



## UPPER HUTT ROLLERSKATING CLUB

Newsletter April 2014

### UPPER HUTT SKATERS DO WELL AT OCEANIA CHAMPIONSHIPS

Upper Hutt now has six Oceania Champions following the Oceania Roller Sports Artistic Championships held in Palmerston North in April. They are **Emma Patrick, Emma Hazelwood, Kyra Thomson, Roger Boulcott, Jordan Bougen** and **Abigail Evans**. The 15 strong contingent from the club who were selected to represent their country at this prestigious event brought home 20 medals between them (gold, silver and bronze). Congratulations to all. Thanks also to those club members who travelled to Palmerston North to support the skaters and watch events – your presence was appreciated by all. Full results at the end of the newsletter.

Pictured at right are Upper Hutt Club members with the entire NZ team.



**NEW CLUB MEMBERS** We welcome new members **Olivia Cowley-Ferris, Jessica Linton, Phoebe Munro-Packer** and **Dani van Niekerk**. We hope you will all enjoy your new sport.

**EASTER NITE DISCO** Our special Easter themed Night Disco held on Good Friday was a huge success with large numbers attending. This was a fundraiser to help pay for Nationals expenses. Congratulations to **Bella Stonnell** (pictured at right) who came dressed as an Easter Egg and won the best dressed club member prize. Thanks to those who helped out on the night, came along and brought friends and family.



**AROUND THE WORLD DISCO** Our next night disco will be an Around the World themed disco – so let your imagination go for costumes!!! This will be held **THIS** Saturday May 10 from 7.00 pm-9.00 pm. Please encourage your family and friends to attend. There will be prizes for the best themed costumes.

**UPPER HUTT CLUB AGM** The club AGM will be held at the rink, 4A Railway Avenue, Upper Hutt, from 6.30pm-7.30pm on Tuesday May 27<sup>th</sup>. All members are invited to attend. There will be no skating during this time. Coaching/skating may begin at 7.30pm. Nomination forms for the position of President, Vice-President, Secretary, Treasurer and Committee Members are on the notice board now. Nominations close with the club secretary, Fiona Patrick, at 3pm on May 25<sup>th</sup>. Anyone interested in being a committee member is expected to prepare for and attend monthly meetings as well as occasional special meetings and be responsible for some other work on behalf of the committee during the year. If you want more information about what is involved please speak to one of the current committee members. Any matters of General Business must be notified in writing to the Club Secretary Fiona Patrick by 3pm May 25<sup>th</sup>. Club coaches wishing to put in a report may do so by e-mailing it to Fiona by the same time and date. All reports should be presented must be in writing so they can be submitted to the Club records.

**CENTRAL AREA CHAMPIONSHIPS** Skaters hoping to compete at NZ National Championships in Auckland in July will need to qualify at next month's Central Area Championships. Entry to the Championships has now closed. We thank **Carolyn Evans** for agreeing to be the Club's Team Manager for this event. She will be assisted by **Debbie Bougen** and **Katie Behrent**. The competition is fast approaching so now is the time to prepare. All skaters who are entered must ensure that a copy of their music for Freeskating, CSD, Freedance and Precision is handed in for the club music box. For this event skaters must hand music in to the club not direct to the announcers and all communication is done with officials via the team manager. Now is also the time to check that all wheels are spinning freely and, if they are not, then clean the bearings. Also check that all screws are tightened and functioning properly and the nuts that hold the wheels on do not protrude past the wheels. As Areas is on a wooden floor there may be skate checks and anyone with nuts protruding past their wheels will have to fix them before skating. Finding this out in the marshalling area just before skating is not the time – it needs to be checked now.

**LAURIE HASTIE COMPETITION** closes with UH on 21 May 2014 7:15pm for entry and payment. Entry fee is \$35 for 1 event and \$45 for 2 or more events. Note: Laurie Hastie schedule and entry forms are printed on yellow paper.

**NATIONAL CHAMPIONSHIPS ENTRY** National Championships entry forms will be available in the next couple of weeks. All UH club members wishing to enter must complete their entry forms and pay with the club before Area Champs (if a skater does not qualify for an event, the club will refund the entry fee). This will enable the entries to be processed efficiently by the club. This year the club has generously decided to pay the first \$100 of each entry fee for club members. The skater needs only to pay the difference (if any).

