

Breaking Ice News

Dishing out the hot news from the cold ice

February 2016

Dear Skaters, dear parents,

we would like to take the opportunity to introduce our new coach, Claudine Primorac:



Claudine Primorac Pallandt is a PSA (Professional Skaters Association) member and rated group instructor for United States Learn to Skate programs. She completed her coaching apprenticeship at the Ice Den in Scottsdale, Arizona, one of the top performing training centers in the US. Claudine remains active in her continuing coaching education through PSA sponsored workshops, seminars and courses. She has coached skaters of various levels in Chicago.

As an amateur skater and dual national of France and the United States, she competed in both countries. At the Junior ladies level, she competed in the 1985 French National Championships. Claudine holds 2 USFS (United States Figure Skating) gold medals in freestyle and moves in the field as well as her silver medal in figures.

Her skating technique was influenced by some of the most reputable and experienced coaches in France and the United States, including Andre Calame, Philippe Pelissier, Arthur Bourque and Cindy Watson Caprel.

Claudine's coaching philosophy is the same for every skater, whether skating recreationally or competitively - to provide the skater with a correct technique in order to build a solid foundation upon which the skater can progress and most importantly, to build up the skaters self- confidence.

She is a native English and French speaker and proficient in Spanish.

Claudine took the time and answered a few questions:

Skating Luxembourg: We are happy to see you coaching our skaters on the ice more often in the future. You learned to skate in the US, could you tell us how you started and what was or is different to skating in Luxembourg?

Claudine: I started skating at age 6 after seeing Dorothy Hamill win the Winter Olympics. My mom's friend took me to a frozen pond and even though my feet were frozen and the skates I borrowed much too small, I knew right then I wanted to skate for the rest of my life. I started out in Hershey Pennsylvania and then eventually skated for France as I have dual citizenship. The main difference in skating in the states and Luxembourg and Europe for that matter, is that the rinks in the US are mostly private and ice time and lessons are very expensive. My parents still remind me of the investment they made in my skating!

Skating Luxembourg: Which coaches did you train with?

Claudine: in the US, I trained with Richard Swenning, Arthur Bourque , Cindy Caprel Watson ,Dawn Pipienbrink Mccosh, Larry Holliday and choreographer, Ushi Kessler and Diane Eagle. In France, mainly with Calame and Pelissier.

Skating Luxembourg: What was your best moment/success on the ice?

Claudine: Only a very small percentage of skaters actually make it to the senior level or get to compete at the national level so I believe I had a successful skating career by this measurement. Moments of extreme pleasure on the ice however, were galas and ice shows. Being in the spotlot, skating for crowds with no competitive pressure are some of my fondest moments.

Skating Luxembourg: When and why did you decide you wanted to be a coach?

Claudine: Although I left skating to complete university studies and eventually a career and kids, skating was always close to my heart. Once I decided to go back and coach, I wanted to learn everything about moves in the field (a discipline I did not skate as an amateur) and the best way to do this was to actually skate them. I ended up training intensely and passed my US senior test (gold) in moves in the field. Finding myself staring once more at a panel of judges at age 40 made me realise how much I loved the sport and how dedicated I was to sharing this passion with others.



Skating Luxembourg: What do you think is special about our sport?

Claudine: Skating is such a difficult sport and challenges both physical and mental capacities. Not many other sports require the athlete to have such complete body awareness. To be a competitive skater means you understand very early in life that that nothing comes easy unless you push your limits unless you fail before you succeed. No school can teach these valuable life lessons to our children like skating can.

Skating Luxembourg:

What are your goals as a figure skating coach?

Claudine: Having joined the CHL team this year brings me tremendous pleasure. I am looking forward to working with Stephane and Cornelia. Although I have only worked with them for a short period of time, I believe the club can consider themselves very lucky to have such quality coaches. My short term goals are to get to know all the skaters on an individual level , know both their strengths and weaknesses in order to maximize the quality of time I spend with them. In the long term, to see our young skaters reach their best moments on the ice--perhaps the Olympics!

