



Skate Talk

A newsletter for Members of Riverview Skating Club
A member of Skate Canada-Nova Scotia
www.riverviewskatingclub.com
September 2008



WELCOME BACK!

On behalf of the entire executive, coaches and skaters welcome to all new members and welcome back to all returning members. This year is going to be an exciting year for everyone!

The past couple of months the executive have been busy planning new and exciting activities and positive changes to some club programs.

Here is a little overview of what you will see this year.

- 1. We now have Co-Presidents. Bev Deal and Diana Baldwin. Bev will be dealing with more day to day issues and ice times. Diana will be working with the coaches to keep the lines of communication open and address any issues that might come up over the course of the year.*
- 2. Jr Development Program has been revised to better suit the needs of skaters and coaches. See note below.*
- 3. Introduction of Synchronized Skating!*
- 4. New CanSkate Co-ordinator – we welcome back a former member of our senior program Tracy Munroe.*
- 5. New Coach – One of our most senior skaters the club has ever produced is now our newest certified coach – Talia Greenough*
- 6. Continuation of our successful events this year include: Bring a Friend Day, Our Ice show (Peter Pan) and Riverview Spring Skate~ our invitational competition where we have skaters coming from all over the Maritime Provinces to compete.*
- 7. We are in the planning stages for a Christmas clinic seminar for our skaters. The tentative date is Dec 29th and 30th.*

CHANGES TO PROGRAMS

JR DEVELOPMENT – The professional lesson portion of the program has been revamped and reworked. The following will now happen –

Wednesdays - Skaters will spend a 15min lesson with Jennifer on Free Skate skills (jumps/spins etc) and spend 15minutes with Talia working on skating skills (Crosscuts /edges/turns etc). The remainder of the time the skaters will work on their own

Saturdays – The skaters will spend 15minutes with the juniors doing a group stroking session. They then will spend 15minutes with Talia working on Free Skate, and another 15minutes working on Ice Dance with Jennifer. The remaining time the group is expected to work on their own

KIDSKATE – Skaters will now share the ice with our CanSkate Program. The skaters in this program will still have a designated Professional Coach to teach the group. They will spend the first 10minutes off the ice doing exercises/games and activities. They will then go on the ice (once the CanSkate

warm up is done) and the coach, with help from lots of assistants, will work on the many skills that are required for the Stage 1 badge. KidSkate skaters now will participate in the Creative Expression and Circuit activity while on the ice each session. When the coaches feel the skater is ready to move to the full CanSkate program we will notify the parents and they will have to option of moving them along and will then have the option of skating 1 or 2 days or staying in the KidSkate group.

SYNCHRONIZED SKATING – Our most exciting change! This is a great program to keep kids active and only requires little time commitment (1 hr a week + a few extra off-ice sessions over the course of the year) Figure Skating's only TEAM discipline. Synchronized skating is a growing part of figure skating that encourages teamwork, friendship, and improving at figure skating skills. Synchronized skating consists of a group of about 8 – 18 figure skaters (Much the same as Synchronized swimming) skating on the ice at one time. They work together as one unit. A synchronized skating team performs a program set to a fun piece of music; the skaters do formations which include circles, lines, blocks, wheels, and inters actions. The team skates together using various holds which include basic shoulder holds, hooking elbows, hand holds, basket weave holds, and not holding at all. They do moves like **spirals**, **lunges**, **shoot the ducks**, **pivots**, and pass throughs all at once. Does this sound like fun! Join in on this dynamic dimension to the world of recreational and competitive skating. There are so many benefits to participating in a team sport, and synchronized skating is a great way for figure skaters to compete in a sport they love while enjoying all of the aspects of working with others in a team-oriented sport.

