



Gloucester Skating Club Glider

Early Fall Edition 2006 September

President's Welcome

by Kathy Ganz

On behalf of the Board of Directors of the Gloucester Skating Club, I want to welcome all new and returning members and their families and wish all our skater's a very successful year!

The current Board of Directors is on the thin side, and we will be looking for parents to fill the vacant position. GSC is one of the largest clubs in Canada! As a not for profit organization, we can only provide the activities and special events offered with the help and support of volunteers.

Please consider saying "yes" when we ask you to sit as a member of the board of directors or as a member of an organizing committee. Sign up sheets will be posted on the notice board. If you have any questions about volunteering with the club, please don't hesitate to ask any of the board members.

On that note I'd like to introduce you to the volunteers that are currently on the board:

Board of Directors

Treasurer- Laura Burchill
Vice President- Wendy Liston
Vice President- Christina Comeau
Hospitality- Eleanor Zeindler
Fundraising- Pauline Salamani
Website- Yue Tang
Test chair- Frances Boteler
Director at Large- Jennifer Walters

Positions currently vacant

Senior Vice President
Director of Special Events- (2 positions)
Volunteer Coordinator
Communications and Public Relations

While I continue to sit as Club President we are continuing to recruit for this position as my term was up in May of 2006.

With planning beginning for many of this year's scheduled activities, I am very excited about GSC having been selected by the EOS to host the 2007 EOSIC competition. This will be another large event for the Club, and I want to thank Bev McConnell for accepting the position of Chairperson for this event.

It has been sometime since we have published a newsletter and would welcome your feedback and/or suggestions for the future issues.

Up and Coming Events

As everyone marks their calendars with activities and events, don't forget to mark down the **Used Skate and Dress Sale, on September 16 at the GSC Crush Space** (upstairs by the office). Drop off of items is Thursday evening, September 14. Details can be found at the GSC notice board, found in the downstairs hallway where the change rooms are located.

The notice board and webpage are frequently updated with information for GSC members and their families with upcoming events, notices, and what's happening at the Club.

Other items of interest this year for GSC Skaters and the Club:

Figure 8 Autumn Skate

September 21 - 24, 2006
Jim Durrell Arena, Ottawa, ON

2007 BMO Financial Group Skate Canada Sectionals Eastern Ontario Championships

November 10 – 12, Hosted by Nepean FSC.
Sectionals are a qualifying competition for competitive skaters.

Boston Pizza 2007 EOSIC

(Eastern Ontario Starskate Invitational Competition)
February 16 – 18, Hosted by **Gloucester FSC**.
EOSIC is a qualifying competition for Starskate skaters.

Watch for details how you can get involved in helping to host this great competition!

Equipment Equation

While getting ready for a season of skating, here's a great article to share with new and returning skaters (and their parents) on the purchasing of figure skates. The article is written by a writer in Waterloo, ON; hence, some local references do not apply to Ottawa.

"Figure Skates 100: What to Buy"

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Purchasing figure skates these days can be stressful to parents. It has never been easy to choose the perfect combination of boots and blades. Today there are dozens of skate companies with a number of models and styles, making the decision even harder.

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As any skater knows, an ill-fitting boot can be the source of pain, bumps, calluses, bleeding, bruising, etc. The blade itself can also cause problems. When the blade is improperly fitted, even by a few degrees, it can make a world of difference to the skater's jumps, spins, and turns, which can potentially lead to injury. We, at the Waterloo Sports Medicine Centre, see a number of these problems. The health care professionals here are interested in helping figure skaters return to the ice as quickly as possible. Below are some frequently asked questions to help you find that perfect boot and blade combo.

Question 1: My child is going to begin figure skating lessons at the local club for her first time and we do not have skates for her yet. What do you suggest is a good skate for her?

You want your child's skating experience to be enjoyable. Nothing is worse than being in a cold rink with sore feet from improperly fitted skates. There are many different types of skates available, such as hockey skates, plastic moulded skates, figure skates, etc. The type of skate that you choose should ultimately depend on what type of skating you want to do. A beginner skater, like your child, will be learning the basic skating skills of balance/posture, forward and backward skating and stopping. Any type of new skate will do for a skater at this level.

Another option for the beginner skater is used skates. Prices can vary on used skates; it depends on the skate brand, amount of previous breakdown, and quality of the blade. Your best option is to contact an exchange store to see what they have for the upcoming season. See question #3 for further information on how to buy used skates and local skate exchange places.

Remember to resist the temptation to buy skates for your child to grow into. This will only lead to blisters, sore ankles, and an unhappy skater.

