



## **JULY 2020 NEWSLETTER**

### **JUNIOR GRAND PRIX CANCELATIONS**

On the 20<sup>th</sup> of July, the International Skating Union (ISU) announced the cancellation of the 2020/21 ISU Junior Grand Prix of Figure Skating events. This was not a decision that the ISU took lightly, and it was based on the advice of the ISU Medical Commission and the Council appointed Working Group. The challenges associated with the increased travel and entry restrictions along with the extensive sanitary / medical care measures that would potentially be required, were a big factor in reaching this decision. The safety and health of participants has to be the number one priority for the ISU.

While this decision is not necessarily unexpected after the cancellation of the first couple of JGP's, this is still disappointing news for our Junior level skaters who were expecting to be competing at these events.

The ISU Council have advised that they will meet again online on August 3 to evaluate the impact of COVID 19 developments on the ISU Senior Events

### **COVID -19 AND THE IMPACT ON NEW ZEALAND CITIZENS WHO LIVE AND TRAIN OUTSIDE NZ**

As we write this newsletter, we can only be incredibly thankful of the position NZIFSA and our members are in. Our competition season is very much underway and we are on track for the New Zealand Ice Figure Skating Championships to go ahead as planned 26 – 29 September. We are very fortunate to be in this position, however, there are a small number of New Zealand citizens who live and train outside New Zealand who are not in the same position. Some of these skaters are still unable to return to their rinks to train, let alone take part on competitions.

The Board have agreed that if there are no appropriate local competitions for our skaters who live and train overseas to achieve the required TES for entry to our National Championships (refer Rules & Regs 205.1), given the exceptional circumstances created by Covid-19, these skaters are exempt from the requirement to compete or be monitored to attain the TES prior to Nationals. Given the track record of most of these skaters at international competitions and prior selection as International A team representatives, it is reasonable to consider that they would be able have the ability to meet the qualifying score to enter our National Championships, if they had the opportunity to do so.

Further to this, the Board have agreed that, in the event that these skaters are unable to attend the New Zealand Ice Figure Skating Championships, either due to travel restrictions or the 14 day quarantine requirement being in place, that they be given the opportunity to be selected to the respective grade for International selection and Australian Nationals. Selection would be subject to evidence of attaining the TES for the International A or B team, or Australian

Nationals, as applicable. This evidence could be competition results or a pre-approved monitoring session (with International / ISU level officials). On attaining the required TES the skaters would be confirmed as last priority in that representative group (i.e. behind skaters who made selection at our National Championships or the Australian Figure Skating Championships if they go ahead). In the unlikely situation that we have more than one skater selected via this method, priority between those skaters be determined by total score.

With regards selection to Development Squads, if these skaters are unable to attend North Island, South Island or our National Championships they will not be eligible for selection to the Development Squads.

## **AN IMPORTANT MESSAGE FROM OUR ANTI-DOPING OFFICER – PREEYA LAUD**

Now that we are out of isolation and finally back on the ice, I just wanted to send out a reminder to please **CHECK ALL YOUR MEDICATIONS**. Neglecting to do so may result in a 4-year ban from all sport not just figure skating.

Recently there has been a doping case in speed skating that the ISU has been involved in where a US speed skater had been found of taking Canrenone during a 4 Continents Championships earlier this year. This drug is a diuretic which can also be classed as a 'masking agent' to hide other drugs that may have also been taken therefore, making the drug banned at all times. The US speed skater, in this case, neglected to inform her anti-doping control officer of her acne medication called Spironolactone which was found to have Canrenone in it. This resulted in the speed skater being banned from ALL SPORT for one year, therefore, missing any qualifying that may happen in this time and had forfeited any medals and/or prizes that were won at this event. Since the skater was disqualified from the event they must reimburse the ISU for all costs including hearing fees.

So now I remind you again that you and only you are responsible for what is put into your body; this includes **MEDICATIONS** and/or **SUPPLEMENTS** that you may be taking in or out of season. Supplements pose a risk of producing a positive test due to the unregulated way they are made and tested.

As I am sure you are well aware drug tests can be carried out in all age groups and levels. If you are unsure of whether or not you are allowed to take your medications, please contact me directly through [anti-doping@nzifsa.org.nz](mailto:anti-doping@nzifsa.org.nz) or you can check out the DFSNZ website where you can check your medications from anywhere in the world through this link <https://drugfreesport.org.nz/medication-check> and lastly the prohibited list can be found through the World Anti-Doping website <https://www.wada-ama.org/en/content/what-is-prohibited>

I look forward to seeing you all later in the year.

Kind regards,  
Preeya Laud  
NZIFSA Anti-Doping Officer

## **ANTI-DOPING SEMINARS – COMPULSORY FOR INTERNATIONAL SQUAD**

NZIFSA are committed to supporting Drug Free Sport NZ anti-doping education programmes as part of keeping our sport clean and free from drug cheats.

