

### Updates...

Winter is drawing in and our new season will bring yet more new experiences for our new members and some welcome fun for all.

We can look back on yet another successful Swindon Open with pride. Tash says that there were so many entries this year that we didn't have room for them all! Just shows what a good event we put on doesn't it!

*Well done* to all those who took part - some for the very first time, others in new classes. (see all competition results on the web at [www.sifc.co.uk](http://www.sifc.co.uk))

A very big *thank you* also to everyone who made it happen, we couldn't do it without your support.

Looking ahead we have our Awards Ceremony coming up on 5<sup>th</sup> December 2009, we had our first one last year and it was such a great success we are hoping to continue it with your support.

We also have a few more in house events and competitions coming up (see below), and are looking forward to as many of our new members joining in as possible!

So as Christmas draws ever closer, we hope you have a great time in club this Winter and look forward to seeing you all enjoying the ice.

Happy Skating! - Helen

### Club Dates



AGM (All welcome) - 3<sup>rd</sup> December 2009  
Awards Night - 5<sup>th</sup> December 2009

### **IMPORTANT! - Time Changes!**

Due to new Link timetable, from 1st Nov '09, New SIFC ice times for Thursdays will be 6:15pm-7:00pm and 7:00pm-7:45pm.

### SIFC Awards Ceremony

Last year saw the first SIFC Awards Night, with all skaters there receiving an attendance award for the year. As well as these, there were other prestigious awards given for various categories voted on by the coaches.

It was a very glamorous affair with our skaters (and their families alike) taking the opportunity to dress the part and have a great party as well after the presentations with music and a buffet.

This year our intention is to do the same but at a new venue - the village Hall in Lydiard Millicent. This event promises to be an equally glamorous affair with all skaters present during the evening receiving an attendance award.

Family tickets will be on sale shortly for a nominal fee of £5, so to ensure your seat (and award) at this prestigious and fun evening make sure you get your ticket early.

We look forward to seeing you all there and having sparkling evening with our very own skating stars!

### Club Accreditation

As mentioned in July's Newsletter, SIFC has recently joined the Swindon Sports Forum and has been accredited at level 1.

Since then our Chair Kathy Porter has been very hard at work on our grant application and we are pleased to announce that we have been successful in our application for our first grant.

This means that we are now well on the way to raising the money required for the clubs new harness. This will allow any member learning new jumps to do so more safely and for others less able in the community to safely try skating.

It is intended that work will continue in the areas of accreditation to the benefit all our members.

### **Congratulations and Good Luck!**

To Carmen and Bella who have both done extremely well just recently at the last 2 IJS events. Both girls have qualified for the British Championships being held on 24<sup>th</sup> November. It is impressive that both girls have qualified at such a young age (both just 12 years old at the time). Bella can be very proud of herself having won both of her events!

I'm sure you'll join us in congratulating both young ladies and wishing them all the very best in the Championships.



### **Running Cold about Hot Ice?**

Ever wondered what Hot Ice is all about? I know we did when my children first started club.

The idea behind our Hot Ice is that the skaters themselves can have a bit of fun trying out new things for themselves - there is no coach telling them what to do - so even if you don't have a coach you are still able to do this competition!

It can seem a bit daunting at first and I noticed that this year several skaters signed up but then pulled out. That's a shame because this is a time that they can really let their hair down and have some fun with the ice. So here's my simple "how to" guide for next time!

First choose your music - something fun (this time it can have words!) and probably not too fast if it's your first time. Cut your music to length (usually 1 minute for solo skaters, 2 ½ mins for a group). If you have a computer there are lots of free sound software (like Audacity) which can be downloaded from the internet that can help you do this.

Listen to your music and see what moves and props it suggests to you. One young lady this year did a lovely first solo routine to Rihanna's "Umbrella" (with an umbrella). We also had a chair and a small surf board in the solo section, and even some cars in the group section. In previous years we've seen hats, hockey sticks and even blackboards! Just

make sure your prop (if you want one!) is a sensible size for you and that you can get it onto the ice by yourself (in 30secs or less).

