



# The Federation of Artistic Roller Skating

From: Figures and Free Coaching Officer – Chris Fox | Email: [coachingff@fars.co.uk](mailto:coachingff@fars.co.uk) | Date: 15/05/2018

Dear All Affiliated clubs/ Members,

Following my appointment as the Figure and Free Coaching Officer, I wanted to send out a communication that clearly outlines my thoughts and vision to continue progressing figures and free, and to improve upon fundamental techniques, collaboratively working as a federation to provide the best progression route for each individual skater.

FARS are planning to hold at least two training weekends before the end of 2018, the first will be in early July and will be an International gathering event for selected international skaters. The second will be in October/ November for all skaters and coaches. Further communication will be sent out when dates and venues are confirmed with further details on coaches who will be facilitating the event with my-self.

I feel that it is important that we draw on all expertise and collaboratively come together to question, breakdown, and further enhance a technique to aid development of our skaters. Many individuals in our sport and federation have a lot to offer and I feel it's crucial to draw on all of these and share best practices to move the standard within figures and free forward. The technique we have been working on will be carried forward as I feel consistency is crucial.

I wish all skaters success and the best of luck in the upcoming British championships and look forward to working with you all within this new capacity.

Together we are great, and I feel very privileged/ excited to be working with amazing individuals within our sport!

Kind Regards

Chris Fox  
Figures and Free Coaching Officer