

# COLONIAL TIMES

Colonial Skating Club of PA \* 475 Beaver Street \* Bristol, PA 19007  
 ColonialSc.org \* ColonialSCofPA@aol.com

## Welcome to the Colonial Skating Club

By Kathy Campion

Dear Colonial Skating Club of PA Skaters,  
 Coaches, Parents and Enthusiasts,

I welcome you to the first edition of our resurrected Colonial Skating Club of PA newsletter.

We have much to be proud of as we begin our 50th year. Our club is proudly housed at the NEW and IMPROVED Grundy Arena. We are happy to announce the Grundy Arena has many enhancements, renovations and improvements. Our talented, hardworking and dedicated skaters in many disciplines of figure skating – singles, dance, showcase and Special Olympics, have competed and earned medals at many local and national competitions.



### INSIDE THIS ISSUE

Welcome to Colonial Skating Club	1
COACHES CORNER	2
Invite a Friend	2
Holiday Show	3
Rise	3
Tests Passed	4

Allow me to invite you to join us for the Annual Holiday Ice Show on Sunday, December 26th, 2010 and our 50th Anniversary Celebration on Sunday, January 16th, 2011. Further information regarding these events will follow.

In closing, I am so grateful to our Colonial Skating Club of PA family of very hardworking and dedicated volunteers who spend so much of their time insuring our freestyle sessions, competitions, and test sessions run smoothly. And a special thanks to our team of professional and student coaches who teach, mentor and inspire our Learn to Skate and Special Olympic Skaters. You are an inspiration to us all!

See you on the ice!

Kathy Campion	President
Susan Dornblaser	Vice President
Mary Beth Micciulla	Treasurer
Teriann Hood	Secretary
Mary Jane Tropiano	Public Relations & Entertainment Chair
Mary Beth Micciulla	Test Chair
Susan Dornblaser	Membership Chair
Kristine Bolinger	Newsletter

## COACHES CORNER

BY: Jackie Garcia (Club Member and Assistant Teacher)

As an athlete and growing child it is important to eat foods that will give you energy and give your body the nutrients it needs. Making an effort to eat healthy and avoid junk food will improve your performance in skating and your ability to learn new things.

Choosing to eat healthy is a hard thing, especially if you are used to eating unhealthy foods all the time. But, one healthy choice can lead to more healthy choices!

Eating right, sleeping enough, and exercising are good habits to develop. Each of these things can help good habits to develop. This can lead to a healthier, and in turn, a happier life.

### GOOD SNACKS TO BRING TO SKATING:

Popcorn, Pretzels, Trail Mix, Granola Bars, Apple Slices with peanut butter or cheese, Celery with peanut butter, 1/2 bagel with cream cheese or jelly, Ham and Cheese Sandwich, Crackers and Cheese, Fruit, yogurt, Pudding Cups, and Jell-o. Water is important also. Avoid hot chocolate, soda, and coffee since these drinks contain too much caffeine and sugar.

Why Can't We Eat French Fries or Chicken Tenders??

French fries and chicken tenders are bad for you because of the amount of fat used to fry it. Because chicken tenders are coated with breading they turn a healthy food into a fatty food that is bad for you. French fries contain too much salt and trans fat that can clog the arteries.

So next time you come skating bring a healthy food that will make you feel good and help your performance!!!

## Invite a Friend

BY: Kristine Bolinger

Ice skating provides a wonderful way to get exercise as an individual or with your family members or friends. It jump starts your cardio, works your muscles, and improves flexibility. One can gain confidence and a good sense of self esteem from something as simple as a swizzle to a waltz jump. Ice skating teaches a child to focus, watch, and learn a move from repetition. So why not encourage a friend to come and get some fun exercise while learning how to do something incredible on a sheet of ice!



## 2010 Holiday Ice Show



The Colonial Skating Club 2010 Holiday Ice Show will take place on December 26<sup>th</sup>, 2010 at 4pm.

As always, the Holiday Ice Show is a fun event for skaters to show off their stuff!!! All are invited to participate!

Please let your coach know if you are interested in performing in a solo or group event!

The Holiday Ice Show application can be found on our website [www.colonialsc.org](http://www.colonialsc.org) and at front desk of Grundy Ice Arena. A music sign up sheet will be at the front desk.

Following the skating show, Colonial Skating Club will host a dinner for current and past members and friends!

We welcome anyone who would like to volunteer with the Holiday Ice Show production.

Please contact Kathy Campion at [colonialscofpa@aol.com](mailto:colonialscofpa@aol.com) or 215-736-0071 if you have any questions!

## RISE – Save the Date!

Commissioned by U.S. Figure Skating, RISE is a cinematic feature that will celebrate American figure skating while commemorating the 50th anniversary of the plane crash that took the lives of the 1961 U.S. World Figure Skating on its way to the World Championships. On Feb. 17, 2011 a historic event, including a red-carpet preshow, uniquely choreographed figure skating performances, interviews with American figure skating legends and the world premiere of RISE will be presented live across NCM Fathom's exclusive Digital Broadcast Network (DBN) in more than 500 movie theaters nationwide. Learn more by visiting [www.rise1961.com](http://www.rise1961.com).



## More Information

- More club information can be found on the Colonial Skating Club of PA Website. ([www.colonialsc.org](http://www.colonialsc.org))
- Questions about the club can be emailed to: [colonialscofpa@aol.com](mailto:colonialscofpa@aol.com)
- Newsletter submissions and suggestions are greatly appreciated! Please send comments and submissions to: [kkb91@aol.com](mailto:kkb91@aol.com)





### Congratulations to our club Athletes for recent Tests Passed

Laura Micciulla	Starlight Waltz	10/14/2010
Jacquelyn Garcia	Junior Moves In The Field	8/31/2010
Kara Bolinger	Preliminary Moves In The Field	6/22/2010
Courtney Coffin	Pre Preliminary Moves In The Field	6/22/2010
Sara Dornblaser	Cha Cha	6/22/2010
Sara Dornblaser	Fiesta Tango	6/22/2010
Sara Dornblaser	Junior Free Skating	6/22/2010
Sara Dornblaser	Swing Dance	6/22/2010
Davis Kim	Juvenile Free Skating Test	6/22/2010
Davis Kim	Novice Moves In The Field	6/22/2010
Madelyn LaRue-Lovett	Pre Preliminary Moves In The Field	6/22/2010
Alexandra Pannepacker	Junior Moves In The Field	6/22/2010
Alexandra Pannepacker	Pre Juvenile Free Skating	6/22/2010
Lauren Pannepacker	Intermediate Free Skating	6/22/2010
Laura Micciulla	Blues	6/16/2010
Laura Micciulla	Kilian	6/16/2010
Davis Kim	Pre Juvenile Free Skating	4/22/2010