

## **‘SPIN TO WIN’ WITH CRAIG HEATH-“REMINDER NOTES”**

To all my spinning superstars out there...these notes are to remind you of a few pointers that I want you to remember forever and ever. (If you spin the left then please reverse my directions)

1. Enter forward spins with the LEFT arm leading. For Sit Spin step on left foot then open left arm and then swing right arm and leg around circle to meet the left when you start spinning. For Flying Camel, Flying Sit, Flying Change Sit and Death Drop – lead with Left arm but open it right after you step down on the left foot so that both arms are back on the take-off. For camel spin the left arm moves to the side at the moment of the spin.
2. Enter backspins with the LEFT arm reaching in front and twisted so that it is in line with your right shoulder. For back sit the right arm will swing around the circle and meet the left arm and foot at the time of spinning. For back camel the left arm will be reaching forward and then at the time of spinning the right arm will make a low circle and go back at the same time as the left leg.
3. Keep arms absolutely and positively STRAIGHT. Use body core to twist. Think of reaching with your arms and not swinging them. Bent arms drive me bonkers. ☺
4. After spin wind-up, step on left foot (or right foot for backspins) and then make a ½ circle and spin at the top of the ½ circle.
5. Keep your left knee bent (or right knee for backspins) until you get to the top of the ½ circle then come up on the knee right at the moment of the spin.
6. Think of using your core as much as possible while you spin. For upright and sit spins keep your tummy tucked in and actually feel like you are pulling in your spin with your belly button.
7. Practice your sideways airplane balance spin before layback.
8. Use right first and second fingers to hold blade for haircutter and Biellmann.
9. After spin wind-up, PUSH onto your ½ circle so that you have speed for your spin.
10. Sit just below 90° on sit spins. “If you sit too low then you spin slow”. For ‘head to knee’ spins (Cannonball or pancake)- sit up at 90°. If you sit too low on these spins then your balance is not correct on the ball of your foot and you look funny. ☺ For Cannonball keep your right leg totally straight and grab your ankle with both hands then put your head on your knee. In my opinion it is not correct when your head is not on your knee. If you sit too low then your left knee is in the way and you not only can’t keep a straight right leg but you can’t put your head on your knee. For Pancake your right ankle should be on your left knee so that you make a large triangle. If you are right at 90° then you should be able to balance on the ball of the foot perfectly.
11. Spin on the ball of your foot -that is right behind your toe pick- and your first toe pick should be lightly scraping the ice. You know you are doing this

- correctly when you look at the ice and there is a double mark. The only time you don't spin on the ball of the foot is when you are doing edge spins. For forward inside and outside edge camels you should spin on the back of the blade. For forward outside sit spins you should spin on the middle of the blade.
12. For all jump spins, make sure that you get into the spin position in the air. For example, if you took a picture at the top of the flying sit then you would see a full sit spin position.
  13. Swing your straight left leg as hard as you can into the flying camel. Be sure to take off of your left toe pick at the top of your ½ circle with your arms back and jump OVER your entry edge. Arms and legs are straight after jump.
  14. Flying sits- your straight right leg will go to the side as your left foot starts to curve around the circle on the take-off. The right leg will swing into the sit position at the top of the circle and then be sure to land in the sit position.
  15. Back sit will spin faster and better on the ball of the foot if the left leg is slightly bent.
  16. On turtle spin grab your right knee with your right hand and your left blade or front of boot with your left hand.
  17. On A-Frame, grab your right toe with your first two fingers on either side of your toe pick.
  18. On layback and haircutter spins be sure to keep your left leg straight and your left hip over your left foot. Arch your back and keep your right hip up and slightly higher than your left hip.
  19. Work on your back pivot for your backspin so that you can easily change from forward spin to back spin. Put your right toe in the ice and back pivot for a third of the circle. Remember that it is a back pivot/push so that you can gain speed. Step shoulder width apart with your feet. So, step wide!
  20. To get more speed you must have your arms and legs out as far as possible and then pull them in slowly.
  21. If you pull in too fast you will lose your center.
  22. When you grab your hands in a basic spin, be sure to grab your right thumb and put your right fingers over your left fingers.
  23. Going from backspin to forward spin, put your feet in the open- T position (put whole blade on ice and not your left toe-pick) with the left arm and left foot together. Pivot around with your right arm and right foot and push with your blade. Do not use your right toe pick and push into a different spin. Try and stay in one spot during the transition. Step one foot away with left foot.
  24. For backspin and forward scratch spin -push in fast and go right to the ball of your foot with your free leg straight in front of you and straight -with energy shooting out of your free foot. Hold this position for 3-4 revolutions until your spin just starts to slow down and then slowly pull in. 1-2-3-4. Foot in -to under knee, hands in to sternum, heel pushes down, hands go up or down. So, 1) foot, 2) hands, 3) foot, 4) hands.
  25. For Victory spin be sure to grab your left heel with your pinky finger around the back of the blade on the heel of your boot.
  26. Spin as FAST as you can. Don't rest during your spins.