



# HARROW STUDENT SETS THE ICE-SKATING WORLD ON FIRE

How eleven-year-old Harriet Levin turned her love of gymnastics into success on the ice

SPORTY Harriet Levin was the talk of her school last year when she was named Harrow’s female gymnast of the year 2011. Several months later and she’s fast gaining another reputation – this one for being a star on the ice.



The youngster discovered her love for ice-skating during last year’s floods, when she took to the rink as a means to practise her gymnastics.

It was soon evident that many of her gymnastic skills such as balance and strength provided her with a great base from which to work – and she enjoyed her time on the ice immensely.

Ice skating quickly replaced gymnastics and daily sessions on the ice furthered her skills and desire to compete. Entering her first competition in December 2011 she won two Gold and one Silver medal – a very promising start after a mere two months of intensive training.

Harriet is now trained by Russian champions Alexei and

Maria Federov, allowing her to continue her remarkable journey on the ice.

As a level 4 skater she has recently managed to perform one of the hardest jumps in skating known as the Axel. Performing jumps is the most demanding discipline of ice skating (and a good gymnastic background certainly helps) and Harriet is enjoying learning the more complex routines and techniques required as she advances.

All of this takes time, and her teachers at Harrow International School have worked with Harriet and her parents to facilitate her school timetable, allowing Harriet to leave school early one day a week in order that she can have individual tuition with her coach.

Giving up so much time for sport, Harriet is nevertheless able to continue her other passion of music with Harrow organising specialist music lessons: Harriet is a grade 4 pianist, grade 2 violinist and recently was awarded a distinction in grade 1 ABRSM singing. Giving back to the school, Harriet plays violin in the Prep School Orchestra.

Once the school day is over, Harriet heads to The Rink Elite Academy Rama 9, where she also has to train in ballet, dance and athletics. She has a quiet room



there where she can break for a snack and do her homework. Arriving home at about 8pm she does her music practice and is usually asleep by 9.30pm.

Saturday is her day off from skating when she can catch up on school work and music. She has to keep to a diet that avoids sugary drinks and junk food but on Saturday she allows herself the luxury of a chocolate bar and a piece of cake of her choice.

Harriet has a golden future. By carefully balancing all that she wants to do, working carefully with her school, family and coaches, she is able to achieve at the highest level. We look forward to watching her remarkable progress in the future.