

The Inside Edge

Official Newsletter of the International Falls Figure Skating Club

Basic 4-8— edges, turns, & crossovers

When a skater reaches the Basic 4 level, he/she begins to learn about inside and outside edges, one-foot turns that require more balance, and other more challenging elements such as crossovers. These elements are the first important steps in becoming a figure skater. While Snow-pow Sam and Basic 1-3 set a foundation to learn to skate, Basic 4-8 set the foundation for a skater to become a figure skater. To help understand why when your skater reaches Basic 4 and is frustrated that they cannot get the element easily, here is what your child has to grasp. Ice skates have inside edges and outside edges.

Stand with your feet parallel. Press your feet to the outside. These are outside edges. Now, press your feet to the inside. You are on inside edges. This concept is sometimes hard for beginning skaters to understand and thus makes the elements harder to grasp. And until they do, these badges are harder to achieve than Basic 1-3. Skating on edges becomes extremely important in Basic 4 and on through Juniors and Seniors. Mastering edges is difficult, **and takes a lot of practice.** If skaters pass badges too easily the next level becomes increasingly more difficult. Be patient, support their improvement, and remember one badge is dependent on the previous badge elements.

—by Coach Darlyss

Holiday Party— look for it on the arena schedule

December 29 is the planned day for a Holiday party for the skaters. Refreshments (e.g., cookies) will be served in the locker room.



Happy
Holidays!

Competition & Testing—see website for details (www.iffsc.org)

January

North Star Competition (East Grand Forks)-Jan 22, 23 & 24

Funtastics (Bemidji) Jan 24 (basics)

Northland Competition (Duluth)-Jan 28, 29, 30 & 31

February

Red River Valley Int'l Classic (Fargo/Moorhead)-Feb 13, 14 & 15

Land of the Lakes Competition (Grand Rapids)-Feb 26, 27, & 28



International Falls Figure Skating Club (IFFSC)
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2009-2010, Issue 3

December 2009

Dates to Remember:

- **Testing**— February 2010
- **Exhibition**—watch the Synchro teams and solo skaters perform their competition routines—*Jan or Feb 2010*
- **35th Annual Ice Show**—*Night at the Cinema — March 27 & 28, 2010*

Taking Private Lessons?

Parents/ Guardians of skaters taking private lessons – please contact your coach if your skater will not be at private lessons. This courtesy notification allows the coaches to plan their schedules more efficiently. Thank you!

Helpers & the role they play

A key component of the organization of the International Falls Figure Skating Club is the role of skaters helping skaters. When a skater reaches the Junior level he/she is required to be a Snowplow Sam helper. Senior skaters are required to be helpers for Basics 1-8 and Juniors.

Helpers allow the club to provide guided lessons for all groups on the ice.

The Board has identified the need for additional helpers for some of the large Basics groups and is working to address this need.

If you have any questions about the role of a helper, please contact a board member.

By-laws Update

Those in attendance at the General Membership meeting on December 2, 2009 voted on the proposed bylaws changes. Two-thirds of those in attendance voted to approve all of the changes. The revised by-laws will be posted to the IFFSC website soon.

Getting Ready for the Ice Show—Costumes

Leanna is in the process of ordering the costumes for ice show. Once the ordering is complete a poster showing the ice show costumes will be hung in the locker room.

Fundraising News

Wreath Orders

Thank you to everyone who sold wreaths. You raised \$511.05 for the club. Congratulations to Katlyn Lundquist who sold the most wreaths. She will receive a \$50 gift card.

Gift Ideas for Skaters Ice Skate Soakers—\$12/pair

IFFSC Waterbottles—\$10/each

Over the Boot skating tights—\$12/pair - child \$14/pair—adult

We're on the web!
www.iffsc.org

2009-2010 Board of Directors

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