

The Olympic Skater

Newsletter of the Olympic Figure & Dance Club

March 2006

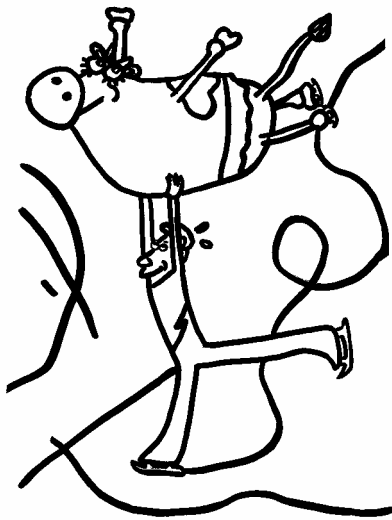
Associations Registered Number: A0012443U

The Olympics are now over and coming back to earth after watching the best, we now try to fulfill our own ambitions.

This month with the publicity about skating issues generated through the media I have put in a few articles I have found on various websites. Finally there was announcement about the Docklands rink that we have been waiting for such a long time for.

I would love any contributions you may have for the newsletter. You can email them to me on kwillyau@ozemail.com.au. I am also looking for "Skaters of the Newsletter" to feature over the next year, so please do not hesitate to email me.

If cows could skate



Thanks to Jacinta Adams for the picky!!

If you want any further information about events and information, here are some handy email addresses:

Wendy (OFDC stuff) -

meik@bigpond.com

Kim (Newsletter stuff) -

kwillyau@ozemail.com.au

Carmel (ISV stuff) -

cardel@alphalink.com.au

Friday Afternoon Figure Sessions & Synchronised Skating

The rink management has very kindly agreed to continue the Friday Afternoon Figure Sessions.

The sessions will run from 4pm to 6pm (normal rink figure session entry applies). Coaches will be teaching in this session. However there will be no Skate School on Friday.

From 6pm to 6.30pm will be Olympic Synchro session (other figure skaters will have to leave the ice) for the winter period. This will commence from Friday 24th March and continue until 30

September 2006, when the synchro session will revert back to the later time slot of 6pm to 7.30pm. Synchro skaters will be required to pay the rink entry fee - but can skate from 4pm.

The Synchro team also now have a name - Kinetix. Well done on coming up with a name guys - Good Work!!!

There is also Saturday afternoon off-ice for the Synchro team but the first half hour is a Stretching/Ballet class that everyone is most welcome to come to for \$2. It is at Clarinda Primary School, 1166 Centre Road, Clarinda. The session runs from 12.30pm with the Synchro off-ice running until 2pm.

SATURDAY AFTERNOON DANCE SESSIONS

Linda Lancaster has kindly written a few words about our ice dancing sessions

We were very pleased to hear that Kim and Wendy had been able to organise with the rink for Saturday afternoon Ice Dancing sessions for eight weeks. (They were quickly marked in my diary and any other plans would have to fit around these sessions). It is great to be able to practise the dances with everyone going in the same direction.

Many thanks to the Coaches, Duncan Smart, Michelle Taylor and Mark Hochmann for giving up their Saturday afternoons to teach us and dance with us. A half hour group lesson on a particular dance helped new dancers learn the steps and practise them to music. Later in the afternoon there was the opportunity to try the dance/s again, with various partners, during the program of music. The more experienced dancers have been helping them practise and remember the steps and imprint them in their memory.

It has been great to see so many new to dancing coming along and in particular to see more guys attending. A couple of the sessions have had 19 attending which is great.

Judges, Mark Storton and Tricia Moritz, have also been attending and it's been great to see them on the ice. How quickly the steps come back even after months/years break. We certainly appreciate the help they have been giving us.

As many have discovered, ice dancing certainly isn't the easy option that some might think. The deep edges required, the "neat feet" and timing to the music, all need to be developed before we can say we are actually "dancing" – not just doing steps.

