



THIS IS *new*

**A project made by Belén,
Georgia and Yazmín for you all**



**Georgia Marchisio, Belén and Yazmín
Barrionuevo - ARG**

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[Developing Young Skaters](#)

ALWAYS *USEFUL*

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 Will update monthly with your help!

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COACHES CORNER

new

by **CHRISTY KRALL**

Developing excellent figure skating jumping

Remember the old question, "which came first, the chicken or the egg ? Well, in figure skating athlete development, the BIG question is .."what's more important in training young skaters, to jump higher or to rotate quicker ?"

While both of these elements are essential for jumping, the most important foundation an athlete must develop and understand the principles of body alignment and how to accelerate upward.

The fundamental principles of alignment are:

1) The knee must align directly over the middle toe of the foot when bending

Tip : Put a stick on the middle toe of the skaters foot and have the athlete bend so the knee tracks straight into the stick.

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2). The hips must remain tucked under and level – imagine your hips as a bucket of water, if you tip your hips backward water will splash out forward. Or if you tip your hips sideways to the right, then the water is going to slush out the left side.

3). The ears must be in line with the shoulders, and the back of the head in line with the spine -any sort of head tilt will not create the body angle –(a 90 degree bend at the hips)

The order of events when bending down is always activate the ankles first, then the knees and third, the hips. The order of events for jumping upward is always the hips are activated first, then the knees and third the ankles extend.

All too often, we see the hips are activated first when bending downward which means the athlete will be pitching forward (anterior loading) and not achieving an athletic angle and utilizing the posterior chain for the most explosive usage of the glutes and legs.

This all sounds very simple, but this is also absolutely essential for the “loading” and “exploding” mechanism to jump higher and must be initially taught off the ice to your young athletes. This must be an early developmental skill and introduced at the intro level of skating. For example: a simple exercise is skating forward across the ice and understanding - ankle -knee -hip going down and - “hip -knee -ankle” coming up.

This same language can also be employed for the swizzles, the order of events by pressing -ankles, knees, hips as the skaters move the feet outward into the ice and then repeating” hips, knees, ankles” as athlete pull the feet together.

As coaches of the young athletes, it is important to “say” the correct dialogue, so the skaters understand the correct order of events.

Introducing rotational rate must be introduced off the ice first and should be done at the very entry level of ‘learn to skate’ classes.

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Young athletes should be using spinners as they prepare to execute and understand what the correct air position must be. There are various types of spinners. The EDEA spinners or Tiny Spinners (On Amazon) can be used.

The key formational spin development is : the skater must have a straight leg that they are standing on, with the hips tucked under, the free leg must be crossed over the standing leg and held firmly with a strong free foot. The head must be anchored over the skating side of the body and the arms need to be close to the core with the hands above the elbows and placed on the chest. Young athletes can also learn this rotational position by doing tiny quarter turn hops while remaining in this strict position and then learn to jump up and "stick" the landing position.

So simply ... spinning positions start off the ice at a very early developmental age with absolute detailed repetition of how the body must be held.. And it is repetition, repetition, repetition at a young age that will enhance the position necessary for quick rotational rates.

Moving to the ice -excellent skating skills will produce excellent high jumping results.

Once again, focusing on the -ankle - knee -hip activation for the push and the stroking action will successfully lead to the correct order of events for jumping high into the air. In my opinion airtime is the king of ice-skating, and the queen of ice-skating is rotational rate .

You simply cannot complete the number of rotations required unless you have the correct amount of airtime. Therefore, the focus needs to be the dramatic explosive power of the ankle, knees, and hips plus the complete extension of the legs at the moment of takeoff.

From a biomechanical perspective, this proper alignment and proper order events will give the skater the correct amount of velocity (how fast something moves in a short amount of time) to reach the desired height.

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The next developmental phase in developing jumping is doing walk-throughs of the jump, i.e. stepping through each piece of the jump, the load, the explosion, the air position (backspin) to the landing in very slow, controlled fashion, and in perfect positioning.

