

Part 2

RollArt – Skating Skills

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Thanks to Susan Brooks for allowing me to utilize her recent presentation on the B mark. And to Nicola Genchi for all the work he has done developing the system and his seminars.



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ROLLART

Thoughts and tips for developing your understanding of our new judging system

Essential Reading

Go to the section in the RollArt Artistic Impression section on Skating Skills and refresh in your mind what it says.

Then go on our friend Mr Google and type in the search bar

ISU Skating Skills

Videos

On Youtube.com do the same, and watch them through. While some of the terminology is different the principles are the same. We are trying to establish what great skating looks like. Criteria for objective assessment.

Information Overload

The first time we tried to do this analysis Nicola made the point that you can't deal with all of it at the same time initially. It occupies too much of your attention. It has to become somewhat instinctual.

His recommendation and what I have found successful for me is to focus on each component individually for a bit.

So as we start the Skating Components give it a try. As you watch some videos try to concentrate only on what skating is being presented.

The other thing I do at the moment is talk to myself in my head. Telling myself about what I'm seeing and listening to the language I'm using. When I watch Carolina Kostner for example I'm talking

about the lovely edges, the variety of turns, how effortlessly she moves across the ice with speed.

When I watch some of the young up and coming European skaters the language changes. Nice speed, some deep edges but a lot of flatter edges, good variety of turns but done quite flat, some reasonable skating, but you can see when they are pushing hard for speed, and a lot of toe pushes etc.....

If you go away from Freeskating for a moment and think of the South American Precision skaters like Millennium from a year or two ago the language changes again. Very short strokes, predominantly backward skating, a lot of stomping, turns are flat and hard to define.

7 Serious Sins Of Skating

- Stiff knees – for a skater to skate with fluidity and flow they must skate with bent knees and ankles. The skating should look fluid and effortless.
- Bending too far forwards – You are looking for a sense of balance, shoulders over hips over skate. When a skater bends forward at the waist this disrupts the centre of gravity and as a result the control, flow and sureness of the skating. This is more correctly an assessment of body alignment because it applies when performing elements that require a range of body positions.
- Pushing from the toes – excess use of toes to gain power and poor technique where the skater pops onto their toe stops as they skate.
- Balancing on the wrong part of the skate– the relationship between the skater and the floor is accomplished through the skate. To succeed in this a skater needs to carry their weight over the skate correctly. When they don't their skating looks fragile, awkward and unbalanced. Turns will be jerky and uncontrolled.
- Incomplete pushes – the skater does not use their knees, so the when you watch them skate the pushes do not go to full extension,

the thrusting foot leaves the floor early. This results in lack of power. The skater looks stiff, sometimes unstable, the opposite of effortless.

- Too many short jerky steps – as a result of the incomplete pushing and thru poor technique. They will often compensate by taking a lot more steps and it will look like a lot of effort.
- Skating on shallow curves – flats and lack of edges – need I say more?

Think about these “faults”, what do they look like?, how do they affect the skater’s performance?

Exercises to get a grip on Skating Skills

Pick a program that you quite like. I would recommend a long program because it gives you more to work with.

1. *Watch the program through and take note of how much of the program is spent skating forwards, backwards, clockwise and anti-clockwise, how many different types of turns do you see?*
2. *Watch it again and take note of the type of skating you are seeing, fast stroking, slow stroking, back cross pulls that just scratch at the floor or demonstrate good power skating, deep edges forwards but no backward edging. And see how many different choreographic elements you see. Remember a choreographic element is things like in a batters, spreadeagles, glides, etc.*
3. *Watch it again and start to pay serious attention to the way the skater is standing and carrying themselves as they skate. How does their posture change as they try and do different types of footwork and choreographical elements. How flexible are they – do they retain good balance and control.*

Repeat the above process with several more programs. Try and pick a variety of calibre skaters. But also try and find some lower calibre and younger skaters.

Now there is no way you will be doing this in a competition environment. You are not required to be able to say *"Sally did 3 rockers and 3 glides, and spent 2 minutes doing preparation skating in a 4 min program"*. But after you do this a couple of times you suddenly realise you are seeing the transitions more easily.

HOW DO I KNOW HOW MUCH TO GIVE?

Remember the Video of Carolina Kostner. Here is the score sheet for that program.

