

Welcome to Freestyle!

Once you have passed Delta, you can begin to climb the ten levels of Freestyle as described by the Ice Sports Industry.

Testing is a little different in Freestyle than in the basic levels. There are two stages of testing:

(1) Compulsories -- you must pass the six or seven maneuvers for each level first. Each maneuver may be attempted twice, and the better performance will be graded.

Each skill must be preceded by at least four continuous, accelerating strokes. The landing edge of each jump must be held a minimum of three seconds. The exit from all spins must be on a controlled edge on one foot for a minimum of three seconds for a distance equal to the skater's height.

(2) Program -- after you pass the compulsories, you must skate a continuous program incorporating all of the required maneuvers (1.5 minutes for Freestyle 1-3) to music. Each program must include at least one additional maneuver for "extra content," but this maneuver must be from a lower level or from a list of "uncaptured" maneuvers. The program must have a pattern that covers all sections of the ice. Timing begins with any action after the music begins and stops when the skater stops moving. The passing standard is a score of 5 or higher on a 10-point scale.

You can learn this program in by arranging to have private lessons from an instructor. You will need to pay for the ice time for a Freestyle session (see the "Skaters Guide to the Ice Chalet") as well as the private lesson cost for the instructor of your choice and the cost of editing the music (see "Private Lessons" brochure).

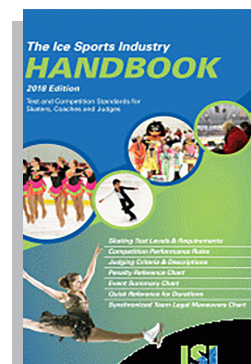
Freestyle test sessions are offered about once a month -- look for the test sign-up notice posted on the bulletin board near the fireplace. Your instructor (group or private) must place his/her initials next to your name verifying that they believe you are ready to test, so don't sign up until you are told to do so. Skaters must pay \$ 30.00 for each freestyle test, but members of the Ice Chalet Skating Club save \$ 5.00 per test session. Be sure to dress nicely to show your professionalism and to show off your posture and skills.

Freestyle 1

1. Forward Inside Pivot
2. Two-Foot Spin
3. Forward Arabesque
4. Backward Edges (Inside and Outside)
5. One-Half Flip
6. Waltz Jump

Freestyle 2

1. Ballet Jump
2. Waltz Jump-Taptoe-Half-Flip
3. One-Half Lutz Jump
4. One-Foot Spin
5. Two Forward Arabesques
6. Dance Step Sequence



The ISI Handbook (www.skateisi.com) describes the minimum passing standards for the skills in each Freestyle level. The Ice Chalet usually has these books for sale; you can also buy them online at skateisi.com.