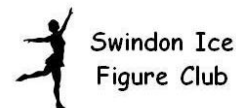


# SIFC Newsletter

## February 2009



**Hello and welcome to all our skaters and families.**

Another busy but exciting year looms ahead for 2009.

We have club competitions and a guest coach already arranged. We will also hopefully, be arranging a few fun event sessions as well.

The club competitions always prove to be very popular and it is lovely to see members of all ages and levels cheering each other on.

The round of Open competitions has already begun and 8 of our skaters attended the Cardiff Open on the 2<sup>nd</sup> February, successfully gaining a number of trophies. Well done to you all. Fingers crossed for the Bristol Open in March.

Also, congratulations to all those members who have successfully passed tests in the last couple of months.

Finally, as the saying goes 'many hands make light work', so I am happy to say a warm welcome to our new committee members Sam Stowe, Tammi Cleverley and Helen Bowles.

As a committee we are always willing to help and to answer any questions/queries so please contact us via email or see us at the rink on a Thursday.

See you all on club night.  
Kathy Porter - Chair

### Ask the Coach

Please can we say a big thank you to Clare Slinn - Nutrition Advisor for Les Slinn Personal Training - for writing this issue's article on nutrition. See back page.

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### Club Dates

26/2/9	Event Night
5/3/9	Free Competition
7/5/9	Elements Comp
25/6/9	Field Moves Comp
16/7/9	Hot Ice Comp
24/9/9	Free Comp
1/10/9	Swindon Open - to be confirmed
12/11/9	Elements Comp
3/12/9	AGM
17/12/9	Christmas Party



### Cardiff Open

Well done to all those skaters, parents and coaches who braved the snow to attend the Cardiff Open at the start of February. The results were:

Jordan Bonello	1st level 10
Bella Larkin	1st level 9
Carmen Lee	1st level 7
Vicky Jackson	1st level 5
Bliss Holland	1st level 3
Courtney Cole	1st level 1
Lucie Cole	2nd level 3
Sean Stowe	2nd level 2
Lauren Porter	3rd level 3



### British Championships 2008/2009

Well done to 12 year old Isabella Larkin who came 14<sup>th</sup> in the British Championships at the start of January. Isabella skated both her long and short program during the two day event, which was held in Nottingham. This was her first time at this prestigious competition where she was competing against girls aged up to 15 years old. Isabella will soon be attending the qualifiers for this year's competition, which will be held in November, and on behalf of the club we would like to wish her all the best.



## NISA Tests

Congratulations to the following skaters who took NISA tests in December 2008:

Jordan Bonello	Level 10 Elements
Julie Cook	Level 10 Field Moves
Isabella Larkin	Level 9 Elements
Carmen Lee	Level 9 Field Moves
Vicky Jackson	Level 6 Field Moves
Lauren Porter	Level 4 Field Moves, Level 3 Elements & Free.
Sean Stowe	Level 4 Field Moves
Gemma Lorains	Level 3 Elements & Free
Holly Heath	Level 3 Free
Courtney Cole	Level 1 Elements & Free
Lauren Hewitt	Level 1 Elements
Chloe Purvis	Level 1 Field Moves
Francesca Moulton	Level 1 Field Moves

and in February 2009:

Isabella Larkin	Level 9 Free
Vicky Jackson	Level 6 & 7 Elements & Free
Lauren Porter	Level 5 Field Moves
Hannah Frame	Level 4 Free
Lucie Cole	Level 4 Field Moves
Sean Stowe	Level 3 Elements & Free
Holly Heath	Level 3 Elements

## Skate UK Passes

Well done to the following skaters who have passed the following badges / levels recently:

Jacob Frame	Silver & Gold
Natalie Lawless	Gold
Amie Roberts	Gold
Zoe Barnikel	Gold
Chloe Willis	Silver
Shannon Gee	Silver
Bryony Pilford	Badge 10 & Bronze
Nicole Cox	Bronze
Jojo Moylett	Bronze
Katherine Hargreaves	Bronze
Caroline Bigley	Bronze
Imogen Cole	Badge 9 and 10
Jordan Davies	Badge 10
Rachel Lawrence	Badge 9
Isabelle Olson	Badge 8
Kathryn Bird	Badge 7

## Bits & Pieces

Please can we bring the following points to your attention:

- The Elite and Rising Stars Squads are not run by SIFC. If you have any queries relating to these groups please refer them to Carol Jamieson, the Link Centre Manager.
- Please check the website on a regular basis. The site provides information on forthcoming events and skate times. In the event of club being cancelled (due to bad weather etc...) we will endeavour to make sure that an announcement is put on the website as soon as possible.
- Unfortunately the recent field moves competition had to be cancelled due to the snow. Please make a note of all the competitions we have planned for this year, the dates are at the start of this newsletter. If you would like to enter one of the competitions make sure that your entry form is handed in before the closing date. Entry forms are available for several weeks before each competition and can be obtained from a coach, committee member or printed off from the website. Late entries, as in the open competitions, will not be accepted.
- If you have any queries, comments or suggestions about how we can improve SIFC please feel free to either email them to one of the committee members or discuss them on club night. We may not be able to answer you straight away, but as a committee we meet once a month and suggestions can be placed on our agenda for discussion.