Keep your routine simple and try to use as much of the ice as you can - have fun putting together the moves, that you know you can do, to fit the music. Remember keeping it simple can be very effective, especially if you can remember/practice it easily and put lots of effort into your personality when you perform it! Remember - skating is fun!

Of course you don't have to do it by yourself! We also have our group class (2 skaters or more) where you can skate with others - an interesting skill in itself! (and great practice too for if we get to do another Gala sometime in the future.)

This means that you can share both the choreography ideas and the fun!

This year we had everything from the cast of "Lion King" and the Pink Ladies from "Grease", to some scary "Thriller" Zombies and a couple of "Ghost Busters".

Costumes/props are judged on the way they compliment the performance - not how well made they are (just as long as they are safe and don't leave bits on the ice).

Next year's competition may seem like a long way away but if you are new to the idea, now is the time to start planning and playing so you can feel more in control when the time comes.

Last year we did a mini (non-competitive) Gala version of Hot Ice at Christmas, in which all songs chosen had to have a Christmas theme. Frosty the Snowman even made an appearance! Everyone did a brilliant job - very festive!

Competitions in general are great! (It was lovely to see some new faces in our Elements Comp .on 12th Nov.) When else do you have the chance to have the whole rink to yourself? So next time there is a Hot Ice competition (or Gala) be ready to have a go! It's brilliant fun!

### Using Our Patches!

We have all become more aware lately of the "use it or loose it" philosophy that we are under just lately, so well done to everyone who has been making sure our patches are well used.

The Patch record book is still in operation and should be filled in whenever available so we have a positive record of our usage.

Remember though that this is "working" ice, there for people who are serious about practicing their art.

There are, therefore, a few rules that need to be remembered by *everyone* using patches!

Here is an informal reminder of the key ones, as it has been noticed that they have temporarily disappeared from the Link notice boards (and - at times - the ice).

1. Patch is available for use by all skaters who have passed Skate UK 4 or above (which means all of SIFC members should be eligible so come and join us).
2. Correct sport attire must be worn at all times - dresses, leggings, etc - definitely no jeans (just like club nights).
3. All skaters should be aware of, and polite to, each other. (Give each other room to manoeuvre - be aware of those faster than you, or indeed less able than you. They may not be able to get out of the way in time.)
4. Skaters working with a Coach should be allowed room to complete moves safely (within reason of course as they should always be aware of those unable to move as fast as them).
5. Skaters working with a coach and programme music should be watched out for and given room to work as they travel around the rink. They have timings to keep to and set places where things need to be done for their programmes. (Be especially aware that some of them move *very* fast and can be across the rink in a flash).

6. Don't stand around chatting on the rink, move to the very edge for a short skate related discussion or come off the ice if it's unrelated or going to take a long time. (Remember - if you're talking you are distracted and less likely to notice other skaters around you and this is when accidents may happen.)

So please use the Patches (we don't want to loose any more!). Just remember to do so respectfully and carefully - if you see someone ignoring the rules set them a good example, enjoy yourselves and most importantly - **Stay Safe!**

### It's Element-ary !

Well done to everyone who recently took part in our Elements Competition on 12<sup>th</sup> November,

It was great to see some of our newer members have a go! It is not just about doing it perfectly or winning, when you are a beginner it's about gaining experience! It can seem *scary* but *everyone* is on your side! As we said before, how often can you get the *whole rink* to yourself to practice your art? So we say to all new members "be brave, give it a go - it is a thrilling experience!"

And if you really can't face entering just yet, remember to come along anyway so you can get the feel for it, understand what it is all about, support your friends - and maybe try it yourself next time!

*Good Luck!*

### Got Something to Say?

Finally - it's always nice to hear things from the viewpoint of our skaters! Caitlin's "Dr Xargle's explanation of Skating" was quite amusing and a pleasant change of pace.

Do we have any other budding journalists out there? Poets, story writers, or just a skater with something "icy" to tell us about? *Please* let us know! You can hand in your article/news at the club night desk, or e-mail to [SIFCNews@gmail.com](mailto:SIFCNews@gmail.com)