

Practice list – free skate levels, by Emily Rausa, ice skating instructor - **Freeskate 4**

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 4

Skating Skills:

A. Forward power three-turns (R and L), 3 sets each – *Skater will perform and outside three turn balanced over the skating side, followed by a balance position, a shifting push, and then a backward crossover.*

B. Waltz eight, clockwise and counterclockwise – *A large figure 8 will be skated on. Each circle is divided into thirds. The first third is an outside three turn. Then a backward outside edge, followed by a forward outside edge. Skater will immediately push into other circle to repeat steps on the opposite side.*

Spins:

C. Forward upright spin to backward upright spin (3 revs., each foot) – *Skater will come out of a forward scratch spin, pivot and pump for the back spin. Same pivot/pump entrance as the Freeskate 2 backspin entrance.*

D. Sit spin (minimum three revolutions) – *skater will enter with the same entrance as the scratch spin, but as the spin hooks, the skating knee will bend deeper over the middle toe as opposed to straightening (as in a scratch spin). The thighs will snap together and hands come together with straight arms, hands below sternum.*

Jumps:

E. Half loop – *Skater will jump the same way into a regular loop, but land on the other foot with an outstretched free leg in a landing position. Landing knee should be bent, arms over the circle.*

F. Flip – *Skater will enter either from an outside three turn or a Mohawk. Skater will land in the same position as other single jumps.*

«Bonus Skill: Split jump, stag jump or split falling leaf