

# **NEW ZEALAND ARTISTIC ROLLER SPORTS COMMITTEE**

## **ARTISTIC COACHING ACCREDITATION**

### **SPORTS SPECIFIC LEVEL ONE COACH**

#### **Workbook and Assessment**

#### **FIGURE**

**With thanks to Skate Australia for permission to use their materials**

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This Workbook contains all the necessary paperwork to be assessed and submit an Artistic Sport Specific Level One Coach accreditation application through the Club Secretary to the NZ High Performance Coaching Commission. In order to submit a new Artistic Development accreditation, **ALL** elements in this checklist **MUST** be completed when submitting the completed Workbook.

## SECTION 1: Assessment Check List

<input type="checkbox"/>	<p><b>Application completed</b> All accreditation details must be recorded on the application and it must be signed by the Club Secretary, hence confirming D.O.B and NZFRS Registration. Artistic Coach Registration must ALSO be completed and signed.</p>
<input type="checkbox"/>	<p><b>NZFRS Registration Fee Paid and current</b> Applicant must be a current registered member of New Zealand Federation of Roller Sports Inc (SkateNZ) and a member of an affiliated Club. ( Club Secretary signing Application form will confirm the above.)</p>
<input type="checkbox"/>	<p><b>Coach Accreditation Certificate.</b> Copy of certificate must be submitted if attained.</p>
<input type="checkbox"/>	<p><b>Workbook completed and signed</b> Workbook questions must all be answered. Forward to NZ High Performance Coaching commission – e-mail <a href="mailto:nzartisticchpcc@gmail.com">nzartisticchpcc@gmail.com</a></p>
<input type="checkbox"/>	<p><b>Sport NZ Code of Ethics Signed (can be found on <a href="http://nzartisticrollersports.co.nz/resources/coaches%20corner/coaches%20code%20of%20ethics">nzartisticrollersports.co.nz/resources/coaches corner/coaches code of ethics</a>)</b> Copy of signed Sport NZ Code of Ethics must be submitted with each page initialled. Must be dated at time of submission.</p>
<input type="checkbox"/>	<p><b>Accreditation Registration Fee Paid</b> Registration fee - \$20 Paid to NZ Artistic Roller Sports Committee Treasurer by cheque, or, internet banked to the Committees" <b>Bank A/c 01 0625 0115668 00. Details of payment (Name of Coach and amount) are to be advised to the Treasurer of the NZ Artistic Roller Sports Committee by e-mail <a href="mailto:joan.blackler@xtra.co.nz">joan.blackler@xtra.co.nz</a>.</b></p>
<input type="checkbox"/>	<p><b>4 Week Lesson Plan</b> Must be completed and attached.</p>
<input type="checkbox"/>	<p><b>Practical Coaching Assessment Completed</b> Within six months of completing the written exam the Practical Coaching Recording Form must be completed by the applicant and Mentor. The NZ Coaching Commission will appoint a mentor once the written exam has been assessed and advise the Club who the mentor is. Once signed off by the Secretary the completed Practical Coaching Assessment is to be forwarded to the NZ High Performance Coaching Commission through the Club Secretary. This is the final step towards becoming a fully-accredited Sports Specific Level One Figure Coach.</p>

**SECTION 2: Sports Specific Level One Coach Application**

Name:- \_\_\_\_\_ - Surname: \_\_\_\_\_ Date of Birth : \_\_\_\_\_

Address:- \_\_\_\_\_

Suburb/City: \_\_\_\_\_ Postal  
Code: \_\_\_\_\_

Email: \_\_\_\_\_ NZFRS No: \_\_\_\_\_

Current First Aid Certificate held (copy attached) Yes/No (circle)

Club : \_\_\_\_\_

**DISCIPLINE: FIGURE**

Club Secretary \_\_\_\_\_ e-mail \_\_\_\_\_  
(Signed)

Examiner \_\_\_\_\_

Examiner \_\_\_\_\_

Accreditation Expiry \_\_\_\_/\_\_\_\_/\_\_\_\_

**Approved by Principal Manager Coaching Commission**

Name \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Competency Achieved  Expiry Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**NZ Artistic Roller Sports Committee  
Ratification received**

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

<p><b>Entered on database</b> Date ____/____/____</p>
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### **SECTION 3: Workbook**

This is an open book assessment, all manuals, rules and schedules may be available during the examination.

The following questions for the Figure Skating Coaching Sports Specific Level One examination refer to the **FIRS – ATC CIPA – Rule Book**, the **NZFRS Artistic Roller Sports Rules**, the **NZFRS Artistic Medal Test Schedule** and the **NZFRS Artistic Roller Sports Policies**, as well as general coaching principals and knowledge. Refer [www.artisticrollersports.co.nz](http://www.artisticrollersports.co.nz) website

All questions **MUST** be completed and answered correctly in order to pass this workbook. Any incorrect answers should be reviewed with examiner and then re-answered by the applicant.

