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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 fall and the beginning of the competitive season. We have a lot happening here in Colorado Springs this season. Our competition, the Colorado Springs Invitational, is coming up here September 17th through the 21st and I hope you all are considering volunteering at the event. In October, the Broadmoor Club is hosting the 2004 Southwestern Regional Championships. There will be a lot of great skating in town here and I hope you get a chance to get over to the World Arena to cheer on the Centennial skaters who will be competing as well as to see some of the top skaters in our region compete to move on to Sectionals or on to Junior Nationals!

Best of luck to all the competitors at CSI and at Regionals!

Included in this edition of the newsletter is an entire page devoted to our new grant program that starts this year. Please take some time to read it and if you have any questions, please don't hesitate to contact any of the Board Members for clarification. The board is excited to present this to you, as we have needed to revamp this process for a couple of years now. We have experienced tremendous growth in this club and we've been behind the curve on getting all of our processes changed. Now, this process has been updated and modified to better fit what the board feels is best suited toward the future of the club. We hope you will be excited about it as well!

Also included in this newsletter are the updated awards qualifications for next year's awards banquet.

You have a tremendous Board of Directors who are putting in a great deal of thought, time, and effort to make this club a great experience for all members and to really support and improve the sport of figure skating. They all deserve a great round of applause for what they've already accomplished in their first two months of the year! My hats off to Laura Perkey, Cheryl Ward, Penny Galvin, Michele Koletto, Justin Koletto, Paul Hernandez, Cassandra Hernandez, and Harriet Lewis!

Until next time!

"It is common sense to take a method and try it. If it fails, admit it frankly and try another. But above all, try something."

*-- Franklin D. Roosevelt (1882 - 1945), 32nd
President of the United States*

UPCOMING EVENTS

Sept 9 – Board Meeting
6:30 pm Sertich

Sept 17 - Test Session
12:00 pm Sertich

Sept 17-21 CSI
Sertich

Oct 3-5 – Autumn Classic
South Suburban

Oct 14 – Board Meeting
6:30 pm Sertich

Oct 18 – Skate Night
6:30 pm Sertich

Oct 21-25 – Southwestern
Regional Championships
Broadmoor SC
World Arena

Nov 11 – Board Meeting
6:30 pm Sertich

Nov 15 – Skate Night
6:30 pm Sertich

Nov 16 – Test Session
7:00 am Sertich

Nov 20-22 – Midwestern
Sectional Championships
Lone Star FSC
Dallas, Texas

Dec 2-6 – US Junior
National Championships
Coyotes SC
Scottsdale, Arizona

Dec 9 – Board Meeting
6:30 pm Sertich

Dec 20 – Skate Night –
possible Christmas
Recital
6:30 pm Sertich

Nutrition

Claire Avant

Smoothies - You can't mess them up. Just take your regular old blender - add raspberries, strawberries, blueberries, bananas -whatever you like (OR whatever is about to go bad in your fruit basket). Some frozen sherbet or frozen yogurt AND BLEND!!! They will come out different each time. If you want it iceier - add a few ice cubs. They are great before skating if you need energy but not a FULL STOMACH. Try them - You'll like them.

Guidelines for Supportive Parents

The Skating Parents Survival Guide – USFSA

- Supportive parents focus on mastering sport skills and strategies rather than competitive ranking
- Supportive parents decrease the pressure to win
- Supportive parents believe that sport's primary value is the opportunity for self-development
- Supportive parents understand that there are emotional and physical risks involved with sport
- Supportive parents communicate their true concerns directly with the coach
- Supportive parents understand and respect the differences between the parents' role and the coach's role
- Supportive parents control negative emotions and think positively
- Supportive parents avoid the use of fear
- Supportive parents avoid criticizing
- Supportive parents recognize and understand expressions of insecurity
- Supportive parents avoid the use of guilt
- Supportive parents show empathy for the young athlete

Congratulations to all of our skaters who competed at the 2003 Vail Invitational Figure Skating Championships

Arielle Avant	Erikka Balk	Maren Balk
Christie Bishop	Alexandra Cluxton	Whitney Deutsch
Breann Galvin	McKenzie Galvin	Hannah Gustafson
Annella Johnson	Sharon Lebron-Frank	Harriet Lewis
Katie Maguire	Heather Pickett	Ellen Sanders
Shawnee Smith	Lisa Tait	

Skating Tips

Sharon Lebron-Frank

If a skater is planning on testing, it is advisable to have a "critique" done by a judge about two weeks out. This gives the skater ample time to correct minor mistakes, helps settle nerves and answers questions the skater or coach may have.

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Centennial Skating Club Programs and Ice and Grant Support Award Program

The board of directors is pleased to announce that a revised **Programs and Ice with an emphasis in member Education and Grant Support Award Programs** have been approved for the 2003/2004 budget year.

Centennial's philosophy is a belief in the importance of providing **Education and Grant Support Awards Programs** to our skaters, coaches and judges. The goal of these programs is to encourage our skaters, coaches and judges to strive to do and be their best. This philosophy may bring new skaters, coaches, and judges who would like to join our club.

