

2022-2023 Season FIGURE SKATING

Planner



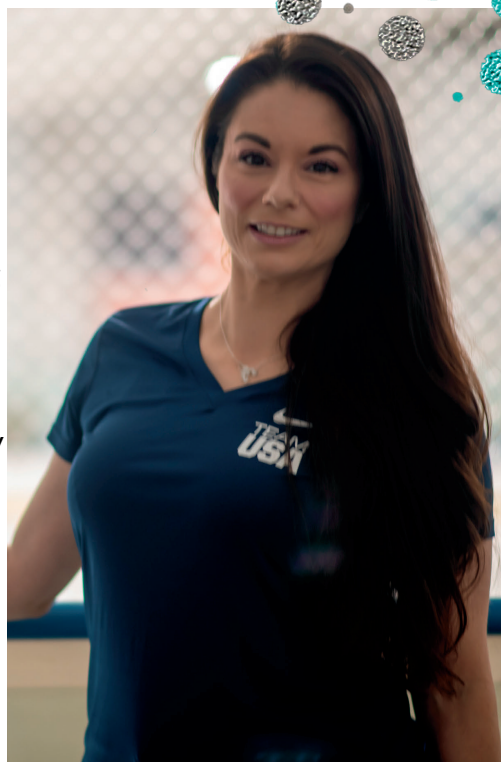
COACH
AIMÉE

WELCOME!

To say that the past few years have been challenging would be an understatement!

I've found that when faced with difficult circumstances, planning helps to me focus my energy in productive ways that can assist in making measurable progress.

I've created this planner for you to assist you with your planning, provide direction, and keep you moving forward and motivated for the entire year!



I recommend that you print out all the worksheets and planning pages and keep them in a binder. You can use the cover that I've provided, or create your own!

You can also use dividers to segment your worksheets into sections so that you and your coach can find them easily on the ice.

Bring your binder with you to *all* your lessons and practices so that you and your coach can make notes and keep track of your progress.

You'll find having the binder especially useful when you are practicing on your own to keep you focused so that you can work on the elements that will help you to reach your goals.

Wishing you an amazing year of success!

xo Aimée

P.S. While I encourage you to print out the sheets for your own personal use, please remember that the material is copyrighted with all rights reserved and you are not permitted to print out copies for your friends or for other skaters. Coaches that wish to use these materials with their skaters should contact me for permission - I can provide you with unwatermarked versions at an additional cost. Thank you for understanding!

Copyright & Disclaimer

SPECIAL NOTE TO PARENTS:

*This planner is intended for your skater to use with their coach to help them **self-direct** their own practice. Your skater should bring their binder with them on the ice so that they can practice independently.*

It is not a substitute for a coach!

Please do not use any of the worksheets to direct your skater from the rink doors or any other rink side location! Sideline coaching is prohibited in most rinks and breaks the U.S. Figure Skating Parent o of Conduct.

© Copyright 2022

Aimée Ricca. All Rights Reserved.

This program planner is copyrighted and is solely for **your** personal use.

You may print the pages only for your own annual planning binder. No part of this publication may be reproduced, stored, or transmitted in any form or by any means electronic or mechanical, including photocopying, recording, or otherwise for any other purpose without express permission from Aimée Ricca.

The information contained herein is provided for educational purposes only and is not intended to substitute for the advice of a health care provider. Before starting any exercise or nutrition program, consult a physician.

skatewithaimee.com | aimeericca.com | hello@aimeericca.com