



Ice Palace FSC

July 2010

Upcoming Events

- Jul 5-Aug 13
Summer School
- Jul 12-14
Shawn Sawyer Seminar
- Fri Jul 23
Pizza Party
- Wed Jul 28
Simulations – Int, Sr, Comp
- Thur Jul 29
Low Test Day
- Aug 6-8
Wild Rose Competition - Leduc
- Thur Aug 12
High Test Day
- Aug 16-17
Competition Prep Ice
- Aug 19-22
BC Summer Skate – Burnaby
- Wed Sep 1
2010-11 Skating School begins

Upcoming Bingos

- Jul 10 (Ice Palace)
- Aug 3 (Ice Palace)
- Aug 28 (Ice Palace)
- Sep 22 (Ice Palace)
- Oct 17 (Ice Palace)
- Nov 11 (Ice Palace)
- Dec 5 (Ice Palace)

Visit the website for a complete list of events for 2010

2010 Summer Camp

Seminar with Shawn Sawyer – Olympic Team Member

July 12-14

Pizza Party

Friday, July 23
2:00-4:00pm

Competition Simulations – Int, Sr, Comp

Wednesday, July 28
8:45am-3:00pm

***National level judges / Technical Specialists will monitor performances and give feedback*

Wacky Wednesdays

July 7 Beach Day

July 14 Wacky Hair Day

July 21 Pajama Day

July 30* Clash Day → *moved to Friday due to Simulations on Wednesday*

August 4 Olympic Games Day

August 11 TBA (skater's choice)

***Prizes will be awarded for creativity; skaters must be able to train in their costumes*

Guidelines & Policies

- Payment for coaching is due within 7 days of billing date
- A minimum of 24 hours notice must be given if you cannot attend a scheduled lesson (to avoid cancellation fee)
- Parents should not talk to the skaters on the ice
- Skaters are expected to be on time for all training sessions and train throughout the entire session
- Parents should read and abide by Skate Canada's "Parent Code of Conduct" posted on our website

If you have received a scholarship from the Alberta Figure Skating Foundation, please send a copy of your Alberta Foundation letter to the office.

The Importance of “The Total Package”

by Cynthia Ullmark, World and Olympic Coach

What do we mean when we use this expression? You may have heard a television commentator mention a figure skater having “the total package” and not fully understood what was meant. The sport of figure skating is extremely complicated and entails much more than simply jumping the highest or moving the fastest. The technique of our jumps, the way we move across the ice, how we interpret our music, what we wear and even how our hair is done, contribute to the overall impression we give. These things combine to form the “package” we present to the judges and the public.

Never has it been more important to present the total package. With the new marking system, skaters are being given credit for all aspects of their skating. Jumps are no longer supreme. Although one must be a capable jumper, the jumps alone do not determine the result. Canada’s Patrick Chan is a perfect example. His skating embodies everything we love about this amazingly difficult sport. As David Pelletier has said, “It’s like doing a 1500 meter hurdle event with a smile on your face.” All our current Canadian champions are doing well on the international scene because they have paid attention to every detail in their training and are wonderful role models for young skater in every discipline.

What are some of the necessary ingredients in creating “The Total Package”? Of course, the segments being officially judged (Technical Skills, Skating Skills, Transitions, Choreography, Performance/Execution, Interpretation) are important. However, it doesn’t end there. The overall look of the skater can make a significant difference to how he or she is perceived by the judges and audience. Not everyone is an expert in figure skating, but most people will agree that appearance means a lot in this sport.

COSTUMES can either add to or subtract from the performance. A skater should always wear an outfit that is suited to his or her body type. For girls, placement and design of the skirt is very important in achieving the best results. Sometimes, we get carried away with the theme of the music and overlook the individual performing the piece. Color, neckline, trim and the basic fit of the dress should all be planned carefully in order to make each skater look their best.

TIGHTS are always an issue with girls, as well. Whether to wear tights that cover the skates or not, is a personal decision. As long as the tights match the skin tone and do not have runs or holes, they will look fine. However, wearing tights half covering the skates presents an untidy appearance and does not look good in TV close ups. When wearing tights inside the skates, it is absolutely necessary to have **clean skates** and new looking laces, which are tucked in, giving a truly clean and finished look.

HAIR should be tidy and kept off the eyes. Although many skaters wear their hair in balletic buns, a short, perky hair cut can be very refreshing. Ponytails, French braids, etc. are also popular ways to keep the hair off the face. Again, it is an individual choice and an important part of “the total package”. Teenagers often want hairstyles that are not suitable for skating. The layered look is an example of a cut that is difficult to manage on the ice because there are so many different lengths. However, as long as the shortest parts can be pulled back into some sort of ponytail it will usually work. Almost every girl in the singles event at the recent Four Continents Championships in Vancouver had hair long enough to wear up.

Looking the part is very important in our sport. This does not only apply to the competition but also refers to the practice sessions. Often there are judges, journalists, TV cameras and members of the public at official practices. You should **dress well** and **behave well**. It is not necessary to wear fancy outfits, but one must look tidy. Most ladies these days wear black tights or leggings with camisoles or body suits, depending on the temperature of the arena. Fitted jackets work best for warm up. Matching or beige gloves should be worn instead of mitts. Baggy t-shirts are not acceptable. **Attitude** is also very important in achieving “the total package”. Facial expressions and body language must be kept positive. **Smile**: learn to laugh at your mistakes. This shows confidence and helps you to stay relaxed. It also endears you to the public. After all, nobody’s perfect.



“Commitment leads to action. Action brings your dream closer”
- Marcia Wieder -

