



The Olympic Skater

Newsletter of the Olympic Ice Skating Club—November 2010

SPECIAL POINTS OF INTEREST:

- **Victorian Championship results**
- **Christmas Show details**
- **International and local results**

SPRING SKATING

WITH Christmas now less than two months away, we're well and truly into the business end of the year.

Competitive skaters are gearing up for the Australian Championships which are on in Melbourne for the first time in years.

For recreational skaters there is a fun skate, test session and Christmas shows to look forward to.

Remember to grab some fantastic Christmas gifts at the Oakleigh skating shop. Gloves, jewellery and accessories make perfect stocking fillers for your favourite skater!

Keep sending through your pics/results/letters to include in the newsletter.

Happy Skating!
- Katherine
firkink@gmail.com



Watch our top skaters compete at the Australian Championships later this month!

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AUSTRALIAN CHAMPIONSHIPS

THE Australian Championships are on at the Icehouse from November 25 — December 2.

Australia's top skaters in all divisions will be battling it out to claim a national title, and possible international selection.

Victoria will have representatives in

men's, women's, and dance, so even if you're not competing make sure you come along to cheer on our skaters!

Details:
When: November 25 —December 2
Where: Icehouse, Docklands
Timetable: www.isa.org.au

Good luck to all our skaters!!!

OFSC CHRISTMAS SHOW

OAKLEIGH will be holding its annual Christmas show on Saturday December 18, at 5pm, with this year's theme being Music from the Movies.

Coaches will be leading all group numbers, and selected skaters will be invited to perform individual pieces.

Speak to your coach about how you can get involved!!



Join the show!

VICTORIAN CHAMPIONS — 2010

THE Victorian Championships were held at the Icehouse on October 9 & 10. Congratulations to our State Champions!!



2010 STATE CHAMPIONS:

- ◆ Katherine Firkin & Henri Dupont - *Senior Dance*
- ◆ Alex Dillon - *Novice Men*
- ◆ Sarah Carneiro - *Primary Ladies*
- ◆ Rachel Wood - *Intermediate Ladies*

ADULT FUN SKATE

ANOTHER fantastic adult fun skate was held on Saturday, October 30.

Adult skaters from beginners through to advanced took to the ice for the chance to compete against the peers.

As usual it was a wonderfully supportive environment.

Well done to all competitors!

DID YOU KNOW?

After retiring from competition, three-time Olympic Gold Medalist Sonia Henie became a top Hollywood star. Between 1937 and 1945, Henie made 10 films, including One in a Million (1936), Thin Ice (1937), Sun Valley Serenade (1941), and Iceland (1942). The films paired her with some top leading men and (of course) provided plot lines that gave her a chance to display her figure skating talents.

SOUTHERN CROSS TROPHY

THE annual Southern Cross Trophy was held in conjunction with the Victorian Championships, on October 10.

The competition gave our adults and stars of the future the chance to shine.

Skaters from Aussie Skate through to adult divisions competed, with a fantastic effort by all.

Congratulations to all skaters on a great competition.



WELL DONE TO ALL!

ICEHOUSE CHRISTMAS SHOW



THROUGH December the Icehouse is putting on a series of Christmas shows.

The rink will hold a professional show with 11 of Australia's best skaters, and an amateur show, with skaters from Aussie Skate level up.

The show will feature classic Christmas songs and a humorous festive story.

Some of OFSC's own skaters have been invited to do feature performances, so make sure you come along to cheer them on!

Shows will be held between December 4 — 24.

For more info email Kristin Anderson: Kristin.anderson@icehouse.com.au

*THE SPOTLIGHT WILL
BE ON OUR SKATERS
THIS CHRISTMAS!*

CHERRY'S CORNER

RESIDENT skating expert Cherry Lau has offered to help OFSC skaters with the toughest part of skating—the rules!

Every month Cherry will answer questions from skaters on the technical aspects of our wonderful sport.

If you have a technical question about skating, email Cherry: snough@hotmail.com

This month Cherry's taking a look at *program components*....

