



# FIGURE SKATING NEWS

East Grand Forks Parks and Recreation  
& Northern Lights Figure Skating Club

October, November, December 2018

## CALENDAR EVENTS

**DEC 8-9:** NLFSC Test Session

**DEC 9:** NLFSC Board Meeting

**DEC 11:** Open-Juvenile & Intermediate Perform at V & JV Hockey Games

**DEC 14-15:** Maplewood Synchro Classic

**DEC 20:** Synchro Skills 2 & Pre-Juvenile Perform at V & JV Hockey Games

**DEC 24-25:** No Skating, Arena Closed

**DEC 28:** Holiday Exhibition

**JAN 1:** No Skating, Arena Closed

## CONTACT INFO

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### Learn to Skate Coordinator

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## PARKS AND RECREATION

Happy Holidays from the Parks and Recreation Office.

As you read this newsletter the Holiday season is drawing close.

We have had a busy start with our 2018-2019 Skating programs. We would like to thank everyone for their participation! Again this year we have strong numbers in both the Learn to Skate and Synchronized Skating programs. It is hard to believe we are at the end of our Fall session with the Learn to Skate lessons. The synchro teams have been busy prepping and competing in both the Dr. Porter and Grand Forks competitions. Over the next month all of the Synchro teams will perform at a High School Hockey game, some will travel to the Twin Cities for the Maplewood Competition and continue to practice their routines. We enjoy seeing the arenas busy with all of the activities.

As we move into the 2019 portion of our schedules we would like to wish everyone a very Merry Christmas and Happy New Year. Be sure to take time from your busy schedules to enjoy your families!

Happy Holidays!

*Reid Huttunen*                      *Mark Dragich*  
*Parks & Rec Superintendent*    *Recreation Supervisor*

## NLFSC BOARD OF DIRECTORS

Just like that the 2018-2019 skating competition season has begun! It's an exciting time of year and fun to watch as our skaters continue to improve each and every time they take the ice!

Everyone may have noticed the Northern Lights Figure Skating Club has a new look. 2018 marks the adoption of a new logo; thank you to the logo committee for the work put into the new logo. Of course, the adoption of the new logo meant the purchase of new warm-up jackets for all of the NLFSC competitive skaters. Over the past two years there has been much discussion about how the club could give back to all of the volunteers for their hard work and dedication devoted over the Midwestern Synchronized Skating Sectional Championships hosted by the NLFSC in 2017. The idea of purchasing new warm up jackets for all of the skaters was brought forward to the club. With a resounding "YES" the board approved the purchase of the jackets. The board considers this purchase

## SKATE CARE TIPS

- Always wear **hard guards** on your skates when walking from point A to point B. If you are walking on your blades, on the floor with no guards on, the blades will become dull at a much quicker rate. Small debris such as rocks, dirt, garbage, can also leave small divots in the blade when stepped on. The more wear and tear on the blades, the more often they need to be sharpened. The more blades are sharpened, the quicker the blade gets used up.
- When storing skates, hard guards should never be left on the blades. Instead, soakers should be used to protect the blade. Soakers are soft, material covers that help wick away any excess moisture while covering up the blade.
- After skating, use a towel to dry off the bottom of the skate and the blade. This entire area should be as dry as possible. Wet blades lead to rusting, which ruins blades.
- What every skate bag needs:
  - Hard guards
  - Soakers
  - Towels
  - Extra laces are a good idea
  - Skates ☺

TAKE CARE OF YOUR SKATES!

of \$6,500 an investment where the skaters can proudly represent the club they skate for and the efforts put forth by the families of the skaters. The board recognizes it is the members of NLFSC that makes our club successful.

In November, the 2<sup>nd</sup> annual pancake feed and bake sale was held at the VFW. A huge shout out to Kristin Batko for organizing this event as well our families who brought all of the baked goodies. Events like these are a great opportunity for skaters and families to come together and get to know each other. It is amazing in just a few short hours we raised \$1,800 for the club! One of the great questions asked by our members is “what does the money generated from the club fundraiser go towards?” Money raised at club fundraisers allows the club to keep our sport as affordable as possible for our families. It lowers the competition costs for club members as well as allows cheaper testing fees for skaters. It also allows the club to pay for over half of the expense of our synchro teams (travel, transportation, hotel, competition fees, dresses, camps, etc.).

Being part of an organization, such as NLFSC, there are always a lot of questions and we want all club members to feel informed and involved. We are more than happy to answer any questions you may have. With so many dates, deadlines, changes, and different communication channels, we recognize how overwhelming all the information can be. Someone, who did not grow up around skating, once said, “I don’t speak the Figure Skating language.” If you feel this same way please reach out to someone who does. The board is working on improving communication to ensure information is shared with all of our members. Please feel free to reach out to us if you have any questions.

