



Peterborough Figure Skating Club

The Glider

Halfway through the Season...

Happy New Year to all our Skaters and their families and our coaches and everyone who works to make this club a success!

January is a busy time for our club helping our young skaters continue to advance in their levels as well as aiding our skaters to prepare for upcoming competitions. Unfortunately, it's also a busy time at our rinks and we have had many schedule changes due to the demand for ice time from a variety of clubs and associations. Continue to check the PFSC website at

<http://www.peterboroughfigureskatingclub.ca/> for changes to our schedule and upcoming test days. Thank you so much for your patience about this. We were able to offer our older skaters 2 ice times in January and we thank all those who came to support it. It is important that you try to take advantage of any extra ice time so that your skater can maintain their consistency.

Exciting news for our youngest skaters is that we were able to create an additional KidSkate program on Friday nights for the full waiting list we had created back in September. The Session began on December 27 and these young kids are raring to go! Parents and guardians please remember that it may take some children time to adjust to the program. Patience is a must when

you see your little one struggling but please recognize that our Program Assistants as well as our Coaches will do all they

can to make it a positive experience. Encourage your child to try their best and to stick with it and you will see big strides as the program progresses. The KidSkate program is a fun, enjoyable and informative session that incorporates play and exploration to aid in their learning much like the ELPK program at school. We do maintain a low coach/student ratio so the coaches can work with each student.

In addition, we do remind all parents that our club policy maintains that one parent or guardian remains in the arena when their child is skating. This was part of the waiver that is signed each year. Most sessions go by fast and sometimes parents/caregivers are needed to assist with washroom breaks or to adjust skates or helmets. It also helps your child to know that their parent is watching



P.F.S.C. Executive

President– Hallie Atter

Past President– Diane Sargent

Treasurer - Kim Morello

Coaches Liason - Cindy Mein-Moloney

Test Chairs - Alana Jolley

- Chandos Hickey

Secretary - Susan Sparkes

Music Chair - Jill Emery

Carnival Co-Chairs –Kim Morello

- Lara Oosting

Carnival Ice Director –Brigitte Mackey

CanSkate Session Rep –Erica Diamond

CanSkate Adv. Session Rep - Tara Paul

Synchro Rep –Kathy Woodbeck

COACHES

Lori Atkins

Judy Bates

Troy Hockley

Brigitte Mackey

Cindy Mein-Moloney

Barry Morrison

Bonnie Porter-Martin (Consultant)

Jessica Pritchard

Kim Wilson

Dawn Cumby-Dallin

Karen Bulger (Consultant)

Looking for a private coach? Information on each coach is posted on our webpage:

them and encouraging them from the stands. Should an emergency occur, a child can get easily upset or confused if their parent is absent.

Are you ready to "GET ON BOARD"?

Our CARNIVAL is March 30th at 1p.m.



It's an exciting time of year with Carnival around the corner! Please remember to mark the date and time down since ALL of our skaters will be participating.

Session practices will begin at a later date but our costumes will be rented for this years show and we need eve-

ry skaters size immediately.

Watch for a costume sizing sheet to be sent home with your skater.

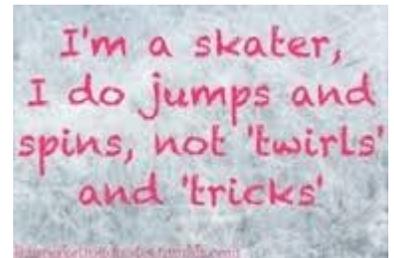
CanSkaters and KidSkaters, please return it ASAP to a box labelled for Carnival on the name tag table. CanSkate Advanced and StarSkate 1 & 2 skaters, please return it to

myself (Kim Morello) ASAP!

Watch for more updates and be ready to "GET ON BOARD!" for this years theme.

Thank you in advance,
Kim Morello

Coaches Corner



Types of Skating

4 out of 5 disciplines of Figure Skating are incorporated into the Peterborough Skating Club's programs. Pair Skating has not been covered as we do not have anyone skating "Pairs" right now at this time.

Free Skating:

Originally, figure skaters skated a free skating program that was "free" from any requirements. Skaters could skate with any combination of elements that best suited them. Now the Free Skate Programs are skated in a specific length of time (based on their skating skill level) with specific requirements of skill level. Probably the most popular element of figure skating, the Free Program allows a skater to skate to music (picked by the individual skater and/or their coach) and allows them to jump, spin and do field movements. Doing a free program strengthens both the skaters athletic strength as well as improving timing and teaching skaters how to interpret and skate to music.

