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**The Coaching Commission has come up with some guidelines to help you with your music selection:**

By now you would have all learnt of the ground-breaking new rule allowing **VOCALS** in our Freeskating music!

The Coaching Commission trust that you as coaches have an awareness of the impact of music selection for your skaters - however, we have pulled together some hints and tips for vocal use and general music selection you might find useful when it comes time to choose your skaters music:

- Be **aware of the lyrics** in the vocals of the music - this could change the choreography somewhat if the skater has lyrics to be interpreted. Just because vocals are now permitted it doesn't mean they have to be used.
- **No profanities, offensive or suggestive lyrics** should be used - you want the focus to be on what the skater is putting on the floor not on the music chosen.
- If there are lyrics in a **foreign language** you must know what the translation is, you never know who might be able to understand the lyrics even if you don't - this is especially important for **International competitions**.
- Your skater must **'connect'** with their music and the character they take on. When appropriate try to pick music together with the skater, providing expert advice and guidance around the selection but including the skater. As Judges like to see joy from skaters, not just movement to background music and if a skater doesn't like their music this is quickly evident in their attitude, portrayal and performance on the floor.
- Choose your skaters music based on their **age, ability, style and skating personality**. Skating music should enhance a skater's skill. It is important that the music fits the skater's life stage, not overpowering the skater in terms of both aesthetic and skating ability.
- Look for music that delivers a mixture of different tempos - something that will **capture the attention** of the judges and the audience, not fall flat.
- Consider **rink acoustics** - make sure you play the music at your rink as some instruments are not well-suited - this will be relevant for some vocals and speed of lyrics.
- Utilise YouTube and social media to keep up with recent **trends** in programs and music styles.

Any questions or help needed with music selection - do not hesitate to contact us for guidance, we are here to help!

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