Thank you very much, Claudine, for these insightful and inspirational answers!

As this is an ongoing issue, we decided to provide some information about our **licences**.

Why do all our skaters need a licence?

The licences categories (A, B, C and D) are established by the FLSG (Fédération Luxembourgeoise des Sports de Glace) and the licence is compulsory for all club members, not only for our competition skaters.

In particular you need a licence A if you would like to participate in the galas or any of the club's and/or national tests.

According to this:

- Skaties, Formation, Axel, Avenir and Competition skaters need a licence A (requires a sports medical)

- Adult skaters need a licence C (does not require a sports medical)

The licence also provides you with an insurance for accidents that might happen during the training.

When and how to apply for a licence?

You need to apply for a licence at the same time as you **register** with the club.

The licence application form can be downloaded from our website. It has to be filled in and handed to a coach or committee member along with two recent pictures (same size as for a passport) and a copy of your valid ID (showing the expiration date, too).

Important:

- Our club is CHL Patinage.

- If you are filling the form for a minor, the parent or guardian has to write their own name below the first paragraph of the form, indicating the relation to the child.

- In any case, please do not forget to sign.

Medico Sportif:

Applicants for a **licence A who are 7 years old or are turning 7** during the season need to pass an exam with a certified sports medical centre. You can find information on where to go on our website or visit

<http://www.sport.public.lu/fr/medico-sportif/flyer-version18032015.pdf>.

Please make sure the doctor understands it is for **CHL Patinage/Ice Skating**. The results are sent straight to the Ministry of Sports, who will inform our club.

When you make an appointment, please send a short message to

skating.luxembourg@gmail.com, so we know when to expect the results from the Ministry.

In case your child is **'temporary inapt'**, you will receive a letter from the Ministry explaining the reason and asking you to see your usual doctor for some more tests or for a treatment. Our club will be notified that your child is temporary "inapt", without giving the reason.

What to do if your child is 'temporary inapt'?

- Make an appointment with your doctor to run the tests / do the treatment
- Ask your doctor for a certificate indicating whether your child is fit for figure skating in the meantime
- Ask your doctor to send the results of the tests / treatment back to the sports medical centre
- Inform us too, so that we can follow up on the new Medico Sportif

Once a licence is issued, it is valid until the next sports medical is due (or the member leaves the club). The intervals are as follows: in the years a child turns 7, 12, 15, 18. We will notify you when your child needs a new sports medical.

Kempen Trophy in Turnhout

Catégorie Novice A

4/23 Tereza Kravalova 28,58 pts.

Catégorie Novice B

15/19 Ana Sever 22,76 pts.

Catégorie Novice Advanced

16/24 Gemma Marshall 48,39 pts.



Our more experienced skaters achieved very respectable results in Turnhout.

Tereza presented a very good program and almost made it to the podium, she came in 4th out of 23.

Gemma reached place 16 out of 24, she won 3 places with her free program.

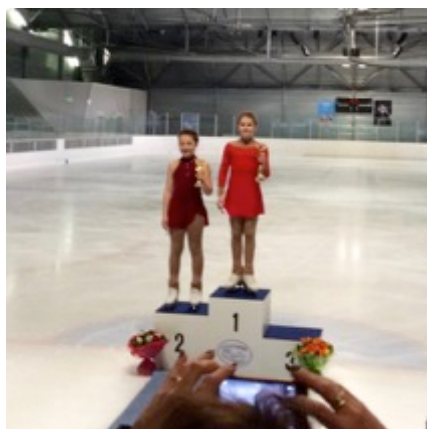
Ana Sever showed a good performance and made it to place 15 out of 19.

Congratulations!



