



UPPER HUTT ROLLERSKATING CLUB

Newsletter June/July 2014

Good Luck to Upper Hutt Skaters at National Championships

Good luck to all Upper Hutt Rollerskating Club skaters heading to represent the Central Area at the New Zealand National Artistic Skating Championships in Auckland starting July 14. The club has 38 skaters competing as well as other family members who are joining the club show skate group. Special good wishes to those competing at Nationals for the first time - **Janine Price** (Masters International Solo Dance and Esquire Figures) **Amber Clifton** (Novice Solo Dance and Novice Figures) and **Cassie Singleton** (Juvenile Solo Dance, Novice Figures and Novice Freeskating).

PATCH PASSES:- Congratulations to **Caitlin Harris, Tori-Anne Tuirangi, Unique Edmonds** and **Sophie Parker** who have passed Patch 1 and **Jess Gregory** who has passed Patch 2 in June. Patch testing for July will be held on July 30.

NEW MEMBERS:- A big welcome to our new members **Sonya Randle, Mike Ruki, Rose and Iris Russell, Tayla-Anne, Brooklyn and Olivia Dyhberg, Olivia Cox, Jake Riley, Tania McGowan, Craig Riley, Amber Crawley, Tori-Anne, Tyler, Tane, Lance and Keepa Tuirangi, Unique, Akira and Liz Edmonds.** Some are family of current members, some are completely new families - We hope you will all enjoy your new association with the club.

NATIONALS TEAM MANAGEMENT:- A big thank you to Carolyn Evans who is the club's team manager for this Nationals. Because this is a big job she will be assisted by Debbie Bougen and Mike Ruki. Thanks to all three for taking on this role. All correspondence, music etc must go through team management so if you have any queries when at Nationals please see your coach who will liaise with team management for you or Carolyn, Debbie or Mike. Their contact numbers are:- Carolyn 027 2337960, Deb 021 1823309 and Mike 021 1204277.

NATIONALS REMINDERS:- For those who have qualified for Nationals please also remember:-

Team Meeting

A team meeting will be held at the Stadium on Monday afternoon July 14. The time will be advised by team management. The Team managers meeting will not start until 3.30pm that afternoon so any information raised there will be passed on to those it affects, by team management. If you can, please be at this meeting.

Programme

The programme has been released and is on the notice board. Please be aware that there may still be changes so please keep checking. Any changes will be notified after the team managers meeting by the team manager if they concern you.

Contact Numbers

In case the team managers need to contact you during the week of Nationals, please ensure Carolyn Evans has your cell phone number before leaving for Nationals.

Music

Please ensure that all music for Freeskating, Freedance, CSD and Precision is handed in to team management who will take it to Nationals and collect it afterwards. **Music must be handed in by Wednesday July 9.** The music you used at Areas will have been kept in the team box unless you asked for it back. If you have changed music since then, please remember to hand in your new music and remove your old music from the box so there is no confusion. Cds and their covers must be labeled with your name, art number, club and the event. PLEASE DON'T FORGET THE CLUB BECAUSE AFTER USE THE ANNOUNCERS NEED TO KNOW WHICH BOX TO RETURN THE CD TO AND NOT ALL ANNOUNCERS KNOW EVERY SKATER. The CD case should be plastic not a paper sleeve. Don't forget to take a spare copy of your music in case of any music malfunction.

Art Numbers

Art numbers will be worn for this Championship so please ensure that you do not forget to take your number and some safety pins with you.

Communication

Please remember all communication must go through team management not direct to officials at the Championship.

Schedule and Figure Draw

The draw for the figure group and foot has been released because the team managers meeting is after training for some grades. This is on the noticeboard and a copy is on the pole by the figure training area.

Skate Checks

As the stadium has a wooden floor, please be aware that there may be a skate

Saturday 2nd August
7pm - 9pm
Get out your favourite pyjamas
and come and have some skating fun!
PRIZES TO BE WON!!

Pyjama party SKATE

Entry \$7
Blade Hire \$3
New Skate Hire \$3
Old Skates Free

Upper Hutt Roller Skating Club
4A Railway Avenue
(opposite Orangamai Marae)
Phone 04 939 0507
www.skatewellington.org.nz

check before you are allowed on the floor. In preparation for competition and to ensure you are not stressed just before an event, please check your skates before you leave Upper Hutt. You will need to be sure that the wheel nuts do not protrude past the wheels. If you don't know how to do this please ask your coach. Also if you take out your stoppers from freeskates for dance or figures you MUST use dance plugs. You will also want to check the wheels are spinning freely – if they are not then you may need to loosen the wheel nuts or clean the bearings. You will also want to check that all screws and nuts are done up properly and the skates will not malfunction.

Trophies

If your skater won a trophy at Nationals last year please remember to take this with you to Auckland. Please make sure it is handed back to the trophy steward at the beginning of the week so it can be checked in and ready for this year's winner. Trophies must be cleaned before return.

Training

Remember there is an official training for all events. Skaters remember to pack a good leotard (pants and top for men) for these training events. Club leotards ARE NOT to be worn for individual training. These leotards are for precision training only.

