



THE INSIDE EDGE



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BE NICE

Nobody wants to be on the "Naughty List" during the holiday season and what brings out the holiday cheer more than speaking kindly to one another!?

Earlier this month you should have received an email with personal Be nICE shout out forms. We ask that our skaters, our coaches, our parents and our many volunteers offer up kind words to one another. Maybe thank a skater for helping you with a move, maybe appreciate your student for always showing up on time or thank someone just for being who they are and brightening your day!

You can either print the form attached in the email or pick one up at the arena, Fill it out and we will decorate our bulletin board for the season with your words of kindness!

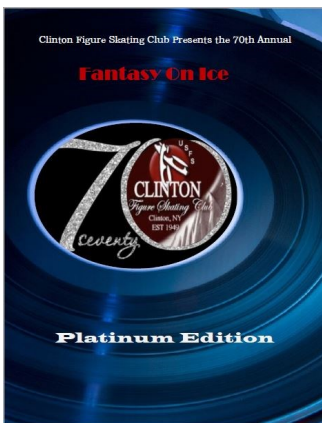
50 Years of Special Olympics!

By Laura Garramone

As we prepare to celebrate the CFSC platinum anniversary let's also celebrate the 50th anniversary of Special Olympics New York. Our state has the largest chapter in the country serving more than 67,000 athletes across New York with year around sports training, athletic competition, and health screenings. CFSC is grateful to coach Caitlin Deere Fenton for bringing this amazing program to our club in 2006. Let's support our athletes as they prepare for the New York State Winter Games on February 21 and 22 in Rochester New York!



**Special
Olympics**
New York



ICE SHOW NEWS

Clinton Figure Skating Club's
70th Annual Fantasy On Ice Show

Platinum Edition

Our cast list has been posted and we are about to find ourselves in full 'Ice Show' mode!

We would like to congratulate our **Feature & Soloist Skaters**

Feature Skaters - Annika Heacock-Cerrito, Renee Potasiewicz and Clara Kelly

Soloists - Jessica Martin and Katelyn Potasiewicz

Congratulations on this fabulous accomplishment!

Tickets / Assessment Fees - (Please Read)

In addition to your registration fees each fall there is an Ice Show ticket assessment **due in January when you pick up your Ice Show packet. We are able to take the payment via Credit/Debit Card!** Tickets equivalent to your assessment will be included in the packet. You can either choose to sell those tickets and recoup your money, or not - that choice is yours.

More tickets will be available for selling as well. All advanced sale tickets will be \$5 each and \$7 at the door.

Assessment Fees

\$75 Single Skater

\$100 Multiple Skaters

****Separate rules apply to Special Olympics and Home School Skaters**

Remember!!!

Ice Show Dates to Remember

Ice Show packets handed out - January

Costume Fittings - January

Pictures - Feb 10, 11, & 12

Practice Begins - Feb 24

Show Dates - March 27, 28 & 29

HELP NEEDED!!

The ice show committee needs at least one person for each number to be in charge of costumes. If you want your child to be in the best fitting, most glamorous, most talked about costume in the show than this is the job for you!! You do not need to sew but that would be an added bonus. Your responsibilities include:

1. Helping with costume fittings
2. Making sure all alterations are completed in a timely manner (you do not need to be the one to do it just help coordinate)
3. Creative prop/accessory ideas
4. Anything else you would like to do. Use your imagination. That is what the show really needs!!
5. Plus you will have access to our much talked about costume rooms. We have two floors of costumes and accessories!

This show can NOT succeed without the help of volunteers. Please help us make this show a memorable experience for your child.

World's Best Chocolate Sale

By Brenda Rogowski

The Clinton Figure Skating Club is engaged in a fundraiser selling *World's Best Chocolate* bars.

Each box contains 60 chocolate bars that are sold for \$1 each.

Please see a board member and pick up a box of chocolate bars at the rink.

You prepay the \$60 and are reimbursed by the sales.

When you finish a box, please check back in for another!



How to Dress For Skating Practice!

By Ellen Moon

Rule of thumb: Form-fitting clothes that stretch are better than tight, restrictive or oversized clothes that restrict movement. An instructor/coach needs to see a skater's body alignment to give proper advice and feedback about technique, so form-fitting clothing that allows for movement is better.

Hair: Hair should be tied back or put up. It is very important that hair be away from the face. If you are in a hurry, it is fine to quickly put your hair in a pony-tail. If the hair is very long, you may want to braid the hair or put it in a bun so that a long ponytail doesn't distract from spins and jumps.

What Do We do With Those Badges?

Did your skater test and receive a badge for their accomplishment? USFSA rewards passing a level of skating with a badge system. With your membership, you should have received a booklet with the different levels explained. You can write the date they passed each level in there to keep track. As for the badges, there are many ways to display them. Some people sew them on jackets and others on scarves they wear with pride. Some people scrapbook them or sew them on a personalized skating towel. There are many great ways to display their skating accomplishments!

Open Freestyle Test Session

By Rebecca Kelly

Our next test session will be held Friday January 10th from 11am-5pm. This will be held the day before the New Hartford competition. We can accommodate all levels (pre-preliminary through Senior) for Moves in the Field, Freeskate and SOLO dance and up through Pre-Silver for partnered dance. The registration form is on the website or see your coach. Unfortunately we will not be able to grant any special time requests.

Upcoming Dates

29th Annual Skaneateles Invitational Dec 6, 7 & 8
CFSC Testing Session - January 10
NH Competition - January 11
Comets Game Synchro Exhibition - January 24
ESWG - January 30, 31 & Feb 1
CFSC LTS Testing - February 3
Skate Challenge of CNY—March 14 & 15
CFSC Elections - March 24
CFSC Fantasy On Ice - March 27, 28 & 29
CFSC Year End Banquet - April 25

Committees

We have various club and Ice Show committees that could always use volunteers. If you are interested in helping out in any capacity please let us know! We Love Help!

Club Committees:

Learn To Skate
Communications/Publicity
Club Events
Competitions/Sanctions & Tests
Governance
Homeschool
Ice Show
Membership
Monitors/Volunteers
Parent/Skated Education
Special Olympics
Synchro/Theater On Ice
SafeSport /Injury Prevention

"It is fun. I like learning new tricks. Learning the routine for the ice show was fun." - Claire MacPherson, age 10

We do our best to keep you informed of EVERYTHING you need to know so check your email regularly, follow us on Facebook and our website has a lot of information