



Union Luxembourgeoise de Patinage Coaching Qualification Framework Figure Skating

Introduction

The Union Luxembourgeoise de Patinage (ULP), affiliated with the Fédération Luxembourgeoise des sports de glace (FLSG) and the International Skating Union (ISU), is committed to fostering excellence in figure skating coaching through a structured and progressive coaching qualification system. *This system recognizes the diverse qualifications and experience levels of coaches in figure skating and ensures that all coaches meet stringent standards of technical competence, safety, and professionalism.*

Taking into account all our specificities and needs, inspired by the education programs of the International Skating Union (ISU) and the European Sport Coaching Policy Framework, and drawing from well-established models in countries such as France, Belgium, and Italy, the ULP's coaching qualification framework is strategically designed to foster continuous professional growth and uphold the highest standards in coaching. **Its main core function is to establish formal standards and regulations determining who is eligible to coach. This comprehensive system offers clear, structured pathways for coaches at every level — from “moniteurs”, beginner and assistant coaches to advanced experts — empowering them to enhance their skills and contribute meaningfully to the advancement and success of figure skating in Luxembourg.**

By establishing a rigorous and structured qualification framework for figure skating coaches — including academic credentials (e.g., university master's degrees), national coaching licences (brevet) and INAPS LUXQF levels, verified experience thresholds, and ongoing professional development — the ULP aims to implement a transparent and competency-based qualification process.

This system ensures that coaches are not only technically and pedagogically qualified, but also continually evolving in their expertise. It aligns with both national regulations and international best practices, and guarantees that athletes receive safe, progressive, and high-quality support throughout their development pathway — from grassroots to elite level.

This coaching qualification framework is essential for not only the ULP and FLSG, but also for the entire community of figure skating in Luxembourg:

- For clubs, it provides clear standards to recruit and assess coaches based on objective, transparent criteria.
- For athletes and parents, it guarantees that coaching staff are adequately trained, experienced, and continuously improving — which is vital for safe, age-appropriate, and progressive development.
- For national sports bodies such as the COSL, it ensures that the discipline is governed and developed by professionals who meet recognised standards of excellence, aligning with Luxembourg's broader goals for an elite sport.
- For the ULP, it strengthens the credibility and professionalism of figure skating as a sport, facilitates structured pathways for coach development, and promotes long-term athlete development models such as the LTAD.

The ULP Coaching Qualification Framework is structured as follows:

ULP Level	ULP Title	ULP Minimum requirements	Typical Roles & Responsibilities	License
Level 0	Junior Assistant Coach* “Moniteur”	Age 12+ (up to age 18 only trained internally by certified coach) Good skating skills (minimum: competitive level)	Assists with beginner/hobby groups (skaties groups) Can lead warm-ups (skaties or pre-novice) Basic technique demonstrations on ice –only under certified FS coach supervision	A
Level 1 (Beginner)	Former Skater – Transition Coach	Age 16+ Former competitive skater (minimum 5 years), not yet certified, but with Minimal practical experience Gaining coaching certification Trainee Possibility to start INAPS education at age 16 to obtain LUXQF 1-2 (at age 18)**	Introduction to the role of coach; Assists coaching on ice (leisure competitive groups) Assists coaching on ice (competitive groups) Only under certified FS coach supervision Supports off-ice training (leisure competitive groups) Leads hobbies groups on ice Leads warm-ups (leisure competitive groups) Recognizes and becomes familiar with basic skating techniques	B
Level 2 (Intermediate)	Coach Initiator	Age 18+ FS LUXQF 1–2 Former competitive skater (minimum 5 years) 0–2 experience as an FS assistant coach Has formal FS coaching certification - fundamental level	Can lead on ice and off ice sessions (leisure competitive groups); Assists coaching competitive groups (pre-novice and novice); Can lead off-ice training competitive groups - pre-novice and novice groups	B
	Confirmed Coach	FS LUXQF 3 2–5 years FS coaching experience Has formal coaching certification - advanced level Former competitive skater (minimum 5 years)	Leads ice and off-ice sessions leisure competitive groups; Leads ice and off-ice sessions (pre-novice and novice group) Assists coaching advanced competitive groups Leisure competitions supervision (interclub); Lead off-ice trainings	B
Level 3 (Advanced)	Competition Coach	FS LUXQF 4 5–8 years FS coaching experience Brevet or Master's degree Former competitive skater (minimum 5 years)	Advanced technical trainings (methodology/technique) Leads international competitive groups – advanced, junior, senior; International and national competitions supervision (ISU competitions – ULP nomination); Off-ice training – all competitive groups; Can leads overall club development program	B
	High Performance Coach	FS LUXQF 5-6 8–10 and more years FS coaching experience Brevet or Master's degree Former competitive skater (minimum 5 years)	Advanced technical trainings (methodology/technique) Leads international competitive groups - advanced, junior, senior; International and national competitions supervision (ISU competitions – ULP nomination); Off-ice trainings – all competitive groups; Leads overall club development program	B
ULP Nomination***	National Expert Coach	FS LUXQF 4–6 (Level 3) + Brevet or Master's degree or equivalent in figure skating/sport science; + 12 years FS coaching experience + National/international contribution; The minimum requirement is three years' experience as a ULP level 3 coach (internal experience)	National team lead coach; Federation trainer (Sportlycee/COSL); ISU and international competitions; Development program (LTAD/LTCD); Member of the « Commission de Développement »; Overall federation development and strategy; Represent ULP at national and international level	B

