

CENTRAL PARK ICE

TRYOUT INFORMATION

2017-2018 SEASON

Where: Sky Rink at Chelsea Piers
 Pier 61 – 23rd Street & Hudson River Park, NYC
 212.336.6100 * www.chelseapiers.com

When: Saturdays & Sundays, April 22/23 & 29/30

LEVEL	AGE & LEVEL	SKILLS CLINIC	TRYOUT
Group A	13 and up Intermediate MIF +	Sunday 4/23 6:00-7:20a	Sunday 4/30 6:00-7:20a on-ice 7:30-8:15a fitness
Group B	11 and up Pre-Juvenile MIF +	Saturday 4/22 6:00-6:50a	Saturday 4/29 6:00-6:50a on-ice 7:00-7:45a fitness
Group C	9 and up Pre-Preliminary MIF +	Sunday 4/23 9:00-9:50a	Sunday 4/30 9:00-9:50a on-ice 10:00-10:45a fitness
Group D	All ages Basic 5 +	Sunday 4/23 9:50-10:20a	Sunday 4/30 9:50-10:20a on-ice

PARENT MEETING (all levels) Sunday 4/30 - 8:30a
SPRING PRACTICES Begin May 7 & 14!

- To determine which time slot you are eligible to try out for, please read the Requirements and Tryout Skills on the following pages (MIF level refers to tests passed)
- Skaters may try out for as many groups as their age/skill level allows
- Skaters will be evaluated based on age and level, and placed on the appropriate team
- Skills clinics are REQUIRED for groups A, B, & C and highly recommended for group D
- Clinics and tryouts will be closed to parents and other observers to allow for skaters' focus on the ice
- Skaters must have PASSED the MIF test at the given level to try out; skaters who wish to "skate up" at tryouts should contact the director in advance and must be working on the required test at the higher level to attend the additional clinic/tryout (for example, a skater who has passed Juvenile MIF MUST attend Group B but can ask for permission to also attend Group A)
- All ages are as of July 1, 2017

Pre-Register ONLINE at www.centralparkice.com/tryouts

Tryout fees: \$100 – includes Skills & Drills clinic and tryout for A, B, & C
 \$50 – includes Skills & Drills clinic and tryout for D ONLY

GROUP A (INTERMEDIATE TEAM)

Clinic: Sunday 4/23 – 6:00-7:20a

Tryout: Sun 4/30 – 6:00-7:20a on-ice, 7:30-8:15a fitness

Age: 13+

Test level: Intermediate MIF required

Synchro Experience: Previous team experience recommended

Skaters should have superior basic skating skills, strong upper body carriage, power, and musicality in their skating.

Skills to prepare:

- Stroking
- Forward and backward alternating crossovers
- Forward and backward crossovers & chasses
- Circle cycles
- Cross strokes – forward and backward
- Bauer 3s (R outside and L outside 3 turns repeating, with and without the arms)
- Double three turns (forward inside to backward outside and forward outside to back inside)
- Backward power 3-turns
- Brackets: forward and backward, inside and outside (R and L)
- Rockers
- Choctaws
- Twizzles: forward 1.5 and backward 2
- Free skating moves:
 - Outside spread eagle
 - Outside Ina Bauer
 - Change-edge spirals (inside to outside)
 - 135 spirals (heel grab)
- Step sequence to be taught at clinics
- Dutch Waltz and/or Rhythm Blues dance pattern

NEW: All skaters must prepare a 30 to 60 second “program” to music of their choice that incorporates a jump or spin, moves element (spiral, spread eagle, etc), and step sequence with 4-6 turns

Skaters will be evaluated on:

- Clean and controlled edges
- Speed and flow through turns
- Controlled, strong extensions and finish of movements (pointed toes, turned heads, locked arms)
- Ability to skate to the beat of the music
- Confidence of movement both in the line and on their own

GROUP B (JUVENILE/OPEN JUVENILE TEAMS)

Clinic: Saturday 4/22 – 6:00-6:50a

Tryout: Saturday 4/29 – 6:00-6:50a, 7:00-7:45a fitness

Age: 11+

Test level: Pre-Juvenile MIF required

Synchro Experience: Previous team experience not required, but recommended

Skaters should have strong basic skating skills, good upper body carriage, clean turns, and be able to skate with power and musicality.

Skills to prepare:

- Stroking
- Forward and backward alternating crossovers
- Forward and backward crossovers
- Forward and backward chasses
- Circle cycles
- Cross strokes – forward and backward
- Power 3-turns (both directions)
- Power pulls – forward and backward
- Mohawks
- Twizzles: 1 & 1.5
- Backward power 3-turns
- Juvenile circle step (forward crossover, outside Mohawk, slide, back crossover, step forward)
- Free skating moves:
 - Outside spread eagle
 - Outside Ina Bauer
 - Forward spirals (inside and outside)
 - 135 spirals (heel grab)
- Step sequence to be taught at clinics
- Dutch waltz dance pattern

Skaters will be evaluated on:

- Clean and controlled edges
- Speed and flow through turns
- Controlled, strong extensions and finish of movements (pointed toes, turned heads, locked arms)
- Ability to skate to the beat of the music
- Confidence of movement both in the line and on their own

GROUP C (PRELIMINARY/PRE-JUVENILE TEAMS)

Clinic: Sunday 4/23 – 9:00-9:50a

Tryout: Sunday 4/30 – 9:00-9:50a on-ice, 10:00-10:45a off-ice

Age: 9+

Test level: Pre-Preliminary MIF required

Synchro Experience: Previous team experience not required, but recommended

Skaters should have strong basic skating skills, clean turns, and be able to skate with power.

