



# SAFSA-Central Gauteng Spring 2009



## TESTS

Only two tests dates remain before the end of the year. To avoid unnecessary disappointment, Coaches please ensure you book with Debbie and submit the relevant forms together with the fee payable in good time.

31 Oct – Sat – Kempton Park  
29 Nov – Sun – Northgate

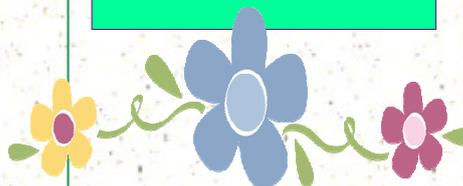
Queries - contact Debbie on 083 272 1407.

## SA Nationals - 11th to 14th Oct(Pretoria)

Please see the SAFSA website for all details and the proposed schedule. The actual competition will run on Monday 12<sup>th</sup> and Tuesday 13<sup>th</sup> October. For those not taking part, it will certainly be worth the drive to Pretoria to watch some top class skating.

## 25 Oct – Rising Stars (Northgate)

This is a great competition for beginner and all non-national skaters. Due to ice-time constraints, the competition will start at approximately 7.15pm and we ask all parents to expect a late evening. The schedule will be released closer to the time. For all queries please contact Liz on 082 392 5150.



The following is an extract from The Figure Skaters website [www.sk8stuff.com](http://www.sk8stuff.com) .....

## Ice Etiquette & Safety Guidelines

Skating is basically an individual sport, and activities during most practice sessions are pretty unstructured. It is important to know though, that some basic rules must be observed for safety, and to ensure that everyone can make effective use of their ice time. Your rink will have its own set of rules, and you should be sure to know and follow them.

### Don't Stand Around

Refrain from standing around and visiting on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid.

### Courtesy

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!

### "On Program" and "In Lesson" Get Priority

In most rinks, the skater who is "on program" (who's music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room (*In many clubs, these persons will be given bright vests or belts to wear, to make them more noticeable*). Second in priority are those skaters who are currently in lessons with their pro. Always yield to these skaters as well.

### Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink (unless you have a lot of clockwise jumpers in your club). These corners are informally called the "Lutz Corners", and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

### Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you've started the element it will be hard for you to see those around you. Take a good look at your expected "space" before you start the element, and abort it if it looks like you could cause a problem.

### Falls and Injuries

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don't stay there any longer than you have to. While falling, remember to keep your fingers away from your blades. And learn to fall properly so that you can protect your head as much as possible. Learn to keep "loose" when you fall and this will help you to avoid breaking things.

## TEST RESULTS

Congratulations to the following skaters who passed their tests on 27 June, 30 Aug and 13 Sept 2009.

### Basic Skating Skills:

**Level 1** – Joshua Rees, Ashleigh Gruber, Michael Krasnik & Gerhard Wissing

**Level 2** - Tracy Zang

### Elements in Isolation:

**Class 1** – Ashleigh Gruber, Joshua Rees, Michael Krasnik & Gerhard Wissing.

**Class 2** - Tracy Zang

**Class 3** - Jessica Hay

**Preliminary Medal Test**– Jamie Brown

**Juvenile Girls Star test**– Ariel Lee

**Novice Boys Part A Star test** – Tian Bessinger

