

Tremor Try-Out Information Sheet

For informational purposes only – this is not a signed contract.

Please fill out completely.

Athlete Name (Please Print)

Age as of July 1, 2011

Parent/Guardian Name (Please Print)

USFSA #

Parent e-mail
(Please list email(s) you would like to receive Tremor information on)

ISI #

Skater e-mail (if available)

Birth date

Home Phone

Ears Pierced?

Cell Phone

US Citizen?

Skater Cell Phone (if available)

Home Address

Highest MIF Test Passed

Highest ISI Test Passed

Highest USFS FS Test Passed

Highest Dance Test Passed

Coach (es) Name(s)

Coach (es) Phone Number

Registering for

USFS- Juvenile

- Clinic & Pizza Party 6/5 @ 5:45pm, \$25
- Try-Out, 6/26 @ 5:45pm, \$50

USFS- Intermediate

- Clinic & Pizza Party 6/5 @ 7:00pm, \$25
- Try-Out, 6/26 @ 7:00pm, \$50

Registration form and payment is due 2 days prior to event.

- Form and check may be sent to: Tremors % YBISC, 750 Folsom Street, San Francisco, CA 94107.
- Form may be faxed to 415/820-3521, with credit card information.
- Form and payment (cash, check or credit card) may be delivered in person to the Pro Shop at 750 Folsom Street, San Francisco, CA 94107.

For Mail/Fax registrations, your receipt will be waiting in the Pro Shop when you check in for your event.

Payment must be received prior to skating. If your form and payment is "in the mail" you will need to complete another form and make payment before skating; no exceptions!

Current Tremors - This is not included in your skating school dues or other fees that you have paid; you must pay for the clinic and/or tryout to participate!

Payment Information

Amount Enclosed \$ _____ .00

Payment Type Check # _____ Credit Card Cash (do not mail!)

Credit Card Payments

VISA Master Card Card Number _____

Card Expiration Date ____/____/____ Security Code _____

Billing Street Address _____

Billing City, State & Zip _____

Name as it appears on the Credit Card _____

As the authorized signer of the card referenced above, I authorize Yerba Buena Ice Skating and Bowling Center to charge my credit card for the referenced amount noted above.

Signature _____ Date _____

Office Use Only

Received On _____

Received By _____

Processed By _____

Transaction No _____

2011-2012 Tremors USFSA Juvenile Team Try-Outs

Minimum Requirements: Preliminary Moves, under 13 years of age

Clinic & Pizza Party

Sunday, June 5th, 5:45 - 7:00pm

Optional clinic to introduce skaters to the elements that will be evaluated during their Try-out

Cost: \$25.00 per session - Must be paid prior to skating

(Current Tremors - This is not included in your skating school dues)

Pre-Registration required by completing form and sending payment

Try-outs 2011-2012 Season

Sunday, June 26th, 5:45 - 7:00pm

Cost: \$50.00 per session - Must be paid prior to skating

(Current Tremors - This is not included in your skating school dues)

Pre-Registration required by completing form and sending payment

Try-out Skills:

- Skaters will be asked to perform moves patterns through the Juvenile moves test.
- Skaters must be able to demonstrate the following turns: 3turn, mohawk, bracket, single twizzle with proficiency*
- Skaters must demonstrate an understanding of the following turns: counter, rocker, choctaw, and loop*
**forward and backward entries, inside and outside edges.*

Skaters must show proficiency in turns and edges as well as an excellent sense of timing upper body and facial expression in all exercises.

Individual Exercises

- Forward and backward cross strokes
- 3-turn exercise
- Mohawk exercise
- Slow, Medium, Quick Mohawk exercise
- Forward inside twizzle exercise (1, 1, 2, 2, 3, 3,)
- Annie's Edges (circle patterns)
- Annie's Turns (diagonal patterns) Rockers only
- Forward outside spirals (both feet)
- Ina Bauer
- Outside Edge Spread Eagle

Line Exercises

- Forward and backward crossover circles
- Forward swing mohawk exercise
- Chasses
- Warm-up block

2011-2012 Tremors USFSA Intermediate Team Try-Outs

Minimum Requirements: Pre-Juvenile Moves, under 18 years of age

Clinic & Pizza Party

Sunday, June 5th, 7:00 - 8:30pm

Optional clinic to introduce skaters to the elements that will be evaluated during their Try-out

