



EDGE 2017-2018 Individual Training Expectations

YEARLY TRAINING	<i>Beginner</i>	<i>Beginner II</i>	<i>Elementary</i>	<i>Pre Juvenile</i>	<i>Juvenile</i>	<i>Pre Novice</i>	<i>Novice</i>	<i>Intermediate</i>
SPRING all session requirements are in ADDITION to required synchro skills	at least 2 x per week		at least 3 x per week			At least 2-3 x per week	at least 3 x per week	
SUMMER in ADDITION to Choreography camp	Recommended 2-3 weeks			Recommended 3-4 weeks		Recommended 2-3 weeks	Recommended 3-4 weeks	
FALL/WINTER all session requirements are in ADDITION to required synchro practices	at least *2 x per week						at least *2-3 x per week	
<p><i>*Fall/Winter minimum days is for skaters who have met the recommendations in spring and summer</i></p> <p>** We will continue to monitor skaters' commitment and development throughout the spring and summer and may re-assign team placement</p>								