

Practice list – free skate levels, by Emily Rausa, ice skating instructor - **Freeskate 5**

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.

Free Skate 5

Skating Skills:

A. Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise – *Review backward outside 3-turns, forward inside mohawks and backward crossovers separately, both directions. Be aware of body position, extension, and "shoulders against hips" concept.*

B. Five-step mohawk sequence, clockwise and counterclockwise - *Be sure individual steps are strong before putting together in entire sequence.*

Spins:

C. Camel spin (minimum three revolutions) – *Review spiral position. Knee action is used to gain speed into and in the spin along with where the shoulders/ arms need to be.*

Jumps:

D. Waltz jump-loop jump combination – *Review waltz jump and loop jump. Skaters need to “stop the rotation” between jumps as well as hold the free leg in front before jumping into the loop. Body should be balanced over the skating side in order to do the loop.*

E. Lutz jump – *Take off edge is a backward outside edge.*

«Bonus Skill: Loop-loop combination – *Review loop jump. Skaters need to “stop the rotation” between jumps as well as hold the free leg in front before jumping into the second loop. Body needs to be balanced over the skating side in order to do the second loop jump.*