

## **'Ice Theater' with Craig Heath** [www.craigheath.com](http://www.craigheath.com)

Some people find it really easy to be theatrical and they are not inhibited or embarrassed at all. Other people find it very difficult to perform in front of people and they have a difficult time during Ice Theater. There is hope! This is like a muscle that you can exercise to get stronger. Some people are just really natural at this and some people need to train harder and put themselves out in front of others more often to practice being comfortable having people watch them.

When I was younger, I was quite shy and I found it difficult to do ice theater so I took matters into my own hands and I started taking intensive acting classes in Los Angeles. This was super hard for me at first but after a while I really started enjoying it. Because of this, I started being able to perform my competitive routines and my scores started getting much higher. I encourage you to take acting classes. They will teach you many skills that are not only good for your skating career but also for everything you do in your life! Think about it. Everyday we are acting in some way or another. Whether it is talking to a neighbor in the morning when you are just not quite awake or when you are in a store and you are not having the greatest day but you still manage to put on a smile to the sales clerk. You are acting!

For Ice Theater I want you to leave all of your inhibitions, embarrassments, bad moods, shyness, lack of self- confidence and negative thoughts AT THE DOOR! Come out onto the ice with a fresh attitude and an open mind. Let your playful side come out and just enjoy skating to the music and using props if provided. Put yourself into another world even if you have to pretend that you are somebody else. Let your inner creativity come out of you.

We all like to watch people who are not inhibited. This makes us feel good. Even if we are not conscious of it, we enjoy the sense of freedom that some people have. When we watch movies, we are watching masters doing their craft and we (usually) enjoy it. They make us believe that they are a certain character. During Ice Theater Class, put yourself into another character. Be that character 100%. If you do this, you will have amazing results. People will be drawn to watch you. You will get lots of positive attention. It will change your life!

Try not to compare yourself with anybody else. Just do the best YOU can. If you are doing your best, that is the most important thing. Yes, you might need to work on it to get better but this is what class is all about.

So, go out there and have the greatest time of your life. The more fun you have, the more fun your audience will have. Energy creates more energy so the arena will be filled to the brim with positive vibes!

Go for Greatness! Let it all go!

Craig Heath