

RESULTS FROM RECENT INTERNATIONAL COMPETITIONS

If you didn't get a chance to watch our skaters at their Junior Grand Prix (JGP) competitions at the time of the competitions, you can still see the video on the ISU JGP YouTube channel <https://www.youtube.com/ISUJuniorGrandPrix>

ISU JGP Lake Placid, New York, USA 28-31 August 2019

Junior Ladies	Dani Gebser	SP 24 th	FS 24 th	Overall 24 th /32
Junior Men	Harrison Bain	SP 17 th	FS 16 th	Overall 16 th /20
Coach	Bess Cao			
Team Leader	Inge de Fielliettaz			

ISU JGP Riga, Latvia 4-7 September 2019

Junior Ladies	Jojo Hong	SP 16 th	FS 30 th	Overall 25 th /36
Coach & unfunded Team Leader	Stephanie Zhang			

Dani Gebser wrote the following about her experience at the Lake Placid JGP

Towards the end of last month, Harrison Bain and I set off to attend the USA Junior Grand Prix held in Lake Placid, New York with our coach Bess Cao. We flew into Newark, New Jersey to meet with our team leader Inge and daughter Ally, who were lovely enough to invite us to stay with them at their home in New Jersey for several days to train there whilst adjusting to the time zone and other conditions. We later drove the 5 hours from New Jersey to the small town of Lake Placid to train for a couple of days before checking into the official hotel and starting our official practices. As this was my first ISU competition, it was quite daunting, yet exciting skating in an arena that had over 7000 seats as well as skating with some of the best junior skaters in the world. Although, everyone was extremely friendly and welcoming and it was a great experience to not only train with and compete against a lot of



Dani, Bess and Harrison training in New Jersey

athletes from countries all around the world but also to get to know them and become friends with many of them whom I would never have met if I had not been offered this fantastic opportunity. Overall, I had such a fantastic time whilst learning so much on this trip and now hope I will be able to apply the knowledge I have gained from this experience to improve my skating and hopefully attend more international competitions in the future.



Group photo of all/most of the skaters from the JGP

UPCOMING INTERNATIONAL COMPETITIONS

Asian Open Figure Skating Trophy, Dongguan, China 30 October – 3 November 2019

This senior only event is part of the ISU Challenger Series

Senior Ladies Brooke Tamepo

Asian Open Figure Skating Trophy International, Dongguan, China 30 October – 3 November 2019

As mentioned in the last newsletter this event has been rescheduled from August and is now a Novice (Basic, Intermediate and Advanced) and Junior event that will run concurrent with the ISU Challenger Series Event above. The following skaters will be representing New Zealand at this event.

Basic Novice Ladies	Jazmyn Evangelou Marina Chen
Advanced Novice Ladies	Mirika Armstrong
Junior Ladies	Danielle Gebser Asia Tapelava
Junior Men	Harrison Bain
Coaches	Rosie Armstrong Bess Cao
Team Leaders	Heather McDonald Kevin Poit

Adult ISU competition in Lake Placid, USA 15-18 October 2019

Bronze III Ladies Freeskate	Jeanette King
Bronze III Ladies Artistic	Jeanette King
Silver V Freeskate	Sue Hoseit
Silver V Artistic	Sue Hoseit

NEW ZEALAND ICE FIGURE SKATING CHAMPS, GORE, 3-6 OCTOBER

I'm sure you'll all join us in wishing all the skaters competing at our upcoming National Championships all the very best. We look forward to bringing you the selections to the International Squads, Australian Figure Skating Champs and the Development Squad in the next newsletter.

MEMBER FORUMS AT NATIONALS

NZIFSA are running a number of member forums on the Thursday, Friday and Saturday when the unofficial practices are on. The timing of the forums does pose a few challenges for skaters and coaches who have unofficial practices on at the time, and we apologise that there is no easy fix for this. We would like to encourage you to come along to listen and have your say at these forums. The forums will be held in the Kids Hub adjacent to the rink.

When	What	Who should be there	What's covered
Thursday 3 1:10pm	ISU Coach Development Proposal	Coaches - this forum is being deferred and a video conference will be held instead as too many coaches will be tied up with unofficial practices at this time. Details to follow	The ISU Development Commission have been working on a Global Coach Education/Qualification Framework and are keen to work with NZIFSA on rolling this out. We are looking for coach feedback on what is being proposed.
Thursday 3 1:40pm	Inclusiveness in figure skating	All skaters, coaches, parents and officials are welcome to attend	A discussion on inclusiveness. What does this look like for figure skating? How do we fairly manage gender diversity?
Friday 4 12:30pm	Rules and Regulations	All skaters, coaches, parents and officials are welcome to attend	This is part of our annual review of the NZIFSA Rules and Regulations. We won't be going through each of the proposed changes line by line. You need to have read up the proposed changes and come along with your questions or suggestions.
Friday 4 1:15pm	Selection Policy	All skaters, coaches, parents and officials are welcome to attend	In 2015 we made some significant changes to the Selection Policy after extensive consultation. Have those changes been effective in meeting the policy aims? What opportunities are there for or further improvement?
Friday 4 1:35pm	Scholarship Applications	All skaters, coaches, parents and officials are welcome to attend	Sandra will provide some direction with regards NZIFSA scholarship applications and preparation.
Friday 4 1:55pm	NZIFSA Representative Jacket	Most importantly skaters, but parents, coaches and officials are also welcome	NZIFSA has two different jacket designs that incorporate the feedback we had from skaters at the development camp in Dunedin in April. We will be looking for skater feedback on these with a view to skaters being able to order them for AFSC.
Saturday 5 3:40pm	Anti-Doping Seminar	For skaters who were not able to attend the seminars at NI or SI champs – if you are hoping to represent NZ in Australia or internationally you are expected to attend, along with your coaches and parents. Other skaters, coaches and parents are welcome	Preeya Laud will present a seminar to help our skaters better understand clean sport and the anti-doping rules.

REPORT FROM 2019 SKATER DEVELOPMENT SCHOLARSHIP WINNER

Hope Zhang was the recipient of the NZIFSA Juvenile to Basic Novice Skater Development Scholarship. Hope wrote the following report on the training camp she attended in the USA.

First of all, I would like to thank the NZIFSA for the support from the 2019 Skating Scholarship that was offered. I would also like to thank Shattuck St-Mary's School, which was where the summer camp I attended was held. And also for the 2 weeks free from the Essay Contest.

Last month, I spent 3 weeks at a small town in Minnesota called Faribault. This is where Shattuck St-Mary's School located. This is a very small town and many people don't know about it. However, in saying that it's a very remote place, the school sports complex is quite big and houses 3 rinks. We only used two of the rinks. One is a studio rink which means it is half the size of a normal rink. At the sports complex, there is also a dance studio, a gymnasium and a weight room. (For things like strength and conditioning) There's even a cafe at the rink! For meals, we went to the Upper School which is what we called the building shown below.



You could choose to attend the camp for one, two, or three weeks. There are 4 groups: White, Yellow, Orange and Red. In each group, there are at least 3 group counsellors. These people are or have all been figure-skaters before. They are the people you would go to if you had a problem or just a question. Depending on which group you're in, the difficulty level would be different. I was in Red

and we skated at least 5 hours a day with two optional sessions (one in the morning and one in the afternoon)



For private lessons, you would usually book them online before the camp. You can only have two lessons maximum with the guest coaches. For resident coaches, on the other hand, you can book as many lessons as you like. There is a section all about the resident coaches and the guest coaches on the school website. You can access it by searching 'www.s-sm.org'. While I was there, I had most of my lessons

with Peter Biver who has the jump harness, Caryn Kadavy who does spins, Robyn Petroskey who does jumps and Garrett Kling who is the choreographer.

The schedule on Mondays and Fridays were different from Tuesdays, Wednesdays and Thursdays. On Mondays and Fridays, you could only have private lessons in the optional sessions. On Tuesdays, Wednesdays and Thursdays however, each group will get two freestyle sessions at different times for private lessons. Even if you didn't have a lesson in any of the freestyles, you had to skate. Other skating times other than the optional sessions and private lessons are the group lessons every day you and your group will have 2 jump classes, 1 spin class, 1 choreography class, 1 edge class and a power class at the end of the day.



For off-ice training, we would go to dance class, off-ice jumps and strength and conditioning on Tuesdays, Wednesdays and Thursdays. On Mondays, we would have mental training which is when one of the coaches gives a presentation about how you should feel before, during and after competitions. Also on Mondays, was the WeCreate presentation. The guest coach of that week would do a special presentation on a screen and introduce themselves, telling us about what their style is, what they believe in, and so on. (So you get an idea of what they would be teaching you) On Fridays, your group would do yoga or cardio with your counsellors.

On the other side of Upper School, is the building in which the dorms are located. The dorms are on the second and third floors of the building. Every person should have at least one roommate. Some people will have two roommates. Your roommate would be of a similar level as you. White is grouped with Yellow and Orange is grouped with Red. But if you would like to, you can request to be in the same dorm as a friend. From 7:00-8:30 pm (after dinner), the counsellors would host an activity. We did a talent



show, group dance competition, movie night, bonfire, lawn games and crafts night. Below the dorms, on the first floor, is the Student Lounge. The Student Lounge is where you would meet every day at 9 pm for an evening check-in. You would hand in your phone and find out what lessons you had the next day. Usually, your counsellors should write your lessons down for you on a post-it note with the coach, time and rink. Bedtime was at 9:20 pm and the counsellors would make sure that you were asleep. If you wanted to do morning optional, you had to wake up at 6:30. If you didn't, you woke up at 7:30.

This camp is amazing and definitely worth going again! I learnt so much both physically and mentally. Everyone there has a great optimistic spirit which gave me a new outlook on figure-skating. Thank you NZIFSA again for helping me get there! And thank you Shattuck St-Mary's School the unforgettable experience!

Anita Tamepo and Jeanette King
President and CEO
NZIFSA