



AUTUMN 2010



**CENTRAL
GAUTENG**

SAFSA Membership

We are well into the new year with the first competition already over. Please ensure you pay your membership for the 2010/2011 season by the end of March as no skater may compete or take a test if their membership is not up to date. A R 50 admin fee will be levied on late payments. If you did not receive a membership card last year please hand an ID photo, with your full name written on the back, to Elsie at the rink. For any queries please contact Elsie 082 883 8884 elsie@syntegricom.com

Competition dates 2010

7/9 May Cape Inter-Provincials
17/18 July C Gauteng Provincials
14-15 August KZN I/Provincials
11/12 Sept Gauteng I/Provincials (Pta)
3/6 Oct Nationals (Cape Town)
31 Oct Rising Stars

We would like to encourage all of our skaters to participate in as many competitions as possible. Traveling to Durban and Cape Town as a team is a lot of fun for skaters and parents alike. For all queries please contact Liz Bates on 082 392 5150.

Test dates 2010

Unfortunately the first scheduled test of the year was cancelled as there were not enough entries and the second scheduled test was cancelled as not enough judges were available. We would like to ask that coaches submit their test entries as early as possible together with the correct paper work and test fee. No skater may be entered for a test unless the payment has been made and the correct forms received no later than two weeks before the test date.

22 May Sat - Kempton Park
20 June Sun - Northgate
24 July Sat - Kempton Park
22 Aug Sun - Northgate (Final qualifying for Nationals)

Coaches: Please note the test scheduled for **22 August** is reserved for National Skaters needing to qualify for Champs in October.

For any Queries please contact Debbie McColl on 083 272 1407.

Skating tip - What to wear

Looking neat will help set a mind ready for success. Don't come to the rink looking sloppy or messy.

Clothing:

Always make an effort to look neat. Form fitting clothes that stretch are ideal. In order for the coach to give proper advice and feedback she/he needs to see the skater's form and body alignment. Avoid restrictive or baggy clothing. Girls should wear a leotard with beige coloured tights, a unitard or leggings with a snug fitting shirt. If it is very cold, a ballet type cross over jersey or snug sweatshirt is ideal.



Boys should wear black skating pants and a close fitting long or short sleeved shirt. Stretch gloves are a good idea. Do not practice in a heavy or bulky jacket. Do not practice in a track-suit top or pants.

Hair:

A girl's hair should be tied back in a pony, platted or pinned in a bun. It is important that hair is kept away from the skater's face and eyes. Keep shorter hair away from the face with clips.

Test Results

Congratulations to the following skaters who passed their tests on 29 November 2009.

Basic Skating Skills:

Level 1: Sarah Yates and Lee-Ann Vermaak

Level 2: Megan O'Gorman, Darin Croker and Daniela Evans.

Level 4: Bernard Keys and Ntsiki Khuzwayo

Elements in Isolation:

Class 1: Sarah Yates and Lee-Ann Vermaak

Class 2: Kylie James, Lincka De Lange and Kylie-Ann Bowers

Free Skate (Medal Test):

Prelim: Natalie Fouri, Darin Croker

Bronze: Jessica Hay

Congratulations to the following skaters who passed their tests on 11 April 2010.

Basic Skating Skills:

Level 1: Florika Devine, Leigh Cawrse, Tannith Brand, Tayla Jonker, Natasha Schmidt.

Level 2: Justine Croker, Joshua Cronwright, Tabitha Rimmer, Joshua Rees, Kylie Bowers.

Level 3: Kathleen Strydom

Elements in Isolation:

Class 2: Marie Elize Louw, Ashleigh Gruber, Justine Croker

Free Skate (Medal Test):

Prelim: Justine Croker, Kylie Bowers.

Inter Gold Short: Johdettke Bezuidenhout.

