

Information for Skaters

Coach: Sydney Ross

Ross Skate Academy LLC

Phone: (801) 628-4675 | Email: sydross875@gmail.com | rossskateacademy.com

The information contained in this document includes PSA and common figure skating guidelines and information for skating parents. In general, Coach Sydney follows these guidelines and expects skater parents to respect and follow these guidelines as well. By taking lessons and/or classes from Coach Sydney, you agree to respect the policies outlined in this document.

Contents:

- Ten Commandments for Skaters
- Goal Setting Information
- Flow of the Rink
- Competition/Test Session Checklist



10 THINGS THAT REQUIRE ZERO TALENT

- 1. BEING ON TIME**
- 2. WORK ETHIC**
- 3. EFFORT**
- 4. BODY LANGUAGE**
- 5. ENERGY**
- 6. ATTITUDE**
- 7. PASSION**
- 8. BEING COACHABLE**
- 9. DOING EXTRA**
- 10. BEING PREPARED**



Goal Setting for Practice

ASPIRE TO ACCOMPLISH NEW GOALS.

Practicing and working toward your goals go hand-in-hand. Setting short-term goals for each practice and long-term goals that you can work toward every day helps you effectively plan your time on the ice.

GOALS

HERE'S HOW
**A YEARLY GOAL
CAN PROGRESS
THROUGH THE
SEASON** THROUGH
A SERIES OF
SMALLER GOALS:

YEARLY

Become a competitive pre-preliminary skater

WEEKLY

Proper air position on single loop

ONE MONTH

Proper quality of single loop in compulsory program at first competition

TWO MONTHS

Applying proper air position to all single jumps with 70 percent or greater consistency

FOUR MONTHS

Proper quality of all single jumps - including single Axel - at next competition

A FEW **ADDITIONAL
GOALS WILL HELP
THIS SKATER REACH
THE NEXT LEVEL IN
THE FOLLOWING
SEASON:**

EIGHT MONTHS

Take and pass the preliminary free skating test after regional championship

NINE MONTHS

Perform clean double loop during lesson

NEXT YEAR

Perform clean double loop during first preliminary free skating competition

YEARLY GOAL

My number one goal for the year:

In the example above, the skater's monthly goals were tailored to help her reach her yearly goal. When writing your daily goals for practices, keep your yearly goal in mind. Each daily practice should help you reach your yearly goal.

MONTHLY GOAL

Write down some goals for the next few months. Think about tests you need to pass, skills you need to learn to move up to the next level and any competitions you plan on competing in.

MONTH:	
Week	Goal
1	
2	
3	
4	

MONTH:	
Week	Goal
1	
2	
3	
4	

DAILY GOAL

Using your monthly goals as a guideline, create daily goals to help you plan your practice in a way that helps you achieve your monthly goals. Ask your coach or parent for help if you need.

Daily goals examples:

1. I will work on my double Axel and try it 10 times, thinking about snapping to a tight rotating position.
2. I will do my program and try to complete each element in it with a positive grade of execution.
3. I will practice my moves in the field exercises every session for 10 minutes.
4. I will work on my back spin double loop exercise.

Use the table below to set your goal for each practice session. **Remember:** always set your session goals before you get on the ice!

Day	Daily Plan
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Skater Goal Sheet

"A goal is a DREAM with a deadline." Napoleon Hill

"I attribute my success to this:—I never gave or took an excuse." Florence
Nightingale

"If you really want to do it, you do it. There are no excuses." Bruce Nauman

Skater Name: _____

Skater Level: _____

What are your skating dreams?

Do you want to have fun? Get double jumps? Get gold medals (highest level of achievement in testing disciplines)? Do you want to compete? Do you want to get triple jumps? Do you want to go to the olympics? Do you want to get on Team USA?

How will you accomplish these dreams?

Come to the rink to practice more, especially outside of lessons? Start testing? Start competing? Do more off ice?

Short-term Goals:

Approximately 3-6 months

Do you want to continue to do off-ice? Do you want to accomplish any jumps off-ice? Do you want to skate again in the fall?

One Year Goals:*Approximately October to May*

Yes	No	Do you want to compete this year?
		Do you want to test this year? <i>Testing has many disciplines (Moves in the Field, Freeskate (jumps and spins), Ice Dance, Free Dance, Pairs) and they are lifetime credentials that determine what level the skater competes at.</i>
		Do you want to jump this year?
		Do you want to get a program this year?
		Do you want to practice 3+ days a week (1 hours sessions) on your own this year?

Other goals for the year:

How will you accomplish these goals?

Do you think you need to practice more?

Four Year Goals:

Yes	No	Do you want to compete?
		Do you want to test?
		Do you want to have double jumps?
		Do you want to have passed tests?
		Do you want to practice 5+ days a week for 1+ hours per day?

Other long-term goals:

How will you accomplish these goals?

Lifetime Skating Goals:

Team USA, Olympics, Nationals, Sectionals, Disney on Ice, have fun, etc.

Please list your lifetime skating goals below:

How will you accomplish these goals?

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@MINDSETOFGREATNESS

BEING ON TIME
WORK ETHIC
EFFORT
BODY LANGUAGE
ENERGY
ATTITUDE
PASSION
BEING COACHABLE
DOING EXTRA
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Competition & Test Session Checklist

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What to Bring:

- Skates
- Skate Guards (hard and soft)
- Drying Towel
- Yoga Mat
- Jump Rope
- Skate socks/tights
- Screw driver
- Extra Screws
- Extra Skate Laces
- White or Black Duct Tape
- Running Shoes
- Skating Dress/Outfit
- Back-up Dress/Outfit
- Sewing Kit (with safety pins)
- Tights (Pants and socks for boys)
- Extra Pair of Tights (Pants and socks for boys)
- Gloves
- Jacket
- Extra Clothes (to change into after the event)
- Hair Ties and Accessories (always have extra)
- Bobby Pins
- Hair Spray
- Hair Brush
- Comb
- Makeup
- Water
- Healthy Lunch and Snacks
- Digital Music Download
- Phone Charger
- Music CD
- Backup Music CD
- Medical Kit (with bandaids)
- Inhaler (if needed)
- Competition Schedule