So here is a radical proposition and a big shift to the way to train and develop figure skaters: With ice times being limited and an issue of the Latin American countries, consideration must be given to developing young skaters off the ice for the majority of their figure skating training. And actually, coaches should consider that most of the skaters' development will be athletically off the ice. This will include strength and conditioning, learning all jumps -single and double off the ice first -plus learning all the spin rotational positions off the ice first and foremost.

So in conclusion : train airtime first and when the skater has achieved, proper explosive jumping slowly add rotational rate to the jumps.

The athlete should be completely competent in air positions off the ice before trying to do any multiple rotating jumps on the ice



ABOUT CHRISTY:

Place of residence Colorado, EE. UU.

- Place of residence: Colorado, USA
- US Figure Skating Director of Athlete Programs 1996-2002
- World and Olympic Athlete
- World and Olympic Coach
- Coach of World Champion , Patrick Chan 2011 & 2012

Currently presenting figure skating seminars and is the Oversight for CASA, Coaching Alliance of South America

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OUR MEMBERS AND BIOS



Gale Tanger - USA

- Country residence: USA
- Advisor Latin American Development
- U.S. Figure Skating Hall of Fame
- Professional Skating Association Hall of Fame & 3-time Official of the Year
- ISU Gold Medal of Merit
- Referee, Judge, Technical Controller U.S. & ISU Author & Presenter
- 6 Olympic Games — Chef de Mission - Salt Lake City, Team Leader-Lillehammer
- Skate Milwaukee — Founder, Chief Referee



Diana Marcos - MEX

- Age: 53 years
- Place of residence: Monterrey, México / Denver, Colorado
- Coached up to Senior Level at Mexican Nationals
- 2023 PSA Member / 2024 USFS Member / 2024-2025 USFS & Learn to Skate compliance / PSA SENIOR Rating in Freestyle / PSA Certified Rating in Group
- 4 times World Competitor / 3 times Skate America competitor / 4 times Mexican National Champion
- Major in Communication Sciences, TEC de Monterrey.
- Diploma in Tourism, TEC de Monterrey
- Diploma in Human Development, UDEM



Jorge Cañizares - ECU

- Age: 40 years
- Country of residence and federation: Ecuador
- I started coaching at the age of 20 years and worked for the Ice Palace rink, in the city of Quito
- Experience in the role of coach for 18 years and as director of the skating school for 12 years
- Member of the PSA for several years
- Currently national judge of Ecuador



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Mónica Moreno - ECU



- Age: 37 years old.
- Founder, and current Director and Head Coach of Ice Gravity Skating Club (Ecuador).
- Coach Level 2.
- More than 17 years guiding students through various levels of competition. Adult Specialist.
- Member of the National Technical Committee.
- Senior Student of Skating Sports College in Argentina.
- Solid experience in organizing and directing: international and local seminars, shows, trips and special ice skating events.
- Tourism Engineer.



Diego Robles - MEX



- Age: 38 years
- Countries of residence: Mexico & Peru; Argentine, Spanish & Ecuadorian citizen
- Head Coach - Youth High Performance Development Project from Latinoamerica - Coach training program for new ice rinks
- IAM Mastermind- Coaching Business & Leadership
- SETEC & SENESCYT Ecuador - Sport Science
- Coaching experience for over 24 years / Certified in FEP (level 2); FPPH & ISU Level 1; Assisted 3 times Visiting Coach ISU
- Free Skater & Ice Dancer since 2006 (previous was roller skater for 15 years; World Junior medal 2003)
- Dancer for over 33 years: ballet, modern, jazz, flamenco, tango.



Esteban Vargas - CRC



- Age: 28 years old
- Country of residence: Costa Rica
- Title: Architect
- Technical coordinator of the Castillo Country Club skating school - Costa Rica
- Ice skater from Costa Rica with a career of more than 14 years as a competitor and coach
- First skater from my country to compete internationally in 2018 and 2019.
- Working on the process of becoming an ISU member, and organizing the first figure skating competition in Costa Rica.

