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Centennial Skating Club
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The Scribe

Thoughts from the President

Lisa Landon

Congratulations to all of the skaters who represented our club well at our competition – Colorado Springs Invitational – and at the Southwestern Regional Championships. It is great to see more of our members competing in both of these events!

A BIG THANK YOU! to all the volunteers who helped to make our competition extremely successful this year! We had almost 400 skaters attend the event this year, which is up almost 100 people from last year! Thank you to all my committee chairs for your long hours and dedication that made this a great event! Molly and Nila, special thanks to you for all of the great food and for saving money on fuses by getting generators donated to supply the necessary power! You all get the Tim Allen award for “MORE POWER”!. For members who want to get more involved in this event, we will be looking for our committee chairs in January, so be thinking about it!

Well, we are moving into the holiday season and I would like to let you all know about some of our upcoming events. In November, during our skate night, we will be holding our General Membership meeting. Parents, please plan to attend this meeting so that your skater is represented and has input into where the club is going in the future. We will have all the Board Members available to answer any questions you might have regarding club events, policies, and procedures.

In December, we will be holding our first Holiday Exhibition. Harriet Lewis is chairing this event and we will have the ice from 6:00 pm to 9:00 pm in lieu of our December skate night on December 20th. Please contact Harriet at hnlewis@adelphia.net or 648-8300 if you are interested in helping out with the event or if you are interested in performing in the exhibition.

Good luck to our skaters going to Sectional competitions and to our skaters competing in local non-qualifying competitions.

Until next time!

“Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal -- a commitment to excellence -- that will enable you to attain the success you seek.”

-- Mario Andretti, Champion Auto Racer

UPCOMING EVENTS

Nov 11 – Board Meeting
6:30 pm Sertich

Nov 15 – Skate Night /
General Membership
Meeting
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 Holiday
Exhibition
6:00 pm Sertich

January 3-11, 2004 – US
National Championships
Atlanta FSC
Atlanta, GA

January 13, 2004 – Board
Meeting
6:30 pm Sertich

January 17, 2004 – Skate
Night
6:15 pm Sertich

January 18, 2004 – Test
Session
7:00 am – Sertich

Why Kids Drop Out of Skating

The Skating Parents Survival Guide – USFSA

Studies show that these are the main reasons kids drop out of sports:

- Conflict of interest
- Lack of success
- Little skill improvement
- Lack of fun
- Injuries
- Overemphasis on winning
- Competitive stress
- Too much criticism from the coach

Coaches play a big role in many of these reasons, but you can positively affect your child's skating experience, and make dropping out less likely by

- Building your child's self esteem and
- Emphasizing skill development over winning

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

Nicole Perkey Timothy Koleto Lisa Landon
Brittany Sellers Jenny Greene

**Congratulations to Nicole Perkey for her participation in
the Vail Invitational Competition and our apologies for
missing her in our last newsletter!**

Congratulation to all of our skaters who competed at the 2004 Southwest Regional Championships


Erika Balk Maren Balk Christie Bishop
Mark Bonner Breann Galvin Heaven Johnson
Skylar Johnson Timothy Koleto Nicole Perkey
Shawnee Smith Amy Ward

New Additions:

Congratulations to the following members on the new additions to their families:


Karen Hajek (Sydney Lauer) - Mallory Rose - 8lbs 21.5 in - October 19 10:55 pm
Alyna Douglass - William Erik - 7lbs 5 oz 19 in - October 9 4:00 pm
Karen Kight - Sean Robert - 4lbs 14 oz 18.25 in - July 21 9:59 pm

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Once the marks are correctly entered, the computer program generates the final standings based on the ordinals (rankings) given by each judge. The final standings are then checked by the referee, who signs the sheet, as does the accountant. The marks are then posted.

Here is a sample standings sheet, which we will use to understand how the final placements are calculated by the computer:

Colorado Springs Invitational
Free Skating Group A

1. Joe Judge
2. Jean Judge
3. Jocelyn Judge
4. Jane Judge
5. Joyce Judge

	1-	-2-	-3-	-4-	-5-	Maj.
1. Sally Skater	1	2	1	1	1	4/1
2. Suzie Skater	2	1	4	2	2	4/2
3. Sarah Skater	3	3	2	4	5	3/3 TOM 8
4. Samantha Skater	5	4	3	3	3	3/3 TOM 9
5. Squeaky Skater	4	5	5	5	4	5/5

Ask a Judge

Terri Parnau

Q. What happens "behind the scenes" at a competition? What is an ordinal? How are the marks tallied to determine skater placements?

