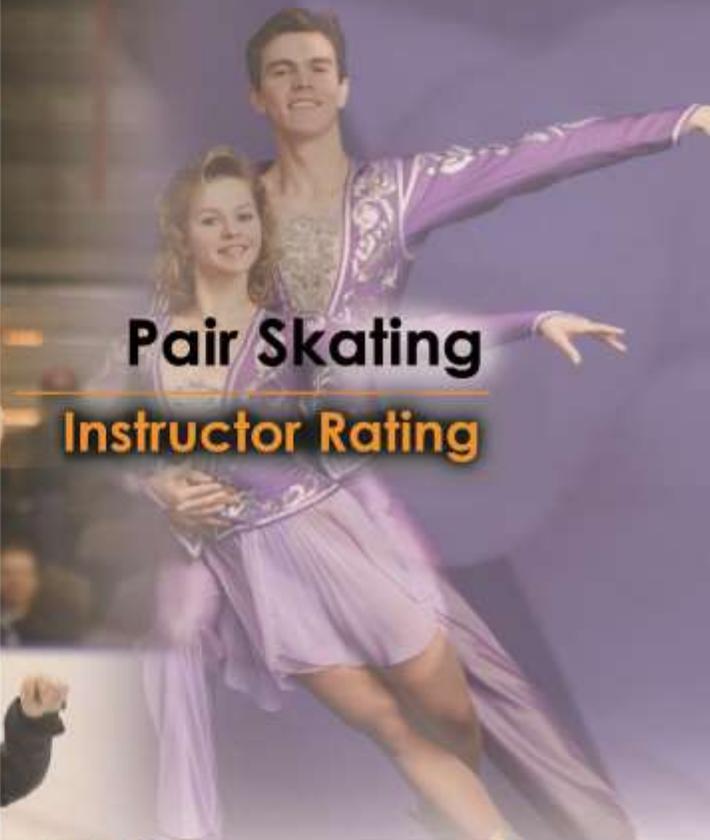


RATINGS GUIDE

TO SAMPLE
QUESTIONS



Pair Skating Instructor Rating



The purpose of this ratings guide is to provide the individual who is taking the PSA exam with the relevant materials covered by the exam.

2015 PAIR SKATING INSTRUCTOR RATING REQUIREMENTS

1. PSA REGISTERED PAIR SKATING INSTRUCTOR (RP)

- A. Must have attended a PSA approved educational program within one year of applying to take an exam. Affidavit must be on file with the PSA office.
- B. Must have completed the Basic Accreditation (BA) rating or Foundations of Coaching Course FCC).
- C. Must have passed the U.S. Figure Skating pre-juvenile pairs test or adult bronze test, or the ISI Pair Skating test 3, or other ISU member organization equivalent; or have coached a student through one of these levels.
- D. Must have a minimum of 50 hours over a one-year period of professional coaching experience with at least one of the years at the registered pair skating level or higher.
- E. Must have passed the Registered Sport Science & Medicine written exam.
- F. Must pass the Registered Pair Skating Instructor oral exam.

2. PSA CERTIFIED PAIR SKATING INSTRUCTOR (CP):

- A. Must have attended a PSA approved educational program within one year of applying to take an exam. Affidavit must be on file with the PSA office.
- B. Must have completed the Registered Pair Skating Instructor rating.
- C. Must have passed the U.S. Figure Skating intermediate pairs test or adult master pair test, or the ISI Pair Skating test 5, or other ISU member organization equivalent; or have coached a student through one of these levels.
- D. Must have a minimum of 100 hours over a two-year period of professional coaching experience with at least one of the years at the certified pair skating level or higher.
- E. Must have passed the Certified Sport Science & Medicine written exam.
- F. Must pass the Certified Pair Skating Instructor oral exam.

3. PSA SENIOR PAIR SKATING INSTRUCTOR (SP):

- A. Must have attended a PSA approved educational program within one year of applying to take an exam. Affidavit must be on file with the PSA Office.
- B. Must have completed the Certified Pair Skating Instructor rating.
- C. Must have passed the U.S. Figure Skating junior pairs test, or ISI Pair skating test 8, or other ISU member organization equivalent; or have coached a student through one of these levels.
- D. Must have a minimum of 150 hours over a three-year period of professional coaching experience with at least one of the years at the senior pair skating level or higher.
- E. Must have passed the Senior Sport Science & Medicine written exam.
- F. Must pass the Senior Pair Skating Instructor oral exam.

4. PSA MASTER PAIR SKATING INSTRUCTOR (MP):

- A. Must have attended a PSA approved educational program within one year of applying to take an exam. Affidavit must be on file with the PSA office.
- B. Must have completed the Senior Pair Skating Instructor rating.
- C. Must have passed the U.S. Figure Skating senior pairs test, or ISI Pair Skating test 10, or other ISU member organization equivalent; or have coached a student through one of these levels.
- D. Must have a minimum of five (5) years professional coaching experience and have coached a minimum of 250 hours over the five-year period in the discipline of pair skating with a least one year (50 hours) at the master level.
- E. Must have passed the Master Sport Science & Medicine written exam.
- F. Must pass the Master Pair Skating Instructor oral exam.

