



May 2004  
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Inside this Issue:

Page 1

- Thoughts from the President
- Quote of note

Page 2

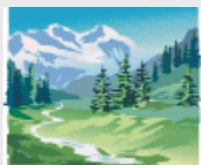
- Upcoming Events
- Congratulations
- Volunteer Opportunities

Page 3

- Governing Council Rule Changes
- 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*

Well, another skating year has come to a close and we had many achievements to celebrate at our Annual Awards Banquet and General Meeting. As a club, we held a very successful Colorado Springs Invitational in September, which allowed us to provide over \$5700.00 in skating grants to 31 members at an average of \$186.00 per member. Remember, it is your work at CSI that enables us to provide these grants! The more profit we make by keeping our expenses down and getting donations of items rather than having to purchase them, the more monies we have to give for grants or use for programs. CSI for this year is September 16-19 and we still need lots of volunteers!

Congratulations to all of our award winners and thank you to all who attended. We received some really good input from the attendees and I thank you all for your honest input and candor! Just to recap some numbers for the club – we took 136 tests and passed 110 (81% passing average); we had 6 gold tests passed (the most ever in one year in the club's 25 year history); and we had 68 competitive skaters who placed 1<sup>st</sup> 64 times, 2<sup>nd</sup> 60 times, 3<sup>rd</sup> 51 times, and 4<sup>th</sup> 34 times for a total of 209 top 4 finishes!

We have a lot of items planned over the coming year. We are hosting the Figure Skating Competition for the 2004 Rocky Mountain State Games on July 31 at Chapel Hills Ice Arena. This is a Basic Skills competition and we will hold final rounds for each level as necessary as the top 3 finishers in each category will qualify for the State Games of America competition that will be held July 28-31, 2005 at the World Arena. Which we will also be helping out with. We will be providing accounting room support and runners for Colorado Championships up at Apex Ice Center in Arvada, August 3-8, 2004. We host CSI at Sertich in September of 2004 and then our club will host the 2005 Adult Midwestern qualifying competition at Sertich, March 3-5. So we have plenty of volunteer opportunities to get your hours for next year!

Thanks again for a great year! That's it for now!

**"Success is the ability to go from one failure to another with no loss of enthusiasm."**

*-- Sir Winston Churchill (1874-1965), British statesman, former prime minister, author*

# UPCOMING EVENTS

## June 8 – Board Meeting

6:30 pm Sertich

## June 12 – Skate Night

5:00 pm – Sertich  
Synchronized  
Skating  
Exhibition

## June 13 – Test Session

7:00 am – Sertich  
Front Range

## June 22-27 – Broadmoor Open

World Arena

## July 10 – Skate Night

5:00 pm Sertich

## July 13 – Board Meeting

6:30 pm – Sertich

## July 13-18 – Vail

Invitational

Dobson Arena

## July 25 – Test Session

7:00 am Sertich

## July 31 – Rocky Mountain State Games

Chapel Hills Mall

## August 1-8 – Colorado Championships

APEX Ice Center

## August 7 – Skate Night

5:00 pm – Sertich

## August 10 – Board Meeting

6:30 pm Sertich

**Congratulations to Christopher Knierim for passing his Intermediate MITF test in April**

**Congratulations to all the skaters who participated in Funtastics and at the Pikes Peak Classic! Good luck to all those competitors who are competing at the Broadmoor Open!**

**Congratulations to our Awards Banquet Winners!**

**Junior Achievement Award Winner – Shawnee Smith**

**Adult Achievement Award Winner – Sharon Lebron-Frank**

**Junior Most Tests Passed – Christopher Knierim (5)**

**Adult Most Tests Passed – Lisa Landon (4)**

**Competitor of the Year – Basic Skills through Pre-Preliminary – Sydney Lauer**

**Competitor of the Year – Preliminary through Juvenile – Alexandra Cluxton**

**Competitor of the Year – Intermediate through Senior – Maren Balk**

**Youngest Competitor – Cassie Bonner**

**Sportsmanship Award – Harriet Lewis**

**Volunteer of the Year – Jane Gustafson**

## Volunteers Needed

Rocky Mountain State Games (July 31, 2004) – Contact Lisa Landon ([lisa\\_landon@adelphia.net](mailto:lisa_landon@adelphia.net) or 282-0799)

Accounting

4 runners (can be done in shifts)

2 data entry persons (can be done in shifts)

Hospitality

2 people to make soup/chili

2 people to provide various salads

1 person to provide coffee (reg and decaf) and tea

1 person to provide utensils, plates, cups, napkins, condiments (salt, pepper, sugar, sweet and low, creamer, etc.)