ISU European Figure Skating Championships 2018 LADIES SHORT PROGRAM JUDGES DETAILS PER SKATER

Rank	Name	Nation	Starting Number	Total Segment Score	Total Element Score	Program Score (factored)	Total Component Score (factored)	Total Deductions
3	Carolina KOSTNER	ITA	35	78.30	39.93		38.37	0.00

#	Executed Elements	Base Value	GOE	J1	J2	J3	J4	J5	J6	J7	J8	J9	Ref	Scores of Panel
1	3F+3T	9.60	0.70	1	1	1	2	1	1	1	1	1		10.30
2	3Lo	5.10	1.50	3	2	2	3	1	2	2	2	2		6.60
3	FCSp4	3.20	0.86	2	2	1	2	2	2	2	1	1		4.06
4	2A	3.63	x 1.00	3	2	2	2	2	2	2	2	2		4.63
5	LSp4	2.70	1.00	3	2	2	2	2	2	2	1	2		3.70
6	StSq4	3.90	2.10	3	3	3	3	3	3	2	3	3		6.00
7	CCoSp4	3.50	1.14	3	2	2	3	2	2	2	2	3		4.64
		31.63												39.93
Program Components		Factor												
	Skating Skills		0.80	9.50	9.50	9.25	9.75	9.50	9.25	9.25	9.00	9.50		9.39
	Transitions		0.80	9.50	9.50	9.25	9.75	9.00	9.25	9.25	9.00	9.00		9.25
	Performance		0.80	9.75	10.00	9.75	9.75	9.75	10.00	9.75	9.50	9.50		9.75
	Composition		0.80	10.00	9.75	9.75	10.00	9.50	9.75	9.50	9.25	9.75		9.71
	Interpretation of the Music		0.80	10.00	9.75	9.75	10.00	10.00	10.00	9.50	9.50	10.00		9.86
Judges Total Program Component Score (factored)														38.37
Deductions														0.00

That's the level of skating we are looking for to get into the 9's

Go back and look at the table of descriptions of the skating skills

MARKS RANGE	CAD/ YOUTH	JUNIOR	SENIOR	SKATING SKILLS
10.0				Outstanding body control and posture - outstanding inclination - deep knee action - wonderful thrusting - deep quite sure apparently effortless edges - elegant clever steps and turns.
9.5				Excellent body control and posture - excellent inclination - supple knee action - wonderful thrusting - deep quite sure fluid edges - elegant clever steps and turns.
9.0				Excellent body control and posture - excellent inclination - supple knee action - wonderful thrusting - strong sure fluid edges - stylish interesting steps and turns.

and this grid

SKATING SKILLS	EXTREMELY POOR	VERY POOR	POOR	WEAK	FAIR	AVERAGE	ABOVE AVERAGE	GOOD	VERY GOOD	OUT-STANDING
VALUE	0-9%	10-19%	20-29%	30-39%	40-49%	50-59%	60-69%	70-79%	80-89%	90-100%
Quality										
Carriage										
Difficulty										
Directional										
Team skating										

The next part of this process is to be clear in your mind what those words mean. What is outstanding body control vs excellent body control. When you get down to the 5's that changes to limited posture – so what does that look like.

The international documents go down to 2.0 because it is expected that any skater at a level that has them taking part in a competition would be skating at this level. However discussion in Australia was that we sometimes are dealing with skaters who almost can't skate. The system will allow a score down to 0.

It is timely to remind you that for components 0 essentially means – absolutely no skating skills – in essence they can't skate.

Be careful that you do not mix this up with the QOE of a technical element – in that instance 0 is average/acceptable/correct but not outstanding or special.

A beginner in a novice event can skate, but not very well. Maybe the fall stiffly from foot to foot when going forward, but when they go backward all you see is backward scissors. You don't see edges, any turn from forward to backward is a struggle probably on 2 feet. So they would get a mark above 0 but less than 1.0

And so the analysis goes on.....

As a judge you need to have a good grasp of what you think each level looks like across all disciplines.

Don't be afraid of these low scale marks, they are NOT "Bad". They are simply a reflection of what you see.



It was pointed out to us in Perth that it is important to be honest with skaters – the one of the most valuable things they get from this new system is the chance to see their scores improve as their skills do.

A FEW MORE REFERENCES

<https://youtu.be/bu1TFFHNZ7o>
https://youtu.be/NzcS_HlgLKQ