Question 2: My child is beginning to start some basic skating jumps, i.e. toe loop, flip, and axle. Her private coach advises me to look into skates for her that are 'stiffer'. What does this mean?

It basically means that her ankles need to be supported better from her skates. Performing a skating jump requires a lot of stability in the ankle. If the proper stability is not there, then it can lead to potential injuries and a frustrated skater who can't land their jumps.

Each skate company carries many different styles of skates, ranging from the beginner skate to the advanced competitive skate. The main difference between these skates is the degree of support that the boot provides. After all, your ankles will need a lot more support after completing a triple jump than a single. It is essential that wherever you choose to purchase your skates from that proper fitting be done. What is ideal for this skater is a good pair of "beginner skates" from a reputable skate company. For a "beginner skate" you can expect to pay between \$100-\$150. For this style of skate the blade often

comes attached. But if the blade isn't attached, then you can expect to pay a little more.

Question 3: I've heard of people buying 'used skates' for their kids. Is this a good idea and if so where should I be looking? Buying used skates may be an excellent idea, especially if your child is still growing. However, you will want to be careful not to purchase skates which are too broken down (visible by the crease just below the ankle) or have a poor blade attached to them.

Question 4: My child is starting to skate competitively at the sectional level, is it a good idea to invest into custom-built skates?

Custom-built skates are very costly because they involve measuring the skater's foot and making the boot specifically for that individual. I would only recommend you go this route with your child if they have finished growing. If this is the case and your child is beginning to skate competitively than this may be a worthwhile option. At this level they are beginning to attempt their double and triple jumps and need more support. From my own experience, I find that these skates tend to "break-down" more slowly and is an easier transition from your old skates, since they are designed for your feet.

Again where you decide to get your skates from is a personal preference and you may want to purchase skates from the same company if you have had success.

Today's top-level stock boots are so well designed that they are almost as good as custom made boots. However, for those figure skaters that have vary narrow or wide feet and do not fit into stock boots, then custom-built skates may be your best option. Also, usually for an additional cost you can add options to your skates such as extra padding, gel, orthotics, etc. which can't be found in a typical stock boot.

Custom-built skates are more expensive than ones, which you can purchase from a manufacturer. An individual can expect to pay between \$800-\$1000 just for the boot. The amount of money depends on the company and how many "added features" you have. Also, you must take into consideration that the blade does not come with the boot and must be bought separately. This can add an extra \$200-\$400 to your total cost. As you can see your skating boot can get very expensive, so if you are prepared to make this move do plenty of research and talk to your coach.

Question 5: What company of skate do you recommend?

Basically, it comes down to personal preference and aesthetics. All skaters have had success with different skate companies, for example Shae-Lyn Bourne wore Risport, while Kurt Browning wore Riedell. It all depends on you; after all you will be the wearing them!

Question 6: I am going to have to purchase blades for my child this season. There are so many varieties and companies out there, how do I know what would be best for my child?

If you want to choose the best blade for you, then it is important to understand what makes each blade so different. There are three basic parts to a blade; the toe pick, the rocker, and the heel. The main difference between toe picks is their size. In freeskate blades the toe pick is much larger to allow for an increased grip for a solid jump take off. On the other hand, a dance toe pick is much smaller to allow for quiet turns and edges. When you look at a blade sideways and see a curve in the blade, then you are looking at the rocker. The more straight the blade, the faster the individual will go. Picture a speed skaters blade; it has no curvature allowing for tremendous speed. However, a straight blade is harder to manoeuvre on, which is why a figure skate blade curve up at the front. The heel section of a blade will differ in its length. Both dance and synchronized skating blades have a short heel so as not to step on your partner's or teammates heel. Freeskaters have a regular length heel since they only have to worry about themselves.

Choosing a blade that is best for your child will ultimately depend on their skating level. A beginner skater would be best in a basic multi-purpose blade. A multipurpose blade consists of a regular toe pick and blade length. But if your child is starting to attempt her double or triple jumps then you may want to look into a freeskate blade that has a larger toe-pick. Jackson Skates as recently introduced Ultima Blades, which offers a variety of styles and are known for their large toe pick to assist the skaters in jumping and spinning.

Synchronized skaters also have their own type of blade which is short like a dance blade, but has a normal toe pick for jumping. For single skaters, their type of boot and blade depends on their level of skating. A competitive skater will require a skate with solid boot support and a blade with a larger toe pick, whereas a skater who is still working on their dances, skills, and jumps will need an all purpose blade as described in question #6.

Question 7: What can a skater do about blisters, bumps, sores, etc., on their feet?

