# CENTAURUS ICE SKATING CLUB INC.

## **CENTAURUS CLUB CHAMPIONSHIPS 2003**

Thank you to all those club members who helped organise and run this competition and to the following judges who gave up their time—Jeanne Begej, Wendy Clucas, and Hollie van Orsouw

Grade	1 st Place	2nd	3rd
Kiwiskate Beginner	Lauren Harwood	Lars Harwood	
Kiwiskate Elementary	Danielle Ribbon	Elizabeth Bridges	
Kiwiskate Novice	Caitlin Usmar	Rannia Al-Salihi	Cathryn Bridges
Pre Elementary Ladies	Jacquelyn de Vries	Jessie Park	Reanne McCauley
Pre Elementary Men	Hayden Maxwell		
Elementary Ladies	Chelsea Richdale	Mykaila Lewis	Samantha Waugh
Elementary Men	Jonathon Rudd		
Elementary Pairs	Lewis/Rudd		
Juvenile Ladies	Charmelle Dorn	Sarah Garner	Joanne Snelling
Juvenile Men	Nicholas Kokay	Christopher Boyd	
Juvenile Pairs	Cowan/Scoringe		
Pre Primary Ladies	Juliette O'Neill	Alanna Pollock	Annika Matravers *(MI)
Pre Primary Men	Russell Ngan		
Pre Primary Pairs	Matravers/Borland		
Primary Ladies	Millie Campbell		
Intermediate Ladies	Caitlyn Paul *( <b>MI</b> )	Elizabeth O'Neill	Anna Cairns
Intermediate Men	Nicholas Apperley	Iain Pollock	
Novice Ladies	Laura Mills		
Junior Ladies	Michelle Cahill		
Junior Synchronised	Ice on Fire		
Masters Stroking	Lyn de Vries	Rennay Russell	Gail Schat
Masters Platinum	Keely Jamieson		
Masters Silver	Trish Weir	Jan Christieson	

Special Awards - Most Promising Skater - Jacquelyn de Vries Most Improved Skater - Caitlyn Paul

\* (MI) = Musical Interpretation

### **ICE ON FIRE**

Since the Ice on Fire long programme is skated to the music from Harry Potter, this month our quote is from J.K.Rowling, the author of the Harry Potter books

"It is our choices that show what we truly are, far more than our abilities"

This month we are profiling Ciara Zack and Sheree Cowan

School Age Star Sign Favourite TV Show Favourite Band/Group Favourite Food Favourite Place The thing you love the most Hobbies The person you'd most like to go out to dinner with Ciara Lincoln High 13 Capricorn My Wife and Kids Elemenop Pizza Maui Movies Soccer 2727272 Sheree Villa Maria College 12 Libra My wife and Kids All of them Chicken Ice Rink Her cat Skating Josie !

The team would like to put out a warning if you are on the road anywhere near the rink on a Wednesday morning, BEWARE - 5 team members now have their licenses and are driving solo.

# NEWS

#### **NEW MEMBERS**

Welcome to the club to the following new members:Madelaine ParkerTegan CoxBeverley Howard-SmithRannia Al-SalihiCaitlin UsmarLauren HarwoodLars HarwoodCathryn BridgesElizabeth BridgesMillie CampbellGail SchatFille Campbell

#### BIRTHDAYS

Birthday wishes for July and August to -Iain PollockKurt ScoringeJessica DentonRussell NganJessie ParkElizabeth O'NeillJuliette O'NeillCathryn BridgesAlexis CarlinCathryn Bridges

#### **TEST RESULTS**

Congratulations to the following skaters -Sheree Cowan - Preliminary Pairs Charmelle Dorn - Inter Bronze Freeskate Russell Ngan - Bronze Stroking Michelle Whelan - Silver Stroking

#### **RAFFLE RESULTS**

Results from the raffles run during club champs. <u>Money Raffle</u>

1st(\$50) No.42Anna Cairns2nd(\$30) No.17Sue Scoringe3rd(\$20) No.8Jessie ParkChildren's RaffleNo. 11Sheree Cowan

# NEWS

#### FOR SALE

Centaurus Club tracksuit - Size 10 Ph. Sue (383 1785)

WIFA Ladies boots with blades, Size 3, \$150 ono WIFA Ladies boots with blades, Size 6, \$200 ono Ph. Kim Garner - (388 8377)

Girls white figure skates, Size 13 Ph. Kim Gormack - (326 6039)

#### WANTED TO BUY

Two Centaurus tracksuits, size - Large Ph. Sue (383 1785)

Boys black skates - size 6 Phantom blades - Size 10 1/4 Ph. Kim Gormack - (326 6039)

#### WANTED!!

Female skater, aged 7-10, interested in pair skating. 11 year old boy in need of a partner. Contact Kim Gormack at the rink or by phone (326 6039)

#### SOUTH ISLAND CHAMPS - RAFFLE

The club are planning a grocery raffle to be held during the South Island Championships (24/25 August). Could each club member please donate a grocery item for this raffle. Donations can be left with any committee member at the rink during most sessions.

# **PREPARATION FOR COMPETITION**

Ok, so its July, and this month is the start of everything we work so hard for – **COMPETITIONS!!!!** 

Club Champs were first, and as usual, there were the little dramas that always come with competitions – lol!!! So what is it we need to do to prepare ourselves for a main event?

Here is a checklist for you below to make sure your under way.....

You should have already got you programmes down to a 'T' which means you should know them off-by-heart. From now on, it's just a matter of practising each routine, and working on perfecting the elements. Now's the time to make any changes needed for future competitions. I'm sure your coaches are working you through that now!

