



CASA

Figure Skating

Coaching Alliance of South America

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THIS IS



The **59th Ordinary ISU Congress** was held in Las Vegas (USA) from June 10-14.

Follow the link for the latest news on the event:

[ISU CONGRESS 2024](#)

ALWAYS USEFUL

[LATAM RINKS DIRECTORY](#)

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WE INVITE YOU

We are excited to present a

WEBINAR

Join top ISU level experts:

- Nancy Garcia (ISU TS)
- Ariadna Negrete (ISU Judge)

This Webinar is a great opportunity to learn and understand the new ISU rules from the 2024 ISU Congress.

SATURDAY, JULY 27

3PM. (1500). MEX & PRI

4PM (1600). ECU & PER

5PM. (1700). CHL

6PM. (1800). ARG & BRA

Mark your calendars now!
More information regarding the Webinar to follow.

If you are interested in joining the CASA Board of Directors Team or have any questions regarding CASA please contact Christy Krall



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COACHES CORNER

by **EDUARDO GARCIA
& ARTHUR ALCORTE**

From wheels to ice: four points to keep in mind

1) Mindset

- The first step is to make it clear and explain well that the skater will need to go back to basics, as this is an essential step throughout the transitioning process. A well guided process in the long run will create good results.
- It is extremely important that the skater understands that the beginning of the transition will be monotonous, and that he/she needs to work hard on the "basic skating skills" so the skater can learn to have control of his/her basic edges and turns.
- Control is the key to the transition, having the knowledge of the correct edges and knowing how to control them throughout any exercise will lead the skater to consistency.

2) Knowledge of the equipment:

- It is extremely necessary and beneficial for the transitioning that the skater knows his/her Equipment (boots and blades). The skater must

know where each part of the blade is and what it is used for such as the inside/outside edges, the rocker, heel and toe pick. It is also essential to understand the use of the toe, when and how to use it. Just know where each part of the blade is and what it is used for such as the inside/outside edges, the rocker, heel and toe pick. It is also essential to understand the use of the toe, when and how to use it.

- It must be emphasized that the way the skates are tied must follow the standard guideline for safety and good functioning of the equipment.

3) Knowledge and Adaptation of Biomechanics:

- It is important that the coach talks and explains in detail about each skill and the mechanics of the movement with the positioning of the body. This way he will associate the mechanics of roller skating with the precise mechanics of the ice. They must be able to adapt whatever is necessary to know how to execute the movement correctly and effectively, i.e. control and body awareness.
- After understanding the mechanics (theory and practice),

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the skater must begin to understand that the blade is a continuation of the feet and not a tool attached to the boot. The boot is just the instrument that connects the blade to the body.

- During this first stage, it is necessary for the coach to know how to demonstrate each element precisely, so that the skater understands how to execute the movement and can have the correct position. At this point the skater usually finds it difficult to be able to distinguish the wrong from the right position and usually isn't able to have the correct control to be able to execute the element with ease.

4) PATIENCE, PATIENCE AND PATIENCE:

- This will certainly be your most important skill; the coach will have to constantly repeat and correct exercises to build up the basic skating.

- For the transition to be effective, daily work must be carried out. Building a solid foundation which

requires a lot of time and dedication from both the skater and the coach.

COACHES

Remember that everything with this process is a reconstruction, you will be working with skaters that already may have some self-awareness and an athlete mindset, which is good as this will enable the process to progress at a quicker rate than a complete beginner. Both skaters and coaches need to understand that with each skater there will be a different path you may need to overcome for the process to work and this is always a process of trial and error. The coach needs to keep in mind that the skater "already knows how to perform the element" but in a different way as the overall movement may be the same in both sports but how it is executed will be different in each sport.

Here at Snowland Academy, we have completed several transitions from roller skaters to ice skaters, varying from intermediate level skaters to advanced level skaters, including triple jumps. We would like to emphasize that this entire process requires A LOT OF DEDICATION, but the result can be very rewarding.

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COACHES CORNER

by **DIANA MARCOS**

Adult skaters: a pleasure to watch on the ice

Teaching a 5-year-old to skate is very simple: they are excited, most of them are not afraid and are willing to do whatever you tell them to do because they don't think beyond gliding and having fun.

Adults are different. They are aware that they can fall over and over again and maybe even hurt themselves. They think thoroughly many times about what to do and even though they try to do it, they have that little person inside their head telling them all the bad things that could happen.

And this is where we as coaches must reassure them that we are going to teach them how to fall and that if they follow our instructions, everything will be fine.

I find it a great pleasure to have adult trainees.

Why? For several reasons.

They are never late. There is no pressure from parents. No one is demanding results from them. No nagging from a third party. They skate because they want to.

They pay attention during the whole class. They do not get distracted. They are thirsty to learn and understand what is being explained to them on the ice. They want to be their best version.

They are responsible for paying for their classes and they value every single minute. They treasure it.

