



# The Capital Edge

www.actisa.asn.au

Official Newsletter of the ACT Ice Skating Association inc.

## April 2010

Welcome to a new year of skating, highlighted by the recent winter Olympics in Vancouver. Many of us were glued to the television cheering on our favourite skaters and enjoying the personal-best performance from Australian skater Cheltzie Lee in the Ladies event, finishing 20<sup>th</sup> in a tough field. It was a wonderful opportunity to see top quality skating on television, which is an all-too-rare event in Australia. Hopefully it has inspired people to take up skating or strive to achieve their full potential in our wonderful sport. Good luck to all of our skaters in 2010 and beyond and welcome to our new skaters.

### Aussie Skate Tests

Aussie Skate Tests are held on the first Thursday of each month at 5.45pm. Skaters must have their coaches permission to undertake a test. Aussie Skate tests are conducted on a first come first served basis. Application forms and testing fees will be collected from 5:30pm on testing days. Skaters who pass a test will receive a badge.

### **2010 Aussie Skate Test Results:**

Aussie Skate 4 February

Name	Test Level
Mina IM	Novice 1
Mina IM	Novice 2
Rachael WADE	Intermediate 1
Rachael WADE	Intermediate 2
Natasha PETERSON	Advanced
Natasha PETERSON	Stroking

Aussie Skate 4 March

Name	Test Level
Rowan McGINNESS	Basic 1
Rowan McGINNESS	Basic 2
Mina IM	Intermediate 1
Fiona BRENNAN	Intermediate 1
Mina IM	Intermediate 2
Fiona BRENNAN	Intermediate 2
Jaime RATCLIFFE	Jump 2
Jerry LU	Spin 1
Nicholas HARPER	Spin 2
Jerry LU	Ballet 1
Jaime RATCLIFFE	Ballet 2

Aussie Skate 1 April

Name	Test Level
Bahar JASBI	Tiny Tots 1
Bahar JASBI	Tiny Tots 2
Sasa MAYBURY	Basic 1
Lilly KENNETT	Basic 2
Sasa MAYBURY	Basic 2
Lilly KENNETT	Novice 1
Minnie ARNOLD	Novice 1
Lilly KENNETT	Novice 2
Minnie ARNOLD	Novice 2
Ashley GORRELL	Novice 2
Olivia ARNOLD	Intermediate 1
Olivia ARNOLD	Intermediate 2
Rachael WADE	Advanced
Melisa APOLESKA	Ballet 1
Naomi EVERS HAM	Ballet 1

### ISA Tests

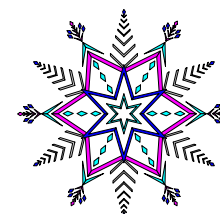
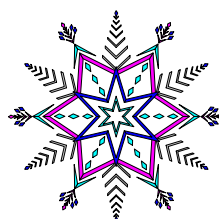
ISA tests are conducted several times a year when there are enough tests applications, and when Judges and ice time are available. Skaters should have their coaches permission to apply for a test. To apply for a test place the completed test application form along with the correct fee into the ACTISA mailbox near the entry to the rink.

### **2010 ISA Test Results:**

8 March

Name	Test Level
Emily Leong	Elementary 2 (T) Completing E2

Congratulations to all those who have passed tests.



## 2010 Reg Park Artistic Competition.

This was held on Saturday 27<sup>th</sup> March 2010. It was a little smaller this year but the quality of the skating was excellent and made for a great event. The Reg Park Trophy was awarded to Sarah Molinari who competed in Division 5 (Elementary). Her program was skated to music from Mulan which she skated beautifully – well done Sarah..

Full results are:

### **Div 2: Aussie Skate Novice – Stroking**

- |                      |     |
|----------------------|-----|
| 1. Monique Lawrence  | ACT |
| 2. Angelique Kiekens | ACT |
| 3. Liana Cooke       | ACT |
| 4. Asher Perkins     | ACT |

### **Div 3A: Freeskating 1 & 2 11 yrs & Under**

- |                   |     |
|-------------------|-----|
| 1. Sarah Batey    | ACT |
| 2. Hayley Rotondo | NSW |
| 3. Rachel Veld    | NSW |
| 4. Emily Rotondo  | NSW |
| 5. Eliza Sheppard | ACT |

### **Div 3B: Freeskating 1&2 12ys & over**

- |                    |     |
|--------------------|-----|
| 1. Jaime Ratcliffe | ACT |
| 2. Emily Locke     | ACT |
| 3. Naomi Eversham  | ACT |
| 4. Cameron Burgess | ACT |
| 5. Antonia Hare    | ACT |

### **Div 4A: Preliminary Men**

- |                   |     |
|-------------------|-----|
| 1. William Palmer | ACT |
| 2. Anton Pavic    | ACT |

