



# THE INSIDE EDGE



January 2012

## BUSY MONTHS COMING UP FOR SQSA PARADE

So far during our club year we've had the Annual Meeting, Fall Ice Breaker & Dress Sale, Halloween Party, Holiday Party & Bake Sale, IllumiSkate, numerous competitions, test sessions and exhibitions. But, as most of us know, the "busy" season is just around the corner.

A look at the calendar to the right shows an active schedule coming up, including our two largest events, our club-hosted *Blades of March* (BOM) competition and Spring Ice Show. Plans are underway for both.

Activity picks up this Saturday, January 14<sup>th</sup>, which is the deadline for *Blades of March* registrations and the Saturday test session is cut-off for the ISI level skaters will compete at for *Blades of March* and perform at for the Spring Ice Show.

On the 21<sup>st</sup>, we hold our annual *Snow Daze* Exhibition. Teams and selected individual skaters will exhibit their programs in front of friends, family and Skate School families.

*Blades of March* is the major fundraiser for our club. Proceeds provide the bulk of funds that support our programs for the entire year. This year will be our 29<sup>th</sup> annual competition, which according to long time Parade Skating Director, ISI official and BOM Chief Referee, Jean Albrightson, is the longest continuously running ISI competition in District 10.

BOM runs two long days the weekend of March 3<sup>rd</sup> & 4<sup>th</sup> and requires hundreds of hours of planning and preparation and approximately 400 hours of volunteer labor. Registrations are coming in and now begins the huge task of entering them and assigning skaters to groups and building the schedule on two rinks over two days. Veteran Competition Director, Raleigh Weld, manages this process.

Co-Chairs for BOM are Nicole Sela and Rita Goodman. This is Nicole's fourth year and Rita's second. The BOM team has been working on planning and details for a couple months now, recruiting skaters and teams, booking unique vendors, ordering trophies, working on the program, etc.

A financially successful *Blades of March* is important to our club. Despite the down economy last year, we had our most successful year ever, particularly due to the reputation our club has for running a first class competition. For many clubs, BOM is a "must" on their competitive calendar.

Our solid reputation is due primarily to the strong volunteer support we receive from families who fill the hundreds of hours of jobs required.

See the "Volunteer Update" article inside this newsletter for more volunteer information .



## CALENDAR OF EVENTS



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

- Jan 10/12: Tuesday/Thursday classes begin for Skate School
- Jan 14: Saturday classes begin for Skate School
- Jan 14: Test Session. 12:00-1:00
- Jan 14: *Blades of March* registrations due
- Jan 15: Team Ensemble Party, 5:00-7:00 pm
- Jan 21: *Snow Daze* Exhibition, 11:30-1:00
- Jan 28: Spring Ice Show registrations due Exhibition Ice, 12:00-1:00
- Jan 26-29: Northland USFS Competition in Duluth
- Feb 2-4: Hiawathaland USFS Competition in Rochester
- Feb 3 & 4: NO CONTRACT ICE SESSIONS
- Feb 10-12: Frosty Blades Competition in Blaine
- Feb 19: Club Skating Party at Depot Ice Rink
- Feb 25: Test Session, 12:00-1:00
- Mar 3-4: 29<sup>th</sup> Annual *Blades of March* competition hosted by SQSA Parade
- April (throughout month): Spring Ice Show group number rehearsals
- April TBD: Spring Ice Show Picture Night
- Apr 26: Spring Ice Show Dress Rehearsal
- Apr 27-28: Spring Ice Show
- June TBD: Spring Banquet

# COACH *SPOTLIGHT* ON KAREN OLSON



Karen Olson has a unique claim to fame. She is a former state champion in two sports. She was a Pre-Juvenile Minnesota state champion in figure skating and a junior Minnesota state champion in horseshoes. Yes, horseshoes.

At first glance, that seems like an odd combination. Horseshoeing requires precision in body mechanics, movement and technique, concentration and the focus to practice the same movements over and over until perfected. Sound familiar, skating families?

Karen's students know she emphasizes all these skills.

Karen started skating in group classes at the old Breck arena with the Figure Skating Club of Minneapolis. She didn't start taking private lessons until she was 12, but then she learned from one of the best, our own Page Lipe.

Karen's desire to coach and her philosophy of skating technique led her to the University of Delaware where her degree included a concentration in figure skating.

Karen has been coaching for over 20 years. She started at Parade in 2003 teaching Learn-to-Skate classes and now coaches students in freestyle and moves-in-the-field. She has coached students from the beginning level through FS9 and Senior Gold level.

