



## Capitol Steps Synchronized Skating Teams ★ 2010-2011

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Dear Skaters and Parents,

Thank you for your interest in the Capitol Steps Synchronized Skating Teams. To learn more about us and to tryout for our teams please join us at our Open House / Workshop and Team Selections (see schedule below).

- **Open House and Workshop on March 20, 2009. 4:30-8:00 PM – Kettler Capitals IcePlex. FREE.** Strongly encouraged for all skaters who are interested in trying out. Come and learn the skills to be performed at Team Selections.

**Group 1\* – 4:30-6:30 PM and Group 2\* – 6:00-8:00 PM**

*\*Please see our website after March 8 for group assignments.*

To be placed on a Capitol Steps Synchronized Skating Team for the 2010-2011 season you must attend Team Selections on Session 1: April 10 at Cabin John (1:30-6:15\*) and Session 2: April 18, 2010 at Kettler (12:30-3:00\*). If you are unable to attend BOTH of these sessions, please contact Monica at 703-365-0677 or Susan at coach@capitol-steps.org. All tryouts must be completed by April 18. Beginner and intro level teams may remain open if they are not full. Session times for Team Selections will be emailed. Please RSVP to Monica at 703-365-0677 or coach@capitol-steps.org for your session time.

*\*Please see our website after March 8 for group assignments and times at each session.*

- **To be placed on a team, you may be no more than one USFS test level below the required test level for that division.** For example, to be placed on Intermediate you must have passed preliminary moves-in-the-field (MIF) test by April 18, 2010; pre-juvenile MIF is required. If you wish to be placed on a team that requires a level higher than your current level, and you plan to test between April 18 and May 31, you must submit a Planned Test Form with test date, test location, parent signature and private coach's signature. This must be provided at Team Selections. Form will be available at the Workshop (March 20) or from any CS coach (see contact information below).
- **Tests required for each level MUST BE PASSED BY MAY 31, 2010.** If you do not pass your test by this date, you will be an alternate on the team or be given the option to move to another team if a position is available. *The deadline has been set in May because coaches need to have final numbers for teams in order to develop choreography. It is also more difficult to find and get on test sessions during the summer/early fall months.*

### TEAM SELECTIONS AND TEAM DIVISIONS

At Team Selections, skaters will be asked to perform a variety of skills (see below). Skaters will be grouped by test level, not the skaters' desired team level. After tryouts, the coaches will decide the team levels. This decision is based on the skill sets demonstrated, test levels and ages of those who tryout. **If you are interested in a specific team, please see the requirements for that division and**

**work on the skill set required and meeting the test level.** The following are the test requirements for each team division.

*PLEASE NOTE: Test level and age requirements may change at the next USFSA Governing Council Meeting in May.*

Beginner 1, 2, 3: No test higher than USFSA Preliminary MIF, majority must be no test. All ages. *Recommended test level – ISI FS 1/USFSA Basic 6 or equivalent.*

Pre-Juvenile: No USFSA\* test requirement. A team of 8 to 12 skaters. The majority of the team must be under 12 as of July 1. *Recommended test level – Preliminary MIF.*

Preliminary: No USFSA test requirement. A team of 8 to 16 skaters. All skaters must be under 12. The majority of the team must be under 10 as of July 1. *Recommended test level – Preliminary MIF.*

Open Juvenile: USFSA test requirement – Pre-Preliminary\* MIF. A team of 8 to 12 skaters. The majority of the team must be under 19 as of July 1. *Recommended test level – Pre-Juvenile MIF.*

Juvenile: USFSA test requirement – Preliminary MIF. A team of 12 to 20 skaters. Skaters must be under 13 as of July 1 and have passed the preliminary moves in the field test. *Recommended test level – Juvenile MIF.*

Intermediate: USFSA test requirement – Pre-Juvenile MIF. A team of 12 to 20 skaters. Skaters must be under 18 as of July 1 and have passed the pre-juvenile moves in the field test. *Recommended test level – Intermediate MIF.*

Novice: USFSA test requirement – Juvenile MIF. A team of 12 to 20 skaters. Skaters must be under 16 as of July 1 (four skaters may exceed this age, but all skaters must be under 18 as of July 1) and have passed the juvenile moves in the field test. *Recommended test level – Novice MIF.*

USFSA (United States Figure Skating)

MIF = moves-in-the-field

### **THE SKILL SETS THAT WILL BE PERFORMED AT TEAM SELECTIONS**

Diagrams and descriptions of maneuvers will be provided at the Workshop (March 20). Skills that are listed as optional are not required, but skaters may be asked to do them.

#### **BEGINNER / PRE-JUVENILE / PRELIMINARY SKILL SET:**

*Skaters will need to demonstrate an average level of power, speed, flow, edge quality, and presentation.*

- Forward and backward crossovers: both directions
- 3-Turns: forward inside & outside
- Mohawks: forward inside & backward inside and outside
- Stops: right & left, forward & backward snowplow stops, (optional: forward t-stops)
- Freeskating moves: forward spirals (flat & outside edge), forward lunge, (optional: back lunge)
- Team maneuver (warm-up block & a step sequence skated connected to other skaters)
- One skill of your choice (this can be footwork, a freestyle element, dance sequence, etc.).