Ice Dance

Ice dancing is a form of figure skating which draws from the world of ballroom dancing. Consisting of seven levels of tests, the Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison. The dances in the STARskate Program can be tried in any order but a candidate must pass the required number of dances in a dance test before proceeding to the next level. The Dance Tests are as follows: Preliminary, Jr. Bronze, Sr. Bronze, Jr. Silver, Sr. Silver, Gold and Diamond. There are 3-5 dances at each level, and the majority of dances are tested with a skaters coach or dance partner.

Skate Canada has recently introduced the Contemporary Music for Pattern Dance pilot program. By selecting more contemporary music, skaters are encouraged to develop more varied performance ability and dance ability. Skaters can more easily relate to contemporary music, which should aid them in connecting with enthusiasm to their pattern dance music. As a result, they should more easily find and follow the rhythm and the beat—Let's Dance!

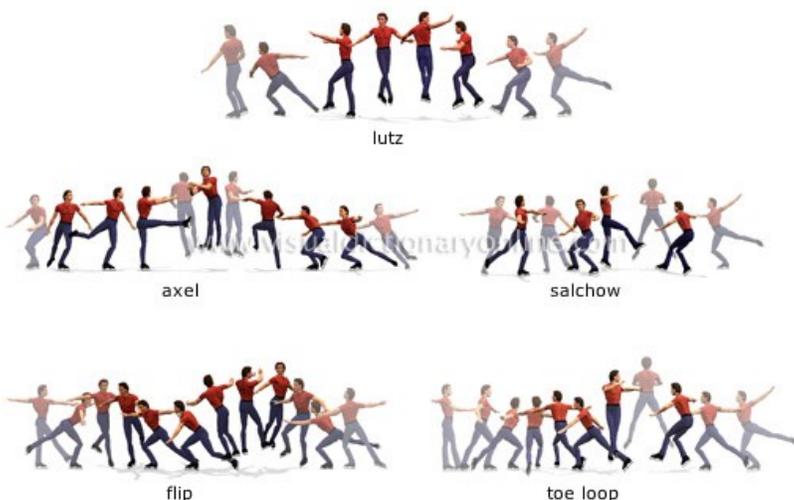
Interpretive Programs

The objective of the Interpretive program is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The Interpretive Program provides an avenue within which skaters can develop their ability to interpret music without the pressure created by the demand for technical difficulty in other programs. Skaters can take tests and individuals or as a couple at the following levels: introductory, bronze, silver, and gold. From the interpretive program, the coach/choreographer should function as a mentor; guiding skaters to develop their own choreographic skills, rather than as a creator of movements to be imitated. After the theme and music has been selected, the coach should discuss them with the skater to draw out and enlarge his/her understanding of the theme. This is particularly important in the case of the inexperienced interpretive skater. The evaluation criteria for interpretive tests are based on performance and skating ability. The standards of performance are based on: interpretation of music, communication of theme, use of whole body/levels and space, originality/creativity and an additional interaction mark is included for interpretive couple programs. Skating ability includes: edge and turn quality, speed, flow/power, carriage/line, and creative movement with sureness. All interpretive tests are judged using this criteria, however, the passing requirement varies depending on the test level.

The Importance of Skating Skills

What are skating skills and why do skaters need to learn them? Skating Skills are a combination of fundamental skating movements, including edges and turns, executed on a set pattern and skated individually. Using elements incorporated from all the other skating disciplines; they assist in the development of edge quality, control, power and speed. Skills are very important to a skater's development as they teach the basic fundamentals of figure skating. They work hand-in-hand with all disciplines of skating, and assist with a skater's ability to learn and master all the various techniques required across all disciplines.

As a skater progresses through the 6 levels of Skating Skills, their skating ability will vastly improve, making them a stronger, all around figure skater!



**PFSC Sweatshirts and Pants are
available to Order!**

PFSC hoodies with the PFSC logo and skater's initials—\$35.00

PFSC sweatpants with the PFSC logo—\$30.00

Orders with sizes will be taken on Wednesday January 22 or see Diane Sargent before Wednesday January 29th. Orders will be filled before February 7th



Don't forget our **SKATE/DRESS SALE** on **WEDNESDAY JANUARY 22 5-7 p.m.**

Raffle draws, 5th Avenue Jewelry and an Information table about our club!

