



FIGURES AND FREE UPDATE

Please see below one of the agreed outputs of our first team meeting. We will be issuing an action plan earlier in the New Year to outline our plans for the future development of our discipline.

We are focused on making this a success and what we need from all you is as follows:

Coaches: Take control and responsibility for your skater, deal with their queries and any issues arising, take ownership for seeking advice or clarification and giving them feedback, thus allowing them to concentrate on their skating.

Skaters: Listen to your coaches, develop the right behaviour, and strive to be the best, be competitive. We do want to hear from you on areas that you feel could help develop our discipline.

Parents: Be supportive and there during the good and bad.

I will be more than happy to expand and explain my thoughts on the above this during 2019.

If we all do our bit here, we have a good chance of getting us back to where we belong internationally

Jim Drain - Head of Figures and Free (Interim)

MESSAGE FROM Chris Fox

Following the FF Coaching team meeting held on the 15th December, it was agreed that guidelines should be made transparent to the membership regarding selections for an international event. National gatherings following competitions will be used to formulate and select appropriate teams to represent Team G.B at international events. These gatherings will work on an invite only basis, to gain an invite the skater must meet the following criteria:

- 1st, 2nd or 3rd placement from Nationals 2018/19 or Champs 2018/19.
- "Noticed" at a seminar held throughout the year, showing clear potential and progress towards the guidelines given below. The behavioural aspect needed to compete, i.e. Attitude, Enthusiasm, Effort and Positivity at these events will also be taken into consideration.

At the national gatherings skaters will be expected to perform programs and receive feedback from the Coaching team. Performance will be based on the guidelines below but its important to note that these are not the selection criteria but are instead targets for skaters to aspire to. Official selection criteria will be advised nearer the time but these will be based around these guidelines given here.

I hope the below provides a transparent approach to the vision of the FARS figure and Free team in regards to making the selection process evidenced based following guidelines.

Have a wonderful Christmas and I wish all members a very happy and successful new year.

Chris Fox - National Coach for Figures and Free

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. Double Axel cleanly performed and 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 and one triple. 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

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 and two triple jumps cleanly performed individually or 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