*Tracy Anderson*  
*NLFSC President*

*NLFSC Board of Directors*

## LEARN TO SKATE

Learn to Skate had a great first half to the season. Crazy to think we are already half way done with the Learn to Skate season! Full regular lessons will resume on Sunday, January 6, 2019. If you have any suggestions or improvements you would like to see within the LTS program, please do not be shy and share them with me. I love hearing the good and also the ugly, to help improve the program!

The Holiday Exhibition will be held at the VFW Arena on Friday, December 28<sup>th</sup>. The event starts at 6:00pm. All are welcome to come watch our skaters perform their competition programs. All skaters who wish to participate are welcome. Registration for this event is online at [northernlightsfsc.com](http://northernlightsfsc.com), under the Ice Show tab. Registration will close at 8pm on Friday December 21, 2018.

Different than years past, the Holiday Exhibition will NOT double as the 2019 Ice Show try-out. Instead, a panel of coaches and the Ice Show committee will determine this year’s Ice Show special numbers. More information on this will be released after the Holiday Exhibition. If you would like to be a part of the Ice Show Committee, all are welcome to join in on the conversation! Meeting times will always be posted on the VFW Arena’s LTS bulletin board (normally meetings are held on Tuesday evenings).

## WHAT DOES THE SPORT OF ICE SKATING TEACH SKATERS?

Ice skating helps develop many different skills and abilities:

- Self – discipline
- Time management
- Responsibility
- Mental toughness
- The ability to perform under pressure
- Dedication
- Self-control
- Teamwork
- Communication
- Confidence
- Strength

*What other skills and abilities can you think of?*



I hope you all are having fun and I can't wait to see what the second half of the Learn to Skate Program has in store for us all. Thanks!

*Shelby Johnson*  
*Learn to Skate Coordinator*

## INDIVIDUAL SKATERS & SYNCHRONIZED SKATING

Just like that it's December and our skating season has already had its first competition for individual and synchronizing skating. The season never seems to slow but there is so much to share.

*Individual Skating:* Many of our individual competitive skaters competed at the Holiday Classic Competition, Dec. 1-2, in Grand Forks. Congrats to all skaters! Next up for individual skaters is the NLFSC Test Session, Dec. 8-9. Test sessions (different from LTS Badge Testing) requires three judges to be flown in from around the country, as well as one dance partner. Andrew Beck will be our dance partner for the December test. Skaters have been prepping for tests since summer and now have mastered their skills to put forth their test in hopes of progressing to the next level.

Private ice reminder: Please remember all skaters in a lesson wear an orange belt, while skaters using the music are wearing a yellow belt. It is important all pay attention and look out for these skaters when on the ice. Spins should be practiced in the middle of the ice while jumps should be practiced on the ends.

*Synchronized Skating:* This is our first year all teams share the same name of "Northern Lights". We now refer to our teams by skill level: Snowplow Sam Synchro, Synchro Skills 1, Synchro Skills 2, Pre-Juvenile, Open-Juvenile, and Intermediate. We chose "Northern Lights" through surveys, which was continuously was a top vote. Our goal is to unify our teams and program with the cohesive name. We have also introduced 'synchro sisters' this season; an older skater is paired with a younger skater from another team. The sisters have opportunities through the season to get to know and cheer each other on.

Synchro Skills 1, Synchro Skills 2, and Pre-Juvenile all competed at the 1<sup>st</sup> Holiday Classic Synchro competition on Dec. 2<sup>nd</sup>. All teams earned a gold in their division. Open-Juvenile and Intermediate competed at the Dr. Porter Classic in Ann Arbor, MI on Dec. 1-2. Open- Juvenile earned the bronze and Intermediate surpassed their team goal with a total segment score of 48.9. The next competition for our teams is in Minneapolis, MN, Dec. 14-15.

Thank you all for a GREAT start to the season. Coaches are extremely proud of our skaters and teams and can't wait to see how we all progress through this season.

*Mallory Olson*  
*Individual & Synchronized Skating Coordinator*

## Northern Lights Figure Skating Club's New Logo

The Northern Lights Figure Skating Club is proud to adopt a new logo. As the club has grown and evolved over the years we felt it was time for an updated look to reflect this. This latest development marks an important milestone on our journey of continually supporting our club members and the sport of figure skating. Over the past few years, our club members have been Gold Medalists, Midwest Synchronized Skating Champions, we've added an additional competitive team, now at the Intermediate division, and continued to grow our Individual Competitive skating program.

We celebrate our old logo, which has now been honorably retired after having represented our club for numerous years. At the same time, we look forward to the future with our new logo.

After careful consideration, we chose a logo that reflects a more modern, streamlined look while still incorporating the star which was such an integral part of our previous logo, and keeping with our traditional Green Wave colors. We've chosen to complete the more modern, streamlined look with an updated warm-up jacket was gifted by the club to each of our competitive skating club members.

We want to thank our skaters, coaches, parents, sponsors and volunteers for your continued support and the invaluable time that give to our club and skaters. Here's to the future with you all!

