

Adult Skate News

Edition 6 – April, 2005

Hi everyone! I hope everyone is skating well. Well, I have some exciting news. I know of at least one skater who will be representing Australia in the International Adult Skating Competition - Oberstdorf, Germany. I don't know about you, but I find this *very* exciting! Well done to Chris Hall for representing Australia and our adult skating!!! I f anyone else is entering either this one, or the one in France - or knows of someone - please let me know. This is a big deal and deserves to have a fuss made about it!

In other exciting news this month, I have an addition to this monthly newsletter. One of our readers has decided to share her experiences with us regularly with a short story about her skating. We hope this will encourage & give you all more confidence, not only in your skating, but life in general. I know it helps me to hear other people having trouble to do something seemingly as simple as a 3-turn on the "wrong" foot. So please - after reading this month's piece, feel free to send in any comments or a brief run down of similar experiences of your own.

Competition Results

NSW

Blacktown Dance & Artistic Competition:

- 1st: Tara Haydon (HI SC, NSW)
2nd: Alyssa Montgomery (BCAFSC, NSW)
3rd: Julie Champion (OFDC, VIC)

Blacktown City Amateur Figure Skating Club Championships:

- 1st: Tara Haydon (*guest skater*, HI SC)
2nd: Alyssa Montgomery (BCAFSC)

VIC

Olympic Trophy Challenge:

Adult 1:

- 1st: Stewart Marshall (OFDC)
2nd: Kim Wilson (OFDC)
3rd: Julie Champion (OFDC)

Adult 2:

- 1st: Julie-Anne Taylor (OFDC)
2nd: Katherine Molnar (KDI SC)

*If anyone knows of any competitions that I have missed, can you please let me know, along with the results?
Thanks.*

Future Competitions

VIC

April 30th: Skate Bendigo & Sandhurst Trophy.

Bendigo Ice Skating Stadium, 4.30pm. Has two adult divisions, as well as an adult pairs division. At this stage I am unsure if it is open to interstate competitors, but as soon as I know, I will let you know. *Entries close April 22nd*. For more information, contact Jenni Bryan: (03) 54 439482.

June 11th: 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 for more information.

June 13th: 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 22nd May.*

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Contact Erika Rauschenbach at ezandchris@aol.com for further info.

Stretches

Hip Flexor

For the right side:

- * Kneel down on your right knee.
- * Place your left leg in front of you at an angle greater than 90 degrees.
- * Push your hips forward until you feel a stretch in the front of the right hip (the side which you are kneeling on).

** Increased hip extension*

** Decreased strain on the low back*

Example of a Skill

- * Increases the flexibility on landings and in dance positions of leg extension
- * Layback spin positions (skating leg)

Camel spin positions (free leg)

Adductors

A: Sitting Down

- * Place the bottoms of your feet together and allow your knees to drop out to the sides.
- * Gently press on your knees towards the floor to feel a stretch on the inside of your thighs.

B: Kneeling

- * Kneeling on one knee with the other leg straight out to the side,
- * Point the toes of your straight leg up towards the ceiling.

Slide the straight leg slowly away from you until you feel the stretch on the inside of your thigh.

** Increased leg lifts to the side*

** Increased power for jumping*

Example of a Skill

- * Flying camel, death drop, butterfly
- * Spiral
- * Jump take-offs

Piriformis

* Lying on your back with one knee bent to 90 degrees,

* Place the ankle of the other leg on the knee of the bent leg.

* Grasp around the thigh of the foot on the ground and gently pull your leg towards your chest.

* A stretch should be felt in the gluteus area.

** Increased power in jumping*

** Balances the pelvis muscularly*

** Decreased tension in gluteus area*

Example of a Skill

- * Increased flow on cross behinds and connecting steps
- * Jump takeoff steps and fly sit spins



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[A Day In the Life of an Adult Skater - Introduction \(by Julie Champion\)](#)

Hello, I am an adult skater, who has skated for more years than I care to disclose (considering my current skating abilities do not really correlate to the number of years I have skated). Each month I will bring to you a story on the challenges and triumphs that adult skaters regularly face.

These experiences are quite unique to us adults, given our life circumstances compared to our young skating counterparts. Although adults and children co-exist on the ice, it seems we are often on different skating planes. This is largely due to the many challenges us adults face – just so we can skate.

I aim to encourage and unite us adults through the sharing of common experiences, and just to let you know that you are not alone in challenges faced. Hence I invite readers to comment on my stories in 'letters to the editor'.

