be ready to perform: Forward 3-turns, Mohawks, forward/backward crossovers, forward spirals and lunges, bunny hop, forward shoot the duck
ROCKERS and SWIZZLES	
Auditions	April 19 th at 5:30pm and <u>Saturday April 21, 2007 from 9:30am-10:05am</u> A very informal audition: Skaters will work in a group with a coach. Skaters should know how to skate forward, snowplow stop, backward wiggles, and forward swizzle.

All Skaters will be strongly encouraged to continue to take private and learn-to-skate lessons through the summer. Rockers, Spirals, Blades and Swizzles will have Summer Synchro for ½ hour each week starting in mid-June through mid-August, participation is mandatory – but vacation absences are acceptable. Cost approximately \$90 for the nine-week summer program. Swizzles and Rockers anticipated to skate on Tuesday around 5:00pm – Spirals and Blades on Thursday evening around 5pm. Final schedule to follow