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FEDERATION OF ARTISTIC  
ROLLER SKATING



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NATIONAL TEAM GATHERING  
WALSALL E-ACT ACADEMY  
PROGRAMME  
MARCH 2018

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**HAVE YOUR SAY!**



<http://www.smartsurvey.co.uk/s/0WB1V>

Please provide feedback using the link above

## 1. INTRODUCTION

Welcome to the first National Team Gathering for 2018. Firstly, let me congratulate all of the skaters who were invited to attend this gathering. Invitations were made based on performances during 2017 and at recent Figure and Free skating seminars. Well done to all of you who received an invitation! For those of you who didn't make it this time round, keep working hard on the new techniques released at the last Free Skating seminar and hopefully you will be ready for future team gatherings.

The purpose of this particular gathering is to allow the Figure and Free team to work with skaters and assess their abilities in all areas with a view to selecting a team to represent Great Britain at the German Cup in Freiburg in May 2018. During the weekend we wish to run both assessment sessions for selection purposes but also training sessions where we can work more closely with skaters on their technical elements and artistic components in preparation for the new Rollart system.

This year all events at the German Cup will be judged using the new system so we will work with skaters and coaches at the gathering to make sure that everyone knows what is required. I would encourage you all to download and read the Rollart documents which can be found here: <http://www.rollersports.org/discipline/artistic/regulations>.

**Feedback:** In order to keep these events on track and to make them even better in the future I would like to get as much honest feedback as I can from skaters, coaches, parents and officials. With this in mind I have setup a quick online survey which can be completed from any smartphone in just a few minutes. I would be most grateful if as many of you as possible can find the time to provide feedback before the end of the weekend or shortly afterwards. You can do so by visiting the following link: <http://www.smartsurvey.co.uk/s/0WB1V>

I hope that you all enjoy the weekend :)

## 2. TIME TABLE

### 2.1. SESSIONS

Code	Discipline	Session	Host	Location
GEN		General talk to skaters & coaches	Alessio Gangi Jill Prior Ben Prior	Classroom
FIGT	Figures	Figure Training	Alessio Gangi	Rink 1
LOOPT	Figures	Loop Training	Alessio Gangi	Rink 1
FIGC	Figures	Figure Competition Simulation	Alessio Gangi Jill Prior (Judge)	Rink 1
FSS	Free	Free Skating Short Programme	Alessio Gangi	Rink (All)
FSL	Free	Free Skating Long Programme	Alessio Gangi	Rink (All)
FREE	Free	Free Skating Training	Ben Prior	Rink 2

### 2.2. GROUPS

For the duration of the weekend, skaters will be split into the following groups by age category and given a colour which corresponds with the daily time tables.

The values in the Colour column indicate the number of skaters within that age group.

Colour	Age Category
11	Cadet
12	Youth
1	Junior
6	Senior

2.3. SATURDAY

FIGURE Skaters											
Age	08:30	09:00	10:00	11:00	11:30	12:30	13:30	14:30	15:30	16:30	
	09:00	10:00	11:00	11:30	12:30	13:30	14:30	15:30	16:30	17:30	
Cadet				GEN	FIGT	LOOPT	Lunch		FIGC	FIGC	FIGC
Youth				GEN	FIGT	LOOPT			FIGC	FIGC	FIGC
Junior	GEN	FIGT	LOOPT						FIGC	FIGC	FIGC
Senior	GEN	FIGT	LOOPT						FIGC	FIGC	FIGC

FREE Skaters Only											
Age	08:30	09:00	10:00	11:00	11:30	12:30	13:30	14:30	15:30	16:30	
	09:00	10:00	11:00	11:30	12:30	13:30	14:30	15:30	16:30	17:30	
Cadet							Lunch		FREE	FREE	FREE
Youth									FREE	FREE	FREE
Junior									FREE	FREE	FREE
Senior									FREE	FREE	FREE

2.4. SUNDAY

Free Skaters												
Age	08:30	09:00	10:00	11:00	11:30	12:30	13:30	14:30	15:30	16:00	17:00	
	09:00	10:00	11:00	11:30	12:30	13:30	14:30	15:30	16:00	17:00	17:30	
Cadet	GEN	FSS	FSS				Lunch	FSL	FSL			
Youth				GEN	FSS	FSS					FSL	FSL
Junior	GEN	FSS	FSS						FSL	FSL		
Senior				GEN	FSS	FSS					FSL	FSL

### **3. MATERIAL & DOWNLOADS**

The following material was given out at the last Free Skating Seminar in February 2018 and is still available for download online via the URLs listed below. Please feel free to download these for training and guidance purposes.

#### **3.1. TECHNIQUE REFERENCE GUIDE BOOKLET**

A Technique Reference Guide was made available at the February Free skating. It contained detailed illustrations which explain the Italian jump technique in a visual manner. An electronic copy of this booklet can be downloaded from here:

[www.fars.co.uk/documents/ff-information/FreeSkating-Technique-ReferenceGuide.pdf](http://www.fars.co.uk/documents/ff-information/FreeSkating-Technique-ReferenceGuide.pdf)

#### **3.2. SPORTS PSYCHOLOGY – MENTAL IMAGERY PRESENTATION**

At the February Free Skating seminar we ran sessions to cover the Mental Imagery aspect of Sports Psychology. The presentation slides for this can be downloaded using the following link:

[www.fars.co.uk/documents/ff-information/SportPsychology-MentalImagery.pdf](http://www.fars.co.uk/documents/ff-information/SportPsychology-MentalImagery.pdf)

#### **3.3. TECHNIQUE WALL POSTERS**

Electronic copies of the posters can be downloaded here:

