



Free Skate Skill Sheet



Each free skate level is comprised of a variety of progressive skating skill, transitions, spins and jumps - all of which build on the previous skill, providing skaters a strong foundation of all elements. Instructors will focus on quality and master of skills

PRE-FREE SKATE

Skating skills:

1. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise.
2. Backward outside edge to a forward outside edge transition, clockwise and counterclockwise.
3. 2 forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise.

Spins:

5. 1 foot upright spin, optional entry and free-foot position (minimum 3 revolutions).

Jumps:

6. Mazurka (R & L).
7. Walz jump.

*Bonus Skill: Backward inside pivots, clockwise and counterclockwise.

FREE SKATE 1

Skating Skills:

1. Advanced forward stroking, clockwise and counterclockwise.
2. Basic forward outside and forward inside consecutive edges (4-6).
3. Back outside three-turns (R and L).

Spins:

4. Upright spin, entry from back crossovers (min. 4 - 6 revolutions).

Jumps:

5. Half flip.
6. Toe loop.

* Bonus Skill: Waltz jump-side toe hop-waltz sequence, or waltz jump-ballet jump-toe loop sequence

FREE SKATE 2

Skating Skills:

1. Alternating forward outside and inside spirals on a continuous axis (2 sets).
2. Basic backward outside and backward inside consecutive edges (4 - 6 consecutive edges).
3. Backward inside 3 turns (R & L).

Spins:

4. Beginning back spin (up to 2 revolutions).

Jumps:

5. Half Lutz.
6. Salchow.

*Bonus Skill: Variation of a forward spiral, skaters choice.

FREE SKATE 3

Skating skills:

1. Alternating backward crossovers to back outside edges - 4 sets.
2. Alternating Mohawk/crossover sequence (R to L & L to R).
3. Waltz 3 turns (forward outside 3 turn, backward outside edge glide).

Spins:

4. Advanced back spin with free foot in crossed leg position 3 revolutions).

Jumps:

5. Loop jump.
6. Waltz jump-toe loop or Salchow-toe loop combination.

* Bonus Skill: Toe step sequence, skater's choice, using variety of toe steps.

FREE SKATE 4

Skating Skills:

1. Forward power 3 turns (R & L), 3 sets each.
2. Waltz eight, clockwise and counterclockwise.

Spins:

3. Forward upright spin to backward upright spin (3 revs., each foot).
4. Sit Spin (minimum 3 revolutions).

Jumps:

5. Half loop.
6. Flip.

*Bonus Skill: Split jump, stag jump or split falling leaf.

FREE SKATE 5

Skating Skills:

1. Backward outside 3 turn, mohawk (backward power 3 turns), clockwise and counterclockwise.
2. 5 step mohawk sequence, clockwise and counter clockwise.

Spins:

3. Camel spin (minimum 3 revolutions).

Jumps:

4. Waltz jump-loop jump combination.
5. Lutz jump.

*Bonus Skill: Loop-loop combination.

FREE SKATE 6

Skating Skills:

1. Forward power pulls (R & L).
2. Creative step sequence, skater's choice, using a variety of 3 turns, Mohawks and toe steps.

Spins:

3. Camel-sit spin combination (minimum 2 revolutions each position).
4. Layback or attitude spin or cross-foot spin (3 revolutions).

Jumps:

5. Waltz jump-half loop-salchow jump sequence.
6. Axel.

*Bonus Skill: Backward outside pivot, entry optional.

Learn to Skate FAQ Sheet

What class do I sign up for?

If you have never skated before or have never had any formal instruction, we recommend starting in the following classes: Snowplow Sam 1 for ages 3 - 5, Basic 1 for ages 6 and above, Adult 1 for adults ages 17+.

What is included with the price of my class?

Class fee includes 30 min. of weekly instruction, skate rental on the day of class.

How and when do I sign up?

Register online at www.kcicecenter.com, by phone at 913-441-3033, or in person. Register early to ensure your spot, which will not be reserved until payment is received. Please register at least 48 hours before the first day of class. If there are less than 3 enrollments for a class at that point, the class may be cancelled or combined.

What do I need to do the first day?

Please arrive 30 min prior to the start time of your first class. Staff will help you with your rental skates. Rental skates typically run 1 to 2 sizes smaller than street shoes. On the first day of class, all skaters will meet their instructors off ice.

Do you offer any discounts

Yes? We have a multi family member discount. The 2nd and 3rd family member receives \$30 off. We also offer 2nd class discount for \$30 off another class offered during the week.

What do I need to wear?

Please wear warm, comfortable, layered clothing including gloves and thin socks. Helmets are recommended for beginners, but not required. (rounded bike helmets are sufficient)

What is the Learn to Skate USA membership?

All skaters are required to pay the \$16.00 annual (July 1 - June 30th) membership fee to Learn To Skate USA. This can be done by visiting www.learntoskateusa.com. This provides insurance from Learn to Skate USA for all of our skaters during class time and skaters will receive fun items such as a practice book and magazine. USFS is endorsed by USA Hockey.

Can I make up a missed class?

If you miss a class, you can make that class up at one of the other times your skaters level is scheduled. You must contact the Skating Director or call the rink to fill out a Make up Request form and all make ups must be completed by the last day of the current session.

Can I get a refund?

We do not have a refund policy on classes, however, we can hold your credit to be used at a later date or within your family.

Where can I purchase skates or equipment?

Here at Skate Express inside KCIC we have a good selection of introductory skates for under \$100. Scheels Sporting Goods at 6503 W. 135th St, Overland Park KS has a good selection of beginner skates under \$90. There is a play it again sports in the same are of Scheels that has skates also.

Questions? Contact Kay Gentges at kgentges@kcicecenter.com or 913-441-3033