We have two more sessions before the Ice Hockey starts so if you haven't tried it come along and give it a go. They are on from 12.30-2pm on Saturday afternoon. There are plenty of people to help you (you just need to be confident skating forwards and backwards).

Thanks again to the rink, Kim and Wendy for putting on such a successful session, we look forward to doing it all again next Summer and hope more will join us.

Ed's Note: As a participant in these sessions, I have found a renewed passion for my skating (not that it had gone away). But because I am working on doing my dance test, they have been invaluable in helping me get the practise I have needed and hopefully will lead to a successful result in my test. So thanks to the rink for giving us the ice time to have our dance sessions.

The OFDC Christmas Show DVD

Copies are still available. Contact Wendy either by email or see her at the rink.
It is a 2 DVD set and is available for \$20.



**How do you make a spider on the ice?
Just try this move by Olympic gold
medallist in ice dance, Tatiana Navka and
Roman Kostamarov.**



**Even though she didn't get to the
Olympics, Alissa Czisny still can
impress with this amazing
layback spin**

Full Victorian Competition and Test Calendar for 2006

For your reading enjoyment, we have the ISV calendar for the year, including competitions, test dates and also important interstate and national competitions.

Also get your programmes ready for Olympic Trophy!! It is our big competition for the year.

MONTH	EVENT	RINK	DIVISIONS/SPECIAL FEATURES	ENTRY TO
Saturday March 11 th at 4.30pm	FUN SKATE	Oakleigh	Standard ISV Competiton Format ** Note 1	OFDC
Saturday March 25 th at 12.30pm	<i>Test Session Only</i>	Oakleigh		To ISV 11/3
Saturday April 1 st at 4.30pm	SKATE BENDIGO & Test Session	Bendigo	Standard ISV Competiton Format ** Note 1. Test entries to ISV by 18/03	ISCB Tests ISV
Saturday to Monday, April 15 th – 17th	Olympic Trophy - National Comp	Oakleigh	Pre-Preliminary To Senior Singles & Artistic Comp See Announcement	OFDC
Sunday April 30 th at 12.00pm	<i>Test Session Only</i>	Bendigo		To ISV 16/04
Saturday and Sunday, May 13 th - 14 th	Dragon City Trophy & Sun Loong Artistic Comp - National Comp	Bendigo	Pre-Preliminary To Senior Singles & Artistic Comp See Announcement	ISCB
<i>Thursday to Saturday, May 18th to 20th</i>	<i>Autumn Trophy - National Comp</i>	<i>ACT</i>	<i>See Announcement</i>	ISV
Sunday June 4 th (Time TBC)	HOMESTEAD MOTOR INN CLUB CHALLENGE - Vic Aussie Skate Challenge & Skate Bendigo	Bendigo	Standard ISV Competiton Format ** Note 1	ISCB
<i>Friday to Monday, June 8th to 11th</i>	<i>Hollins Trophy - National Comp</i>	<i>NSW</i>	<i>See Announcement</i>	ISV
Saturday June 10 th from 12.30-2pm	<i>Test Session Only</i>	Oakleigh		To ISV 28/05
Saturday June 10 th at 4.30pm	FUN SKATE	Oakleigh	Standard ISV Competiton Format ** Note 1	OFDC
Sunday June 11 th from 12.30-2pm	<i>Test Session Only</i>	Oakleigh	Dance Tests Included	To ISV 28/05
Monday June 12 th (Time TBC)	Masters Cup & Adult Interpretive Trophy -National Comp	Oakleigh	Adult Interpretive Comp - Minimum Age 20 See Announcement	KDISC
Saturday & Sunday July 15 th -16 th	Victorian State Championship & Southern Cross Trophy	TBA	See Announcement	ISV
Saturday August 5 th at 4.30pm	SKATE BENDIGO & Test Session	Bendigo	Standard ISV Competiton Format ** Note 1. Test entries to ISV by 22/07	ISCB Tests ISV
<i>August 19th-26th</i>	<i>Australian National Championship</i>	<i>QLD</i>	<i>See Announcement</i>	ISV
Friday-Saturday September 29 th to 30th	National Aussie Skate Championship & Preliminary- Pre- Primary Comp - National Comp	ACT	See Announcement	ISV
<i>Sunday October 1st</i>	<i>Reg Park Artistic Trophy - National Comp</i>	<i>ACT</i>	<i>See Announcement</i>	ISV
Saturday October 7 th at 4.30pm	FUN SKATE & OFDC CLUB CHAMPIOSHIP	Oakleigh	Standard ISV Competiton Format ** Note 1	OFDC
Saturday October 14 th from 12.30-2pm	<i>Test Session Only</i>	Oakleigh		To ISV 30/09
Saturday November 4 th at 4.30pm	Adult Skate	Oakleigh	See Announcement	OFDC

