



News From The Edge

Volume 17, Issue 10 October 2016

Diamond Edge Figure Skating Club

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From the President's Desk:



I hope everyone is settling into routines and enjoying the beginning of fall!

I apologize for all the information-- the lawyer in me wants to bullet point!

Daniel Block and Alex Han are off to compete in the Southwestern Regional Figure Skating Championships in Dallas, Texas. Please join us in wishing Daniel and Alex all the best!!!!

Icenetwork.com will be providing coverage of the Southwestern Regional Figure Skating Championships. For those of you not familiar with icenetwork.com, it is a web-based subscription service, which airs Regional, Sectional, National and International Skating Competitions. Annual subscriptions are \$49.99. I encourage all of you to subscribe and bring the best skating in the world into your living rooms!

For those of you who want to see some of the best skating in the world live, the USFS National Championships

will be held in Kansas City this year!! Championship Weekend is January 20-22, and the USFS is currently offering special ticket prices for that weekend. Tickets for individual events will go on sale soon.

In 2017 Grand Rapids, MI will be hosting the State Games of America, a biennial event bringing together athletes in multiple disciplines, including Figure Skating.

Gold, Silver and Bronze Medalists at State Games are eligible to compete at this event, as well as medalists at previous State Games of America.

We will be sending out an email regarding registration for the Sooner State Games, which is a State Games of America Qualifying event, so please be on the look out.

The Club will also be fundraising to help offset the costs for our skaters. Please let me know if you have any fundraising ideas or if you have any questions

regarding the State Games.

The rink schedule has changed. Please be aware of the new Free-style ice times.

I hope you all will join us in wishing all of our skaters the best of luck as they prepare to perform at Halloween on Ice and The Skatium's Winter Show. I always love seeing our skaters' programs come together. But, we know it takes a lot of support, encouragement and love from our parents and coaches, so the DEFSC would like to applaud all of you.

Finally (!) on behalf of myself and DEFSC, I would like to thank Devon Beck, Sandy Bowen and Dawn Doray. Devon, Sandy and Dawn VOLUNTEER their time to serve as USFS Judges at Test Sessions and Competitions. Thank you, thank you, thank you for giving so much of yourself to advance skating.

As always, it is an honor and pleasure to be your president.

Kynda



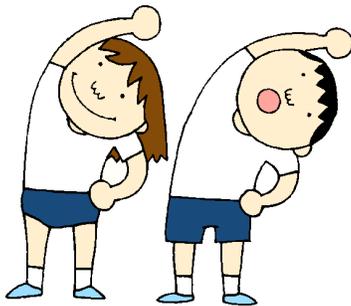
Young At Heart by Anne Eden

I love Fall, but I don't love falling. Who does? When teaching Learn to Skate classes, I always talk to new skaters about how to fall the "right way", so they don't hurt themselves. We talk about tucking our chin, not putting our hands down to catch ourselves, about making ourselves "small", and trying to go with the fall and land on our cushioned parts! But honestly, sometimes we find ourselves already down before we have time to think about it. And if you are in the air long enough to think about it, your first thought is usually "oh, this is going to hurt!". But by learning the basics about how to fall correctly, after a while you do instinctively go into

"safe fall" mode. But enough about falling!

Let's talk about preventing injuries other than those from falls. We have one skater who is very disciplined about off-ice warmups - Jonathan Lim. He warms up thoroughly by jumping rope and doing exercises before putting his skates on, and is a great example for how to prevent injuries on ice. You have to warm up your muscles before exercise to prevent pulling or straining muscles and joints. We should always jog in place, do jumping exercises, or similar activities to increase our body temperature to the point where we sweat a little, before we ever start to stretch.

Stretching cold muscles is asking for trouble! I have fallen out of the habit I used to have of jogging around for a few minutes before putting on my skates, and I can tell a difference. Let's all help each other get into the habit of getting to the rink early to do a good warmup before we skate. Good habits lead to good results!