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Deborah Caroline Vale Bell - BRA

- Snowland, Gramado-Brazil
- 3x Brazilian senior national Champion
- Show choreographer at snowland Gramado
- Certified by American Ice Theatre
- Dual Nationality British/Brazilian



Mariano Fuentes Carrillo - PER

- Places of Residence: Lima, Peru & North Carolina, USA.
- Figure skating coach, technical specialist and judge in Peru and USA.
- Founder member of Peruvian Ice Skating Federation (FPPH)
- USFS member / ISU e-learning education
- More than 10 years coaching experience.
- I'm a lawyer by profession practicing for 15 years in Tax and Finance
- I was member in the National Team of Peru in Athletics (Track and Field)
- Official events as TS and Judge in: Peruvian Federation, Latin-American Championship, Argentina National Championship, USA & Canada



Eduardo E Garcia - BRA

- Pro Skater for over 37 years
- Holiday on Ice
- Disney on Ice
- Snowland Academy exclusive coach



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María Jesús Caneo Seville - CHI

- Age: 26 years
- 2 years of experience as a coach
- Club: "Florida Ice Skating"
- Member of the Chilean Ice Skating Federation
- I take classes inside the Cerrogrado Quilicura Ice Rink
- Profession: Business Administration



D. Belén Barrionuevo - ARG

- Age: 29 years
- Place of residence: Ushuaia, Tierra del Fuego, Argentina
- I started as an assistant in classes at 17 years old. Starting in 2017, after graduating as a Physical Education Teacher, I began teaching classes as an Instructor.



Karla Barrientos - CHI

- Chilean federated trainer with 2 years of experience working with children and adults.
- National champion in 2022 at the Pre-FS level
- Professor of English
- Founding team of CASA, currently collaborator on social networks



Yazmín Barrionuevo - ARG

- Age: 25 years
- Place of birth and residence: Ushuaia, Tierra del Fuego, Argentina.
- He started as a classroom assistant at the age of 14.
- From 2018 to the present, she offers classes as an Instructor.
- Marketing and advertising specialist
- Completing studies at the Faculty of Medicine of the National University of Tucumán.



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Yelyzaveta Omelchenko - ARG



- Age: 28 years old.
- Place of residence: Buenos Aires, Argentina
- Argentine Olympic Committee Executive Council Member, in the commissions of: "Winter Sports", "Sustainability in Sports" and "Sports Education & Argentine Olympic Academy"
- FAPH (Argentine Figure Skating Federation) delegate (2021-2025). ISU Congress 2022, held in Phuket, Thailand
- Club: "Asociación Civil Escuela Rusa de Patinaje" (AREPH) / Assistant coach & Choreographer of Serguei Rybnikov Team (2014 - present)
- Competitive figure skater (2008-2019). Junior level
- Certified in FAPH; ISU Level 1; Assisted 3 times Visiting Coach ISU / Moves in the Field coach: Pre-preliminary to Novice.
- Professional experience in foreign trade, sales, and translation (English, Russian & Spanish)



Rocío Bodnar - ARG



- Age: 30
- Country of residence and federation: Argentina
- I started helping my coach when I was 18, and then I took all the courses that my Federation gave. I am a certified coach within FAPH. Also technical specialist, personal trainer and physical trainer certified by Interval school and with UNDAV endorsement. I am a Graduate in Design and Visual Communication.
- Currently my work is 100% dedicated to sports. I give skating classes to a large part of the students at CAU (the club I am associated with) in Buenos Aires, under the @desliz.ar subschool.
- I participate and am in charge of the choreographies in a children's synthetic skating show here in Buenos Aires. And I am beginning my design career to guide and put it at the service of sports institutions and/or people with projects for sports.

REFRESH!

WHAT HAPPENED BEFORE?

[1st Newsletter Here](#)

[2nd Newsletter Here](#)

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