**SHOWSKATE EVENT AT NATIONAL CHAMPS** The club is planning to enter a group in the Showskate event at NZ Nationals Championships. All club members are invited to be part of the event. Training will be held for one hour each Sunday evening from 5-6pm. If you are interested in being part of this group please put your name up on the signup sheet on the notice board and be at the rink this Sunday. The commitment is from now through to Nationals. The group will be formed and a plan made early on so if you want to be involved you must be involved from the start (you cannot join late). Also if you want to be involved – because it is a team event – you must be prepared to commit to attend weekly practices. It is not fair on the team if skaters are not committed to practices. Siblings and parents of current skaters who are club members are also able to be involved but are reminded that they must be Federated to Skate NZ to participate. Anyone wanting more information is invited to contact Roger Boulcott.

**SPORTS PSYCHOLOGIST** The committee is looking into the possibility of having a sports psychologist come to talk to skaters, parent and coaches as many skaters have found psychologist help is useful for skating. His name is Christoph Huelsmann, who is a Wellington based, registered clinical psychologist. Christoph has a background and work experience in mental health, rehabilitation psychology and teaching at a tertiary level. He has a special interest in 'Positive Psychology' and 'Sport Psychology' and regularly teaches at Victoria University. He currently runs a course at Victoria called 'Sports Psychology for Coaches and Athletes'. There are many things he could talk about such as dealing with stress and anxiety, motivation etc. Before committing to this (as there is a cost involved) the committee needs an indication of who would be interested in being involved. There is a signup sheet on the noticeboard. **Any skater, coach or parent interested in coming to an event such as this is asked to put their name on the list along with suggested topics that would be of interest to you by May 21.** Note, while the club is prepared to subsidise this, there may be a small commitment cost involved. If there is enough interest the committee will proceed. If the names don't go up, then it won't.

**LEARN TO SKATE CLASS MUST STAY ON THE RECEPTION SIDE OF THE RINK TIL 5.30PM** Learn to skate class skaters and their families must stay on the reception side of the rink until 5.30pm. The rink must not be crossed until 5.30pm – this is a training area for skaters on a full card and skaters on a part card with Tuesday as their nominated day only. The figures side is also a training area for the same people. Both areas may only be accessed by skaters who are skating (not playing).

**RESPECT FOR RINK USERS AND PROPERTY** AGAIN we remind club members and their families that they **MUST respect rink property and other rink users**. Since mentioning this last month – not a lot has changed. This is not negotiable in order for membership to be continued. There are regular instances where this is not happening – it often involves parents not supervising or cleaning up after their children. Please ensure you observe the following:-

- **Supervise children at all times.** Siblings coming to the rink with their parents, must be supervised at all times – no food or playing on the figure rink side – this is a training area and it is distracting for skaters to have a lot of running around and noise in this area.
- **Food should not be consumed on this side of the rink** it should be kept on the entry side of the rink.
- **No food or drinks on the main or figures rink at any time.**
- **Do Not Allow Children to Run Across the Rink.** Children must not be allowed to run across the rink at any time – there have been several near misses in recent weeks – this is dangerous for the children and skaters.
- **Wash dishes, dry and put them away after you have used them.** Do not leave your dishes scattered round the rink for someone else to clean up. Parents – do not let your children help themselves to glasses of water in the kitchen then leave the cups unwashed (this happens every day at present).
- **Clean the benches and microwave when you make a mess.** Clean up after yourselves. Parents do not let your children use the kitchen unsupervised at any time, Every day there is mess left on the bench, in the microwave, on the table – CLEAN UP AFTER YOURSELVES AND YOUR CHILDREN
- **Flush the toilet after use.** Parents do not let your children go to the toilet unattended unless you can be sure they will not make a mess and will flush the toilet. Every week there are unpleasant messes to be cleaned up and flushed away.
- **Empty Rubbish Bins.** When a bin is full please empty it – don't just let it overflow. Once emptied tie off and put in the bin outside. Then please place a bin liner in the new bin immediately (from the cupboard by the kitchen door). Otherwise people throw rubbish into bins with no liners.
- **Put music away in its case after use.** Do not just leave CDs thrown all over the top of the sound system. This damages them. If you take music (particularly Club owned dance music) out of the sound system put it away in its case.

**NEW RULES** As a consequence of the lack of respect being shown club property the committee has had to introduce new rules. Please observe these if you want to ensure continued membership.

