

# Reading Strategies

Instructions: Answer the following questions using the reading below.

1. What do you think the text will be about? Why?
2. What is the subject of the text?
3. What strategy, technique, or tool(s) should you use to read the text?
4. What do you notice about the text?
5. How does this text connect to other people, ideas, texts, my own ideas, experiences or values?
6. What do you not understand about the text?
7. What details or aspects of the text matter the most? Why?
8. What is the main idea? What are the supporting details?
9. What can you conclude after reading this text?

# Skating into the Future

**When do you know that it's time to make a big change in your life? How do you decide to let go of one thing and reach for another? Read about one young athlete's decision to try for a more well-rounded lifestyle.**

Lena glided across the ice, stepped out of the rink, and sat down on a bench. It was the same bench she had sat on nearly every day during the past six years before and after practice. She also sat there during competitions while awaiting her scores.

Lena's duffel bag was in its usual place on the ground beside her. She reached in and grabbed her blade guards. As she snapped them into place, she fought back her tears. Was this really her last day with Coach Natalia? Was she really going to leave this bench, this skating rink behind her?

Lena had started ice-skating lessons when she was just 5 years old. She had loved skating so much that her parents had been willing to spend lots of money on her lessons, uniforms, and travel to competitions. They were proud of her skating, and they never complained about having to get up early to get her to the rink. Natalia and Lena had an hour of ice time before school every day. On Saturdays and Sundays, Lena's early morning lessons lasted three hours.

Now all that was ending. Lena had made the decision that other things in life were more important to her now than ice-skating. Besides, she could see that she had reached the peak of her abilities. She accepted the fact that she would never be on the Olympic skating team. Now it was time for a different kind of life.



She would miss the feeling of nailing a perfect jump or ending a twirl with a flourish, but she wanted to share a more typical teenage experience. She wanted to go to slumber parties and hang out with her friends on the weekends.

She was making the right decision, wasn't she? Lost in thought, she heard Natalia's soft voice behind her.

"Lena, I will miss you. You have been a wonderful student."

Lena turned, blinking her eyes to hold back the tears. She swallowed hard and smiled at her coach. "Natalia, I'll come and see you often. I will miss you too!"

"It is good, what you are doing, Lena. You are a young woman now. You should have a full life, enjoying everything. Remember what I taught you about jumping? You cannot learn a jump if you don't risk trying it. Sometimes you have to fall many times until you get it right."

Lena gave Natalia a big hug. "I remember. I will always remember all of your lessons."

As Lena walked outside, she focused on her future. She had a lot of plans to make. She was ready to keep her feet on the ground instead of on the ice. And yes, she was ready to try a few risky jumps.