First of all, the skater must look at why they are developing these problems. Medical practitioners have found that there are two basic reasons; either the boot is too small causing pressure on the foot or the boot may be too big allowing for the foot to rub against the boot, causing friction. A great take home point is that big bumps only come from small bumps, so before your injury inhibits you from skating have it checked out by a physician. Physicians here at WSM sometimes refer people to the PASS Bracing store along side our University Plaza clinic for gels and padding. Or look on the Internet to see what other products are available for skaters. Start off by trying this great website, www.bungapads.com.

Malalignment of the skater's ankles and feet can result in similar problems. For example, if a skater's feet are over pronated (flat feet) then it can cause their ankles to fall inwards, resulting in pressure on the ankle joint. If you believe that this is your problem, have a sports medicine doctor assess your feet and boots. Sometimes custom made orthotics for inside the skate boot is necessary.

Question 8: What is the difference between dance, synchronized, and singles skates?

While all skate companies vary between their styles of skates, some similarities do exist. Dance skates are usually lower at the back to allow for a deeper knee bend (picture Shae-Lyn and Victor). And their blades are often shorter to allow for smooth, quiet turns and their toe-pick is much smaller to minimize any noise. A synchronized skating boot is very similar to a dance boot, except they are beige in colour not white. Some synchronized skating boots have an extra layer of leather which runs beside the big toe.

This gives the boot extra support while they perform their back drag intersections. Synchronized skaters also have their own type of blade which is short like a dance blade, but has a normal toe pick for jumping. For single skaters, their type of boot and blade depends on their level of skating. A competitive skater will require a skate with solid boot support and a blade with a larger toe pick. A skater who is still working on their dances, skills, and jumps will need an all-purpose blade as described in question #6.

Internet Links

Skate Companies:

www.grafcanada.com, www.jacksonskates.com,
www.harlick.com, www.riedellskates.com,
www.risport.com, www.spteri.com

Figure skating blades:

www.johnwilsonskates.com/blades,
www.mkblades.com/blades, www.jacksonskates.com

Other helpful Internet links:

www.figureskatingboutique.com,
www.passbracing.com, www.bungapads.com

This article was written by Caitlin Williams, a second year Master's of Science in Physiotherapy at Queen's University and a former member of Canada's senior synchronized skating national and world teams, and Dr. Robert Lee, sports medicine specialist and figure skating doctor for the WOS and for Skate Canada.

Dartfish at GSC!

by Darlene Joseph

The Gloucester Skating Club has recently purchased the "Dartfish" software product through funds raised with our Fundraising Campaign in the Fall of 2005 and the 2006 Ice Show. The purchase of Dartfish software products are an investment in the development of our athletes.

The Dartfish software allows for the analysis of photos and video footage, which will assist skaters and coaches in identifying the needs of the skater and will help them to work more efficiently. Dartfish is a very positive learning tool and the promotion photos have been proven to be a great motivator and an awesome teaching aid for both skaters and coaches.

Watch for this new and exciting teaching aid to be used at the Gloucester Skating Club this season, and congratulations to our Membership for such great fundraising efforts.

Rink Side

"How to Encourage Excellence Without Becoming the Proverbial "Pushy Parent"

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A - give **AFFECTION** regardless of performance outcome. Children need to know their failures and successes don't affect parental support or acceptance. Unconditional parental love gives kids a safe haven from which to launch lofty dreams and ambitions. Conversely, children who believe their worth to Mom or Dad increases with every ribbon and trophy will most likely buckle under the weight of unrealistic expectations. You can express unconditional love by communicating to your children that your love is based on who they are rather than what they accomplish. The pursuit of excellence is then transformed from a daunting task to a realistic goal.

F - be **FOCUSED** but don't coach. It is the parents' job to develop the child and the coach's job to develop the champion. So stay away from detailed, technical discussions about performance. Instead encourage your children to establish good goal setting habits.

F - be **FLEXIBLE** - At the first sign of success, single minded parents place their budding athletes on the fast track to the Olympics without taking time to find out their goals and objectives. (And without discussing the time frame with the coach!) Allow your agenda to be set by what is best for your children's long term health and well being, not short term goals. Being flexible enables both you and your athlete to enjoy the journey more fully.

I - **INTERACT** without dominating the conversation. A supportive parent listens more than talks. Parents provide great comfort for children by creating a safe

environment in which children know it is acceptable to express true feelings of loss and disappointment. A key element in establishing that safe environment is learning to listen with your ears and not your mouth. Listen for descriptive words that express how your children feel about themselves and their performances. By listening to your children, you communicate to them that their thoughts and feelings are worthy of expression and you respect their sport experience.

