

Take the Ice: Journey into the Enthralling World of Figure Skating

Embrace the grace, athleticism, and artistry of figure skating with "Taking the Ice," a captivating literary masterpiece that will transport you to the shimmering rinks and ignite your passion for this mesmerizing sport.

Dive into a World of Grace and Elegance



Taking the Ice (Ice Series Book 3) by Jennifer Comeaux

★★★★☆ 4.7 out of 5

Language : English

File size : 2450 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 166 pages
Lending : Enabled



Step onto the pristine surface of an ice rink and witness the breathtaking performances of elite figure skaters. "Taking the Ice" captures the essence of this graceful sport, showcasing the intricate footwork, soaring jumps, and elegant spins that define it. From the delicate touch of a toe loop to the gravity-defying quadruples, the book provides an intimate glimpse into the technical mastery and artistic expression of this captivating sport.

Discover the Heart and Soul of Skaters



Beyond the technical prowess, "Taking the Ice" unveils the human stories behind the sequins and smiles. Through exclusive interviews and personal anecdotes, the book delves into the lives of passionate skaters, exploring their motivations, challenges, and triumphs. From the rigorous training that sculpts their bodies to the emotional sacrifices that fuel their dreams, the book offers a poignant tribute to the unwavering resilience and dedication of these extraordinary athletes.

Explore the History and Evolution of Figure Skating



Embark on a historical journey through the annals of figure skating. "Taking the Ice" traces the sport's origins from its humble beginnings on frozen lakes to its modern-day status as a globally recognized spectacle. The book unveils the pioneers who shaped the discipline, the iconic routines that etched themselves into history, and the technological advancements that continue to push the boundaries of human performance.

Uncover the Sport's Global Impact



Witness the global reach of figure skating as "Taking the Ice" transports you to competitions around the world. From the iconic rink at Lake Placid to the grand stage of the Winter Olympics, the book explores the cultural significance of this beloved sport and its ability to unite nations through the shared language of ice and blade.

Embrace the Artistic Side of Figure Skating

sochi.ru 2014 **FIGURE SKATING/ICE DANCE** Iceberg Skating Palace

Figure skating is a staple of the Winter Olympics but the Team event is new for Sochi 2014.

Singles Skaters contest a short program, which includes seven compulsory elements, and a longer free skate.

Team Nations use one male and one female singles skater, one pair and one ice dance team. The nation with the best combined score across all four events wins.

Ice dance event Similar to singles and pairs, Ice Dance teams perform a short program and a free skate, with greater emphasis on music and rhythm. Torvill and Dean won gold in 1984 with 'Bolero'.

Pairs The pairs follows the singles format but skaters are judged on how their movements mirror each other.

The rink Kept at -5.5C, the ice is 1-1½in (2-3cm) thick

Judges
Referees
Technical specialists

Kim Yuna
2010 Olympic Individual champion

85-98½ft (26-30m)
183½ft-197ft (56-60m)

Axle jump

Takes off on left forward outside edge
Lands on right foot

Sit spin **Camel spin** **Upright spin**

Death Spiral **Pair spin**

Vancouver 2010 gold

Evan Lysachek (USA) Individual
Kim Yuna (Kor) Individual
Hongbo Zhao & Xue Shen (CHN) Pairs
Tessa Virtue & Scott Moir (CAN) Ice Dancing

Experience the artistic side of figure skating as "Taking the Ice" delves into the choreography that transforms mere movements into captivating performances. The book unveils the creative minds behind the routines, showcasing the fusion of music, storytelling, and movement that elevates figure skating to an art form.

Learn from the Legends of the Sport



Gain insights from the greatest figure skaters of all time. "Taking the Ice" features interviews with Olympic champions, world record holders, and coaching icons who share their expertise and perspectives on the sport. From training techniques to competitive strategies, the book offers a wealth of knowledge for aspiring skaters and enthusiasts alike.

Free Download Your Copy Today and Embark on a Journey of Enchantment

Indulge in the world of figure skating with "Taking the Ice." Free Download your copy today and immerse yourself in a captivating literary experience that will ignite your passion for this enchanting sport. From the first flip of a page to the final curtain call, "Taking the Ice" is a must-read for figure skating enthusiasts, aspiring athletes, and anyone captivated by the beauty and athleticism of this timeless sport.

Join us on the ice and embrace the magic of figure skating!

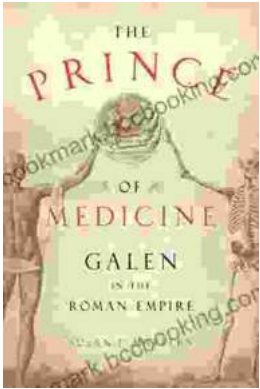


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