Pursuant the Federal Trade Commission Decision and Order dated March 3, 2015, the Professional Skaters Association has agreed to change its Code of Ethics and will not adopt, encourage its members to follow, or enforce any Code of Ethics provision relating to solicitation of coaching work that does not comply with the FTC Consent Order.

The Professional Skaters Association has permanently removed the Code of Ethics rules stating, "Prior to acting as a coach, the member shall determine the nature and extent of any earlier teaching relationship with that skater and other members" and, "No member shall in any case solicit pupils of another member, directly or indirectly, or through third parties."

PAIR SKATING INSTRUCTOR OUTLINE

A. CATEGORIES:

1. General/Rules and Standards/IJS
2. Ethics and Education
3. Lifts
4. Pair Spins
5. Death Spirals
6. Step and Spiral Sequences
7. Throw Jumps
8. Solo Jumps and Spins
9. Program Construction
10. SafeSport

B. LEVELS AND CONTENT:

1. Registered - Pre-Juvenile Pairs Test (Adult Bronze) and Pre-Juvenile Competitive level

2. Certified – Juvenile and Intermediate Pairs Tests (Adult Silver) and Competitive levels
3. Senior – Novice and Junior Pairs Tests (Adult Gold) and Competitive levels
4. Master - Senior Pairs Test (Adult Master) and Competitive levels (Adult Championship Pairs)



PAIR SKATING INSTRUCTOR GUIDE TO SAMPLE QUESTIONS

GENERAL

One of the first great challenges in coaching pairs is finding a compatible team. Since there are many fewer boys than girls in our sport, finding the male member of the team is often a limiting factor. There are many boys in the U.S. who are strong free skaters but have never tried pairs. Some have no desire to do pairs, but others simply haven't been exposed to outstanding pair skating. One way to expose your young male skaters to pairs is to take them to an ice show that features pairs (e.g. Stars on Ice, or other touring shows) and show them how many different things pair skaters get to do besides jump and spin. You could also point out that since there are few pairs compared to the number of free skaters in most competitions, pairs may offer one of the quickest ways to reach a sectional or national level of competition. If you are fortunate enough to have more than one boy to choose from, the attributes you should look for or try to develop are free skating ability, physical strength (especially upper body), and affability. If your student is going to be working with a partner every day, it is important that he have a fairly easygoing personality. If your student is under thirteen, you could start him on a program of push-ups, sit-ups, and chin-ups, in part to instill the idea that a daily workout is part of his skating routine. For teenagers, lifting weights is a must, even if you have not found the right girl yet. Pay particular attention to core strength, shoulder flexibility and strength. Important exercises include: Military press, bench press, squats, and crunches.

4010 Pairs Definition

The U.S. Figure Skating Rulebook provides the following definition of Pairs:

“Pairs skating is the skating of two persons in unison who perform their movements in such harmony with each other as to give the impression of genuine pair skating as contrasted with independent single skating. Attention should be paid to the selection of an appropriate partner.”

Please check the current Official U.S. Figure Skating Rulebook for the most up-to-date information on rules and for any current ISU revisions.

REGISTERED PAIR GENERAL QUESTIONS TO CONSIDER:

1. What is pair skating?
2. What are the fundamental skills required for pair skating?
3. What are the requirements for the Pre-juvenile pairs test?
4. Name and demonstrate several handholds.
5. What is the age requirement for Pre-juvenile Pairs?

CERTIFIED PAIR GENERAL QUESTIONS TO CONSIDER:

1. What qualities do you look for in putting together a pair team?
2. What safety rules do you employ?
3. What off-ice practice do you suggest?
4. What psychological problems might arise in dealing with a pair team?
5. What are the requirements for the Juvenile/Intermediate Pair tests?
6. How do you teach unison?
7. What degree of unison is expected at a Juvenile/Intermediate level?

SENIOR PAIR GENERAL QUESTIONS TO CONSIDER:

1. How much on-ice training time do you recommend for a Junior Pair team?
2. Explain. Off-ice training time?
3. How important is stroking in developing a team?
4. What are the requirements for a Novice or Junior Pair test?
5. What might you do to motivate a pair team?
6. Explain what you might do to control a weight gain problem without causing any additional problems.

MASTER PAIR GENERAL QUESTIONS TO CONSIDER:

1. What safety rules do you employ as your team develops?
2. Do you consider video to be of assistance?
3. If problems develop with a team, at what point do you involve the parents?
4. What are the requirements for a Senior Pair test?
5. What elements are required in the short program?
6. In free skating, how advanced should a Senior Pair team be?

RULES & STANDARDS / IJS

The International Judging System (IJS), implemented in 2004 has changed not only how our sport is judged but also how coaches must approach every aspect of training their athletes. It is imperative that a coach stays up to date on all rules and applications of the IJS. It is an ever-changing system with new rules, updates, and clarifications being introduced annually. The ISU mandates all rules regarding junior and senior pairs. U. S. Figure Skating directly adapts these rules as well as adjusting our domestic rules for novice & lower level pairs.

REGISTERED PAIR IJS QUESTIONS TO CONSIDER:

1. Are you aware of the International Judging System (IJS)?
2. What is the difference between 6.0 and IJS?

CERTIFIED PAIR IJS QUESTIONS TO CONSIDER:

1. Name the five groups of Lifts.
2. Name one feature for a Group 2 lift.
3. Demonstrate a feature of a difficult variation of a pair spin.
4. What would cause a double jump to be downgraded?
5. The lady must rotate for how many revolutions in a death spiral?

