

NEW ZEALAND ARTISTIC ROLLER SPORTS COMMITTEE

ARTISTIC COACHING ACCREDITATION

SPORTS SPECIFIC LEVEL ONE COACH

Workbook and Assessment

FREESKATING

With thanks to Skate Australia for permission to use their materials

CONTENTS

PART 1

Section 1: Assessment Check List	3
Section 2: Sports Specific Level One Artistic Coach Application	4
Section 3: Workbook.....	5
Sports Specific Level One Freeskating Exam	5
4 Week Lesson Plan	17

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 Administrator 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>Application completed 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>NZFRS Registration Fee Paid and current 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>Coach Accreditation Certificate. Copy of certificate must be submitted if attained.</p>
<input type="checkbox"/>	<p>Workbook completed and signed Workbook questions must all be answered. Forward to NZ High Performance Coaching Commission E-mail nzartisticpcc@gmail.com</p>
<input type="checkbox"/>	<p>Sport NZ Code of Ethics Signed (can be found on nzartisticrollersports.co.nz/resources/coaches corner/coaches code of ethics) 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>Accreditation Registration Fee Paid Registration fee - \$20 Paid to NZ Artistic Roller Sports Committee Treasurer by cheque, or, internet banked to the Committees" 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 joan.blackler@xtra.co.nz</p>
<input type="checkbox"/>	<p>4 Week Lesson Plan Must be completed and attached.</p>
<input type="checkbox"/>	<p>Practical Coaching Assessment Completed Within six months of completing the written exam the Practical Coaching Recording Form must be completed by the applicant and Mentor. The Administrator of the 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 Administrator, High Performance Coaching Commission through the Club Secretary. This is the final step towards becoming a fully-accredited Sports Specific Level One Freeskating 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: FREESKATING

Club Secretary _____ e-mail _____
(Signed)

Examiner _____

Examiner _____

Accreditation Expiry ____/____/____

Approved by Administrator Coaching Commission

Name _____

Signed _____ Date ____/____/____

Competency Achieved Expiry Date ____/____/____

NZ Artistic Roller Sports Committee
Ratification received
Date ____/____/____

<p>Entered on database Date ____/____/____</p>

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 Freeskating 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.

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.

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

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 FREESKATING EXAM

Multiple Choice

Identify, by circling, the letter of the choice that best completes the statement or answers the question.

- 1 What is the definition of Footwork?
 - a Interpretation of the rhythm, mood and tempo of the program's music.
 - b The linking steps between the jumps and spins contained in a free skating program.
 - c A variety of steps, one foot and two foot turns, loops, changes of edge and changes of direction set to music.
 - d The third component of a free skating programme, considered to be of less importance than the jumping and spinning components.

- 2 What is the definition of Link Steps?
- a Steps between spins and jumps blending each movement into the next in harmony to music.
 - b Steps that are used between each jump in a combination to ensure continuity of movement.
 - c Steps that are used between each spin in a combination to ensure continuity of movement.
 - d Steps that are used to link one piece of music with the next in a program.
- 3 What is the definition of a Combination Spin?
- a Any spins that use more than one edge maintaining the desired minimum of 3 revolutions for each edge.
 - b A combination of any upright with any sit spin or any camel spin, maintaining the desired minimum of 3 revolutions for each position.
 - c A spin involving a change of feet maintaining a spinning position of at least 3 revolutions on each part.
 - d A spin where the position or spinning edge or both, is changed without involving a change of feet, maintaining the desired minimum of 3 revolutions.
- 4 What is the definition of a Change Foot Spin?
- a Any spin that uses more than one edge maintaining the desired minimum of 3 revolutions for each edge.
 - b A combination of any upright with any sit spin or any camel spin, maintaining the desired minimum of 3 revolutions for each position.
 - c A spin involving a change of feet maintaining a spinning position of at least 3 revolutions on each part.
 - d A spin where the position or spinning edge or both, is changed without involving a change of feet, maintaining the desired minimum of 3 revolutions.
- 5 What jump is used to train to execute an Axel?
- a A waltz jump.
 - b A mapes jump.
 - c A loop jump.
 - d A salchow jump.
- 6 What is the definition of a Jump?
- a A movement which carries both skates off the skating surface.
 - b A movement which carries the entire body and skates off the skating surface.
 - c A jump is a movement involving a turn or turns which carry the body and skates off the skating surface.
 - d A jump involving a minimum half turn revolution which also carries both skates off the skating surface.

- 7 What is the definition of a Euler?
- a A RBO take-off to a LBI landing position for a counter clockwise rotation jump.
 - b A RBO take-off to a LBI landing position for a clockwise rotation jump.
 - c A RBI take-off to a LBO landing position for a counter clockwise rotation jump.
 - d A RBI take-off to a LBO landing position for a clockwise rotation jump.
- 8 What is the definition of a Lutz?
- a A RBO (left toe-stop) take-off to a LBO landing position for a counter clockwise rotation jump.
 - b A RBO (left toe-stop) take-off to a LBO landing position for a clockwise rotation jump.
 - c A RBI (left toe-stop) take-off to a LBO landing position for a counter clockwise rotation jump.
 - d A RBI (left toe-stop) take-off to a LBO landing position for a clockwise rotation jump.
- 9 What is the definition of a Flip?
- a A LBO (right toe-stop) take-off to a RBO landing position for a counter clockwise rotation jump.
 - b A LBO (right toe-stop) take-off to a RBO landing position for a clockwise rotation jump.
 - c A LBI (right toe-stop) take-off to a RBO landing position for a counter clockwise rotation jump.
 - d A LBI (right toe-stop) take-off to a RBO landing position for a clockwise rotation jump.
- 10 What is the definition of a Salchow?
- a A LBI (optional toe-stop) take-off to a RBO landing position for a counter clockwise rotation jump.
 - b A LBI (optional toe-stop) take-off to a RBO landing position for a clockwise rotation jump.
 - c A LBI (no toe-stop) take-off to a RBO landing position for a counter clockwise rotation jump.
 - d A LBI (no toe-stop) take-off to a RBO landing position for a clockwise rotation jump.