- **No children under 12 in the kitchen at any time unless supervised by an adult.**
- **Children Under 12 may not use the sound system. If your child wants the music and is under 12, you or another adult must use the sound system.**

**WELLINGTON ENTERTAINMENT BOOKS ON SALE NOW** Wellington Entertainment Books are now available for club members to buy through the club and to sell to friends, workmates and family. Anyone who has one will know how great they are to save money not only on meals but also on movies, takeaways, accommodation, DVD hire, dry-cleaning etc. This years' books are again \$60 and for \$60 the buyer receives \$15,000 of valuable offers. Anyone who has one will tell you it pays for itself in a very short time. This year the book will be available in both normal book format and as an app for smart phones. The system is that you take the orders and payments from your friends, family and work colleagues and then let Mary-Anne Thomson know how many books you require and she will order them for you. You make payment to the club in your name for that number of books and payment will be receipted in your name for that number. Mary-Anne has fliers available if you want to distribute them door to door, at work or wherever. You can make one order as soon as you have payments, and then if you sell more make another – that's no problem. There are plenty of savings for Upper Hutt, Lower Hutt, Wellington City, Kapi Mana and more. A display book is on the counter at the rink. For more information contact Mary-Anne Thomson.

**DATES TO MARK ON YOUR CALENDAR** *Rimutaka Inline Hockey Club* will also be using the rink on the following dates and times. These have been entered on our online calendar <http://www.calendarwiz.com/uhrsc>  
 Saturday 24 May 8:30 am – 2:00 pm and 6:00 pm – 9:00 pm  
 Sunday 25 May 8:30 am – 5:00 pm  
 Sunday 15 June 11:00 am – 5:00 pm  
 Saturday 19 July 8:30 am – 2:00 pm and 6:00 pm – 9:00 pm  
 Sunday 20 July 8:30 am – 5:00 pm  
 Sunday 10 August 11:00 am – 5:00 pm

**RESULTS** Oceania Championships: **Upper Hutt Club Members results. Figures** *Senior International:* Emma Patrick 1 *Junior International:* Kyra Thomson 1, Grace Cooper 3. *Youth International:* Jordan Bougen 1, Katelyn Kennedy 2, Terriann Randle 3. *Cadet International:* Abigail Evans 1, Hayley Patten 4. *Advanced Masters International:* Paula Boulcott 3. *Masters International Mens:* Roger Boulcott 1, Wayne Greer 3. **Freeskating** *Senior International:* Emma Patrick 1. *Youth International:* Terriann Randle 2. *Cadet International:* Hayley Patten 2, Abigail Evans 5, Katelyn Kennedy 6. **Solo Dance** *Senior International:* Emma Hazelwood 1. *Junior International:* Kyra Thomson 2, Grace Cooper 4, Samantha Whitham 7. *Youth International:* Jordan Bougen 1, Terriann Randle 3, Katelyn Kennedy 4. *Cadet International:* Abigail Evans 2, Hayley Patten 5. *Masters International:* Paula Boulcott 3. **Dance Pairs** *Masters International:* Roger Boulcott and Paula Boulcott 4. **Precision Mini:** Kapital Kids 3

**MEETINGS AND COMPETITIONS AND MEDAL TESTS:**

Please Note: Dates/Venues maybe subject to alteration. Please check with event management.  
 May 10 Around the World Disco, Upper Hutt Club Rink, 7.00pm-9.00pm  
 May 17 Northern Area Artistic Championships  
 May 23-25 Central Area Artistic Championships, Arena 3, Pascal Street, Palmerston North **Entry Closed**  
 June 21-23 Laurie Hastie, Pascal Street, Palmerston North **Entry forms on board**  
 July 14-19 NZ Artistic National Championships, ASB Stadium, Auckland  
 July 26 PJ Theme Disco, Upper Hutt Club Rink, 7.00pm-9.00pm  
 Aug 16-17 Medal Tests. Upper Hutt  
 Sept/Oct World Figure Championships, Spain  
 Oct 18 Angels & Demons Theme Disco, Upper Hutt Club Rink, 7.00pm-9.00pm  
 Oct 31- Nov 2 Graeme Sheppard Challenge  
 Nov 1-2 Wanganui River City Speed Tour  
 Dec 13-14 Upper Hutt Club Champs, Upper Hutt Rink  
 Dec 20 Xmas Theme Disco, Upper Hutt Club Rink, 7.00pm-9.

Rink Address	4A Railway Avenue			Rink Phone	9390507
Postal	PO Box 40-835			Website	<a href="http://www.skatewellington.org.nz">www.skatewellington.org.nz</a>
	Upper Hutt			E-Mail	<a href="mailto:skatewellington@yahoo.co.nz">skatewellington@yahoo.co.nz</a>