SENIOR PAIR IJS QUESTIONS TO CONSIDER:

1. Name three features that can be attained on a twist lift.
2. In a pair spin where each of the skaters changes basic position three times, what is the level?
3. In a pair spin, how many rotations would the pair have to do to achieve the rotational feature?
4. What is the maximum number of listed jumps allowed in a sequence for a Junior Pair FS program?

MASTER PAIR IJS QUESTIONS TO CONSIDER:

1. What is the requirement of the lady's split position to attain the split feature in a twist lift?
2. What are the requirements for the change of hold or lady's position feature in a lift?
3. Name two bullets that would positively affect the GOE in a throw. In a lift.
4. Can the GOE be positive if a pair performs a double twist with great speed, full split, excellent height and air position, caught on the hips and the lady landing on two feet?
5. Does a death spiral count if neither partner is in the low position? What is the highest level this death spiral can receive?

ETHICS AND EDUCATION

Please note that you will be asked at least one Ethics and one Education question per exam level.

Introduction:

How many career options can provide the excitement, challenges and satisfaction of coaching figure skating? Figure skating coaches at all levels experience the pleasure of watching young people develop the sport skills of skating. However, coaches also have equally important legal and ethical obligations to our governing organizations, our skaters and their families, but most of all...to ourselves. Many of these obligations or responsibilities are natural extensions of the mission and goals of the PSA, US Figure Skating, ISI and other governing organizations. Others are defined legally or are expectations of society for a "teacher" in an extracurricular activity.

There are many lists of coaching responsibilities to be found, and a list of resources is included at the end of this introduction. Every figure skating coach should print, read, and have available a copy of each of these documents, and become familiar with the expectations for professional figure skating coaching. Some focus mainly on the legal issues and others focus more on ethical

issues. The legal and ethical issues are not mutually exclusive, as many of the legal responsibilities are based upon societal ethics, doing what is morally right. Preventing discrimination and harassment of athletes is a legal duty of coaches, since these activities are illegal, but this duty is also an ethical expectation of society. Skaters in a coach's care are expected to be safe, both physically and emotionally.

Legal responsibilities:

Legal responsibilities are usually formulated to maintain the safety and wellbeing of the athletes. Mandatory child-abuse reporting is a legal responsibility of coaches in many states and is a good example of a coach's duty that is mandated by a governmental body. Check your state laws to learn what the expectation is for a professional coach with regard to reporting child abuse. See SafeSport reporting as well (page 15).

A very important source of additional expectations for a coach is found in the accepted national standards for coaching published by our professional organizations, PSA. As these standards become more widely accepted, they will become the "standard of care" for figure skating coaches in the eyes of the legal system. It will be necessary for figure skating coaches to show that they have the training and expertise in each of the various areas detailed in this set of standards.

The following list of legal duties of a coach is representative of the many codes of conduct and behaviors recommended for coaches:

1. Use of current knowledge of proper skills and methods of instruction
2. Creating and maintaining a safe physical, and positive emotional environment
3. Recommendation of safe and appropriate equipment
4. Proper and beneficial short- and long-term planning
5. Providing warnings to parents and athletes of risks inherent in sport participation
6. Developing a sensitivity to the health and well-being of skaters under a coach's direction
7. Planning for the provision of appropriate emergency care

Ethical Duties:

The ethical duties of a coach are not as easily defined. We can begin with the acknowledgment of core responsibilities of the coaching profession as the cornerstone of ethics. There is a framework that we can use for making ethical decisions:

1. Define for yourself what the ethical issue is.
2. Gather the facts surrounding the issue.
3. Make your best effort to understand all sides of the issue
4. Consult with trusted colleagues.
5. Make a list of actions you can take.
6. Identify the practical options from the list of actions.
7. Consider, determine and weigh the consequences of each proposed option by answering three questions:
 - a. Who will be affected by my decision or my action?
 - b. Will I be able to acknowledge this decision to my colleagues, my club and rink, PSA, etc.
 - c. Can I live with my action or decision?

Respect, Responsibility, and Integrity encompass the standards of ethical behavior that coaches must exhibit in their role as the primary facilitator of developing skaters. When ethical standards are applied consistently, they enable coaches to emphasize and nurture the long-term best interests of skaters and allow coaches to facilitate the development of the highest potential of the skaters.

Continuing Education:

Coaching figure skating as a profession is an exciting and dynamic one. There is no major sport in the world that trains its athletes the same as it did 20 years ago—and figure skating should not be an exception. We have a challenge and an obligation to provide our skaters with the highest-quality information and training techniques.

Continuing education is a vital and necessary part of developing skills as a coach. As we learn more within the sport, we are able to coach at higher levels, interpret training methods more comprehensively, and have a greater understanding of technique. Most licensed professions have continuing education requirements to stay updated on new methods or developments within their profession. In occupational therapy, for example, 25 continuing education course hours are required every two-year period to maintain licensure. Requirements vary between professions but the need for professional development is universally accepted. When you look at your own coaching career, investing in education is a natural part of improving.

