



October/November 2010
Volume 1, Issue 5

Lakewood Winter Club's Rinkside Blast

NW Pacific Regional Championships October 1-5, 2010

Proudly representing the Lakewood Winter Club at the 2011 Northwest Pacific Regional Championship in Boise, ID. were 25 skaters ranging in levels from Non-Test to Junior Lady.



Board Meeting

October 20th
November 17th

Car show Breakfast. Proceeds from the Car show breakfast, held on September 25th totaled approximately \$250. Thank you to all who volunteered their time and talent in making this a successful fundraiser.

August Testing Results

Congratulations to all the skaters who passed tests in August.

Special congratulations to **Cara Nunley** for passing her **Senior MITF**.

The following skaters passed tests in August.

Senior MITF
Cara Nunley

Silver Dance-Rocker Foxtrot
Alison Jeffers

Novice MITF
Kendra Amell

Intermediate MITF:
Brooke Bowman
Hannah Eby

Juvenile MITF
Elizabeth Grieco
Brittney Schuler

Pre-Juvenile MITF
Jolena Pugh

Pre-Juvenile FS
Logan Weaver

Preliminary MITF
Hailey Bowman
Ainsley Peterson
Lily Scott

Preliminary FS
Chloe Blair

Pre-Preliminary MITF
Courtney Emond
Ashley Haywood
Emma Salam

Pre-Preliminary FS
Courtney Emond
Ashley Haywood
Emma Salam
Lily Scott

Preliminary Dance
Dutch Waltz/Canasta
Tango/Rhythm Blues
Makayla Bouwman
Clare Cammarano
Lily Scott

Solo Preliminary Dance
- Canasta Tango
Linda Ross



BIRTHDAYS NOVEMBER

11/4 Heidi J	11/5 Arianna R	11/7 Jolena P
11/10 Phyllis L	11/13 Janice F	11/20 Edie J
11/20 Elli K	11/21 Linda H	11/24 Traci R
11/27 Lily S	11/29 Ainsley P	

DECEMBER

12/1 Jessica S	12/4 Tatiana H	12/8 Kelly C
12/8 William O	12/11 Lane B	12/12 Melissa G
12/12 Mikaela R	12/14 Brooke B	12/14 Ashley H
12/19 Stacey N	12/21 Germaine P	12/23 Jessica L
12/25 Billie E	12/28 Renee M	



November SKATER OF THE MONTH

Logan Weaver



December SKATER OF THE MONTH

Abby Buck

Coaches' Corner

*This Coaches Corner brought to you by
Sarah Billeck*

As a parent, we all want what is best for our children. We sometimes do things that can interfere with the success of our child. One of the hardest things to do as a parent is not coach them from the sidelines.

You have taken your child to a professional coach...it is best to not undermine that performance by trying to coach your child on the side. Your job is to support and love your child no matter what, and the coach is responsible for the technical part of the job.

Parent coaching interferes with real coaching. Unless the parent is a figure skating coach, the parent doesn't really know if the skater's arm placement, leg movements or body posture are correct. The coach is going to spend lesson time correcting bad habit's the skater picked up from the parents coaching. Your child will be confused, the coach will be frustrated and the parent will end up paying for extra lesson time to correct the problems.

Parents coaching can sometimes be embarrassing to the child. Picture this...the skater is out on the ice and the parent is telling the skater to straighten her leg. The skater knows straightening the leg isn't right, so the skater pretends to not hear the parent. Others skaters know it isn't right and feel bad for the

skater. The parent really wants the skater to straighten her leg though, so the parents stands on the bench or up in the bleachers and shouts about straightening her leg and demonstrates to everyone. The skater is mortified. Not only is the parent wrong... but the parent is wrong.

Parent coaching strains parent-child relationship. The last thing some skaters want to talk about on the way home from the rink is skating. I have seen some kids not want their parents to come to practices anymore because they get in trouble from their coach if the parent is coaching from the side. Parents need to be supportive of your child. Be your child's cheerleader. Let them know your in their corner no matter what!

Parent coaching takes the fun out of skating. Skating is suppose to be fun. If you see your skater is retying her skates a million times during the session, hanging out on the boards and chatting with friends, Usually the coach is on to the fact that the skater is not using their time wisely and will address the situation.

Please remember, this is their sport. If you have questions or concerns about how your child is practicing, talk to the coach. We're all in this together and want what's in the best interest of your child.

Welcome New Member

Peter Mason – Adult Skater

Upcoming Events

December

*Holiday Ice
December 2*

*LWC Christmas Party
December 9
At Sprinker*



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To submit articles or information for our Club website or newsletter, contact us at:
info@lakewoodwinterclub.com

Submissions will be used at the discretion of the Communications Committee