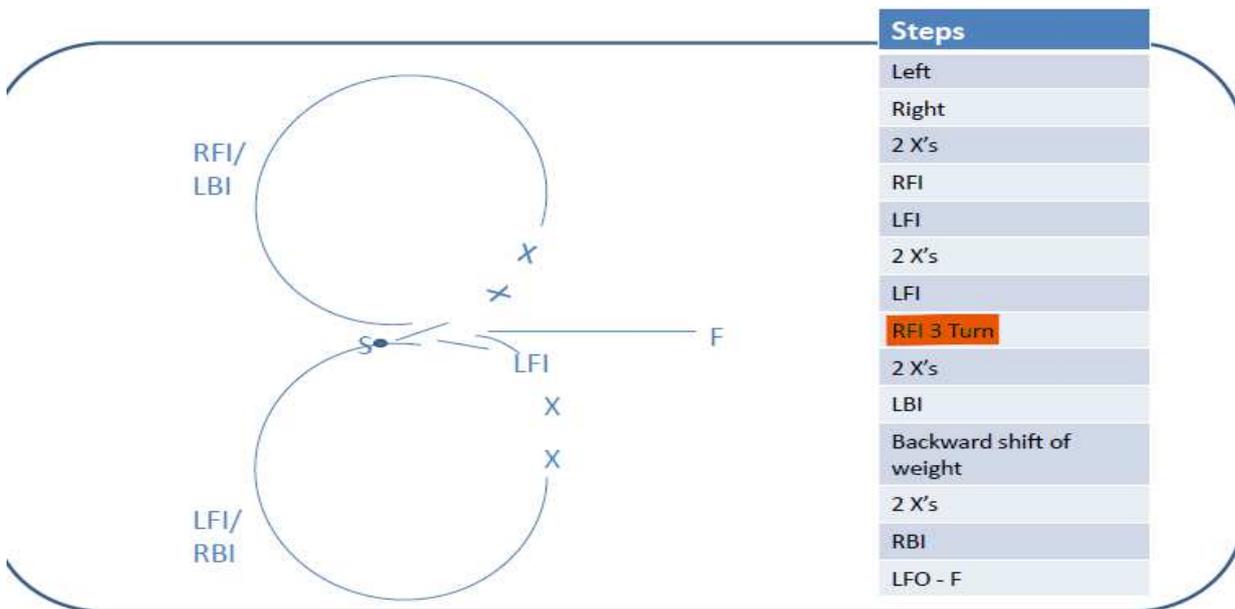


Proposed changes to skills exercises

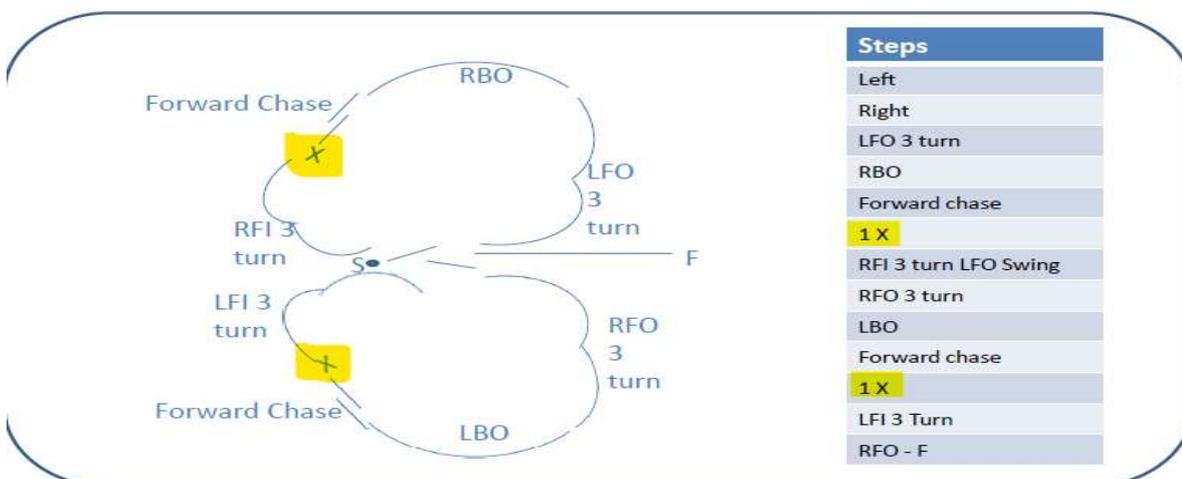
1) Skills 1 A (Inside edges)

• **Exercise Description:** The exercise is performed in a figure 8. The circles need to be the same size and the skater will be penalised for differing sized circles. The exercise is composed of crossovers, strong inside edges and a **swing mo-hawk**. The circle sizes should be in proportion to the skaters height. Skaters are encouraged to **NOT** use the hockey circles for this exercise. The Start and finish (With a Snow plow or show stop) is part of the exercise



The description says swing Mohawk. The steps say RFI 3Turn and the drawing shows none of these. We would like to propose that the change from forwards to backwards be executed by a RFI Mohawk.

2) Skills 1D (3 Turn in Figure 8)



We would like to propose that the x over be removed after the Chase on both sides and also that the word chase be spelt correctly.

Skills 2C (Power pulls, cross rolls and change of edge)

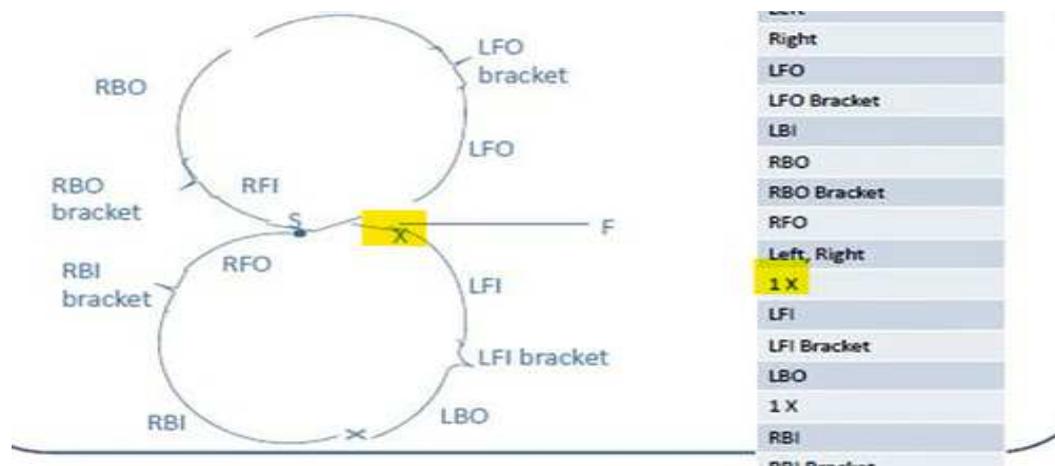
- **Exercise Name:** Powerpull, cross rolls change of edge using the full ice surface
- **Exercise Description:** The exercise is performed using the FULL ice surface. The skater will be penalised for not demonstrating good ice coverage. The exercise is composed of Change of edges, power pulls, three turns and cross rolls. The Start and finish (With a Snow plow or show stop) is part of the exercise
- **Key Focus Areas:** Power, Edge quality, Extension, posture

It was decided that this is not meant to be a power pull and as such the word should be removed from the name and description of this exercise. This will eliminate any confusion as to expectations from judges on test day.

Can we please have the spelling of roles changed to rolls.

It has been suggested by some coaches to allow the kids to also do a t stop to start and finish the exercises. Currently it only says that a show stop or snow plow are acceptable. While we understand that judges use their discretion when judging these tests, there are those that take it quite literally and will fail a child for not having done one of the listed stops.

Skills 3A



Removal of the x over before the LFI Bracket. Some kids do it and others do not as it is simpler to just step straight onto the LFI edge from the end of the 1st circle. Again it comes down to not wanting to have them penalised for not doing it exactly as it is listed on the drawing and description.

Skills 3 – Please can we have a revised skills 3 manual put on to the SAFSA website once these changes are completed because the current one on there is the original version with incorrect 3C and without having 3B swopped around to start with twizzles

Skills 3B

Addition of the extra LFI twizzle at the start of the exercise

Skills 3E

Change of the free skating movements to the following 6, of which 2 must be completed successfully.

1) Outside spread eagle, 2) Outside Ina Bauer, 3) 135 Spiral, 4) Biellmann Spiral, 5) Russian Split Jump, 6) Butterfly