You will need to be familiar with the PSA Educational Programs that are offered and what opportunities are available to you.

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The Professional Skaters Association has permanently removed the Code of Ethics rules stating, "Prior to acting as a coach, the member shall determine the nature and extent of any earlier teaching relationship with that skater and other members" and, "No member shall in any case solicit pupils of another member, directly or indirectly, or through third parties."

REGISTERED PAIR ETHICS/EDUCATION QUESTIONS TO CONSIDER:

1. What is the PSA Code of Ethics?
2. How do you handle another pair team coming to you for lessons?
3. Where can you find guidelines on ethical behavior?
4. What is an Affidavit?
5. Do you need credits to keep your rating active? How many credits do you require in a three-year period?

CERTIFIED PAIR ETHICS/EDUCATION QUESTIONS TO CONSIDER:

1. Where can you find guidelines for changing coaches?
2. What is the PSA Grievance Procedure?
3. What membership mandate was passed at the 2004 Governing Council?
4. How do the conference sites rotate in a three-year period?

SENIOR PAIR ETHICS/EDUCATION QUESTIONS TO CONSIDER:

1. How would you deal with criticism of another coach by your students?
2. What is an ethical way to market and promote yourself?
3. Name some PSA educational programs.
4. Does PSA have any certification programs? Name them.

MASTER PAIR ETHICS/EDUCATION QUESTIONS TO CONSIDER:

1. You are asked to watch another pair team at a competition for a coach who is unable to attend. How do you handle the situation?
2. Another skating center approaches your team about free ice time and lessons if they will move to their skating rink? How do you handle this situation?
3. Explain the PSA Grievance Procedure and how it works.
4. What is an emeritus rating?

LIFTS

Please check the current Official U.S. Figure Skating Rulebook for the most up-to-date information on rules and for any current revisions. Check the following sections:

Section 4000

Section 4020

Section 4030

Sections 4040 - 4090

Sections 4110 - 4125

TR 33.00 – TR 39.09

Pair Events

Short Programs for Pairs - Generally

Pairs Free Skating – Generally

Competition Requirements

Adult Pairs

Information on Pairs Tests

4031 *“Pair free skating consists of a well-balanced program and is composed and skated to music of the skaters’ choice for a specified period of time. Vocal music with lyrics is now permitted. A good program contains moves of single skating executed simultaneously, either symmetrically (mirror skating) or in parallel (shadow skating), and especially typical pair skating moves such as pair spins, spirals, lifts, partner assisted jumps, etc. linked harmoniously by steps and other movements.”*

This description mentions all of the required elements and suggested elements in a well-balanced pair program. A brief overview of these elements will follow. The Rulebook clarifies the parameter of a lift as follows:

1. *For all pair skating lifts, the partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand-to upper part of the leg (knee or higher) grips. Changes of hold or of the lady’s position during the lift are permitted unless specifically stated otherwise for the pair level of the skaters.*
2. *A lift means a complete lift, including full extension of the lifting arm, if required for the type of lift concerned.*
3. *The lift must consist of one continuous ascending and descending rotational movement, which may be interrupted for a maximum of three and one-half (3 ½) revolutions of the lifting partner with extended arms.*
4. *Lifts in which the lifting partner exceeds three and one-half (3 ½) revolutions are illegal.*

Please see the U.S. Figure Skating Rulebook for descriptions of “Carry Lifts”, “Small Lifts” and “Illegal Moves”.

List of Pairs Lifts

Please consult the most current U.S. Figure Skating Rulebook for the List of Pairs Lifts. The following is taken from the 2015 U.S. Figure Skating Rulebook from page 186:

Pair lifts are organized into groups based on the hold at the moment the lady passes the man's shoulder. Lifts are typically named after the lady's solo jump take off and the hold position of the partners. In Groups 3-5, full extension of the lifting arm(s) is mandatory. In any group, a one-hand hold may increase the difficulty of the lift.

Group #1 - 1Li

Armpit Hold Position

- Lutz Lift
- Flip Lift
- Axel Lift

Group #2 – 2Li

Waist Hold Position

- Waist Lift

Group #3 – 3Li

Hand-to-Hip Position

- Cartwheel Lift
- Star/Toe Loop Hip Lift
- Platter/Swan Lift/Table Top Lift

Group #4 - 4Li

Hand-to-Hand Position

Press Lift Type

- Press Lift
- Loop Press/Back Press

Group #5

Hand-to-Hand Position

Lasso Lift Type

- Lasso/Axel (edge) Lift – 5ALi
- Step Up Lasso/Step Overhead Lift – 5SLi
- Toe Lasso/Tap Overhead Lift – 5TLi
- Reverse Lasso (backward edge lift) – 5RLi
- Backward Lasso Lift – 5BLi

Carry Lift

Allowed at junior and senior levels only

Carry Feature

Allowed in the junior and senior free skate only

See Clarification of “carries” in Pairs Free Skating page 186 of the 2015 U. S. Figure Skating Rulebook.

Lifts are an integral part of pair skating. They are required at all levels of testing for all short programs and all well-balanced pair free skating programs.

REGISTERED PAIR LIFT QUESTIONS TO CONSIDER:

1. What is the definition of a lift?
2. How do you introduce pair lifts to a beginning pair team?
3. What is the principle of rotation in a lift?
4. How are lifts named?
5. How do you teach a Lutz or Flip or Axel lift?