### **Div 4B: Preliminary Ladies**

- |                         |     |
|-------------------------|-----|
| 1. Mia McConnell-Whitty | ACT |
| 2. Elle Montgomery      | NSW |
| 3. Tiffany Dewey        | NSW |
| 4. Bianca Ha            | NSW |
| 5. Gemma Williams       | ACT |
| 6. Ella Polkinghorne    | ACT |
| 7. Judy Herbert         | NSW |

### **Div 5: Elementary**

- |                   |     |
|-------------------|-----|
| 1. Dilli Kenyon   | ACT |
| 2. Sarah Molinari | ACT |
| 3. Lauren Ashman  | ACT |
| 4. Harriet Jolley | NSW |
| 5. Emily Leong    | ACT |
| 6. Leila Basic    | ACT |
| 7. Claire Leong   | ACT |

### **Div 6: Adult**

- |                    |     |
|--------------------|-----|
| 1. Frances McMahon | ACT |
| 2. Genice McNally  | ACT |
| 3. Maxine Gray     | ACT |

### **Div 7: Primary – Intermediate**

- |                  |     |
|------------------|-----|
| 1. Eiland Kenyon | ACT |
| 2. Zoe Rollo     | NSW |

### **Div 8: Novice – Senior**

- |                   |     |
|-------------------|-----|
| 1. Essex Reid     | ACT |
| 2. Alexis Kooyman | ACT |
| 3. Heidi Freeman  | ACT |

**Sarah Molinari won the Reg Park Artistic Trophy.**



Sarah Molinari, Reg Park and Essex Reid. Photo courtesy of Michael Santer.

## Thanks

We would like to thank Michael Santer who continues to support our events and travels from Sydney to photograph skaters in our competitions. His photos are probably on the walls of most skaters' homes around Australia. Photos from the recent Reg Park Artistic will appear in the next OzSkater magazine. Please keep coming to Canberra Michael!

## 2010 Junior Development Squad

ACTIA would like to congratulate Karuna Henderson, Eiland Kenyon, Alexis Kooyman and Bethany McMahon on their selection as part of the 2010 ISA Junior Development Squad. They will be attending the Oceania Development Camp on 12 – 16 April in Queensland. These 4 skaters also attended the camp last year and below is an excerpt from the report from Karuna about the camp.

The Oceania camp was held at Boondall ice rink in Brisbane from the 26-30<sup>th</sup> of October 2009. The aim of the camp was to fast track athletes to a junior international level in the next 3 years. There were 2 coaches who would teach us for the next 5 days, Cynthia Ullmark, a Canadian international coach and Valentin, a coach from WA. There were skaters from Australia and Singapore at various national levels including Primary, Intermediate, Novice and Junior.

Yes, I know I didn't write a diary entry for all the days, but I have written about some of the highlights and the wonderful experience I had at the Oceania camp.

On arrival we collected our luggage and met my wonderful billets, the Morton's (Maddy is an intermediate skater and one of my friends.) I then headed to their home. They have a dog called Plushenko, yes! It was named after Evgeni Plushenko

and when I did a push up it jumped on me! AAARGGH scary. It is an Irish wolfhound.

For the next 5 days I will be waking up at 5:45 am (6:45 am Canberra time) and at about 6:45 having toast and yoghurt at the rink. After meeting our friends, eating and socialising, we split into our groups (I was in group 4 with about 9 people, but groups 3 and 4 combined each session) and headed onto the ice for skating skills with either Valentin or Cynthia. Skating skills incorporated edges, turns, stroking and upper body movements. We did this for about 45 mins, doing fun exercises to improve our skating. One of the examples of what we did was Jackson step, rocker, crossover, was Jackson step, rocker, crossover. Another one was waltz three-turn extend, waltz three-turn extend. Valentin was very precise with the upper body movements, like shoulder direction and the position of the free leg. Cynthia concentrated on the edges and the stability in the core.

Each day we would also do a jumps session and a spins session. In the jumps session we would break down the jumps and try different ways of doing them and notice how different transitions can help the jump. We used dartfish, which is a computer program which can show slow motion and overlap different jumps showing the similar technique. In the spins session I tried a death drop and we did different exercises to improve our spins.

Footwork with Valentin was lots of fun. Turns with Maureen were good. She would draw a turn on the ice with a white board marker and then we would trace it. Expression on ice was where we would improvise and skate to music. The last session of the week which was on ice was the kill drill. 3 people wore heart rate monitors (one of which was me) and we would skate as hard as we possibly could for 1 and a half minutes at a time with a 30 second break in between, this continued for about 30 minutes. The highest my heart rate was, was 206 bpm. The coaches gave us incredible support which inspired me tremendously, I remember Cynthia saying "Smile and you can go faster" I tried that and it was true.

I gave it my full effort and applied all my strength into it, at the end of the camp people got a special mention for good things they had done during the camp and one of the Singapore girls and I got a special mention for our efforts in the kill drill.

As well as on ice training, we did almost just as much off ice training. This included jump rotations, a fitness test, flexibility and stability, dance/drama/ expression, chat with a champion, drawing turns, (this was naming, identifying and drawing turns) on paper ( these included brackets, counters, rockers and three turns) we also did

things like, planning, strength and conditioning, stretch and self massage, drugs and alcohol in sport and sports psychology.

