

FIGURE SKATING

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DIAGRAM OF A FIGURE SKATE

Figure Skating is a great Olympic sport. It is apart of winter

Olympics. Here are some great facts you might want to know about spins involved in

the great winter Olympic sport **FIGURE SKATING.**

SSPIN, TWIRL, JUMP

The Axel- The Axel is a jump where skaters do from an outside edge of your figure skate. After the jump and your on your landing you end on the outside edge in the same position you started. Experts say the Axel jump is one of the most difficult jumps and the only one that starts in a forward position. Have you ever done the Axel?

The Lutz- The Lutz is a jump where skaters use their toe picks on their figure skate just like the spin The Toe Pick. They jump up from your back outside edge on your figure skate and after the jump you land on the opposite foot in the same position. Now comes the hard part on the foot you landed on you glide backwards then you tap your toe pick on the ice and rotate. That sounds hard to me. The Salchow (pronounced Sow-Cow)- The Salchow is a jump were skaters take off

from the inside edge of your figure skate and then after you did the jump land back on the outside edge of your figure skate but on the opposite foot. Did you also know that the Salchow was named after a famous Swedish figure skater, Ulrich Salchow who won the first gold medal in the Olympics for figure skating. In 1901-1911 he kept winning gold.

Spins

Spins are something you must have in all figure skating competitions especially in the Olympics (they are required). Did you know that? If not cool you learned something new!! Spins also exist in all 4 Olympic rules. So if you happen to compete in the Olympics in your routine there must be at least 1 spin. If you have more you will have a much better chance of winning gold! That shows how important

spins are to figure skating.

As you can see spins are an important part to figure skating!