*Note: Footwork/dance sequences should be limited to one length of the ice.*

#### **OPEN JUVENILE / JUVENILE SKILL SET:**

*Skaters will need to demonstrate a good level of power, speed, flow, edge quality, and presentation.*

- Forward and backward crossovers: both directions
- Three-turns and Mohawks: both directions, forward/backwards, inside/outside
- Double threes: right & left foot, forward outside to back inside/backward outside to forward inside
- Twizzles: forward inside & backward outside (1-2 revolutions)
- Choctaws: both sides, backward outside to forward inside
- Stops: right & left, forward & backward T-stops, forward tango stop
- Freeskating moves: forward edge spirals, forward/back lunges (optional: in a bauers & spread eagles, shoot-the-ducks/hydroblading, spin of choice, single jumps)

*Note: you may perform your spins and jumps in either direction for Team Selections, but any spins or single jumps in the final program will be done "right-handed".*

- Team maneuver (warm-up block & a step sequence skated connected to other skaters)
- One skill of your choice (this can be footwork, a freestyle element, dance sequence, etc.).  
*Note: Footwork/dance sequences should be limited to one length of the ice.*

### INTERMEDIATE/NOVICE SKILL SET:

*Skaters will need to demonstrate a very good level of power, speed, flow, edge quality, and presentation.*

- Forward and backward crossovers: both directions
- Three-turns and Mohawks: both directions, forward/backwards, inside/outside
- Double threes: forward outside to back inside/backward outside to forward inside
- Twizzles: forward inside & backward outside (1 1/2-2 revolutions)
- Choctaws: both sides, backward outside to forward inside to backward outside
- Counters, Rockers, and Brackets: right & left, inside & outside, forward & backward
- Stops: forward & backward T-stops, forward tango stop
- Freeskating moves: forward spirals (inside, outside, and change edge), forward/back lunges, (optional - these elements would be used in a movement in isolation and will need to be done by half of team: ina bauers, spread eagles, single/combo jumps, 135 degree spirals, combination spins, flying camel, shoot-the-duck/hydroblading)
- Team maneuver (warm-up block & a step sequence skated connected to other skaters)
- One skill of your choice (this can be footwork, a freestyle element, dance sequence, etc.).  
*Note: Footwork/dance sequences should be limited to one length of the ice.*

### WHAT TO WEAR

All skaters should wear a skating dress and tights OR fitted athletic pants and fitted shirt with hair securely pulled back in a bun or ponytail. NO BULKY SHIRTS OR SWEATSHIRTS. If you need an additional layer, please make sure it is fitted (i.e. ballet sweater).

### FUTURE DATES

**NOTE: EVENTS ARE AT VARIOUS LOCATIONS.**

**Kettler Capitals IcePlex • 627 N Glebe Rd, Arlington, VA**

**Cabin John Ice Rink • 10610 Westlake Drive, Rockville, MD**

**March 20, 2010: OPEN HOUSE and WORKSHOP. 4:30-8:00 PM – Kettler Capitals IcePlex. FREE. See first page for group level times.** Strongly encouraged for all skaters who are interested in trying out. Come and learn the skills to be performed at Team Selections.

**Session 1: April 10, 2010, 1:30-6:15 (Cabin John) and Session 2: April 18, 2010, 12:30-3:00 PM (Kettler) TEAM SELECTIONS - ALL SKATERS must tryout by April 18, 2010. Skaters must attend both dates.** You will be emailed your session time. \$20 for No-Test and Pre-Preliminary skaters; \$40 for Preliminary and up. (Tryout fee will be deducted from your annual dues if you join the team). RSVP to coach@capitol-steps.org or 703-365-0677. Skaters must RSVP to receive session time. Private tryouts are available for skater conflicts (fee will depend on if you are making up one or both sessions) and must be completed no later than April 18. Please make arrangements early. It is strongly recommended that skaters attend the group team selections, unless there is a conflict. **Parent Meeting - important for all new and returning parents. Team packets will be distributed and explained.**

*\*Please see our website after March 8 for your group session assignments and times for each session.*

**May 2, 2010\*: Offer letters for 2010-2011 teams will be emailed.**

*\* Pending issue of Governing Council Report (on or about May 1).*

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**May 12, 2010: COMMITMENT DEADLINE.** Contract and fees must be received before skaters will be allowed to practice with the teams.

**May 16, 2010 (tentative): FIRST PRACTICE and ORGANIZING MEETING for parents.** Location TBD. It is important that all skaters and parents attend this first practice of the season.

**Summer 2010: Teams will hold on-ice and off-ice practices in addition to team socials during these months.** It is important that all skaters make every effort to attend these summer practices. *If you miss a summer practice you will need to schedule a make-up lesson before Mini-camp.* You will be asked to fill out a summer schedule calendar and submit it no later than April 18.

**June 2010: SUMMER PRACTICE - ALL TEAMS.** Your team will be scheduled for about 2 hours between the hours of 1-6 pm.

**August 21-22, 2010 (tentative): MINI-CAMP! All 2010-2011 skaters must attend both days. This mini-camp is MANDATORY.** Kettler Capitals IcePlex. Detailed schedules for each team will be developed this summer. However, Capitol Steps is scheduled from 7:00 am to 5:30 pm both days, and all teams are expected to be there for most of that time.

**August 28 or 29, 2010. Practice for all teams. Location TBD.**

**After Labor Day - Regular weekly practices begin for all teams.**

### QUESTIONS

For questions regarding team selections/skill requirements, please contact any Capitol Steps coach:  
Monica Schultz, 703-365-0677, n2synchro@verizon.net  
Susan Petruccelli, 703-582-3085, coach@capitol-steps.org  
Chrissy O'Connor, 703-608-2411, eistanzr@gmail.com  
Libby Rhoads, rhoadseh@gmail.com  
Kelly Garrity, coachkellygarrity@gmail.com

*Please see our website, [www.capitol-steps.org](http://www.capitol-steps.org) for more information on our organization.*

For other questions, please contact Recruiting Chair Cathy Rieder, [cathy\\_rieder@msn.com](mailto:cathy_rieder@msn.com).

*If you know of any other skaters who would be interested in the Capitol Steps, please have them contact a coach or Cathy Rieder.*

Thanks again for your interest. See you soon.