I really enjoyed jump rotations, planning, Chat with a Champion. Jump rotations was with Kylie Fennel and Michael Pasfield. We improved our landing positions and our air positions using squeakies (which were plastic air pockets a bit bigger than a 50 cent coin which, when strapped around your ankle, would squeak when you were in the right air position. Planning was with Melina, who is director of the Australian High Performance Squad. We did goal setting for each skating season for 5 years. Chat with a Champion was with Sean Carlow. He talked about his experiences of being an elite skater and gave us an opportunity to ask questions.

This Oceania Camp has been a wonderful experience for me and I'm sure for the other ACTISA skaters too. I would really like to thank Sally for going up there and helping us and ACTISA for supplying some of our funding! I'm really looking forward to future camps like his one and would love to be selected for another one!

I came away from the camp having learnt a lot. If I had to just name one thing that would be the kill drill! I learnt to keep pushing on no matter how sore or tired I am feeling!

### **Fundraising**

ACTISA members held a successful sausage sizzle at Bunnings Fyshwick on 22<sup>nd</sup> February. Many thanks to all those who helped on the day.

We will be conducting fundraising activities throughout the year and we would really appreciate any help members are able to give.

If you are interested in helping out at an event – even if it is only an hour here and there – please contact Sylvia Mansell.

### **Fundraising Table**

We are seeking a volunteer to take over the running of the fund raising table. Sue Francis is no longer to undertake this activity but is available to provide a handover. If storage of items is a problem, ACTISA may be able to provide an alternative solution. This is a very important service to ACTISA members, and it is hoped that we can find someone to take on this role.

### **Entertainment Book Orders**

COST: \$50

VALID TO: 1 June 2011

Help your club by ordering through ACTISA. To order contact Sue Shelley.

### Calendar of Events

Keep an eye on the notice board at the rink for the announcements and closing dates for these competitions:

#### **April**

24 TAS Artistic Competition (TAS)

25 ISA AGM (Brisbane)

#### **May**

2 & 3 Macquarie Ice Rink Artistic (MIRA)

9 Les Latham Memorial Artistic (WA)

28 & 29 Autumn Trophy (ACT)

#### **June**

10 – 14 Hollins Trophy (NSW)

#### **July**

7 – 11 Winter Sun Trophy & Le Patinage Artistic (QLD)

24 – 25 MJS Trophy (Hunter)

31 Federation Challenge (ACT)

#### **August**

1 Winter Artistic Competition (ACT)

28 & 28 Mary-ellen Holland Competition (WA)

#### **September**

18 – 20 Dragon City Trophy (Bendigo)

18 – 22 NSW State Championships

#### **October**

2 – 3 SA State Championships & Spring Cup (SA)

3 – 8 NZ National Championships (NZ)

9 TAS State Championships (TAS)

9 – 10 VIC State Championships (VIC)

15 – 16 ACT Championships (ACT)

16 – 17 WA State Championships (WA)

#### **November**

13 ACTISA Artistic Showcase (ACT)

#### **December**

TBC Early Dec Australian Figure Skating Championships (venue TBC)

15 & 16 Christmas Show (ACT)

### Christmas Show

Anca Raut has taken on the challenge of running a Christmas Show this year.

Those skaters who participated in the shows many years ago will tell you that it is very enjoyable and allows skaters to get to know each other better. We would encourage everyone to get involved.

Anca is also looking for volunteers to help with putting on the show – costumes, backstage etc. Please put your name down on the list on the board at the rink if you are able to help even in a small way.

### Polar Fleece Jackets

We are currently taking orders for the ACTISA polar fleece jackets. As soon as we have 12 orders we will be able to place the order.

Jackets cost \$50

Contact Claire Reid 6258 9090 or put your name, size and contact details on the sheet on the notice board at the rink.



### ACTISA Committee

<b>President</b>	Angelique Clyde-Smith
<b>Vice President</b>	Claire Reid
<b>Honorary Treasurer</b>	Dr Greg Ash
<b>Memberships &amp; Public Officer</b>	Dr Greg Ash
<b>Honorary Secretary</b>	Suzanne Shelley
<b>Assistant Secretary</b>	Sylvia Mansell
<b>Competition Convenor</b>	Nina Johnson
<b>Aussie Skate Test Convenor</b>	Sue Fletcher
<b>ISA Test Convenor</b>	Julie Stalker
<b>Webmaster</b>	Sue Francis
<b>Fundraising Table</b>	vacant
<b>ACTISA Anti Doping Officer</b>	Dr Rob Reid
<b>National Delegates</b>	Angelique Clyde-Smith Julie Stalker Dr Greg Ash
<b>Newsletter Editor</b>	Claire Reid
<b>Pre-loved Costumes</b>	Claire Reid

Full contact details available on [www.actisa.asn.au](http://www.actisa.asn.au)

