

It Figures...

November 2001

Volume 2, Issue 2

A New sletter about the Chinguacousy Figure Skating Club

Results Wrap-up

Chinguacousy's competitive skaters represented the Club at the **2001 Skate Canada - Central Ontario Octoberfest** (October 12-14) in **Barrie:**

Juvenile Pairs

- Brooke Paulin & Andrew Evans - **1st**

Juvenile Ladies (Group 3)

- Dale Smith - 9th

Pre-Novice Men

- Andrew Evans - 4th

A number of Club skaters (see picture on page 3) were at the **Lindsay Skate** (September 29-30) in **Lindsay:**

Pre-preliminary Ladies A Freeskate

- Sasha DesRoches - 4th

Pre-preliminary Ladies B Freeskate

- Talitha Tarasco - 3rd
- Lindsay Bebbington - 6th

Preliminary Ladies A Freeskate

- Sasha DesRoches - 2nd

Junior Bronze Ladies B Freeskate

- Martha Cleveland - **1st**
- Cassandra Bernardo - 4th
- Stephanie Murphy - 5th

Pre-bronze Artistic

- Stephanie Murphy - 2nd
- Lindsay Bebbington - 3rd
- Talitha Tarasco - 3rd

Bronze Artistic

- Martha Cleveland - **1st**

(Continued on page 2)



Hallowe'en Skate!

General Information From Skate Canada

The following information may be of interest to skaters and their parents:



Continued from previous issue.

Skating terms

Below you will find a list of skating terms related to Singles and Pairs skating. Each term includes a technical explanation and is listed in the generally accepted order of difficulty. Skaters will learn these elements, however, in the order determined by their coach and according to their natural abilities and inclinations.

Pair lifts

The International Skating Union (ISU) has categorized all pair lifts into six different categories, according to degree of difficulty.

Group 1 - Armpit lifts

Group 2 - Waist lifts

Group 3 - Hand to hand lifts

Group 4 - Hip lifts

Group 5 - Hand to hand Lasso-type lifts

Group 6 - One hand Lasso lifts

On all lifts you should watch for speed of entry and exit, control of the female's free leg on the exit of the lift (high and sweeping is the ultimate goal!), position of the female in the air, the male's footwork (a clean, smooth series of mohawks), quick and easy changes of position (if applicable) and maintenance of flow throughout the lift.

Armpit Lifts:

(Continued on page 4)

Canskate Passes

The following have passed the indicated Canskate level(s) during this session:

Monday/Saturday

Katarina Baziw 1
James Benson 1
Nicole Benson 1
Nicole Bruneau 3
Courtney Burse 1
Madison Erb 4
Cory Farrugia 4
Cailin Green 1
Jodena Hepburn 1
Ian Hernandez 1
Robin Kaloty 1,2,3
Siera Loppenski 1
Lindsay Marahaj 1
Leslie Medina 1,2
Chelsea Phillips 1,2,3
Connor Phillips 1
Samantha Phillips 1,2,3
Rachel Richardson 1
Julia Rigato 3
Kassandra Santelli 1
Kierstan Tietz 3
Maria Vaduva 1
Serena Warrington 1
Jenna Woodley 1
Marisa Woodley 1
Jesse Woonsam 1

Tuesday/Thursday

Alexandra Blake 1
Sara Blake 1,2,3
Chantol Book 1
Jenina Book 1,2,3
Sara Branning 1,2,3,4
Laura Calabrese 1
Nicole Calabrese 1
Daniella Catalano 1
Julia Catalano 1
Imran Dharshi 1
Sabrina Dharshi 1
Kajani Gengatharan 1,2,3
Mikki Gengatharan 1,2,3
Stephanie Jackson 1
Shakeel Lakhani 1
Gabrielle Liorti 1,2,3
Michelle Liorti 5
Victoria Liorti 3
Liaha Lipari 1,2
Jenna MacDermaid 1,2
Nicole Mahato 1
Alena Mammone 4
Jessica Mammone 1,2,3