COME TRY-IT-OUT!
Synchronized Skating Trial
Sat Sept 13th and 20th
11:30 – 12:30
BRING YOUR SKATES!
No Charge

(please make sure your Skate Canada Fee is paid)
Skaters must be passed stage 5 or by recommendation of club coaches

CANSKATE / KIDSKATE Theme Days

Each week of our program we have designated a theme – Ice Rodeo Days, PJ Party etc. All skaters, PA's and Coaches are encouraged to dress up for the theme days and participate in the special activities of the day. Some themes there will even be awards and special treats. Pick up a copy of the club calendar for a full listing of events planned for each session.

CLUB PROFESSIONAL COACHES

Lee-Anne Cross 832-9612
leeanne.cross@ns.sympatico.ca

Our head coach has been a member of this club for almost 30 years. She teaches all levels from CanSkate up to our senior level skaters. She is involved in the provincial organization of the sport. Lee-Anne grew up skating with Riverview skating club and is very proud to still be able to call Riverview her "Home Club".

Jennifer Harvie 632-2379
jenn.harvie@ns.sympatico.ca

Jennifer grew up with the club and taught as a PA for a number of years before taking her coaching courses and becoming a certified Skate Canada Coach. She jointly teaches our Jr Development program and our Jr Stroking session. As well she gives private/semi private and group lessons to members of our Junior and Senior programs.

Shannon Sutherland 444-9980
shannonmacleod@eastlink.ca

Our Caper Coach – Shannon grew up skating in Cape Breton. She specialized in Ice Dance for a couple of years. While at Acadia University she skated on the Wolfville Synchronized skating team. Once she left Acadia we tracked her down and gave her a position on our coaching team. She now teaches our KidSkate Program and our Senior Stroking sessions as well as doing Junior and Senior Lessons.

Talia Greenough 757 3442
skating_taz@hotmail.com

It is with great pleasure we formally introduce our newest member of our coaching staff. Talia recently completed her courses to become a paid Skate Canada coach. She is another former skater from our club turned coach. Talia works with the Jr Development skaters and is available to teach on the Junior and Senior sessions.

IMPORTANT DATES NOT TO MISS!

Sept 13	CanSkate Orientation	Seniors Room	11:30
Sept 13	Syncro Try-It-Outs	On-Ice	11:30
Sept 13	PA Party	Seniors Room	12:30
Sept 20	JR StarSkate Orientation	Seniors Room	10:15
Sept 27	NO SYNCRO All other programs as scheduled		



Have a Great Season!

Values Kids Learn Through Skating

Your child can benefit greatly by participating in skating - but those benefits aren't guaranteed. They're the result of a cooperative effort among local skating clubs, coaches, officials and parents. Those benefits come more readily when adults put the interests of children first and leave their own egos and desires about winning at home.

Through skating your child can:

- ? Acquire an appreciation for an active lifestyle
- ? Develop self-esteem, self-confidence, self-discipline and self-reliance by mastering and performing skating skills
- ? Learn to manage stress, perform under pressure and test emotional and physical balance
- ? Develop social skills with other children and adults
- ? Learn about managing success and disappointment
- ? Learn about fair play and being a good sport
- ? Learn respect for others

Skating Parents' Do's and Don'ts

1. Focus on effort, participation, fun and skill building, not on winning.
2. Practice good sportsmanship.
3. Teach your child to be gracious in defeat.
4. Show interest, enthusiasm and support for your child and other skaters.
5. Be in control of your emotions.
6. Read the rulebook.
7. Parents need to parent, and coaches need to coach.
8. Don't compare your child with other skaters.
9. Don't make negative comments to skaters, parents, officials or coaches.
10. Volunteer - take an active part in your child's skating experience.

The above was written by Jo Ann Schneider Farris. Farris began ice skating in 1964. In 1975, she won a silver medal at the United States Figure Skating Championships in Silver Dance, and the following year she became a U.S. Figure Skating Gold Medalist. In 1983, she began her career as an ice skating coach, and has trained skaters of all ages and levels. She lives in Colorado Springs, Colo., with her husband, Dan, and their three children, Joel, Rebekah and Annabelle, all of whom she coaches.