



Welcome

Special Interest Articles:

- Competitions.
- Ask the Coach
- International Junior Competition.

Hi, it's newsletter time again and as usual we have loads of things to let you know about and as a club to be proud of.



A big hello & welcome to all of our new members who have joined over the last few weeks.

Highlights from the past two months

The new committee are settling in well and are getting to grips with all of the behind the scenes stuff. There have been a couple of changes to the committee with the resignations from Sian Morris our chair, Kathy Tregelles and Barbara Robinson. We thank them all for all of their hard work and wish them well with their future commitments. Kathy Porter has stepped up from vice chair to the position of chair and at present vice chair is vacant. If anyone feels they would like to take on the role as vice chair then please let a committee member know by the 30th April. Just a reminder that committee members are on hand at every club night and also via the website if you have any queries.

Also we welcome a new coach to club, Chloe Thomas is a trainee coach who was until recently a club member herself so she is very familiar with the club and all of the coaches and we are extremely pleased that she has joined us.

We have held a couple of club competitions and also skaters have been working hard in preparation for NISA tests, Skate UK tests and also the Bristol Open competition. Two of our skaters Isabella Larkin and Carmen Lee also competed in the IJS competition in Belgium in February.

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Club Competition - Field Moves

The club held its own field move competition at the beginning of February and also a free competition at the beginning of March in preparation for the Bristol Open. The turn out for both competitions was good and it was nice to see skaters that weren't competing supporting those that were. Well done to everyone who competed.



The results were as follows:



Group 1			Group 4	
1 st	Jacob Frame		1st	Holly Heath
2 nd	Chloe Purvis		2nd	Sean Stowe
3 rd	Ciaran Bowles		Group 5	
Group 2			1st	Vicky Jackson
1 st	Jennifer Martin		2nd	Gemma Lorains
2 nd	Paige Smith		3rd	Hannah Frame
3 rd	Vikki Fairnie		Group 9	
Group 3			1st	Carmen Lee
1 st	Lucie Cole			
2 nd	Haydn Lee		Group 11	
3 rd	Amy Tregelles		1st	Isabella Larkin
			2nd	Jordan Bonello
			3rd	Julie Cook

Well done to:

Caitlin Bowles

Lauren Hewitt

Courtney Cole

Lillie Ogden

Natasha Cooper

Amanda Ball

Jessica Carroll

Club competition: Free competition 6/3/08

We also held a free competition prior to the Bristol Open.
The results were as follows:

Group 2			Group 7	
1st	Lauren Porter		1st	Carmen Lee
2nd	Ashlee-Rae Cleverly			
3rd	Amanda Ball		Group 10	
Group 3			1st	Isabella Larkin
1st	Sean Stowe			
2nd	Lucie Cole			
3rd	Bethan Sheehan		Also well done to:	
Group 4			Hayden Lee, Courtney Cole & Jessica Carroll.	
1st	Bliss Holland			
2nd	Hannah Frame			
3rd	Holly Heath			

Test Results

Congratulations to the following skaters who passed NISA tests at the start of March 2008:

	Test	Level
Lucie Cole	Field moves	Level 2
Bliss Holland	Field moves	Level 4
Hannah Frame	Field moves	Level 4
Vicki Jackson	Field moves	Level 4
Lauren Porter	Elements & Free	Level 1
Gemma Lorains	Elements & Free	Level 2
Sean Stowe	Elements & Free	Level 2
Hannah Frame	Elements & Free	Level 3
Carmen Lee	Elements	Level 6

Skate UK and Star UK Badges



Well done to all the club members who have gained a badge recently through the Skate UK program. To pass any test from Badge 1 Skate UK through to level 10 Elements is a great achievement and shows commitment and hard work. Well done to:

	Level
Gemma Adams	Skate UK 8
Kathryn Bird	Skate UK 6
Ciaran Bowles	Skate UK 6
Caitlin Bowles	Skate UK 6
Mary Kate Coe	Bronze
Elizabeth Cook	Gold
Lauren Hewitt	Gold
Natalie Lawless	Skate UK 8
Sarah Mctieran	Bronze
Amie Roberts	Skate UK 7
Catherine Tansey	Skate UK 8
Chloe Purvis	Bronze

Don't forget tell us if you pass any of the levels in the Skate UK program. Just let someone know on the desk at club night and we'll make sure your name appears in the next newsletter. Alternatively email us using the links at <http://www.sifc.co.uk>

Open Competition Results

Open season has begun again this year and for two of our Skaters Isabella Larkin & Carmen Lee this meant a trip across the water to Belgium to compete in the International Junior Competition. More details on their trip to follow.

This was closely followed by the annual Bristol Open. This is, for most of our skaters the first competition of the year and many of our skaters took part with great results and several medals & trophies to bring home.

The results for the Bristol Open were as follows:

Courtney Cole - Beginners girls 9 & under 11th place
 Lauren Porter - Beginners girls 10 & under 2nd place
 Bethan Sheehan - Level 1 girls 10 & under 5th place
 Gemma Lorains - Level 1 girls 11 years & over 1st place
 Hayden Lee - Level1 boys any age 1st place
 Hannah Frame - Level 2 girls any age 1st place
 Bliss Holland - Level 2 girls any age 3rd place
 Vicky Jackson - Level 3 girls any age 2nd place
 Carmen Lee - Level 5 girls any age 1st place
 Isabella Larkin - Level 8 girls any age 1st place
 Jordan Bonnelo - Level 9 girls any age 1st place.



