

INTRODUCTION TO THEATRE ON ICE

The following information is a guideline for the Theatre On Ice section of the Aspire Program. Remember to tailor the class according to age and ability of the participants. Adjust times according to length of classes. Use this as a guideline only.

The skaters will be grouped by moves in the field and/or free skate level. Skaters in Aspire may be eligible to compete at the Compete USA levels or U.S. Figure Skating novice level and below.

BASIC CLASS MANAGEMENT

Class instructors should possess a strong background in dance and choreography (a theater background would be ideal, too). They should possess excellent communication skills and be able to comfortably communicate figure skating and Theatre On Ice terminology. Concentration is on music, creating and telling a story based on a theme while demonstrating the choreographic process and body movement. This program is customizable to both on- and off-ice classes.

NOTES FOR THE INSTRUCTOR

- Prepare lesson plans for both on- and off-ice practices
- Prepare music selections based on theme
- Prepare choreography to include theme, choreographic process and body movement
- Have necessary supplies available (paper, pens, markers, etc.)
- This is a team event, and there are certain requirements for each team. Please reference Compete USA and U.S. Figure Skating Theatre On Ice guidelines for team information. **If you have a U.S. Figure Skating Theatre On Ice team, the team must be registered with U.S. Figure Skating**

KEY TERMS

- Theme: the purpose of the program
- Choreographic Process: set of movements which are performed by individuals, small groups and the whole team
- Body Movement: the type of body movements the skaters are to perform individually and in groups.

Reference the Inter-Country Choreographic Exercise Dictionary for more definitions. The guide is available on U.S. Figure Skating website under Theatre On Ice.

THEATRE ON ICE LESSON FORMAT

You can divide skaters into several groups depending on the number of skaters and their levels. The curriculum will change each year when the different choreographic processes, themes and movements are announced. Refer to Compete USA and U.S. Figure Skating Theatre On Ice guidelines for more information.

1. Choreographic Process Lesson Levels 1 and 2:

prepare moves and have skaters perform them representing the following:

- Repetition
- Canon

2. Choreographic Process Lesson Levels 3 and 4:

prepare moves and have skaters perform them representing the following:

- Mirroring
- Call and response

3. Body Movement Lesson Levels 1 and 2: prepare moves and have skaters perform them representing the following:

- Allegro
- Soft movement

4. Body Movement Lesson Levels 3 and 4: prepare moves and have skaters perform them representing the following:

- Unison
- Percussive

5. Theme Lesson Levels 1 and 2: prepare music and have skaters interpret to it reflecting the following themes:

- Joy
- Body as an instrument

6. Theme Lesson Levels 3 and 4: prepare music and have skaters interpret to it reflecting the following themes:

- Traveling through space
- Rhythm

7. U.S. Figure Skating Theme, Choreographic Process and Body Movement Lesson: prepare moves and music to reflect the following:

- Theme: Poetry
- Choreographic process: Contrast
- Body movement: Amplitude variation

8. Divide skaters into teams and begin choreographing a Theatre On Ice program to music. This lesson may happen earlier in the class series depending on the number of skaters registered and determination of team levels. Prepare a program to perform at the end of the class series or for an exhibition or competition. Choreography can be done on and off the ice. Make sure you follow the Compete USA and/or U.S. Figure Skating Theatre On Ice guidelines.

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ASPIRE TO THEATRICAL FLAIR



HELPFUL HINTS

- How to form a team: The competitive season for Theatre On Ice typically starts in late March and runs through the end of June, but don't wait until after the New Year to begin! If your rink or club hosts a holiday ice show, choreograph a Theatre On Ice number for the entire team. This gives you, the coach, a chance to see how the team gels and to see how certain skaters work together. It also gives you more time to choose competition music and gives skaters time to improve elements or pass skating tests that may place them on a higher-level team.
- If the team is going to be a U.S. Figure Skating team, remember that they will compete with two different programs: a choreographic exercise (CE), which includes a theme, choreographic process and gesture/body movement, and a free program (FS). Compete USA teams only perform a choreographic exercise.
- The Compete USA and U.S. Figure Skating level requirements can be found at usfigureskating.org under Skating Opportunities and Theatre On Ice.