Explanatory note on the ULP Coaching Levels:

To be eligible for an FLSG/ULP Coach Licence B, the applicant must have either begun formal national coach training in figure skating (Level 1) or already hold an officially recognized coaching licence issued by INAPS in figure skating (Levels 2 or 3).

Level 1 is considered as a trainee and can only assist coaching, Level 2 is considered as an assistant coach for competitive groups and/or a lead coach for hobby and leisure-competitive groups, while Level 3 is an experienced coach qualified to guide and mentor coaches at Levels 1 and 2.

Only figure skating coaching experience is considered relevant. Experience gained at ULP Level 0 is regarded solely as practical experience and does not count as coaching experience.

*** Moniteurs**

To obtain a ULP Licence B, it is mandatory to have started formal education or already be certified or hold a diploma in the field of sports education, with a specialization in figure skating, and be accredited by INAPS.

For coaches at Level 1 and/or Level 2 (Coach Initiator), it is strongly recommended to complete the ISU Fundamentals of Figure Skating course, available on the ISU e-learning platform (eRINK), to ensure a solid technical and pedagogical foundation aligned with international standards.

Additional Requirements

All coaches are required to complete the ISU Safeguarding Module 1 (also available on the ISU eRINK platform) and a First Aid training course provided or recognized by INAPS. These are mandatory components of safety and athlete welfare education.

As part of the safeguarding policy framework, to be recognized as a ULP-level coach, it is also mandatory to submit a judicial record extract, in accordance with the agreement signed between the Ministry of Sport and FLSG on June 26, 2025 (no later than January 1, 2026). Additionally, every coach must provide a medical certificate confirming their fitness ability to train athletes:

Up to age 55: every 4 years

Over age 55: every 2 years

**** Former Skater – Transition Coach**

Individuals can begin INAPS education at age 16 to obtain LUXQF Levels 1 and 2 by age 18. The National Expert Coach acts as the coordinator of the education programs offered by INAPS and serves as the primary point of contact. All requests or interests regarding the initiation of the specific FS education courses with INAPS – whether for initial or advanced LUXQF levels – must be directed to the National Expert Coach or to the ULP.

The ULP strongly requests supports all forms of both individual and formal development of coaches and actively seeks out opportunities to advance their growth and careers as figure skating coaches (development camps, cooperation with other international federation, programs Erasmus+).

!!! All coaches uphold the highest standards of minor protection, ensuring not only the physical safety but also the mental well-being of their athletes. They take active responsibility for supporting athletes' mental health and proper nutrition, recognizing these as essential components of overall performance and development. Coaches serve as mentors and sources of guidance, providing continuous support to athletes as they progress through various levels of competition. Through this holistic approach, coaches foster a positive and nurturing environment that promotes both athletic growth and personal development.

To achieve this, close cooperation between coaches, club representatives, and the ULP forms the essential foundation for maintaining these high safeguarding standards.

