

# Impressions of a Performance

Every skating performance should always present the skater's ability and skill in a pleasing manner. For this to happen, the program must contain body movements that compliment the technical elements.

Body movements must be creatively used to highlight and enhance the technical elements. At a high level of presentation the audience and judges are unaware of the degree of technical difficulty because the skater makes everything appear natural and part of an accomplished choreographic statement.

The skating technique should not overwhelm the selection of music and the choreographic statement that embodies the skater's body movements. The technical aspects of the program should never be the main focus.

The choreographer is successful when technique and feeling the skater brings to the program includes the same level of

technical execution as well as the artistic involvement.

Each skater adds his or her own personal depth of feeling and expression into his or her performance. Understand the music and body movement to express the musical theme is the first step towards a skater being able to convey his understanding to the audience.

Every skater should strive to incorporate their genuine feelings in their program without causing a problem to successfully performing the demanding technically required multi-revolution jumps plus striving to accomplish higher levels in spins and step/spiral sequences.

All figure skating performances consist of a hierarchy of positive and negative judging impressions that can be ranked on a scale of .25 to 10, with 10 being the most desirable performance and .25 as the least desirable response.

There is a range of technical and artistic presentation that may occur in any given performance.

Technical Skill Development	Choreographic Statement	Performance Empathy
<p>Technically clean performance consisting of:</p> <p><b>Jumps</b></p> <ul style="list-style-type: none"> <li>➤ Fully rotated</li> <li>➤ Controlled, running exits. Performed with speed and height.</li> <li>➤ Little or no loss of flow on 2<sup>nd</sup> or 3<sup>rd</sup> jumps in a combination or sequence.</li> </ul> <p><b>Spins</b></p> <ul style="list-style-type: none"> <li>➤ Positions held more than the minimum required rotations.</li> <li>➤ Balanced number of rotations before and after changes of feet.</li> <li>➤ No recentering when changing feet</li> <li>➤ Flying spins that really fly</li> </ul>	<p>Elements reflect and support the composer's musical score, tempo, and theme</p>	<p>Ability of performer to involve audience in an empathic communication</p>