CERTIFIED PAIR LIFT QUESTIONS TO CONSIDER:

Describe the man's footwork during a lift?

1. What assistance can partners give each other in a lift?
2. Why is the lady's position in the air important?
3. How many lifts are permitted in a Juvenile pair program?
4. Name and describe four basic lifts.
5. How do you spot lifts?

SENIOR PAIR LIFT QUESTIONS TO CONSIDER:

1. Describe your technique in teaching a twist lift.
2. Name and describe a lift level features you might use at the junior level.
3. Do you have your male partner on a weight-training program? Why or why not?
4. What constitutes a carry during a lift? Can you use this in the short program?
5. Do you work lifts off-ice? If so, how much time do you spend?
6. What errors might happen in the hand-to-hand loop lift?

MASTER PAIR LIFT QUESTIONS TO CONSIDER:

1. List some errors in the hand-to-hand lasso type lifts.
2. Describe the triple twist lift. Where do you have the lady place her toe and why?
3. Describe the handgrips for the toe-lasso lift.
4. What to you, is the most important quality in a lift and why?
5. What do you do with a team that jumps and spins in opposite directions?

PAIR SPINS

Synchronized solo and pair spins and spin combinations are required elements in all test programs, all short programs and all well-balanced long programs. As in single skaters, pair skaters are becoming very creative in the positioning and combining of pair spins. In addition to balance, centering and speed, many good spins also require flexibility. The number of revolutions, entry and exit positions, and creativity are important elements to be stressed. The pair combination spin must have at least one change of foot and one change of position of both partners. The rotation must be continuous and no stop is permitted. The pair spin combination must not be commenced with a jump. Please note the requirements for the short program and long program in regards to the change of foot as they are different. Each partner must attain good spinning technique individually before attempting to learn pair spins.

REGISTERED PAIR SPIN QUESTIONS TO CONSIDER:

1. What pair combination spin is easily introduced to a Pre-juvenile pair?

2. What are the requirements for pair spins at this level?
3. How do you increase speed in a pair spin?

CERTIFIED PAIR SPIN QUESTIONS TO CONSIDER:

1. Describe a waltz spin or a Kilian spin.
2. How do you introduce a pair camel spin in Kilian position?
3. Diagram the entry into a pair spin.
4. How many revolutions are required on a Juvenile test pair spin?
5. How do you increase speed on a pair spin?

SENIOR PAIR SPIN QUESTIONS TO CONSIDER:

1. Describe the hold and position in a pair sit spin.
2. How many revolutions are required on a Novice test pair spin? Junior?
3. What are the requirements for a Junior pair combination spin?
4. Describe the holds and position in a catch waist pair camel spin.

MASTER PAIR SPIN QUESTIONS TO CONSIDER:

1. Describe the technique you teach for a low parallel spin.
2. How do you teach the tango camel spin?
3. Can the position of one partner be changed and not the other? Explain
4. How do you handle a “mirror” pair for pair spins?

DEATH SPIRALS

The Rulebook defines death spirals as follows:

“During the approach to the death spiral, the man should be in a pivot or semi-pivot position with the free foot extended into the circle. At that point the free toe may be trailing on the ice, and during the final position, while the lady is performing the actual death spiral, the man should retain the final pivot position for a minimum of one (1) revolution with the knees clearly bent until the conclusion of the movement. The lady must skate on a clean edge and she must not touch the ice with her head or assist herself with the free hand or any other part of the body.”

For Novice test programs at least one-half revolution by the lady is required after the man attains the final pivot position. Below Novice test level the pair may choose either a death spiral or a pivot spiral in which the man attains a pivot position while the lady circles around him in a spiral position.

At least one death spiral is a required element in Novice through Senior Pair tests, short programs, and well-balanced long programs. The four death spirals are: back outside, forward inside, backward inside, and forward outside.

REGISTERED PAIR DEATH SPIRAL QUESTIONS TO CONSIDER:

1. What is the difference between a pivot spiral and a death spiral?
2. How do you teach the boy’s pivot?
3. Explain the girl’s descent in a death spiral.

CERTIFIED PAIR DEATH SPIRAL QUESTIONS TO CONSIDER:

1. Name the different death spirals and explain each one.
2. Which death spiral do you introduce first and why?
3. What position do you teach for the lady in a death spiral?

SENIOR PAIR DEATH SPIRAL QUESTIONS TO CONSIDER:

1. What method do you use to teach the back outside death spiral? Explain.
2. Describe the technique for the forward inside death spiral.
3. Describe the lady's "low" position for inside death spirals. For outside.
4. What are the main faults of each death spiral?

MASTER PAIR DEATH SPIRAL QUESTIONS TO CONSIDER:

1. What handgrips do you use for each death spiral?
2. Describe the mechanics of the back inside death spiral.
3. How many revolutions are required in a senior pair test death spiral?
4. Draw the pattern of the man's pivot and the lady's line of travel.
5. Which death spiral have you found the most difficult to teach and why?

