



THE INSIDE EDGE

Welcome Back!

We are so happy to see our skaters back on the ice! Our Learn To Skate program has brought us many new skaters this season to add to the many happy faces we've seen return to the ice! Our Freestyle skaters are all setting their goals and working hard with their coaches and with each other to obtain them. It's awesome to see how nice our skaters work together! We look forward to a fantastic season with all of you!

In this issue:

- Welcome Back
- Dressing for Skating
- Logo Wear
- LTS Challenge
- Synchro News
- Ice Show News
- Costume Help
- Ice Show Requirements
- Upcoming Dates
- Committees



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 ponytail. 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.

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Logo Wear

You've been asking - it'll be here soon! We've been working with A&P Masters to put together this year's catalog and hope to have it out to membership by Monday.

We will send the info via email & make it available on our FB Page.



CFSC LTS Challenge & Exhibition Night

November 5th is our annual Learn To Skate Challenge and Exhibition Night! Every fall we hold an in house competition for our LTS kids. The competition is comprised of only our skaters and our coaching staff does the judging. It's a very low key, fun event that ends with all of our small people standing on the podium!

Following the competition part of the evening will be the Exhibition! The exhibition skate is an opportunity for our skaters to perform their programs (to music) on their home ice. It's always fun to watch and the encouragement from the other skaters waiting in the well is fantastic! We typically get a lot of freestyle skaters but we would *LOVE* to see more LTS skaters in the exhibition. If your little skater would like to perform to music talk to a coach ASAP so you can start working on a program!

This Friday night event is easy fun for all of our skaters - no special attire required - just their smile!

Watch for a Sign Up Sheet in the coming weeks!



Synchronized Skating News

Our synchronized skaters are well underway for their new season! The Silverettes & Shooting Stars class began their season practicing together working on technique and focusing on skill-building. They did so well we put them together for one big team!

A new Silver Blades team has also formed and working on finding their rhythm as they begin the new season!

CFSC Synchronized Skating is really 'coming together'





Ice Show News

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

The Show Must Go On

This season we will retake the ice by celebrating some of the
biggest shows to ever hit the big stage!

The cast list will be posted in early December - keep an eye out for it!

*Requirements for this year's 2022 show are detailed on the following page.

*Our committee meets regularly all year long to brainstorm and create new ideas and opportunities for our skaters. If you'd like to be a part of the planning committee please contact Michelle Batson.

Show Dates: April 1, 2 & 3 2022

Costume Help Needed (**No Sewing required)

Before you know it we will be selecting costumes for the different show numbers, and each costume requires a Chairperson. The Chairperson simply makes sure that each child has been fitted for a costume, their name has been put inside of it and then lets our Costume Chair, Rebecca Kelly, know what needs to be done to them (sewing, alterations, sparkles added etc.)

****A Costume Chair does NOT need to know how to sew!** If you are interested in helping with costumes this season please let us know. A sign up sheet will be posted on the club room door in November but please let Rebecca know now if you want to help.

THANK YOU



2022 Ice Show Requirements

Skaters must be in good standing with CFSC and full/joint members of CFSC by September 2021.

Learn to Skate Numbers:

Learn to Skate 1 through Freestyle 4 ice show placement will be determined immediately following the November LTS test session. The ice show committee may also consider age and height as factors when determining placement.

Low Freestyle Group Numbers:

Skaters who have passed Freestyle 4 and/or completed the early moving up requirements by the November LTS test session.

Middle Freestyle Group Numbers:

Skaters who have passed USFSA Preliminary Moves in the Field **and** USFSA Preliminary Freestyle by November 2021.

High Freestyle Group Numbers:

Skaters who have passed USFSA Intermediate Moves in the Field **and** USFSA Juvenile Freestyle by November 2021.

2022 Ice Show Requirements – Featured Skaters

The feature, duet or step out will be at the discretion of the ice show committee.

Solo: Eligible skaters must

Have been a full registered member of CFSC in the prior 2020-2021 season

Are registered as a full member of CFSC by September 2021

Passed Intermediate Moves in the Field by November 1st 2021

Passed USFSA Intermediate Freestyle by November 1st 2021

Or

Competed in an IJS event with a score of 28.2 or greater by November 1st 2021. The results must be submitted to the Ice Show committee for review.

Feature, Duet or Step Out: Eligible skaters must

Have been a full registered member of CFSC in the prior 2020-2021 season

Are registered as a full member of CFSC by September 2021

Passed Juvenile Moves in the Field by November 1st 2021

Passed USFSA Juvenile Freestyle by November 1st 2021

Or

Competed in an IJS event with a score of 22 or greater by November 1st 2021. The results must be submitted to the Ice Show committee for review.

The Select Number: If the Ice Show committee decides to have a select number, any 2021-2022 registered full members of the CFSC are eligible to try out.

*Ice Show requirements are reviewed annually and subject to change each season.

** Individual and feature skaters are responsible for their own costume and for hiring a coach to choreograph the numbers. Choreography professionals must be pre-approved by the ice show committee.

Upcoming Dates

LTS Competition - Nov 5
Learn to Skate Testing - Nov 11 (week of)
CFSC Test Session - Jan 14
Learn to Skate Testing - Feb 14 (week of)
Ice Show Practices Begin - Feb 28
Annual Board Elections - Mar 29
Fantasy On Ice Show - Apr 1, 2 & 3

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
Freestyle
Ice Show
Membership
Monitors/Volunteers
Special Olympics
Synchronized Skating
SafeSport /Injury Prevention

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