

NEW ZEALAND ICE FIGURE SKATING ASSOCIATION AUGUST 2017 NEWSLETTER

RESULTS FROM INTERNATIONAL COMPETITIONS

Asian Trophy, Hong Kong, 2-5 August

We recently had a team of 6 skaters return from the Asian Trophy. They were accompanied by Jeanne Begej as Team Leader, Tracy Danbrook as Assistant Team Leader, and coaches Bess Cao and Slava Kuznetsov. This competition attracts a huge range of skating abilities and is a great opportunity for our skaters to compete with some very strong skaters as well as some less experienced skaters.

Basic Novice A Ladies	Emmanuel Tsang	Overall 12 th /19		
Advanced Novice Ladies	Pei-Lin Lee	Overall 19 th /20		
Junior Ladies	Nicola Korck	SP 14 th	FS 12 th	Overall 13 th /18
	Zara Anthony-Whigham	SP 17 th	FS 17 th	Overall 17 th /18
Junior Men	Harrison Bain	SP 5 th	FS 6 th	Overall 5 th /12
	Brian Lee	SP 8 th	FS 8 th	Overall 8 th /12

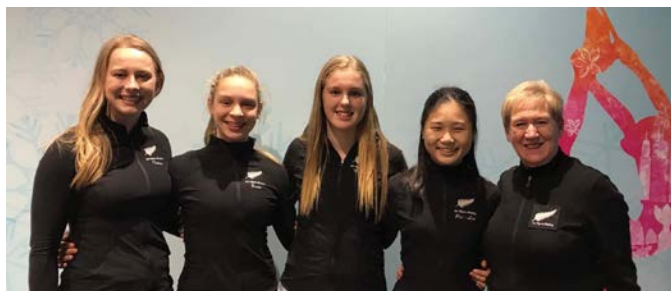
You'll find a link to the full results from Asian Trophy on the NZIFSA website competitions page



Jeanne, Bess, Harrison, Nicola, Emmanuel, Zara and Tracy about to leave Auckland



Brian & Slava



Tracy, Zara, Nicola, Pei-Lin & Jeanne

The following is from a report by Nicola Korck on her experience at Asian Trophy.

I would like to take this opportunity to say Thank you to Jeanne and Tracey for been such an awesome Team leader and Team Leader assistant and to the rest of the team for making me feel so welcome and at home. I was a bit nervous not having my mom or coach there and it being my first international

competition but it was great travelling with everyone. We tasted new food (even though Tracey and I couldn't stomach some of it). The hotel was well organised and the food at hotel was good too.

I had a late night practice with Tracey giving me some confidence to step on the ice - some of the girls were doing up to 6 triples in their programs and this really inspired me to want to be able to land triples. So my new goal is harness work and triples and I was very motivated after this practice. The first skate was okay not perfect but my free skate I was really happy with doing all my jumps and having fun out there. I love competing and even though I am not the best I love the whole vibe at the comp and the crowds encouraged me on. I hope every New Zealand skater young or old does at least one international competition for the experience it's so worth it!!

I am happy and grateful to skate for New Zealand and want to make New Zealand proud one day

Adult ISU competition in Vancouver, Canada 21-26 August.

Bronze III Freeskate Jeanette King Overall 4th/11
Sandra Williamson-Leadley was there as a judge.

Junior Grand Prix Brisbane, Australia 23-26 August

Junior Ladies Nicola Korck SP 19th FS 20th Overall 20th/24
Junior Men Harrison Bain SP 12th FS 12th Overall 12th/15



The Team Leader for this event was Caitlyn Paul and Sue Petricevic was there as a judge.

UPCOMING INTERNATIONAL COMPETITIONS

Junior Grand Prix Egna (Bolzano), Italy 11-14 October

Junior Ladies Nicola Korck
Junior Men Brian Lee

The Team Leader for this event is Heather McDonald and Sandra Williamson-Leadley will be attending as a judge.

We wish these skaters all the very best for these competitions. The Junior Grand Prix Events will be live streamed <https://www.youtube.com/user/ISUJGP2011>

RECENT DEVELOPMENT CAMP

NZIFSA Synchronized Skating Development Camp, Auckland, 17-18 June

The synchronised skating development camp was held at Botany rink 17-18 June. We were very fortunate to have Natalie Williamson from Australia as a moderator for this camp and three demonstrators from Nova, including our own Sabrina Snoad. The camp was attended by 41 skaters and 4 coaches and was a great opportunity to work on some skills and elements together.



SELECTIONS TO THE DEVELOPMENT SQUAD FOLLOWING SOUTH ISLAND CHAMPS

Skaters can be selected to the NZIFSA Development Squad at South Islands, North Islands or our National Championships. South Island Champs were held 11-13 August in Christchurch and the following skaters made the Selection TES for the 2017-18 Development Squad.