You should have already, or be in the middle of arranging/re-arranging your costume. Remember that it needs to be comfortable to wear, and not have bits that may fall off or drop while you skate. The last thing you want to worry about is a strap falling or sequins popping off!

Another good tip is to make sure (for the girls) that your bottom fits your dress!! (Or should I say the dress fits your bottom!) The worst thing to feel while you skate is the elastic riding up and knowing you're on show! And the worst thing to see (for everyone) is a 'cheeky' Performance and the skater having to 'sneakily' hitch it back down! Eeeeeeeew!!

Check out the state of your tights. No use pulling them out on the day and finding that they still mysteriously have that run you put in them the last time you skated in them!! Buy new ones if you have to – and another for spare.

# THE DAY BEFORE

**Clean your skates!** Make sure the laces are clean and are not going to break.

#### Pack your skating bag!

Pack your skates - both of them!
Pack your costumes – again, both of them.
For women/girls, always pack an extra pair of tights. Take extra bobbie pins, scrunchies, or other hair clips. Pack make-up. Take your comb, brush, and hairspray.
Ensure you have your warm-ups, jacket, and other practice clothing.
Your music tape/CD along with a back-up.
Pack your skating guards and soakers.

**Don't forget .....Your 'Emergency Bag'** This should contain spare screws for your blades, a screwdriver, spare laces, band-aids, aspirin, etc.







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What do you eat to get the best out of your body??



Figure skating is a combined power and endurance sport, no matter which branch you are involved in. All skaters need an adequate energy intake in order to perform. However, "carbo-loading" (eating a large amount of carbohydrates and starches such as potatoes or pasta) is not a good idea. Doing so will cause your insulin levels to skyrocket and then plunge, which can be detrimental to performance. A more practical approach is a moderate carbohydrate meal balanced with a good source of lean protein.

To be able to perform high jumps, skaters must be able to call upon their leg muscles to create a sudden burst of energy. For this, they need to have a good source of muscle glycogen and phosphocreatine (according to Dan Bernardot, Ph.D., R.D.) This means that it is especially important for skaters who compete in freestyle or pair skating to have adequate protein intake, for practices, *and* competitions.

Even though there is much less jumping in ice dance and synchronized skating, protein is equally necessary in both of the skating disciplines.

When on-ice practices are held at odd hours, timing your meals can be difficult. If your practices are late at night, you've probably already had dinner, so you know you do have some energy stored. However, you might want to think about eating another snack or small meal a few hours before practice, depending on the timing of your dinner and how late your training will go.

Early mornings are a bit harder, though. Skaters want to delay the wake-up hour as much as possible, and eating breakfast takes up precious sleep time. (Hey, at four a.m., even "five more minutes" can make a big difference!) But it's important to eat and drink something before hitting the ice. You need to be fuelled and hydrated in order to put your best efforts into training... otherwise, your waking up before the sun is all for naught. Try some kind of meal supplement like 'Complan' or 'Vita-plan' which are in powder form, and are made into shakes with either milk, water or both. These provide the nutrients you need while not making you feel too bloated of 'heavy' on the ice. After training, you can then have something more solid, a few hours before the event. Always carry a few snacks with you to have before your performance, something healthy like a banana or two is a great idea, or if you're like me, chocolate ALWAYS goes down well! (this gives you that sugar rush we all so enjoy!) Have this about a ½ hour before, just for extra energy, and you can't go wrong!

# Most of all - HAVE FUN out there! And good luck !!!!

Article by Keely Jamieson

# SHARED RESPONSIBILITY

# HOW PARENTS & SKATERS CAN HELP MANAGE THEIR SKATING LESSONS

All skaters (and/or parents) should know the elements that skaters are required to do when taking a test, or competing in a competition.

Your Coach will usually also know this information, however Coaches often teach a large number of skaters so sometimes mistakes may be made. This is where you can <u>share the responsibility with your coach</u>.

How do your find out which elements are required or what jumps and spins you should have in your short program???

If you are connected to the Internet you can follow this procedure :

- 1. Connect to the Centaurus Ice Skating Club website at www.centaurusice.bizland.com.
- 2. Click on "**Articles and Links**" and under the "**Rules and Regulations**" heading click on to the link to the New Zealand Ice Skating Association website (this will take you directly to the NZISA web site section dealing with Rules and Regulations).
- 3. Click on the section heading as required :
  - Competitions (Section 2) - Tests (Section 3)

**NOTE:** Other sections that may be of interest depending on the <u>skating discipline</u>:

- Synchronized Skating	(relevant to Synchronized Teams)
- Kiwi Skate	(relevant only to beginning skaters)
- Masters	(relevant only to skaters over 25 years of age)
- Recreational	(for non-competitive skaters)

- 4. Pay particular attention to:
  - Eligibility this determines whether a skater can compete in a gradeRequirements the Short and Long Programme requirements are different

NOTE: Freeskating programme requirements for Medal Tests are different to those for Competition.

Once you find the pages with the information you require i.e. Tests or Championship Short Programmes and Freeskating etc. you can print off a copy which you should take to the rink with you. Using this copy you can check that you have the correct elements etc. in your programs and that the timing (duration) of your program is correct. If you find you have a required element missing from your program, or an incorrect element, then you should talk with your coach so it can be corrected.

If you do not have a computer then ask someone who has one to print you off a copy - I am sure there are plenty of people willing to help.

Remember the Centaurus Club Website is there for its members to use – it has a lot of valuable information including Championship Dates, Closing dates for entries, Entry Forms etc. etc. and you can always send an e-mail message to the Club if you have any questions