R - **REFRAME** - It's the parents role to provide perspective. Remind your children of the bigger picture, which includes long-term goals, and other aspects of their life such as academics, friendships, family and spirituality. Your guidance and feedback affirms sport is only one aspect of a multidimensional life. This truth serves as a valuable balance to the pressures of competition.

M - **MODEL** - Parents are some of the most powerful role models for children. Kids learn valuable coping skills watching Mom and Dad deal with difficult situations. Live your own life with integrity by insuring that your actions correspond with your values and beliefs. When you make mistakes, admit your errors, and explain to your children the more appropriate response. Your personal life experiences can provide powerful learning opportunities for your children.

AFFIRM

This article was written by former U.S. National Team skater, and Sports Psychologist Caroline Silby, author of the book, Games Girls Play: Understanding and Guiding Young Female Athletes.

Summer Wrap Up

The skaters, coaches and volunteers at GSC had a busy summer! Kicking off the summer season was the Annual Banquet in June, a fun and fast moving seminar with JP Boyer, the Annual Picnic and BBQ held at the Canci home in July, two test days, and two summer competitions- Minto and Thornhill. **Thank you to the Canci family for hosting the picnic, and the volunteers who helped with the summer buzz!**

Results from Minto Summer Skate Competition August 4-6, 2006

Senior Men

Andrew Drzemczewska Hodson 5th long

Novice Ladies

Kim Ficara F#1, 12th short/ F#1, 10th long
Maeve Giffiin F#2, 7th short / F#2, 9th long
Melissa Martel F#3, 13th short / F#3, 8th long
Nicole Poisson F#3, 14th short / F#1, 14th long

Novice Men

Kyle Carriere 7th short/10th long
Patrick Goodman 9th short/8th long

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Novice Dance

Helene Letourneau/Kevin Boczar CD 10th/FD 8th

Pre-Novice Ladies

Laura Liston FI#3 3rd short/ FI#4 3rd long
 Elizabeth Turner FI#4 16th short/ FI#4 16th long

Juvenile Ladies

Elizabeth Comeau FI# 1 2nd
 Kirstyn Burchill FI# 1 10th
 Anna Fleming FI# 2 14th

Pre- Juvenile Ladies "A"

Nikki Mattocks FI# 2 3rd
 Sydnie Baker FI# 2 6th
 Sara Kelly FI# 1 10th

Pre- Juvenile Dance

Celina Salamani and Jeff Hough 5th

Preliminary Ladies "A"

Sonia Tang 8th

Preliminary Ladies "B"

Celina Salamani FI# 1, 4th
 Jocelyn Poisson FI# 2, 5th

**Results from Thornhill Summer Skate
 Competition August 17 - 20, 2006**

Novice Men

Patrick Goodman 10th

Novice Women

Kim Ficara FI# 1, 5th
 Maeve Giffin FI# 4, 7th

Novice Dance

Helen Letourneau/Kevin Boczar CD 6th/ FD 8th

Pre-Novice Men

Benjamin Guthrie 1st

Pre-Novice Women

Laura Liston FI# 3, 4th
 Nicole Poisson FI#4, 10th

Juvenile Men

Bryce Halls 10th

Juvenile Ladies

Elizabeth Comeau FI# 1, 3rd
 Kirstyn Burchill FI# 4, 11th

Pre-Juvenile Ladies

Nikki Mattocks FI# 1, 3rd
 Sydnie Baker FI#2, 3rd

Congratulations to the skaters who passed their tests this summer! Summer test results will be posted in the next newsletter. Fall test day is October 6, 2006.

**GSC Skaters Attend
 EOS Youth Camp**

Eight GSC Competitive Skaters attended the Eastern Ontario Section Youth Camp, September 9 and 10, in Napanee.

The Youth Camp offers an opportunity for area skaters to improve technical skills, provide motivation for the competitive season ahead, and to learn and train with other competitive skaters in the section. Skaters and coaches spent a day and half, on and off ice doing a variety of activities.

The on-ice portion was conducted by World and Olympic level coach, Michelle Leigh of Mariposa School of Skating in Barrie, Ontario. Leigh worked with the kids and coaches by using the Dartfish program as a demonstration tool for skaters, assisting them with spin and jump techniques. Off-ice seminars were conducted by Janice Morgan, also with the Mariposa School of Skating. Morgan worked with the kids, practicing off-ice jumping, and warm-up techniques.

