

Singapore Ice Skating Association

Website: www.sisa.org.sg



Form Document: 132-V2

Current Performance Details and Future Aims

Name _____

Division _____ Training location base _____

Current Personal Total Best Scores (From Nationals 2008 and beyond)	Short Program Score	Achieved at (event)	on (date)
	Free Skate Score	Achieved at (event)	on (date)
	Total Score	Achieved at (event)	on (date)

Planned Program Content used for calculating the Current Personal Best Scores

Short Program	Element Code	Level	Features Achieved	Points Achieved
Element 1				
Element 2				
Element 3				
Element 4				
Element 5				
Element 6				
Element 7				
Element 8				

Free Program	Element Code	Level	Features Achieved	Points Achieved
Element 1				
Element 2				
Element 3				
Element 4				
Element 5				
Element 6				
Element 7				
Element 8				
Element 9				
Element 10				
Element 11				
Element 12				

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Current Seasonal Personal Total Best Scores (2008-2009 Season)	Short Program Score	Achieved at (event)	on (date)
	Free Skate Score	Achieved at (event)	on (date)
	Total Score	Achieved at (event)	on (date)

Short Program	Element Code	Level	Features Achieved	Points Achieved
Element 1				
Element 2				
Element 3				
Element 4				
Element 5				
Element 6				
Element 7				
Element 8				

Free Program	Element Code	Level	Features Achieved	Points Achieved
Element 1				
Element 2				
Element 3				
Element 4				
Element 5				
Element 6				
Element 7				
Element 8				
Element 9				
Element 10				
Element 11				
Element 12				

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Your Program Total Score Point Aims In 3 years (by 2011)	Short Program Score	Result aim at event	Your SP Score Aim
	Free Skate Score	Result aim at event	Your FS Score Aim
	Total Score	Result aim at event	Your Total Score Aim

Short Program	Element Code	Level	Features Aimed For	Points Aimed For
Element 1				
Element 2				
Element 3				
Element 4				
Element 5				
Element 6				
Element 7				
Element 8				

Free Program	Element Code	Level	Features Aimed For	Points Aimed For
Element 1				
Element 2				
Element 3				
Element 4				
Element 5				
Element 6				
Element 7				
Element 8				
Element 9				
Element 10				
Element 11				
Element 12				

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Your Program Total Score Point Aims (by Nationals 2010) (1/3 of scores above previous seasons scores, in line with your 3 year aim)	Short Program Score	Score required	Your SP Score Goal
	Free Skate Score	Score required	Your FS Score Goal
	Total Score	Score required	Your Total Score Goal

Short Program	Element Code	Level	Features Aimed For	Points Aimed For
Element 1				
Element 2				
Element 3				
Element 4				
Element 5				
Element 6				
Element 7				
Element 8				

Free Program	Element Code	Level	Features Aimed For	Points Aimed For
Element 1				
Element 2				
Element 3				
Element 4				
Element 5				
Element 6				
Element 7				
Element 8				
Element 9				
Element 10				
Element 11				
Element 12				