MONTH	EVENT	RINK	DIVISIONS/SPECIAL FEATURES	ENTRY TO
Saturday November 18 th at 12pm	End of Year Performance	Bendigo	Artistic performance no competition	ISCB
Saturday November 25 th from 12.30-2pm	<i>Test Session Only</i>	Oakleigh		To ISV 11/11
Saturday November 25 th at 4.30pm	FUN SKATE	Oakleigh	Standard ISV Competition Format ** Note 1	OFDC
Sunday November 26 th from 12.30-2pm	<i>Test Session Only</i>	Oakleigh		To ISV 11/11
Friday December 15 th	ISCB Break-up -ISCB Club Only	Bendigo	See Announcement	ISCB

Note 1:

Standard ISV Competition Format is based on National Aussie Skate Rules and ISA Rules. These Rules are available on the Ice Skating Australia web site www.isa.org.au ISV Competitions may also include Pre-Preliminary and Adult Divisions and Interpretive Events.

Note 2:

Victorian Skaters wishing to compete in interstate events are reminded that entries must be submitted through ISV.

Note about Tests

- Fees need to be paid in advance to book your test place.
- You must put your application to do a test in by the nominated date.
- Test sessions will not be organized because a skater feels like doing a test. This is not fair on those who do the right thing by Wendy and ISV. Dates will be set and skaters need to fit into those dates.
- Be well prepared for your tests – don't just try to pass, try to pass well.

OTHER COMPETITION NEWS

SA Skate – Being held from Friday March 31st to April 2nd

The SA Skate is to be an annual Interstate Competition (this being its first year) for Men and Ladies from Preliminary to Senior and also Aussie Skate Levels 1 & 2 and Maters Proficiency – Open divisions (same divisions as Masters Cup). Entries closed on March 1st but they can probably accept late entries.

You may have received information about this but if not then Wendy or Kim can provide you the information. Just ask them at the rink or email Wendy or Kim.

Memberships for OFDC and ISV

Just a reminder that memberships are now due if you haven't already renewed. If you are not a member of OFDC, just to remind you that the club organizes many things for skaters, including the Xmas show and competitions and does fundraising to help skaters. And also produces this newsletter that you all seem to love (well that is what people tell me)!!!

Membership for OFDC is \$20 for renewal and \$30 for new members. Please give your memberships to myself or Wendy.

The membership for ISV is \$60. You need to be a member if you intend to compete at Interstate competitions or the major events such as OTC. Just give you memberships to Wendy.

Articles and News

Docklands Ice Rink News

Well most of you would have heard by now the announcement about the Docklands ice rink – something that we have been waiting for what seems an eternity. It did get coverage on the radio and also in the print media.

\$60m ice skating bonanza

Article by Peter Mickelborough, Herald Sun, February 22nd

ICE skating is to become Melbourne's hottest pastime under a \$60 million plan to build an ice sports centre at Docklands.

The centre will feature twin, full-size ice rinks, the Herald Sun has learned. It will also be home to Australia's Olympic Winter Institute and the centre of our future Winter Olympic campaigns.

It will host national and international ice hockey, ice skating, curling and speed skating events, with seating for hundreds of spectators.

It will be open to the public for recreational skating.

