

NEW ZEALAND ICE FIGURE SKATING ASSOCIATION MAY 2017 NEWSLETTER

REPORTS FROM THE RECENT DEVELOPMENT CAMPS

A big thank you to First Sovereign Trust Limited for their funding towards ice time for both The Pre-Elementary to Juvenile camp in Auckland and the Juvenile to Senior camp in Dunedin.



NZIFSA Pre-Elementary to Juvenile Singles Camp, Auckland 21-23 April

From all accounts, this was a very successful camp. It was attended by 14 skaters and 5 coaches, and moderated by our own Debbie Darvill and Marina Tsevina.



The following is some feedback from two of the skaters at that camp

"I really enjoyed the camp with Marina and Debbie. I learnt a lot and had heaps of fun. The off-ice was quite hard and it would have been good to spend time with both coaches so I could learn skills from both of them. I would go to another ice skating camp with them".

Caitlyn Rae

"While higher level skaters were heading off for Dunedin camp, we had a 3-day camp with Debbie and Marina in Auckland. It is really good to meet other coaches and skaters. On ice, we focused on improving stroking and single jumps. I enjoyed more of off-ice training which I learned many ways to improve fitness to be prepared for on-ice performance. I also got a billeted buddy from Alexandra. We had fun together and I learned they only have 2-3 months of ice time each year. I feel so lucky we have indoor rinks for all year round. I wish we have camps every school holiday."

Blake Barraclough

NZIFSA Juvenile to Senior Camp, Dunedin 24-28 April

This camp was moderated by the wonderful Manon Perron from Canada and attended by 46 skaters and 12 coaches. A big thank you to Dunedin Ice Skating Club (DISC) for all their support with airport transfers and for giving up some of their ice time just 3 weeks out from their first competition so that we could run this camp. Thanks also to Paris Heyd from the Dunedin Ice Stadium for being so accommodating, and to Kirsty Laker, Sharon Scholtz and Annie Qain for being such awesome camp mums for those staying in the shared accommodation at the camp ground. Thank you also to the very special DISC parent who volunteered up some of their child's one-on-one lesson with Manon so that a late registrant could have a one-on-one lesson.



"The Camp with Manon was totally amazing, it was organised so well from my airport pickup to the motel we stayed in. We all had such a great time meeting new people and I felt that we got so much out of this camp because it was a week instead of 2 or 3 days. The food was yummy and nutritious at the same time and after all our training we got to sight see and bond and have fun as a team. The best part about the Manon camp for me apart from meeting new people was having an awesome private lesson with Manon and she is not only an amazing coach but she always smiles!! I love how she smiles at us when she teaches us as it relaxes all the students. I would like to say Thank you to all the mums involved and parents involved in the meal planning and the lifting to and from places and to the airport. I can't wait for the next Manon Camp.





The coaches and Manon Perron

Nikolai Morozov Skating Camp Sydney 1-2 May

We had 3 skaters (Anne Kyle, Mirika Armstrong and Nicola Korck) and one coach (Rosie Armstrong) attend the 2 day camp with Nikolai Morozov the week following the Manon camp. The following are extracts from a report by Rosie Armstrong.

The Skating camp was held at Macquarie Ice rink, organised by Monica McDonald and John Dunn. There were 4 groups of skaters, our New Zealand skaters Anne Kyle was in group 1, Mirika Armstrong and Nicola Korck were in group 3. We had a full schedule each day starting at 6am and ending at 2.30pm, 2 days felt like a week! Our skaters worked very hard.

Nikolai Morozov has coached many World and Olympic skaters, medallist. He has a quiet manner with a clear message, coaches and skaters were gathered close to hear his words of wisdom.



Watching Nikolai skate – was incredible to see live, he has a unique style the way he moves his whole body on the ice, depth of edges, range of movement. He shared his philosophy for how to skate on the ice, balance, gain power from using your body correctly on the ice. Engage with judges, audience. Build on step sequences, transitions, rotation exercises, jump technique.

John Dunn and Monica McDonald also led and assisted Nikolai with Ice Dance sessions. On day 2 John started the day with all groups combined together for a 1 hour power skating session from 6am-7am, skaters were well ready for Nikolai and Brendan!

