
The Science Of Figure Skating

Do You Really Want to Skate on Thin Ice?

Don Laws

Artistry on Ice

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The Science of Figure Skating

The Encyclopedia of Figure Skating

Artistic Impressions

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Physical Science in Snow and Ice Sports

A system of figure-skating, the theory and practice as developed in England, by H.E.

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ANNA ZAYDEN

Do You Really Want to Skate on Thin Ice?

Firefly Books

In contemporary North America, figure skating ranks among the most 'feminine' of sports and few boys take it up for fear of being labelled effeminate or gay. Yet figure skating was once an exclusively male pastime - women did not skate in significant numbers until the late 1800s, at least a century after the founding of the first skating club. Only in the 1930s did figure skating begin to acquire its feminine image. Artistic Impressions is the first history to trace figure skating's striking transformation from gentlemen's art to 'girls' sport.' With a focus on masculinity, Mary Louise Adams examines how skating's evolving gender identity has been reflected on the ice and in the media, looking at rules, technique, and style and at ongoing debates about the place of 'art' in sport. Uncovering the little known history of skating, Artistic Impressions shows how ideas about sport, gender,

and sexuality have combined to limit the forms of physical expression available to men.

Don Laws Science Gets Physical

Discusses skating's many technical and artistic advances, its important figures, its intrigues and scandals, and the historical high points during its evolution.

Artistry on Ice Human Kinetics

Text and illustrations demonstrate basic skating steps--skating forwards, skating backwards--through such advanced techniques as the double flip and the triple Salchow.

The Language of Coaching
Norwood House Press

This book discusses the science behind various elements of ice-skating, particularly a triple axel. The chapters examine case studies of famous sports moments, explain how the athletes perform these actions, and document the history of how scientists, doctors, and coaches have been working to make these sports safer. Sidebars include thought-provoking trivia. Questions in the backmatter ask for text-dependent analysis. A timeline provides history, key developments, and

advancements associated with the sport.

Figure Skating Cherry Lake

Figure skating, which is the world's most popular winter Olympic sport, is the subject of this volume.

Though figure skaters are often known for their theatrical and artistic performances, author Jennifer MacKay outlines for readers the complex physical and biomechanical properties at work in this beautiful and demanding sport.

From the development of the indoor ice rink, to the application of Newton's laws of motion, to the psychological challenges faced by many skaters, MacKay explores how these athletes achieve amazing physical accomplishments and perfect their art.

The Science of Figure Skating Simon & Schuster

Introduces the figure skating events at the Winter Olympics, including how they are judged and world records and trivia about the sports.

The Encyclopedia of Figure Skating

Createspace Independent Publishing Platform
Profiles of 17 famous skaters from World and Olympic Championships.

Illustrated with color photographs.

Artistic Impressions

Firefly Publishing

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

The Complete Book of Figure Skating Universe Publishing(NY)

Motor skill acquisition and athlete development practices are rapidly evolving. Positioned at the forefront of this evolution, the constraints-led approach encourages practitioners to consider the athlete as a whole person, with unique traits, abilities, and capacities. Accordingly, an athlete's competitive success lies in the practitioner's ability to adapt programming to the unique needs of each athlete and to facilitate the athlete-environment relationship. A Constraints-led Approach to Figure Skating Coaching applies contemporary motor skill acquisition and athlete development practices to figure skating. The book encourages coaches to think about why they coach, the athletes they want to support, and the goals they want their program to achieve. It informs coaches how to transform these core considerations into the driving inspiration for their daily coaching practices including assessment methods, the coach-athlete

relationship, practice structure, competition preparation, and conceptions of technique. The lessons here are founded on the constraints-led approach. They are personal, yet broadly inclusive to the global sports programming market. The book is written through a 'conversive' voice and is accessible to a broad audience interested in athlete development and programming such as coaches, athletes and parents. At the same time, academics and students in the areas of sport coaching, biomechanics, motor skill acquisition, strength and conditioning, and related disciplines will find interest in the insights provided from this underrepresented niche in sports.

Figure Skating Creative Paperbacks

In "Inside Figure Skating", award-winning sports journalist Beverley Smith draws on some 16 years covering figure skating for the "Globe and Mail" to introduce the reader to the behind-the-scenes world of figure skating and to many of those who make the magic happen. [Figure Skating](#) Cherry Lake Celebrate the Winter

Games with this high-interest introduction to figure skating, the sport known for its singles, pairs, and ice dancing events. Also included is a biographical story about figure skater Yuzuru Hanyu.