(Continued on page 3)

Results Wrap-up

(Continued from page 1)

Junior Bronze Triathalon

- Martha Cleveland - **1st** (Skills); **1st** (Artistic); **1st** (Freeskate); **1st** (Overall)
- Cassandra Bernardo - 3rd (Skills); 3rd (Artistic); 2nd (Freeskate); 2nd (Overall)
- Stephanie Murphy - 2nd (Skills); 2nd (Artistic); 3rd (Freeskate); 3rd (Overall)

Chinguacousy skaters were at the 2002 Central Ontario Sub-Sectionals (October 26-28) and Sectionals (November 9-11) at **Iceland in Mississauga:**

Sub-Sectionals Juvenile Ladies (Group 4)

- Dale Smith - 7th

Sectionals Juvenile Pairs

- Brooke Paulin & Andrew Evans - 2nd

Sectionals Pre-Novice Men

- Andrew Evans - 7th overall (8th-Short; 6th-Long)

Club skaters also competed at the **Grimsby Invitational** (October 26-28) in **Grimsby:**

Pre-Preliminary A Ladies 7 & 8

- Michelle Kramer - 6th (Group A)
- Julia Kenney - 7th (Group C)

Pre-Preliminary A Ladies 9 & 10

- Lindsay Bebbington - 4th
- Alanna McGregor - 6th

Pre-Preliminary A Ladies 11 & over

- Victoria Cockburn - 5th

Pre-Preliminary A Men

- Mackenzie Cleveland - **1st**

Pre-Preliminary B Ladies 9 & 10

- Sasha DesRoches - **1st** (Group A)
- Talitha Tarasco - 2nd (Group B)
- Melissa Crawford - 4th (Group B)

Pre-Preliminary B Ladies 11 & over

- Lindsay Webster - **1st**
- Jessica Kenney - 2nd

(see picture this page)

Pre-Preliminary C Men

- Bradley Wolff - **1st**

(see picture on page 3)

Preliminary B Ladies 9 & under

- Megan Henry - **1st** (Group B)

Preliminary B Ladies 12 & over

- Victoria Szyrka - 4th (Group A)
- Cassandra Bernardo - 6th (Group A)
- Stephanie Murphy - 5th (Group B)

Preliminary C Ladies

- Martha Cleveland - **1st**

Junior Bronze B Ladies

- Samantha Bruno - 2nd (Group C)
- Stephanie Rigato - 5th (Group D)

Gold Ladies

- Michelle Sargant - 8th

Pre-Preliminary Elements

- Sasha DesRoches - **1st**
- Talitha Tarasco - **1st**

Preliminary Elements

- Martha Cleveland - 2nd
- Cassandra Bernardo - 6th
- Victoria Szyrka - 2nd



Lindsay Webster and Jessica Kenney of CFSC finished 1st and 2nd respectively in the Pre-Preliminary B Ladies (11 & over) event at the Grimsby Invitational

From the Editor's Desk...

Please use the suggestion box at the CFSC Bulletin Board at Terry Miller to submit any photos, articles or other suggestions you may have for future newsletters.

Clinton Wolff



CFSC's Bradley Wolff took the gold medal in the Pre-Preliminary C Men's event at the Grimsby Invitational



SECOND VOLUNTEERS CONFERENCE A SUCCESS

The Skate Canada - Central Ontario Skating Volunteers Conference was held at Alliston's Nottawasaga Inn on September 21st-22nd.

Approximately 200 skating volunteers, officials and coaches attended the event whose theme was "I Volunteer" in recognition of the United Nation's decree that 2001 was the Year of the Volunteer.

The event started with a dinner and a speech by strategic planning specialist, Ross Roxburgh, on the value of volunteering. Following his address to the membership the volunteers adjourned to the COS Casino for a night of laughs, prizes and funny money winnings.

Saturday's session started with a stirring breakfast address by Skate Canada President, Marilyn Chidlow. Following Mrs. Chidlow's address, the volunteers had a choice of 90 minute workshops including such topics as *Conflict Resolution, the Business of Skating, Skating Programs, I Volunteer, Marketing Your Club, Coaches* and sessions for both returning and new test chairpersons.

