

# Cambridgeshire Artistic Roller Skating Club



Cambridgeshire Artistic Roller Skating Club is a welcome place for all. We aim to provide a fun and friendly environment for skaters to learn, make friends and eventually, go on to compete to the highest standard.

## Meet the Coaches:



Chris



Zoë

## Grades

All skaters will start with grades coaching, where they will progress through grades 1 to 6.

This will teach them the basic skills of artistic skating; their grade book will record their progress and they can also earn grade badges.

The grades taught are laid down by the Federation of Artistic Roller Skating (FARS).

They will learn how to:

- Skate forwards in full control and fall properly.
- Balance on one foot and glide in different directions.
- Skate backwards.
- Perform jumps.
- Turn from forwards to backwards, and do many more useful skills.



## Improvers



**Zoe is Head Coach  
for Improvers**

When skaters reach a competent level, they will be invited to join the Improvers session.

At Improvers we teach three disciplines:

- Dance – Following a set pattern and executing a variety of footwork to ballroom rhythms such as: foxtrot, waltz, blues, tango, samba etc.
- Freestyle – Carrying out a variety of jumps and spins, and performing a routine to music at competitions which includes a selection of jumps, spins and footwork.
- Figures – Following a figure of 8 laid out on the floor and aiming to stay on the line on one foot, forwards and backwards.

Skaters can go on to attain grades 7 to 9 in each discipline.

At Improvers, we also prepare skaters for competitions. This is optional and no one will be pressured into competing. However, we'd recommend to anyone to give it a go. It's a fantastic experience, builds confidence and is so rewarding. We also teach our competent skaters how to coach too.

## New set of Wheels ...

As skaters progress through the grades, we find most "high street skates" are not suitable to perform the skills and manoeuvres required. Therefore, we strongly recommend that you don't buy any skates without our advice.

We have a wide selection of skates to hire (at £1 per session), which allow the skater to perform artistic skills.

Once skaters reach a more advanced level, they often like to purchase their own artistic skates, although we do have a limited selection available to hire.

Most skaters purchase second-hand skates, which start from around £100. Looked after well (with the use of boot covers), they hold their value, and can often be sold on for the same price.



**Coach Chris likes to get  
his skates on**

## Useful Information and Links

CARSC is fully affiliated with the Federation of Artistic Roller (FARS) and is governed by its rules and procedures. Further information can be found at [www.fars.co.uk](http://www.fars.co.uk).

Like our page “Cambridgeshire Artistic Roller Skating Club” on Facebook for the latest updates.

Follow us on Instagram at @cambridgeshirearsc.

Visit [www.cambridgeshirearsc.com](http://www.cambridgeshirearsc.com) for the lowdown on the coaches and lots more detailed information.

Take a look at the ultimate guide to buying skates and parts – this is available by email on request, or via the “info” tab on our website!



At CARSC we love to pass on our knowledge, and currently we have a cohort of adult skaters awaiting their coaching courses. If we're not teaching skaters to skate, we're teaching coaches to coach!

Many thanks to our Coach-in-Training Gavin for producing this guide!