



From: Figures and Free Coaching Officer – Chris Fox | Email: coachingff@fars.co.uk | Date: 06/03/2019

Figure and Free training seminar:

Dear All Affiliated clubs/ Members,

First and foremost the FARS figures and Free team are excited and looking forward to seeing all skaters routines and figures at the upcoming national events. Following last years FARS events those that finished in the top 3 for either figures and free (regardless of standard being achieved) have been invited to attend the first national gathering of 2019 to be held on the 23rd March at West Walsall E-ACT Academy, Primley Avenue, Walsall, WS29UA for consideration for German cup selection.

The day will run from 9:30am-6pm.

Skaters considered for figures only:

Chantel Lyon - Ely
Charlotte Harker - Waveney
Bryony Figgins - Ely
Charlotte Nichoals - Ipswich
Danielle Tuddenham - Retroskate
Sophie Woodbridge - Ely
Richard Whitlock - Momentum

Skaters considered for free only:

Amelia Richards - Momentum
Hollie Asquith - Bolton
Abbie Fryer-Gould - Momentum
Emma Thiele - Bolton
Samantha Merideth - Momentum
Christoph Prior - Retroskate
Zachary Martin - Maidstone
Montanna Giampaglia - Titanium
Harry Jones - Evolution
Lara Giraldi - FARS
Hannah Pile - Tiptree
Courtney Lee - Empress
Katie Swales - Tees Valley
Amy Berryman - Tees Valley

Skaters considered for combined:

Eva Simpkins - Retroskate
Thomas Adams - Momentum
Sophie Holmes - Empress
Dulcie Read - Retroskate
Savannah Canham - Retroskate
Megan Seagrave - Empress
Daniel Withers - Empress
Destiny Widdowson - Retroskate

Skaters on the day:

- Must ensure they are wearing suitable footwear appropriate to warm up and cool down in.
- Be fully prepared to skate their long programs being assessed using the RollArt lite software.
- Figure skaters to complete a mock figure competition.

Skaters prior to the day:

- Must complete the below form outlining their short program elements. (This is so the team can check the layout fits the worldskate rules) It is important to note skaters will not be skating their short programs on the day.

We are going to be using RollArt lite software so we can assess and give feedback to each skater following the program. It is important to note that this day is aimed at providing the top skaters an informative and enjoyable national gathering. Evidence from the day will be collated and skaters will as a result receive a formal outcome letter in the week following the event.

I look forward to seeing you all there.

Kind Regards

Christopher Fox

FARS Figure and Free Head Coach

Short Program Proforma (To be completed and emailed to coachingff@fars.co.uk prior to the above event):

Name of Skater:

Age Category at Championships:

Current Test Standard:

Length of music (Min + Sec):

List of Elements in order of program: