

# DOWNLOAD PDF COMPETITIVE FIGURE SKATING FOR GIRLS (SPORTSGIRL)

## Chapter 1 : Advanced and Competitive Figure Skates

*Competitive Figure Skating for Girls (Sportsgirl) [Kathryn M. Moncrief] on calendrierdelascience.com \*FREE\* shipping on qualifying offers. Provides a history of the sport, offers an introduction to the fundamentals of figure skating, and profiles champion skaters Michelle Kwan and Taylor Webster.*

National championships are held by individual national skating federations and governed by their domestic rules. Qualifying competitions for the national championships are held by some larger countries with many skaters. National championships in lower age or skill divisions, such as junior and novice, are held in some countries. Results from national championships are excluded from SB and PB scores. Other[ edit ] Club competitions, also known as non-qualifying competitions, organized by a local figure skating club. These events have open entries and typically many age or test level divisions, and are sanctioned by, and conducted using the rules of, the national skating federation in the country where they are held. Skaters from other countries may enter these events with the permission of their own federation. ISI competitions are sanctioned by, and held using the rules of, the Ice Skating Institute instead of the national federation. Basic skills competitions are for low-level recreational skaters. Made-for-television competitions in a variety of formats. Unsanctioned professional competitions, including events such as the World Professional Figure Skating Championships and Ice Wars , and reality television programs where participants compete in figure skating. Skaters who participate in these events become ineligible to compete in future sanctioned events. International pro-am and invitational events that are sanctioned by the ISU but typically using different competition formats than standard international competitions. Pro-am and invitational events that are sanctioned by a national federation, involving eligible skaters only from that country, again typically involving nonstandard rules and competition formats. How competitions are conducted[ edit ] At an international or major national skating competitions, skaters in the same event are divided into groups for practice sessions before the competition. Because of safety concerns, there are usually no more than 6 singles skaters, 4 pair skating teams, or 5 ice dancing couples on the ice at the same time. The other skaters must exit the ice while each skater performs their routine. Skaters are usually given at least one "official" practice on the actual competition ice surface for each competition segment before the event, which allows them to orient themselves in the arena and check for any problems with the timing or sound quality of their music. Coaches are not permitted on the ice with their skaters at competition practices, and instead stand or sit behind the rink boards. At international competitions except for the Olympic Games, skaters are not permitted to skate except on the officially designated practice sessions once they have been credentialed at the competition. The start order for the initial phase short program or compulsory dance of the competition has traditionally been determined by random draw, but at some competitions is now the reverse order of seeding or qualification placement. Again, skaters are divided into warmup groups. During the competition, each group of skaters takes the ice together for few minutes of warmup, then each skater performs their program alone on the ice. The skaters then wait off the ice in the kiss and cry area for their marks to be read, while volunteers usually children called sweepers collect any flowers or other gifts from the ice. There is usually a break to resurface the ice after every 2 groups. In the second and subsequent phases of the competition, the start orders and warmup groups are determined by current standings, with either a random draw within each group or competitors skating in reverse order of standing, depending on the rules of the particular competition. As of , all international and most national competitions use the ISU Judging System to determine competition results. The judges, event referee, and technical panel officials sit together on one side of the ice, close to the ice level. The referee is responsible for running the competition, such as signalling the announcer and music booth, timing the warmup periods, and resolving any issues involving accidents or disruptions. Accountants are responsible for tabulating the marks and competition results. At many competitions, there are also trial judges sitting in a group behind the working officials, who practice-judge the event in order to qualify for a judging appointment. Following the competition, there may

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be a podium ceremony on the ice where medals, trophies, and flowers are awarded. Many competitions conclude with a gala or exhibition where the top finishers from each discipline, and sometimes invited skaters from the host country or club, perform show programs in a non-competitive setting. Qualifying and club competitions usually follow similar procedures. At these events, because of the number of competitors, skaters may only get a brief practice without music on the competition ice surface. At competitions where there are a very large number of competitors, they may be divided into groups for a qualifying or initial round, from which the best-placed skaters from each group advance to the final round. At club competitions it is also very common for the short program and free skating to be held as separate events with separate entries. Podium ceremonies are usually held in an off-ice area, and there is rarely a gala. Competitions in synchronized skating follow a somewhat modified procedure. Because of the impossibility of having more than one team on the ice at the same time, each team gets their own designated practice time before the competition, and a short warmup period immediately before their performance in which the team members usually file onto the ice and skate around in a choreographed formation to take up the opening position for their program. Qualifying competitions in the United States[ edit ] The United States Figure Skating Association holds national championships in five skill divisions. From highest to lowest, these are: Senior also known as Championship Junior Intermediate Juvenile Unlike the International Skating Union , which categorizes novice, junior, and senior skaters by age, in the US these are test or skill levels. For example, a skater who competes in the junior division must have passed the junior skating test in that particular discipline, but not yet the senior test. In practice, the skills required to pass the tests are well below those that are required to be competitive at the corresponding level, and skaters choose which level to test based on the level they think they can compete at successfully, rather than vice versa. As of , only the US Figure Skating national championship stands. The US Figure Skating Junior national championship has been removed, and all skaters juvenile and above must advance through their respective sectional championship, whether it be Eastern, Midwestern, or Pacific Coast. The qualifying season for juvenile skaters through senior skaters begins at one of nine regional championships, which are now typically held in the first half of October. The top four skaters from each regional advance to one of three sectional championships in November, from which the top four advance to the national championship in January. Up until the s, competitions were held later in the season, with regionals typically in November and sectionals often not until January. The regions and sections are:

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USARS Music Roller figure skating demands that its skaters combine a careful balance of precision, strength, and artistry into a single, impressive performance. The results are as spectacular to witness as they are to perform, and they demonstrate a mastery of the sport in all its intricacy. The breadth of roller figure skating is also reflected in the diversity of its members. Skaters of all ages can take an active part in the sport, finding any number of challenges to inspire them to reach their individual goals - from a beginner class to world-class championship competition. This diversity, both in appeal and participants, has made roller figure skating the largest division of competitive roller skating in the United States. They are judged on content and manner of performance. Skaters may choose to skate in a variety of categories or concentrate on only one. Figures Figure skating demands tracing accuracy, body control, and extreme concentration. Each skater retraces a series of figure patterns--combining a variety of difficult take-offs, edges, and turns--on a set of circles painted on the skating surface. Figure skating, considered the basis of all skating, teaches balance, control, and discipline. Skaters at the national level devote hours of silent and demanding practice each week to figure skating in order to attain their success. Skaters in this event are judged on their tracing of the figure circle, execution of turns and takeoffs, and posture. Loop figures are also another part of figure skating. Singles Singles free skating demands creativity, technical agility, and virtuosity. The objective is for skaters to blend the necessary ingredients of singles skating--jumps, spins, and footwork--with music to create a performance that embraces both sport and art. Judges search for speed and height in jumps, control, velocity and variety of position in spins, and originality and confidence in the footwork segments used to connect each item in the program. These elements are scored as technical merit. Pairs Pairs skating combines all of the difficulty of singles skating with the complexity of adding a partner. Harmony is the key to pairs skating, with partners mirroring each other as they move through their program. Skaters strive for the perfect conversion of music to movement by executing simultaneous spins, jumps, and footwork, punctuated by exciting and physically demanding overhead lifts. Contestants in this event are also scored according to both technical merit and manner of performance. Dance Team and Solo In dance skating, each team or individual skates to prescribed patterns and rhythms. Solo Dance is the only individual event where men and women compete against each other. Judges look for timing, posture, accuracy of the steps, and musical expression. In the World Class events, an Original Dance OD is skated to rhythms yearly designated by CIPA and requires the team to create their own original dance that must include four 4 required elements. The third portion in World Class events is the free dance, where teams skate their own original choreography to music of their choice. Each team tailors its program with music and moves best suited to its particular skating style. Precision Team Skating Precision Skating is a group of skaters all working together as a unit. Maneuvers and formations are done to music with a focus on unity of movement, accuracy of formations, and synchronization of the team. Two scores are given, one for composition and one for presentation. Show Team Skating; Large and Small The Show Team Skating is similar to Precision Team Skating in that required elements must be performed however only a maximum of four 4 Precision required elements are allowed in the routines. Props or accessories may be used within a show group. The Large Show Teams may consist of men and women having team members and the Small Show Teams may consist of team members. Qualifying teams go on to the World Figure Skating Championships.

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