

THE
Figure Skating
BOOK

Debbi Wilkes

A YOUNG
PERSON'S
GUIDE TO
FIGURE
SKATING

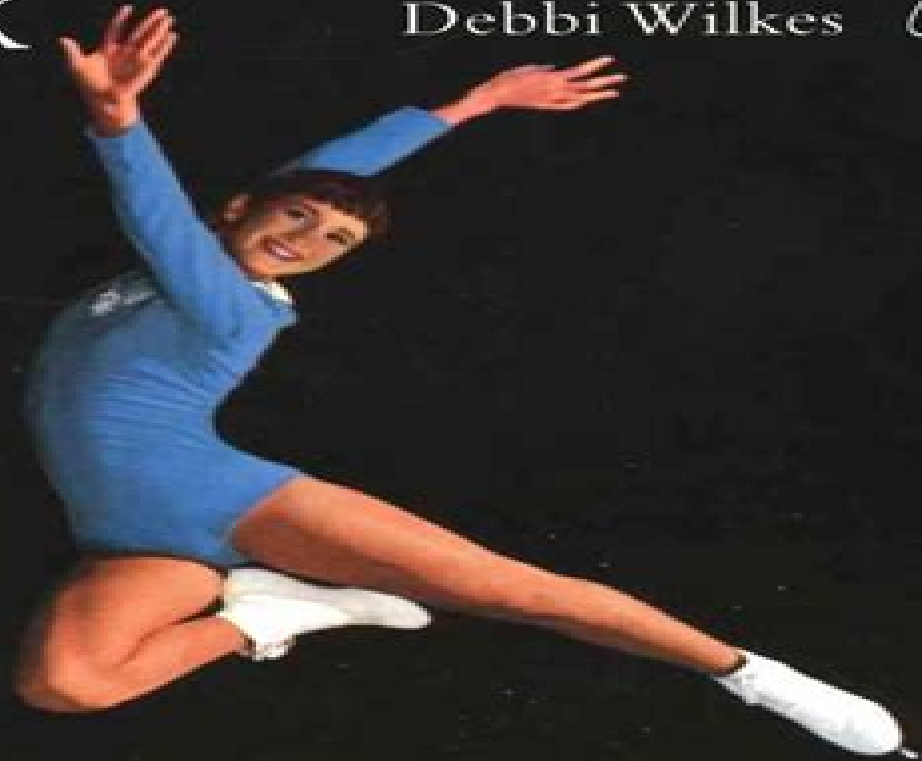


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The Figure Skating Book Debbi Wilkes,1999 If you re ready for the cold long hours early mornings frustration excitement and success then *The Figure Skating Book* is for you The delicate combination of strength and grace makes figure skating one of the most popular sports for both spectators and athletes alike Debbi Wilkes a professional skater with years of coaching experience has created an informative book that teaches the basics of gliding stopping and stroking and then goes on to illustrate and explain all the major steps and manoeuvres that are involved in the fascinating sport of figure skating Including Spins Corkscrews and Camels Half flips Waltz jumps Lutz and Axels Spirals Pivots and Gallops Chasse Swing rolls and Dance holds Illustrated throughout with more than 100 step by step black and white illustrations and photographs *The Figure Skating Book* also includes information on the history of the skating moves explaining who made each famous and how This indispensable guide is a must have for anyone interested in learning how to skate 1999 **Figure Skating for**

Fun! Jen Jones,2006 Discusses the sport of figure skating the equipment used safety issues and competitions *The Young Person's Guide to the Internet* Kate Hawthorne,Daniela Sheppard,2005-11-23 In this easy to use reference over 1600 websites have been carefully researched and selected with educational and recreational needs in mind Sorted into thirty categories including all National Curriculum subjects the book provides brief descriptions of each website and the resources you can expect to find there Some of the wide ranging categories include art attractions careers and students environment film TV and radio reference and revision The format is unique and simple making this a perfect resource for young people parents and teachers and an excellent support tool for schools and libraries *The Figure Skating Book* Debbi Wilkes,1999 Instruction for the most commonly performed maneuvers accompanied with step by step photography and line drawings

Best Books for Children Catherine Barr,2006 Contains more than 25 000 titles of books recommended for children in grades K 6 **Insiders' Guide® to Houston, 2nd** Laura Nathan-Garner,2012-10-02 For more than twenty years the *Insiders Guide* series has remained the essential source for in depth travel and relocation information Written by locals and true insiders each guide is packed with useful tips on places to stay restaurants events attractions fun thnigs to do with the kids nightlife recreation shopping local history and much more as well as a comprehensive appendix called Living Here that offers information on real estate education health care and more *The Young Adult's Survival Guide to Communication* Atlantic Publishing Group,2016-10-30 This book gives you the tools you need to navigate through school work and personal relationships with confidence and eloquence Learn how to use personality tests to categorize yourself and use that information to build a communication strategy for yourself *Index de Périodiques Canadiens* ,2001 **A Study Guide for Ted Kooser's "Delights and Shadows"** Gale, Cengage Learning,2016 A Study Guide for Ted Kooser s Delights and Shadows excerpted from Gale s acclaimed Literary Newsmakers for Students This concise study guide includes plot summary character analysis author biography study questions historical context suggestions for further reading and much more For

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external reports often highlight injuries violence and unhealthy environments Recent reports in Sweden have drawn attention to the exposure to violence in figure skating including cases that violate children s rights This dissertation explored the health of young Swedish figure skaters identified risk factors for physical and mental health issues and explored future ways to promote health and safety in figure skating Papers I and II were based on a cross sectional study conducted via a questionnaire among a community population N 400 of licensed competitive Swedish figure skaters of all levels In total 137 female skaters aged 12 9 years SD 3 0 were included in the analysis Paper I investigated factors associated with sport injuries It found that one third of young skaters had sustained a severe injury episode in the past year and one fifth had an ongoing injury at the time of the study Injury episodes primarily affected the lower extremities Reported sport injury episodes were associated with being older and skipping more main meals per week Paper II examined mental health and associated factors It showed that nearly half of the participants reported anxiety caseness while one in ten reported depression caseness Older participants exhibited poorer mental health and anxiety caseness was associated with being older and with displaying a negative body image perception Papers III and IV employed reflexive thematic analysis of qualitative interviews with twenty Swedish licensed competitive figure skaters aged 12 to 25 median age 16 Paper III focused on the athletes health related experiences and how they balanced these with athletic performance Young figure skaters held a positive view of their sports participation They desired sustainability in their development and requested agency in decision making Young figure skaters sought accountability from adult stakeholders Paper IV explored young figure skaters knowledge experiences and attitudes towards violence against children when participating in sports Athletes struggled to recognise and report violence against children in sports which was seen to perpetuate the normalisation and legitimisation of such behaviour In conclusion very young athletes at the community level presented with a high degree of sport related ill health that appeared to worsen with age both physically and mentally Repeated load insufficient energy intake negative body image perceptions and inadequate adult support contributed to adverse health consequences This dissertation highlights the need for improved safety measures and consistent implementation of protection systems engaging collaborative resolutions across ecological levels within figure skating in Sweden and internationally This research emphasises the importance of addressing figure skaters health needs listening to young athletes experiences and working towards creating safer and healthier environments for all sports participants

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