

April 16, 2020

Lausanne, Switzerland

Together we will get [#UpAgain](#)

In November 2019, the International Skating Union (ISU) [launched #UpAgain](#), an emotional and inspiring campaign based on one simple principle: we must overcome life's challenges to achieve our full potential. Today, the campaign takes a greater meaning as we currently face one of the biggest challenges humankind has encountered in decades. Through this campaign, the ISU aims to encourage people to stay strong, to support each other in creative and mindful ways and together we will get [#UpAgain](#).

As part of the initiative, the ISU published some amazing and heartening [#UpAgain](#) stories, highlighting how some of the world's best Skaters beat adversity to get back [#UpAgain](#). The first story focused on [Canadian Ice Dancer Piper Gilles](#) and her grieving process after losing a loved one, while the most recently launched [#UpAgain](#) story featured [Norwegian Speed Skater Håvard Lorentzen](#) and how he overcame a serious injury. Additional stories will be published within the coming weeks.

During the season 2019/20 the campaign featured some incredible stories of fans on its social media platforms through the [#UpAgain](#) challenge. Now the ISU will share athletes' daily routines on social media to show how they are getting through these hard times. Athletes will provide tips on how to stay physically fit and active and how to maintain a healthy mind, all within the comfort of their own homes. To support them and be part of the movement, follow the ISU social media channels and the athletes' own social media channels.

A selected number of ISU Centers of Excellence are also offering a new series of online ISU Figure Skating training sessions on the [Skating ISU YouTube Channel](#). Athletes as well as fans will have the opportunity to join online classes hosted by top coaches, choreographers and other Figure Skating professionals from April 19 – 24, 2020.

Last but not least, fans can also enjoy a moment of well-deserved rest and entertainment especially if they just followed the online training session. As part of the [#UpAgain](#) campaign and in support of the [#StayHome](#) movement, the ISU [announced](#) it was offering daily streamed replays of all 2018 and 2019 ISU Championships. The videos, available on the [Skating ISU YouTube Channel](#) allow fans to chat and engage with the sports they love and miss. The full replay schedule is available [here](#).

Subscribe to the [ISU Newsletter](#) to receive the latest information from the ISU and you can also subscribe to the [Skating ISU YouTube Channel](#) to receive notifications when live streams or new videos are published.

Stay connected with the ISU Social Media:

YouTube: [Skating ISU](#)

IG: [@ISUFigureSkating](#) / [@ISUSpeedSkating](#)

Facebook: [@ISUFigureSkating](#) / [@ISUSpeedSkating](#) / [@ISUShortTrackSpeedSkating](#)

Twitter: [@ISU Figure](#) / [@ISU Speed](#)

Follow the conversation with [#UpAgain](#)

About the International Skating Union

The International Skating Union (ISU), founded in 1892, is the oldest governing international winter sport federation and the exclusive international sport federation recognized by the International Olympic Committee

(IOC) administering the sports of Figure Skating (Single & Pair Skating and Ice Dance), Synchronized Skating, Speed Skating and Short Track Speed Skating worldwide. The objectives of the ISU are to regulate, govern, promote and develop its sports on the basis of friendship and mutual understanding between athletes. Currently three ISU disciplines are included in the Olympic Winter Games program (Figure Skating, Speed Skating and Short Track Speed Skating). For further information please visit isu.org.