Leotards and accessories

Don't forget to try on leotards and accessories before you leave to ensure that they still fit. Very importantly please ensure all trims, rhinestones etc are firmly fastened. A rhinestone on the floor is enough to spoil a skater's hard work so please don't let it be your skater that drops debris on the floor.

Club Tracksuits

Club Tracksuits must be worn for the opening ceremony and are optional for the rest of the time. Anyone wearing the tracksuit must wear the entire uniform – not just bits of it. That is the jacket and pants with a plain black top or the jacket and pants over a leotard. The only time the jacket may be worn alone is for warmth at the stadium over a leotard or top and pants (men). As the uniform does not belong to you and is needed to last for many years please treat it with respect. It is to be worn with care – not worn to the playground on the way to or from the stadium and care must be taken when eating food.

Artistic Committee AGM

The Artistic Committee AGM will be held at 8pm on Monday night July 14. This is an open meeting and anyone may attend. **Bruce Crosby** is the Upper Hutt Club delegate.

Opening Ceremony

The Opening Ceremony will start at 7pm on Tuesday night. All team members are expected to be part of this. Please assemble at the stadium at 6.30pm so that the team can be organized for the march on. This is a great moment so please be prepared with the correct gear and attitude. All UHRSC members must wear their club tracksuit and a plain black top underneath. If you have attended Nationals before don't forget to pack your Nationals bar and ribbon with year medals. This is to be pinned on the LEFT side of your tracksuit jacket. Please bring skates to wear as skates are usually worn for the opening ceremony.

Social

There is a social function on the Saturday night to close Nationals. This is well attended by all ages and a great way to wind down and socialize with other families. If you think you would like to attend the social please ensure you keep your accommodation in Auckland for the Saturday night. Tickets will be sold during the early part of Nationals week and are \$25 per person.

T Shirts and Sweatshirts

Nationals T Shirts are available for sale, but this year need to be pre-ordered. If you haven't ordered please talk to Club Secretary, Fiona Patrick urgently.

NATIONALS TEAM PHOTO:- The Nationals team photo for 2014 was taken recently. Thanks to **Debs McCarthy** for taking the time to continue to support our sport by doing this. An order form and price will be on the notice board over the next few days. If you would like a copy of the photo please ensure your name is on the list by July 30. Thanks.

RINK FLOOR SWEEPING:- ALL MEMBERS are reminded of the need to sweep the rink floor before use. If you are first to the rink (both main and figures) please ensure you sweep it. There has been a lot of debris on the floor lately as there are only a few who sweep it. It is up to everyone to play their part not leave it to someone else to do.

CENTRAL AREA MEDAL TESTS AUGUST: Central Area Medal tests will be held at the rink on August 16 and 17. A registration form is on the notice board now (it is pink). Registrations and payment close with the Upper Hutt Club on July 23 at 6pm. No payment by this date and your entry will not be processed. **If you think you would like to sit any tests please discuss this with your coach before putting up your name.** Please note that if you have already filled in the form earlier this year indicating that you wanted to sit a test you still need to fill in this registration form. If you do not know how much to pay please talk to club Secretary Fiona Patrick.

SPORTS PSYCHOLOGIST:- Thanks to the response from members the committee has decided to go ahead with having a sports psychologist come to talk to skaters, parents 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'. More details will be available shortly. There will be a small charge per person but the club will subsidise the cost.

PYJAMA PARTY NITE SKATE:- Our next night disco will be a Pyjama Party – so get out your favourite PJ's and come and have some fun!!! This will be held on Saturday August 2 from 7pm-9pm. Please encourage your family and friends to attend. There will be prizes for the best themed costumes.

COACHES UPDATE ONLINE CALENDAR PLEASE:- So all skaters and coaches can get the best of the floor space by considering what others are doing and planning, coaches please update your coaching timetable on

the rink calendar at all times. There are some coaches who the committee has noted do this regularly and well and the committee thanks you for this. There are a few who the committee has also noted, do not do this so well. **Coaches who do not update the calendar will not have priority for their skater during any time which is not noted on the calendar.** Coaches when considering a change of lesson time please see what is already going on on the floor and plan accordingly. Do not just put in what you want to do without thinking about the others already using the floor. If there are already several coaches on the figures rink it might be better to schedule time on the main rink and vice versa. Skaters when training, have a look at the coaching calendar and where possible try and train figures when the figures side has less coaching going on and free and dance when the main rink has less going on. It is crazy for all to be on one rink and no-one on the other.

MEETINGS AND COMPETITIONS AND MEDAL TESTS:

Please Note: Dates/Venues maybe subject to alteration. Please check with event management.

July 14-19 NZ Artistic National Championships, ASB Stadium, Auckland
 Aug 16-17 Medal Tests. Upper Hutt
 Sept/Oct World Figure Championships, Spain
 Oct 31- Nov 2 Graeme Sheppard Challenge, Rotorua
 Nov 1-2 Wanganui River City Speed Tour
 Dec 13-14 Upper Hutt Club Champs, Upper Hutt rink

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Postal	PO Box 40-835			Website	www.skatewellington.org.nz
	Upper Hutt			E-Mail	skatewellington@yahoo.co.nz