

# 5 Ways to Focus on Program Components

PC DEVELOPMENT SYSTEM

PROGRAM  
COMPONENT  
DEVELOPMENT

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## Performance: Share, Express, Perform

- Know each step, turn, and transition so well that you can do it naturally
- Connect with others in the space and share the art of your performance
- Strive for excellence, not perfection ~ Achieve Performance you are proud of & enjoy!

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## Interpretation of Music: Your Personal Style

- Develop a relationship with the music that is your own
- Listen to your music off the ice regularly to learn all the timing, rhythm, & nuances
- Bring your movement art together with the music to showcase your personal style

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## Composition: Your Piece of Art

- Take ownership of your program & treat it with respect
- When you practice the program, work with it as an entire piece of art from start to end
- Notice what works and what could be improved; then communicate with your coach

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## Transitions: Tools for Choreography

- Practice each transition you have with intention, daily
- Once you can skate the transition, add flow & ease of movement
- Allow your transitions to become second nature with focused repetition & improvement

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## Skating Skills: Skill Set of Skating

- Create great skating habits with your warm up, edge development, & practice of turns
  - Focus on Quality when you skate from edge to eyes - skate with your full body
  - Learn as much as you can about edges, turns, field moves, & unique skating