The **Grant Support Award Program** is provided to encourage, recognize and defray skating costs to all of our skaters, coaches and judges. To be eligible for a grant you must be a member in good standing and have been a member a minimum of one membership year of volunteer activity prior to a grant request. A Grant Form must be turned in by May to be eligible for a grant that will be awarded in June the end of the fiscal year. Each skater, coach or judge is allowed one grant request. Coach's grants will be a set amount determined by the monies available from the total grant money budget and based on the member being in good standing.

When our skaters or judges achieve higher levels in skating their costs increase as well and as a Club we want to provide a grant to help defray the skating or judging costs, the higher the level the skater or judge is the higher the grant. All grants will be awarded based on monies available from the total grant money budget and based on the member being in good standing. A member in good standing is one who completes the volunteer requirements.

The **Grant Support Award Programs** are provided to Centennial Skating Club members through the funds generated at our competition, Colorado Springs Invitational (CSI) held in September and Mile Hi events like Colorado Champs and Funtastics. The availability of these programs, along with others, will continue as long as the Club can financially provide for them.

Here is summary of what a Centennial member receives: Support through Education Classes; Monthly Skate Nights; Test Sessions with partially paid ice fees, Test Pins and Medals, Annual Awards "Recognition" Banquet; Special Awards; Christmas Recital ice fees scheduled for 2003, the Newsletter, Website, club pins and Sweatshirts and for those who qualify, Grant Support. That is why it is of utmost importance that all members do their part in volunteering their time to the club activities and especially at CSI.

It has been an issue in the past that the club can not achieve their volunteer goal at CSI and with that in mind it is now mandatory that members who request a grant must volunteer a minimum of eight (8) hours during CSI. Detailed information on the Grant Program is outlined in the Grant Support Award Program Criteria. We all must do our part to make our club the best club around.

Home Club Members Grant Support Awards Program Criteria

Retroactive to July 1, 2003 for Grants Due in June 2005

The following criteria must be met to be eligible for a Grant Support Awards Program.

1. Grants may be awarded based on a minimum 24 hours of volunteer service. There will be no partial grants.
2. Grants must be turned in by May and will be awarded in June, based on the monies available from the total grant money budget and board approval. (A Grant form is being developed)
3. To be eligible for a grant you must have 24 hours of volunteer service with a minimum of 8 hours from CSI per grant request and be a member in good standing. Members can have a family member(s) hours count towards their grant request (including the CSI requirement). To be a member in good standing the volunteer hours or coaching and judging requirements must have been completed the prior membership year, July 1st thru June 30th.
4. Grant monies awarded to skaters will be based on the highest level freeski passed. Grant monies awarded to judges will be based on the judge level.
5. One grant per eligible Home Club member. The grant request is available for a skater, coach or judge.

Below are the following areas that are available but not limited to. Some areas will have limits set on hours that maybe recorded:

1. CSI Support examples are Physical Plant and Awards. (coordinated with Phone Tree Chair and CSI Chairs)
2. Skate Swap Support (need to have a budget indicating number of people and hours required for each swap, example. 3 people for 8 hours.)
3. Test Session Support
4. Articles (1/2 hour per article)
5. Mile Hi Support--Colorado Champs or Funtastics, or other out of town events will count as time and a half.
6. Nominating Committee (5 hours maximum)
7. Sanctions Chair (5 hours maximum)
8. CSI Chairs (Lodging, Airfare, Judges Officials Dinner, Ways and Means, Announcers, Gift and Grab Bag, Vendors or Advertising (5 hours maximum on each)
9. Semi and Annual Awards Banquet Chair and Support Volunteers (5 hours maximum)
10. CSI Chairs (Accounting, Registration, Music or Monitors (10 hours maximum)
11. Phone Tree Support (12 hours maximum)
12. Parent Liaison (12 hours maximum)
13. Historian (12 hours maximum)
14. Recital Director (15 hours maximum)
15. CSI Practice Ice (15 hours maximum)
16. Publicity Chair (15 hours maximum)
17. Ways and Means Chair (15 hours maximum)

Coaches/Judges

1. Coaches must have conducted 4 classes in the prior membership year; a minimum of 30 minutes each, to the Home Club Members. This is coordinated with the Programs and Ice Chair. Or fulfill the minimum 24 hours of volunteer service in the prior membership year; 8 hours need to be from CSI.
2. Judges must have conducted 6 of the following or a combination of the following in the prior membership year: Test Session for Centennial Skating Club coordinated with Centennial Test Chair; or Critique(s) for a Home Club Member; or a Class, a minimum of 30 minute. These are coordinated through the Programs and Ice Chair. Or fulfill the minimum 24 hours of volunteer service in the prior membership year; 8 hours need to be from CSI.

The following Volunteer Activities automatically qualify for one Grant.

1. Board Members
2. Test Chair
3. Membership Chair
4. CSI Chairs (Competition Chair, and Hospitality)
5. Phone Tree Chair
6. Programs and Ice Chair
7. CSI Programs
8. CSI Data Entry



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Centennial Board of Directors and Committee Chairs:

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



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