The Bracks Government last week approved the plans of a private consortium led by ING Real Estate Development Australia, Ice Sports Australia and the Australian Olympic Committee's Olympic Winter Institute.

The consortium is yet to secure finance to build the centre, but has used private funding to pay designers here and in Canada to draw up detailed plans.

The State Government promised a world-class ice sports centre after the golden success of Alisa Camplin and Steven Bradbury at the Winter Olympics four years ago.

Premier Steve Bracks' \$10 million commitment to develop a National Ice Sports Centre before the 2002 state election had raised expectations the complex would be finished at least a year ahead of the current Winter Olympics in Turin.

But the plans were put on hold for almost two years after the election, with rink operators, developers, financiers, designers and builders not briefed on Government proposals until March 2004.

"We have now been through the selection process and have agreed on a site and developer, so it's now up to the private sector to make this work," Sports Minister Justin Madden said yesterday.

"The centre will fill the gap in ice sports facilities in Melbourne and establish Victoria as the national leader in winter sports.

"We are very excited about this project and we're looking forward to confirmation from the developer of private sector backing, with the development of the centre contingent upon the preferred developer securing investment finance."

Mr Madden said he had asked his department to monitor the developer's progress.

The rinks will be built on top of a 1300-space multi-level car park as part of the next stage of Waterfront City, which is being developed at Docklands by ING REDA as a retail and entertainment precinct.

As Australia's only world-class ice sports venue, the centre will be home to the Olympic Winter Institute.

Ice Sports Australia director Andrew Shelton said the centre would offer something Victoria had never had and could not be compared with the "ice rink in a tin shed" of the past.

He expected construction to begin this year, once a financier was found.

Detailed plans are now being drawn up by Cox Architects and Arup Engineers -- who both worked on the MCG redevelopment -- and Stadium Consultants International, a Toronto-based firm specialising in ice sports arenas.

This article also mentions about the Docklands rink but for a different reason.

Winter Sports added to AOC's Youth Olympic Program

From the AOC website www.olympics.com.au. 26 February 2006

In a major boost for two Winter Olympic sports, short track speed skating and figure skating are to be showcased as part of the Australian Olympic Committee's (AOC) Olympic Youth Festival in Sydney in January 2007.

The Olympic Youth Festival is attracting world attention with Beijing 2008 host nation, China confirming it will be sending teams to compete in both events.

Japan has also said it will compete in both short track and figure skating and the AOC is confident that Korea, Great Britain, Canada, USA and New Zealand will also send teams.

"These countries are the superpowers in these sports and this will be an enormous boost to our young athletes competing against the 'best of the best'," said AOC President, John Coates.

Coates, who is attending the Winter Olympics in Torino, said figure skating and short track have attracted strong crowd support and are among the most popular sports at the Games.

"We have seen rapid development of our young summer athletes through the Festival and we have been planning on extending the AYOF to include Winter sports for some time," Coates said.

The AOC hopes to have a women's short track relay team on the ice at the Vancouver 2010 Winter Olympics. The men's short track relay team finished 6th in Torino, while Brisbane teenager Emily Rosemond was the sole female on the short track team.

"Emily has reached the quarter finals of the 1000m at these Games and we are hoping other young girls and boys will take advantage of the opportunity to compete in the AYOF and go on to the Olympics," Coates said.

Rosemond was excited by the news that her sport will now be part of the 2007 Olympic Youth Festival program. "We've got a lot of kids coming through, so it's important to race the top juniors from other countries so that when they get to the Olympics they have a better idea what to expect," Rosemond said. "Having China and Korea there is huge."

Dual Olympian and men's short track relay skater, Mark McNee was delighted about his sport's inclusion. "Short track in Australia is going from strength to strength," McNee said. "At our trials we had eight qualifiers all skating the same times and there was a lot of very young guys among them. The AOC Youth Olympic Festival will be a fantastic showcase for the sport."

Figure skater Joanne Carter also praised the new initiative. "It is the best thing that could happen in our sport," Carter said. "It's a terrific opportunity for all our youngsters in ice rinks around the country."

