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**This is a list of things to perfect for the synchronized skating team.
Being a strong solo skater makes you an even stronger team skater.
Practice on floor or during a freestyle**

Mohawks

Inside 3-turns

Outside 3-turns

Forward outside spirals

Forward inside spirals

Forward outside/inside edges

Backward outside/inside edges

Forward pivot

Backward outside pivot

Backward inside pivot

1 Foot spins

Freestyle 3 footwork pattern (ON BACK OF PAPER)

Waltz jump

One-half flip jump

Toe loop jump

One-half toe walley jump

Lunge left and right, forward and backward

Shoot the duck forward and backward, left and right

Chasse

Crossovers forward and backward bend your knees,
make sure to keep arms up

Work on stroking (forward and backward),
Turn your head toward the skating foot