

Teams at Center Skating at NESCC Synchro Skills

Team	Age	Level	Required Elements
Electric Toe Picks	Jr. Youth/Youth 6 years to 12 years	US Basic Skills 2 – 4 ISI Pre-Alpha – Delta	*Forward Stroking *1 Foot Glide (both feet) *Forward Swizzles *Forward Lunge *Bunny Hop
Electric Edge	Youth/Sr. Youth 9 years to 14 years	US Basic 5 – 8 ISI Delta – FS 2	*Forward Crossovers *Backward Stroking *Backward Crossovers *Forward 3 turns (all) *Forward inside mohawks *Forward Lunge *Bunny Hops *Forward Spiral
Electric Ice	Teen 14 years to 19 years	US Pre-Prelim to Pre-Juvenile ISI FS 3 – FS 8	*Power Pulls *Backward 3 turns (all) *Forward Inside twizzles *Brackets turns *Choctaw turns <i>*Ina Bauer/Spread Eagle (not required)</i> *Backward Spirals *Backward Lunge