1 person for clean-up

Monitors

1-2 more people

Ways and Means (skate swap, flowers, stuffed animals)

4 people

Colorado Championships (August 3-8, 2004) – Contact Lisa Landon ([lisa\\_landon@adelphia.net](mailto:lisa_landon@adelphia.net) or 282-0799)

4 runners per day (can be done in two or three shifts)

1 room supervisor to manage runners and run copy machine (must be adult

and can be done in two or three shifts)

Volunteer hours are multiplied by 1.5 due to travel to Denver

Colorado Springs Invitational (September 15-19, 2004) – Contact Jane Gustafson (599-7455)

Registration

3-4 more people

Accounting

1 Chairperson

6 data entry personnel

Hospitality

8-10 more people to cook

6-8 people to man the room

1-2 people to work on getting donations

2 people to coordinate breakfast, lunch or dinner

Music

1 Chairperson

6-8 people to work the room

Physical Plant

1-2 people with truck for setup and takedown

2-5 people to assist with set up of rink and takedown of rink

Sponsorships/Advertising

1 person to solicit ads for the program and items for the goody bag

Ways and Means

10-15 people to man the skate swap and sell flowers and stuffed animals

Goody Bag

1 person to chair and solicit items for the bag

2 people to assist with stuffing the bags

Announcers

1 person to chair and schedule announcers


3-5 people to announce

Monitors

1 person to chair and schedule monitors


8-10 more people to be ice monitors

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## Governing Council Decisions and Rule Changes that Affect our Skaters or Club

- 4) Approved to accept the donation of the Frank Frey Memorial Trophy to be engraved with the names of the winners of the adult silver dance event at the US Adult Figure Skating Championships. The award is to be retroactive to the 2003 winners, Dawn and Frank Frey
- 5) David Hamula, Kim Moore, and Kelly Shipstad were awarded their National Judge appointment in Singles/Pairs
- 6) Approved to add the Adult Skating Committee as a permanent committee
- 7) Rescinded the 12/4 plan (12 region, 4 section) re-districting plan passed last year, 2003, by the Governing Council so the current regions and sections remain (we are in the Southwest Region and the Midwest Section and there are 9 regions and 3 sections)
- 8) Approved to amend CR 8.55 to allow the fill-up rule to apply to the US Adult Championships for all qualifying events if there are four or fewer competitors in an event at the close of entries at a sectional championship (this will allow competitors to advance to Nationals without competing at Sectionals if there are 4 or fewer competitors and all 4 competitors do not wish to skate)
- 9) Approved to amend CR 10.09 by adding that after the close of entries, there will be no refunds
- 10) Approved addition of a rule for any coach being credentialed for a US Figure Skating Qualifying competition to be both a member of US Figure Skating and a member of the Professional Skaters Association (PSA)
- 11) Approved to revise SSR 19.03 by adding "Notwithstanding the above, ladies competing in adult competition may wear trousers if they so choose."

- 1) Approved to amend TR 49.00 to adjust the passing averages for adult and masters dance tests as follows:  
Preliminary – Bronze – no change  
Pre-Silver – 3.7 to 3.6 for adult and 3.4 to 3.3 for masters  
Silver – 4.0 to 3.9 for adult and 3.7 to 3.6 for masters  
Pre-Gold – 4.2 to 4.0 for adult and 3.9 to 3.7 for masters  
Gold – 4.5 to 4.2 for adult and 4.2 to 3.9 for masters  
International – 4.8 to 4.5 for adult and 4.5 to 4.2 for masters
- 2) Added SSR 4.20 and 4.21 to the well-balanced program section to include requirements for a well-balanced Adult Championship Gold program and a well-balanced Adult Championship Masters program
- 3) Approved to add a new TR 3.01 (A) to the test rules as follows: Tests may also be held by collegiate clubs provided they elect/appoint a test chair and adhere to all Test Rules contained within this rule book

To see all information regarding decisions made by the Governing Council, check out the US Figure Skating Website and download the "Combined Report of Action".

## NUTRITION

*Claire Avant*

Do you sometimes have a really bad skating practice or just not feel right after working out? There are a couple of things you should consider to eliminate these happenings. First, are you dehydrated? Second, did you eat? Your body needs fuel just like a car. I don't mean have a full stomach - that would be worse!!! A light snack such as yogurt, bananas, english muffin, or bagel - (no junk such as candy bars, etc. but something healthy with carbs and protein) about 45 minutes before you skate so that it can digest, will provide you with energy. Also, drink 4-8 oz of water or sports drink 1-1/2 hour before skating. I like to mix sports drink with water so that it's not so thick. (About ¼ sport drink and ¾ water) Try it!! Then again, it's like I tell my daughter - Some times you feel like a nut - Sometimes you don't!!



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Ways & Means	John Carmody
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