International Junior competition - Turnout Belgium

As briefly mentioned earlier, this February saw 11 year olds Isabella Larkin and Carmen Lee travel to Belgium to compete in the International Junior competition.

The competition was held in the Belgium town of Turnhout and played host to 32 competitors from all over the world. The girls were aged up to 13 years old and each had to skate their long & short programmes. Each of the girls skated their short programme on the Friday and their long programme on the Saturday. Along with Isabella & Carmen there were two other girls from Great Britain competing. Isabella had the highest finish of all the British competitors with her 18th place and Carmen finished respectively in 27th place. All of the medals were won by American skaters.



Ask the Coach

This edition's ask the coach has come from our resident coach Andrew Seabrook and is centered around the different disciplines of Ice skating.

There are 4 different disciplines in Ice skating they are Free skating, Pairs skating, Ice dance & synchronized skating and they are all different from each other

Free Skating

This discipline is done by men and women who skate individually. Their programmes or routines are created to instrumental music and consist of a combination of jumps, spins, edgework & spirals all choreographed to fit the music.

Pairs Skating

One man and one woman make up a pairs team and their programmes consist of lifts above the man's head, throw jumps, side by side jumps & spins, steps & spirals all of which have to be done in time with each other and like free skating choreographed to suit the music being used which is also instrumental.

Ice Dance

Ice dance is like ballroom dancing where skaters learn set dances The tango, Rumba and waltz just to name a few. This is also a male/female team and the music for dance has a set beat which the skaters have to follow. Ice dance involves deep edge work lifts which do not require the man's hands to go above the shoulders and spins but not as many as in pairs or free skating.

Synchronised Skating.

This is a team discipline which involves teams of male and female skaters who all skate in sync with each other doing patterns on the ice with lines, circles etc it has the same concept as synchronized swimming and again is done to instrumental music.



Ask the Parent

As a parent of skaters there are several issues that we only learn after several months, even years, of sitting in the cold and chatting (as we do) to other skating parents. Last month we endeavoured to explain the technicalities of the grades and different skating levels and I hope that for those of you who are still understanding skating terms it has made things a little clearer. This time however the info is less technical and more about the smaller items such as what outfit to wear for what.

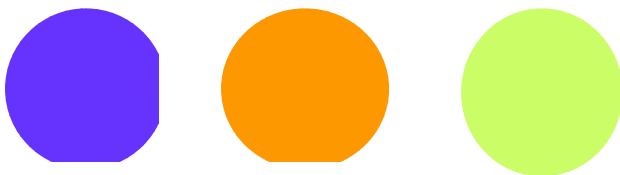
Dress code:

Patches & lessons: skating dresses, skirts & tights. Or black training trousers are acceptable.

Field moves & elements: Black dress or for the male skaters black trousers & shirt. This applies to NISA Tests and competitions.

Free program: Competition dress or costume. This outfit will be worn to all Open competitions where the skater is skating their programme.

We have links to great places to get these items on our website and also have regular second hand dress sales on club night. However ebay has provided skaters with great dresses, tights, soakers etc. at some great prices.



New Features

As a club we are extremely lucky to have the talents and experience of some of the countries finest coaches. Each of them throughout their careers have had some great achievements and success. We felt that we should celebrate this fact by getting to know our coaches a little bit more. We have decided to start at the top with our head coach Lesley Norfolk-Pearce. Therefore if you have any questions that you would like us to ask Lesley for the interview to appear in the next newsletter then please email them to the secretary link on the club website.

Skaters Representative

Hey skaters I'm Jordan your new skaters representative, If you have any problems, anything you dislike and if you have any new ideas for the club then please come and see me and I will bring them up at the meetings.

Thanks Jordan.

Diary Dates - What, when, where

Club Dates

17/4/8	Event Night all skaters who are taking part on the ice from 6:15 pm
8/5/08	Club photo to be taken between 6.45 & 7.15pm.
22/5/8	Elements Comp
10/7/8	Hot Ice / Field Moves
6 th or 13 th July	Social away from the Rink

Open dates

Bracknell	Date changed, please check their website.
Lee Valley	10-11 May
Basingstoke	24 - 25 June
Guilford	7 - 9 July
Swindon	9/10/8 (tbc)

And finally: The competition to name the skating groups provided the committee with several suggestions for new names and the groups have now been renamed as follows:

Sapphire will contain skate uk levels 5,6,7
 Ruby will contain skate uk levels 8,9,10
 Amethyst will contain Skate uk levels Bronze, Silver
 Topaz will contain skate uk level Gold
 Emerald will contain Nisa levels 1,2
 Pearl will contain Nisa levels 3,4,5,6
 Diamond will contain Nisa levels 7+

Thank you to all of you who entered.

**We're on the
Web!**

See us at:

www.sifc.co.uk