

STARSKATE TRIATHALON SEMINAR
NOVEMBER 23RD, 2008
Royal Glenora Club

Subject: CREATIVE SKILLS AND INTERPRETIVE EVENTS
Presenters: KELLY ANDRES, ARLENE CALLAN, BERNARD FORD
Hosted By: AB/NWT/NUNAVUT SECTION
Coordinator: HOLLY HENDERSON

INTERPRETIVE NOTES:

*An Interpretive should speak to you!! When watching it, one should be able to stand behind the glass without hearing the music and still have an idea of the theme from the gestures and skating being presented.

*If the CPC is being used, the highest weighted program component marks for the interpretive event would be: Transitions, Performance, and Interpretation

*Suggested Process for putting together and Interpretive Program:

1. **Select the Theme First!** Be clear on what it is you are going to have the skater interpret and express. The Title is also chosen at this point.
2. **Select the Music!** Now find the music that will assist you to portray the theme that you have chosen for the skater.
3. **Create Choreography!** Now you are ready to have the choreography created on the ice.

*TIP: Select age appropriate music. Select "ability" appropriate music.

*When the skater steps out on the ice, they need to truly PERFORM!!!

*SELL IT!!! Use the lines and carriage that are characteristic of the piece you are performing!

-Head up, Show it off to everyone, use quality edges in and out of all turns and on any change of edge spirals (and your overall skating), use interesting and varied transitions, watch that the direction of the program changes and that the patterns use the full ice

*Only spin if the Music calls for it

*Use dramatic facial expression – be appropriate and perform with your face in conjunction with your entire body for a believable performance

*Be aware of which moves are illegal (a new one is that no hands are allowed to touch the ice at any time)

*Keep the outfit Athletic in Nature (not a carnival outfit)

**Kelly's hint: "If in doubt, Leave it out!"

*TITLES

-Choose verbs or action words that can be portrayed

-Most of the time, the title of the song is not helpful as a title

-Don't assume everyone knows a word – ex. Terms from POP Culture that seem obvious are not always known by everyone - also names are not necessarily good either – ex. Belle at the Ball (it is a reference that not everyone will be familiar with)

BOTTOM LINE: Portray what you're saying!!

*Use the whole body: Torso, head, hands, legs, arms . . .

*Choreography

- You are COMMUNICATING with the Judges (if they have no idea what you're saying, they are lost and then not really able to give you the best marks)

- The music should seem like it is accompanying the skater's every move almost as if the skater is conducting the music through their movement

- Pay attention to the parts of the music:

Intro

Instrumental Bridge

Musical Climax

Finale

- The skating should be congruent with the phrasing of the music

- Look for musical cues to create choreographic nuances

- Live up to the music you have chosen . . .

*There are 3 Levels of the performance

1. Technical content

2. Choreography, Character, Style

3. How well the skater can SKATE

*Pretend that the Judges are deaf and that they are understanding your interpretation completely from your movement (don't rely on the

music to say anything to them – not that it doesn't compliment what you are doing – but you want the performance to be able to stand up on its own)

*Research and understand the style you are portraying; get into it; the bodyline should be attained (Ex. "Bollywood" is a different bodyline and movement than "Charleston" or "Jazz" etc.)

*There are 2 kinds of acting:

1. Movie Screen Acting – This is subtle as the camera can close in and catch any twitch of the face or detail in small movements

2. Theatre Acting – The audience extends hundreds of feet away from the performer and the actions have to be "readable" from a great distance

(Obviously, Skating is the 2nd type of acting)

*Exaggerate the actions & make them authentic or the audience (including the judges) won't get it!!

Choreography is about keeping things in balance

Bernard Ford

*Balance:

Steps vs. Straight Skating, Patterns across the ice (variety is best), Levels in space (highs, lows, medium and reaching positions)

*Be careful that you are not "miming" the words and specifically acting them out; portray the theme through skating skills, music, and movement – not through miming or telling a story

*No hands on the ice ever

*Find the underlying beats of the music and skate on all levels (the melody, underlying rhythm/beat, and any nuances or syncopation in the music)

*Bigger is Better when it comes to movement

*Facial Expression is very important for the judges because it shows the commitment of the performer and helps to decipher what the skater is trying to interpret

*LEAVE THE SHYNESS AT HOME! PERFORM!!!!!!!!!!!!!!

CREATIVE SKILLS NOTES:

*Even though it is "skills", it still needs to be a performance

*QUALITY, QUALITY, QUALITY!!

*Hold turns in and out so that the entrance and exit edges are balanced

*Hold the Spirals – they are an element