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Centennial Skating Club
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The Scribe

Thoughts from the President

Lisa Landon

Well, these last two months have brought a great deal of happiness and a great deal of sorrow. I can't help but mention the terrible loss that our club and especially our club member, Dawn Frey, suffered on the night of December 17th when her husband and ice dance partner Frank died suddenly of a heart attack. I was extremely shocked by the news as I had just seen Frank that day when I had signed competition forms for them to compete in Pueblo and in Santa Fe in February. I laughed when I heard Frank and Sharon Lebron-Frank discussing whether Frank could catch Sharon in the points for Adult Competitor of the Year race.

Thank you all for the support that you have shown for Dawn and her family with the donations that were made at the Holiday Review and for all of the phone calls and offers of help for whatever Dawn needs. I was able to attend Frank's Memorial Service and was very honored to announce that there will be a memorial trophy in Frank's name for the Adult Silver Dance Champions at Adult Nationals and that we will hold in our CSI competition, the Frank Frey Memorial Rocker Foxtrot Solo Dance Event so that we may celebrate the life Frank shared with all of us and continue to remember him in our hearts every year.

The Holiday Review was a great deal of fun and I believe a success for our club. We had a good turn out and we hope that this will spark more interest for next year! A big "Thank You" to Harriet Lewis for organizing the event, Sharon Lebron-Frank for doing the script, and Patricia Taylor for printing up the program.

As we look to start 2004, the Board will be starting our budgeting process and looking at what to offer for next year. If you have any suggestions for what you might like to see, please contact a board member and give us your input! We are also starting to plan for the Colorado Springs Invitational, and this year, if approved, Centennial will be sponsoring the figure skating event at the Rocky Mountain State Games at the end of July. This will be a Basic Skills Only competition for this year to see how it goes as figure skating has not been a part of State Games for many years!

Until next time!

“Many of life's failures are people who did not realize how close they were to success when they gave up.”

-- Thomas A. Edison (1847-1931), American inventor who patented more than 1,000 inventions

UPCOMING EVENTS

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

January 11, 2004 –
National Skating Week
Clinic
10:00 am Sertich

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

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

January 25, 2004 – Test
Session
7:00 am – Sertich

February 12-15, 2004 –
Midwinter Invitational
Pueblo

February 17, 2004 –
Board Meeting
6:30 pm – Sertich

February 21, 2004 –
Skate Night
6:15 pm – Sertich

February 29, 2004 - Test
Session
7:00 am – Sertich

March 9, 2004 – Board
Meeting
6:30 pm – Sertich

March 12-14, 2004 –
Denver Invitational
South Suburban

Helping your Child Set Performance Goals

The Skating Parents Survival Guide – USFSA

Performance goals – which emphasize individual skill improvement – are much better than the outcome goal of winning, for two reasons:

1. Performance goals are in the athlete's control
2. Performance goals help the athlete improve

Have your skater set SMART goals:

S – Specific
M – Meaningful
A – Affirmed
R – Realistic
T – Task oriented

Your child's coach and you should help your young athlete set such goals, and help your child focus on performance goals before a competition. This focus will help skating be an enjoyable learning experience for your child. After a competition, ask *performance-related* questions:

- How did you feel about your program?
- Did you talk with your coach after you skated?
- Did you have fun?

Congratulations to all of our skaters who competed at the 2003 Intermountain Adult Open Figure Skating Competition in Utah

Dawn Frey Frank Frey Sharon Lebron-Frank

Congratulations to all of our skaters who competed at the 2003 Cheyenne Mountain Classic at the World Arena

Sydney Lauer Jenny Greene

Congratulations to all of our skaters who passed tests in November or December

Jenny Greene	Brittany Sellers	Emma Bond
Skylar Johnson	Hannah Gustafson	Stephanie Schuler
Lisa Landon	Shawnee Smith	Linda Famula
Leila Layne		

Tips and Tricks

Sharon Lebron-Frank

Chemistry is a big part of skating. How, you ask? The relationship between a coach and a skater is sacred. One must know what the other is thinking, feeling and saying at all times. It is important to pick a coach your skater will identify with. Chances are that if your skater isn't feeling the "chemistry", your coach isn't either.

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Ask a Judge

Terri Parnau

Q. What is a well-balanced program? What are the differences between deductions for free skating programs and those for short programs?

(Note that the following explanation is based on the current scoring system used in the United States for qualifying and non-qualifying competitions. This is different from the new ISU scoring system used for international competitions. I will discuss the ISU system in a future article.)

The well-balanced program requirements are a set of guidelines that judges use to evaluate free skating programs at all levels. They were designed to ensure that skaters present a well-rounded program which includes jumps, spins, footwork, moves in the field, and other connecting moves. (Note that these guidelines apply only to free skating programs, not short programs, which have their own guidelines and deductions.)

The well-balanced program requirements were also designed to ensure that skaters do not include too many combination jumps, or too many of the same jump, in their program. Before the guidelines were established, skaters would often put a double toe loop or double loop after every jump in their program in an attempt to add technical difficulty. The decision was made to limit combination jumps and jump sequences to three per program because judges also want to see that skaters are able to hold clean landings on jumps that are not done in combination. (The final landing of a jump combination or sequence often has less flow than the landing of a jump done all by itself since the skater slows down as jumps are added.)

The well-balanced program requirements for the “no-test” through senior levels, and also for adults, are listed in a table in the USFSA rulebook. This table can be found at SSR 4.04 – SSR 4.19 (starting on page 132 in the current year’s rulebook). All coaches and skaters

should be familiar with these rules since judges will take a 0.2 deduction for EACH extra or lacking element in the mark for technical merit. For example, if an intermediate-level skater does a total of four combination jumps and does not include a flying spin, the total deduction will be 0.4. Those deductions could make the difference of several placements in the overall outcome of the event.

Other deductions which may be taken in free skating programs (vs. short programs) include 0.1 in the first mark for spins with insufficient revolutions, 0.1 in the first mark for lack of connecting steps, 0.1 in BOTH marks for forbidden elements (such as lying on the ice), 0.1 in BOTH marks for a program that is too long or too short, 0.1 in the second mark for vocal music with lyrics, and 0.1 in the second mark for costume violations. You will notice that no deductions are taken in a free skating program for falling on a jump or two-footing a spin. These are considered quality errors in the free skating program and are reflected in the base marks the judges give to each skater. The base mark takes the entire program into consideration based on the difficulty of the elements included and how well they are executed, and any deductions are applied to that base mark.

However, in a short program all skaters perform the same elements. Since the judges are comparing “apples to apples” in the short program, meaning that the elements are more standardized, they apply a set of deductions to each element. For example, a fall on any jump is a 0.4 deduction, while a cheated jump receives a 0.2 - 0.3 deduction depending on the severity of the cheat. A stumble during a step sequence receives a 0.1 - 0.2 deduction depending on severity. All of these deductions are applied on top of a base mark, which is given to evaluate the skater’s overall skating quality. Since most of the short program deductions are given in the technical mark, you will often see a wide spread between the first and second mark in the short program scores. The entire list of short program deduction guidelines for singles is available in ISU Communication Number 1086. Deduction guidelines are also available for pairs and dance.

National Skating Week Clinic – January 11, 2004
10-11:15 am Sertich Ice Center – Free public from 11:30 – 1:00 pm

Please hang up the enclosed flyer at work or have your child take it to school to publicize our event!

Contact Lisa Landon at 659-0912 if you are interested in Volunteering!



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