



2021 Competitive Season

As you are all aware we are now back into a National Lockdown. The priority must be for us all to ensure that we stay at home, stay safe and protect the NHS.

On the positive, the vaccine rollout is a gamechanger and I'm sure Worldskate and our fellow Federations are anticipating being able to compete with some form of normality this season. This has been seen with Worldskate Europe issuing dates for this year's events.

Whilst the FARS Executive Board are keen to get competitions going, this will only happen when we see a better situation in the UK. We will only prepare competitions once everyone in the country is allowed to train and then that is when we start the clock on how long we give athletes / coaches to prepare, which has to be a minimum of four months.

Therefore, it is fair to say that competitions could take place later than normal, providing all targets are met in relation to the vaccine roll out and the success of this current lockdown.

This will be great news for the sport, however, there is more to being an athlete than just being on skates. Therefore, over the next few months we will be actively encouraging a lot more initiatives around **mental preparation, goal setting, fitness training, nutrition and dry training**. This will be managed by myself and the teams through Zoom sessions with not only our coaches but also our athletes.

We have to be positive and see a beginning of normality resuming. Therefore, preparation for this can still take place in readiness for getting back on skates.

We will be issuing further communications in the near future.

FARS Executive Board
6 January 2021