Skills to prepare:

- Stroking
- Forward and backward alternating crossovers
- Forward and backward crossovers
- Forward and backward chasses
- Forward crossover – swing roll pattern
- Power 3-turns (both directions)
- Power pulls – forward and backward
- Mohawk-cross pattern down the ice
- Forward twizzles
- Free skating moves:
 - Forward spirals (outside edges, both feet)
 - Forward and backward lunges (both feet)
- Step sequence to be taught at clinics

Skaters will be evaluated on:

- Clean and controlled edges
- Speed and flow through turns
- Controlled, strong extensions
- Ability to skate to the beat of the music
- Confidence of movement both in the line and on their own
- Ability to focus and pay attention to directions

GROUP D (BEGINNER TEAMS)

Clinic: Sunday 4/23 – 9:50-10:20a

Tryout: Sunday 4/30 – 9:50-10:20a

Age: All ages

Test level: Basic 5 and above

Synchro Experience: Previous team experience not required

Skaters should have strong basic skating skills and be able to work with others.

Skills to prepare:

- Stroking
- Forward and backward pumps
- Forward and backward crossovers
- Forward and backward chasses
- Forward and backward alternating crossovers
- Forward outside and inside edges
- 3-turns
- Mohawks
- Basic 8 circle step (2 forward crossovers, Mohawk, step, slide under, back crossover, step forward)
- Lunges
- Spirals

Skaters will be evaluated on:

- Proper pushing off of blade
- Controlled extensions
- Ability to skate to the beat of the music
- Confidence of movement both in the line and on their own
- Ability to focus and pay attention to directions

FREQUENTLY ASKED QUESTIONS

What are the team level definitions?

Each team level has a different set of requirements as specified by US Figure Skating:

Team Level	Age (as of July 1)	USFS Moves in the Field test requirement	CPIce Moves in the Field test requirement
Beginner 1	Any age Majority under 9	No test required (no higher than Preliminary MIF)	No test
Beginner 2	Any age Majority 9-11	No test required (no higher than Preliminary MIF)	No test
Beginner 3	Any age Majority 12+	No test required (no higher than Preliminary MIF)	No test
Preliminary	Under 12 Majority under 10	No test required	Pre-preliminary MIF
Pre-Juvenile	Any age Majority under 12	No test required	Pre-preliminary MIF
Juvenile	Under 13	Pre-Juvenile MIF required	Pre-Juvenile MIF
Open Juvenile	Under 19	Pre-Preliminary MIF required	Pre-Juvenile MIF
Intermediate	Under 18	Juvenile MIF required	Intermediate MIF

**Please note that we will not be fielding teams at all of these levels. We will decide on the appropriate team levels after evaluating skaters at tryouts.*

What is the weekly schedule for Central Park Ice?

Practice schedules will depend on the skater's team level. Our 2016-2017 season schedule consisted of:

Intermediate team

Saturdays - 6:00-7:50a on-ice, 8:00-9:00a off-ice - Chelsea Piers

Open Juvenile team

Sundays - 6:00-7:20a on-ice, 7:30-8:30a off-ice - Chelsea Piers

Pre-Juvenile team

Sundays – 8:00-9:00a off-ice, 9:00-10:20a on-ice - Chelsea Piers

Beginner 1 team

Sundays - 9:00-10:20a on-ice, 10:30-11:15a off-ice - Chelsea Piers

All Skaters (optional practices)

Thursdays - 6:30-7:30a - Skills & Drills - Bryant Park

Sundays - 4:30-6:00p - Dance & Conditioning - Ripley-Grier Studios

*our Int, OJ & PJ team also had extended Sunday afternoon practices in Hackensack, NJ in September & October

I've never skated synchro before. Can I still try out for a team?

Absolutely! All of our skaters were new to the sport at some point, and they are very enthusiastic to welcome new members to the team. We recommend attending all of the clinics for your skating level before your tryout date so that you can become comfortable with the synchro elements and style of skating.

Can I still make progress in my individual skating if I skate synchro?

Yes! In fact, we've seen that most of our skaters make MORE progress while skating synchro than they would have otherwise. Simply put, they spend more time on the ice, focus on strength and extension, and become more comfortable performing in front of large groups. Additionally, they are often more motivated to continue setting goals and passing tests when they see their teammates moving through the levels.

What is the synchro "season"?

Our practices run from September to mid-February. Most competitions are scheduled for November through February. In April, we start clinics and tryouts for the following season. We have run summer synchro camps, and many of our skaters plan on taking advantage of the summer synchro opportunities offered by US Figure Skating as well.

Where do you practice?

We train at Sky Rink at Chelsea Piers and Bryant Park and off-ice at Ripley-Grier Studios in New York City. Families generally carpool or take a team bus to out of town competitions.

Where do you compete and perform?

We compete across the Northeast! In the past few seasons, we have traveled to:

- Stamford, CT
- Lowell, MA
- Hershey, PA
- Middletown, CT
- Kingston, RI
- Lake Placid, NY
- Plymouth, MA
- Marlborough, MA
- Richmond, VA

In addition, we are honored to perform in some of the most beautiful rinks in the area, including:

- Rockefeller Center
- Frog Pond at Boston Common
- Sky Rink at Chelsea Piers
- South Street Seaport
- Wollman Rink in Central Park
- The Rink at Brookfield Place
- Bryant Park

How much travel is involved?

Our teams compete in 4-5 competitions during the season, most of which require an overnight stay. Traveling with friends and teammates is a very memorable part of the Central Park Ice experience!