Brendan Kerry led classes off and on the ice. With off ice including warm up and skating and rotation, jump exercises. On the ice worked on all the types of jumps, focusing on direction, take off, air position and landing.

There were also off ice classes with Clarence Ong - Australian International Technical specialist. He explained what the technical panel and judges do and what criteria they are looking for skaters to achieve levels on spins and steps.

John Marsden ~ Physiologist works for the Australian Olympic training centre, working with Olympic athletes including skating and many other sports. He talked to skaters and coaches about warming up, how to prepare your body before you get on the ice. (John Marsden had designed my off ice programme when I was competing internationally for New Zealand)

During the last session on the ice, Brendan showed us (after encouragement from the coaches) his double wally! And Brendan asked James Min (current Australian Junior Men's Champion, Silver medallist Senior Men) to show us his quad Salchow. Wow! It's very close, watch this space!

The skating camp concluded with skaters receiving a talk with Brendan Kerry sharing his big amazing story as a skater, so much so, he got carried away and an hour flew by! From when he started skating and the first time he was landing double axel at age 10, it took a week to land all his



triples, and with all the off ice training he was doing, landed a triple Lutz first go! It took him a week of training to land a quad salchow. I was very impressed with how open Brendan was to share his

experiences, and his knowledge and eagerness to inspire the skaters. Including what he thinks about and what it feels like to do a quad, his routine moments before he takes his starting pose at competitions.

Meanwhile the coaches received a talk with Nikolai sharing his story on how he began coaching and moved from Russia to United States of America. His experience and building skaters to become World and Olympic champions and medallists and his philosophy for coaching and training skaters.

It was great to be amongst other Australian skaters and coaches whom were all very welcoming, we appreciated having this opportunity.

UPCOMING DEVELOPMENT CAMPS

NZIFSA Synchronized Skating Development Camp, Auckland, 17 - 18 June

Registration forms for this camp were emailed out to members in April. The closing date for registrations is 25 May 2017. The camp is for synchro skaters of all levels. Natalie Williamson is a very experience moderator and along with her demonstrators will be catering to the different abilities that will be on the ice at the same time. Please note, there is no intention to split the ice time between different ability groups and all skaters should be prepared to be on the ice for all the on-ice sessions advertised.

ISU Ice Dance Seminar in Seoul, Korea August 13 – 19, 2017

There will be an International Ice Dance Development Training Seminar for Ice Dance Coaches and Couples of beginner, Novice and Junior (but not lower than Novice Basic skating level) from Asia, Oceania, the Pacific region and South Africa. The age of the couples should be according to the current ISU age requirements for Novice (> 10 and <15 years for girls and <17 for boys) and Junior (> 13 and <19 years for ladies and <21 for men) Ice Dance Couples, as at 1 July 2017.

Each Member may enter a maximum of 3 Couples and up to 1 alternate and 2 Coaches to the Seminar. The Seminar is also open to Coaches wishing to attend without Skaters at their own cost. Please refer to ISU Communication No. 2019 for more detail.

If you meet the above criteria and are interested in participating in this seminar, please email the General Secretary (secretary@nzifsa.org.nz) by Monday 29 May at the latest.

OFFICIALS DEVEVLOPMENT SEMINARS

The Singles and Pairs seminar for Judges and Technical Specialists is all go for 27 - 28 May in Christchurch. Susan Lynch and Clarence Ong from Australia will be taking this seminar. All singles and pairs judges and technical specialists should already have registered their interest in attending this by Monday 8 May.

A Synchronised Skating Seminar for Judges and Technical Controllers is to be held 7 - 9 July in Christchurch. Our own ISU level Judge and Technical Controller, Sandra Williamson-Leadley, will be running this training session. Please contact Jeanne Begej, our Officials' Director, immediately, on officials.director@nzifsa.org.nz if you haven't yet registered for this training. Unfortunately we didn't have sufficient numbers of Technical Specialists available to make it worthwhile bringing in a

Technical Specialist from Australia to run a training session for the Technical Specialists at a later date.

