



SAFSA - Central Gauteng Winter 2009



TEST DATES FOR 2009

27 June - Sat - Kempton Park
 26 July - Sun - Northgate
 16 Aug - Sun - Northgate (Level & class only)
 30 Aug - Sun - Northgate (Final Qualify for nationals)
 13 Sept - Sun - Northgate
 31 Oct - Sat - Kempton Park
 29 Nov - Sun - Northgate

Coaches: please ensure you complete the relevant forms and hand to Debbie McColl together with the fee payable no later than two weeks prior to the test. Queries - contact Debbie on 083 272 1407.

AGM

The SAFSA Central Gauteng Annual General Meeting was held on 7 June 2009. The committee for 2009/10 will be as follows:

- Chairman - Giovanni Quattrocere
- Vice Chair - Wayne McColl
- Treasurer & Memberships - Colleen Searle
- Secretary - Heather Skinner
- Competition Secretary & Team Leader - Liz Bates
- PR & Fundraising - Belinda Goldie
- Test Secretary - Debbie McColl
- Technical - Etienne Dreyer and Neil Garrard

Elsie Fourie will be co-opted to the committee and will assist where she is needed.

REMAINING COMPETITIONS FOR 2009

25/26 July - Gauteng Inter-Regionals (Kempton)
 22/23 August - C Gauteng Regionals (TBA)
 11-14 Oct - Nationals (Pretoria)

FROM THE DESK OF LIZ BATES

The Cape Inter-Regional Competition held on May 22nd to May 24th was another very successful competition for the Central Gauteng Team. The team was well behaved and neat at all times.

Our team spirit was displayed at the practices with all but one of our skaters wearing their official Central Practice dress. If you do not have any items of the official uniform please contact Heather Skinner on 082 575 3188 and she will assist.

The skating in particular was a big improvement with Central taking a podium in almost all the sections entered. I must mention two coaches, Taryn and Evelyn, who were very successful with their skaters. Please see the SAFSA website for detailed results.

The accommodation was once again top class and the transport to and from the airport ran as smooth as can be expected what with cancellations, delays and changing of plans. All in all a very successful and well run competition and I would like to thank Central Gauteng for affording me the opportunity of being team leader once again.

TEST RESULTS

Congratulations to the following skaters who passed their tests on 28 March, 26 April and 31 May 2009.

Basic Skating Skills:

- Level 1** - Chloe Raftesath, Amy Pearl, Nina Ceruti, Angela Wilson, Tekan Pfortner, Fajeria Hardien,
- Level 2** - Jamie Brown, Natalie Fourie, Jacqueline Christodoulou, Eryn Cross,
- Level 3** - Chantal Koekemoer, Crystal Dreyer, Jessica Hay, Jennifer Li,
- Level 5** - Coral-Lee Searle
- Level 6** - Siobhan McColl

Elements in Isolation:

- Class 1** - Kylie James, Taylor Wolchuk, Nina Ceruti, Amy Pearl, Tekan Pfortner, Gary Van der Merwe & Kelly Pita.
- Class 2** - Crystal Dreyer, Darin Croker,
- Class 5** - Nicole Goldie

NATIONALS TRAINING SQUAD DATES 2009

Many of our National Skaters have felt the benefit of these sessions and have clearly followed through on the advice given by our experts. The last of the sessions will be held on 20 June, 11 July, 22 July, 8 Aug, 5 Sept, 19 Sept. Any changes to these dates will be communicated directly to you.

SKATING TIPS



The importance of posture for a skater cannot be over-emphasised, the following is an extract from *Nancy Kerrigan's Book - "Artistry on Ice". This book can be purchased online through Amazon.

Posture

"Good posture is necessary in all skating disciplines. Skaters need to stand upright with the chest and head lifted and the abdominal muscles controlled. The number-one error I see skaters make in the Moves and even in their general skating is holding the arms too high, almost at shoulder height. If your

arms are high, you don't have control of your body and your skating looks awkward. It is a lot easier to control your body, your centre of gravity, and your weight transfer if your arms are waist high or even hip high. You should feel as if you are pushing down with the palm or the heel of your hand on a table so that you have control. Correct arm posture will also give you a little bit of tension in your muscles. (You don't want to feel tension in your whole body because you want

some flexibility and space to move.) If your arms are up, you don't have the muscle tension you need to control quick movements from edge to edge. The same applies to jumps - without control of your arm movements, you won't land them. So work on keeping those arms down with your back muscles pulling down into your waist so that you are best able to control your upper body. "

*Source: Nancy Kerrigan (2003) "Artistry on Ice Figure Skating Skills and Style"; Human Kinetics; pages 6-7

