



Representing The Skating Club of Boston

## Join *TEAM EXCEL Synchronized Ice Skating Teams*

Merita Mullen, Coach of National Medal Winning and US World Teams, and her coaching staff announce tryouts for the 2010-2011 skating season. Please join us and skate with one of the foremost professionals in U.S Synchronized Skating and her talented coaching staff.

The tryout process will include a skater evaluation period, allowing new skaters to experience aspects of Team Excel's training activities while also providing the coaches with an assessment of each skater's abilities.

### WHAT TEAMS

Team Excel will be conducting tryouts for teams at the Preliminary, Juvenile, Intermediate/Novice, Junior and Collegiate levels. Based on the number, ages, and demonstrated ability of skaters attending the tryouts, Merita and her staff will determine the competitive teams for the 2010-2011 skating season.

Team Excel will also field Beginner teams, in Boston & Marlborough starting in September. Information regarding our Beginner program will be available at [www.excelsynchro.org](http://www.excelsynchro.org) later this spring, or you may contact [excelsynchro@gmail.com](mailto:excelsynchro@gmail.com) for further information. Please note, tryouts are not necessary for our beginner programs.

### WHEN

#### ***Preliminary* – \$25 fee for both sessions**

Skaters must be under 12 as of 7/1/10

Date	Arrival Time	On Ice
Saturday April 17, SCOB	4:15 p.m. for off-ice warm up	5:00 p.m. - 5:50 p.m.
Saturday April 24, SCOB	4:15 p.m. for off-ice warm up	5:00 p.m. - 5:50 p.m.

#### ***Juvenile* – \$25 fee for all three sessions**

Skaters must be under 13 as of 7/1/10 and pass Preliminary Moves in the Field by 12/1/10.

Date	Arrival time	On Ice
Saturday, March 20 SCOB	4:00 p.m. for registration & off-ice warm up	5:00 p.m. - 5:50 p.m.
Monday, March 22 NESC	6:15 p.m. for off-ice warm up	7:00 p.m. – 7:50 p.m.
Wednesday, March 24 NESC	5:20 p.m. for off-ice warm up	6:00 p.m. - 6:50 p.m.

#### ***Novice* – \$50 fee for all three sessions**

Majority of skaters must be under 16 by 07/01/10 and pass Juvenile Moves in the Field by 12/1/10 (**Intermediate Moves Preferred**)

Date	Arrival time	On Ice
Saturday, March 20 SCOB	5:00 p.m. for registration & off-ice warm up	6:00 p.m. - 7:30 p.m.
Monday, March 22 NESC	7:05 p.m. for off-ice warm up	7:50 p.m. – 8:50 p.m.
Wednesday, March 24 NESC	6:20 p.m. for off-ice warm up	7:00 p.m. - 8:30 p.m.

#### ***Junior* – \$100 fee for all three sessions**

Skaters must be under 19 as of 7/1/10 and pass Intermediate Moves in the Field by 12/1/10 (**Novice Moves Preferred**)

Date	Arrival time	On Ice
Saturday, March 20 SCOB	6:40 p.m. for registration & off-ice warm up	7:40 p.m.-9:00 p.m.
Monday, March 22 NESC	8:15 p.m. for off-ice warm up	9:00 p.m. -10:00 p.m.
Wednesday, March 24 NESC	7:55 p.m. for off-ice warm up	8:40 p.m.-10:00 p.m.

#### ***Collegiate* – \$25 fee for all sessions**

Collegiate skaters must be full-time college students and pass Juvenile Moves in the Field by 12/1/10 (**Novice Moves Preferred**)

Date	Arrival time	On Ice
Saturday, April 17 SCOB	5:00 p.m. for registration & off-ice warm up	6:00 p.m.-7:30 p.m.
Saturday, April 24 SCOB	5:15 p.m. for off-ice warm up	6:00 p.m.-7:30 p.m.

## WHERE

SCOB	The Skating Club of Boston	1250 Soldiers Field Road, Brighton MA
NESC	New England Sports Center	121 Donald Lynch Boulevard, Marlborough, MA

## THE TRYOUT PROCESS

Skaters should attend tryouts for all levels for which they wish to be considered. Skaters may try out for multiple teams, as long as they meet the age and Moves in the Field requirements mandated by US Figure Skating (see details on front page)

There will be three tryout sessions for each team except Collegiate. Skaters are expected to attend all sessions so that Merita and her staff can properly evaluate skater skills.

Skaters will be asked to demonstrate skills, including Moves in the Field, Freestyle, and Dance elements. Merita and her staff will evaluate strength, flow, speed, stamina, power, posture, and the ability to project "presentation." Specific skills are detailed in the sections below.

At each session, experienced skaters will instruct new skaters in footwork and step sequences. In addition to the specific skating skills mentioned, Merita will evaluate skaters' ability to learn quickly, their sense of music, and the extent to which they interact and blend with other skaters.

Skaters trying out for Preliminary and Juvenile should be prepared to perform:

- Shoot the duck (forward and backwards)
- Excerpts from Pre-Preliminary through Juvenile MIF
- Back lunges
- 3 turns & mohawks, both directions
- All Varieties of spins

Skaters trying out for Intermediate/Novice/Junior/Collegiate should be prepared to perform:

- Excerpts from Intermediate, Novice or Junior MIF
- Spread eagles (both edges, both directions)
- Ina Bauers (both edges, both directions)
- Spirals
- Choctaws, counters, brackets, rockers
- Twizzles

## PARENT MEETINGS

Members of the Team Excel operational staff will host a parent meeting at the third tryout session to present a preliminary budget, tentative competition schedule and practice schedule for the 2010-2011 skating season.

## THE UPCOMING SEASON

Skaters will be notified of team placement, by e-mail, the week of April 11, 2010. They will also receive details of the spring practice schedule and a financial contract. Skaters joining the team will be required to make a non-refundable deposit of \$500. The first half of this deposit (\$250) will be due within ten days of receiving written notification of placement on a team. The remaining \$250 will be due before entering the ice for the first spring practice

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## QUESTIONS??

Questions and requests for tryout registration can be addressed to [excelsynchro@gmail.com](mailto:excelsynchro@gmail.com).

