



Go Figure!

AUCKLAND ICE FIGURE SKATING CLUB NEWSLETTER

APRIL 2006

2006 Committee:

Dael Haynes (President)
Ph 272 3536

Chris Pulman (Vice-President)
Ph 834 6686

Melissah Gallagher (Secretary)

Nick Winspear (Treasurer)

Sue Harries
Deborah Ley
Jacqueline Prowse
Ray Pulman
Wendy Quigley
Bob Rout
Lenore Thode
Scott Thode
Delwyn Watson

Postal Address

AIFSC
P.O. Box 251567
Pakuranga
AUCKLAND

Website

www.aifsc.org.nz

In this Issue...

- Test Dates for 2006
- Autumn Champs
- Rink Rules
- News from Joel
- Skater Profile

Contributions to this newsletter are always welcome. Please send articles, items for sale, etc., to Deborah Ley (ley.family@xtra.co.nz).

From the President

Our first Newsletter for 2006 and with all that's happening in the skating world, it promises to be a very busy year. All skaters should now have returned from the Christmas break and be training hard for future tests and competitions. I wish you all well for the coming year.

Important dates for your diary:

The next test date is **25th May** at Avondale (still to be confirmed by rink management). Our Autumn Champs will be held on **14th May** (Mother's day) at Paradise, Botany Downs. Additional notices will be sent out by e-mail and hard copies will be available from committee members at the rink.

At the end of January, AIFSC Members Tristan Thode and Joel Watson competed at the Four Continents Competition in Canada and Tristan was selected to go on to the Senior World Champs which were held in March. Well done to both skaters. Caitlin Haynes recently skated as a guest with the Australian Junior Synchro Team at the Synchronised World Challenge Cup in Helsinki, Finland.

May I also wish "Good Luck" to all the AIFSC Skaters who have been invited to participate in the Selection Competition taking place over the weekend of 22nd April, in Christchurch.

Dael Haynes, President: AIFSC

Competition Dates for 2006

Triglav Trophy	April 13-17, Slovenia
Afriskate 2006	April 17-21, Cape Town, South Africa
Selection Competition	April 22, Christchurch
AIFSC Autumn Championships	May 14, Botany Downs
Hollins Trophy	June 9-12, Sydney
Glenburn Ice Figure Skating Competition	June 18-19, Avondale
ACT State Championships	July 7-8, Canberra
Otago Southland Championships	July 14-16, Alexandra
AIFSC Club Championships	July 15-16, Botany Downs
NSW State Championships	July 18-23, Sydney
South Island Championships	August 11-13, Queenstown
Queensland Figure Skating Championships	August 19-26, Boondall
North Islands Championships	August 20-21st, Botany Downs
Australian National championships	August 19-26, Brisbane
New Zealand Nationals	September 18-22, Botany Downs

Test Dates for 2006

Please note the scheduled test dates for 2006. Test forms should go to Dael Haynes. You can obtain a test form from the AIFSC website. If you have any queries, it is best to direct them to Dael Haynes as she manages the tests.

2nd May, Avondale - from 7pm to 9pm - collecting forms at present.

13 July, Botany - from 6.45-7.45pm.

24 August, Botany - from 6.45-7.45pm.

Another test at Avondale in October/November is yet to be confirmed.

Medal Test Passes

The following Auckland Club Members passed tests at Avondale Ice Arena on the 30th March 2006 - *well done skaters!*

Elementary Stroking

Christina Floka

Preliminary Stroking

Hannah Carson

Amber Harries

Ashleigh Gallagher

Vicky Mac

Iyryn Quigley

Sarah Richie

Eerina Watkins

Silver Stroking

Alexandra Rout

Elementary Freeskate

Christina Floka

Amelia Prowse

Vicky Mac

Preliminary Freeskate

Alexandra Ley

Eerina Watkins

Silver Freeskate

Alexandra Rout

Auckland Ice Figure Skating Club Autumn Championship 2006

DATE: Sunday 14 May 2006 (from 6.30am to 10.30am)

ENTRIES CLOSE: Saturday 22 April 2006

(LATE ENTRIES WILL BE SUBJECT TO AN ADDITIONAL FEE)

No further entries accepted after the draw.

Autumn Champs Raffle

At the autumn champs we will be doing a fund raising grocery raffle. We would like every club member to donate one grocery item to make this raffle a success. Items for the raffle can be given to Deborah Ley or Val Rout. So have a look in the pantry and see what you can find. This is a very easy way of supporting some fund raising for the club.

