

Adult Skate News

Edition 5 - March, 2005

Welcome to another month! I hope everyone's well and are now able to get back into skating, as everyone's rinks should be opened again by now! If not - just keep plugging away with all that off-ice work, as it pays off once you get on that ice, let me tell you!!!!

I haven't got a lot to report this month - unfortunately my friend needed his computer (which has all my information on it) back & I haven't had a chance to go round and save everything on it as yet. So this will be quite a short newsletter - I apologise for that! I'm also still trying to settle into the whole study thing at the moment, which is why this is a little late!!!

Competition Results

NSW

Sydney Figure Skating Club Artistic,
Canterbury Olympic Ice Rink:

1st: Tara Haydon (HISC)

VIC

Olympic Figure & Dance Club Fun Skate:

1st: Julie Champion (OFDC)

Both of these comps only had one adult entrant (along with Le Patinage in January), which is a shame. To be able to keep these adult divisions, we need to keep the numbers up!! I know we all have our reasons - be it financial or whatever - but we really need to try and keep these adult divisions in these comps, otherwise they will just think adult skating is just a flash in the pan! Well done to Pauline, Tara & Julie for getting out there and showing the crowd just what adults can do!! I managed to go and be a spectator at the SFSC Artistic, and I was so proud to see Tara out there warming up with a Primary and a Novice skater.

Anyway, we have a few more coming up in a few months, so I beg you, *please*, get those programs ready so we can burst onto the scene of the skating world!!! The Masters Cup is on in June, and the Olympic Figure & Dance Club hosts another fun skate at the same rink, which will accept adult entrants from other states - a good chance to give your program a run through before "the big one"! So, if you're planning on heading to Melbourne for The Masters Cup, get there a couple of days earlier!



Future Competitions

NSW

March 12th: Blacktown Dance & Artistic Competition.

Blacktown Ice Arena, 4.30pm-7.30pm. Has one adult division, will accept interstate competitors. *Entries have now closed.*

VIC

March 26th-27th: Olympic Trophy Challenge & Artistic Competition.

Olympic Ice Rink, Oakleigh South. National Competition. Artistic competition has an adult division with two adult levels. *Entries close 1st March.* Please contact Wendy Meik at meik@bigpond.com for more info.

TAS

April (date yet to be posted).

Figure Skating Club of Tasmania Artistic Competition 2005.

Has one adult division. Contact Tracey Eyles on (03) 6261 2525 to enquire if they will accept interstate competitors and any other required info.

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FRANCE

June 3rd-5th: The Mountain Cup. To be held at Patinoire Villard-de-Lans 38250 Villard-de-Lans (1968 Olympic Site). *This is an adult only international competition!* Please contact Barbara Standke (standke@ill.fr) for more information.

GERMANY

June 10th-12th: International Adult Skating Competition, 2005. To be held at the Eislaufzentrum/BLZ, Oberstdorf, Germany. Only open to skaters aged between 30-65 years old. Please contact Barbara Standke at the above address for more info.

Skater Profile

Name: Brooke
Home State: ACT
Age: N/A
Started Skating: 1999
Reason? Always loved to watch skating on TV as a young girl. When I moved to London I decided to give it a go and achieve as much as I could
Coach(s): Magda Mayer. She is fabulous. She fills me with confidence and always believes in me!
Trains: Twice a week at the moment. (It is a little hard with a baby, but when he is older I would like to skate more often)
Boots: Graf Edmonton Special with Coronation Ace Blades
Greatest achievement on ice: Everything! I can't believe I can finally skate some elements with confidence
Favourite move: I LOVE JUMPING!! I find it challenging but could spend every lesson jumping if I could!
Least favourite: I HATE BACK SPIN! What a stupid move! I have a LOT of difficulty with this

Spinning direction: Anticlockwise
Most painful fall: Falling on a spiral. Those toe picks!! Fell straight forward and slid on my stomach for ages!!! (note from editor - I think we can all relate to this type of fall! I have dubbed it the "Superman Dive")
Plans for the future: To attempt Masters Cup this year (if I can actually make my legs move when I get out there on the ice!) I just want to keep learning for as long as possible

Handy Hints

I have had a tip sent into me, and have been asked to forward it on to everyone, to save other people from going through this! If anyone has any other handy hints they can offer, please do so!

