



March 2004
Volume 2, Issue 5

Inside this Issue:

Page 1

- Thoughts from the President
- Quote of note

Page 2

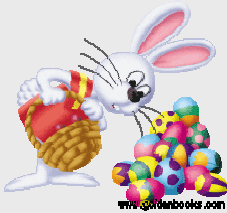
- Upcoming Events
- Values Kids Learn Through Skating
- Volunteer Opportunities
- Congratulations

Page 3

- Skating Parents' Checklist for Success
- Volunteer hours
- Nutrition

Page 4

- Board of Directors



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

The Scribe

Thoughts from the President

Lisa Landon

Welcome to spring and to a new competitive skating season! There are many things going on right now as skaters test up to new levels and get new programs prepared and practiced. I wish the best of luck to all of our skaters who will be competing at the Denver Invitational and at SkateFest in Ft. Collins! Have a great time and skate your best!

The Board is setting plans for our annual Awards Banquet, which will be held on May 16th at The Phantom Canyon Brewing Company on the third floor. Information on this event will be sent out early in April to all members. We hope you will all attend, as we will be handing out our club awards and all of the test pins for people who have passed tests between May 1, 2003 and April 30, 2004. We will also be holding our general meeting where we will be electing members to the Board of Directors. I hope you all have received a call or will be receiving a call from Jane Gustafson regarding nominations for the Board positions. Please feel free to give Jane any other feedback that you would like as she is a great conduit of information to the Board and she keeps information confidential if requested.

We have a few more volunteer opportunities for people to get hours if you are interested in getting a grant from the club in 2005. We will be providing volunteer Monitors at Funtastics on April 17, 2004 at the Apex Ice Center in Arvada, CO. Your hours for this Mile High event will be multiplied by 1.5 to get your total hours volunteered. If you still need hours for a grant, I would consider doing this event as it is on a Saturday. Please contact me if you are interested. We will need 5-6 people throughout the day and you must be at least 15 years old to volunteer. There are also still a few test sessions and we will be having a skate swap as well in the next couple of months.

Thank you to Tricia Taylor and Linda Famula for volunteering to help with the Coach's event at Chapel Hills Mall on 3/7! I really appreciate all you did for this event and it was a way for Centennial to show its support of coaching and the Basic Skills Program.

That's it for now! Until next time!

“Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.”

-- Michael Jordan (1963-), NBA Basketball player for the Chicago Bulls and Washington Wizards, businessman

UPCOMING EVENTS

March 12-14 – Denver
Invitational
South Suburban

March 19 – Test Session
8:00 am Honnen

March 27 – Skate Night
6:15 pm – Sertich

March 28 – Test Session
7:00 am – Sertich

April 3 – Skate Swap
8:00 am Consign
9-12 - Sertich

April 2-4 – SkateFest
Ft. Collins

April 10 – Skate Night
5:00 pm – Sertich

April 13 – Board Meeting
6:30 pm – Sertich

April 14-17 – US Adult
Nationals
Lake Placid, NY

April 17 – Funtastics
Apex Center

May 2 – Test Session
7:00 am – Sertich

May 5-8 – Governing
Council

May 11 – Board Meeting
6:30 pm – Sertich

May 16 – Awards
Banquet and General
Meeting
3-7 pm
Phantom Canyon

Values Kids Learn Through Skating

The Skating Parents Survival Guide – USFSA

Your child can benefit greatly by participating in skating – but those benefits aren't guaranteed. They're the result of a cooperative effort among local skating clubs, coaches, officials, and parents. Those benefits come more readily when adults put the interests of the children first and leave their own egos and desires about winning at home.

Through skating your child can

- Acquire an appreciation for an active lifestyle,
- Develop self-esteem, self-confidence, self-discipline, and self-reliance by mastering and performing skating skills,
- Learn how to manage stress, perform under pressure, and test emotional and physical balance,
- Develop social skills with other children and adults
- Learn about managing success and disappointment,
- Learn about fair play and being a good sport, and
- Learn respect for others.

Congratulations to all of our skaters who passed tests in January or February

Camela Bevil Zara Padden Gabriella Carney

**Congratulations to all the skaters who participated in the
Pueblo Midwinter Invitational. Results will be included in
the next newsletter!**

**Congratulations to Linda Kola who recently got married
and is now Linda Alexander!**

Volunteers Needed

Please review the enclosed information regarding your volunteer hours. We have 1 event coming up that we will need volunteers for. We will be providing Monitors for the Funtastics Competition being held on April 17th at the Apex Center in Arvada, CO. You will receive credit for 1.5 x # hours worked since this is a Mile High Sponsored event. Please contact Lisa Landon if you are interested in working a shift! 282-0799

Tips and Tricks

Sharon Lebron-Frank

If you're noticing your toes/feet getting cold while skating, take the insoles out of your skates and trace around them on a piece of aluminum wrap. Cut it out; place it in your skate with the insole on top. The aluminum foil acts as a layer of insulation and should keep your toes/feet a bit warmer.