Karen splits her coaching time between the National Sports Center in Blaine and Parade. She lives in Blaine with her husband, Todd and their two children, Danika, 3 and Kadrian, 8 months.

## INAUGURAL ILLUMISKATE A HUGE HIT

The inaugural *IllumiSkate* holiday skating exhibition was a huge success based on wonderful comments and feedback from skaters, parents, coaches and an enthusiastic and appreciative audience.

There were 25 skating performances including solos, duets and trios from pre-alpha to FS9 skaters, all choreographed by skaters to holiday music with a backdrop of luminary candles. After the performance, skaters and guests enjoyed refreshments and holiday treats in the rink lobby.

The club thanks Raleigh Weld who conceived of and volunteered her time to organize and coordinate the event.

*Scenes from IllumiSkate. . . .*





## COMPETITION RESULTS

### PLYMOUTH BLIZZARD BLAST- ISI

Lucy Albin	FS6	Freestyle	1st
Lucy Albin	FS6	Solo Compulsory	1st
Isabel Constable	FS3	Solo Compulsory	2nd
Lika Corson	FS4	Freestyle	1st
Gracie Goers	FS1	Freestyle	3rd
Gracie Goers	FS1	Stroking	2nd
Gracie Goers	FS1	Compulsory	4th
Brecken Hill	FS2	Freestyle	1st
Brecken Hill	FS2	Solo Compulsory	1st
Isabel Kleinschmidt-Garcia	FS5	Freestyle	1st
Isabel Kleinschmidt-Garcia	FS5	Footwork	1st
Mimi Longe	FS1	Freestyle	2nd
Mimi Longe	FS1	Solo Compulsory	2nd
Mimi Longe	FS1	Stroking	3rd
Lauren Mac Lean	FS6	Footwork	3rd
Rebekah Matson	FS3	Freestyle	2nd
Rebekah Matson	FS3	Solo Compulsory	3rd
Rebekah Matson	FS3	Stroking	4th
Ilsa Olsen	FS2	Freestyle	3rd
Ilsa Olsen	FS2	Stroking	2nd
Ilsa Olsen	FS2	Solo Compulsory	2nd
Casey Schwarzkopf	FS4	Freestyle	3rd
Casey Schwarzkopf	FS4	Solo Compulsory	6th

## NOTES AND REMINDERS

**Wednesday Ice Session:** Looking for an ice session that is lightly attended where you can get some serious skating done? The Wednesday Session C from 7:15 – 8:00 is lightly attended and only \$15 for a buy on.

The club website, [www.sqsaparade.com](http://www.sqsaparade.com) is updated regularly. Please check it for any questions on schedules, team practices, contract ice, etc. Clicking on the “Calendar” button brings up the club Google calendar that lists the club schedule of events.

## SQSA PARADE IS ON FACEBOOK

If you are a Facebook user, be sure to subscribe to the **SQSA Parade** page for news and information and to share and enjoy news and pictures with other SQSA friends.



We’ve also created an event for **Blades of March 2012**. Go to the SQSA Parade page to find the link and indicate that you will be “attending” to receive updates and the latest information from the Co-Chairs and Competition Director.

## ISI & USFS TESTS PASSED

Stella Jass – FS1

Sophie Heegaard – FS2

Gabby Sullivan – FS2

Sarah Marie Green – FS3

Isabel Constable – FS4

Lika Corson – FS4

Lucy Mayer – FS4

Julia Hussian – FS8

Kelly Jiang – FS8

Lauren MacLean – Pre-Juvenile Free Skate

Sophia Rothenberger – Juvenile Free Skate

Abby Richardson – Pre-Juvenile Free Skate



## SKATERS PASS HIGH-LEVEL FS8 TEST

Julia Hussian and Kelly Jiang tested for ISI Freestyle 8 at the White Bear Lake Holiday Open competition and passed to earn the high-level test designation.

Tests for FS8 and FS9 must be tested at an ISI competition and tests for ISI 10, must be tested at a national ISI competition.

Congratulations, Jullia and Kelly!

## SKATING *TUTORIAL*: SKATE SHARPENING

One skating parent thought she was “on the ball” getting her child’s skates sharpened right before a competition. “It seems like it would be the perfect time, but in reality it’s not a good time for a sharpening,” coach Raleigh Weld counseled the rookie skating mom several years ago.