If you have been involved in a skating competition as a skater, coach, or parent it is likely that you have seen the "Final Standings" sheet. Perhaps you have wondered what all those numbers mean, and how the accountants figure out the skaters' placements. If so, read on!

As most of you know, a panel consisting of an odd number of judges marks skaters in competition. For non-international competitions this would vary from 3 to 9, depending on the level of the event. For most events at CSI, we use 5 judges per panel. The judges take notes on a form, which has space to write jumps, combination jumps, spins, connecting moves, and general comments. There are different forms available for the judges to use based on the type of event (e.g., short program vs. freestyle) and the judge's preference. Most judges have their own shorthand, which allows them to take notes quickly and accurately while observing the skaters. For example, a judge might write **C7+trv/^S4** to note that the skater did a camel spin with 7 revolutions with an excellent position but which traveled then changed feet to do a back sit spin with 4 revolutions.

Each judge gives each skater two marks (sometimes just one mark for spin, artistic, and compulsory events). The first mark is for technical merit and the second mark is for artistry. Judges will add the two marks together for each skater to come up with a total. The skater with the highest total is the skater the judge places first in that event, with each skater being ranked sequentially. The judge will note the placement they give each skater on their personal worksheet, which contains notes about the performance. These placements are known as **ordinals**. The judges will also transfer their marks to a score sheet, which is turned in to the referee. The judges keep their personal worksheets and notes in case they need to refer to them later.

During the event the referee times each skater to ensure they do not go over the time limit, answers judges' questions regarding interpretation of the rules, and signals the announcer and music player. The referee also ensures that the ice surface is safe for the skaters and keeps the competition on schedule. Once the event is over, the referee collects the score sheets from all of the judges and checks to be sure they have given a set of marks for every skater and that their marks are legible. The referee also checks to see if any of the judges have inadvertently tied two skaters. Once the referee has checked the sheets, a runner takes the papers from the judges' stand to the accounting room.

The accountants enter the marks into a computer program. They are checked and double-checked by the accountants to ensure they have been entered correctly. Any marks that are difficult to read are sent back to the judges for clarification.

The sheet shows the 5 judges at the top, and the skaters and their placements below. The ordinal given by each judge to each skater is shown after the skater's name. For example, Sally Skater was given the ordinals 1,2,1,1,1, in that order, by judges 1 through 5.

Each placement is determined by a majority of ordinals. On a five-judge panel, a majority would consist of 3 or more judges. Sally has 4 first-place ordinals, which is greater than the 3 required for a majority. So, in the Maj. Column, we see the computer has given her 4/1. That puts her squarely in first place by a majority of the judges. We then look for the skater with a majority of second-place ordinals. Suzie has 3 second-place ordinals AND a first-place ordinal. Since first place has already been determined, the first-place ordinal counts toward Suzie's majority of second-place ordinals. The computer shows her with 4/2, or 4 second-place ordinals. Sarah has two third-place ordinals and a second-place ordinal, which gives a total of 3 third-place ordinals. Samantha also has 3 third-place ordinals. Both show a majority of 3/3, a tie. To break the tie, the computer sums the ordinals to obtain a "Total of Majority," or "TOM" for each skater. For Sarah, this is 3+3+2, or 8. For Samantha, this is 3+3+3, or 9. The skater with the lower TOM places higher in a tie situation, so Sarah is in third place and Samantha is in fourth. Squeaky has three fifth-place ordinals and two fourth-place ordinals, and since fourth place has already been determined, they all count as fifth-place ordinals. She has a majority of 5/5.

Nutrition

Claire Avant

Eating well can keep you healthy, and "the secret to making the most of the disease-fighting substances found in foods is to enjoy a varied diet," says Chris Rosenbloom, PhD., R.D., spokeswoman for the American Dietetic Association. Try to fit as many of these foods into your diet as you can: BROCCOLI, BROWN RICE, FAT FREE MILK, ONIONS, TOMATOES, TROPICAL FRUITS, TUNA, WHOLE WHEAT BREAD, YOGURT, AND EGGS. Eggs are a perfect source of protein, and according to the American Heart Association, even people with high cholesterol levels can enjoy up to four eggs a week. Eggs contain vitamin E, a powerful antioxidant, and some B vitamins.



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