

Learn to Skate Update!



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Editor, Leah Hartzell

OU Learn to Skate
Bird Arena
Oxbow Trail
Athens, OH 45701

Say WHAT?! Your guide to skating jargon

Edge—The two sides of the skate blade on either side of the grooved center. There is an inside edge — the edge on the inner side of the leg — and an outside edge — that on the outer side of the leg. There is a forward and backward for each edge, equaling a total of four different edges.

Did you know...

- * The first ice skates were developed by the Dutch in 13th Century, and originally had poles like skiers to move over the ice! Skate design is mostly still the same as it was all those years ago, but blade design has changed so we don't need poles!
- * The ice here at Bird Arena is only one and a half inches thick! Underneath that is a painted cement floor, full of cooling tubes.

From the directors:

Welcome to Bird Arena!

Thank you for joining us for another great skating season! If you are new to our program we extend you a warm welcome and hope that you will enjoy your time with us this year. A few exciting things have happened since the last time we saw each other.

First, Kim Brack has retired from her position as a Learn to Skate Director. Do not worry though, Kim will still be coaching group and private lessons. Your new Learn to Skate Director will be Caitlin Richardson. Caitlin has been on our staff for the past two years, and she is eager to dive into her new position here at Bird. Please take some time to introduce yourself!

Another exciting development that occurred over the summer was the purchase and installation of a training harness. The training harness hangs at the Olympia end of the rink, and will be used during private lessons to assist skaters learning new jumps. The harness is designed to help develop the skaters skills, and of course keep them safe. You will

Be able to see the harness in action during freestyle ice times.

Our 4th Annual winter ice show will be held Sunday, December 13th. This show will feature all of your Athens FSC skaters performing to all of your favorite holiday tunes. Make sure you come by to celebrate the season with us!

Our Annual Skating Invitational will take place in February. This is a skating competition that your skater can sign up for. Skaters will come from miles around to compete and showcase their skating skills during this competition. Also, in January we will host a National Skating Month event. A great open house, free to any who wishes to come. Bring your friends to this event and show them why we love skating so much!

Finally our Annual Ice Show will be Saturday, April 17th. This is the event everyone waits for all year! It is sure not to disappoint this year. Shhhh! We can't give away the theme yet! Welcome back and enjoy the season!

Leah Hartzell & Caitlin Richardson
Learn to Skate Directors

WHAT IS U.S. Figure Skating?

U.S. Figure Skating, or USFS, is the national governing body for figure skating in the United States, and is a member of the International Skating Union (ISU), and the U.S. Olympic Committee (USOC). It is one of the fastest growing governing bodies of the USOC. It is responsible for making and enforcing the rules of the sport, holding competitions, and test sessions.

The national office is located in Colorado Springs, Colorado along with the World Figure Skating Museum and Hall of Fame.

There are currently more than 173,000 registered members of U.S. Figure Skating.

USFS Membership	
Breakdown for 2008-2009	
•	763 Clubs (like AFSC)
•	871 basic skills programs
•	522 Synchronized Skating teams
•	178,500 members
•	132,000 Basic Skills Members

Tips on being a good U.S. Figure Skating Parent

U Use a positive approach. Try to walk the fine line of providing a push but not pushing your child too much.

S Support. Athletes need many different types of support—emotional, financial, and transportation.

F Figure out Figure Skating. Learn the sport so you can talk the language to your skater.

S Smile. This is supposed to be fun—remember? And you want your child to have fun, too.

P Provide unconditional love. Demonstrate that you love your child regardless of their achievements

A Act as a role model. Children learn through observation— be a good role model for your child. Act with self-control and dignity in a sporting environment.

R Remember winning is not as important as learning, improving and having fun. Keep winning in perspective.

E Encourage. Let your child know you are always proud of them.

N Notice all improvements. Tell your child when you notice improvements in their skating.

T Talk with your child. Ask them how they feel about skating and what they are learning in practice. Understand their motives for participating and support them.

FAQ's: What should My Child Wear to Skating?

- Mittens or gloves
- A long sleeved shirt or sweatshirt, or coat that is easy to move in
- A snow hat to keep heads warm, and for lower levels a bike helmet to keep safe.
- When fitting skates make sure that your toes can wiggle but your heel does not slide up and down or around once your foot is properly laced in the skate.
- Pants that are easy to move in yet warm.



The Winter Olympics will be held February 2010 in Vancouver, Canada. Make sure you watch your favorite skaters this year on their road to the Olympic Gold.



OLYMPIC HOPEFUL SPOTLIGHT

Name: Yu Na Kim

Birthplace: Gunpo, Korea

Coach: 1984 and 1988 Olympic Silver Medalist, Brian Orser

19 year old Yu Na Kim is the first Korean figure skater to win an ISU Championship (2006 ISU Junior Championships), and win a World title which she did at the 2009 World Championship. She is also the first woman to crack the 200 point mark under the IJS judging system. She is currently training in Canada with her coach Brian Orser, looking for a chance to compete in the 2010 Olympics.

What's Going on At Bird?

September 18 & 19: Ohio Hockey kicks off their season with two games vs. Mercyhurst. Puck drops at 7:30pm!

September 25 & 26: Ohio Hockey takes on Youngstown State.

October 1: Rec Skates begin! Bring your rec skate card from LTS and get some extra skating time in! Rec Skates are Tues. & Thurs. 7:30-10:00pm, Sat. 1-3pm, and Sun. 1-3pm & 3:30-5:30pm

October 24: October is National Breast Cancer Awareness Month. OU Synchronized Skating is hosting a special rec skate from 1-3pm. Come and skate for a small donation, all proceeds will go to Breast Cancer Research. Come help OUSST raise money for Breast Cancer!

October 31: LTS FALL PARTY & BRING A FRIEND DAY! Bring a friend and dress up in your spookiest costume for this fun day of learn to skate, to celebrate the fall!