

CENTAURUS ICE SKATING CLUB INC.

We've nearly made it to the end of the term. We've got used to the new system of paying for ice and coaching, and the skaters are preparing for the first test day and the competition season following.

A number of our skaters are going to travel to Dunedin for the Annie's Edges workshop, which is being run for three days during the school holidays. We hope that they enjoy this and make the most of the opportunity to work with an internationally recognized coach.

The Monday morning squads are going well, and skaters enjoy competing with each other to produce the cleanest jumps and fastest spins. Their footwork is going ahead in leaps and bounds (or rather in twizzles and rockers!).

Congratulations to Nick Apperley

Nick recently returned from his trip to the Special Olympics in Nagano with the gold medal in the top grade for ice skating. Nick headed off three competitors and skated well to win. A report will be published in a later newsletter.

Test Day

The next test day is on Thursday April 7th from 3.30pm until 6.30 pm.

Only the skaters (and coaches) in the group to skate will be allowed to be beside the rink while another skater is doing their test.

Skaters should wait in the coffee shop or warm up in the foyer area and only move into the rink while a group of skaters is warming up. You may be asked to wait in the foyer area so please respect this.

Tests do not require spectators so do not come just to watch others.

For Sale

White figure skates. Graf Bristol Special boots and blades. Very good condition, size about 41/2.

See Lyn de Vries either at the rink or by phone at 348-9479

PRESIDENT ; Eric Apperley

SECRETARY ; Ina Paul

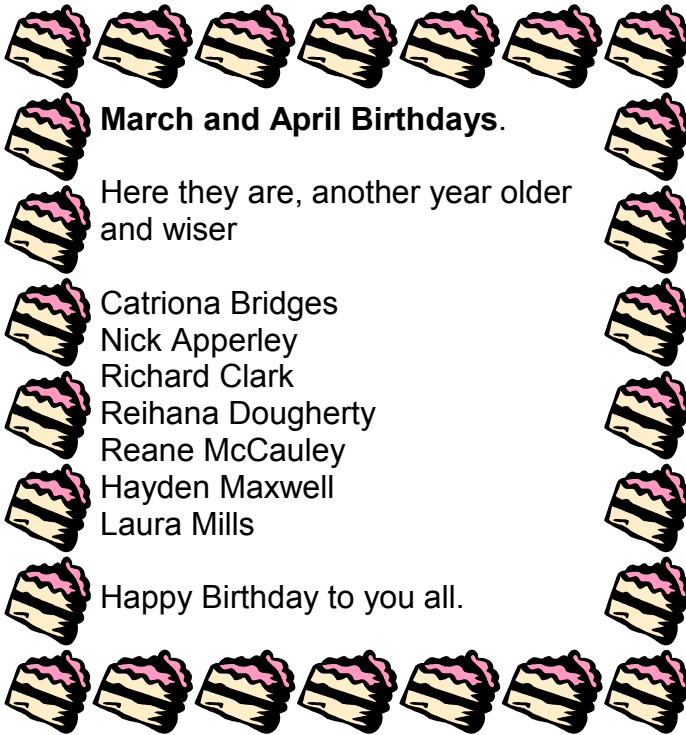
Newsletter Editor : Dorothy Brown Contact at dbn@lincoln.school.nz. Contributions for the newsletter are welcome, (including skating items for sale.)

New Members

Welcome to the following new members.

- Anna Douglas
- Rebecca Butcher
- Lara Snelling

We hope you have a long and happy association with the club.



Skating Information

Ever wondered where other people get their information about who won the latest skating competition? And helpfully give you the result well before the competition has appeared on Sky.

We'll wonder no more. Visit Craig Andersons website at www.skating-news.co.nz and get the latest information and links to articles on national and international skating. He recently visited the Alpine so you may find a photo of yourself.

SUBSCRIPTIONS

Should you not have paid for this year, this will be your last newsletter.
PLEASE PAY PROMPTLY TO AVOID BEING REMOVED FROM THE CLUB FILES.

The Right and the Wrong Approach to Skating

(reprinted from the Auckland Ice Figure Skating Club newsletter with their permission)

Have you ever wondered why athletes who have similar talents and abilities differ so much in their results? When all of the skating is done, some make it –some don't!

There are many variables in a skater's life- from coaches, parents, equipment and programs to availability of ice time. But even when things are not even, some skaters excel even if they are at a disadvantage, while others fall by the wayside even if they have everything at their disposal.

Sometimes it is called potential, sometimes it is called talent – whatever it is called, it can be narrowed down to who has "*The Right Stuff!*" The subject can be debated but a few factors are constant. Let's take a look at some of them.

Those Who Don't – Signs of the Wrong Stuff

1. *Appearance* – sloppy and uncaring, they look like they rolled out of bed and never looked in the mirror.
2. *Promptness* – They are always a little late, chronically cancelling lessons, going by the rule Last One On /First One Off.
3. *Forgetfulness* – Forever forgetting their skates, their tape and their clothes, these skaters have entire wardrobes on the rink lost and found.
4. *Inability to practice* – They have a need for constant lessons, otherwise the public skating mode kicks in. You can pick these skaters out, as they skate on the outside perimeter of the rink in circles, occasionally throwing in a spin or jump to keep the coach off their backs.

5. *Stalling techniques* – Just when figures are nearly gone from the landscape, we find that the art of stalling is alive and well. Following are the top five time-wasting techniques.
 - o Retying skates
 - o Getting a drink
 - o Going to the toilet
 - o Talking during lessons about anything but skating
 - o Taking a sweater on and off, on and off
6. *Hide and Seek*. It's time for their lesson? Try and find them, probably time for hot drinks and chips.
7. *Parents who coach*. These parents take over ownership of the sport from their child. Usually the child shuts down after the novelty wears off.
8. *Low motivation*. These skaters do not pay attention to the world of skating. They know little or nothing about top skaters.

Those Who Have It – Signs of the Right Stuff.

1. *Appearance*. Always sharp, giving careful attention to grooming, these skaters always look like champions.
2. *Promptness*. First on the ice, last ones off? Watch for these skaters. They are the best.
3. *Organised*. – Totally committed, they care about what they are doing and have respect for themselves, their equipment, and the sport.
4. *Ability to practice*. They actually practice what they learn in lessons. In fact they actually have new ideas about their skating ready to show their coach at each lesson.
5. *Focus Techniques*. –They make every effort to gather every bit of information during their lessons. They never need any of the time-wasting techniques.
6. *Ready for Action*. – They're warmed up, stretched out and raring to go.
7. *Taking Ownership of their Skating*. – Their skating belongs to them. Their parents understand being supportive and positive in their influence.
8. *Enthusiastic*.- They're excited about skating, study the sport, watch events, read about skating. They know the top skaters' names and have role models in the sport.

So what does this potential, talent thing really come down to? The answer can probably be found in one coach's sentence, "I don't want the people who want to skate, I want the people who *have* to skate."



Some Important Dates

Next Test Day—April 7th 3.30—6.30 p.m.
Colours of Autumn—April 16th 4.30—7.00 p.m.
Centaurus Club Champs—July 17th
South Island Champs at Dunedin—August 12th-14th
Nationals at Dunedin—September 25th-30th