- 11 What is the definition of a Mapes?
- a A LBO (right toe-stop) take-off to a LBO landing position for a counter clockwise rotation jump.
 - b A LBO (right toe-stop) take-off to a LBO landing position for a clockwise rotation jump.
 - c A LBI (right toe-stop) take-off to a LBO landing position for a counter clockwise rotation jump.
 - d A LBI (right toe-stop) take-off to a LBO landing position for a clockwise rotation jump.
- 12 What is the definition of a Toe Walley?
- a A RBO (left toe-stop) take-off to a RBO landing position for a counter clockwise rotation jump.
 - b A RBO (left toe-stop) take-off to a RBO landing position for a clockwise rotation jump.
 - c A RBI (left toe-stop) take-off to a RBO landing position for a counter clockwise rotation jump.
 - d A RBI (left toe-stop) take-off to a RBO landing position for a clockwise rotation jump.
- 13 What is the most used Loop Jump?
- a RBO take-off to RBO landing for a counter clockwise jump.
 - b RBO take-off to RBO landing for a clockwise jump.
 - c LBI take-off to LBI landing for a counter clockwise jump.
 - d LBI take-off to LBI landing for a clockwise jump.
- 14 What is the definition of an Axel?
- a A RFO take-off to a LBO landing position for a counter clockwise rotation jump.
 - b A RFO take-off to a LBI landing position for a clockwise rotation jump .
 - c A RFI take-off to a LBO landing position for a counter clockwise rotation jump .
 - d A RFO take-off to a LBO landing position for a clockwise rotation jump.
- 15 What is the definition of a Boeckl?
- a A RFO take-off to a RBO landing position for a counter clockwise rotation jump .
 - b A RFO take-off to a RBI landing position for a clockwise rotation jump .
 - c A RFI take-off to a RBO landing position for a clockwise rotation jump .
 - d A RFI take-off to a RBO landing position for a counter clockwise rotation jump.
- 16 Define a Sit Spin.
- a A spin which has an exaggerated bend in the employed knee.
 - b A spin that rotates for at least five rotations.
 - c A spin in which the seat is lower than the employed knee.
 - d A spin where the seat is as low as the heel of the employed skate.

- 17 Define a Camel Spin.
- a A spin where the head is as low as the skating hip and the free leg is.
 - b A spin in which the body is in a continuous arched line from head through free foot while remaining no less than parallel to the floor.
 - c A spin where the free foot is at least as high as the knee of the employed skate.
 - d A spin in which the body is in a continuous arched line from head through free foot.
- 18 Define a Connecting Jump?
- a Any jump that is of less rotation than the jump immediately following it.
 - b Any jump that is used as a link to jumps in a Combination.
 - c Any jump that is used as a link to jumps with more than one rotation in a Combination.
 - d A single rotation jump that is used as a link to jumps with more than one rotation in a combination.
- 19 Which one of the answers are correct when referring to a Jump Series?
- a Boeckl, 3 Turn, Boeckl
 - b Axle, Loop, Mapes.
 - c Loop, Loop, Loop.
 - d Axle, Loop, Double Mapes.
- 20 What are the three dimensions of a jump?
- a Momentum, height and rotation.
 - b Momentum, height and travel.
 - c Momentum, rotation and travel.
 - d Height, travel and rotation.
- 21 What are the three components of a jump?
- a Take-off, speed and landing.
 - b Take-off, flight and landing.
 - c Direction of entry, flight and landing.
 - d Direction of entry, take-off and landing.
- 22 What are the three dimensions of spinning?
- a Circular momentum, centered axis and number of revolutions.
 - b Circular momentum, body position and number of revolutions.
 - c Circular momentum, centered axis and body position.
 - d Body position, centered axis and number of revolutions.
- 23 The three component parts of a spin are?
- a The entrance, the body position, the exit.
 - b The entrance, the free leg position, the exit.
 - c The entrance, the number of wheels on the skating surface, the exit.
 - d The entrance, the spin, the exit.

- 24 Steps or sequences of steps involving two foot turns, toe-stop turns and half turn step jumps without excessive lift are?
- a Primary footwork.
 - b Secondary footwork.
 - c Advanced footwork.
 - d Linking steps.
- 25 Which component(s) of a free skating programme are of most importance?
- a Jumps.
 - b Spins and footwork.
 - c Jumps and spins.
 - d Jumps, spins and footwork are all of equal importance.

6. Describe the difference between a Circle Spin and a Pivot Spin?

7. Briefly describe the format of a typical free skating lesson you would do with your pupil?
