

## Tom Litz

### Amateur Career

- United States National Senior Men's Champion
- World & Olympic Competitor  
1St Place Free Style In Both
- United States National Junior Men's Champion
- Eastern States Champion - 2 Years
- South Atlantic Champion - 2 Years

### Professional Career

- Star Of Ice Capades (#1), 8 Years
- Star Performer Of Several Network TV Specials
- National, World & Olympic Coach
- Italian Sports Federation Head Coach
- Quebec Federation Summer School Director & Head Coach
- P.S.G.A. Level Vi Coach
- A.G.V.A. & A.F.T.R.A. Member
- Professional Coach, Lake Placid, NY - 30 Years

### Personal Statement

Although my alleged forte in 30 years of teaching has been as “a master technician in jumps, spins, figures, and moves”, I find myself increasingly concerned with the overall packaging of the student; costumes, music, hair style, makeup, etc.

I enjoy working with anyone (all ages - toddlers, teenagers and adults) who is ready to learn without reservation, and am especially focused on the students' well being and their attitude towards their life goals.

Recently, I have extended the structure I developed in my copyrighted "Tommy Litz 5-Step Teaching-Learning System" to include a corresponding student behavior code. Associating the properties of the game of chess to the skater/competitor's "game of life", the following table outlines the guidelines of this code:

- C** = Courtesy. . . . . On and off the ice.
- H** = Honesty . . . . . In all aspects of sport & life.
- E** = Evolution. . . . . Conditioned development.
- S** = Sincerity . . . . . In all endeavors.
- S** = Self-discipline . . . . . On and off the ice.

Throughout the years, as Tom Litz perfected his teaching methods and skills, he decided that in order to reach the beginner, as well as the advanced skater, a more efficient way of delivering information to a student was needed. The “standard” teaching technique is identifying what is not correct, demonstrating what is correct, and persistent repetition of these same two things.

To address this need, he developed his unique 5-step, color coded, system of teaching and learning that enabled skaters (especially young beginning students) to understand the complexities of figure skating in a dramatically simplified manner.

### **Why the Team Concept?**

Benefits of the team teaching concept:

1. As a team of experts concerned with instruction of each student, evaluation and direction is done on a weekly basis to ensure steady progress
2. Standardized techniques – All Litz Team coaches are trained in every aspect of the Litz 5-Step teaching/learning technique. The student receives the same techniques – with a different flavor.
3. Creative license – An inspiring working situation for all of the professionals. The Litz Team pros compliment one another's talents, sharing students and relying on each other to put the needs of the students first.
4. Preventing injuries – with our sound basic building block approach, injuries are fewer because the student is taught correctly from the beginning.
5. Support & motivation – Occasions such as shows, test, competitions and simple overall daily skating give students a real sense of belonging.

The goal of Tom Litz and professional staff is to provide a network of specialists designed and adjusted to suit the individual needs of the student.

In addition to his instructional staff, Mr Litz has assembled a group of highly qualified support specialists for the team. This group of “on-ice/off-ice” artists provided excellence in the areas of motivational and psychological consulting, sports (strength, training and conditioning), costume design, music composition, etc. These experts, available to each Litz Team student, are very affordable.

*Tom Litz*



**Olympic and World Coach  
Presents His International  
5-Step Accelerated Learning  
&  
Team Teaching Program  
at the ESL Skating School**



***This is an accelerated program and  
is designed for serious skaters.***

During the past 36 years, some of the world's finest skaters have been "Litz Team" students. Prominent World and Olympic stars such as John Curry, Olympic Champion; Pricilla Hill, two-time Eastern Champion, and World Team Member; Charlene Wong, Canadian World Team star; Jill Watson & Peter Oppergard, United States Pair Champions and 1984 Olympic Bronze Medalists; Gary Beacon, Canadian World Team Member and star of many world caliber professional shows and competitions; Josie Chouinard, 1993 Canadian Champions and 1996 World Pair Team Member, Shelby Lion.

Just one of many tributes to Tom Litz's skilled professionalism is a quote from the Montreal Gazette, March 9, 1991: "Figure skating in Quebec began to come of age in the late 1980's, when initiatives launched years earlier began to pay dividends. These included an annual summer school at the Universite de Montreal directed by former World Champion Tommy Litz of the U.S., new training centre in Quebec City, Brossard and Boucherville, a sport-study program that allowed students to consistently split their day between skating and high school, and regular seminar and training sessions with top skaters and coaches from around the world."



The "Team Teaching" concept, so successfully utilized by the Litz Team, is even more successful when combined with the 5 Step Teaching/Learning method developed by Tom Litz that all members of the team follow. Because these uniform techniques are taught with each individual Team Coaches' creative style and knowledge of skating, our skating students have the advantages of multi-coaching without multi-technique confusion.

Skating experts agree that good beginner basics are imperative for the advancement of skills to a level of higher difficulty. Working from this theory, Tom Litz developed an accelerated teaching/learning system that makes it easy to turn a simple waltz

jump into a double or triple axel. Thus the answer to his ever-favorite question: "What is the most difficult thing to learn about skating?... "How easy it is!"

A beginning student with very little skating experience will start learning the pre basics (balance, preliminary stroking, etc.) while being immediately introduced to the Litz 5-step teaching learning method. As the student progresses to pre-Badge (being able to skate forward and backward), he/she will have the opportunity to move quickly on to the more advanced skills of jumping and spinning.

