



THE INSIDE EDGE

JANUARY 2013

REGISTRATION TIME FOR BLADES OF MARCH AND "CIRQUE DU PARADE"

January is registration time! Forms for our two largest club events, Blades of March and the Spring Ice Show are due this month.

Blades of March, our 30th annual ISI competition will be hosted by SQSA Parade March 1-3. This year the event will expand to three days to accommodate the growth in attendance the past few years. Registrations are due January 12th.

SQSA Parade will be making a big push to win the first place trophy this year! Blue Mound Figure Skating has captured the championship team trophy the past several years. They have a large team that travels from southwest Minnesota and their skaters enter up to 11 events! Members and coaches are encouraged to enter as many events as they are comfortable competing in. Every entry earns valuable team points that count toward the team place finish.

Spring Ice Show planning has been under way for months. Show Director Melissa Kaiser has some creative plans to make this year's show unique. The theme for the show is "Cirque du Parade" with music and inspiration drawn from the incredibly popular *Cirque du Soleil* shows. Registration forms will be emailed soon and be due January 26.

As you fill out registration forms, kindly remember to fill in ALL information. Our club is completely volunteer run and it creates additional work for our volunteers to track down missing information.

CALENDAR OF EVENTS



Summary of major events. See website CALENDAR for complete club schedule

- January 12: ISI Test Session (cutoff for Ice Show & Blades of March level)
- January 12: Blades of March registrations due
- January 19, 11:30 -1:00: *Snow Daze* Exhibition
- January 25 & 26: NO CONTRACT ICE SESSIONS
- January 26: Spring Ice Show registrations due
- January 31-February 3: Duluth Northland USFS Competition
- February 1-3: Rochester Hiawathaland USFS Competition
- February 8-10: Frosty Blades ISI Competition at National Sports Center
- February 18 - Grassroots to Champions Seminar at Parade
- February 23, 12:00-1:00: ISI Test Session
- March 1-3: 30th Annual Blades of March ISI Competition at Parade Ice Garden
- April 6-7: Spring Fling ISI Competition in Luverne MN (Blue Mound)
- April 10: Spring Ice Show Picture Night
- April 25: Spring Ice Show Dress Rehearsal
- April 26, 7:30: Spring Ice Show
- April 27, 2:30 & 7:30, Spring Ice Shows
- May TBD: Roseville Open USFS Competition in Roseville
- June TBD: Braemar City of Lakes USFS Competition in Edina
- June TBD: Banquet



**Snow Daze
Winter Exhibition**
Performances by SQSA Parade
Figure Skaters and Teams

January 19, 11:30-1:00

Parade Ice Garden, South Rink

MORE DETAILS COMING SOON



MADALYN MOREE PASSES HIGH-LEVEL FS 8 TEST

Madalyn Moree tested for ISI Freestyle 8 at the Plymouth *Blizzard Blast* competition and passed to earn the high-level test designation.

Tests for ISI FS 8 and above cannot be done at the home arena. Applicants for FS 8 and FS 9 tests must send a video of completed elements to District 10 officials. Upon approval, skaters are invited to test at an ISI competition.

The same procedure is in effect for the ISI 10 test, however that test must be taken at a national ISI competition.



GRASSROOTS-TO-CHAMPIONS SEMINAR

SQSA Parade will host a special President's Day Monday seminar by the acclaimed, Grassroots to Champions.

G2C is a national training organization founded by Audrey Weisiger, two-time U.S. Olympic coach and past USFS and PSA coach of the year. Audrey is scheduled to teach at this seminar!

Seminars are held throughout the country and their focus is to raise the technical level of skaters and coaches. The main topics covered in the seminar are: jumps, body alignment, competition preparation and conditioning.

Registration information will be available soon, but save the date of February 18. Most area schools are off that day. The seminar is schedule to be in the morning at Parade with an opportunity for lessons with the instructors in the afternoon.

SQSA Parade members will have priority registration opportunity, however the seminar will be opened up to non-members, so plan to register as soon as information is available to ensure your spot. These seminars always sell out!

Grassroots to Champions

Award Winning!
PSA Coach of the Year - USFS Coach of the Year
#1 Video Clip on iCoachSkating.com

OFF-ICE CLASSES RESUME AT THE FIRM

Off ice classes for those who are doing the Winter Session resume this weekend at The Firm. Any skater in the 12:30 class who will be testing or exhibiting from 12:00 - 1:00 should come to the 1:35 class. The complete schedule is on the website. If you have questions, contact class organizer Terry Richardson.

VOLUNTEER OPPORTUNITIES

Haven't done any volunteer hours? No worries! Our greatest volunteer need is the weekend of Blades of March where we will host hundreds of skating families and have dozens and dozens of volunteer shifts to fill. Most families complete the majority of their volunteer commitment during BOM weekend.

The Sign up Genius link will be sent out when the schedule and shifts are finalized in mid-February.



