

A team of distinguished coaches are collaborating to bring NATIONAL and INTERNATIONAL opportunities to elite skaters with the passion and work ethic to compete at the highest level.

Requirements to Tryout:

1. Junior/Senior Moves

* Senior moves preferred. Junior required. Skaters having passed Junior moves, must also meet requirement number 2 below.

2. Pre-Gold/Gold Dance OR Intermediate/Novice Freeskate OR National level competition experience in any discipline.

Tryout Information:

Where: The Chesapeake Coaches will work with you at a facility in **Maryland, Pennsylvania, or Delaware** at a mutually agreed upon location for a private tryout.

When: You will be contacted with your individually assigned time.

What: The tryout will consist of a warm up, an on ice tryout, and a strength/flexibility evaluation. The tryout process will be closed to everyone but the skaters trying out, to avoid distraction.

Skaters will be asked to demonstrate:

1. Sustained Edge Pattern from USFS Senior Moves in the Field
2. Jump of your choice
3. Spin of your choice
4. Twizzle series: RFI 4Tw, LFO 3 turn lean, LBO 4Tw, RFO 3 turn lean, RBO 4Tw
This sequence has 3 distinct twizzles, each with 4 rotations, immediately following one another, on the foot and edge described above.
5. Moves of your choice: Select 3
 - Outside spread eagle both directions
 - Outside bauer - both directions
 - Biellmann spiral
 - 170 spiral - supported spiral with free leg lifted to the side at greater than 170 degrees
 - Spiral with 2 changes of edge, with the leg held to the back at a height at or above 135 degrees

What to wear: If you are prepared to skate at the senior level, we have every confidence you will dress appropriately.