

PRACTICE PATTERNS

Please note the Rink Safety Diagram to understand the flow of traffic on free-style practice sessions.

- Spins are best practiced at center ice. Standstill jump practice is best placed on the goal lines in the corners opposite the Lutz corners. Edge jumps are generally practiced on a continuum just outside of center ice.
- Practicing the Lutz presents particular safety issues. Try to be especially aware of your surroundings when you are in the Lutz corners. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.
- Remember, skaters may jump and spin in either direction. Take note of these skaters and again, be particularly mindful of both Lutz corners.
- Dance and moves in the field patterns utilize the perimeter of the rink (using the continuous/perimeter axis). These patterns vary and, depending on the level of the skater, may fully utilize the ice surface.

