

Summer 2008

Newsletter



CENTRAL
GAUTENG



Summer is here and Christmas is already racing up at us. Now that the competitions and tests are almost over for the year, it's time for the skaters simply to enjoy their sport before the Christmas break and for parents to take it a little bit easy! If you are going away travel safe, if not enjoy the only quiet time we have in Joburg!



COMPETITIONS

Thank you to all those skaters who took part in the Provincial and Rising Stars Competitions, we trust you enjoyed yourselves. Both competitions went off without a hitch despite a last minute change of venue for Rising Stars. Thanks also to the Durban team for travelling all this way to Rising Stars and well done for some excellent results. Well done to all those skaters who received a podium and to those who didn't, don't forget there is always a next time. Competitions should be fun no matter what the outcome and remember that when it comes to tests there is no such thing as a fail, simply try again.

Thank you very much to Jeffery and Haili Li for providing the gifts for the skaters goodie bags at the Rising Stars Competition.

SOMETHING FOR THE FOLKS!

As non skating parents you have no doubt heard your children talk about edges - to clear up that mystery for you the following is an extract from *The Complete Book of Figure Skating* by Carole Shulman.

"Outside and inside edges are the foundation of figure skating and are necessary for developing good skating technique. Speed, balance, lean and control are developed from strong edges. Without the development of these skills, skaters are limited in what they can perform. All beginning skaters should be introduced to edges early in their training even if they are not able to fully execute them. Practicing edges and improving edge quality is a lifelong endeavor. There are two basic edges-*outside* and *inside*-but because a skater has two feet and can move either forward or backward, there are a total of eight combinations: *Outside-Right, left, forward, backward. Inside-Right, left, forward, backward.* To understand the concept of edges, stand with both feet underneath you and slightly apart. Drop the left ankle to the outside. This is a left outside edge. Repeat with the other foot for the right outside edge. Now drop the left ankle to the inside. This is the left inside edge. Repeat with the other foot for the right inside edge. Edges, which are always named for the foot, direction in which they begin, and edge (eg. *right forward outside*), are always done one foot or direction at a time and always on a curve. The tighter the curve, the greater the edge."

TROPHY'S

Please note that all trophies awarded are floating trophies and we ask that parents have their child's name engraved in the space provided before they hand them back the following year. Some parents have asked if they can keep the trophy their child has won. As the province does not have the funding available to do this, the committee have decided that skaters may order a duplicate trophy at a cost of R 200. Please contact *Liz Bates* on 082 392 5150 should you wish to purchase a trophy.



SAFSA UPDATES

The SAFSA website www.safsa.org.za is constantly updated with all the latest rules, competition results and much more. You will find all the rule books under that particular section with all the latest updates for our current season under communications. SAPSU now have a formalized grievance procedure, for any queries please contact *Heather Skinner*.

SKATE SAFARI - ISU JUNIOR GRAND PRIX

The first Junior grand Prix to be held in Africa took place on 8 - 12 October in Cape Town. Two of our Central Gauteng skaters *Siobhan McColl* and *Jessica Skinner*, were fortunate enough to take part in this prestigious event along with *Lejeanne Marais* from Gauteng North. Needless to say the standard of skating was exceptional and hopefully you were able to catch some of the highlights on Super Sport.

PARENTS CATERING COMMITTEE

This is an appeal to any Moms or Dads who are prepared to help out at functions hosted by Central Gauteng. We would like to form a catering committee in order to cater hotdogs, coffees etc. at the various competitions held through out the year. The funds raised by such an endeavour will go straight back to our skaters. If you are interested in helping out please contact *Liz Bates* on 082 392 5150.

NATIONALS TRAINING SQUAD

The training program for the new year will commence in mid January and will be held twice a month. Skaters will be contacted in early January and they will be asked to make a written commitment for the new season.

For any queries please contact *Heather Skinner* on 082 575 3188.