The AOC has staged the festival in 2001, 2003, and 2005 and has provided over two million dollars funding for the 2007 event.

Until now, only summer sports have been included on the program which caters for athletes aged between 14 and 18. China is sending 321 athletes, their largest team ever, to the 2007 Olympic Youth Festival as they prepare for the 2008 Beijing Olympics.

Great Britain is also sending a big team as part of their build-up to the 2012 London Olympics.

"The event is seen as a stepping stone into the Olympic Games for young Australian hopefuls as well as the international athletes," Coates said.

"The kids who compete in 2007 we will also see on the podium in Beijing and London, and no doubt Vancouver, in the case of the winter sports."

As part of the long-term plans to develop winter sport in Australia, the AOC is intending to stage a separate Winter AYOF at the proposed new \$60 million ice centre in Melbourne, every two years.

"We could hold sports like speed skating, figure skating, ice hockey and curling at the new centre in Melbourne and the alpine events up in Mt Buller," Coates said.

At the Torino 2006 Olympics, Australia has enjoyed podium success in freestyle skiing, with Dale Begg-Smith winning gold in the moguls and Alisa Camplin bronze in the women's aerials.

In another great boost for the winter sports program, the AOC announced this week a \$250,000 a year increase in funding for the Olympic Winter Institute (OWI). From 2008, the OWI will receive one million dollars a year from the AOC.

Toepick Tidbits

- * **The New Zealand Skating Association** produces a fantastic newsletter that you can receive by email, covering New Zealand, Australian and International skating news. It will keep you up to date with everything that is going on this planet in skating. You can receive this newsletter by going to www.skating-news.co.nz and signing up.
- * **Good Friday Appeal** - The rink will again be having a session for the Good Friday Appeal skating. 50% of rink entry fee will be donated to RCH. The session will be from 12pm to 3.30pm on Good Friday, 14th April 2006. We will have some fun and games and it would also be good if a couple of skaters could do some demonstrations on this day.
- * **Melbourne Ice Hockey Team** will be looking for skaters to do demonstrations at their home matches again this year. If you are interested please let me know. I will try to get a list of dates soon.
- * **For the Adult Skaters** - Norwest Figure Skating Club in Sydney will be holding an Adult Competition on 15th October 2006 at Sydney Ice Arena. Details are yet to be finalized but it is hoped there will be Technical, Artistic and Solo Dance divisions. This competition will be open to skaters from all States. Will keep you posted as further information comes to hand.

Also for the adults is the World Ice Challenge – an international competition for adult skaters. You can check out the website at www.worldicechallenge.org.



Swan Lake on Ice - This year we have another ice skating treat coming to Australia. The Imperial Ice Stars are coming back to Melbourne from 21 June to 2 July 2006 at the Princess Theatre to present Swan Lake on Ice. Here is their website - www.imperialicestars.com. Wendy will be organizing a group booking for the show so keep out for notices about it.

One of the stars of the show is Olga Sharutenko. She has been a contestant of the recent very successful UK show Dancing on Ice and will be having a feature role in Swan Lake. You might remember Olga as the Lilac Fairy in Sleeping Beauty. You can check out her website at www.olgasharutenko.com.

Winter Olympics

Well the Winter Olympics have now past and the medals have been won and lost.

Rather than provide a summary of the event (which most of you saw anyway and probably made up your own mind about what you liked and didn't like), I think it would be more appropriate to provide you with the references some interesting information.

For a full list of results go to www.frogsonice.com/skateweb. Here you will find the link to the full list of results, including the protocols so you can see what levels skaters' elements were graded and also how they were scored on their Program Components.

Unfortunately the video downloading website I told you about was not in action during the games – this is because it probably would not have been able to handle the amount of traffic that could have been generated. However I have made arrangements to get copies of the British Eurosport coverage that I will be able to copy for people on DVD. It will be a few weeks before I get them so please be patient. Email me on kwillyau@ozemail.com.au if you would like a copy. They will cost \$4 per disc.

