



Ice Skating Australia Incorporated

Affiliated to the International Skating Union

ISA Communication 139 – Aussie Skate™ Adult Bridging Program

8/2/	8/2/2022	Effective Start Date:	1/4/2022
Communication no:	139	Version Number:	1.0
Review Date:	1 st January 2023		
Related Policies/ Procedures/ Forms	NA		

1 Purpose of the Communication

To communicate the changes to the Aussie Skate™ Adult Bridging Program.

2 Application of the Communication

The changes to the Aussie Skate™ Adult Bridging Program will commence from 1/4/2022.

3 Communication Statement

To date there has been only one free skating level for adults after the first three classes. For skaters following the adult curriculum, having the one level may not suit all adults or what they want to learn. This revised Bridging Program provides more options for adults and caters for a wider range of ages, abilities and comfort levels.

This new Bridging Program provides a pathway for competitive adult skaters moving into Adult IJS levels and International Adult Competitions. For those skaters who are planning on competing in IJS levels, this should develop greater skating competency. The new Edges classes also cater for those skaters who decide they want to pursue Synchronised Skating, Ice Dance or Theatre on Ice.

For a rink offering an adult skating program, this allows a rink to offer more classes to adults who are a growing customer group for rinks.

For skaters wanting to compete in free skating divisions, they would need to complete the adjacent Edges class ie Free Skate 1 needs to complete Edges 1. This is to back up the development of the skating skills in conjunction with the free skating skills. Plus for those skaters who are going to head into IJS levels, this should develop greater skating competency and result in a better standard of adult competitors.

All lessons should commence with rink stroking in both directions as a warm-up, either around the rink or a figure 8 (depending on numbers and safety considerations).

Level	Class Elements	Elements included in Competition
Adult Edges 1 Focus is on forward skating skills and edges	Chasses on a circle	No competition level
	Basic Forward Outside Consecutive Edges	
	Basic Forward Inside Consecutive Edges	
	Basic forward change of edge (in figure 8)	
	Forward outside rolls (4-6)	
	3 Turn Sequence (frmly Waltz 3's)	
	Forward Change of Edge 3 Turns	
Adult Edges 2 Focus is on backward skating skills and edges	Basic Back Outside Consecutive Edges	No competition level
	Basic back inside executive edges	
	Back outside 3 turns (L & R)	
	Back inside 3 turns (L & R)	
	Forward power 3's (3 each foot)	
	Backward Cross Rolls	
	5 step mohawk pattern	
Free Skating 1 Must have completed Adult Edges 1	Forward Attitude (R & L)	
	Forward Inside Pivot (1-2 revs without stopping)	Yes
	Lunge (L & R)	Yes
	Inside Ina Bauers (CW & ACW)	
	1 foot spin (3 revs, correct entry and exit)	
	Forward cross leg spin (3 revs)	Yes
	Forward Outside Spirals (R & L, approx 3 sec)	Yes
	Forward Inside Spirals (L & R, approx 3 sec)	
	Forward cross leg spin (3 revs)	
	Waltz jump from back crossover entry	Yes
	Salchow Jump	Yes
	Half Flip Jump	Yes
Free Skating 2 Must have completed Adult Edges 2	Half Lutz Jump	
	Back Inside Pivot (1-2 revs without stopping)	Yes
	Back Outside Spiral (L & R, approx 3 sec)	Yes
	Back Inside Spirals (approx 3 sec)	
	Back Spin in Cross Leg Position (3 revs)	Yes
	Camel spin (3 revs)	Choice
	Sit Spin (3 revs)	
	Change of foot upright spin (3 revs each foot - foot crossed on each spin)	Yes
	Waltz Jump/Loop Jump Combination	
	Toe Loop Jump	Yes
Loop jump	Choice	
Flip jump or Lutz jump		

Any questions about this communication contact the Sport Development Chair Kim Wilson – aussie.skate@isa.org.au.

Change History

Version	Approval Date	Change
1.0	TBA	New Communication