

Practice list – free skate levels, by Emily Rausa, ice skating instructor - **Freeskate 6**

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 6

Skating Skills:

A. Forward power pulls (R and L) - *Skaters can generate power focusing on knee action and weight placement on the blade.*

B. Creative step sequence, skater's choice, using a variety of three-turns, mohawks and toe steps

Spins:

C. Camel-sit spin combination (minimum two revolutions each position) – *Review camel and sit spin individually before attempting to combine.*

D. Layback or attitude spin or cross-foot spin (three revolutions) – *Attitude position/spin should be understood before attempting layback.*

Jumps:

E. Waltz jump-half loop-Salchow jump sequence – *In a half loop, skater will rotate a full turn to land on the opposite leg on the back inside edge.*

F. Axel – *skaters will learn how to take off, air position and landing, and use a stand still entry or backward crossovers. The goal is for the skater to understand the concept of the axel and work towards landing the jump.*

«Bonus Skill: Backward outside pivot, entry optional