

# Robert Unger ISI Competition



## ***Stroking: Pre-Alpha through Delta***

Forward, both directions, until told to stop;

Strokes and crossovers are judged.

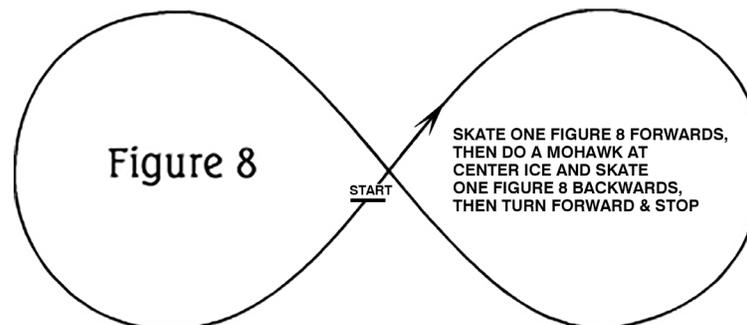
(All in same event will go together and wear wristbands.)

## ***Stroking: Freestyle 1-4***

Forward, both directions, and backward, both directions - no pattern; just turn or change directions when told. Strokes and crossovers/cutbacks are judged. (All in same event will go together and wear wristbands.)

## ***Stroking: Freestyle 5 and up***

Forward and backward in a figure eight pattern: One figure eight forward, turn backward in center, one figure eight backward, then stop. Strokes and crossovers/cutbacks are judged. (Will go one at a time; no wristbands.)



## **INTERPRETIVE**

- (1) First skater in each warm-up group -- report to chaperone area early. Just before warm-up, we will play the music for the first time for that skater.
- (2) During warm-up, we will play music two more times for all skaters.
- (3) All but first two skaters are taken somewhere they can't hear the music.
- (4) While first skater performs; second skater will sit or stand with back to the ice surface, face to the wall, to hear the music one more time. Same procedure to be repeated for each additional skater in that warm-up.

## **FIGURES**

Skaters will choose one figure with turns to perform for competition.