

# The Complete Book Of Figure Skating

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the executive director of the professional skaters association psa provides proven technique instruction for more than 100 skills presenting them progressively from beginning to advanced levels of expertise 170 photos

alphabetically arranged entries include biographies of champion skaters histories of the major branches of competition and descriptions of skating forms

figure skating is the most popular televised sport at the olympic winter games and is the oldest of the winter sports having first been contested at the games of the fourth olympiad in london in 1908 no other sport creates such a perfect balance between athleticism and artistry and the athletes many of them household names like oksana baiul brian boitano nancy kerrigan evan lysacek katarina witt and kristi yamaguchi spend years in training to make it look effortless the historical dictionary of figure skating relates the history of the sport through a chronology an introductory essay an extensive bibliography appendixes and over 800 cross referenced dictionary entries on hundreds of skaters past and present but also on skating countries governing bodies skating disciplines technical elements skating styles and many other subjects this book is an excellent access point for students researchers and anyone wanting to know more about the history of figure skating

though it s graceful and beautiful to watch don t be fooled champion level figure skaters are some of the strongest most technically skilled athletes anywhere learn about this stylish sport and find out how the pros train do you think you have what it takes to give it a try

a former north american champion and member of three united states olympic teams gives her impressions of this art sport

the science of figure skating is the first book to provide an evidence based and comprehensive reference for the

scientific underpinnings of this complex olympic sport where early specialization presents unique challenges for coaches and athletes alike drawing on cutting edge research and featuring contributions from leading academics and practitioners the book covers key topics of health training and high performance in figure skating including physiological demands nutrition and hydration training methods psychology and mental performance novel issues relating to performance such as travel and jet lag technological innovation effectively and succinctly applying theory to practice the science of figure skating is a valuable resource on integrating sport science concepts into training and performance it is essential reading for any applied sport science student or researcher with an interest in winter sports and coaches sport science officers nutritionists or clinicians involved in figure skating

we all love to watch figure skaters as they glide across the ice and perform amazing spins and jumps and now one of the world s premier skaters and teachers has written a clear kid friendly book for boys and girls of all ages who want to master this popular sport in this book she breaks down the basics of the sport for any skill level with helpful drawings and a glossary of important terms this encouraging introduction to figure skating is lively informative and fun the perfect guide to making a child s skating dream a reality

double axel triple toe you ve got all the right moves ever since sonja henie took the ice in 1924 women figure skaters have captured the hearts and imaginations of viewers around the world although this beloved sport is graceful and artistic don t be fooled figure skaters are intense strong athletes so lace up and get on the ice the history the rules and the heroines these nonfiction accounts of women s sports relate the interesting insights of each sport including the rules game play and standout athletes girls looking for role models as well as the hows and whys of their favorite game will find the answers in these fresh accessible titles part history part biography and part instruction girls play to win allows readers to access everything they want to know about the game more than an introduction this series takes what is likely an existing interest and allows the reader to delve deeper content consultants are real world experts that include olympic athletes and coaches library media connection editor s choice

in a sport played by tens of thousands watched by millions and worth nearly half a billion only a chosen few guide the dynasty that is figure skating this is their story with others along the way once considered a genteel

pastime figure skating in the current day is big business both on and off the ice it is a sport controlled by an elite group of individuals who attract the public's attention rule the sport's direction receive the most accolades and have the power to banish others from or admit them to the kingdom these personalities are a mix of skating royalty business titans and politicians as the viewing public learned during the 2002 olympic winter games skating is a world filled with stars scandals and social tiers frozen assets takes you both front row and backstage in the skating world there are the luminaries scott hamilton kristi yamaguchi katarina witt nancy kerrigan oksana baiul tara lipinski and michelle kwan there are the power brokers who populate international management group and tom collins enterprises there are the almighty officials of the international skating union there are the working stiffs and there are the media and the fans watching it all

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