COME AND SUPPORT YOUR CLUB!

LEARN ABOUT VOLUNTEERING!

Items may be dropped off Monday or Wednesday night. Check your email for more information!

Upcoming Test Days are January 29 and March 3

Please note that all regular skating sessions on these days will not take place in order for our Testing to take place.

A competition simulation will take place January 29 from 8-9 p.m. and on Friday January 31 from 8:30-9:30 a.m.

From the Music Chair..

Volunteers are still needed to play music on Mondays and Fridays. It's a fun spot to watch your child skate and you get to be in charge of the mood music! Any board member is able to show you the ropes. See Jill or Tara to sign up!

Notes from CanSkate

CanSkate groups are set up in blue, red and green. The colours help the skaters identify with where they are going on the ice and where their group is if they are in the Fast Track or just getting on the ice. Within the coloured groups, the skaters are divided into 2 more groups, 1 and 2. The coaches take either the 1 or the 2 onto the circuit they are teaching so they can have smaller groups to work with. The kids are grouped by Stage/ability and age appropriateness and the coaches teach circuits designed for the stages the groups are working on. As they progress, they move on and up!

Preparing for Competitions

Sometimes it's hard to get ready for skating competitions. There can be a lot to do and remember. This guide will hopefully help you to be more efficient when getting ready to skate.

The night before have everything packed and ready to go for the morning. You may need the following:

-sharpened skates, tights/pants (no rips or tears) bring 2 just in case, your dress or outfit (bring an extra just in case), 2 copies of your music, , spare laces, driving directions, schedule, guards and soakers, a warm up jacket, and gloves, makeup and a brush, hair spray, snacks and drinks, money for souvenirs, favourite charm or toy, cameral if wanted.

Once everything is all packed, take a warm bath, and get dressed in your favorite, most comfortable pajamas. Go to sleep a little earlier than usual, especially if you are skating in the morning. Set your alarm clock for around an hour to an hour and a half before you'll have to leave the next day.

When your alarm goes off, get up. Shower if you need to, and then do your regular morning routines. Have a small, healthy breakfast, and don't eat too much. Some is better than none, as you don't want to feel faint before skating. It's a good idea to have some water or juice as well. After that, you can do anything you need or want to do until around twenty or thirty minutes before you will have to go.

At that time, get on your outfit that you will be wearing while competing if wanted (this can be done at the rink as well, but you may be a little pressed for time), and put your jacket on over it. Do not have anything to eat or drink unless you absolutely need to from here until when you are done skating, as you don't want to ruin the dress. You should also do your hair (wear it up; never leave your hair down, unless it's very short, at skating competitions) and make-up now. It's a good idea to still bring along all of your hair items and make-up along, as you will probably want to touch up there.

Arrive at least an hour and a half before your warm-up starts. Once you are at the rink, register, get your gift bag if they are giving them out, and relax until you have practice ice or your group warm-up. You can talk to other skaters or coaches, watch other programs, explore the rink, or look through the racks of skating items that vendors are usually selling.

Make the most of any practice time you get. Don't spend time talking to fellow skaters, or working on moves that aren't in your program, especially riskier ones. Run through your program as much as you can. Remember to look up and smile, and time yourself using the stopwatch if you will be having a time limit.

Around thirty minutes before you go on, depending on what you need to do, start getting ready. Use the restroom, spray on some more hairspray, touch up your make-up, brush your teeth... whatever you need! This is a good time to start stretching.

Before going on the ice, do what makes you feel best. Hold your stuffed animal or favorite item if you brought one, visualize yourself winning, practice your program on the ground, talk to your coach, jump around to get your jitters out; whatever makes you feel good is fine. Remember to take off your warm-up jacket and gloves and take deep breaths. Believe that you're going to win; a positive attitude helps!

Skate your best! Look up and smile like you practiced, and don't feel rushed. Do all your elements as best as you can, and be proud of yourself, no matter what place you take.

Best of luck to our skaters who will be competing

soon...

In Frankford—Makaya

In Lindsay—Tegan, Sarah, Ali, Sophia, Kathleen, Asha, Katelyn, Hailey, Mia, Mya, Elise, Emma, Mikayla and Tyler

At WinterSkate,—Shawna, Cassandra, Taylor, Kendra, Laura

At EOSIC—Mya, Taryn, Laura, Cassandra, Shawna