* *It is a handy hint to remember safety pins in your skate bag, I didn't pin my skate pants under my skates today (I think my new kitten maybe found them and thought they were her toys) and I got my blade caught while doing a cross foot spin. :(Of course, I fell sideways then backwards. Thank goodness I have a nice big bruise, a lovely purple-green already. Sympathy is always forthcoming if you have a bruise to show for all your hard work! Anita. (note from editor - it is also handy to have them in your bag at a comp in case part of your costume comes unsewn. Keep them accessible at all times, so as not to waste too much time when they're calling your name out to go out onto the ice!!!!!!)*



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Notes on Stretching

This was taken from a website specifically targeting stretching & exercise for Figure Skating.

<http://www.skating-wos.on.ca/sportsci/stretch.htm#ql>

Definition of Stretching: Lengthening of myofascial tissue - muscle / tendon / ligament / fascia

Benefits of Stretching

- Increases the activity of the Central Nervous System, which awakens the tissues and prepares them for activity.
- Increases flexibility and range of motion of a joint.
- Increases power and performance.
- Prevents gradual shortening of muscle, which leads to tissue damage and injury.
- Improves posture.

How to Stretch

- Stretching should be done when the tissues are warm.
- Warm-up with an activity for 5-10 minutes or until the body is beginning to break a sweat.
- Stretching should be performed through the normal range of motion of the joint.

Warming of the Tissue

- Increases blood flow.
- Increases tissue temperature of even deep tissues.
- Increases the tissue extensibility.

Technique of Stretching

- Stretching should be done in relaxed positions so that they can be held comfortably.
- Stretches should never be bounced or create pain.
- Specific positions should be used to stretch muscle groups.
- You should stretch all of the muscles that will be used during your activity.

Duration of a Stretch

- Hold the stretch for as long as is needed to allow elongation and relaxation of the tissues
- The stretch is complete when the feeling of tension in the tissues is gone
- This may take 10-20 seconds

Stretching should be done

- After warm-up and prior to activity
- Any time during the activity
- After activity in your cool down
- 2-3 times a day for rehabilitation and increasing flexibility

Physiology of the Stretch Reflex

- The stretch reflex operates as a protecting mechanism
- Overstretching or sharp movements cause the stretch reflex to be stimulated which causes a contraction in the muscle thus preventing it from lengthening
- THIS IS WHY STRETCHING SHOULD BE DONE GENTLY AND WITH EASE

Warm Up Should Consist Of

- 5-10 minutes of an activity

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- Light jog, skipping, exercise bike
- Performed until the body is breaking a sweat and sufficiently warm
- 5-10 minutes of stretching
 - Stretch the muscles to be used during the upcoming skills
- 5 minutes of sport specific warm up
 - 2 foot hopping, 1 foot hopping
 - Jumping up and landing in the landing position
 - Single jumps on land
 - Walking through footwork on land
 - Spiral and spin positions etc.
- This should lead directly into your activity

Cool Down Should Consist Of

- 5-10 minutes of an activity
 - Light jog, walking quickly
- 5-10 minutes of stretching
 - Stretch the muscles used in the activity just performed

Book Review

Book: "The Long Program: Skating Towards Life's Victories."

Author: Peggy Fleming with Peter Kaminsky.

ISBN #: 0-671-03886-9

Published by: Pocket Books, 1999

Taken from book jacket: "In all of her roles - athlete, wife, mother, role model and cancer survivor - Olympic fold medallist Peggy Fleming has relied upon the discipline she cultivated as a young

skater. Now in this intimate memoir, she eloquently reveals her fascinating life story and shares her secrets to serenity and success.

Editors Opinion: I found this a fascinating read. As I have only ever watched skating when the skaters skate both a short and a long program, it was very interesting to read all about the figures they were constantly drilled on and how important they are. I felt as though Peggy & I were sitting chatting over a coffee, rather than just me reading about it. She talks about her Cancer and how she suffered depression as a result of the radiation treatment - she would constantly go back to what she learnt as a skater in order to deal with all of these issues. A very inspirational read - for skaters and non-skaters, women in particular. Of course - it's always good to be able to get into the mind of an Olympic champion too!!! A highly recommended read.

Score: 8.5/10

Well, that's all from me this month. I know - I'm sorry there is no rink of the month or retailer... Like I said - all of that information is saved on the computer that is no longer at my house. Happy skating everyone, speak to you next month!

Alyssa



Club Key:

OFDC: Olympic Figure & Dance Club

HIISC: Hunter Ice Skating Club