



Newsletter: April 2010

We are looking forward to a fabulous 2010. Our Holiday Show in December was a huge hit and we look forward to adding a summer show this year. What a wonderful way for the children to show off their talents! Look for more information in the future.

Something new this year is our Colonial Skate Club Booth. Look for us every Tuesday evening and Saturday mornings. We will have dresses, skates, and t-shirts available at very reasonable prices! There will also be a member of our club to answer any questions you may have. Stop by and see us!

UPCOMING EVENTS

Our 13th Annual Stars and Stripes Skating Competition will be June 12 and June 13, 2010. Please check our website for further information. We look forward to working with our skaters and volunteers to make this another fun and successful competition!

The Stars and Stripes Competition needs a logo and you can be the one to design it!! This logo will be used on our competition wear, the signage, and program. Entry forms are available on our website.

Test session dates to be announced.

GOOD NEWS

Congratulations to Basic Skills Members that competed at the Winter Classics at The Igloo on March 6, 2010:

Brittany Hood: Freeskate 2 Program Gold
Freeskate 2 Elements Gold

Taylor Hood: Basic 2 Program Gold
Basic 2 Elements Silver

Julianna Littely: Freeskate 2 Program Gold

Freesakte Elements Silver

Angiely Nunez: Basic 6 Program Gold
Basic 6 Elements Gold

Nicole Pitrosky: Freeskate 2 Program Silver
Freeskate 2 Elements Gold

Emily Schools: Basic 3 Program Gold
Basic 3 Elements Gold

Lindsay Wolfe: Freeskate 1 Program Gold
Freeskate 1 Elements Bronze

Congratulations to our skaters as well as Coach Donna and Coach Jackie!!!

COACHES CORNER

BY: Donna Console

It is very important to remember that every skater should have a set routine with which they can properly get ready to skate. Muscles should be stretched and warm. Jumping rope prior to your session on the ice is a great way to get loose. Enter on the ice and stroke around the rink one time then proceed to stretch at the boards for one minute. Next, have your coach develop a series of stroking exercises that you can perform for at least five consecutive minutes without stopping around the rink. These can be as simple as big forward and backward swizzles, power-pulls, or fast crossovers. This will get your cardio as well as your muscles and joints ready to skate. Cold muscles can lead to injuries on the ice. A single fall on a stiff or cold arm or leg can keep you off the ice for weeks or months. Ask your coach to map out a plan that you can easily follow, write it down and practice it every session you skate. It should take 5-10 minutes from start to finish. It is worth every minute if it prevents an injury!

EDITOR

Please contact our newsletter editor Kristine Bolinger with any information about a skater, coach, or upcoming event you wish to have posted at

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