

# AUSTRALIAN FIGURE SKATING

Figure skating is one of the most popular sports in the world today. In Australia more than one and a half million people lace up skates every year. The inclusive programs Ice Skating Australia offer, encourage people to become involved and stay involved for life.



ice skating  
for **HEALTH**  
**FUN &**  
**CONFIDENCE**

**Aussie Skate™** is the national learn-to skate program designed for beginners of all ages. It is the entry-level program, focusing on fun, health, fitness and self-confidence and is designed to teach fundamental skating skills to children, young people and adults. After mastering the basics there are many options available.



## ABOUT ISA

Ice Skating Australia (ISA) is the national governing body for Figure Skating in Australia. Ice Skating Australia is a member of the International Skating Union (ISU), recognised by the Australian Sports Commission (ASC) and is affiliated to the Australian Olympic Committee (AOC) and the Olympic Winter Institute of Australia (OWI).

Ice Skating Australia consists of seven State/Territory Members whose representatives form the ISA Council. ISA is operated by an elected Board of Management and Operational Directors manage specific areas of responsibility.

### OUR ISA VISION

To provide everyone involved in figure skating - skaters, coaches, officials and volunteers- with the opportunity to reach their full potential.



Visit our website for further information

**[www.isa.org.au](http://www.isa.org.au)**



Australian Government  
Australian Sports Commission



**ICE SKATING  
AUSTRALIA**

**GREAT THINGS  
CAN HAPPEN**

**[www.isa.org.au](http://www.isa.org.au)**



# BRANCHES OF FIGURE SKATING

## SINGLE SKATING

The most popular form of figure skating. Skaters perform jumps, spins, footwork, and other skating moves to music. A skater performs and skates alone. Men compete against men and women compete against women.

## PAIR SKATING

The most thrilling event in figure skating. A man and a woman skate together and perform jumps and spins both together as a pair and side by side in unison. The man lifts and throws the lady.

## ICE DANCING

A form of ballroom dancing on the ice where a man and a woman skate together and perform a variety of turns, steps, twizzles, spins and lifts. Overhead lifts are not permitted.

## SYNCHRONIZED SKATING

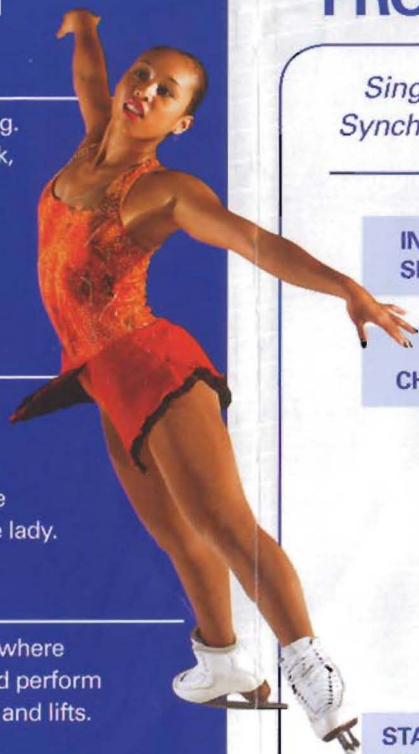
Team skating with up to 16 skaters performing a routine in unison to music and skating together in various patterns.

## ADULTS

Especially designed for adults to either participate or compete in the relevant figure skating branches whether they are new to the sport of figure skating or a seasoned veteran.

## THEATRE ON ICE

Popular in Europe, where it is known as Ballet on Ice, it combines the grace of figure skating with the excitement of theatre and dance. Teams consist of 8-30 skaters.



# FIGURE SKATING PROGRESSION

*Single Skating, Pair Skating, Ice Dancing,  
Synchronized Skating, Adults, Theatre on Ice.*



# COMPETITIONS

Skaters develop to achieve their goals from **Aussie Skate™**, club, interstate and state competitions through to the Australian Figure Skating Championships and representing Australia at international events.

# NATIONAL DEVELOPMENT PROGRAMS



## ASAS NATIONAL SQUAD

The High Performance Program (HPP) is for athletes who demonstrate ability or potential to represent Australia and succeed at high level in Junior and Senior International Championships.

Australians Shine At Sochi (ASAS) National Squad aims to achieve international results and deliver athletes to the Olympic Winter Institute for the 2014 Olympic Winter Games.

## OCEANIA DEVELOPMENT PROGRAM

This junior development program fast-tracks Primary to Novice level skaters to Junior International level in a coordinated three year project between Australia, New Zealand and Singapore.

The focus of the program is to strengthen the level of competition and raise the standard of skating within the region through training camps and providing educational opportunities.

Other discipline specific development programs and camps are also offered.

