

Welcome Back

I hope you all had a good summer holiday despite the rain! Club, as to be expected, has been quiet over the holiday period, but those skaters who did turn up made the most of their ice time and certainly seemed to have some fun!

September has seen the change of club's start time from 6.15 to 6 pm. This change has gone smoothly and it is great to see the ice so busy, on both club sessions.

As a club we have lots to look forward to during the remainder of this year. We have two club competitions as well as our own Open Event on the 9th of October. The AGM is on the 4th of December and, for the first time ever, we are holding our very own awards evening to recognise the fantastic achievements of our skaters - more of that below.

So all I've left to say is Happy Skating!



SIFC Awards Evening

We have decided this year, in line with many other successful sporting clubs, to hold an Awards Evening to celebrate the achievements of our club members.

The Awards Evening will start at 7.30pm, on Saturday the 15th of November, and will begin with all members receiving a trophy to recognise their contribution to the club over the year. This will be followed by 17 individual trophies for skaters who have made particularly good progress this year or deserve to be recognised for some other achievement at club. For each trophy there will be 3 nominations.

We have had a lot of interest in the evening already and we hope you can join us for what promises to be a fantastic event. Your invitation and more details will follow shortly.

Club Dates

2 nd Oct	Free Competition
9 th Oct	Swindon Open
13 th Nov	Elements Competition
7 th Nov	Oxford Open
15 th Nov	Awards Evening
4 th Dec	AGM



Swindon Open - 9th October 2008

The Swindon Open has come around quickly and has had a large number of entrants. Many of our club members compete in this competition against skaters from other clubs - for many it is their first experience of an inter club competition. The competition runs all day so there will be no club on that night, but spectators are very much welcome.

We also appreciate any volunteers to help us run the competition on the day - a great way to find out how everything works and get involved. We also have a few limited spaces for any club members who would like to act as girl / boy helpers for the competitions which are running from 4pm onwards. This involves collecting the toys and flowers which are thrown onto the ice after a skater has competed. If you are interested in helping out let us know.

So please come along, even if you are not skating, and support your club - as well as getting to see some great skaters in action.

We will also be running a tombola stall on the day, so any donations would be gratefully received. All proceeds go to SIFC.

Look forward to seeing you there!



Draw for Swindon Open

The draw for the order of skate will take place on the 2nd of October in the large meeting room at the Link Centre.

IJS Competition 2008

Congratulations to Isabella Larkin who competed in the IJS qualifiers for the British Championships - at Lee Valley in August. At 11 years old Isabella was by far one of the youngest in the competition. Isabella came 9th out of 21 skaters! As a club we are really proud of Isabella's achievement and wish her well as she progresses with her skating.

Ask the Parent - What to wear!

As we have many new skaters who have recently joined the club we thought we'd rerun this useful article explaining what a skater should wear.

Dress code:

Patches, lessons & club: skating dresses, skirts & tights. Or black training trousers are acceptable (male and female). No jeans etc...

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 performing 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. Also Ebay has provided skaters with great dresses, tights, soakers etc. at some great prices.

AGM - 4th December 2008

The Annual General Meeting, for Swindon Ice Figure Club, will be held on Thursday the 4th December 2008 at 7.30pm, in the Large Meeting Room. We hope that you will be able to attend.

Further information and nomination forms for those seeking to stand for the committee, including the details of the positions vacant, will be made available soon.

Ask the Coach - Boots & Blades!



Boots and blades are the most important pieces of equipment and purchasing appropriate skates to suit the level, discipline and budget is of the most importance. Boots purchased from the rink are adequate for the beginner if correctly fitted. Choose carefully - badly fitting boots can cause discomfort and even permanent damage. Remember, the most expensive is not always the best; fit and support are most important. Mounting blades is very critical and should be carried out preferably by someone experienced in this task.

Boots and blades can be expensive. Proper care of the skate can help your investment last. Skate guards must be worn whenever the skater is walking off the ice at all times. Concrete floors other gritty surfaces quickly damage blade edges. The blades and boot soles must be dried before putting on the guards and the inside of the guards must be cleaned out regularly.

Guards must be removed when the skates are put away. Cold blades get wet condensation, and will rust if the guards are left on. Soft terry towel covers (soakers) are available to protect blades in a skate bag. Ensure that boots are removed from the case to allow them to dry out at normal room temperature. If this is not done, soles may get soft (rotting) and the screws will become loose. Blade guards and soakers are available to buy from the shop at the Link Centre.

If you would like more information about where to buy your boots from or where to get your blades sharpened then ask a coach or a committee member on club night.

Look out for the next 'Ask the Coach' article which will be on the subject of Nutrition.

