

# 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	1st 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 <b>*(MI)</b>
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

<b>School</b>	<b>Ciara</b> Lincoln High	<b>Sheree</b> Villa Maria College
<b>Age</b>	13	12
<b>Star Sign</b>	Capricorn	Libra
<b>Favourite TV Show</b>	My Wife and Kids	My wife and Kids
<b>Favourite Band/Group</b>	Elemenop	All of them
<b>Favourite Food</b>	Pizza	Chicken
<b>Favourite Place</b>	Maui	Ice Rink
<b>The thing you love the most</b>	Movies	Her cat
<b>Hobbies</b>	Soccer	Skating
<b>The person you'd most like to go out to dinner with</b>	??????	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 Parker	Tegan Cox
Beverley Howard-Smith	Rannia Al-Salihi
Caitlin Usmar	Lauren Harwood
Lars Harwood	Cathryn Bridges
Elizabeth Bridges	Millie Campbell
Gail Schat	

### BIRTHDAYS

Birthday wishes for July and August to -

Iain Pollock	Kurt Scoringe
Jessica Denton	Russell Ngan
Jessie Park	Elizabeth O'Neill
Juliette O'Neill	Cathryn Bridges
Alexis Carlin	

### 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.

#### Money Raffle

1st	(\$50) No.42	Anna Cairns
2nd	(\$30) No.17	Sue Scoringe
3rd	(\$20) No.8	Jessie Park

#### Children's Raffle

No. 11	Sheree Cowan
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## 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 your 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.





## 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 share the responsibility with your coach.

How do you 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](http://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 skating discipline:

- 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 grade
    - Requirements 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