## Club Fleeces

We will be placing the next order for club fleeces at the end of March. If you would like one please ask to try on the sample sizes and then complete an order form. This can be done on a club night.



## Ask the Parent - Many thanks to Tony Cook for this issue's words of wisdom.

Spare a thought for the poor parent. We sit behind the screen, day in day out in the cold, with coats on, flasks by our feet, some with blankets wrapped around their waist.

In the early mornings I've even seen a hot water bottle or two and sometimes pyjamas still on under the layer upon layer of clothes to keep the warmth in.

Just remember when you complain about getting up early, we were up earlier and when you feel the butterflies just before a competition or a test we are there feeling ten times worse. Most of us hide it well, others just curl up behind the lockers and can't watch but all the time we are out there with you feeling every good jump and any bad and urging you on all the way through.

Over the years, I have been watching for 10 years now, we become experts in many areas, these are just a few:

Taxi drivers	I have driven over 50 thousand miles for skating and only live the other side of Swindon, other skaters live much further away.
Costume designers	A number have tried their hand at making Costumes and decorating them, some successful, some not, ours was really good, but it took over a month to make, never again.
Musical arrangers	Many parents create the music for their skating child. This isn't easy, not only has the skater to be happy with it but their coach as well! Almost an impossible task.
Judges	We are far better than the ones out the front. How many times have I heard "My God are you blind? She just did an axel and you only gave her 2.4, it should have been at least 3.0"
Doctors	We can identify a bruise almost before you've hit the ice and have the ice pack ready before you can say double salchow.
Counsellors	When you've had a bad time we are there to pick you up, get you going again and bring back your belief in yourselves.
Coaches	We've learnt all the standard answers so when you come and ask "How was that?" we can answer, quick as a flash "It wasn't all the way round, and you dipped your left shoulder " even when they were doing a spin and we were chatting so didn't see it .

So spare a thought for the parents, after all we just want you to do well.

It doesn't matter whether you're level 5 UK skate or NISA level 10, on the ice 2 hours a week or 20 the main thing is for you to enjoy your skating and for you to have the opportunities to achieve your personal ambitions .

Whilst you want to skate and enjoy it we will be right there with you.

## Holiday on Ice

About 40 figure club members and their family & friends took up the offer of group tickets, travelling to Cardiff, to see a Holiday on Ice. The trip was well worth it as we were entertained by a cast of talented skaters, performing triple and double jumps as well as amazing lifts and acrobatics. The costumes were a delight to behold - with no expense spared - and the routines were choreographed superbly. Thanks to Tasha Larkin who arranged the tickets for the show. It is hoped that the club may arrange another trip in the near future.

EAT WELL  
TRAIN WELL



Eating a healthy balanced diet will provide the energy you need to compete and train at your best as an ice skater

### Why should I eat healthy?

We need a variety of food to:

- Give us energy
- Build & repair muscles
- Aid healthy bone development
- Provide a strong immune system

### What is a healthy balanced diet?

We should aim to eat food from these groups **every** day

- Carbohydrates
- Protein
- Fruit & Vegetables
- Milk/Dairy
- Fats/sugars

### Fluid

#### Keep hydrated!

If you feel thirsty you are already dehydrated. Drink water before, during and after training.

Pee test – your urine should be the colour of very pale straw and odourless. If darker you are dehydrated.

### When to eat & drink

Drink water continuously during the day. Increase intake during training.

Eat regular meals from all food groups. **NEVER** miss breakfast and include a healthy mid-morning and afternoon snack to keep energy levels up (not crisps or chocolate). After training or competitions always have a healthy snack **straight away**.

### Food group examples

#### Carbohydrates: Recommended amount 7 portions per day

Rice	Potatoes	Bread or Toast	Pasta
Bagel	Breakfast cereal	Crumpet	Muesli Bar
Pitta Bread	Malt Loaf	Crackers	Bread Bun or Roll

#### Protein: Recommended amount 2-3 portions per day

Lean meat	Baked Beans	Eggs	Fish Fingers
Fish	Lentils	Nuts (Unsalted)	Peanut butter

#### Fruit/Vegetables: Recommended amount 7-8 portions per day

Vegetables	Whole fresh fruit	Stewed fruit	Raisins
Fruit Juice	Tin fruit in fruit juice	Dried fruit	Salad

#### Milk/Dairy: Recommended amount 2 portions per day

Cheese	Milk	Fromage frais	Cottage cheese
Yogurt			

#### Fats/Sugars: Recommended amount 2-3 portions

Butter	Oil	Salad Cream	Gravy
Margarine	Mayonnaise	Biscuits	Sweets

#### Healthy snacks ideas:

Fruit canned in juice	Peanut butter sandwich	Yogurt drink (i.e. Vitality)	Variety of raw vegetables
Smoothies	Dried fruit	Wholemeal buns	Fruit - fresh

Eating balanced meals and healthy snacks will maintain your energy levels throughout the day. The occasional chocolate bar or packet of crisps can be enjoyed in moderation (after all we are human!).