

# Team Braemar Try Out Skating Skills

2010 - 2011 Season

## Beginner • Juvenile Team

- Forward Stroking
- Backward Power Stroking
- Preliminary Crossovers
- Forward Spiral
- Shoot the Duck
- Forward Lunge
- Preliminary 3-Turns
- Power 3-Turns
- Spread Eagle

## Intermediate • Novice Team

- Forward Stroking
- Backward Power Stroking
- Large Figure Eight (Forward Crossovers)
- Large Figure Eight (Backward Crossovers)
- Change of Edge Spiral
- 135°
- Bauer
- Sit Spin
- Spread Eagle
- Novice Brackets
- 1/2 Pattern Either Foot Counters (Outside)
- 1/2 Pattern Either Foot Counters (Inside)
- 1/2 Pattern Rockers (Outside)
- 1/2 Pattern Rockers (Inside)
- Forward 1<sup>1</sup>/<sub>2</sub> Twizzles, Pull Out Backwards
- Cha-taws

## Junior Team

- Forward Stroking
- Backward Power Stroking
- Large Figure Eight (Forward Crossovers)
- Large Figure Eight (Backward Crossovers)
- Change of Edge Spiral
- 135°
- Bauer
- Flying Camel
- Spread Eagle
- Novice Brackets
- 1/2 Pattern Either Foot Counters (Outside)
- 1/2 Pattern Either Foot Counters (Inside)
- 1/2 Pattern Rockers (Outside)
- 1/2 Pattern Rockers (Inside)
- Forward 1<sup>1</sup>/<sub>2</sub> Twizzles, Pull Out Backwards
- Cha-taws, 1/2 Junior Pattern
- Combination of Turns, Rocker, Counter, Twizzle
- Camel, Sit, Back Sit Spin