[www.fars.co.uk/documents/ff-information/Posters.zip](http://www.fars.co.uk/documents/ff-information/Posters.zip)

#### **3.4. ROLLART INFORMATION**

Information on the new Rollart judging system can be found at the following links:

[www.fars.co.uk/documents/ff-information/Rollart-Free-Element-Values.pdf](http://www.fars.co.uk/documents/ff-information/Rollart-Free-Element-Values.pdf)

[www.fars.co.uk/documents/ff-information/Rollart-Free-ElementComparison.pdf](http://www.fars.co.uk/documents/ff-information/Rollart-Free-ElementComparison.pdf)

<http://www.rollersports.org/discipline/artistic/regulations>

#### 4. INTERNATIONAL GUIDELINES

The following tables show guidelines which should be used as a gauge when considering a skater's suitability for international competitions. It is not a requirement list where the skater has to perform all items listed but instead is a general indication as to the standard of skating often on display at international events.

##### 4.1. LADIES

Ladies	
Age	Guidelines
Mini	Axel, double toe loop and double Salchow cleanly performed with good speed, technique and a clear landing edge. One parallel and one sit. Clear footwork and solid skating skills. Able to perform a good level of choreography.
Espoir	Axel, double toe loop, double Salchow and double flip, alone and in combination and one of double Lutz or Loop. Both parallel spins and both sit spins. Clear footwork with turn variety and strong skating skills. Able to perform a good level of choreography.
Cadet	All doubles cleanly performed, both parallels and both sit spins. At least 4 turns cleanly performed turns during step sequence. Solid skating skills throughout the programme. Choreography in keeping with international style
Youth	All doubles cleanly performed and in combination. One class A spin combined with sit spin. At least 4 turns cleanly performed during step sequence. Solid skating skills throughout the programme. Choreography in keeping with international style
Junior	All doubles cleanly performed and in combination. One class A spin combined with sit spin. All types of turn performed in footwork and a continuously choreographed programme in keeping with international style
Senior	All doubles cleanly performed and in combination. Two class A spins on their own and in combination. All types of turn performed in footwork and a continuously choreographed programme in keeping with international style

## 4.2. MEN

Men	
Age	Guidelines
Mini	Axel, double toe loop and double Salchow cleanly performed with good speed, technique and a clear landing edge. One parallel and one sit. Clear footwork and solid skating skills. Able to perform a good level of choreography.
Espoir	Axel, double toe loop, double Salchow and double flip, alone and in combination and one of double Lutz or Loop. Both parallel spins and both sit spins. Clear footwork with turn variety and strong skating skills. Able to perform a good level of choreography.
Cadet	All doubles cleanly performed, both parallels and both sit spins. At least 4 turns cleanly performed turns during step sequence. Solid skating skills throughout the programme. Choreography in keeping with international style.
Youth	All doubles cleanly performed and in combination. Double Axel cleanly performed and one class A spin combined with sit spin. At least 4 turns cleanly performed turns during step sequence. Solid skating skills throughout the programme. Choreography in keeping with international style.
Junior	All doubles cleanly performed and in combination. Double Axel and one triple. One class A spin combined with sit spin. All types of turn performed in footwork and a continuously choreographed programme in keeping with international style
Senior	All Doubles cleanly performed and in combination. Double Axel, Triple Toe Loop and/or Triple Salchow cleanly performed and in combination. Two class A spins on their own and in combination. All types of turn performed in footwork and a continuously choreographed programme in keeping with international style with international style



## 5. SELECTION CRITERIA

The Head of Coaching for Figures and Free will take responsibility for conducting the selections subject to review by the Head of Figures and Free and the Figure and Free Compliance Officer. The selection process will be based on the criteria below:

**International Guidelines:** Assessments will be made and records kept throughout the weekend as to each skater's technical ability and this will be measured against the international guidelines provided above (Also shared in the Programme for the Free Skating seminar held in February 2018). While it's not necessary to fulfill all of the criteria, skaters need to be able to demonstrate that they can achieve the majority of the guideline areas for their age group.

**Well balanced programs:** The balance of the programmes, including the correct distribution of the elements, good layout and strong choreography, will be taken into account.

**Pressure:** Ability to perform under pressure during competition simulations or assessments.

**Skating Skills & Steps:** Core skating skills and step sequences will form a very large part of the new Rollart scoring system so both of these areas will be specifically assessed and taken into consideration.

**Attitude:** A skater's attitude while on and around the rink will be observed and taken into consideration. Suitability to represent Great Britain requires demonstration of a good, positive and polite attitude from skaters and coaches.

**Rollart:** The German Cup (2018) will be run using the new Rollart system for all events so skaters and coaches will need to build programmes with this in mind now. Advice and guidance will be given on Rollart for those who are unfamiliar with the system but the coach and skater's attitude and willingness towards this new system will be taken into account.

**2017 Results:** British Championships results from 2017 will be taken into account but only as rough indication. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placement at 2017 Championships does not automatically indicate suitability for international selection as it plays only a small part of the overall criteria listed here.

**Technique:** Correct technique is an important part of achieving solid, consistent and scalable elements and will be taken into account for selection purposes. The technique passed to us from Italy a few years ago and more recently documented in the Technique Reference Guide ([www.fars.co.uk/documents/ff-information/FreeSkating-Technique-ReferenceGuide.pdf](http://www.fars.co.uk/documents/ff-information/FreeSkating-Technique-ReferenceGuide.pdf)) may still be new to some skaters and as such this year we are looking for a willingness to adopt the technique with some evidence of progress in this area. By 2019, correct technique will be an expected part of any skater's performance so we would encourage continued work on this throughout 2018. Technical Elements will be assessed during the weekend and recorded for assistance in the selection process.