Courtesy: www.skatecanada-centralontario.com

Skate Canada - Central Ontario is one of thirteen Sections affiliated with the Skate Canada National Office. Central Ontario (COS) encompasses a geographical area that is bordered by Lion's Head, Orillia, Ajax, and Oakville and includes 111 clubs, 28,000 members, 650 coaches and officials.



CFSC Congratulates

B

Andrew Evans

on qualifying for the Ontario Winter Games

B

Octavian Goga

Tango Romantica



Lindsay Competition

September 29-30

(back row from left) Martha Cleveland, Cassandra Bernardo, Stephanie Murphy
(front row from left) Lindsay Bebbington, Tara Dowdles, Talitha Tarasco
(missing) Sasha DesRoches

Canskate Passes

(Continued from page 2)

- Keri Martin 1
- Robyn Martin 1,2
- Adrenne Metiver 2
- Emily Milne 3
- Sai Nadarajah 4
- Connor Peters 3
- Madison Peters 2
- Adnaan Somani 1
- Jessica Spina 1,2
- Mallory Vachon 1
- Chantal Warnaar 1,2,3
- Trevor Warnaar 4
- Serena Warrington 1,2

SKATE CANADA General Information

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The lifts with the armpit hand hold position are the easiest type of existing lifts. The male places one hand under one arm of the female in the armpit. The female places one hand on the male's shoulder. The male grips the female's other hand with his free hand, to assume the hold. The arm of the male that is in the armpit position of the female is to be fully extended. The following lifts belong to this group: Lutz lift, Flip lift, Axel lift, One arm toe lift.

Waist Lifts:

The lifts with waist hold position are more difficult than the lifts in the armpit group. The male places both hands on the female's waist and she, in turn, places both hands on his wrists or shoulders. This lift is more difficult as the male is required to extend both arms. Attention should be paid to the position the female assumes throughout the lift. The head should be held high, the back should be straight and a good extension of the legs is desirable. The following lifts belong to this group: Waist Loop lift, Platter lift.

The **platter lift** is a lift in which the male raises his partner overhead, with hands resting on her hips. She is horizontal to the ice, facing behind in platter position. It is sometimes referred to as a tabletop lift. The female releasing her grip on her partner's wrists increases degree of difficulty within the lift. Females should strive to obtain an arch in the back and an aesthetically pleasing leg position.

Hand to Hand lifts:

The lifts with hand to hand hold are more difficult than the previous waist lifts. Both hands of the male and female are clasped. The partners' face each other in the closed lift position with hand to hand grip, or the male is

behind the female with the same grip. The following lifts belong to this group: Pressure lift, hand to hand loop lift.

The **pressure lift** is a lift in which the male is skating backwards and the female is skating forwards, facing each other. Both hands of each partner are clasped. The female jumps straight up over the head of the male, the arms of each partner fully extended. This is generally the first full-extension lift that pair teams learn. Variations on the pressure lift include a roll-up entry (like Elena Berezhnaya and Anton Sikhrulidze perform in their 1999-2000 free program) or an entry where the male is skating forwards and the female is skating backwards.

The **hand to hand loop lift** is a lift in which the male raises his partner, who is in front of him and facing in the same direction, above his head. She remains facing the same direction in sitting position with her hands behind her while her partner supports her from her hands. The female should take-off for this lift from one foot, on a back outside edge (like a loop jump). There are many possible variations of the female's leg position.

Hand to hand Hip Lifts:

The lifts with hand to hip hold are of the fourth degree of difficulty. The male places one hand on the female's hip, and takes her other hand in his free hand. The female's free hand is placed on the male's shoulder. The following lifts belong to this group: Star (or cartwheel) lift, toe loop hip lift, one arm toe loop hip lift.

