



July 2003  
Volume 1, Issue 2

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Centennial Skating Club  
PO Box 62991  
Colorado Springs, CO 80962-2991

# The Scribe

## Thoughts from the President

*Lisa Landon*

Welcome to a new club year and a new skating season! The Board of Directors is looking forward to another spectacular year of fun, excitement, and SKATING.

The Board of Directors is listed on the back of this newsletter so if you ever have questions, concerns, or just general feedback, please feel free to contact any of us. We want to hear from you! After all, we are here representing you!

The look of the newsletter is changing just a little bit. We are going to have more black and white rather than color – the color is just too expensive to do a lot of printing. I guess that just means that we will need to keep your interest via the articles instead of the pictures! Please let us know what you think of our newsletter. As editor, I really would like feedback on whether the articles provide good information for you or not and what other things you would like to see in the club newsletter!

Well, it's already July and we have the Colorado Springs Invitational coming up in September. We really need to have all members participate in this important event as the funds generated from this competition provide grant monies for our skaters! This is a great event and we have been getting many complements over the last couple of years that it is improving and getting better! This year, we hope that our number of skaters will increase due to Southwestern Regionals being held at the Broadmoor just 4 weeks after our competition! Let's make this a great event! The CSI chairs are looking for assistance and will be contacting you to volunteer both before and during the competition. The biggest committee, and the most important, is Hospitality and Molly Voss and Nila Hernandez are looking for help in getting food donations from local stores and restaurants as well as good ol' home cookin'! Please get in contact with them if you can help out here! A full list of the committee chairs will be listed later in the newsletter.

Well, that's it for this month! Until next time!

**"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."**

*-- Lou Holtz, Legendary Football Coach*

## UPCOMING EVENTS

July 8 – Board Meeting  
6:30 pm Sertich

July 11 – CSI Meeting  
6:30 pm Lisa's House

July 12 – Skate Night  
5:15 pm Potluck  
6:15 pm Skate

July 16-20 – Vail  
Dobson Arena

July 27 – Test Session  
7:00 am Sertich

Aug 5-10 – Colorado  
Championships  
Apex

Aug 16 – Skate Night  
5:15 pm Potluck  
6:15 pm Skate

Aug 19 – Board Meeting  
6:30 pm Sertich

Aug 24 Test Session  
7:00 am Sertich

Sept 9 – Board Meeting  
6:30 pm Sertich

Sept 17/18 Test Session  
TBD

Sept 17-21 CSI  
Sertich

Oct 3-5 – Autumn Classic  
South Suburban

Oct 14 – Board Meeting  
6:30 pm Sertich

## Ways to Save Money Skating—Costumes

*Molly Voss*

One of the really fun parts of skating can be the dress or costume you get to wear for competing, recitals or shows. Depending on where you shop, a heavily embellished dress can run several hundred dollars. There are several ways to cut your costs here.

- Shop at our club skate swaps as well as other skate swaps at competitions and ones you find posted on rink bulletin boards. The outfits you find may need a little adjusting, but the savings can be huge. Never buy something that is too tight—you can always take it in, it's nearly impossible to let it out!
- Buy a basic dress or costume then embellish yourself. Sequins and bugle beads are the least expensive form of dressing up a costume. Sew-on or glue on rhinestones are beautiful but can add up quickly at \$10 - \$14 per 144 stones. Lace and other decorative trims are also easy to add on. I have also reused expensive crystal rhinestones (the sew-on kind).
- If you are a seamstress or use a custom seamstress, you can save money by stocking up on fabric when it is on sale. Always look for Lycra to be on sale towards the end of summer. Stretch velvets and heavier stretch knits typically are on sale in the spring. Get on fabric store mailing list so you are aware of sales and receive their coupons. Make sure you buy enough plus a little extra to allow for mistakes and repairs.
- For character costumes (artistic program) try shopping at the Goodwill, Salvation Army, even garage sales! Thanks to Goodwill, I was able to put together my artistic costume for under \$30.00. Halloween sales are a great time to pick up parts and pieces of your artistic skate wear.

Keep in mind your program music when selecting your outfit. Judges like to see skaters who are put together. It is also good to stand out—you want to be remembered. So use color to your advantage and don't forget to smile!