Pre Elementary Ladies	Gemma Pickering
Elementary Ladies	Jazmyn Evangelou
Juvenile Ladies	Brooke Cathro Misaki Joe
Basic Novice A Ladies	Rebekah Sime Ally Landon-Lane Lucie Holtz
Basic Novice B Ladies	Grace Greenstreet Rivers Richens
Basic Novice B Men	Star Richens
Junior Ladies	Asia Tapealava Pei-Lin Lee
Junior Men	Brian Lee

The North Island Championships are to be held 2nd and 3rd September and we will include the Development Squad selections from that competition in the September newsletter.

WINNERS OF THE SOUTH ISLAND ICE SKATING SUB-ASSOCIATION INTERCLUB COMPETITION

Each year at the South Island Championships the member clubs compete for the DB Trophy, which is the cup for the club that earns the highest number of points at the championships. This year Dunedin Ice Skating Club won the cup again, with 51.5 points, just edging out Centaurus Ice Skating Club who had 50.5 points. Well done DISC skaters (a number of whom are pictured below with the cup).



NEW ARRIVALS

Congratulations to our Marketing and Promotions Officer, Aleisha McCall, and her husband Steve on the arrival of Milly McCall on 1 July 2017.



COACHING COURSES

Intro to Coaching Course

The Intro to Coaching / KiwiSkate coaching course that was planned for Saturday 22nd and Sunday 23rd July in Dunedin had to be postponed due to weather forcing the cancellation of all flights in and out of Dunedin and State Highway 1 being closed due to flooding, preventing the moderator, Caitlyn Paul, and some of the participants being able to get there. There were 25 coaches registered to attend this course. Caitlyn is trying to sort an alternative time to run this course, but is now looking at September for this.

Level 1 Coaching Course

We are still planning to run a Level 1 Coaching Course this year, and ideally this will be held in Auckland, but this will now need to be towards the end of the year. We will provide you with more information as soon as we can get the dates and venue confirmed.

PHOTOS OF OUR COACHING DIRECTORS' MAY WEDDING

As reported in our May newsletter our Coaching Director, Caitlyn Paul, was getting married on 20 May. Somewhat belatedly, please find some pictures from her beautiful wedding in Wanaka to Nick Stefanissin.



REPORT FROM COLORADO SPRINGS SUMMER TRAINING CAMP

The following are extracts of reports from Mirika Armstrong and Brooke Tamepo who have just recently returned from an amazing 3.5 weeks at a summer training camp at the Broadmoor World Arena, the US Olympic Training Centre, in Colorado Springs.

From Mirika

I left New Zealand the night before my birthday on Tuesday the 27th June at 9:50pm and I arrived in Colorado Springs at 9:00pm Tuesday the 27th of June. I had two birthdays one in the air and then once again the next day on 28th June.

We arrived to Summer time in Colorado Springs with temperatures between 30-33 degrees Celsius. It is the site of the US Olympic Training Centre located at a high altitude of 6,035 feet (1,839 m) the city stands over 1 mile (1.6 km) above sea level, the climate is very dry here so we had to drink heaps of water. Because at high altitude athletes produce more red blood cells which improves your endurance and overall fitness.

We had 3 ½ weeks training at the Broadmoor World Skating Arena. Training here was fun and a good experience, made new friends with skaters from Canada and the U.S. The level of skating was very good. It was pretty cool warming up before my sessions and seeing quads from Max Aaron and Vincent Zhou and Mariah landing triple Axel.



Each day I got up between 5:00am and 5:50am and trained for 2 to 3 hours in the morning and again in the afternoon. We had 3 to 4 on-ice training sessions per day. Each on ice session is for 45 minutes, and lessons were 20 minutes long.

I also had an on-ice class each day for either Jumps, spins, skating skills, program components, power skating. Off-ice classes with ballet and for training jumps and spins plus choreography.

Our team of coaches have either been or have trained Olympic athletes, Christy Krall was our head coach, Janet Champion spin specialist, Paul Wylie (silver medalist from the 1992 winter Olympics) was a guest coach for a 1 ½ week. Erik Schulz for pole harness, he skated beside me to give me more air time to enable me to land the new jumps I'm working on. Katherine Hill choreographer (Choreographer for Jason Brown). There were many high-level figure skaters, including the 2017 Junior World Champion, Vincent Zhou. There is a long history of world and Olympic champions that have trained at the Broadmoor.

From Brooke

From Monday to Saturday my whole day was focused on skating. Starting as early as 5:55am and ending as late as 6:30pm my average day consisted of around 4 on ice sessions and an off-ice session (ranging from ballet, jump and spin class, stretch class, to Tai Chi). When I wasn't on the ice or in the ballet room we would watch the international sessions and get a sneak peek at what they have in store for the Olympic season.

While on the ice I was fortunate to get many private lessons with Christy Krall, Damon Allen, Erik Schultz (pictured), and Paul Wylie. The tools in the facility were exceptional. The various coaches worked with me on my jumps using Dart Fish Technology, the pole harness, an off ice harness specific for rotations, and endless amounts of "toys" used to get my body to understand the precise technique. I also worked with Janet Champion specifically on my spins and she shared her various technical advice on how to reach dynamic positions, increase speed, and increase the level of difficulty.