Cost: \$25.00 per session - Must be paid prior to skating

(Current Tremors - This is not included in your skating school dues)

Pre-Registration required by completing form and sending payment

Try-outs 2011-2012 Season

Sunday, June 26th 7:00 - 8:30pm

Cost: \$50.00 per session - Must be paid prior to skating

(Current Tremors - This is not included in your skating school dues)

Pre-Registration required by completing form and sending payment

Try-out Skills:

- Skaters will be asked to skate moves in the field patterns through the Novice moves test.
- Skaters must be able to demonstrate all turns (3turn, Mohawk, bracket, counter, rocker, choctaw, loop and twizzle) with forward and backward entries, inside and outside edges.

Skaters must show proficiency in turns and edges as well as a superior sense of timing and presentation with upper body/facial expression in all exercises.

Individual Exercises

- Forward and backward cross strokes
- 3-turn exercise
- Mohawk exercise
- Slow, Medium, Quick Mohawk exercise
- RFI twizzle x-stroke LBO twizzle exercise
- Diagonal Step Sequence
- Annie's Edges (circle patterns)
- Annie's Turns (diagonal patterns) Rockers & Counters
- Forward change of edge Spirals (both feet)
- Ina Bauer
- Outside Edge Spread Eagle

Line Exercises

- Forward and Backward crossover circles
- Backward power 3turn exercise
- Forward swing mohawk exercise
- Block Exercise (slaloms, cross strokes, progressives, chasses; forward and backward)
- Traveling Circle Step Sequence

Frequently Asked Questions

I meet the minimum requirements for Both Teams, so which team should I try out for?

The Juvenile Team tryout is typically for skaters working on Pre-Juvenile-Intermediate level Moves in the Field.

The Intermediate Team tryout is typically for skaters working on Intermediate through Senior Moves in the Field.

I want to be considered for Both Teams, do I need to attend both tryouts?

No, it's not necessary. See which of the categories above best fits your skating and attend that team's try-out. You are automatically considered for both teams if you meet both teams' requirements. If you'd like to skate 2 tryouts you have to pay for 2 tryouts. If we feel we haven't gotten a good enough look at your skating we may ask you to skate a second try-out. This has no meaning other than we didn't get a good opportunity to watch you.

Will there be only an Intermediate and a Juvenile Team next year?

Not necessarily. We may have enough skaters to field 3 teams as we've done in the past. Tryouts for our Tremors ISI Teams will be held in August. Remember, the level at which you compete depends upon you! The level with the most fluctuation is the Juvenile/Pre Juvenile/ Open Juvenile divisions. We won't know 100% what teams we have until after tryouts!

Can you tell me what the music will be?

No, it's a surprise! Also, we pick music that fits the personality and skill level of the team, so we won't have music selected until after tryouts.

I need a black leotard and wrap skirt. Where do I get these items?

Please go online to: www.allaboutdance.com

Leotards: **DANCE DEPARTMENT ADULT SHORT SLEEVE LEOTARD** \$13.75 Style No: D5102

Copy and paste the following link:

http://www.allaboutdance.com/dancewear/product-view/style_D5102.html?SID=240767639&mainCategory=BODYWEAR&styleOne=BALLET&styleTwo=LEO&styleThree=SHORT SLEEVES&PageNumber=1

Skirts: **M. STEVENS CHIFFON WRAP SKIRT** \$19.95 Style No: 531G

Copy and paste the following link:

http://www.allaboutdance.com/dancewear/product-view/style_531G.html?SID=240768097&mainCategory=BODYWEAR&styleOne=BALLET&styleTwo=SKTTUTU&PageNumber=1
General Sizing Charts

MAKE SURE YOU ORDER BLACK

Tremors ISI Synchronized Skating Teams

Tryouts in August
Date, Time, & more info TBA

2011-2012 Tremors ISI Teen Synchronized Skating Tryouts

Minimum Requirements: Freestyle 5, under 18 years of age

2011-2012 Tremors ISI Youth Synchronized Skating Tryouts

Minimum Requirements: Freestyle 3, under 14 years of age