THE ACE OF BLADES
AUTHORIZED DEALER

JACKSON SKATES
KLINGBEIL BOOTS
ULTIMA BLADES

CUSTOM FIT OF
BOOTS AND BLADES
FROM BEGINNER THRU
WORLD CHAMPION
AND BEYOND

SKATES SHARPENED
BLADES MOUNTED
BOOTS STRETCHED
HEAT MOLD
AND MORE

GEOFF HÉBERT
"EXPECT THE BEST
DON'T SETTLE FOR THE REST"

1710 BRIARGATE BLVD. #435
COLORADO SPRINGS, CO 80920

PHONE 719-266-4673
FAX 719-266-4811

Skating Parents' Checklist for Success

The Skating Parents Survival Guide – US Figure Skating

Consider these questions before your child begins to skate. If you can honestly answer yes to each one, you'll find little trouble ahead.

- 3) Can you share your son or daughter?
This means trusting the coach to guide your child's skating experiences. You must be able to accept the coach's authority and the fact that he or she may gain some of the admiration that once was directed solely toward you.
- 4) Can you admit your shortcomings?
Sometimes we slip up as parents, our emotions cause us to speak before we think. We judge our children too hastily, perhaps only to learn later that their actions were justified. It takes character for parents to admit when they make a mistake and to discuss it with their children.
- 5) Can you accept your child's disappointments?
Sometimes being a parent means being a target for your child's anger and frustration. Accepting your child's disappointment also means watching your child skate poorly during a competition when all of his or her friends succeed, or not being embarrassed into anger when your 10-year-old breaks into tears after a disappointing performance. Keeping frustration in check will help guide your daughter or son through disappointments.
- 6) Can you accept your child's triumphs?
This sounds much easier than it often is. Some parents, not realizing it, may become competitive with their son or daughter, especially if the youngster receives considerable recognition. When a child skates well, parents may dwell on minor mistakes.
- 7) Can you give your child some time?
Some parents are very busy, even though they are interested in their child's participation and want to encourage it. Probably the best solution is never to promise more than you can deliver. Ask about your child's skating experiences, and make every effort to watch at least some practices.

- 1) Can you let your child make her or his own decisions?
Decision making is an essential part of any young person's development, and it is a real challenge to parents. It means offering suggestions and guidance, but finally, within reasonable limits, letting the child go his or her own way. All parents have ambitions for their children, but parents must accept the fact that they cannot mold their children's lives. Youth sport offers parents a minor initiation into the major process of letting go.
- 2) Can you say honestly that you are modeling and providing consistent, positive messages?
Take a step back before the season begins and evaluate your own motives for your son's or daughter's participation. If you are truly putting your child's desires and development ahead of your own ego, then it will be easier for you to model appropriate behavior.

People who need volunteer hours for a 2004/2005 grant

- Balk family - 4.25 hours for one grant 24 more for 2nd grant
- Camela Bevil - 12.75 hours
- Kaileigh Bonner - 7.5 hours
- John Carmody - 15 hours
- Whitney Deutsch - 15.5 hours
- Emery Family - 11 hours
- Hayley Finley - 13.5 hours
- Hannah Geegan - 15 hours
- Jennifer Greene - 10.5 hours
- Anne Johnson - 16 hours
- Ellen Sanders - 15 hours
- Cynthia Sperra - 15 hours
- Lisa Tait - 15 hours
- Patricia Taylor - 10.5 hours
- Mary Pat Taylor - 1.75 hours
- Amy Ward - 10 hours
- Lisa Worsham - 15 hours

NUTRITION

Claire Avant

Low carbs, Low Carbs, LOW CARBS!! That's all you here now. Well, I happen to agree with Dr. Tim Johnson who said on the news - "There are good carbohydrates and there are BAD carbohydrates." The good ones are fruit, veges, grains and the BAD are chips, muffins, do-nuts, twinkees, etc. Most people will lose weight if they just cut out the BAD carbohydrates, and eat the good carbohydrates in moderation. These BAD carbohydrates are also full of FAT. WOW!! THERE'S A SURPRISE!!!!



Skate & Dance Fashions
 Skate Dresses, Sweaters, Tights,
 Leggings, Unitards, Jewelry, Gifts,
 Skirts, Pants, Tops, Etc.
**Assemble! Dancewear, LLC * 4425 Date Street,
 Colorado Springs * 719-596-8443 x2**

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

CHEAPSK8TES

Colorado Springs' ONLY discount skating source!

Call Deb at (719) 592-9057
 or Email: CheapSk8tes80920@AOL.com
www.cheapSk8tes.com

Centennial Board of Directors and Committee Chairs:

President	Lisa Landon
Vice President	Harriet Lewis
Secretary	Sharon Lebron-Frank
Treasurer	Laura Perkey
Membership	Laura Perkey
Test	Penny Galvin
Ways & Means	?
Publicity	Lisa Landon
Programs & Ice	?
Competition	Lisa Landon
Mile High FSA	Lisa Landon
Board Member	Penny Galvin
Board Member	Ramona Johnson
Board Member	Cassandra Hernandez
Board Member	John Carmody
Board Member	Scot Bond



We Cater to the Skater

We set the standard. So why settle for less!
 Expert sharpening at a
reasonable cost, while you wait on
Wednesdays and Saturdays only.

**Call for an appointment
 685-5699**

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