STEP and SPIRAL SEQUENCES

A step sequence is required in all test programs except pre-juvenile. It is a required element in short programs and well balanced long programs intermediate through senior. All step sequences should be executed together or close together, according to the character of the music and may include small, jump-like movements with no more than one-half revolution. Connecting steps and turns should illustrate both mirror and shadow skating. Difficulty, originality, speed and unison are important elements to consider in choreographing step sequences into a program. The choreographed spiral sequence is required for novice through senior free programs.

REGISTERED PAIR STEP SEQUENCE QUESTIONS TO CONSIDER:

1. How can partners keep good unison during step sequences?
2. What is shadow (parallel) skating?
3. What is mirror skating?

CERTIFIED PAIR STEP SEQUENCE QUESTIONS TO CONSIDER:

1. What kinds of step sequences do you introduce to an Intermediate Pair?
2. How do you achieve synchronization?
3. Describe three different patterns of step sequences.

SENIOR PAIR STEP SEQUENCE QUESTIONS TO CONSIDER:

1. What is the choreographed spiral sequence?
2. Which step sequence pattern do you think is the most difficult? Explain.
3. How might moves in the field help for a junior pairs program?
4. What step sequence is required in the novice/junior Pair test? Explain.

MASTER PAIR STEP SEQUENCE TO CONSIDER:

1. How does a senior level step sequence differ from a novice or junior level?
2. What is the most important point to teach in a spiral sequence and why?
3. What are the various elements to consider when choreographing step sequences for a senior team?

THROW JUMPS

Throw jumps are partner assisted jumps in which the lady is thrown into the air by the man on the take-off and lands without assistance from her partner on a backward outside edge. Throws are a part of a well-balanced pair long program for juvenile through senior and they are optional for pre-juvenile. Throws are a requirement for testing all levels of pair tests except pre-juvenile. Throws are a requirement in the short program. The lady's role in throws follows the guidelines of a free skating jump. Pair coaches consistently emphasize the concept that a throw is an assisted jump and the man's role is that of assisting the lady.

REGISTERED PAIR THROW QUESTIONS TO CONSIDER:

1. Name and describe a throw you would introduce to a pre-juvenile pair. A pre-juvenile **competitive** pair team?
2. Choose a single throw and explain the take-off technique.
3. Describe a good in-air position for a throw jump.

CERTIFIED PAIR THROW QUESTIONS TO CONSIDER:

1. What throws would you introduce to a Juvenile Pair?
2. What are some errors that occur in first learning throws?

SENIOR PAIR THROW QUESTIONS TO CONSIDER:

1. Describe your technique for teaching a throw double Axel.
2. How does the entry for a throw single Axel vary from a throw double jump?

MASTER PAIR THROW QUESTIONS TO CONSIDER:

1. What exercises do you use to practice throws?
2. What safety measures do you employ?
3. How do you overcome fears in the lady when practicing throws?

SOLO JUMPS AND SPINS

Solo jumps are required at all levels of testing with doubles required at the novice, junior and senior levels. Novice and junior short programs require double jumps; senior short programs require a double or triple jump. A sequence of jumps is suggested for a well-balanced program at all levels but is optional in pre-juvenile.

Synchronized solo spins or solo spin combinations are required elements in all test programs, all short programs and all well-balanced long programs. Unison in solo spins is mandatory even at the beginning levels. The solo spin combination may be commenced with a jump. Spins must

have a required minimum number of **revolutions**. Check the U.S. Figure Skating rulebook or ISU Regulations for the required number of minimum revolutions per test or competition level. There are a minimum number of revolutions required in a **position** as well. In case this requirement is not fulfilled, the position is not counted. If a skater or both skaters **fall** when entering a spin, a simple spin or a spinning movement is allowed immediately after this fall (for purposes of filling time) and this spin/movement shall not be counted as an element.

REGISTERED PAIR SOLO JUMPS AND SPINS QUESTIONS TO CONSIDER:

1. How do you introduce solo spins to a new pair team?
2. How do you get unison or synchronization in the solo spin?
3. What solo jump would you introduce to a beginning pair?
4. What approach would you use for the jump?
5. What problems might be encountered in solo spins or solo jumps?

CERTIFIED PAIR SOLO JUMPS AND SPINS QUESTIONS TO CONSIDER:

1. What would be a good tracking pattern for solo jumps?
2. What do you do when your skaters jump and spin in opposite directions?
3. Should skaters watch each other during solo jumps?
4. How far apart should your skaters be during solo jumps? Spins?

SENIOR PAIR SOLO JUMPS AND SPINS QUESTIONS TO CONSIDER:

1. Which spin do you find easiest for a team to synchronize and why?
2. How do you keep solo camel spins safe and in unison?
3. Explain how you synchronize change foot solo spins.
4. What are the main errors in an Axel, a double Salchow, a double toe loop?
5. How do you teach unison in solo spins?
6. What is the required number of revolutions for solo spins in a junior test program?

MASTER PAIR SOLO JUMPS AND SPINS QUESTIONS TO CONSIDER:

1. How do you teach solo (side-by-side) triple toe loops?
2. If one of the partners is weaker in jumping ability, how do you match their jumps?
Please explain
3. What percent of total coaching time do you allocate to solo jumps and spins?

