

Bend your knees!

Point your free toe!

Tighten your Buttocks!

Look UP!

Push!

Push Harder!

Jump!

Turn Your Head!

Just one more <whatever> then you're done...

Don't Turn Your Head!

Be Proud of Your Progress...

Stand up straight

Don't bend forward at the waist ... EVER

Lean!

Check!!

Down - Up - Down

Look where you are going

It's not the ice!

Jump out, not around

Hold. Hold... Hooollllllld...

Chin Up!

Oh... Are you ok?

The ice isn't going to go anywhere

Keep your shoulders back

Smile!

Don't land that double Lutz so close to the wa...

Fight for It!