It’s a learning process for the skater and parent to know when and how often skates need sharpened. Every coach has a slightly different philosophy, which takes into consideration factors like, frequency and style of skating, type of blade, level of skater, weight of skater, and conditions of ice.

Raleigh suggests sharpening about every 20–25 wearings for a typical skater and recommends Westwood Sports in Bloomington.

Coach Natalie Weber suggests competitive skaters could benefit from a sharpening as often as once every two weeks, but a coach may offer various suggestions based on other factors. She has her skates sharpened by her uncle, Dave Comb of Golden Valley. Dave has sharpened skates for such skating notable as Peggy Fleming and Dorothy Hamill.

Mr. Edge, from US Figure Skating’s *Skating* magazine, gives this rule of thumb for an active skater: “If you are skating 10 hours a week, just doing freestyle, with average ice conditions, and you have a very good skate sharpener, then you should have them sharpened about every six weeks.”

The best advice from all sources was to talk to your coach who knows the skating style and other factors for your skater.

## WHY I LOVE OUR CLUB. . .

BY KOREY STOELZING

I was laying in bed the night after the competition in White Bear Lake and thinking about the day...mainly thinking about how Grace cried after her FS3 performance because she missed a dance step and how amazing it was to see all of the other girls rally around her and give her comfort and encouragement. Then I began thinking about how I wanted the parents of those girls to know about it. I thought "Rita should have a column in the newsletter called 'Why I Love This Club' and give parents, or girls, the chance to write in".

There are many reasons why I love this club. but mainly because of the above scenario. I was SO touched that day, being in the locker room with my little tear-stained faced girl when all these sweet other girls rallied around her. "It's OK Grace, I thought you looked great!" "Don't worry Grace, we think you are awesome." "Hey Grace, last year I forgot an entire element! You only forget one step". As each encouragement came, the tears became less, and a hint of a smile began to creep back.

Only a few minutes later I saw another sweet little SQSAer standing in the corner with the tears flowing and within minutes was surrounded by her teammates trying to console her. It remains a sweet image in my mind.

Fast forward to Monday the 12th, the night of the ISI test. Of course Grace was nervous but once she passed her elements I thought she had it in the bag. But, she fell on her sit spin and the confidence was gone. She didn't pass the dance and came off the ice in tears again. (Man, this ice skating business is tough!) Raleigh asked the other girls to give her some space, which they did, and we left without her really talking to anyone. It was a hard night to say the least but a text from Lucy eased the pain a bit. The next morning there was an email from Isabel. With these expressions of love and support a little of the sadness and embarrassment eased.

When Grace got home from school she was an entirely different person. She was laughing and happy and seemed to have bounced back. She had gone from "I don't want to go to ensemble tonight" to "I can't wait to skate tonight". I asked her what had made the difference and this was her reply... "every time I got sad today I thought about the messages from Lucy and Isabel..."

And that my friends, is why I love this club. We aren't perfect, but I have seen Grace's confidence grow by leaps and bounds since joining this club. She always wants to go to skating and she has made some GREAT skating friends.

I think your girls are the best!



## CLUB SKATE AT DEPOT RINK

Mark your family calendar. SQSA Parade is hosting a club skate at the Depot Ice Rink on Sunday February 19<sup>th</sup> from 5:00 – 8:00 for members and families.

Although we will not have exclusive use of the facility, we will have a roped off area for our club and plenty of time for skating and camaraderie.

The Depot Rink was named one of the top 10 places to ice skate in America by *USA Today* and *MSNBC*.

Admission to the rink for skaters and families is compliments of your club fundraising efforts.



## VOLUNTEER UPDATE

Thank you to families who have helped at events this year. Our club is completely volunteer run and all events are volunteer coordinated and staffed.

To support our many program offerings, member families contribute 16 hours of volunteer time per year. If your family hasn't volunteered yet, ***no worries!***

The majority of volunteer hours we need staffed are at our Blades of March competition the weekend of March 3<sup>rd</sup> and 4<sup>th</sup>. We will need hundreds of hours of jobs filled including: registration, concessions, rink monitors, announcers, hospitality, score runners, awards, etc.

Plan to set aside time to help with this event. It is our major fundraiser of the year and provides the bulk of funds we use to support club events. The BOM volunteer sign up link will be emailed in early February.



## Snow Daze Winter Exhibition

Performances by SQSA Parade

Figure Skaters and Teams

Treats and hot chocolate

January 21<sup>st</sup>, 11:30-1:00

Parade Ice Garden, South Rink