All the off-ice classes were run by instructors who were experts in their field. What I found extremely helpful was that everything we did, and the way the instructor explained things, related directly back to the work that we do on the ice. One group class I did do on the ice was the power class. This was a 30 minute session run by Tom Z (and other coaches from his team) and was planned out to increase the skaters' endurance and stamina in their programs.

There were triples and quads galore and all the skaters had great speed, posture, and presentation across the ice. There was very little chatter and nobody was ever stationary as everyone had the same mind-set, and that was "I am here to train". I was fortunate enough to have some sessions where I was sharing the ice with some great athletes such as Mirai Nagasu, Max Aaron, and Vincent Zhao and even crossed paths a few times with the very famous Christopher Dean who was working with some ice dancers at the time.

If I ever get the opportunity to do something like this again, I will be back there in a heartbeat. There is never ending amounts of knowledge to soak up in this incredible place and it truly was an experience that I will never forget.

MESSAGES FROM NZIFSA SKATER DEVELOPMENT DIRECTOR:

Tests

After NZ Nationals, a number of skaters will be working towards testing to move up to the next grade for 2018. This is when tests should happen for moving grades. However, please make sure that the tests are ready and that you have read the rules so that you know what requirements are needed for your programme, pattern dance or stroking test. Skaters – this is your responsibility, not just your coach's responsibility. If you have questions, please ask. Just a reminder that it is recommended that judges not judge a test that they have given feedback on within two weeks prior to the test. So skaters and coaches – plan your countdown to tests accordingly.

Competition Experience

We are well and truly into the 2017 competitive season with NZ Nationals only about 7 weeks away. Congratulations to those skaters who have already qualified for Nationals and the Skater Development Squad. The last opportunity to qualify for the 2017 NZ Nationals is the North Island Championships on the first weekend of September. Qualifying for the Skater Development Squad can occur at the North Island or NZ National Championships.

As there is quite a gap this year between the Club/Sub-Association Championships and NZ Nationals, some clubs are organising sessions for skaters who have qualified for Nationals to do a program run-through or a competition simulation. This is a great idea and one I would encourage all clubs to provide for their skaters, if possible. Some are also asking judges to come and give feedback to the skaters at these sessions. The judges will not assign GOEs or Component Marks (you already have your protocols/marks from the competitions you have entered this year) but will give comments on what is going well and where you can make improvements over the next few weeks. The more time a skater has to work on improving elements or the overall programme, the better it is for them. **Remember, the comments are only on what the judges see for that performance** and, as we all know, a performance can change considerably from one competition to the next. For those of you who haven't qualified this year – set your goals and look to the championships in 2018!

I wish you all the best for your training and look forward to your performances at NZ Nationals!

FORUMS AT NATIONALS

Our National Championships are one of the few times each year when we get skaters, their parents, coaches and officials together from all round the country, and so it's a great opportunity for us to get feedback from you on a wide range of topics and to run some information sessions for skaters. We are planning to hold the following forums this year:

- NZIFSA Rules and Regulations Review
- Anti-Doping Seminar
- NZIFSA Representative Tracksuit Review
- Skater Development: What this could look like
- Talking to the Media
- NZIFSA Priorities for the Future

We will have more information about these forums closer to the time.

NOMINATIONS FOR ADMINISTRATOR OF THE YEAR AND SPORTSPERSON OF THE YEAR AWARDS ARE DUE BY 1 SEPTEMBER

We'd like to encourage you to nominate those outstanding administrators and the skaters who display the attributes of a great sportsperson for the NZIFSA Administrator of the Year Award and the Sportsperson of the Year Award respectively.

Nominations must be received by the General Secretary secretary@nzifsa.org.nz by **1 September**. The Board will be the selectors for this award and will announce the recipients at social function at the end of the 2017 NZ National Championships.

Criteria for the Administrator of the Year Award

- Take on a leadership or integral role in their club / sub-association
- Take on administrative/organisational roles and perform their duties in a manner that progresses the sport or enhances the functioning of the club / sub-association.
- Positive role model for other administrators of our sport
- Possibly work in a mentoring role within the club / sub-association

Criteria for Nomination for Sportsperson of the Year Award

- Positive role model for other skaters
- Demonstrate a 'fair play' attitude/good sportpersonship
- Positive and tangible contribution to their club and the sport in general
- Active role in the activities offered by the club and/or skate school, e.g. club nights, fundraising, KiwiSkate coaching sessions, etc.

NOTE: While skating achievement is considered, it is not the basis of this award

NZIFSA BOARD MEETING

The next meeting of the NZIFSA Board is on Tuesday 12 September. If you have any correspondence that you would like the Board to consider, please send it to the General Secretary (secretary@nzifsa.org.nz) by Tuesday 5 September at the latest. Any correspondence received after that date will be tabled at the August meeting.

All the best in skating,
Anita Tamepo and Jeanette King
NZIFSA President and CEO