Working with adult skaters is like teaching a friend this sport that for me is the best. To see an adult skate is to admire them, respect them and know that they are making a great effort to learn something they never did as children. And for that it takes a lot of courage and self-esteem.

It is important to convey confidence and explain to them repeatedly that they do not need to do anything complicated or of great difficulty, just watching them glide across the ice, immerse themselves in their routine and perform it is breathtaking.

So, the next time you're by an ice rink and you see an adult skating, whether they're 28, 37, 45, 58, 65, 70 or older, I ask you to stop, enjoy every step they make and give them a round of applause, because believe me they deserve it.

Bravo to adult skaters!

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by **MARIANO FUENTES**

What is SafeSport?

After several emblematic cases of abuse and harassment in sport during the 2010s attracted attention around the world, reflecting the need for better protection of athletes. Sport institutions such as sport clubs, federations, Olympic committees and even government authorities proved to be ineffective in promoting appropriate behaviors in the sport environment and in reporting the grievances athletes had suffered in relation to sexual, physical and emotional abuse.

SafeSport is a response to the scarcity in the promotion and application of the culture of practicing sports in a safe environment, seeking to educate people involved in sports activities through principles and practices that eradicate inappropriate behaviors that may constitute interpersonal violence, mainly towards athletes.

The U.S. Center for SafeSport is an independent entity in the U.S., whose creation was authorized by the U.S. Congress, to promote education

and prevention of inappropriate behavior in order to create a safe and respectful environment in the sport environment.

Practices, policies, programs and guidelines have been developed by experts for those who lead the sport, on and off the game field, such as coaches, doctors, mentors, officials, parents and even the athletes themselves.

These practices are encouraged through course modules available on the U.S. Center for SafeSport website that must be updated annually by those in the sports environment.

In each module we can observe information on sexual, physical and emotional abuse through an interactive content platform, as well as practical examples of behaviors in sport where one might be engaged, either directly or through another person, as well as an appropriate way to deal with these behaviors.

Education

Those involved in the sport receive an applied education on the importance of promoting these appropriate practices, through the

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by **MARIANO FUENTES**

description of each of the types of abuse and harassment that their athletes may suffer, their materialization in the sport environment, as well as identifying the existence of these behaviors and how to deal with their eradication in order to solve the problem.

Prevention

Everyone is encouraged to participate in the prevention of inappropriate behavior that qualifies as interpersonal violence, abuse or harassment. However, it is the people who lead the sport, on and off the field, where prevention begins. Coaches, doctors, mentors, assistants and even parents are the ones who must set the example, encouraging good practices in sport. SafeSport outlines the behaviors that these "sport leaders" must have in order for their athletes to be in a safe environment.

Responsibility

Tackling misconduct is the responsibility of sport stakeholders, especially those who lead teams or direct sporting activities. The obligation to report inappropriate

behavior is everyone's responsibility and that the same is elevated to the corresponding authorities, whether to the team leaders themselves or to the sport leaders, as well as to the sport institution that governs the sport or the corresponding legal authority.

Through SafeSport, procedures are created so that athletes can report misconduct and the people who lead the sport are equally responsible for applying the corresponding procedure without any under-the-table deals.

Through SafeSport the rules are clear and there is no reason to handle inappropriate behaviors "in-house" or excuses to hide such behaviors.

Shall we take USFSA as a guide?

In US Figure Skating the use of SafeSport is mandatory for all ice skating members who wish to take part in the development of the sport. Through SkateSafe®, US Figure Skating establishes that all its members (coaches, competition officials, mentors, skating directors, doctors, as well as anyone who is in charge of training in the sport under

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a specific skating program) are required to take this course and renew it annually.

While there are various ways of dealing with sexual, physical and emotional abuse through the institutions that safeguard the world of sport, SafeSport has established that the rules are clear and compliance is not optional.

The implementation of the SafeSport rules has created mechanisms for athletes who have suffered some type of abuse and harassment to feel safe and be heard. Sport stakeholders in charge of sport development and promotion have been able to standardize the criteria they must follow to prevent these inappropriate behaviors from existing in their sport environment.

In Latin America, sexual, physical and emotional abuse are practices that are illegal under the legislation of each country. However, the problem is not the criminalization of inappropriate conduct, but its handling by members of the sport, as well as the attribution of responsibility. The ordinary procedure using law enforcement

and the courts is not efficient in eradicating misconduct and determining the responsibility of the perpetrator of the conduct or the sport stakeholder in charge of the team or venue where the misconduct takes place. The procedure itself is cumbersome and lengthy, without being able to provide an immediate result or take immediate action.

SafeSport is a solution to the ordinary procedures of each country, providing the necessary education, prevention and responsibility tools that can be applied by the institution in charge of the athlete who has been the victim of inappropriate behavior.

In the next edition of the Newsletter we will share with you the implementation of SafeSport in the countries of the region. Don't miss out!

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