



March 2011
Volume 1, Issue 8

Lakewood Winter Club's Rinkside Blast

Upcoming Events/ Competitions:

APRIL 20th - Annual Meeting

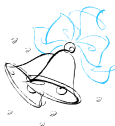
Bios for board member nominees forthcoming to web site. Voting packet will arrive by mail

April 15th -17th ISI Spring Fever Competition

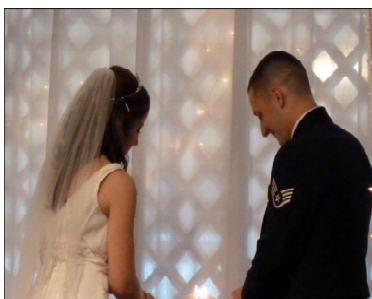
May 13th -15th USFS May Blades Competition



*Congratulations
and
Best Wishes*



Please join us in congratulating Jessica Steves and Wade Claypool who were joined in marriage on March 5th, 2011.



Welcome New Members

*Kendra and DeAnn
Cunningham*

*Miharu and Junko
Chaffin*

*Dorothy-Ann and Amanda
Grandberry*



Kellee Weiner competed for Miss Outstanding Teen on March 5th. The competition consisted of an interview, athletic wear, evening gown competition and talent competition. She did a wonderful job and looked absolutely beautiful. Next year she plans to compete in the Miss Pierce County Pageant.



MARCH BIRTHDAYS

3/1 Megan B.
 3/9 Cassidy R.
 3/15 Meredith P.
 3/20 Nikki S.
 3/22 Kristin B.
 3/24 Victoria N.
 3/29 Shawn S.
 3/31 Jennie W.



March
SKATER OF THE MONTH
Megan Gezelius

Scheduled
 Test Sessions

March 19th

May date TBA

Coach's Corner

This month's coach's corner brought to you by Stacey M. Norris

"If a child lives with approval, he learns to live with himself." Dorothy Law Nolte.

Positive communication is a tool to reinforce good behavior and eliminates bad behavior; it builds self-esteem and inspires confidence in students.

When coaches scream and carry on as such, they do so because they believe it helps make the message clear and will motivate players to improve. But many people question whether this really works. Sports psychologists who have researched it have proven the screamer is not the successful coach and that positive feedback is a much more powerful teacher than the screaming. Coaches may be fooled by the short-term benefits they see after yelling and screaming at their players. You can intimidate your student into playing hard for a short period, but eventually they will either tune it out and ignore you or tune it out and resent you.

Much more common in the world of athletes is verbal abuse and emotional mistreatment over time, which can lead to severe and long-lasting effects on the athlete's social and emotional development. Most coaches coach the same way that were coached while playing the sport growing up. Shameless plug: my coach was the most positive and amazing coach (and the reason why I still love skating and coach today). Some are not so lucky and have had negative coaches that only yell and put down students. News flash: none of these are worthwhile motivators for anyone. These are bricks, which line the road paved to burnout, rebellion and hatred of a once-loved sport. I also would like to add (as being a parent myself) that sometimes parents too cause this to happen.

Sports are educational and coaches need to be good teachers. The role of the coach is not just coaching! Sports

coaches assist athletes in developing to their full potential. They are responsible for training athletes in a sport by analyzing their performances, instructing in relevant skills and by providing encouragement. Coaches are also responsible for the guidance of the athlete in life and their chosen sport. Therefore role of the coach will be many and varied from instructor, assessor, friend, mentor, demonstrator, adviser, supporter, fact finder, motivator, counselor, organizer, planner and the Fountain of all Knowledge (because they have been there, done that)!

 Find us on
Facebook

follow us on  **twitter**  **US FIGURE SKATING**
 usfigureskating.org



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