

## Skating vocabulary

- Flight time is the time the skater is in the air ( called Airtime).
- Snap is the move done by arms and legs from the take-off to the final air position
- Launch angle, That's the outcome of the vertical and horizontal velocity. The launch angle is noted as  $\alpha$  (in green in the picture below).



- The draw is the move done by the left foot from the toe pick to the take-off. The draw time/duration is an interesting data to ensure the body weight transfer is done properly.

### Draw for Toe loop

This position allows the right foot to slide (follow the blue arrow) and then take off. The right foot leaves the ice with toes up (yellow circle).



→ The direction of the jump

## Draw for Flip



→ The direction of the jump

The drawing shows the movement done when the skater taps the ice until she leaves the ice. The left foot slides in inside the back edge.

That's the same for Lutz (but in outside edge).