I would like to teach an embellishment workshop to club members that are interested. Please contact me so I can arrange one. 719-481-9550

## Outfitting Your Skater

*The Skating Parents Survival Guide – USFSA*

Remember that most ice rinks are cold. Prepare your child with the following tips in mind

- Dress in layers of clothing
- Clothes should not restrict movement
- Gloves or mittens should always be worn (have a spare pair)
- Helmets are strongly recommended for children under 6
- Thin socks should be worn

Skates need to fit properly and firmly around the ankles to provide good support. This support helps to keep the ankles upright, but allows the toes to wiggle a bit. When you are ready to purchase a pair of skates, be sure to go to a reputable dealer. If a skate hurts, it doesn't fit properly.

### Lacing Tips

- Tap your heel back into the boot
- Pull the tongue completely up and then tuck it in
- Pull the laces tightly – one pair at a time
- Laces should be snug through the ankle area and bottom two sets of hooks
- Allow for some ankle flexibility

## CSI Committee Chairs

Competition Chair –	Lisa Landon – 282-0799
Accounting/Runners –	Michele Koleto – 531-7699
Advertising –	TBD
Announcers –	Heidi Koleto – 531-7699
Awards –	Justin Koleto – 531-7699
Competitor Lodging –	Lisa Landon – 282-0799
Goody Bag –	Michele Koleto – 531-7699
Hospitality –	Molly Voss – 481-9550 Nila Hernandez – 488-2873
Judges Coordinator –	Lisa Landon – 282-0799
Monitors –	Sandy Hernandez – 488-2873
Music –	Nancy Smith – 481-9037
Physical Plant –	TBD
Practice Ice –	Lisa Landon – 282-0799
Program –	Justin Koleto – 531-7699
Registrar –	Lisa Landon – 282-0799
Registration –	Penny Galvin – 330-0335 Pam Maguire – 282-0490
Vendors –	Camela Bevil – 391-0510
Ways and Means –	Michele Koleto – 531-7699

## Tracings of Skating History


Mary Pat Taylor

Pairs skating, such a dramatic and athletic aspect of competitive and show skating today, had a much more modest and decorous beginning. Early skating illustrations from the late 16th and early 17th century show men and women skating sedately beside each other hand in hand. Skating in those early years was one of the few sports that women could acceptably take part in most countries, as well as one of the few that men and women could participate in together. This made it something of a social occasion.

Competitive pairs skating however made a later debut than singles skating. The first exhibition of pairs skating was in 1888; over twenty years after Jackson Haines won the first national competition in singles in America. Pairs competitions didn't begin until 1891, and pairs had to wait another seventeen years before being included in World and Olympic competition in 1908.


The style of skating that we associate with pairs skating has changed dramatically since those early years. Those first pairs competitions showcased skaters doing singles moves in unison. Skaters did some moves hand in hand, but the dramatic and athletic lifts, twists, and throws were not a part of pairs yet. These types of moves didn't show up in pair programs until the 1950's. North American skaters played a big role in this change, as did Dafoe and Bowden of France who did the first twist lifts and throw jumps. As in singles skating, pairs has continued to be more athletic with side-by-side triple jumps now common in World-class pair programs.

The 1960's saw the beginning of the Russian dominance of pairs, and the influence of their ballet tradition. They remain among the top competitors in World competition today, along with other teams who continue to show us the possibilities artistically and athletically with two skaters on the ice.



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## Congratulations to all of our skaters who competed at the Broadmoor Open

Arielle Avant  
Lisa Hlavacek

Emma Bond  
Sydney Lauer

Mark Bonner  
Nicole Perkey

Hayley Finley  
Sarah Wagner

Amy Ward

### Skating Tips

*Sharon Lebron-Frank*

Here are some tips pertaining to proper care of skates and blades when a skater is finished skating for the day. Remember to wipe the blades and bottoms of the skates thoroughly to remove any excess water/moisture. Be sure to store them in "soakers" (terrycloth guards) to absorb any moisture left. It is also suggested that the boots be placed in terrycloth bags to once again absorb moisture and protect the boots from banging against one another in the skater's bag. Proper care will make skates last longer.

Centennial Board of Directors and  
Committee Chairs:

President	Lisa Landon
Vice President	Harriet Lewis
Secretary	Michele Koleto
Treasurer	Paul Hernandez
Membership	Laura Perkey
Test	Penny Galvin
Ways & Means	Michele Koleto
Publicity	Lisa Landon
Programs & Ice	Jennifer Hanson
Competition	Lisa Landon
Mile High FSA	Lisa Landon
	Penny Galvin
Board Member	Cheryl Ward
Board Member	Cassandra Hernandez
Board Member	Justin Koleto

Skates, Apparel and Accessories: New, Used,  
and Consignment

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