Applicant may make as many attempts as required to pass the workbook.

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

### **SPORTS SPECIFIC LEVEL ONE FIGURE EXAM**

#### **Multiple Choice**

*Identify (by circling) the letter of the choice which best completes the statement or answers the question.*

1. What is the definition of an edge?
  - a) Your advantage over the nearest competitor.
  - b) A curve traced by the employed skate.
  - c) What is created by the leading wheels of the employed skate?
  - d) The direction in which the employed skate is going.
  
2. What is the definition of the long axis?
  - a) An imaginary line which passes though the centre of the body.
  - b) An imaginary line which passes through the centre of the figure circles.
  - c) An imaginary line which travels from one end of the rink to the other.
  - d) The axis on which you perform double threes.

3. What is the definition of a flat?
  - a) A straight tracing, not on an edge or curve.
  - b) The edge that you do as you come into the strike zone.
  - c) The edge that occurs immediately prior to performing a bracket turn.
  - d) The position in which the free foot is held.
  
4. What is the definition of a bracket?
  - a) A one foot turn from a forward to a similar back edge or vice versa with the rotation continuous with the initial edge.
  - b) A one foot turn from a forward to an opposite back edge or vice versa with rotation continuous with the initial edge.
  - c) A one foot turn from a forward to an opposite back edge or vice versa with rotation contrary to the initial edge.
  - d) A one foot turn from a forward to a similar back edge or vice versa with rotation counter to the initial edge.
  
5. What is the definition of a three turn?
  - a) A one foot turn from a forward to a similar back edge or vice versa with the rotation continuous with the initial edge.
  - b) A one foot turn from a forward to an opposite back edge or vice versa with rotation continuous with the initial edge.
  - c) A one foot turn from a forward to an opposite back edge or vice versa with rotation contrary to the initial edge.
  - d) A one foot turn from a forward to a similar back edge or vice versa with rotation counter to the initial edge.
  - e)
  
6. What is the definition of a rocker?
  - a) A one foot turn from a forward to a similar back edge or vice versa with the rotation continuous with the initial edge.
  - b) A one foot turn from a forward to an opposite back edge or vice versa with rotation continuous with the initial edge.
  - c) A one foot turn from a forward to an opposite back edge or vice versa with rotation contrary to the initial edge.
  - d) A one foot turn from a forward to a similar back edge or vice versa with rotation counter to the initial edge.
  
7. What is the definition of a counter?
  - a) A one foot turn from a forward to a similar back edge or vice versa with the rotation continuous with the initial edge.
  - b) A one foot turn from a forward to an opposite back edge or vice versa with rotation continuous with the initial edge.
  - c) A one foot turn from a forward to an opposite back edge or vice versa with rotation contrary to the initial edge.
  - d) A one foot turn from a forward to a similar back edge or vice versa with rotation counter to the initial edge.

8. What is the definition of a loop?
- An edge that spirals in half circles and spirals out across itself.
  - An edge with a turn at the top of the figure.
  - An edge that alternates between two different circumferences in its execution.
  - The piece of material used to hold the man's pants down over his skating boots.
9. What is the definition of a short axis?
- An imaginary line that travels across the center of each figure circle.
  - An imaginary straight line which crosses the long axis at right angles situated where the figure circles meet.
  - An imaginary line which travels along the long axis but is shorter in length.
  - What occurs when the action rubbers are adjusted too tightly on the skating plate.
10. What is the definition of a change of edge?
- A change of curve from one edge to an opposite edge on the employed skate, without a change of direction.
  - What occurs when a beginner skater accidentally changes from performing one figure to performing a different figure during competition.
  - A change of curve from one edge to an opposite edge on the employed skate, with a change of direction.
  - A change of curve from one edge to an opposite edge on the employed skate, with or without a change of direction.
11. What is the definition of a cusp?
- The point where both skates come together during a take-off.
  - The point of any one foot turn.
  - The edge that is performed immediately prior to executing a turn.
  - Any edge that occurs when the employed skate leaves the figure tracing.
12. What is the definition of a double three?
- A turn that is twice the size of a single three turn.
  - Two three turns performed between take-offs.
  - Two turns performed in quick succession.
  - Two three turns dividing the circle into thirds.
13. What is the definition of placement?
- Where the skating foot is placed during take-offs.
  - The location of turns and take-offs of a specific figure.
  - The location of turns for a specific figure.
  - Where a skater is ranked following an event.

