



January, 2012

Volume 2, Issue 4

Olds Skating Club Newsletter

"For Fun, Fitness & Achievement"

EDGE OF EXCELLENCE COMPETITION

Was a great success. Thank you to ALL Involved!

From our Fearless Fundraiser extraordinaire Peter Ritchie who secured our ice fees and Sandi Beekman and Dee-Anne Armstrong, who secured the items for skater goodie bags.

Our Ice Captains, Coaches Hospitality Room, Music Player and Announcer. You all did so much to make this a successful event.



Inside this issue:

Skate w/ Santa	2
Foot Facts	3
Club Jackets / Pants	3
Board Positions	4
Club Events	5&6
Upcoming Events	7

Check OFSC Bulletin Boards for ongoing information.

- Auxiliary Ice Viewing Area
- Lower Arena Hallway
- Upstairs Entrance

Contact OFSC

Lisa Land

President

403-335-9629

E-mail: oldsskate@hotmail.com

Visit our web site at www.oldsfigureskatingclub.com

Another **Thank You** is to our own StarSkaters, (Allison Land, Jenna Berild, Hayley & Kayla Jones, Cydney Winter, Samantha Powell), who stepped up to the plate and judged the skaters. It is with dedication that our Club Coaches added their experience and expertise to round out the judging panels. Carol, Jacqueline, Janae & Charley, we could not have done it without you.



Our Olds skaters competed with skaters from the following clubs;

Lake Bonivista Figure Skating Club (Calgary) - Wetaskiwin Figure Skating Club - Morrin Figure Skating Club - Clive Figure Skating Club - Didsbury Figure Skating Club - Innisfail Figure Skating Club - Caroline Figure Skating Club.

We held a total of 18 flights. You can see some of our skaters on the downstairs bulletin board. Olds skaters were in 13 of these flights.

10 GOLDS were won by; Madison Byrt, Alyssa Focker, Gracie Hodgson, Allison Mertens, Lauren Mertens (2), Avery Petersen (2) and Ellie Petersen.

7 SILVERS were won by; Nikki Asaris, Sophie Davidson, Gracie Hodgson, Abi Irving, Sydney Mix, Sophie Petersen and Ciarria Ritchie.

3 BRONZE were won by; Kortney Asaris, Darby Gunn and Anna Moffat.

4 4TH PLACE were won by; Jaida Dollo, Breanna Karmazinuk, Meagan Robb and Cadence Wenc-McIntyre.

CONGRATULATIONS TO THESE SKATERS and their coaches. You did a terrific job and helped show case skating to the community.

SKATE WITH SANTA



Future skater



Meeting Santa 1 on 1



From L-R

CanSkater of the Year –Jaida Dollo

Excellence in CanSkate –Abby Irving & Taylor Haffner

CanSkate with Santa



Great Snacks after skating with Santa. Thanks to our Volunteers!!!!



We're on the Web
www.oldsfigureskatingclub.com

Foot Facts—Boot Care & Maintenance—Fit—Blades
Brought to you by United Cycle Sport since 1928

If you would like to forget about all your problems, just put on a pair of shoes that are too small.

We take 8,000-12,000 steps every day.

80% of our feet over pronate, 20% are stable.

In static stance there is more weight on the heel than the forefoot.

The heel hits the ground at approximately 3x's the body weight when walking and up to 10x's the body weight when running.

There are approximately 250,000 sweat glands in a pair of feet.

Boot Care

How long a skating boot will last depends on **4 factors**

1. Level of the skater
2. Size & weight of the skate
3. Type of boot being worn
4. Maintenance & care of the boot

Material deterioration of the boot is the number 1 cause of premature breakdown of skating boots.

- ◆ Some of these causes are from moisture, heat and chemicals from the foot and improperly fitting skates.
- ◆ It is very important that the skate fit properly so stress on flex points react or breakdown in a normal wear & tear.
- ◆ Moisture is one of the main reasons boots also breakdown prematurely. Moisture from the foot and snow soaks into the leather of the boot causing the leather and stiffening material to become soft, then losing support.
- ◆ Chemicals from the foot soak into the leather causing breakdown of the leather. This is the main reason that skates SMELL.
- ◆ After skating , the skates should be dried off,
- ◆ The skates should not be left in a skating bag in a locker room in the arena.
- ◆ The skates need to be taken home and removed from the bag.
- ◆ Take off the soft guards and hang up the skates to allow air to circulate around them to dry.
- ◆ Skates that are dried regularly will last longer.

See next newsletter for **Fit & Blade** Information.

Club Jackets / Pants

We are looking into organizing Club Jackets/Pants for the upcoming session starting in January.
Watch the Bulletin Board for information.

Carmen Hodgson is busy getting quotes to set something up locally. **STAY TUNED!**



OFSC Minutes

Any club member wishing to receive OFSC meeting minutes, can contact

Denise Hodgson

556-1478

?????? *Need Volunteer Hours* ??????

Do you have a passion to try new things?

Why not try a position on the OSC executive.

Talk to anyone of them to find out more information.

AGM will be held within the next 2 months

Your Executive Board Members terms are running out.

We need NEW ideas and NEW directions.

COME AND PUT YOUR NAME FORWARD.

We're on the Web
www.oldsfigureskatingclub.com

President: Lisa Land

Vice President: Shannon Mertens

Treasurer: Andrea Mix

Secretary: Denise Hodgson

Test Chair: Pauline Berild

Membership/Volunteer Registration :
Melanie Robb, Tietisa Huyzer

Fundraising/Website: Kathi Chant

Publicity/Casino: Shannon Powell

Carnival Co Chairs: Jamie Petersen





OLDS SKATING CLUB

CARNIVAL TIME AGAIN

Volunteers needed to produce a showcase stopper for parents, families, friends and community members.

Carnival will take place March 25th @ 2pm, on the main ice. **We are in need of a Co Chair for this event!**

Please contact Jamie Petersen if you are interested - 403-556-6913

COACHES MEETING WITH CARNIVAL CHAIR ON JANUARY 23 @ 8pm.

There will be a variety of jobs on the bulletin board downstairs with sign up sheets.

The jobs range from parent reps for each skating group to organizing photos on dress rehearsal day and much, much more.

Many HANDS make light work. Thank YOU all in advance for your support.

The theme will be discussed on Monday with the coaches. Your coaches will communicate with you about groups and costume ideas.



IN THE LOOP

Is Skate Canada's newsletter. It has many interesting sections about their Alumni, Sponsors, News & Views from Athlete Development, Awards, Section Casinos, Coaches Corner, The Clubhouse and articles from around the Regions.

Check it out at www.skateabnwtun.com and type in the search bar In the Loop with the website.

This weekend is the Canadian Figure Skating Championships Moncton Coliseum Complex—Moncton, NB.

TSN & CTV are covering the events. ET on Friday 1400 & 1900

Saturday 1400, 1600 & 1900

Sunday 1530

CHECK IT OUT!

Items for Sale and Looking for.....

2 pairs of skates - Dresses - Skating Bag. For Sale by Paula Klinck. Please contact her at klinck@telusplanet.net for more information.



Coming Events

Jan 26&27 / 12	<i>ICE FEST</i> competition Carstairs
Jan 31 / 12	High Test—Sylvan Lake
Feb 13 / 12	High Test—Drumheller
Feb-Mar	AGM (date & time to be announced)
Mar 25/12	Winter Carnival
Mar 28/12	Last Day of CanSkate
Mar 30,31	Chinook Open Lethbridge
April 1 /12	Chinook Open Lethbridge

FOR FUN, AND ACHIEVEMENT.



We're on the Web
www.oldsfigureskatingclub.com