

GROUNDED

My name is Roma Sadovsky and I am a Canadian figure skater.

Grounded that's the first word that comes to my head when I try to describe how I feel about the current situation.

What I like most about figure skating is the freedom, the freedom of movement the freedom of expression. A place where spirit thrives and there isn't anything that can quite replace that for me ... and without that I feel grounded.



The feeling of the cold air cutting against my face. The feeling of soaring through the air. There are times where I swear I can feel like I'm detaching myself from this physical world and its limitations and go wherever I want. It's almost ... psychedelic.

Now it's spring. A transition to the new season a time to look forward to trying new things.

Pandemic. A new thing that none of us really anticipated. An obstacle that no athlete could have possibly prepared for it. We're built to handle things like our equipment failing or injuries but this is something completely off the charts. Something completely unprecedented. Something that can only be seen under a microscope, effectively put the entire world on complete lockdown. Everything is canceled. Everything is closed.

After some time, I started to miss more things than just skating. I missed the process of learning like many others. I'm also unemployed and I missed the process of teaching and watching others improve. I miss the people that skating connected me to which understandably makes up most of my social circle and without a doubt, they are my favorite people. I miss the feeling of satisfaction, validation after a good day of training and the drive to bring out more when it just doesn't happen sometimes. I just, to put it simply I miss it all.

But the reality is we won't be grounded forever. We should look ahead. Keep our heads up. We fight back the change in our daily routines and habits are part of the attack. The best offense is a good defense. We can distract ourselves. Indulge in other arts. Try new things. This is a good time to reflect on ourselves and work on our selves so that when the time comes, when everything can return to normal, we'll be stronger than ever.

I'm sorry Covid 19 but you're on your way out because frankly you don't stand a chance against us.

What I miss because of the pandemic is ...

What's been good about the pandemic?

CORONA +



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What's been bad about the pandemic?

CORONA -



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