

Spring 2008



CENTRAL
GAUTENG

Newsletter

Winter is almost over but the mornings at the ice rink are still quite chilly. Please don't forget to support Liz's coffee station; all proceeds are put to very good use. With the Provincial and Rising Stars competitions coming up, we are looking for any donations for the skaters goodie bags – sweets, toys or school items are always greatly appreciated.



NATIONALS TRAINING SQUAD

This year Central Gauteng started a training squad for those skaters who wish to skate at a national level. A very big thank you to Neil Garrard, Etienne Dreyer, Tracey Downey and Kevin Harris all of whom gave their time freely in order to help our skaters achieve their goals. Also at no cost, Claudia Richard gave stretching classes to those committed skaters who wished to go the extra mile; Dance Zone very generously donated the studio time. As a result of this fantastic support, Central Gauteng was able to field a team of 12 skaters this year, a vast improvement on the team of 5 skaters last year.

FROM THE DESK OF LIZ BATES

– Central Gauteng Competition Team Leader

Being chosen as Team Leader for all Competitions was an honour for me. The KZN competition went off well the first day, but on last morning there was a "power outage" which meant that many skaters had to leave before the end of the competition to catch flights home. Some feel that they will not be going back to Durban; PITY.

SA National Championships: Our team of twelve skaters looked neat in their National outfits and their behavior at all times is to be commended. Two skaters left their Central Gauteng practice dresses back in Johannesburg but team spirit prevailed and the other skaters came to their

rescue. You would be amazed to see how much those dresses can stretch! Jim Tarantino brought the forgotten items to Cape Town with him on the Sunday Evening; Thanks Jim. The skaters tried their best and although we did not get many medals, I am still very proud of MY team. I, for one, left Cape Town with some good memories and new friends, and I can only hope that the skaters enjoyed themselves, as that is what it is all about...

Should you have any queries regarding any competitions, please do not hesitate to contact me on 082-3925150 at any time.

TIPS FOR THE SKATING PARENT AT COMPETITION TIME

- Always try to arrive at the rink at least 1 hour before you child is due to skate.
- When you have a new costume made for a competition, it is a good idea for your child to wear it during a practice session to ensure the fit is good.
- Do your best to make figure skating fun, never forget why your child started to skate in the first place.
- Do not teach your child from the rail during practice sessions, tests or competitions. This will cause conflict with your coach; let your coach do the coaching.
- Never compare your child with other children at the rink, children progress at different rates.
- When your child enters a competition explain that winning is not the measure of success. Each competition is an experience that will teach your child valuable life lessons whatever the outcome. How you react at competition time will have a profound effect on your child.
- Always display good sportsmanship and be sure to congratulate all of your children's fellow skaters. Teach your children to praise and encourage other skaters.
- Respect the courage it takes for a child to compete in such an event.
- At competitions as a gesture of appreciation it is appropriate to throw soft toys onto the ice after a skater has completed their program. Usually this done by the family of the skater but some children like to honour their special friends. Please use only soft toys; no breakable objects or sweets should be thrown onto the ice.
- Remember to clap and whistle loudly for each and every skater.

For detailed results of the competitions please visit the SAFSA website www.safsa.org.za

With two competitions remaining before the end of the year we would like to encourage all of our skaters and their parents to support these events. Due to ice time constraints, both the Provincials (21 Sept) and Rising Stars (26 Oct) will be held at Kempton Park. For those beginners who are not yet qualified for a provincial competition, Rising Stars is a great fun way to make your debut.