There has also been some good news which directly impacts on our sport in the future.

Aussie skaters tipped for good funding

February 26, 2006

Their results may have been modest at the Turin Games but short track speedskating and figure skating look likely winners when budgets are next set for Australian winter sports. Australian Olympic Committee president John Coates said he'd like to see the two sports become full programs under the successful Olympic Winter Institute, which the AOC partly funds.

There were no Steven Bradbury-like performances in the short track this time around with only Emily Rosemond making it past the first round in an individual event while the men's relay team was sixth out of eight teams. Jo Carter also disappointed in figure skating, failing to qualify for the free skating component and finishing 25th.

But Coates saw great potential value in both sports which he envisaged would be run in Sydney and then eventually in Melbourne when the proposed \$60 million Docklands ice centre was complete.

"We continue to be very satisfied with our investment in the Olympic Winter Institute, the athletes from those sports have done particularly well," Coates said.

"A bit more needs to be done on the skating side of things.

"We are giving the Olympic Winter Institute every encouragement to make sure we get a women's relay team going for next time."

While the result was also disappointing in the skeleton - where Australian Institute of Sport slider Michelle Steele finished 13th of 15 competitors - Coates said he was happy with the lead-up. Steele had a series of top six performances in the World Cup and Melissa Hoar won the world junior championships.

"They've probably spent \$400,000 in a short period ... but I think there's enough in the other results to say that it should keep going," he said.

Less certain is the future of the alpine program after Australian skiers failed to finish in four of the five events here. Coates said the AOC wasn't prepared to put more money into the sport and said it was more a funding issue for the NSW Institute of Sport.

"We have to have a look at the alpine program because it has been a disappointment," he said.

"Maybe they (NSWIS) should be establishing a more permanent centre (for alpine skiers) in Europe." The AOC used to own a facility in Austria but it was sold off because it was not getting enough use.

Representatives of the various bodies such as the AOC, OWI, NSWIS and Skiing Australia will meet over the coming months to put together a plan of action with a budget for the sports to be set by the middle of the year.

Meanwhile, the AOC is aiming to have a winter youth festival up and running in Melbourne in the next two years. The AOC, which runs the Australian Youth Olympic Festival biennially, wants to expand the program to develop junior winter sports athletes in Australia.

The idea is to have an indoor program of events at the Docklands facility in Melbourne with a series of on-mountain sports at Mt Buller. Much depends on how quickly the Victorian government-backed, but yet to be fully financed, facility comes together but Coates was hoping it would be up and running in two years.

Short track speed skating and figure skating will be showcased at the Festival for the first time in Sydney in January 2007.



I found this photo on the internet – what a great representation of Totmianina & Marinin winning the gold medal!

Kathy Casey Seminars

**To be held at the Canterbury Olympic Ice Rink –
From Monday to Friday, April 3rd to 7th**

The Australian Professional Skaters Association (NSW Branch) presents a series of on and off ice seminars with Kathy Casey - World and Olympic Coach.

Kathy Casey is renowned the world over as “The “Coaches” Coach.

Seminars will be open to Skaters, Judges and Coaches.

Preference will be given to skaters attending all available sessions. Casual bookings will only be confirmed after closing date. Monday 20 March, 2006. Cost of the seminars are:

- * Senior, Junior, Novice, Intermediate - 5 day Seminar - \$250.00
- * Primary, Pre-Primary - 4 day Seminar - \$200.00
- * Casual: Per day Seminar - \$60.00
- * Judges/Coaches: 5 day Seminar - \$100.00, Per day Seminar - \$ 20.00

You can get the relevant information from asking either Wendy, Kim or Carmel or email them and they will send it to you.

Skater of the newsletter

This months Skater of the Newsletter is Rachel Woods.

Rachel is best known for her Pirates of the Carribean artistic number where she did make a great pirate and took death on ice to a new level (and made us laugh)!!!