Synchro welcomes the first boy to their team

Craig Harries is the first boy to join synchronized ice skating in the juvenile team. Craig joined in for his first practice last Saturday. He found it a great warm up to his soccer game, which he went on to play straight after synchro practice. Craig went on to play a great game of soccer, keeping an eye on his team mates and what they were doing (as he did at synchro) and was awarded player of the day.

"Well done, Craig". So there you go - synchro is excellent soccer training too! Come on guys, you can do it! We would also like to see more guys in our senior team and our middle team. Contact the managers if you are interested. Dael Haynes - senior team and Deborah Ley, manager of the Blades team.

Rink Rules For Figure Skating Sessions

The rules are here for a reason - to keep you safe and to keep everything fair. Please try to abide by these to give the rink a safe and friendly atmosphere.

1. Always give way to other skaters when possible - this is for your own safety. However there are some skaters that do have right of way. A skater who is having a lesson and doing their program always has right of way first. Secondly a skater who is practicing elements in a lesson - both these skaters are paying for this lesson time. Thirdly, give way to skaters doing their programs.

2. Try not to interrupt another skater's lesson time. We know this is your coach, but they will coach you in your own time that you pay for. Parents, please wait till after a coach has finished taking another child's lesson before you speak to them. Preferably wait till after the session has finished or until a time that you are paying for.

3. Spinning should be practiced in the middle of the rink.

4. Keep out of the corners where skaters do lutz jumps. These skaters have a blindspot when preparing for this jump and it is wise to keep out of it.

5. If you fall and are not seriously injured, get up quickly. Do not sit on the ice. Do not stand in the middle of the ice either; move to the barriers.

6. If you want to talk to your friends, then do so, but before or after the session. Do not stand on the ice and chat to your friends, you are a nuisance to those who are actually there to skate.

7. Do not sit on the barriers - if you want to rest, get off the ice.

8. Parents and spectators are to sit in the cafeteria or in the stands at the back.

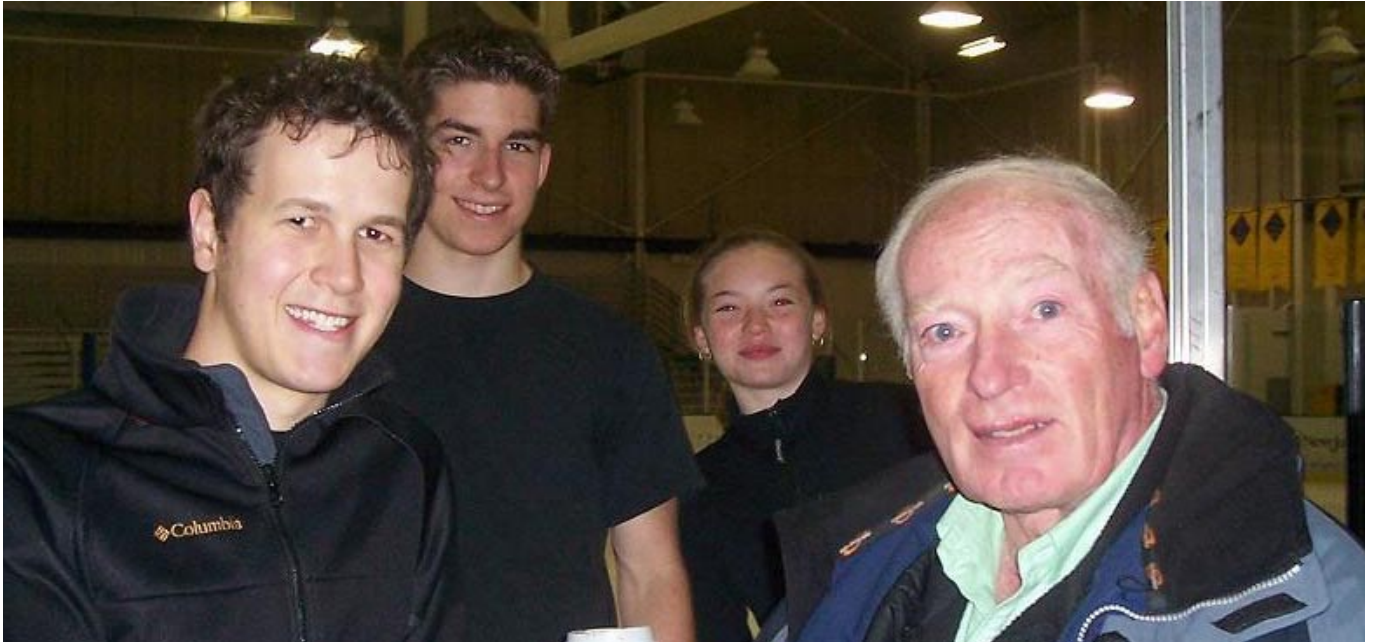
9. Coaches have first rights to the music. Even when coaches are not using the CD player, please refrain from putting your music on over and over. This is not fair on other skaters. Each skater should be able to get their music on at least once during each session if time is available. During competition times, it pays to put your music in line early.

