



### **Innovations**

Basic Skills through Pre-Preliminary: An introduction into the multi-task instruction of skating which will lead to advanced combinations of single steps already learned. Exercises which increase speed and power are used. Work as a group to widen the base of skating elements. The group aspect develops the perspective of figure skating for the younger student. Younger kids will follow the lead of the older kids.

Preliminary through Senior level: Enhance and learn different positions of entrances and the combination of different elements. Execution of jumps in both directions. Learn appropriate technique of the entry and exit from the main elements (spins and jumps). Introduction to the elements which are required by the new rules of the ISU and the USFSA. This is a challenging and dynamic class.

### **Spin**

Spin class will teach a technique of the spin to make its value/points to go from base to excellent. The base value of each element is 0. The spin class will provide step by step instructions how to bring the value of the spin to 3, which is the highest/excellent value.

### **Jump off-ice**

Basic Skills through Pre-Preliminary level:  
Jump class is designed to introduce the basic technique of the jump; jump with rotation, combination of jumps, and combination of jumps with rotation. The class will teach the body to balance every step of the jump: entry, air position, and exits. The class includes exercises to prevent injuries of ankles and knees by developing strength into these areas. At the same time it will increase the height, durability and power of the jump.

Preliminary through Senior level:  
Skaters in the class will learn the process of increasing the difficulty of the jump. Students learn the elements of jumps in their tennis shoes before transferring them to the ice.

To comply with ISU and USFSA all classes include step by step preparation to compete on national and international levels using new rules and regulations:

### **Skating Skills**

- Overall skating quality
- Multi-directional skating
- Speed and power
- Cleanness and sureness of edges
- Glide and flow
- Depth and quality of edges

### **Transitions**

- Difficulty and quality of steps linking elements
- Creativity and originality of steps linking elements
- Originality and difficulty of entrances and exits of elements

### **Performance/Execution**

- Carriage
- Style
- Body alignment
- Variation of speed

### **Stroking**

Create a harmony of work between the joints, knees, hips and ankles to produce more power on the ice, but use less energy. Combinations of different exercises give skaters the ability to train their body to work efficiently with the ability to change speed and at the same time deliver enough power for successful execution of elements.

### **Jump on-ice**

Jump class will introduce and teach a technique which will provide the transition from one to two and from two to three revolutions jump. It will provide instructions for the best execution of four phases of jump: preparation, take-off, rotation (flight), landing.

### **Edge**

This class produces smooth skating and clean elements. Class exercises help to develop balance and control by using the simple moves executed on a higher level of skating. All the elements of the class help develop a solid base for multi revolution jumps.

### **Beginning Ice Dance**

This class will teach the basic ice dance steps, dance positions and timing, as well as edges and posture. At the least, the Preliminary dances in the USFS structure will be covered.

### **Conditioning**

This class is designed with specific exercises which serve to protect the figure skater on and off the ice. The focus is to create power, strength, flexibility, endurance, quickness and advanced coordination needed for the entire body.