

Autumn 2009



CENTRAL GAUTENG



Newsletter

We are well into the new year with the first competition looming. Please ensure you have paid your membership for the 2009/2010 season 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. We would like to issue new membership cards this year – please hand an ID photo, with your full name written on the back, to Colleen at the rink. For any queries please contact Colleen 082 452 1124.

FACEBOOK

For all those people who are already on Facebook, we have started a page for SAFSA Central Gauteng. This is for you the skater – please join as a fan and make contributions to the page; take part in discussions, upload photos and keep up to date with the latest news. For those not yet on Facebook, why not join up!

COMPETITION DATES FOR 2009

7/8	Mar	Prima Vera Cup (Kempton)
23/24	May	Cape Inter-Regionals (Grand West)
13-15	Jun	KZN Inter-Regionals (Durban)
25/26	Jul	Gauteng Inter-Regionals (Kempton)
22/23	Aug	C Gauteng Regionals (TBA)
11-14	Oct	Nationals (Pretoria)
25		Rising Stars (TBA)

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 FOR 2009

28	Mar	Sat	Kempton Park
26	Apr	Sun	Northgate
31	May	Sun	Northgate
27	Jun	Sat	Kempton Park
26	Jul	Sun	Northgate
16	Aug	Sun	Northgate (Level & class only)
30			Northgate (Final Qualify for nationals)
13	Sep	Sun	Northgate
31	Oct	Sat	Kempton Park
29	Nov	Sun	Northgate

Coaches: please ensure you complete the relevant forms and hand to Debbie McColl together with the fee payable no later than two weeks prior to the test. For any Queries please contact Debbie on 083 272 1407.

TEST RESULTS

Congratulations to the following skaters who passed their tests on 16 November 2008 and 1 Feb 2009.

BASIC SKATING SKILLS:

Level 1	Megan O’Gorman, Linca De Lange, Jenna Wiltshire, Taylor Wolchuk and Kylie James
Level 2	Ntkisi Khuzwayo and Raeleigh Scoombie
Level 4	Kayley Cock and Johdette Bezuidenhout

ELEMENTS IN ISOLATION:

Class 1	Megan O’Gorman, Linca De Lange, Marie-Elize Louw and Jenna Wiltshire
Class 2	Tabitha Rimmer, Tulullah Hawker and Kathleen Strydom
Class 5	Coral-Lee Searle

FREE SKATE (MEDAL TEST):

Prelim	Tabitha Rimmer and Kathleen Strydom
Inter Silver	Nicole Goldie
Silver	Coral-Lee Searle

SKATING TIPS

As many new to the sport seem to battle with their spirals, we have included an extract from *Nancy Kerrigan’s Book – “Artistry on Ice”. This book can be purchased online through Amazon.

Forward Spirals

“Just as in riding a bike, look ahead as you begin to release into the forward spiral-this helps maintain a balance point. Especially when the body is going forward, skaters tend to look down for fear of losing control. Many times we try to save ourselves by putting our hands out to prevent a fall. This actually increases the chance of falling, as your upper body follows your arms. Instead, look out and forward, not focusing directly down. This will also prevent you from going over your toe pick and from hitting others. Most important, in a spiral you need to be balanced. As you release onto the forward spiral, try to keep your balance at the same point. I actually think of keeping my weight back on the blade; as your upper body goes forward into the spiral, your weight tends to shift forward on the blade as well. By thinking of keeping the weight back, you will keep your weight centered in the middle of the foot. Finding the balance point will make you more comfortable in the spiral, allowing for extra extension and a fuller spiral position. As you work on the basic forward spiral, your leg will get higher. No matter how high your free leg is you still want to keep the chest and abdomen lifted so that the audience can see your face and an attractive, confident upper-body position. You should feel that you are lifting up and out of your waist with your shoulders down, not hunched. Often, I think of my arms reaching back to my toe to give me additional stretch in the upper body.”

*Source: Nancy Kerrigan (2003) “Artistry on Ice Figure Skating Skills and Style”; Human Kinetics; pages 16-17

NATIONALS TRAINING SQUAD DATES 2009

Saturdays from 5.15pm to 6.45pm

28 Feb, 14 Mar, 18 Apr, 31 April, 9 May, 6 June, 20 June, 11 July, 22 July, 8 Aug, 5 Sept, 19 Sept.

Any changes to these dates will be communicated directly to you. For any queries please contact Heather Skinner on 082 575 3188.