



Music

Synchronized Team Skating

Skate Ontario Club Consultations 2016

“Without music, life would be a serious mistake.”



Friedrich Nietzsche

Importance of Music

Music is the medium that allows us to translate and relate a series of movements into a character, expression, feeling and in some cases a story on the ice. It is a foundation on which we build beautiful and captivating performances that allow us to highlight the athleticism, artistry and emotional magnitude of our

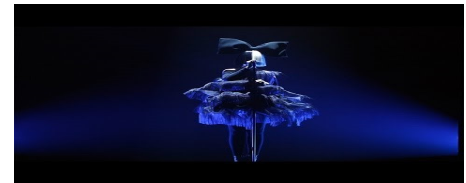


Music Fundamentals

- Melody: the 'horizontal' part of the music or musical phrase.
- Harmony: the 'vertical' part of the music. The color and texture of the music.
- Rhythm: the 'arrangement' of the notes in time. The character and tempo.
- Form: The 'pattern' of the music. Repetition and contrast.

Musical Challenge

- Listen to this piece of music and discuss the part of the music that most stands out to you?
- Based on what you hear, how would you move, fast or slow, fluid or staccato?
- We all hear music differently and that is the challenge and beauty in synchronized skating.
- <https://www.youtube.com/watch?v=fMVIYk6uNB0#t=15s>



Movement and Music

Every movement, step and element is...

- Related to the music
- Done because of the music
- Expresses the character and nuances of the music



Program Components and Music

- Skating Skills: ability to vary speed and tempo according to music.
- Transitions and linking steps: variety, difficulty and intricacy of transitions reflecting the musical phrasing and complexity.
- Interpretation: Use of finesse to express style, character, rhythm, and nuances of music.
Personal and creative translation of the music to the movements on the ice.

Program Components and Music

- Performance/Execution: Genuine translation of the music's intent and choreography where the team and music are 'one'.
- Choreography/composition: movements, transitions and elements structured to match the musical phrasing.

Considerations

There are numerous factors to consider when deciding on music for the season:

- Age/maturity
- Level of competition
- Ability of the skaters
- Personality of the skaters/team

Considerations

- Energy level of the team
- Training schedule
- Resources
- Variety of the music



How do we know?

- How do we know the music is right for our team?
- Have an understanding of your team for the season because as we know every year the dynamic is different.
 - Get to know the team away from the ice to better understand the personality of the team.
 - Have them perform to different rhythms and tempos and allow them to move freely. What do they connect to?

Get up and move!

<https://www.youtube.com/watch?v=kNKu1uNBVku>



Get up and move!

<https://youtu.be/GEQL77fTRRc>



Exercise

Get up and move!

<https://youtu.be/gj0Rz-uP4Mk>



Believe

- Do you love the music?
- Can you listen to it for many months to come?
- Do you have a vision of the package (dress, hair, choreography, storyline, character)?
- Will it challenge you and your skaters to keep improving?

IF you BELIEVE you are making a great choice for your team show them and share your vision.

How to create the team dynamic and create 'magic' on the ice:

- 1) You must BELIEVE in your concept, vision and package
- 2) Athletes need to develop an understanding and learn to relate to the character of the music in order to interpret the music well. Ex. Roleplaying to the music and character building.

Phrasing

- Phrasing the elements with the music is extremely important. Listen to the music and it will often tell you what element is best suited where.
- <https://youtu.be/Pk4huhmD7aI>



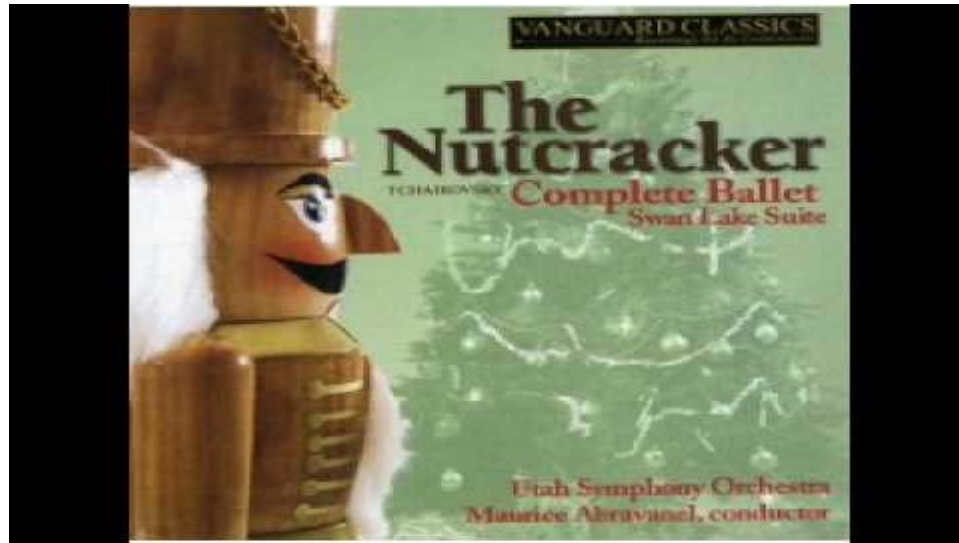
- It is important to keep the individual elements within one portion of the music and listen for cues when the element should begin and end.
- It is not uncommon to have to add or takeaway music as the season goes on in order to have the elements 'match' the musical cues.
- Music editing is a process.

Resources

- Start a musical library: Ideas you have may not be good for now but could always work in the future.
- Community: speak to coaches, choreographers and officials within the skating community.
- Resourceful: understand and research trends in other art forms, for example dance, Broadway and film production.

Use of Music

https://youtu.be/Rapf3g_XvCc



Music and Choreography

<https://www.youtube.com/watch?v=rc-0BCSyWtc>



https://youtu.be/w1Kwf_chJ_g



Interpretation

<https://youtu.be/9ZJpA9e7cCY#t=20s>





Wrap Up – Sarah Smith
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