In addition to a shortage of judges and of technical specialists for some disciplines, we clearly have a shortage of data operators, video replay operators, competition accountants and calc operators. Our Officials' Director is planning to organise some training in several centres for these roles. If you are interested in training for any of these roles please contact the Officials' Director Jeanne Begej at officials.director@nzifsa.org.nz.

UPCOMING COMPETITIONS IN NZ

A reminder to skaters, particularly those that are new to competing, that details of upcoming competitions can be found on the NZIFSA website http://www.nzifsa.org.nz/competitions/ Your Club's test/competition secretary or secretary will also have information available and will be able to assist with entries.

UPCOMING INTERCLUB COMPETITIONS IN AUSTRALIA

Just a reminder that if you wish to compete in an interclub competition in Australia, you need to request permission from the NZIFSA via the Secretary <u>secretary@nzifsa.org.nz</u>. This should be done in plenty of time and before you purchase your airfares. The NZIFSA encourage NZ skaters to compete in the following interclub competitions:

Hollins Trophy – Canterbury Olympic Ice Rink (Sydney) 9-12 June (this is also a competition where skaters can gain selection to be an A or B representative squad member).

NOTE TO SKATERS: the TES they are aiming to meet are the 16/17 TES that are in the current Selection Policy.

We have the following skaters that have requested and been granted permission to compete at Hollins Trophy:

Elementary Ladies (Juvenile equivalent) Brooke Cathro

Jordon Laker Jenna Scholtz

Basic Novice A Ladies Mirika Armstrong

Lucie Holtz

Praewa Saguanwongse

Rebekah Sime Emmanual Tsang

Basic Novice B Ladies Hannah Sime

Basic Novice B Men Tama Anthony-Whigham

Douglas Gerber

Advanced Novice Ladies Pei-Lin Lee

Advanced Novice Men Reuben Dougherty

Junior Ladies Nicola Korck

Asia Tapealava

Junior Men Harrison Bain

Brian Lee

Senior Ladies Tracy Danbrook

Preeya Laud Sarah MacGibbon Brooke Tamepo

Senior Men Michael Durham

Basic Novice Pairs Hannah Sime and Reuben Dougherty

It's great to see so many skaters entered into this competition and we wish them all the best.

Winter Sun Trophy – Acacia Ridge Ice Rink (Brisbane) 28 June – 1 July

Crystal Challenge - O'Brien Arena (Melbourne) 10-13 August

OTHER UPCOMING COMPETITIONS

Adult ISU competition in Oberstdorf 22-27 May 2017

Sue Hoseit is competing in Silver V Freeskate and Artistic.

Lake Placid Summer Championship 29 June – 1 July 2017

Jojo Hong is competing in Junior Ladies grade at this competition

We wish Sue and Jojo all the best for these competitions

Junior Grand Prix allocations

The ISU have allocated New Zealand the following Junior Grand Prix events for singles:

Brisbane, Australia 23-26 August Egna (Bolzano), Italy 11-14 October

We will be sending one Junior Lady and one Junior Man to the above two competitions. We expect to be able to confirm which skaters will be attending which event in the next newsletter. NZ do not have any pairs or dance couples eligible to compete at the JGP events.

A CAUTIONARY TALE REGARDING SUPPLEMENTS AND DOPING

Wendy Thompson, our Anti-Doping Officer, has flagged the following Press release dated May 3 2017 for your attention. All skaters need to be very aware of what is in any supplements they are considering taking. This guy purchased the product in a retailer, in Australia - yes he probably should of known better but these products are readily available through what you would think are 'legitimate' stores.

Wendy has also sent through the following link to a really good video from Drug Free Sport NZ on supplements that we encourage you to take 4 minutes out of your day to watch it. https://www.youtube.com/watch?v=6o9mbL1 ELs

League player handed 9-month ban as a result of taking a contaminated supplement

The NZ Sports Tribunal has banned promising rugby league player Michael Butson from all sport for nine months after testing positive for the Beta-2 agonist higenamine.

Mr Butson returned a positive test as a result of taking a pre work-out supplement called "The One 2.0". The supplement packaging did not list higenamine as one of the ingredients. Mr Butson, 22, a former New Zealand representative player at age group level, played the 2016 rugby league season for the Canterbury Bulls provincial team in the New Zealand Rugby League National Provincial Competition.