14. What is the definition of a forced edge?
- a) A strong edge usually observed after years of training.
  - b) A result of skate actions that are too loose.
  - c) A tracing made with the weight outside the circle or with the ankle dropped.
  - d) An edge where the arms are held contrary to the free foot position.
15. What is meant by false lean?
- a) A lean without a posture baseline.
  - b) A lean that is in the wrong direction.
  - c) A lean that is used to force a turn.
  - d) A lean that is used to force a loop.
16. What is the definition of posture baseline?
- a) Where the weight resulting from the body posture is distributed in the skating foot.
  - b) An imaginary line from the centre of the skating foot through the knee to the shoulder line.
  - c) An imaginary line from the skating ankle through the knee to the skating hip.
  - d) An imaginary line from the centre of the skating foot through the hips and shoulder line.
17. What is the definition of a strike-off?
- a) What occurs when a skater is found to be taking illegal drugs
  - b) What occurs when a skater fails to arrive in time for an event
  - c) The starting or initial edge of a school figure
  - d) The beginning of a new edge from another edge.
18. What is the definition of a sub-curve?
- a) An unintentional deviation from the arc required
  - b) The part of the loop which has a smaller arc than the edge leading to it
  - c) The very centre part of the loop figure
  - d) The arc that is created at the point of take-off in order to make room for the new skate.
19. What is the definition of a take-off?
- a) When part of the edge is taken off because a turn has been pulled
  - b) When part of the edge is taken off because the skater has entered the loop too early
  - c) The starting or initial edge of a school figure
  - d) The beginning of a new edge from another edge.



20. What is the definition of trace?
- The real or imaginary mark showing the path of the employed skate
  - The imaginary mark showing the path of the free skate
  - The imaginary mark that depicts where the employed skate has left the figure circle
  - The imaginary mark that depicts when the free skate is not following the figure circle.
21. What is the definition of superimposition?
- The ability to position the body correctly over the skate during turns
  - The ability to place turns in the same place on the figure circle each successive round
  - Successive invisible tracings upon an original tracing
  - Correcting tracing errors made in the initial round of a figure.
22. What is the thrusting foot?
- The new skating foot which is thrust forward to produce momentum during take-offs
  - The old tracing foot on which pressure is exerted to produce momentum during take-offs
  - The free foot which is used to gain momentum as the skating foot exits the loop
  - The name given to the free foot as it passes the skating foot during rotation of the body.
23. What is meant by steering?
- What occurs as the new skating foot is placed down on the figure circle at the point of take-off
  - What occurs when the free foot is ahead of the employed skate
  - What occurs when the employed skate is ahead of the free foot
  - An unnatural movement or positioning of any part of the body to control the direction or path of the employed skate.
24. What is meant by hitching?
- An incorrect movement of skidding the leading wheels of the employed skate to assist take-offs, turns or tracing
  - An incorrect movement of swinging the free foot from side to side to assist take-offs, turns or tracing
  - The movement where the old tracing skate is hitched sideways so that more speed can be created during a take-off
  - The incorrect movement at the top of the loop where the employed skate stops momentarily before the free leg comes through.

25. What is the definition of an inside edge?
- a) An edge that occurs along the inside of the figure marked on the skating surface
  - b) A curve where the free skate is held inside of the employed skate
  - c) A curve wherein the inside of the employed skate is towards the centre of the arc being skated
  - d) A curve wherein the inside of the free skate is towards the centre of the arc being skated.

Name: \_\_\_\_\_

**Short Answer Questions.**

*Write your answers on the extra pages provided and remember to include the number of the question that you are answering.*

1. Define the strike zone and give its dimensions.

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2. What are the rules pertaining to Men's and Women's costumes?

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3. Explain the procedure you would use to teach a strike-off and why.

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4. Explain the procedure you would use to teach one of the following three turns and why -

- Forward outside three
- Forward inside three
- Back outside three
- Back inside three

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5. Explain the procedure you would use to one of the following teach brackets and why
- - Forward outside bracket
  - Forward inside bracket
  - Back outside bracket
  - Back inside bracket

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6. Explain the procedure you would use to teach a FO loop and why.

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7. Describe two of the following common errors that occur with edges and outline how you would go about correcting them -

- Forced Edges
- Cross-Pulls
- Steering
- Double Body Leans
- Sub-Curves
- Sitting On The Skate

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- 8. Describe two common faults that occur at the point of the figure where there is a change of edge, and outline how you would correct them.

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- 9. Describe two common faults that occur during the execution of a turn and outline how you would correct them.

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ASSESSOR ONLY (A mark of 85% is required for a pass of this test)

**PASS / FAIL**

EXAMINER: \_\_\_\_\_  
Signature

Print Name: \_\_\_\_\_