[A Day In the Life of an Adult Skater # 1 - The Spirit of the Masters \(by Julie Champion\)](#)

To understand the spirit of the Masters Cup (an annual adults only competition held every year on the Queens Birthday in Melbourne, Victoria), you firstly have to be able to visualize adults coming together from all walks of life, whether they be 21 or 61 years of age, married or single, parents or childless, black or white, Australian or Indian, doctors, university students, roadside workers, house wives or the unemployed, fat or thin, long hair or bald, blonde or grey. Although we are all very different, there is an unwritten code that when we are on that ice we are all equal. We are no longer the 'engineer' or 'unemployed' but we become a SKATER. We are all somebody on that ice. We are free to do whatever we want, free from the worries of work, studies, financial strife or family difficulties. We can challenge ourselves each day that we skate and see ourselves improve to grant us a feeling of satisfaction and achievement. It is here

that we laugh and cry with others as we share in their challenges and achievements. Yes it is on the ice that we become a skater.

We are linked by one common force – the passion and addiction for skating. We all have the desire to feel the breeze in our face and hair as we fly around that rink, whether it is by simple swizzles, stroking, and crossovers or through the mastery of the almighty axle. But whatever our abilities and level of skating, we all feel sheer exhilaration and freedom on that ice. It is hard work to improve, especially with that darn fear factor learned from our childhood and teenage experiences, but we drive ourselves with a passion for fun, yes fun. What we lack in youthful athleticism, we make up for ten fold with strength of character and determination that can only be gained through life's experiences.

We are not and may never be Olympians, Senior, Junior or Novice level skaters, but we are Skaters. The ice is where age, race, gender, status and life's problems are all swept aside. On the ice we are all equal, we are all skaters. What we do on that sheet of ice is entirely up to us – not our age, race or employment status, but it is up to YOU.

As I looked around the arena on the day of the Masters, I felt a shiver go through my body, for nowhere else had I felt so proud to be part of such a special group of amazing, determined and fun seeking adults. We all encouraged each other, knowing what each person must have gone through to get to where they were today, also knowing that we could choose to sit at home and watch TV and dream of skating or worse still, force our children to live our skating dreams. But instead we choose to actually go skating and challenge ourselves each day. We are people who believe in ourselves and in our dreams.

This is the spirit of the Masters.

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Edition 6 – April, 2005

Skater Profile

Name: Tara Haydon

Age: 23

Started skating: October, 2000

Reason: My friends always said they would play Ice Hockey when a rink opened in Warners Bay, so I said I would take Figure Skating lessons so I could skate with them. We skated the day our rink opened and I've been hooked ever since.

Home State/Rink: NSW, Hunter Ice Skating Club (HI SC)

Coach(es): Carolyn Gill

Train: Try to get to a rink twice a week, but at least once a week for 2 hours.

Who makes your costumes? Sandra Ackah, and myself.

Favorite Skater: Nicole Bobek. I love her personality on the ice.

Brand of boot: Risport Lasers, Coronation Ace Blades

Spinning direction: Clockwise

Favorite element: The Flip!

Least favorite element: I na Bauer

Greatest achievement so far? There are so many!! Passing my Preliminary Test, Getting 2nd in 2004 NSW Artistic Competition in a division of seven skaters and landing a flip in a competition!

Worst fall: I fell onto my bottom during a warm-up for a competition and as I tried to get up I jagged my toe pick in the ice and with all my weight fell

onto my right kneecap. My knee disappeared for a week from the swelling and 2 months later it still hurts to touch. *(note from editor. I was lucky enough to see this fall and I can tell you now, it was horrible. My knee still hurts in sympathy when I see the swelling!)*

Goals for the future: To pass the Elementary 1 Technical and Figure Pattern Tests.

Well, that's it for me for the month. Sorry this newsletter seems to be getting shorter & shorter along with later & later each month! Things are just so hectic at the moment, and not having the internet at home is a big pain in the rear end!!!

Hope to see most, if not all of you in roughly 9 weeks in Melbourne for The Masters Cup! The big 10-year birthday bash!!!

Happy skating,
Alyssa
iceskate4adults@hotmail.com



Club Key:

OFDC: Olympic Figure & Dance Club

HI SC: Hunter Ice Skating Club

BCAFSC: Blacktown Amateur Figure Skating Club

KDI SC: Kings Domain Ice Skating Club