What is your age? 12

Who is your coach? Caroline Pierre, Billy Schober

How many times do you train per week? 3 times per week
(4 with ice dancing)

What got you into skating? Dad took me to Ringwood (just before it closed down) because I had never seen snow before, so it was the next best thing. I have a free lesson and just loved it. I also saw Disney on Ice when I was 4.



How long have you been skating? I started at Ringwood when I was 9 and after 4 lessons it shut down. So I guess I started properly 2 years ago.

What brand of boots and/or blades do you wear? Jackson Boots and Ultima Blades

Who makes your costumes? Nanna makes them (Mum's hopeless!)

Your favourite and LEAST favourite skating move? Favourite – Low sit spin & flip

Least favourite – Double salchow and double toe-loop

Greatest achievement so far? Landed double loop and double flip

Do you spin clockwise or anticlockwise? Anticlockwise

Most painful or damaging fall (the more gruesome the better)! Tripped on the toepick when I was doing a bunny hop and fell flat on my hands and face! I also hit my head when doing an axel.

Favourite music to skate to (or perform to) Pirates of the Carribean (mostly because of Johnny Depp *Ed Note: who could argue there?*). Harry Potter and most Disney music

Where do you want to go with your skating (your ambitions if you have any)? I love drama and ice skating but doing them together (acting on ice) is like a dream, because I can express myself and just have FUN! My ultimate goal is to be in Disney on ice or something similar, if we can have such a thing in Australia.

Junior World and World Championships

The skating year is still not over. There are the main world championship events to be held in March.

Junior Worlds is being held this week in Ljubljana, Solvenia from March 6th to 12th. Australia's representatives are Tina Wang, Robert McNamara and in Dance Danielle O'Brien and Gregory Merriman.

At the time of newsletter publication, Tina Wang came 22nd in the ladies after the qualifying round but just missed qualifying for the long programme in 25th after the short programme!! And our ice dancers are in 23rd after the compulsory dance.

The **World Championships** are on in Calgary, Canada from March 20th to 26th. Australia is represented in every discipline by Miriam Manzano, Sean Carlow, Natalie Buck & Trent Nelson-Bond in Dance, and in pairs we have Emma Brien and Stuart Beckingham. Also on the "team" is our very own judge Cathy Taylor. We look forward to a report for our next newsletter (hint hint Cathy!).

Benefits of Stretching

Again Linda has kindly written an article for the newsletter about another recent skating happening.

When I came back to ice skating (mid 2003) after an eight year break, I was 20kgs heavier and feeling very stiff and old. Now, with three years hard work stretching and training, I'm feeling lighter, fitter and raring to go.

I had been working hard for several years with my Physio (**Doug Gross, Emerald Physiotherapy**) and had mentioned a vague thought of going back to ice-skating. Eventually John Austin convinced me to return and after the first 15mins of sliding about, wondering whether I had made the right decision, I saw Duncan and Nobby dancing and was hooked again.

However, that was when the real work began. I said to Doug "can you fix my sore lower back?" and he found that it stemmed from very tight calves, which made me stand to the back of my feet, which in turn affected the lower back. But that was only the start! An old injury to my left ankle had left it very stiff and easily aggravated, which meant that I had been walking around for 20 years not using the ankle effectively. That also meant the left hamstrings were also shortened. It has been a **long** haul to get them to a suitable level for what I want to do on the ice. (*John Austin was interested to learn, at the stretching session, that muscles don't get longer by being stretched, they **grow** longer to accommodate the stretch. Therefore you must stretch the muscle nine times a day for at minute at a time, to make it grow it longer.*) (You will see benefits from at least two or three stretching sessions per day – the more you stretch the sooner you will see the results. The hard part is fitting it into our busy lives – you will have to look at your daily schedule and slot in some stretching sessions. I have had enormous benefit from 15-30mins stretching every morning and again at night (how long depends on whether it's a skating night or I'm home watching TV).

Once I started progressed to the more difficult dances, the stresses on my body changed and I'd be back to see Doug saying, "now I've got sore hamstrings"... "now I've got sore calves" ... "now I've got a sore back/neck" and sure enough he had more stretching and exercises for me.