TECHNICAL VIEWPOINT: Program Components

Most people think of Program Components as the old Artistic mark. It is, but it is more clearly defined under 5 headings explained below

Skating Skills:

Skating Skills describes basic skating – stroking and crossovers. Judges are looking for *effortless speed and glide* over the ice surface; surety and depth of *edges*; *multidirectional* skating and *balance* (one foot skating).

Skaters who have mastered Skating Skills will be able to skate in both directions, skate fast without looking like they're pushing hard and skate smoothly (quietly) over the ice.

Transitions:

Transitions form your "footwork toolkit" and make programs interesting for people to watch; they are all the turns and steps that fill up programs between the technical elements. Judges are looking for *variety, complexity* and *quality*; for me, quality is the most important thing to remember here. A good way to see if you have enough Transitions in your program is to skate it through without doing your elements; ideally, there are no prolonged periods of basic skating between elements.

Choreography/Composition:

This relates to how well structured your program is –in terms of *element placement* on the ice, use of available space and relation to the music. Judges know if they keep looking in one direction during a skater's program that choreography is lacking. We also often see skaters doing movements that have no relation to their music; a good skater will be able to show their program's *theme* even when their music is not playing.

Performance/Execution:

Performance/Execution shows judges how much emotional involvement you have when skating a program and how precisely you perform your movements. Good skaters will show us how much they are "*feeling*" their *music* and put more into their movements than just what the choreographer has showed them. They will also perform controlled, purposeful, precise movements.

Interpretation/Timing:

Good interpretation means a skater uses finesse to highlight music nuances and moves effortlessly in time to the music. Whereas Performance/Execution is how emotionally and how well you are performing your movements, Interpretation is what you are doing to reflect changes in the music.

I hope this has cleared up what Program Components are and I look forward to seeing skaters maximize your individual strengths in Components.



Email Cherry your technical questions at snough@hotmail.com

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ISV STATE CALENDAR NOVEMBER—DECEMBER 2010

Please note: This is an abbreviated version.

For full details please see the yearly calendar or visit www.isa.org.au

Month and Date	EVENT	VENUE	DIVISIONS/SPECIAL FEATURES
NOV 20	OFSC Fun Skate	Oakleigh, Vic	Aussie Skate and above
NOV 21	OFSC Test Day (including dance)	Oakleigh, Vic	ISA Skating Tests
NOV 25-26	AUSTRALIAN FIGURE SKATING CHAMPIONSHIPS	Icehouse, Docklands, Vic.	Synchronised
NOV 27—DEC 2	AUSTRALIAN FIGURE SKATING CHAMPIONSHIPS	Icehouse, Docklands, Vic.	Singles, Pairs, Dance
DEC 18	OFSC Christmas Show	Oakleigh, Vic	All welcome

WE'RE ON THE
WEB!
WWW.OFSC.ORG.AU

INTERNATIONAL RESULTS

Victorian skater Brooklee Han finished in 10th position at her first Junior Grand Prix event in Sheffield, England.

She then placed 20th at her second Grand Prix event in Dresden, Germany.

Brendan Kerry from Sydney also competed, finishing in 13th place and 20th place for the two events consecutively.

TEST RESULTS - SATURDAY OCTOBER 30

CONGRATULATIONS to the following skaters who passed their tests at our recent test session:

- Linda Lancaster - Senior Dance (Argentine Tango and Viennese Waltz)
- Rhonda Le Nevez - Elementary & Pre-Primary Dance
- Alexandra Shepherd - Primary
- Margaret Riddington - Pre-Primary
- Andrew Cliffe - Elementary
- Sophie Karunaratne - Preliminary
- Elizaveta Saverschenko - Preliminary
- Ariane Thomas - Preliminary

Well done to all skaters on a fantastic achievement!



Passed!!

STATE SQUAD SHOWCASE

VICTORIA'S top skaters celebrated their selection to the Australian Championships with a showcase of their routines.

Judges Tricia Moritz and Cathy Taylor gave skaters valuable feedback on their routines.

Competitors in men's, women's and dance showed off their short and long programs to family and friends at the Icehouse on October 30.

A special presentation and dinner wrapped up the event.

Good luck to all our competitors!!!



*Well done to
all our
national
skaters!*