

(PIESCHKE – Figure Skating)

(:02 pad)

(Track 1 :03)

(CG: Rochester)

Figure Skating is not just a sport for people like Sheri Carr.

{*** SOT FULL ***}

(CG: Sheri Carr / Figure Skating Coach)

[TAKE SOT

NAME: Sheri Carr

OUTCUE: it's not a job.

DURATION: 0'02"]

("It's part of who I am. It's not a job.")

(Nat Sound :01)

{***SOT FULL***}

[TAKE SOT

NAME: Sheri Carr

OUTCUE: it's a lifestyle.

DURATION: 0'01"]

("It's a lifestyle.")

(Track 2 :05)

This lifestyle started at age nine.

But found out it wasn't all that glamorous.

{***SOT FULL***}

[TAKE SOT

NAME: Sheri Carr

OUTCUE: lots of hardships.

DURATION: 0'06"]

("It's a long, long process with lots of ups and downs, and lots of triumphs and lots of hardships.")

(Track 3 :03)

Starting out, Carr's goal was to go to the Olympics one day.

{***SOT FULL***}

[TAKE SOT

NAME:Sheri Carr

OUTCUE:your goals accordingly.

DURATION:0'10"]

("And then you get in the sport and you see how much time, how much practice, how much effort and how difficult it is to get up through the ranks, then you kind of adjust your goals accordingly.")

(Track 4 :04)

But through all the hardships, the good days at practice made everything worth it.

(Nat Sound: 01)

{***SOT FULL***}

[TAKE SOT

NAME:Sheri Carr

OUTCUE:what you feel.

DURATION:0'08"]

("You feel light, you feel like there's no restrictions. The movement, especially jumping through the air, the weightlessness. That's what you feel.")

{***SOT FULL - NAT SOT***}

[TAKE SOT

NAME:Sheri Carr

OUTCUE:it go, push.

DURATION:0'02"]

("Just let it go, push.")

(Track 5 :03)

And that feeling is what encouraged Carr to become a coach.

{*** SOT FULL ***}

(CG: Erica Pieschke / Rochester)

[TAKE SOT

NAME:Erica Pieschke

OUTCUE:people of all ages.

DURATION:0'09"]

("Being a figure skating coach wasn't always in Sheri's plan, but now it's been 22 years of her getting to share her love and passion for the sport with people of all ages.")

{***SOT FULL***}

[TAKE SOT

NAME:Sheri Carr

OUTCUE:as an individual.

DURATION:0'07"]

("The best part of coaching is just building relationships with the skater, watching them grow as a skater but as an individual.")

{***SOT FULL - NAT SOT***}

[TAKE SOT

NAME:Sheri Carr

OUTCUE:before the three, ok?

DURATION:0'06"]

("And the free leg, I feel like your free legs moving a little bit too quick before the three, ok?")

(Track 6 :07)

No matter what age group she works with, Carr is dedicated to each skater and they appreciate everything she does for them.

{*** SOT FULL ***}

(CG: Rhonda Arena / Figure Skating Student)

[TAKE SOT

NAME:Rhonda Arena

OUTCUE:really great as a coach. DURATION:0'08"]

("She takes me seriously as an adult. . She's able to keep me calm. She's wonderful. She's been really great as a coach.")

{***SOT FULL - NAT SOT***}

[TAKE SOT

NAME:Sheri Carr

OUTCUE:for the up.

DURATION:0'03"]

("Here under and for the up.")

{*** SOT FULL ***}

(CG: Colette Scott / Figure Skating Student)

[TAKE SOT

NAME:Colette Scott

OUTCUE:in Rochester area. DURATION:0'08"]

("Sheri's invaluable. She's been a great coach and technically she's I would say the best freestyle coach in Rochester area.")

{***SOT FULL - NAT SOT***}

[TAKE SOT

NAME:Sheri Carr

OUTCUE:warmed up enough?

DURATION:0'02"]

("Are you warmed up enough?")

(Track 7 :02)

Erica Pieschke, N-C-C News.

(:05 pad)