TEST RESULTS



Madalyn Moree - FS 8
Kyle Berglund - Figure 1
Isabel Constable - Figure 1
Kirby Goodman - Figure 1
Julia Hussian - Figure 1
Lucy Mayer - Figure 1
Madalyn Moree - Figure 1
Greta Paschke - Figure 1
Allison Pasdo - Figure 1
Abby Richardson - Figure 1



Lyra Koutlas - Pre Preliminary Moves in the Field
Lucy Mayer - Pre Preliminary Moves in the Field
Lucy Mayer - Pre Preliminary Free Skate
Kyle Berglund - Preliminary Moves in the Field
Kyle Berglund - Preliminary Free Skate
Isabel Garcia - Preliminary Moves in the Field
Isabel Garcia - Preliminary Free Skate

COMPETITION RESULTS

PLYMOUTH BLIZZARD BLAST ISI

Grace Byers	FS 4	Spotlight	2nd
Grace Goers	FS 3	Stroking	3rd
Grace Goers	FS 3	Compulsory	1st
Grace Goers	FS 3	Freestyle 3	1st
Grace Goers	FS 3	Light Entertainment	3rd
Kirby Goodman	FS 7	Freestyle Platinum	1st
Kirby Goodman	FS 7	Jump & Spin High	2nd
Joyce Johnson	FS 6	Freestyle Gold	2nd
Joyce Johnson	FS 6	Drama Spotlight	3rd
Mimi Longe	FS 3	Stroking	1st
Mimi Longe	FS 3	Freestyle Bronze	1st
Mimi Longe	FS 3	Solo freestyle	1st
Casey Schwarzkopf	FS 4	Freestyle	4th
Casey Schwarzkopf	FS 4	Footwork	4th
Casey Schwarzkopf	FS 4	Compulsory	4th
Sophie Sela	FS 5	Freestyle Silver	3rd
Sophie Sela	FS 5	Compulsory	2nd
Sophie Sela	FS 5	Ribbon	1st
Sophie Sela	FS 5	Dramatic	2nd
Grace Staelzing	FS 4	Freestyle 4	2nd
Grace Staelzing	FS 4	Compulsory	2nd
Grace Staelzing	FS 4	Freestyle Silver	2nd
Gabby Sullivan	FS3	Stroking	3rd
Gabby Sullivan	FS3	Freestyle	5th

Great job skaters and thank you for reporting your results. We love to celebrate the efforts of our skaters.

SKATE BOOTS

Skating Tutorial is a periodic feature that covers topics related to skating to help inform and educate SQSA Parade families.

If you have been in the skating world more than a year or two, you've experienced the moment of realization: *You need to buy the boots and the blades separately? They don't come together? And they are how much?*

Skates are the most important and expensive item for a skater. The dress can blind the eye with its sparkles, but if the skates don't fit properly, the performance will show it.

Most parents are completely perplexed by the process of choosing skate boots. There are so many sources of information -- coaches, other parents, skate retailers, magazine and on-line information -- that is can become overwhelming.

The first and best advice before starting the boot selection process is to *talk to your coach!* Your coach knows what moves you are doing and which you will be working on through the life of the boots. Boot styles and models are made specifically for different sizes of skaters and skill levels. The coach will also know the skater's style and other factors that play into the decision. Different manufacturers also vary in the style of their boots. Some feet simply fit better in certain manufacturer's boots. Coaches have years of experience working with skaters. They can also counsel on pitfalls to avoid, whether used boots would be a good option and which retailers carry skate boots.

According to boot expert, Dan Riegelman, a third-generation member of the Reidell family of boot makers in Red Wing Minnesota, the three main functions of the boot are: balance, shock absorption and as a propulsion unit for jumps and moves.

To get a proper fit, feet should be measured both while seated and in a standing position. Properly fitted boots should allow the toes to move up and down, but not side to side and the heels should be securely in the back cup of the boot. Rainbo Sports, a major boot retailer, provides this advice on their website, "the boot must be snugly fit so that it responds *exactly* to the skaters movement."

As skaters progress in skill level and skate more hours each week, the problems of an improperly fitted boot can intensify.

Common problems and likely causes:

- bunion - improper fit or uncorrected pronation of the boot/blade or foot
- pump bumps or lumps on the back of the heel - heel slippage or friction when a boot is too wide in the heel
- hammer toes - heel slippage which causes the toes to curl in attempt to hold the skate on the foot
- ankle bursitis - excess slippage/motion or insufficient punching out of the boot leather
- lace bite or skin irritation - too-stiff boots or simply lacing too tight
- boot creases - boots that are too big will form creases near the toes and blisters will form from foot slippage
- arch cramping - pain and cramping in the arch and plantar muscle caused by the foot arch not matching the arch of the boot

Boot remedies and solutions:

Bendability of the ankle in and out of the boot is very important to absorb shock and prevent transferring that shock to the knee, hip and back which can cause pain and damage to those areas. Stretching and strengthening calves is important and the goal is to be able to bend equally well or better in skates, than out of skates, after they are broken in.

