

# ICES Newsletter

October 2016



## Message from the President:

Welcome to ICES and the 2016-2017 skating season! Whether you are just learning to skate or a seasoned competitor, we have something for every skater. We have some great programs and coaches that can help you reach your goals. Being a skater myself, I know how important it is to have the resources you need to be your best. But skating isn't all about winning competitions and passing tests. It's about having fun and making lifelong friendships. We want ICES to be the best club possible and we can't do that without the skaters and parents help. Throughout the season there will be volunteer and fundraising opportunities and I encourage everyone to get involved and meet fellow members. Together we can have a successful skating season!

Sincerely,  
Mandy Fox

## What is the Bridge Program?

Ever thought, what's next after Learn to Skate? How do I continue in figure skating once I know basics? The bridge program is designed to teach skating skills at a faster pace in a private or semi-private lesson. It introduces you to our figure skating club without having to become a member. The Bridge program is an 8 week session that includes your ice time and coaches fee for \$200. If you are interested in continuing with lessons after the 8 week session, your coach will explain in more detail about becoming a club member. For more information please contact Coach Marta at 586-354-1115.

## Way to Go!

Congratulations to 3 of our skaters for competing in the Eastern Great Lakes Regional Figure Skating Championships in Lansing. Rachel Burke, Joy Liao, and Lake Liao.



## Halloween Party!

Saturday, October 15th. Come in your best costume, play games and enjoy pizza before you skate with your friends and family. Costume contest, raffle, games, and pizza upstairs from 6pm-7pm and skating from 7pm-8pm. Everyone welcome! All proceeds goes towards the ICES Synchronized Skating Team. Tickets are \$10. Any questions contact Coach Christina.

## Broadway on Blades: Ice Show!



Saturday, March 25th. Be a part of ICES spectacular ice show as we skate to the hits from Broadway. More information will be available soon or contact Coach Cheryl.

## Test Day: November 17th

Talk to your coach if you are ready to test.

## Skating Tips: How to Tie Figure Skates

Correct lacing of figure skates is very important for an enjoyable skate. Follow these easy instructions to ensure you are getting the correct fit.

- 1) Loosen up the laces.
- 2) Place foot into boot making sure the sock/stocking is straight. Thick socks are not recommended. Make sure the heel is all the way down.
- 3) Tighten the laces starting at the toes to the ankle. This area does not have to be too tight.
- 4) Tighten the laces the most where the foot and ankle bend.
- 5) Lace around the hooks in a criss-cross pattern. Laces can go over and under hooks or under and over hooks, either option is acceptable. Make sure this area is not too tight and prevent bending at the ankle.
- 6) Finish with securing it with a bow and double knot. If laces are long, tuck ends into the boot.

## No Ice

October 21, 22, 31  
November 25, 26  
December 16, 17, 19, 24

## Dates to Remember

October 15 —Halloween Party  
November 17—Test Day  
March 25, 2017—Ice Show

## Recent Test Results

Brooke Byers—Pre-Preliminary  
Moves in the Field

Erin Golden—Pre-Preliminary  
Moves in the Field

Cassidy Conley—Pre-Preliminary  
Moves in the Field

Carrington Conley—Pre-Preliminary  
Moves in the Field

Joy Liao—Pre-Juvenile Moves in the  
field

Lake Liao—Juvenile Free Skating &  
Juvenile Moves in the Field

Gi Gi Yip—Pre-Preliminary Moves  
in the Field

Mooskaan Baxi—Intermediate  
Moves in the Field, Solo Dutch  
Waltz & Solo Canasta Tango

Simone Theodorau—Pre-  
Preliminary Moves in the Field

Lirianna Dedvukaj—Pre-Preliminary  
Moves in the Field

Angelina Bi—Pre-Preliminary  
Moves in the Field