

**The Sport of: Dan Perceval's Xtreme Ice Skating**  
**Board of Directors**  
[www.XtremeIceSkating.com/board.htm](http://www.XtremeIceSkating.com/board.htm)

**Minutes of the Meeting**  
**July 2<sup>nd</sup>-9<sup>th</sup> 2009**

**Board Members:**

Loop B.  
Max C.  
Ivan D.  
Paul G.  
Michael P.  
Dan P. (founder)  
Becky S.  
Nathan W. (chairman)

**In attendance:**

Max C.  
Ivan D.  
Paul G.  
Michael P.  
Dan P.  
Nathan W.

**Vision:**

To motivate and involve people into the eye-popping sport of Xtreme Ice Skating. We, the Board Members (developers and leaders of Xtreme Ice Skating) work together to provide culture, organization, structure, integrity, social identity, and business into our amazing sport.

**Statement of Sport:**

We're thrill seekers on the ice. We lead, perform, create, and inspire.

**Who are we?**

We are Xtreme Ice Skaters. We identify with ALL of these:

1. Thrill seekers
2. Individualists
3. Creators
4. Performers
5. Leaders

**Topics of discussion:**

Amend, suggest, and discuss current rules and policies of the sport. Determine and finalize Beginner rules.

**The following policies and amendments were voted on and agreed to by majority vote:**

**Policy on arm positioning 1a:**

- WHEREIN arm positioning is applied in Xtreme Ice Skating stops, said arm positioning in totality is left to the skater to decide angle of arm positioning.

**Policy on arm positioning 1b:**

- In compliance of teaching arm positioning for Xtreme Ice Skating stops, both arms must be taught as a mechanism for balance and aesthetics, wherein arms may not be to the side.

**Amendment on use of language 1a:**

- WHEREVER the use of the word "rules" is used or applied in reference to Xtreme Ice Skating discipline, the word "guidelines" shall be substituted in its place.

**Policy on the "Hawk Turn" 1a:**

- One hand must touch the ice; the raised hand has no specifications for degree of angle used.

**Policy on use of rules or other such language 1a:**

- WHEREIN rules are used, applied, taught, or made in reference to, said rules or any use of the word i.e. "guidelines" are a requirement of the sport and its instruction.

**Questions proposed:**

1. What Beginner rules do you like?
2. What Beginner rules do you not like?
3. What Beginner rules would you add?
4. Make a suggestion about the rules.

**The 10 fundamental principles of balance in the sport of Xtreme Ice Skating:**

1. Keeping your head up: In almost every movement, you must keep your head looking up (your head is facing the horizon). Your body will always follow the direction of your head. For example: acrobats do all kinds of amazing flips in the air. They maintain this control by but directing their head in the direction they want to move. Where your head goes, your body follows.

2. Keeping your eyes on the horizon or direction of movement: The direction or point in which you direct your eyes determines where your body will go. As stated in the prior rule, your head will always lead the direction of your body. And the same rule applies to your eyes. If your head is facing the horizon during a jump while looking downward, the direction of your jump will most likely lead downward, even though you keep your straight.

3. Keeping your shoulders and hips in-check: Your hips and shoulders should always act as either one unit working in unisons, or two parts that work in compliment of each other. Another words, if you're doing the Apollo's Turn, your hips and shoulders should be together, not rotated. If doing a switch turn (a move where you rotate your body and back again) your hips should work together in opposite of your shoulders. This is done by using your abdominal muscles to rotate your hips all while using your back muscles to rotate your shoulders. It's very important that proper muscle groups are used when controlling movement. Swinging of any kind without proper use of muscles will lead to uncontrolled balance.

4. Lower back is arched INWARD: For almost every movement in Xtreme Ice Skating, your lower back must be arched inwards. This keeps your posture more erect rather than slouched over. A slouched posture with a lower back that is arched outward, will destroy balance (unless it is purposeful). This is not to say that you can't lean over. There are many movements where one leans over. However, the difference in leaning over is how your lower back is arched. If your lower back is arched outward, your balance will be compromised. If your back is arched inward, your balance will be most appropriate.

5. Chest is pushed out on certain movements: Your chest is pushed outward on most stops and

jumps. For footwork, your chest is not applied as stringent. With your chest pushed outward, and re-centers your center of balance over your hips, making it easier to do certain movements.

6. Posture is facing upward rather than bent over: Upward posture will decrease any kind of awkward balance or "falling-over" feeling. A bent-over center of balance will cause most jumps to end in a crash. An upward posture will keep your balance over your hips. Balance over your hips is where balance ought to be.

7. Spotting: This is a way of moving your head. Acrobats and gymnasts do what is called "spotting". You find a point(s) in space and keep looking at that point until you're ready to move onto another point, or until cessation of trick. Spotting is used most often in jumps and spins. Spotting controls your head and eyes. If you look at rules one and two, you'll notice how movement of your head and eyes controls direction of the body. Spotting is a method of controlling that movement and by how much. Spotting is applied in almost every sport, especially for martial arts, figure skating, gymnastics, and acrobatics.

8. For jumps, knees must come up to the hip: This rule is for purpose of aesthetics (how good something looks). You should look like a rollerblader or aggressive skater in the air. Knees that are at a 90 degree angle makes jumps look Xtreme.

9. Legs and feet must conform together on certain movements: The Tuck Stop, the One Footed Stop and other movements require that your legs and feet conform together. This rule is applied for two reasons: the first is that space between your legs or feet will misguide your balance; the second is any space between your legs or feet looks crappy.

10. Rotation and spin is always derived from hips, legs, and shoulders \_ never swinging arms: This rule is most frequent in jumps, although is applied to footwork and turns as well. Power and rotational energy start at your feet, but gets transferred to your hips. For Xtreme Ice Skating jumps, your shoulders in this regard, should be aligned with your hips, or become aligned at some point in mid-air. This is to make sure that your body rotates as one unit. Rotation will occur around your hips even if your feet or hands are elsewhere. If your shoulders and arms are creating rotation (the most common mistake Xtreme Ice Skaters make when learning jumps in the sport), your rotation will occur around your shoulders and will result in a wild unpredictable manner. Simply put: hips and shoulders control balance and energy in spin (rotation).