

## For the Skaters

Last Updated Friday, 25 January 2013

### USFSA and IJS documents:

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Program Content Form

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2008-2009 Levels for Single Skating

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2008-2009 Scale of Values

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2008-2009 Well-Balanced Program - Short Program

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2008-2009 Well-Balanced Program - Long Program

### Training and Technical Data:

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Periodization Training

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Dance Studios and Choreography

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Nutrition

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## Off-Ice and Cross Training

### From Aren:

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Tests

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Competitions

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Practice

### Miscellaneous:

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Double Axel Club