Orthotics can be recommended for several problems such as bunions, bursitis or arch pain and enlargement. They fit easily into the skate and basic ones can be purchased retail. A boot fitting specialist or podiatrist should do fittings.

Weight ratio of skater to boots can cause a problem. The ratio between a skater and the combined weight of skates is usually recommended to be below 5%.

Heat molding can alleviate pressure spots such as bunions and bumps. Skates can be molded multiple times (not just when purchased and initially fit). As the foot grows, re-molding may be necessary and is usually done free of charge at most retailers.

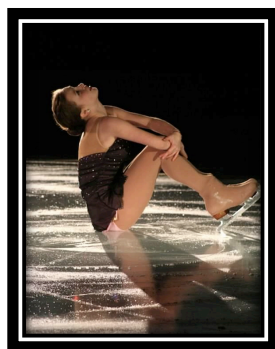
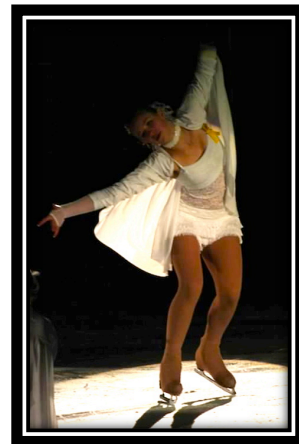
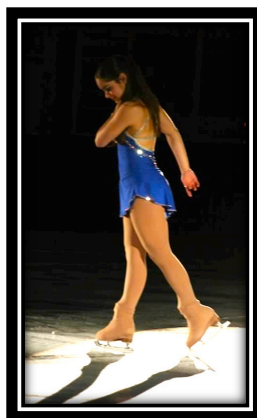
Punch-outs of the leather in specific spots is also a simple solution to some of the more common fitting/pinching issues. Punch out only a small amount at a time and try the boots on (or even skate in them after each punch) so that they aren't inadvertently made too large and cause slippage.

Other products that can provide pain relief and help "tighten" a boot fit to avoid friction and slippage are blister pads, ankle gel pads, and ankle sleeves and bumpers.

Custom or partially custom boots can be the solution to continuing problems. Reidell offers custom fitting at their headquarters in Red Wing. Partially custom boots are regular boots with one or two areas that are customized for a reasonable up-charge. Full custom boots are more expensive, but are completely custom for each foot.

One final piece of advice: Don't wait until the boots are painfully too small to start the process of selecting the next pair. It can take three to four weeks for standard boots that are out of stock and even longer for partial or fully custom boots.

Skaters lit up the ice at the second annual IllumiSkate holiday exhibition



COACH SPOTLIGHT – CHAR MARTIN

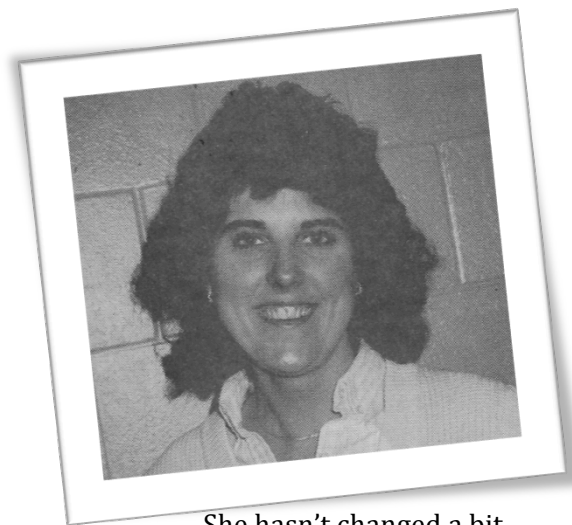
At the Blizzard Blast ISI competition in Plymouth last weekend, Char Martin was busy moving around the rink, judging, coaching, conferring with referees and parents and checking on scores and awards . . . but she handled it all coolly and calmly as the veteran she is. Char has run this competition for several years as the Skating Director at the Plymouth Ice Center.

Char is familiar to generations of families at Parade. After skating herself with the Figure Skating Club of Minneapolis, she moved right into coaching. She started at Parade in 1979 as a coach and served as the Skating Director and ran the learn-to-skate program from 1991 - 2004. She was involved in numerous Spring Ice Shows and served as the Show Director some of those years. She left her position for a similar one in Plymouth when Minneapolis Park and Recreation budget cuts forced changes to the Parade program.

She has stayed involved with coaching at Parade. She has many individual students and is coaching one of our Team Ensemble teams this year.

Char has also been very involved at the local and national levels of ISI (Ice Skating Institute). She is a judge, referee and is a past chair of ISI District 10.

She recently commented that the most rewarding aspect of her career is that she has kept in touch with dozens of her skaters over the years and several students are now coaches and judges. Many of her staff at Plymouth took lessons from her and now teach and coach with her.



She hasn't changed a bit. Char as shown in the 1987 Spring Ice Show Program.