



Skating Academy Newsletter

Skating Program Director Kent Johnson
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Kendall Ice Arena
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There is just a short time before the start of the 2010 Winter Olympic Games, and the Basic Skills Series!!

Now that you have been in classes for a while you might be asking, "how do I start figure skating competition"! Well, the good news is that you can start right away! The 2010 USFS South Florida Basic Skills Series is starting soon and there will be four local competitions to enter.

The "Series" was designed as

Let The "Games" Begin!

a grassroots venue for aspiring future "Olympians". This is where future Michelle Kwan's and Scott Hamilton's get their start.

The competitions start on Feb 13 at Pines Ice Arena. Next we have the Kendall Ice Arena event on April 11, followed by the Glacier Ice and Snow competition on May 2. The last event will be held on June 6 at Skate Zone. As usual skaters who compete in at least three of the four scheduled competitions will be getting a final placement trophy based on the points the accrue.

The Basic Skills Series competition package and entry information is out now in the Skate School office and is also available online at: basic-skillsflorida.com. You will need to have your instructor help

you fill out the application so that you are signed up for the correct events. All levels of skaters can compete from Tots to USFS Preliminary levels.

If you are not sure of your level please set up an evaluation with your Learn to Skate instructor or Private lesson coach and we will have you tested for your next badge.

Don't forget to renew your annual Basic Skills Membership with U. S. Figure Skating. This membership entitles you to participate in all of our ice shows and competitions.

Get with your group class instructor or private lesson coach now to find out how to get started.



Holiday Fantasy On Ice

Our annual Holiday Show is scheduled for December 20 at 5:30pm.

It's always sure to get you in the holiday mood. There will be plenty of beautiful costumes, cute kids and some spectacular figure skating performances to enchant you! Santa's guest appearance is always guaranteed to get you in the holiday spirit!

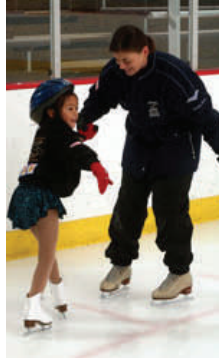
Tickets are on sale now at \$10 for on ice preferred seating, and \$6 for seating in the stands (\$10 on show day)



"Off Ice" Training For Skaters

Off Ice Jump and Conditioning training is an important part of figure skating. "Off Ice" Class is designed for Skaters who are at the Freeskate Levels or higher. This class covers stretching, flexibility, agility, jumps, rotation technique and much more.

Our Tuesday and Thursday Off Ice Classes are offered at 7:00pm on Tuesday and Thursday in the upstairs Ballet Room. You must have tennis shoes and skating or workout clothes. See the Skating Academy Office for more information.



Stroking Class

If you are presently in Basic 3/4 Classes or higher, it's time to try our Wednesday "Stroking" Class! This class is designed to build your strength and skating ability. Instead of a skate school "lane" the class is taught on full ice with music. Many fun drills, steps and routines are taught to develop your skating and help get you ready for freestyle sessions, competition and shows!

Class is held every Wednesday 6:15 pm

Do you have a Basic Skills Sticker Book?

When you register for the U.S. Figure Skating Basic Skills Program, you will receive:

- Official U.S. Figure Skating Basic Skills membership card
- A brightly colored record book with stickers to track your progress through the lessons
- Official Basic Skills logo patch
- A membership year patch
- Membership is required for participation in Basic Skills events.

Membership is just \$13.00!

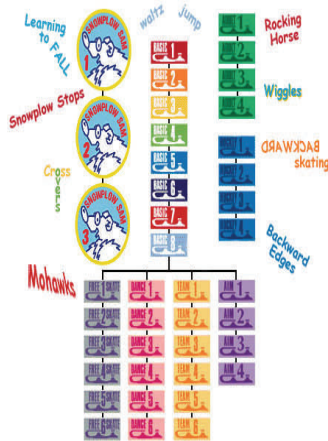
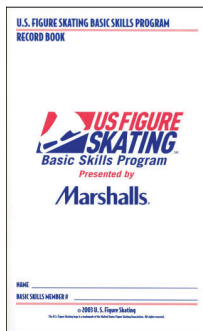
2010



Ask your instructor or private lesson coach about testing! If you are ready to pass a level you will receive a free certificate.



The Basic Skills level badges are just \$2.00 ea.



Buying Boots and Blades

Boots and blades are a very important issue to every skater at every level! It is absolutely vital that you work closely with your skate school instructor or private lesson coach when you are considering new equipment.

Here are a couple of examples of things that go terribly wrong:

“Little Suzy” is in rental skates and her instructor advises her to buy a certain model in the pro shop. Mom insists on buying the skates two sizes too big. The result is that the skater is constantly getting blisters and the skates break down very rapidly! “Little Suzy” doesn’t progress because the skates don’t give any support. Because they are too big the “counter” area of the boot hits her in the wrong place and she has constant foot pain.

A very good skater at Pre Preliminary level needs new boots. Dad wants *nothing but the best* for his little girl. He goes and buys the most expensive and stiffest boot on the market and the most advanced blade with huge toe picks! His daughter can’t break the boots in and she actually bruises her ankle. The advanced blades take a long time for her to adjust to. The result is that she loses a month of training and does poorly at a competition!

The moral of these stories is to work closely with your coach. They have the expertise and are familiar with your ability level. Your age, test level and weight are all factors which have to be considered. The most expensive or most advanced equipment may not be what you need! It’s is very tempting to buy skates too big to allow for growth room, but be prepared to suffer the consequences. Beginners can buy skates slightly larger but this won’t work at all for advanced skaters doing rotational jumps! Happy Skating!

Your First Competition



You will soon sign up for your first competition in the Basic Skills Series and you probably have many questions. Here are some answers to commonly asked questions:

- **Who will I be competing with?** You will be having a fun time with skaters about your own age and ability level. There will be skaters you know and a chance to make new friends as well!
- **What time should I arrive at the rink?** Event times will be posted about a week before the competition. Be in the rink at least one hour before your scheduled time. It is not uncommon for competitions to run ahead of time, so don’t be late.
- **Will there be a warm up time?** Yes,

there will be a warm up period of about 5 minutes before each event. You should also warm up off the ice before you skate.

- **Will there be practice ice available?** Yes, usually the rink hosting the competition will have practice time available. This is usually announced a week or so before the event. This is a good chance to get the “bugs” out before the actual event.
- **Do I need to get my skates sharpened?** *Ask your coach.* Usually you want to get it done about a week before you compete. Don’t get it done the day before.
- **What can I win?** There will be medals and ribbons. Remember if you compete in at least two events in at least three of the four USFS South Florida Basic Skills Series Competitions you will accumulate points and be eligible for a trophy at the end of the series. The four competitions are held at Pines, KIA, Glacier Ice &

Snow and SkateZone,

- **What should I wear?** *Ask your coach.* This is a fun, exciting time and your chance to look like a star. However don’t spend a million dollars. A nice practice outfit and a little sparkle is more than enough.
- **Can I take pictures?** Yes, but please, no flash photos. This can blind a skater and cause injury. Even better there will be a photographer available to take action pictures during the events. He will also shoot the medal ceremony and posed pictures after the events.
- **What if I get nervous?** Let your coach worry for you. Have fun and enjoy the fun experience with your friends and parents!
- **Where can I get competition information?** Check out the official website: basicskillsflorida.com.
- **Is competition fun?** Absolutely! This is what it’s all about. You get to skate a music program, wear a nice costume and win medals or ribbons! Be sure and invite Grandma and Grandpa!