Drug Free Sport NZ Chief Executive Graeme Steel says the case is another stark warning to athletes of the risk associated with taking supplements. "To be frank, with Mr Butson's background, he should have known better," Mr Steel says.

"The supplement industry is not regulated, so taking supplements can be a lottery, especially preworkout products which are notorious for containing ingredients which are on WADA's Prohibited List," he says. "We strongly encourage athletes in New Zealand to use the DFSNZ supplement check on our website to help assess the risk of any supplement."

Mr Butson was introduced to a "very detailed supplement regime" after being drafted into the Melbourne Storm junior development squad from 2011 to 2014 where he was under the guidance of training and medical staff. He purchased the pre-workout supplement from a retail outlet in Australia and not online.

The 9 month ban has been backdated to the sample collection date of 22 September 2016.

COACHING COURSES IN 2017

Our Coaching Director, Caitlyn Paul, has been somewhat busy of late having picked up the organisation of the Manon camp, and then getting married on 20 May (wedding pictures in the next newsletter hopefully), so pinning down the dates for the coaching courses has had to take a back seat of late. The following courses are still planned, and Caitlyn will be back on to organising these in the very near future.

An **Introduction to Coaching** course for Kiwiskate coaches and Assistant Kiwiskate coaches is to be held down south end of June or start of July. Hopefully this will be in Dunedin but still to confirm this.

A **Level 1 Coaching Course** is planned for Auckland, but the timing of this still has to be worked through.

NEW ARRIVIALS

Special congratulations to Morgan Templeton (nee Figgins), Senior Ladies Champion 2011 and 2012, on the arrival of a beautiful daughter Kalani Anastasia Templeton on the 3rd of May. A wonderful little sister for Elijah who is now four.



Congratulations also to sisters Liz O'Neill and Juliet Handisides (nee O'Neill) who both competed in Senior Ladies in 2013. Pictured below left is Liz with Henry Daniel Marcus O'Neill born 19 April and Juliet with Addison Rose Mia Handisides born 27 April. Addison and Henry below right.





2017 AGM OF THE NZ ICE FIGURE SKATING ASSOCIATION, INC.

Congratulations to our new President, Anita Tamepo, who was elected at the AGM held in Christchurch on Saturday 29th April. Thank you to all who have put their names forward to be considered for election or appointment. Congratulations to those who have been reelected/appointed to their roles, and a special welcome to Rachel K and Arnold Schmidt.



Left to right Rachel K, Barbara Lindsay-Taylor, Ali Duff (behind Barbara), Kirsty Cox, Mike Slater, Ina Paul, Keith Darvill and our new President, Anita Tamepo.

Each year, at the AGM, elections are held for approximately half the positions that make up the NZIFSA. Which positions are elected each year is spelled out in the Constitution (which you can find on the NZIFSA website). In addition to the elected positions, the Board are responsible for the appointment of a small number of Operations Group roles. These appointments were considered at the Board meeting on the Sunday following the AGM.

In presenting the outcome of the elections we thought it might be useful to provide an outline again this year on the structure and functions of the various groups within the NZIFSA. Those that were elected at the 2017 AGM are indicated by an * and those that were appointed by the Board are indicated by **.

Board

Responsible for strategic planning, policy review and the prudent financial management of the Association.

President – Anita Tamepo*

Vice-President - Barbara Lindsay-Taylor

Board members - Keith Darvill*, Wendy Gardiner and Sue Hoseit*

Operations Group

Responsible for the day to day operation of the Association. In addition to the more visible roles like the Secretary responding to communications, and the Treasurer keeping track of the finances, there are all sorts of other activities that take place in the background that make the organisation function. For example the police checking of all our coaches, the oversight of the test results, and the grant applications to mention just a few.

CEO – Jeanette King*

General Secretary – Bridget Danbrook

Treasurer - Arnold Schmidt*

Test & Competition Secretary – Ina Paul*

Anti-Doping Officer – Wendy Thompson**

Marketing & Promotions Officer – Aleisha McCall

Child Protection Officer - Rachel K**

Grants Officer - Sam Snoad**

Honorary Solicitor – Peter Woods

Development Group

Responsible for coordinating the development of officials, skaters, coaches and the Rules and Regulations.

Skater Development Director - Sandra Williamson-Leadley*

Technical Director – Connor McIver

Officials Director – Jeanne Begei

Coaching Director - Caitlyn Paul*

High Performance Director – this position is currently vacant, and the Board is not intending to appoint anyone to this role at the moment.

A special thank you to Tracy McGuigan who has stepped down from her role as Treasurer, a role she has held since October 2011. Tracy has done an outstanding job keeping track keeping track of our finances.

Special thanks also to Imelda Sheerin, who has been our Child Protection Officer since November 2011. Imelda has worked away quietly in the background making sure the police vetting that is required is all in order and providing expert advice on the development of our policies and processes.

ELECTRON OF PATRON AND AN HONORARY LIFE MEMBER

There were two extra-ordinary elections at this AGM, the election of a new Patron and the election of a new life member.



Wendy Clucas was elected as Patron of the NZIFSA by the member representatives at the AGM. Her nomination for the role recognises the considerable involvement Wendy has had with skating as a competitor, administrator and as an official. As a competitor in singles, pairs & dance Wendy held NZ titles in singles pairs and dance. Wendy had held a number of positions within the NZISA / NZIFSA including Secretary of the NZISA Figure Committee 13 years, Council member, Vice President, President & CEO of NZISA / NZIFSA, and Committee member and Vice President at club level. In addition to this Wendy was a Judge, Referee & Technical Controller, an International Judge and Team Leader for many international

competitions. Wendy is well respected in the skating community and is a Life Member of both NZIFSA and the Centaurus Ice Skating Clubs. Congratulations Wendy on your election to the role of Patron.



The other very significant election at the AGM was the election of Sandra Williamson-Leadley as an Honorary Life Member of the NZIFSA. The nomination acknowledged Sandra's significant contributions to skating in New Zealand over the last 34 years as a coach and then an official and administrator. For the purposes of the nomination as a Life Member it was Sandra's substantial contribution to NZIFSA since 2002 that was most pertinent. Sandra's contributions include being: a member of the National Technical Committee 2002 - 2007 and Secretary of the National Technical Committee in 2005 and 2006; a member of the NZIFSA Council 2004 - 2011, first as a Councillor, two years as a Vice President and for four years as

President; NZIFSA Technical Director 2011 – April 2014 and NZIFSA CEO April 2014 – April 2017. In addition to this Sandra has been a moderator for Judges' and Official's Education and presenting seminars/conducting training on the ISU Judging System throughout NZ and in Australia, and conducted seminars for skaters, coaches and parents. She has been a member of the NZIFSA committee working in conjunction with the NZ Winter Games Organising Committee and most recently the New Zealand representative on ISU ad hoc Education group (2016 – present). Congratulations Sandra on your election as an Honorary Life Member of the NZIFSA.

FORUMS AT THE AGM

Straight after the AGM we had three member forums covering the following topics:

- **KiwiSkate Programme.** An update was provided on what NZIFSA are doing with the \$6,000 Sport NZ funding we are getting at present. As part of the 2015 Sport NZ investment round we had to propose what we planned to spend the Sport NZ Community Sport Investment funding on. NZIFSA has chosen to invest this money, plus some additional funding from reserves, into funding the KiwiSkate Providers as part of our development of grassroots skating in New Zealand. Agreements have been developed that require the KiwiSkate Providers to use only accredited coaches and to provide information on the progression of skaters. A number the KiwiSkate providers are planning to use the funding to support their KiwiSkate coaches to attend the Introduction to coaching courses, or to purchase resources to help deliver a more exciting programme for their skaters.
- Review of new stroking tests. This forum complemented the survey that had been sent out to skaters, judges and coaches. There was some additional feedback from members on the importance of edges and whether there were some changes to exercises that might increase the focus on these. The overall feedback was that on the whole the requirements of the stroking tests were appropriate and reflected what we expect to see in step sequences at the corresponding levels.
- What can we do differently to enable our skaters to be competitive internationally? It was noted recently by the President of Ice Skating Australia that it's not that long ago that New Zealanders would go to Australia and whip them. That's not happening at present and the question was posed, has the standard here dropped, or has Australia leapt ahead. The general consensus was that it's a bit of both. The discussion then morphed into the question as to

whether TES for entry in to Nationals was appropriate. While some present were strongly of the view that imposing a TES is inappropriate for such a small sport, the majority supported the TES and the focus it gives skaters to lift their game. The other question that came up, which was reflected in the feedback from some clubs in the annual questionnaire that NZIFSA sends to clubs, was whether it is age rather than TES that is discouraging / turning skaters away from the sport. Member feedback at the forum indicated that the age limitations on grades were a bigger deterrent to skaters staying engaged in the sport than any TES requirements. The age restrictions are to be re-examined as part of the Rules & Regulations review process.

CELEBRATING 80 YEARS

Following the AGM and Forums we had an informal get together to celebrate 80 years since the then NZISA was formed. Pictured here, our new Patron, Wendy Clucas, cutting the Jubilee cake and the group photo.



COMFIRMATION OF QUALIFYING TES FOR ENTRY TO THE 2017 NEW ZEALAND ICE FIGURE SKATING CHAMPIONSHIPS

The Board have approved the following minimum TES for skaters wishing to qualify to compete in the 2017 New Zealand National Championships. Skaters must have met the following minimum TES points in the grade they will skate at Nationals at a Club or Regional Sub-Association Championship held between 1 June and the closing date for entries to the NZ National Championships.

GRADE	TES
Juvenile Ladies and Men	6.75 (Free Skate only)
Basic Novice A Ladies and Men	7.25 (Free Skate only)
Basic Novice B Ladies	8.00 (Free Skate only)
Basic Novice B Men	8.50 (Free Skate only)
Intermediate Ladies	8.00 (Free Skate only)
Intermediate Men	8.50 (Free Skate only)
Advanced Novice Ladies	21.25 (SP and FS)
Advanced Novice Men	23.50 (SP and FS)
Junior Ladies	26.25 (SP and FS)
Junior Men	37.75 (SP and FS)
Senior Ladies	35.50 (SP and FS)
Senior Men	48.00 (SP and FS)

Juvenile Pair Skating	6.25 (Free Skate only)
Pre Novice Pair Skating	7.25 (Free Skate only)
Basic Novice Pair Skating	7.75 (Free Skate Only)
Advanced Novice Pair Skating	22.75 (SP and FS)
Junior Pair Skating	40.25 (SP and FS)
Senior Pair Skating	48.25 (SP and FS)
Juvenile Ice Dance	10.00 (PD and FD)
Pre Novice Ice Dance	15.50 (PD and FD)
Basic Novice Ice Dance	15.75 (PD and FD)
Advanced Novice Ice Dance	18.50 (PD and FD)
Junior Ice Dance	30.00 (SD and FD)
Senior Ice Dance	42.75 (SD and FD)
Basic Novice Synchronized Skating	10.25 (Free Skate only)
Mixed Age Synchronized Skating	13.25 (Free Skate only)
Advanced Novice Synchronized Skating	13.25 (Free Skate only)
Junior Synchronized Skating	23.00 (SP and FS)
Senior Synchronized Skating	29.25 (SP and FS)

As some of you will have noted, the TES do vary from year to year. Some years they go up a little, other years, like this one, a number of the TES go down a little. Why? For Basic Novice grades and up the TES we use are based on the scores that skaters get at all the international competitions in the previous season (excluding the ISU Championships and Grand Prix events). The TES for the International A team is based on the marks of those skaters who finished at the 20th percentile point for the grade. For entry to nationals we take a score that is 70% of the International A team score. There are some fluctuations in the marks skaters get at international competitions, particularly where the grades are smaller or there aren't yet a lot of international competitions, but overall, this is giving us realistic TES for our skaters to be aiming for. At lower levels the TES is based on a theoretical programme.

NZIFSA BOARD MEETING

The next meeting of the NZIFSA Board is on Tuesday 13 June. If you have any correspondence that you would like the Board to consider, please send it to the General Secretary (secretary@nzifsa.org.nz) by Tuesday 6 June at the latest. Any correspondence received after that date will be tabled at the July meeting.

All the best in skating, Anita Tamepo and Jeanette King NZIFSA President and CEO