In previous years we have run an anti-doping seminar at our National Championships as that is one of the few times we have all our prospective international squad members in the one place. It has always been a challenge to find a time that minimizes the financial burden for out-of-town skaters of staying additional nights, and, importantly, the impact on skaters who may be competing later that day. Last year we trialed holding anti-doping seminars at North Island and South Island Championships, with a further seminar held at Nationals for our skaters who train overseas and for those skaters who were unable to attend NI and SI champs (this included our skaters who were in Korea for an ice dance seminar). This year we are not going to have New Zealand based skaters heading away to ISU Seminars or competitions, and therefore may choose not to hold a further seminar at Nationals. Accordingly, can all skaters hoping to represent New Zealand at AFSC or at international competitions please plan to attend one of the following sessions:

South Island Ice Skating Championships - 2pm Saturday 15 August, Gore Kids Hub.

North Island Ice Skating Championships – exact time still to be advised. It will be noted on the schedule once entries close and the schedule can be finalised.

Our Anti-doping Officer will be in contact with our overseas skaters to organise an online session for them.

**Note:** Attendance at one of these seminars is compulsory for any skaters wanting to compete internationally. Selection to the International Squad will be contingent on having attended an anti-doping seminar, so please make sure you plan to attend one of these.

## **KIWISKATE & INTRODUCTION TO COACHING COURSE**

There have been some challenges getting ice time when we have a coach moderator available, but we are pleased to be able to confirm the following KiwiSkate & Introduction to Coaching Course will be held:

Christchurch                      10-11 October (registrations close 20 September)

This course is open to new KiwiSkate coaches as well as currently accredited coaches wishing to attain points to maintain their accreditation. The course covers 2 levels:

- KiwiSkate Assistant Course - individuals must be 14 years of age as at 1 January prior to the course and it is recommended they hold their Elementary test.
- Introduction to Coaching Course – individuals must be 15 years of age as at 1 January prior to the course and must hold their Preliminary test in any discipline. Coaches from different codes may apply to the Coaching Director for test dispensation based on their achievements/qualifications.

The course will start at approximately 3:00pm on the Saturday and finish around 2:30pm on the Sunday. Please plan any travel around these times. You must attend both days to complete the course. A schedule will be sent later which will specify course times and content. The fee for the KiwiSkate Assistant and Intro to Coaching Course is \$70.00 (this includes \$10 for the manual). You must be a financial coaching member of the NZIFSA to attend the course. KiwiSkate Coach Membership is \$20 for new coach members.

To register for this course please complete the online registration form and make payment by direct credit to the New Zealand Ice Figure Skating Association, 01-0806-0048118-00 by **Sunday 20 September**

<https://www.cognitoforms.com/NewZealandIceFigureSkatingAssociation/IntroductionToCoachingCourseChristchurchOctober2020>

Please contact the Coaching Director at [coaches.director@nzifsa.org.nz](mailto:coaches.director@nzifsa.org.nz) if you have any questions regarding eligibility.

We are still looking into dates for rescheduling the KiwiSkate & Introduction to Coaching Courses that had been planned for Auckland and Dunedin in March this year that we had to cancel. It is possible that these may not be held until January or February 2021. We hope to have an update on this in the next newsletter.

## **REMINDER - NOMINATIONS FOR ADMINISTRATOR OF THE YEAR AND SPORTSPERSON OF THE YEAR AWARDS ARE DUE BY 1 SEPTEMBER**

We would like to encourage you to nominate those outstanding administrators and the skaters who display the attributes of a great sportsperson for the NZIFSA Administrator of the Year Award and the Sportsperson of the Year Award respectively.

Nominations must be received by the General Secretary [secretary@nzifsa.org.nz](mailto:secretary@nzifsa.org.nz) by **1 September**. The Board will be the selectors for this award and will announce the recipients at the social function at the end of the 2020 New Zealand Ice Figure Skating Championships.

### **Criteria for the Administrator of the Year Award**

- Take on a leadership or integral role in their club / sub-association
- Take on administrative/organisational roles and perform their duties in a manner that progresses the sport or enhances the functioning of the club / sub-association.
- Positive role model for other administrators of our sport
- Possibly work in a mentoring role within the club / sub-association

### **Criteria for Nomination for Sportsperson of the Year Award**

- Positive role model for other skaters
- Demonstrate a 'fair play' attitude/good sportpersonship
- Positive and tangible contribution to their club and the sport in general
- Active role in the activities offered by the club and/or skate school, e.g. club nights, fundraising, KiwiSkate coaching sessions, etc.

NOTE: While skating achievement is considered, it is not the basis of this award

## **SUPPORT SERVICES**

Many of you will have heard through social media of the recent very tragic passing of Ekaterina Alexandrovskaya who competed for Australia in a wonderfully successful pairs partnership with Harley Windsor. Our heartfelt thoughts and condolences are with her family and friends during this very sad time.

We are also aware of the challenges some of our skaters' face and the additional impact the COVID-19 lockdown has had on some, and we would like to remind members of the following support services that are available within New Zealand.

Need to talk? Free call or text 1737 any time for support from a trained counsellor

Lifeline 0800 543 354 (0800 LIFELINE) or free text HELP (4357)

Suicide Crisis Helpline 0508 828 865 (0508 TAUTOKO)

Healthline 0800 611 116

Samaritans 0800 726 666

All the best in skating

Anita Tamepo and Jeanette King

President and CEO

NZIFSA