



Coaching Matters

December 2014

2014 Issue 3

Cancellation



Unfortunately Cristina is on limited time this trip which has meant that she and Jayson cannot make it to New Zealand in January.

The Artistic Committee are working on alternative plans for a squad a little later in the year.

The Coaching Commission apologises for this and recommends the Australian Camps to anyone who can get there. The recommended seminar is Melbourne Melbourne on 18-21 January 2015 which will be attended by Coaching Commission Representatives.

REMINDERS REGARDING MEDAL TESTS

By Kylie Shirley (with clarification from Leigh Hudson – NZ Chief Judge)

Medal tests were held recently and a few points were brought up that needed to be clarified and reminded to Coaches:

- **BE PREPARED**

Make sure that your students are prepared for their medal test. They need to be practising the test for at least a few months in advance. Don't put their name down for the test if you don't think they can pass. It is a waste of their money and the judge's time. Prepare your skater for the test by practising the skills well in advance of the test date. There are usually one or two test centres run each year so check the dates and plan ahead.

- **SUPPORT**

It is important for the coach to support the skater on the test day. The judges give valuable feedback whether the skater passes or fails and most of the time the skater is so overwhelmed that they cannot take it all in. It is a learning experience for the coach as well as the skater.

- **PRESENTATION**

The skater should present themselves for the test in a reasonable standard of dress associated with the discipline they are attempting. Don't forget that artistic numbers need to be worn for all tests.

- **LOOP CIRCLES**

The loop circles were brought into the Medal Test Schedule to give skaters an advantage when it comes to doing the loop figures. The loop circles should be skated in the same manner as the loop figures (eg. arm placement on takeoff, leg movement after halfway round the circle) to give the skater the correct timing of the movements. This is especially important in the backward outside loop circles when the skater needs to control the reverse takeoffs to prepare for the backward outside loop figures. The judges want to see the loop circles done this way and not as you would on a 6 metre figure circle.

- **DANCE**

Bronze Level (Tests 1-4) Dance Tests do not require an over abundance of arm movements – interpretation of a Tango or a Waltz can be done through the staccato or softness of the knee/leg movements.

- **FOOTWORK**

What is required in the footwork? If the test requires primary footwork then don't fill the routine with hard turns, loops and tricky steps. This is not what is required for primary footwork. The descriptions of the different types of footwork (as found in the NZFRS Figure/Free Manual) are:

Primary – footwork not using turns as an ingredient.

Secondary – footwork using two foot turns as an ingredient.

Advanced – footwork using one foot turns as an ingredient.

Examples of Primary Footwork are (forward or backward): scissors, chairs, glides, crosses, shuffles, bobs, chasses, swings, toe stop hops, edges, dips, etc.

- **STROKING**

Please read the instructions associated with the stroking tests. Some require the skater to do two repetitions of the stroking. The stroking for Medal Test 1 (Forward Perimeter Stroking) has to be done in both directions (Clockwise and Anti-Clockwise) around the rink, but they don't have to be straight after each other. You can put other items or footwork in between these two stroking sequences. The stroking for Medal Tests 2 and 4 (Forward and Backward Crossovers) should be skated down the long axis of the rink if more appropriate. All the stroking diagrams have noted that they are illustrations, not set patterns. Take particular note of the Primary and Secondary Focus that is supposed to be performed during the stroking.

- **ARTISTIC IMPRESSION**

Don't forget that Artistic Impression is a requirement of all free skating tests. This can be incorporated into your stroking item as well.

Please be advised that after many years at the same price, we have had to increase the cost of medal tests. Currently the cost of the lower medal tests does not cover even the cost of the bar that is awarded and we have needed to rectify this.

As from 1 September the following charges will apply:

Patch Tests

\$5 per test

Figures/Free/Dance Pairs/ Solo Dance and Inline Freeskating tests;

Bronze level tests – 1 - 4 \$10 per test Silver level tests – 5 – 8 \$15 per test

Gold level test – 9 – 10 \$20 per test (plus the cost of the gold medal/bar)

Free Pairs

Bronze level tests – 1 - 2 \$10 per test Silver level tests – 3 - 4 \$15 per test

Gold level test – 5 \$20 per test (plus the cost of the gold medal/bar)

Free Dance

Bronze level tests – 1 \$10 per test Silver level tests – 2 \$15 per test

Gold level test – 3 \$20 per test (plus the cost of the gold medal/bar)