10. Learn who is skating to which piece of music so that you are aware of who is skating their program at all times.

11. Parents - if you have a younger skater skating during a figure session, please keep an eye on them and make sure they are aware of the rules.

12. And last but not least, show consideration to your fellow skaters. There should be no swearing, tantrums, or kicking the ice deliberately. Nor should there be any derogatory remarks made to or about another competitor at any time.

Alive and kicking in the USA



Joel with Nate Bartholomay, Meg Byrne and Ron Ludington.

Hi Everyone from the USA! Just thought I'd write to let you all know that I'm still alive and kicking and what it's been like to train here this last year.

I train at the University of Delaware Ice Skating Development Center; which is directed by Ron Ludington, an Olympic Medallist who has been inducted into the World Figure Skating Hall of Fame. I live in Baltimore and each day I have to drive to the rink in Delaware. It's like driving from the Waitakeres in West Auckland to Hamilton and back every day. We have two ice arenas - one a little larger than an Olympic size arena which seats 2,500 people and the other one an NHL size. We train in both rinks. There are strength and training facilities here and also a professional-size ballet studio.

Training here has been extremely different from NZ. Skaters are separated into 4 groups - elite, high, medium and low. I train in the elite group which is for senior international competitors only and there are a couple of sessions a day set aside for just those in elite. Being in the top group we can also skate on sessions of a lower level to bring up our ice time hours, so I also skate on several high sessions a day which are for US National Junior & Senior skaters. My day starts at 8:00am at the rink and finishes about 5:00pm. We skate 4 sessions a day of 40 minutes each, having a break in between. There is also an ice clean every 40 minutes so that the ice is always clean. After on-ice we work out doing off-ice in the same groups. Off ice includes stretch class, dance class, cardio, weights and use of the Vertimax machine, which is like doing plyometrics with bungy cords. All the skaters work with a technical coach, a choreographer and a spin coach. Unlike New Zealand, this is a training center, and so all the coaches work together to make the best skaters they can. This creates a really good atmosphere to train in.

We have a lot of top skaters training here. Not only do we have our home UD skaters but also other skaters from around the world come here to train for short periods throughout the year. In my skating group we have Kimmie Meissner, Shaun Rogers, Geoff Varner, Christine Zukowski and other skaters who have competed for the US internationally. The guys are working on triple axels and quads and a couple of the girls are working on triple axels. Most of the younger skaters (around 12yrs) in the medium group are landing

all their triples up through lutz. To be able to compete at Nationals here is a lot harder than NZ. There are so many skaters in the US and they must compete and place in the top 4 at Regionals, then the top 4 at Sectionals to be allowed to go through to skate at the US Championships. At the moment we have 31 athletes from the University of Delaware who competed at the 2006 US Nationals.

Dance is pretty big over here as well, and is a bit different from the dance we know of in New Zealand. We often watch the dance and pairs practice during our lunch break. Natalia Linichuk draws in a lot of the big skating names. Two of the teams that train here from Bulgaria and Japan just finished competing at the Olympics. Also the Italian dancers were here for awhile last year. We also have a synchronised skating program here and currently have seven teams which makes it one of the largest synchro programs in the US.

In July, I had the chance to compete in a US competition. It was slightly larger than what we have at home! It ran over 3 days and was held in 4 ice rinks under one roof, with competitions going all at once. It was a televised event, bordering on an international style and altogether there were 837 skates with the Intermediate Ladies grade alone having 110 skaters.