Skaters in the EO section were selected based on their eligibility to compete at this year's sectional competition and last year's sectional results.

GSC invited skaters: Pre-juvenile- Sydnie Baker, Sarah Bernabe-Pascua, Michaela Feibel, Sara Kelly, and Nikki Mattocks. Juvenile- Kirsten Burchill, Elizabeth Comeau, and Anna Fleming.

**Banquet Awards and
 Congratulations to GSC Skaters**

The Annual GSC Banquet held in June at the Grey Hawk Golf and Country Club offered a tasty meal and a fun evening for skaters, parents, coaches and guests.

An especially fun part of the evening is always the award presentations. New plaques and trophies were presented for the first time and will be put on display in the showcases in the near future. This year's Banquet also included a silent AND live auction, with proceeds from the two auctions going toward future skater development at GSC. Watch for further details.

Congratulations to all, and good luck to all our skaters this year as they pursue and aspire to reach their individual goals and dreams!

*Recap of
Award Winners for 2005-2006*

GSC Volunteer of the Year

Laura Burchill and Donna Bierko

2005 GSC CanSkater of the Year

Annika Majher.

“Spirit of Skating”

Chelsey Lacelle and Mark-Andre Cote.

Lorne Woods Award

Level C- Lauren Langelier; Level B-Anna Fleming;
Level A-Elizabeth Turner; Competitive-Patrick
Goodman; Adult-Farid Rodsi; Dance-Christina Bulger

2006 Presidents Award

Level C-Brigit Desjardins, Shayla Plunkett, Rachelle
Normand; Level B-Michaela Feibel, Sarah Jaworski;
Level A-Ariane Gosselin, Kellie Hogan; Competitive-
Kim Ficara; Open Dance Elizabeth Turner; Junior
Dance-Shae-Lynn Beiersdorfer; Teen/Adult-Farid
Rodsi

Elizabeth Manley Award

Harmony Madill, 5th in the Gold Triathlon at the 2006
National Starskate Championships.

Allie Hann McCurdy and Michael Coreno,
2006 Junior Canadian Ice Dance Champions and 8th
at the Junior World Championships.

Fine Line Adult Festival Team,
Fine Line Synchronized Adult Festival Team, first in
an International Competition in
Bordeaux, France

Skate Canada Gold Medal Pin

Freestyle- Stephanie McFeely, Andrew Hodson,
Maeve Giffin

Skills- Michele Hunt, Catherine Paquette, Laura
Liston, Felicity Borgal, Christina Bulger, Ariane
Gosselin, Julie Lestage

Interpretive- Helene Letourneau, Erin Middlebrook
Dance- Kellie Hogan, Elizabeth Turner

EOS Starskate Athlete of the Year Award

Nominee: Chrissy Bulger

EOS Program Assistant Winner: Kaitie Giffin

EOS Volunteer Coach Winner: Coach Natalie Roy

EOS Elizabeth Swan Award:

Nancy Rooyackers

EOS Officials Award Nominee: Donna Bierko

EOS Volunteer Award Nominee: Kathy Ganz

EOS Friends of Skating Award Nominee: Joe Rivas

Skate Canada Volunteer Award Nominee:

Kay Bierko

Skate Canada Officials Award Nominee:

Rock Lemay

Resources

For parents new to the sport of skating or the GSC, two sources for information about figure skating can be found at the Skate Canada website, and the Eastern Ontario Section website.

www.skatecanada.ca

At the Skate Canada site, you will find regular updates of skating events, and news releases on how the Canadian National and Junior National team members are doing at competition throughout the season. The site offers a complete listing of Clubs and links, skate programs and program descriptions, along with other information about skating and the organization of Skate Canada. While checking out the site, you will notice many of our GSC skaters appearing in the photos.

www.skate-eos.on.ca

The Eastern Ontario Section is the area of which GSC belongs (extending from the outer edges of Toronto to the border of Quebec), and is one of many skating clubs under this umbrella. A good source of Section information, such as sanctioned competitions, and area invitational's can be found at the EOS website. The site also updates on available clinics and seminars, how section skaters are doing on the larger competition circuit, and other items of interest for coaches, and club volunteers.

www.gloucesterskatingclub.ca

At the GSC website, there is information about coaches, programs being offered, hall of fame, and regular updates on the main page such as schedule changes. Both the Skate Canada and EOS sites can be linked from the GSC site.

Showcase Your Talents!

Any crafty and décor inspired volunteers interested in working on updating the showcases?
Please let us know!

We'd like to get them updated with the new awards and photos!

Leave a message for
Christina Comeau in the GSC office,
613-830-1610