The Official Book of Figure Skating Focus Readers

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 Constraints-led Approach to Figure Skating Coaching](#)

Routledge

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.

Physical Science in Snow and Ice Sports

Amicus Illustrated

Nearly all snow and ice sports involve overcoming the force of friction and reducing it as much as possible. Get an edge on your competitors with this informative book, which

reveals the science of sports such as skiing, snowboarding, figure skating, bobsleigh, and luge. Discover how winter athletes overcome physical forces to fly in the air, increase their speed, and spin endlessly without falling over.

A system of figure-skating, the theory and practice as developed in England, by H.E.

Vandervell and T.M. Witham Rowman & Littlefield

This title examines the STEM concepts that make figure skating so engaging. From the physics of angular momentum to the engineering of blades, chapters bring STEM concepts to life. The title also features sidebars on STEM in action, a glossary, and further resources.

[Figure Skating's Greatest Stars](#) Little Stars

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.
[Becoming a Figure Skater](#)
 Human Kinetics
 Learn about the Physics of Ice Skating!
 Translational and Rotational Motion!
 Position, Velocity, Acceleration, & Force!
 In this book, readers gain access to real scientific data pertaining to the science of ice skating, promoting graph-reading, comparison, contrast, and calculation skills. Graphs show data from the following scientific

instruments: Wireless Dynamics Sensor System Force Plate This book allows readers to analyze real data without purchasing expensive lab equipment. Graphs show the movement of a skater across synthetic ice. Moves demonstrated include starting and stopping, forward and backward stroking, turning and footwork (3-turns, brackets, rockers, counters, mohawks, and choctaws), and gliding (camel position, spirals). These data can be used for lesson plans by teachers and parents. Bonus Material: Other features include graphs of the forces involved in stepping, and graphs of a skater falling through thin ice. Plus, appendices include diagrams of a left-right color-coded cartoon character, "Blue Dude," demonstrating footwork and skating positions.

Figure Skating M&S
If you think you might like skating, this book covers the basics on clothing, rules, and beginner skills for skating on ice.

A System of Figure-skating Doubleday
At the 1984 Olympics, American Scott Hamilton skated into the history books when he claimed a gold medal in Sarajevo. Beside him the entire time

was his coach, Don Laws. A member of the U.S. Figure Skating Hall of Fame and a U.S. Junior Champion, Laws is one of the most respected and admired ice skating coaches in the world. In addition to Hamilton, Don was the coach of champions Michael Weiss and Patrick Chan. This authorized biography tells the story of Law's exemplary life and chronicles his singular dedication to figure skating. Don Laws: The Life of an Olympic Figure Skating Coach recounts Don's youth, from his childhood in Washington, D.C. to his Junior Men's Figure Skating Championship to his triumphs as a coach on the international stage. Featuring personal interviews with many of his former pupils, this humorous and enlightening biography captures Don's dedication to the sport and to his students. In addition, this book goes behind the scenes of the controversial new judging system--for which Laws was one of only four coaches worldwide to take part in its creation--as well as touches upon the break between Don Laws and his star pupil, Patrick Chan. Including exclusive

interviews with Scott Hamilton, Michael Weiss, premier Russian coach Tamara Moskvina, former International Skating Union member Sonia Bianchetti, and current ISU President Ottavio Cinquanta, this book is a one-of-a-kind look at a man who never broke from his beliefs and ideals and never wavered in his love for the sport. A chapter devoted to skating techniques laid out by Laws will be a helpful tool for figure skating coaches; but for the figure skater, and for any fan of the sport, it will be the stories, interviews, photographs, and history that make this book entertaining and inspiring.

[Little Stars Ice Skating](#)
Willowdale, Ont. : Firefly Books
Learning to think in graphs can be fun! In this book, readers learn about sports in an entirely new way, through graphs! This book contains 28 graphs of moves from figure skating, including:
Footwork Connecting Moves Spins Jumps
Graphs contain a selection of physics data including force, acceleration, and trajectory. The graphs present data which can be compared and contrasted in order to understand the basic science of figure

skating.