PROGRAM CONSTRUCTION

There are some basic things that can improve the choreography or style of any program: eye focus, extension, pause and stillness, high and low movement and good layout and timing. Ask the pair to follow an arm with their eyes or intentionally focus their eyes towards each other (convergent focus) or away from each other (divergent focus) depending on the look you want. In spirals, landings or simple connecting moves, encourage pointed toes, long arms and legs, and open shoulders. If you intend a sequence to be short, choppy and flexed, make that explicit too, but don't let your team hover in a neutral zone. Take a beat or pause when it is appropriate. Have your team hold that spiral a second longer or linger after a stop or in a landing position. Stillness can be as effective as movement. Use all the space around the skaters' bodies. Vary the levels in a program by stretching high into the air above and create a movement that is near the ice (low). Combine the two levels by having the skaters sweep the ice and then reach into

the air with extended arms. Add more intricate and complex turns and steps into step sequences to increase the level of difficulty.

Always consider the pattern you are creating on the ice. Do the unexpected turn outside the circle, do a rocker to change directions, place an element in the middle of the ice rather than in the corner. Order the difficult elements carefully. If your team takes thirty seconds into the program to get settled, start with spins, spirals or footwork. On the other hand, if they want to get that throw out of the way and can consistently complete it make it the opening move. Consider the pairs' endurance: throws or lifts might be inconsistent at the end of a program, yet dynamite in the opening but with the new ISU Judging System credit is given for difficult elements performed at the end of the program.

Trust yourself. Both your pair and you must be willing to laugh, to cut loose and be dramatic. Encourage exaggeration – a move might appear expressive from four feet away but might be lost when viewed from the top level of the arena. Watch movement and dance outside the setting of the rink. Notice arm, head and body movements in music videos, ballets, musicals and shows. Finally, the development of a program is an ongoing process. There is certainly a stage, as competition nears, where additions to the program will be disruptive. On the other hand, it's important to keep the program growing and evolving – experiment with an additional arm movement, a tilt of the head or innovative pair spin combination.

REGISTERED PAIR PROGRAM QUESTIONS TO CONSIDER:

1. How do you select music for your beginning pair team?
2. What are the requirements for a well-balanced pre-juvenile test pair or a pre-juvenile competitive pair team?

CERTIFIED PAIR PROGRAM CONSTRUCTION QUESTIONS TO CONSIDER:

1. How do you select music for your intermediate pair team?
2. What makes up a well-balanced juvenile pair program?
3. Do you use a choreographer? Why or why not?

SENIOR PAIR PROGRAM CONSTRUCTION QUESTIONS TO CONSIDER:

1. What is considered a well-balanced junior pair program?
2. What considerations do you make in choosing music for a short program?

MASTER PAIR PROGRAM CONSTRUCTION QUESTIONS TO CONSIDER:

1. How do you select music for your senior pair team?
2. What makes up a well-balanced senior program?
3. What considerations do you make in determining the order of elements in a short program?

SAFESPORT

SafeSport was originally created by the U.S. Olympic Committee, and the U.S. Figure Skating SafeSport Program was formally launched in May 2013 at the annual Governing Council meeting and includes policies that will apply to all U.S. Figure Skating clubs, programs, events and activities. The PSA wholeheartedly supports the continued effort of U.S. Figure Skating to

provide a safe environment for its members and to protect the opportunity of its members to participate in the sport in an atmosphere that is free of harassment and abusive practices.

As coaches, we all play a role in creating a healthy environment for our skaters to participate in our sport. The role of PSA is to educate our members on their unique position to raise awareness about the different types of misconduct and a clear reporting process. To do this PSA continues to provide opportunities for education and training on SafeSport and assists U.S. Figure Skating in implementing policies and guidelines for protection of the athletes and our coaches.

PSA has partnered with U.S. Figure Skating in a comprehensive approach for distributing SafeSport information to all coaches with a delivery plan. The conveyance of information actually began in 2012 with CER ET 201 – “2GRO-W Champions” course that was mandatory for all coaches in that season. Additionally PSA has hosted SafeSport presentations at Conference, Nationwide Seminars, PS Magazine articles, Program Component Camps, and CER RU 100 “SafeSport for Figure Skating Coaches”.

The scope and content of SafeSport is being communicated to coaches on a continual basis. As knowledge of SafeSport has become an expectation for coaches at all levels, questions have been added to every rating exam. Candidates will be informed in advance that SafeSport will now be a component of the exam.

To prepare, please review the study material at the following links:

The link to the U.S. Figure Skating SafeSport page:

- www.usfsa.org/shell.asp?sid=49066

USFS SafeSport Handbook:

- www.usfsa.org/content/safesport%20handbook.pdf

REGISTERED PAIR SKATING INSTRUCTOR SAFESPORT QUESTIONS TO CONSIDER:

1. What is the SafeSport program?
2. What role do U.S. Figure Skating clubs play?
3. What constitutes child abuse?
4. How do you report child abuse in your position?

CERTIFIED PAIR SKATING INSTRUCTOR SAFESPORT QUESTIONS TO CONSIDER:

1. What are the components of U.S. Figure Skating SafeSport program?
2. What must a U.S. Figure Skating club do?
3. Are there different types of misconduct and abuse? Can you give examples?

