

# Adult Skate News

Edition 7 - May, 2005

Hi everyone and welcome to our new readers! Well, I am just going to apologise in advance, as this is only going to be a very short newsletter, as I just haven't had a chance to rustle a lot of stuff up. So, please - I beg of you - send stuff in for me to include in future newsletters!!!!!!

Well, most people are getting ready for The Masters Cup. It's only just a little under 5 weeks away people! Get excited! I hope everyone's programs are coming along nicely and those that had injuries they were working on are recovered and have been able to get back into the swing of organising programs!



## *Competition Results*

### NSW

Macquarie Spin, Spiral & Jump; Monday 4<sup>th</sup> April.

*Spin Spiral Jump - Adult*

1<sup>st</sup> Tara Haydon, HISC

*Junior/Mini Gr2*

8<sup>th</sup> Tara Haydon (HISC)

This was against 9 kids!!!

*2 Minute Adult Program*

1<sup>st</sup> Richard Sutton (MISC)

### VIC

Skate Bendigo; 30<sup>th</sup> April.

*Adult 1*

1<sup>st</sup> Julie Champion (OFDC)

### Tests

I know I haven't had any test results in here previously, but I've heard of a few people achieving some in the last month, and I thought they deserved to be acknowledged! Please let me know if you

pass any tests & I'll be happy to include them in future editions!

Tara Haydon, NSW - Basic 1 & 2; Novice 1 & 2; Intermediate 1 & 2 and Advanced (*Aussie Skate*). Tara also passed her Preliminary test pattern.

Pauline Warton, QLD - Dance 1 & 2.

Bron Morrison, NSW - Ballet 1

Alyssa Montgomery, NSW - Stroking, Ballet 1 & 2, Spins 1.

## *Future Competitions*

### NSW

Saturday, 4<sup>th</sup> June. Blacktown Amateur Figure Skating Club Artistic Competition.

Details to be confirmed. Will have an adult division. Contact Sharon Bettison at [shazzal21@hotmail.com](mailto:shazzal21@hotmail.com) for more details.

### VIC

June 11<sup>th</sup>: Fun Skate.

Olympic Ice Skating Centre, Oakleigh South. Has two adult divisions.

Although technically not a national competition, interstate entries will be accepted. Please contact Wendy Meik at [meik@bigpond.com](mailto:meik@bigpond.com) for more information.

June 13<sup>th</sup>: 2005 Masters Cup Figure Skating Competition and Adult Interpretive Trophy.

This NATIONAL competition has five levels in the Masters Cup, and four different divisions in the Interpretive Trophy - including pairs, duos and teams. This is only open to skaters over the age of 20yrs. *Entries close 22<sup>nd</sup> May.* Contact Erika Rauschenbach at [ezandchris@aol.com](mailto:ezandchris@aol.com) for further info.

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## *Stretches*

### Gluteus

- \* Sitting with your legs out in front of you,
- \* Bend one knee and cross it over the other leg.
- \* Place your hands on/around the bent knee and pull it gently across your body.
- \* A stretch should be felt in the gluteus area.
- \* Do not twist in the lumbar spine.
- \* *Increased stability of the pelvis*
- \* *Decreased mechanical affects on the sacrum*

### **Example of a Skill**

- \* Increases the flow of edges because of the ease in crossovers (Balance)
- \* Connecting steps/footwork

### Upper Back

- \* Cross one arm in front of your chest, keep it at chest height.
- \* Place your other hand on the elbow of the arm crossed in front of you and pull your arm towards your chest.
- \* Leaning slightly forward and adding slight rotation may increase this stretch.
- \* A stretch should be felt through the shoulder blades and upper back.
- \* *Decreased tension in the shoulders and neck*

### **Example of a Skill**

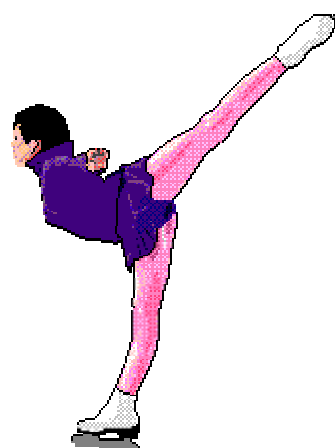
- \* Spinning/rotation for jumps
- \* Pair/dance positions

### Low Back

- \* Sit on the ground, legs out in front of you and knees slightly bent.
- \* Tuck your chin towards your chest.
- \* Reach forward until you feel a gentle stretch in your low back.
- \* *Decreased strain on the lumbar spine*
- \* *Decreased lordosis of the low back*
- \* *Increased flexibility in forward bending*
- \* *Decreased strain on the hamstrings*

### **Example of a Skill**

- \* Sit spin
- \* Dance posture



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## *Rink of the Month*

I've got some info on our friends down in Tassie. They only have one skating rink in their whole state.

Details are as follows:

### The Glenorchy Ice Skating Rink

327 Main road, Glenorchy 7010

Ph. 03 62723149

Open:

Wednesday, Thursday and Friday

2-4pm and 8-10pm

Saturday 10-12 am, 2-4 pm and 8-10pm

Sundays 10-12.00 am, 2-4 pm

Learn to skate program:

Saturday 12-2pm

Figure session Wednesday night 6-8pm

Cost of admission is \$11.00 for adults

### Adult division info for comps in

#### Tasmania:

Mature age has two division's masters A and Masters B. Masters A is for skaters 25-39, while Masters B is for skaters 40 and over.

So, next time any of you are headed for the apple aisle, you know you can take your skates with you and have a skate while you're there!!!



Well, there's not long now until winter kicks in. Winter is the season for skating though, so we shouldn't be too upset about the cold heading our way (if

it hasn't already! I hope you are all taking as much care to prevent the dreaded cold and flu from hitting you. Because, although staying home sick from work is great, it's not so great having to miss out on skating! Get that Echinacea into you and remember - prevention is the best cure.

Once again, I'm sorry this is so short. Please, *please* send stuff in for me to include in future editions. Don't forget to tell me about any tests you've passed or anything else you've achieved - big or small! If any of you know of any retailers of skating gifts, please be sure to get them to send the info on!

For the retailers that read this - if you have any specials on at the moment, please be sure to let me know, so I can put it in the next newsletter!

Happy Skating!

Alyssa

[iceskate4adults@hotmail.com](mailto:iceskate4adults@hotmail.com)



#### *Club Key:*

OFDC: Olympic Figure & Dance Club

HISC: Hunter Ice Skating Club

MISC: Macquarie Ice Skating Club