Fundraising Made Easy!!!

If you routinely shop online at Amazon.com, there is now a very easy way to support Diamond Edge FSC at the same time!! Here's how:

3. SHOP!!!!

It is really that easy!

Amazon will donate .5% of your purchase price from eligible orders to DEFSC. There is no additional cost to you, and you can use the Amazon account that you already have! (You must shop at "smile.amazon.com"

(NOT "amazon.com") for DEFSC to receive this benefit.)

Thank you for supporting DEFSC!



1. Shop at smile.amazon.com;
2. Select DEFSC as your organization;



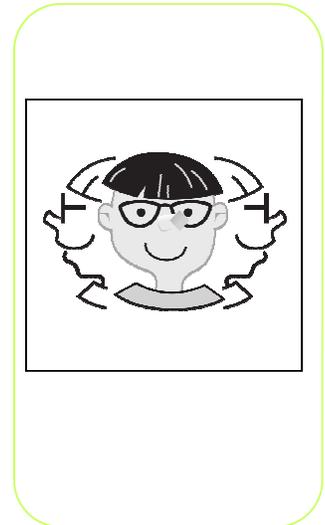
Coach's Corner by David Hilliard

Don't Move That Head!

A common problem that effects most skaters who are learning to jump is "turning their head into the direction of rotation during take-off." We all tend to look where we are going in everyday life, which is a good thing, but it is a very bad habit in jumping. Why is this bad? The skater who turns the head during take-off will pre-rotate the shoulders, which will then cause them to lose the axis of the jump before they ever leave the ice and that will *delay* the skater in getting over their skating side in the air. Unfortunately, when it comes to jumping, "*time*" is something we don't have much to spare, so we have to be

as efficient as possible before leaving the ice. Skaters who turn their heads on the take-off often fall to the outside on the landing. Unfortunately, most skaters can still do all the single jumps successfully even when moving their head, but run into great difficulties when transitioning to doubles. The next time you watch a world class skating event, watch a few jumps in slow motion and you will see how still the head remains throughout the take off. Of course there are variations in the technique, but the main take away is to avoid "turning the head in the direction of rotation' during the take off.

One effective method of teaching or learning this technique is to have the skater look at themselves in the glass as they initiate the jump. This will place their heads over their skating side as they leave the ice putting them in the optimum air position. By looking into the glass, they will clearly see when they have prematurely turned their head or not. Another method is to keep the head motionless while executing 3 turns, both forward (for waltz jumps & axels) and backward (for all other jumps). Be forewarned though... skaters will complain that it's hard. It is a very unnatural feeling at first, but when mastered it is one of the most powerful techniques used in modern jumping.



Skating Camp in Oklahoma City

4th Annual Miller-Brenner Seminar

January 28th & 29th,
2017

All skaters welcome! Athletes will be sorted into groups by ability.

Camp runs 9-5 Saturday and 9-1 Sunday

OKC Figure Skating Club
Arctic Edge Ice Arena,
14613 N. Kelly Avenue,
Oklahoma City, OK
73013

With coaches Dianne Miller and Jackie Brenner and guest coach Parker Pennington. Jacqui White, mother of Olym-

pic Gold Medal Dancer, Charlie White, will also be presenting.

Registration through Entry Eeze or contact LaDonna at OKCfigure skating@gmail.com



Diamond Edge Figure Skating Club



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Upcoming Competitions



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Southwestern Regional Championship, Oct. 5-9, 2016, Plano, TX

Midwestern Sectional Championship, Nov. 16-20, 2016, Colorado Springs, CO

U.S. Championships, January 14-22, 2017
Kansas City

Oklahoma State Games, February 24-

27, 2017, Oklahoma City, OK

Skate Dallas, April 20-23, 2017, Plano, TX

Pigtail Classic, April 29-30, 2017, Springdale, AR

Diamond State Open, June 3-4, 2017, Little Rock, AR

Skate Memphis, TBA, Olive Branch, MS