Learning some of the skating moves for the first time at my age (e.g. jumps) has been **very** hard on my body, especially my legs, but I have persisted through the pain and kept up the exercises. Now when I feel a bit stiff and sore, I look back and remind myself how far I've come. Whenever I have some sore bits and ask Doug can I do this move or that stretch, he always says... "If it doesn't hurt, you can do it. If it hurts, stop".

At the Tuesday session of the School holiday program it became obvious that many of the young skaters are not flexible enough to enjoy their sport without pain and possible damage to their bodies, so I asked my Doug if he would be able to conduct a stretching session. He generously donated his time for this and although I had planned it to be a practical session to help the young competitors, the majority of us were over 40. (We had a few under 20, several between 20 & 40 and quite a few over 40). However, regardless of age, everyone found it informative and useful. After some theory and questions we had a practical session and several people tried out the wobble board and Swiss/Fit Ball for the first time.

Several of the attendees have now been to see Doug who is working out programs to suit their individual needs, and I know that if they keep up their stretching and exercises, they will be able to skate more freely and with less pain or injury.

One major thing I have learned over the last few years is that you cannot stretch quickly!

You can't do it quickly if you're in a hurry and, the muscles and ligaments don't stretch quickly (as in, grow longer quickly). It takes time, a little each day and you will see results.

Please note: It is important **NOT** to stretch until pain, just until it is uncomfortable and to hold the stretch.

So if any of you (young or older) have aches and pains, I can recommend Doug – he will look for the cause, not just treat the pain. And... as long as you do your “homework” you will reap the benefits.

Emerald & Beaconsfield Village Physiotherapy

Doug Gross Grad.Dip Musculoskeletal Physio
Ph: 03 5968 3269

Treatment and rehabilitation of acute
sport injuries.

Special interest in Dance and Ice
Skating injuries.

10% discount for figure skaters.

Final comments from Julie-Anne Taylor.

The stretching session on the 18th Feb was quite an eye opener! It showed me just how inflexible I really am and how I've compensated with incorrect technique - up till now. Since the session I have never stretched so much in all my life and already I can see an improvement. The Winter Olympics coverage has been my main stretching time, which has been great because I've been able to time my length of stretch to the athletes' times on the screen! Watching TV will never be the same. Julie.

DANCING ON ICE IN AUSTRALIA

Legendary ice dancers, Jane Torvill and Christopher Dean, are currently headlining a top rating show in the UK called Dancing on Ice. Granada Production is currently casting for first the Australian version of the show.

We are currently looking for skaters and coaches to participate in the Australian version of Dancing on Ice.

The series is a live ice dancing spectacular, with technically challenging ice dance performances, combined with the glamour of celebrity contestants.

The series see nine famous faces some of whom are complete beginners to skating each partnered with an ice dancing expert.

Each week the stars and their skating partners learn a difference ice dancing routine. Torvill and Dean will be very hands on through out the series supervising, choreographing and giving expert tuition in the final stages of rehearsals. In addition, couples are trained by two coaches professional ice skaters whose task it is to train, motivate and inspire the couples to victory.

Training will start around April with approximately 3 months worth of on the ice tuition prior to first transmission. During this period we would expect a minimum of 10 hours worth of training per week. We understand that there will be other commitments in your schedule and we are prepared to be as flexible as possible.

First transmission will be from approximately the first week of July, there will be eight episodes going to air LIVE each week. At this stage the commitment gets more intense as the live shows require rehearsals etc. in addition to preparing the routine.

The total commitment required by everyone will be approximately twenty weeks. A fee will be paid through out this period.

If you could forward me any contacts, photos and biographies of people you think would be interested that would be greatly appreciated. At this stage I would like to talk to anyone who could possibly involved, as we are looking for the best skaters both here and overseas.



Kind regards

Ros Breden

Granada Productions

Ph: +61-2-9383-4356

Fx: +61-2-8353-3494

Em: ros.breden@granadaproductions.com.au