

Practice list – free skate levels, by Emily Rausa, ice skating instructor - **Freeskate 3**

ALL FREE SKATE LEVELS (Freeskate 1-6):

Note: At this level, it's highly encouraged that all skaters take private lessons in addition to group. Each coach has their own style and philosophy for the skating skills, and may provide their own warm ups, practice regimens, etc.

Warm Up suggestions (before skating)

- Off ice – 5-10 minutes of cardio exercise/dynamic stretching, such as jumping jacks, high knees, butt kickers, jump rope, burpees, twists, squat jumps, leg swings. Keep core engaged throughout all exercises.

On Ice

- Forward and backward crossovers - several circles each
- Any other skating movements that helps the skater get comfortable, like the exercises taught in stroking class: cross rolls, Mohawk crosses, etc.

Cool Down (after skating)

- STRETCH all major muscle groups, holding for 45-60 seconds each. Do all main body parts, especially lower body. Most important: Hamstrings, quads, calves, Achilles, hips, hip flexors, groin, inner thighs, obliques, glutes, piriformis. If time allows, also stretch the upper body: shoulders, upper back, triceps. Foam rolling and/or massage is also recommended.
- Make sure you're drinking plenty of water.

Strength training (off-ice) – Recommended programs

- Yoga (offered at the rink – inquire with skating director for more information)
- Pilates (offered at the rink – inquire with skating director for more information)
- Ballet (offered at the rink – inquire with skating director for more information)
- Basic traditional exercises to strengthen the body- squats, lunges, pushups, planks, crunches. Ideally, these exercises will be done three times a week, with at least 1-day rest between days. Exercises must be done with correct form to avoid injury, so it's best to work with a professional.

Freeskate 3

Skating Skills:

A. Alternating backward crossovers to back outside edges – Four sets – *Skaters begin a back outside edge, which can be a landing position or open landing position, on an axis. Lobes should be the same size.*

B. Alternating mohawk/crossover sequence (R to L and L to R)

C. Waltz three-turns (forward outside three turn, backward outside edge glide), *clockwise and counterclockwise – Skater should do the turn with a waltz count.*

Spin:

D. Advanced back spin with free foot in crossed leg position (min. three revolutions) – *Skaters should review the previous way to enter the spin if having trouble finding the balancing point. The body should be aligned over the pinky toe. Now the skater must enter from an inside edge. After at least 3 revolutions, the free knee must lift quickly and then aggressively push into a landing position, arms opening to a landing position as well.*

Jumps:

E. Loop jump – *skaters will have the most success with this jump the more comfortable they are with the back spin because of the close relation between the two. Skaters must take off on an outside edge. Counter-clockwise rotation skaters will take off on a right backward outside edge. The landing is the same as all other single rotation jumps.*

F. Waltz jump-toe loop or Salchow-toe loop combination – *After landing the first jump with a strong check out position, the free leg should reach into the circle with a pointed toe, grab the ice with the top of the toe pick and draw back for the toe-loop.*

«Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps