



Figure Skating News

Northern Lights FSC & East Grand Forks Parks and
Recreation
November 2017

UPCOMING NOVEMBER EVENTS

- 12** Fundraising Deposit
- 19** Pancake Feed
- 19** Parent Education Meetings
- 19** Board Meeting, 6PM @ City Hall
- 23** No Skating – Happy Thanksgiving

SOCIAL MEDIA

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Individual and Synchronized Skating News

Our season is off to great start. It has been great to have our skating athletes back in our home arena and starting our consistent practice schedules.

Individual Skating: Most of our individual skaters have started their lessons with private coaches and on their way to completing program choreography. Please remember all skaters in a lesson wear an orange belt, while skaters using the music are wearing a yellow belt. It is important all pay attention and look out for these skaters when on the ice. Spins should be practiced in the middle of the ice while jumps should be practiced on the ends.

Synchronized Skating: We have implemented an extra off-ice training session for our competitive synchronized skating teams this season. All teams work with a trainer once a week. The focus is to build strength and condition. Our goal is to help our teams feel stronger and more confident about themselves as athletes. We are excited to see how the addition of more off-ice training will add to our skating skills and strength on the ice.

The first synchronized skating competition is only one month away. The Auroras and Metallites will be traveling to Ann Arbor, Michigan December 1st to compete at the Dr. Porter Synchronized Skating Classic. The teams will compete at the Intermediate and Open-Juvenile level.

2017-2018 will be the last season with our current club warm-up jacket. We will move to a better fitting jacket next season. All synchronized skating team members will be required to get the new jacket.

Other News: Please take some time to read through the NLFSC Parent-Skater Handbook to fully understand the mission and organization of our program. The handbook is updated every season and available at all times on our website.

If you feel you have a valid concern or problem there is a **problem/resolution form** on the NLFSC website. The completed form can be placed in the black mailbox in the main lobby at the VFW at any time. We will also hang some on the bulletin board in the lobby so they are readily available.

It is important all members understand we cannot help answer questions, address problems/concerns, or help others if we are unaware of the concern. Help us, help you.

May you all have a great November and continue our strong start to the season!

-Mallory, Synchronized & Individual
Skating Coordinator

The Latest with Learn to Skate

The season is here! Thank you all again for being patient with us as we get things rolling for the season. With that being said, if you do have a question please do not hesitate to ask. Most communicate will come via

LIFE LESSONS FOR THE ATHLETE:

“Be more concerned with your character than your reputation. Character is what you really are, reputation is just what people say you are.” – John Wooden

Integrity

What does integrity look like on a true athlete?

Integrity is a simple concept; it is a choice of correct behaviors displayed in small daily decisions. People of integrity engage in actions that follow their words and their beliefs. In other words, their core values and their behavior align. They have a depth of character. This depth is shown in honesty, sincerity, reliability, respect, humility, and loyalty. It is keeping commitments. It is fulfilling our intentions with actions. It enables us to act on our convictions. Integrity is the foundation of character.

-Selection from ‘Life Lessons for Athletes’ booklet by Bruce E. Brown.

email, but please also check the Learn to Skate bulletin board located on the arena lobby, and the EGF Park and Rec website. Testing dates will be released in the next few weeks, along with end of November/December calendar. Thank you again and I look forward to the great season we have ahead of us!

-Shelby, Learn to Skate Coordinator

Words from the NLFSC Board

The Northern Lights Figure Skating club had a tremendously successful 2016-2017 season for both our synchronized skating teams and individual skaters. The Board of Directors would like to welcome you back to another exciting season of skating! As a board member I am honored to be part of such an amazing community that comes together, as group of volunteers, to create a season of memories because our children love to skate. It is the passion of our skaters that drives success of the NLFSC.

Although the skating season has just begun, the board has been working throughout the summer to prepare for the season. The board would like to first send a huge THANK YOU to all the volunteers from the previous seasons. Second, we would like to extend an invitation to anyone who is interested in getting more involved with the NLFSC. Many of these opportunities will be discussed in detail at the parents meeting on Nov. 19th.

Fundraisers

- Schwan Cares - please look for the email that was sent out to get signed up and start sharing.
- Pancake Feed and Bake sale - Nov. 19.

Club fundraising opportunities provides the club with the necessary resources to maintain viability for our skaters. Along with adult volunteers we are asking the skaters be just as involved, keeping our skaters involved shows the community who they are supporting!

-Karen & Tracy, NLFSC President & Vice President

Want to watch figure skating on TV or online?

NBC Sports Group and U.S. Figure Skating announced NBC Sports Group will present more than 200 hours of coverage throughout the season, including nearly 100 hours on NBC and NBCSN. Olympic Channel: Home of Team USA will also present more than 100 hours of figure skating coverage. To view the full schedule, visit www.usfsa.org/events?id=84206