SENIOR PAIR SKATING INSTRUCTOR SAFESPORT QUESTIONS TO CONSIDER:

1. What is the difference between “Contact and Non-contact” offenses?
2. What signs indicate child abuse?
3. What is appropriate physical contact during instruction?
4. What procedures should be followed when permitting an athlete to return to skating after an injury?

MASTER PAIR SKATING INSTRUCTOR SAFESPORT QUESTIONS TO CONSIDER:

1. What action must be taken by the Program Director, rink, club or skating program to address “Willfully Tolerating Misconduct”?
2. What is “Two-Deep Leadership”? Give examples.

SUGGESTED READINGS

The following suggested reading represents publications related to skating, equipment, coaching techniques and skating history. None of the publications necessarily represents the official position of the PSA as to any content presented. This list is provided solely as a reference tool for the convenience of persons interested in figure skating.

BOOKS:

PSA Moves in the Field - Pre Preliminary to Senior, 5.1 edition, PSA 3006 Allegro Park SW, Rochester, MN 55902, 2009

The Complete Book of Figure Skating, Carole Shulman, Human Kinetics, 2001.

The Inner Champion: A Mental Toughness Training Manual for Figure Skaters, Choeleen Loundagin, 1997 (Paperback).

Figure Skating School: A Professionally Structured Course from Basic Steps to Advanced Techniques by Peter Morrissey, James Young (Paperback - October 1997)

Competitive Figure Skating, a Parent's Guide, Robert S. Ogilvie, Harper and Row, New York, 1985.

Official U.S. Figure Skating Rulebook, U.S. Figure Skating, Colorado Springs, CO www.usfigureskating.org, current book.

Recreational Ice Skater Test Standards, Ice Skating Institute, Inc., Dallas, TX www.skateisi.com

U.S. Figure Skating Skate With U.S. Basic Skills Program, U.S. Figure Skating, Colorado Springs, CO, www.usfigureskating.org 1998.

Ice Dancing, A Manual for Judges and Skaters, available through U.S. Figure Skating, Colorado Springs, CO www.usfigureskating.org

Choreography and Style for Ice Skaters, Ricky Harris, St. Martin's Press, New York, 1991.

Figure It Out, Nina Stark-Slapnik, 1986. A figure workbook for skaters. Available through the PSA Office, Rochester, MN www.skatepsa.com

New Era Figures, Robert Ogilvie, PSA Office, Rochester, MN www.skatepsa.com

The Handbook of Figure Skating, Professional Skaters Association, Rochester, MN www.skatepsa.com, 1995. A complete guide to the sport of figure skating.

Figure Skating: Sharpen Your Skills, Indiana/World Skating Academy, Masters Press, Indianapolis, IN, 1995.

ISU Handbooks, available through the ISU, Lausanne, Switzerland, www.isu.org

Technical Manual and Dictionary of Classical Ballet, Third edition, Gail Grant, paperback, Dover Publications, 1982.

The HarperCollins Dictionary of Music, Second edition, Christine Ammer, Harper Trade, 1987.

Skater's Edge SOURCEBOOK: Ice Skating Resource Guide, Second edition, Alice Berman, Skater's Edge, 1998

MAGAZINES AND PERIODICALS:

The Professional Skater, PS Magazine, Professional Skaters Association, Rochester, MN. Bi-monthly.

Skating Magazine, United States Figure Skating Association, Colorado Springs, CO. Published 10 times per year.

Blades on Ice, Gerri Walbert, 7040 North Mona Lisa Road, Tucson, AZ 85741. Bi-monthly.

International Figure Skating, Paragraph Communications, 55 Ideal Road, Worcester, MA 01604.

Patinage, 39 boulevard de la Marne, 76000 Rouen, France. Five issues per year.

Recreational Ice Skating, Ice Skating Institute, 355 West Dundee Road, Buffalo Grove, IL 60089-3500.

Ice Skating Down Under, PO Box 567, Archerfeld, Queensland, 4108, Australia. Quarterly.

6.0 SKATE magazine, Newton, NH www.six0skatemag.com.

VIDEOTAPES and DVDs:

Moves In The Field, Volumes I and II, (VHS and DVD formats available) Professional Skaters Association, Rochester, MN www.skatepsa.com.

Moves in the Field Pre-Preliminary to Senior plus Adult Moves, (new and revised Moves) DVD, Professional Skaters Association, Rochester, MN 2010.

U.S. Figure Skating Jets Committee, available through USFSA, Colorado Springs, CO. (Senior Singles Required Elements, Senior Pairs Required Elements, Synchronized Team, International Dances, Warm-up and Stretching by Ricky Harris).

AUDIO CASSETTE TAPES:

Audiocassettes from past PSA International Conferences are available through the PSA Office, Rochester, MN www.skatepsa.com.

RATE YOURSELF AS A PROFESSIONAL
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Are you the best that you can be? Rate yourself in the following areas. As the year goes on, see how much you can improve in the areas you have marked low. Rate yourself at the end of the season. Keep your chart and look back at it after several years of experience. It should be helpful and interesting.

	Mark from 0 to 10
Patient	
Dependable	
Responsible	
Prompt	
Conscientious	
Organized	
Pleasant	
Mature in judgment	
Friendly	
Neat in appearance	
Cooperative	
Working on self-improvement	
Cultivating my own students	
Inspiring	

STUDY NOTES