Also in December I was asked to skate in an Ice Show along with 40 other skaters from UD. It was held in the main rink and the hockey glass was removed. It lasted about 2 ½ hours and there were thousands in the audience.

I skated clean so was pretty happy as I had been having a disastrous couple of months with injuries. We were all crowded later by autograph seekers, and finished off with a formal dinner for the skaters. It was a really fun event.

Unfortunately since August of last year, I've been plagued with different injuries having been put in four different casts in the last seven months. At the moment I'm unable to skate due to having had much needed surgery to remove a tumour from my foot, which has finally given me a chance to let you all know a little about training here.

- Joel Watson



Name: Caitlin Haynes
Grade: Senior Ladies
Date of Birth: 24 February 1987
Place of Birth: Durban, Natal, Republic of South Africa
Profession: Student
 Currently doing an Interior Design & Decorating Diploma and the Nanette Cameron Certificate in Interior Decorating (both are 3 years courses)
Home Club: Auckland Ice Figure Skating Club
Main Training Rink: Botany, however I do try and go over to Avondale once a week.
Coach: Slava Kuznetsov
Hobbies: Horse Riding, Shopping, Movies, and traveling.

Main achievements:

2006 Competing at the Junior Challenge Cup in Finland with the Adelaide Ice Magic Synchro Team (Australia). I am still very much in awe at the level of synchronized skating I saw.
 2005 Captained the Botany Blades at NZ Nationals whilst in "Open Division"
 2005 Competed in Jnr Ladies at NZ Nationals
 2004 Competed in Jnr & Snr Ladies at NZ Competitions
 2002 2nd NZ National Champs (Novice Ladies)
 2000 2nd NZ National Champs (Pre-Primary Ladies)
 2001 1st Winter Sun Competition Primary Ladies (Australia)
 2002 1st Winter Sun Competition Intermediate Ladies (Australia)
 2002 3rd Hollins Trophy Novice Ladies (Australia)

Future Goals:

- To travel with the Australian Synchronised Team to Senior Worlds and also aiming for Olympics in 2010, of course I would make myself available if New Zealand got a team up and running for this level of synchronized skating which we are hoping to do in Auckland (4 years)
- Complete my studies and open my own Interior Design and Decorating Business. (3 – 5 years)
- Manage to do 3 triples before retiring from solo skating (2 years)
- Coach Ice Skating
- Travel

Skating on Sky

The ISU World Championships held in Calgary, Canada, are on ESPN, SKY Digital 13 in April:

Saturday 15th, 3:30 pm

Pairs Short, Men's Short, Men's Free. (Repeats 3:00 am Sunday.)

Sunday 16th, 5:00 pm

Original Dance, Free Dance, Ladies' Short.

Monday 17th, 4:30 pm

Pairs Free, Ladies' Free. (Repeats 12:30 am Tuesday.)

Sunday 23rd, 6:00 pm

TBA highlights or exhibition

For Sale

Ice Skating Accessories

Tights, dresses, sweat shirts, boot covers and blade babies. Dresses available in stretch velvet, polar fleece and Antron Lycra. New 2006 styles and colours arriving soon!
Phone Kelly Pearce on 277 5229 or 021 854 999.

"World Champions On Ice" (2000), (NTSC)

Brand new, still in packaging, includes Kurt Browning, Elvis Stojko, Kristi Yamaguchi, Tonya Harding, Nancy Kerrigan, Oksana Baiul, Isabelle & Paul Duchesnay etc \$20.00
Phone 813 0299

Skating Gear

- *Skating Sports Bag*: Large Grey/Navy with figure skate motif on sides \$30
- *Spin Trainer*: Designed to meet the needs of skaters of all levels. Can be used on any flat surface \$40
- "*Happiness is an Axle*" Tshirt (small adult) \$15.
- *Figure Skates*: Graf Galaxy Extra Light: Ladies 7 medium \$350
Phone 828 4742

Happy Birthday!

Those that have had theirs already, better late than never! To those that haven't had theirs yet – best wishes in the future.

January

Christina Flocka	6
Craig Harries	7
Eerina Watkins	25

February

Dee Pulman	7
Simon Thode	11
Kelsi Edwards	14
Aimee Prendergast	17
Caitlin Haynes	24
Lisa Ting-Yu Kuo	28

March

Sophie Gallagher	16
------------------	----

April

Jahne Potgieter	25
-----------------	----