



Arctic Blaze Synchro Team
Arctic Blaze and Arctic Sparks Formation Teams



Tryout Information

Mark your calendars Monday – May 18, 2009 – 5:20-6:20 pm

Arctic Ice Arena is looking for future Arctic Blaze Synchro, Arctic Blaze Formation and Arctic Sparks Formation skaters! Requirements are as follows:

*Arctic Blaze Synchro Tryout Requirements:

- Must be a current member of the Ice Skating Institute
- Must have taken Intro to Synchro class or have been on another ISI Synchro Team
- Strong basic stroking – pushing and speed a must!
- Forward and backward crossovers with extensions
- Steady forward and backward Mohawks and 3-turns
- Beginning twizzles, brackets, rockers and counters
- Excellent posture – head up, shoulders back and most important – Smile!
- Bunny hops, lunges and spirals on both left and right feet
- Beginning dances and Moves in Field a plus
- Must skate at least three practice sessions per week
- Must take at least one private lesson per week at Arctic Ice Arena
- Arctic power class and/or Republic Athletic off-ice training a plus

*Arctic Blaze Youth and Arctic Sparks Tot Formation Requirements:

- Must be a current member of the Ice Skating Institute
- Must have taken OR be registered for a summer Synchro Skills or Intro to Synchro class
- Strong forward and backward pumps
- Solid forward and backward two foot turns
- Bunny hops, lunges and spirals on both left and right feet
- Excellent posture – head up, shoulders back and most important – Smile!
- Must enroll in an Arctic Ice Arena class OR receive one weekly private lesson
- Must skate at least two practice sessions per week at Arctic Ice Arena

The decision on Arctic Blaze Synchro Team tryouts will be final. Any skaters that are not placed on the Arctic Blaze Synchro Team will be automatically placed on formation teams depending on age and ability. No skater will be turned away from formation teams as long as they meet the above requirements!

*Specific contract information for the 2009-2010 Synchro Season will be available at tryouts!