The **Star lift** is a lift in which the male raises his partner from his side, by her hip, into the air. The basic position of the female is a scissor-position with either one hand touching his shoulder or in a hands-free position. The releasing of grips increases degree of difficulty in a star lift. Isabelle Brasseur and Lloyd Eisler made the no-hand star lift famous; in this lift Lloyd lifted

Isabelle into the star lift position, with one hand placed on her hip and no other point of contact.

Hand to hand Lasso type lifts:

The lifts of the hand to hand Lasso type holds represent the fifth degree of difficulty in pair lifting. The difference between the hand to hand pressure lifts and these lifts is that in hand to hand lasso type lifts, the female rotates on her way to the top of the lift. The same is also, generally, true for the dismount.

What makes this type of lift difficult is that a good portion of the lift is pressed to the top with the use of only one arm of the man. The added torque created by the rotation of the female to the top of the lift also adds difficulty to these lifts, in particular on the Lasso lift. The lifts belonging to this group include: toe overhead lift, step overhead lift, Lasso lift

Toe overhead lift: A lift in which the female is lifted after a toe assist from one side of the male's body behind his head to a raised position. She is facing the same direction as the male in a split position.

Step overhead lift: Same as above, except there is no assistance from the female's toe pick on the take-off.

NEXT ISSUE: **More Lifts**

**Skate
Canada**
NEWS

Notice Board



Club Competition
Saturday Nov 24, 2001
@ Terry Miller

Carnival Registration
Nov 12, 13, 15 @ 6-8:30
Carnival Rehearsal
Feb 24/02 - Mar 8/02
Carnival
March 9, 2002

Bingo Schedule

Nov 19/01 @ 10pm

Dec 16/01 @ 10pm

Dec 17/01 @ 10pm

If you can help at any of these
bingos please call:

905-792-0536.

The more bingos we have, the less
your membership fees will be. All
the bingo profits go directly into
paying the ice costs.

**The CFSC Board will be
needing new members in
the Spring of 2002. Please
see any Board Member if
you are interested.**

Test Days
December 10, 2001
December 13, 2001
January 15, 2002

*Some sessions may be
cancelled on these days.*

Christmas Break
December 21st, 2001
to
January 6th, 2002

Skating Events
Skates Alive - Midway West Area Fun Competition
Milton
December 1-2, 2001

2001 Bank of Montreal Canadian Championships
Hamilton
January 9-13, 2002

Midway West Interclub
Teen Ranch, Caledon
February 2-3, 2002

REMEMBER
Check the
CFSC
Bulletin
Board @
Terry Miller
for notices
and
information

Notice to Canskate Parents
All coaches are available for
private lessons during
Canskate sessions.
Please feel free to approach
any coach about extra help
for your Canskater!

Spring Skate
March 19, 2002
to
May 18, 2002

Christmas CANSKATE
December 15th, 17th, 18th
& 20th, 2001

Come skate with Santa!
*Bring family and friends to enjoy a
holiday skate!*



TEST RESULTS

October 18th
 (@ Terry Miller)

Junior Bronze

Freestyle

Part 1

- Natasha Hordelski

Gold Dances

Quick Step

- Alexandra Hernandez

Senior Bronze Dances

Fourteen Step

- Jessica Kenney
- Nicky Nadarajah

Junior Bronze Dances

Fiesta

- Alanna McGregor

Willow

- Lindsay Webster



"Everybody in the middle!"

Heather McFarlane calls a Saturday morning Canskate session to order...

Online!

The Chinguacousy Figure Skating club is online at:

www.netrover.com/~orzeck

Visit the website for lots of information on the CFSC's skaters and events. There are also photos, results, and links to other figure skating pages like

Skate Canada:
www.cfsa.ca/

and

Skate Canada
 Central Ontario:
www.skatecanada-centralontario.com/

Chinguacousy Figure Skating Club
 Terry Miller Arena
 1235 Williams Parkway East
 P.O. Box 68503
 Brampton, Ontario
 L6S 6A1



905-791-8211 (Terry Miller Arena) 905-799-2013 (Coaches' Room)

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