Explanatory Note on the Roles and Responsibilities of the National Expert Coach:

National expert coach

As the lead coach of the national team, this person is responsible for preparing and directly overseeing the athletes representing their country in ISU events and ISU international competitions. The coach coordinates training sessions, competition strategies, and ensure consistency in technical and tactical work within the team. The coach closely tracks the physical, technical, and mental development of athletes over time. This continuous evaluation helps to adjust training plans and address individual needs, ensuring steady improvement towards national and international competition standards. The coach is responsible for planning and conducting regular physical fitness assessments for national team members. These tests provide valuable data on athletes' endurance, strength, flexibility, and other key physical attributes, which are critical to tailoring training programs and tracking readiness for competition. Beyond technical coaching, the role includes mentoring younger athletes, guiding them through the challenges of high-level sport, and supporting their personal and athletic growth. This holistic approach fosters motivation, discipline, and resilience, which are crucial for long-term success. The coach is responsible for the detection and selection of young talent, identifying promising athletes to be nurtured and developed within the federation's training programs. Serves as a member of the Technical Committee appointed under the ULP nomination, contributing expertise to technical decisions and development strategies.

Federation trainer (Sportlycee/COSL)

The coach also acts as a trainer within ULP training centre. This involves mentoring and developing young talents as well as supporting the education. Effective communication and collaboration with the tutors and educators at the Sportlycee are essential. The coach works alongside academic and support staff to ensure that athletes maintain a balanced development, combining their sports training with educational progress and overall well-being. Acts as the key liaison between the federation and COSL, ensuring continuous and effective dialogue between both organizations. Presents and supports candidates for COSL events, such as high-level competitions, awards, or training programs, facilitating their participation and success. Plays a role within the promotion framework (cadre de promotion), contributing to the development and recognition of athletes and coaches through COSL initiatives.

ISU and international competitions

The lead coach manages and supports athletes during competitions organized by the ISU and other international events. They ensure optimal preparation, handle logistics, and represent the team officially.

Development program (LTAD/LTCD)

This role includes coordinate long-term athlete development programs, specifically LTAD (Long-Term Athlete Development) and LTCD (Long-Term Coach Development). LTAD structures athletes' progression over multiple years, addressing physical, technical, mental, and competitive growth phases. Member of the FLSG Programme Development Commission - figure skating - for coordination of training programmes for technical and administrative personnel.

Overall federation development and strategy

The coach plays a key role in the overall strategic planning of the federation. They help define sporting directions, training policies, performance goals, and the promotion of figure skating nationwide.

Represent ULP at national and international level

As a representative of the ULP, the coach acts as an ambassador at national and international levels, participating in meetings, conferences, and collaborations that influence high performance in figure skating.

****The National Team Lead Coach operates under the authority of the ULP according to the responsibilities outlined above and is required to regularly provide updates and submit reports on various activities. This coach is appointed by the ULP for a period of two years following an audition before the members of the ULP committee. The appointment can be made either as a compensated (paid) coach or as a coach under an employment contract.*

Conclusion

This framework ensures the presence of qualified coaches at all levels, supports their ongoing professional development, and promotes the safe, effective, and balanced progression of skaters. It fosters trust, safety, quality, and consistency — key pillars of a sustainable and high-performance sport system.

Coaches play a central role in the development of skaters by focusing on training based on strong fundamentals. Their primary mission is to ensure rigorous and progressive technical learning, thereby promoting optimal skill development while minimizing the risk of injuries. They are responsible for planning and adapting training sessions according to the individual level and needs of each skater, emphasizing quality of movement, physical conditioning, safety, and overall well-being, while acting within the limits of their qualifications and competencies.

Beyond technical aspects, coaches must uphold a high standard of conduct, demonstrating responsibility, respect, and a collaborative attitude toward skaters, fellow staff members, and families.

Continuous education is essential: coaches are required to regularly participate in evaluations, feedback sessions, and additional workshops to maintain and enhance their qualifications, as well as to stay updated on evolving techniques and regulations.

ULP Committee
Howald, 12 September 2025

[European Sport Coaching Policy Framework](#)
<https://inaps.public.lu/fr/apropos/formationinitiale.html>
[Courses for Coaches on ISU eRink](#)

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