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Dear Laurent,

apologies for being a bit later than expected with all of these information as of below, but neither the last weekend was open to all steps and actions I had planned for nor the following, now concluded week ... unfortunately.

Nevertheless, I promised to come back to you and my promises always hold. Due to the fact that such views I collected and that want to share with you cannot be squeezed into a single message in a mobile phone's setting, I decided to sent you a link for this letter's PDF as a download and only text you that link. I hope that it will work; well, I am sure that it will work, since you can read PDF documents, can't you?

As I discussed with Anne after I had returned you back to the station on Saturday and after the ranking ceremony before noon as well as a bit later in the week at home, here are those views I was able to "crystallize" out of all of these exchanges run. Please note that I was neither able to verify all of these statements she gave to me made nor that I did have the chance to talk to anyone in the meantime as named below. Thus, a certain level of caution is needed, which makes me here to state that these lines of text are, thus, only for your eyes and they shall not be used by any means to "blame anyone" for what had happened in Winterthur. Thank you. These lines can, however, possibly line up a few details, which can be improved to see Anne's balance of mind being positioned in exactly that balance she just needs now as a child of 13 years of age.

1. Anne referred many times to "this way not my day" — and that didn't really change for a longer time that way.

2. Thus I decided to find out what typically happens the days before a competition and just on these two days of the competition in preparation of these two skates in Winterthur. And that set of information provided a few insights as follows.

2.a As Anne stated, a well prepared competition "levels out 2-3 coaching lessens before", which seems to mean that all elements are finally agreed upon and no major (possibly not even minor) changes happen anymore; this delivers to Anne a very strong signal of "we are safe here" and she can focus on that set of element's clarity and precision.

2.a Any later added type of refinement information, constructive suggestions on what has to done to skate these elements agreed upon in a "nicer", "better" way, with a stronger impression, and the like, are always welcome by Anne in person and on the ice — that's what she mentioned a couple times.

2.b But, if major such refinement information pop up at the end of a last skating lesson or — and that may be now really interesting — may have been communicated by tweets or electronic messages to either Anne or her and Mom, Anne felt “overwhelmed” in the sense that she couldn’t ask back on the ice or show how she would address these concerns raised. As for Winterthur, it seems that such type of messages had been out wrt to spins? I am personally not certain here, but just “report” on what Anne told me.

3. Anne is very sensitive to the warm-up off-ice just before the skate will happen — and personally I did see such a case developing via Ruth’s information provided to me last year.

3.a This means, that a well-focussed warm-up, which warms all muscles and her body overall as well as calms down her mind, is very well received — an overdoing of that “kills” her motivation and more precisely her power (as it happened in Flims last year just after a great Short Program I was with her the day after before the Free Skating, where Ruth was with her; there Anne just basically “broke down” in all senses within her free skate after app. 120-130 seconds).

3.b Anne mentioned for instance that Joy’s warm-up in Winterthur was very good and highly supportive, that your warm-up before the Free Skate was great on Saturday, and that especially the stay in the changing rooms (as you told me that you sent her back in to focus and calm down) before she had to skate was felt to be very supportive.

3.c In that sense the Winterthur preparations for the Short Program and the Free Skate were very good! And she stated that explicitly!

3.d Anne stated as well that there is a little level of nervousness with her in those warm-ups, but she was basically almost always able to take that off her thoughts as soon as she was treated always nicely and fairly at the ice rink’s fence before a skate starts. Which is very good to know that she can now focus on what has to come.

4. After a while of a chit chat I realized an interesting “twist” on information details and value, which was the following.

4.a For whatever reason, Anne remembered and told that on the ice on Saturday after leaving you at the ice rink’s fence (I read that as approximately 3-4 seconds later) she “saw” such electronic messages, which told her to focus on whatever detail it was (I can’t remember what she told me) on the spins. And she tried to get that into or out of her head — and she fell the first time even before the competition even started. And she couldn’t reach any stable state ... obviously.

4.b Anne could not tell me what and why that stroke her mind and she mentioned only that she couldn’t “delete” that thought from her brain at that moment and turned nervous ...

4.c The outcome is clear to you and us in exactly that case.

4.d Interestingly enough, you have seen Anne’s Short program results in Winterthur (as attached here again in detail) at 23.6 as rank 11 (second best ever after 23.79 in Flims 2021) and now we do hold her Free Skate’s results, too (as attached here as well) at 38.36 at rank 17, and her overall ranking was clearly “only” rank 16 overall after 11th the position in the Short Skate, the overall sum of these points ended up in 61.96, which extended her Personal Best of 61.44 from Trois-Chêne, Thônex in January 2022! Sic! This is a very clear indication that she is on a good path, possibly for her time invested so far and skills combined even a very good one.

Overall, and these are my personal takeaways, Anne may be right in a certain sense that this “hadn’t been her day”, but likely a bit impacted by externalities, which happened for the first time ever in her preparations. Please, this is not to blame anyone at all, by no means at all, but it seems to look like that — intentionally just with the fully opposite idea and target to give her information for improving! But Anne’s considerations of suggestions are almost always, and that is true for school, ballet, and music (piano), taken into her heartstrings; which may end up at a very stage of preparations in such a counterintuitive effect. I am sure that this can be dealt by easily in the future.

Many thanks for your time, your deeper interest, and your coaching of Anne — in collaboration with the other coaches of Lucie, Joy, Maria, and Chiara, and whoever I may now have missed out; apologies, not done intentionally — and your continued support of her path. And as we discussed in the car over to Winterthur, Figure Skating is Anne’s passion besides ballet and piano, and it is one which combines her artistic skills with music as well as sports overall. While she likes all that, it is to her and us very clear that the school nevertheless will “dictate” these days the daily schedule and this paves her path to her future. Whatever happens after school ... it is neither on ours or your hand, it is in hers.

Closing, it is these days very clear at this point that she really is very eager to qualify for the Swiss National Championships in February 2023 in Bellinzona within her age group — very clearly knowing that anything at the upper 50% would be wonderful, but she will not be unhappy to stay in the lower halve either.

Have a wonderful remaining evening and kind regards,

A handwritten signature in dark ink, appearing to read 'B. Burkhard'.

Burkhard

[illegible]