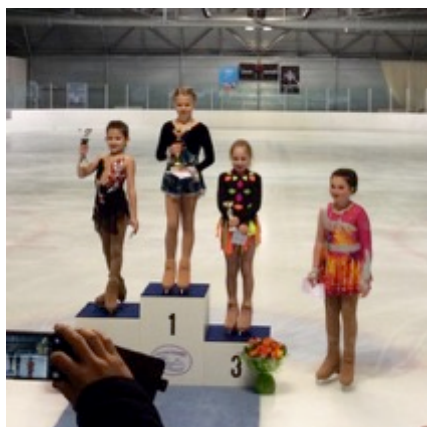
NPCA in Troyes

	Catégorie Avenirs R1	
1/3	Lillian Zenner	20,65 pts.
	Catégorie Avenirs R2	
1/4	Susanna Valentine	20,67 pts.
	Catégorie Poussins R2	
1/4	Dita Giltair	19,55 pts.
	Catégorie Avenirs R3	
3/9	Ella Aikala	15,31 pts.
	Catégorie Minimes R2	
1/4	Anna State	26,47 pts.
2/4	Maëly Lortilloir	26,28 pts.
	Catégorie Poussins R1	
1/3	Elli Kankare	19,75 pts.



Our younger skaters were almost unbeatable in Troyes, every single one of them came home with a trophy in their hands, even the ones who had their very first competition for our club.

Truly amazing!



In the morning it was Lillian's, Susanna's, Dita's and Ella's turn to show their programs.



After a lunch break came Anna, Maely and Elli.
They followed their fellow skaters in their footsteps and were just as successful.
It was a real joy to watch them all!
Congratulations!



Good to know:

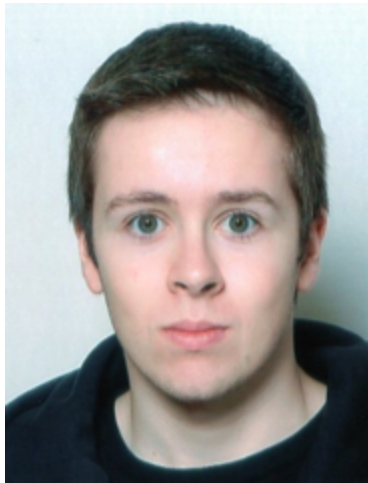
Club Calendars

We have good news for everyone who is still looking for a beautiful picture calendar for the new year. Our president, Pascal Hibon, has again created a calendar with selected pictures of all our skating members. You can see and buy a calendar at the rink for a special price of only Euro 10.

The next **“Learn to Skate”** event will be held from Feb 9th to Feb 12th, every day from 9 am to 10 am. For the first time we have an online form for registration on our website. We were positively surprised by more than 100 inscriptions so far! Unfortunately we had to start a waiting list as we cannot accommodate this many children.

But we are already working on organizing a similar event around Easter this year, so hopefully all children interested in learning to skate with us will have their chance.

Jerry Hilgert



- born 22.04.1994
- studies mathematics in Luxembourg
- started skating at the age of 6
- repeated winner of the Luxembourg Championships in various age groups
- biggest success: winner of the Heiko-Fischer Trophy 2013 + Minister of Baden-Wuerttemberg's prize winner
- 2014: start of figure skating judge's education
- 2015: end of education
- trains Skaties since 2007
- Aug 2015-Jan 2016: semester abroad in Hong Kong
- remaining season 2015/16: helps with training in various groups of Skaties and Formation

Jerry is our judge for the various **skating tests**.

The **tests** that we are going to do with the Skaties in the coming weeks are aimed at **evaluating the level** of the skaters.

Each group will pass a test adapted to their level.

The tests begin with the three basic levels, the colored skates (green, blue, red) for the group „Débutants“ („Beginners“) and are followed by the first to fourth „lame“ („blade“). The skaters have to perform various exercises in front of a judge (Jerry, see above, a former active skater in our club and still known by many) who will decide whether the skaters possess the demanded skills.

The objective of these tests is to ensure a **continuity of the training**, to evaluate the skater and show them their progress and of course to simplify the process of assigning the skaters to the groups in the following season, should they wish to continue with us.

We want to emphasize again, that only **licenced skaters** can take part in these tests.

We are happy to report that quite a few of you have shown their interest in ordering a **club jacket**, but had questions about it. Therefore we decided to put the size chart on our website, along with an online order form. Please do not hesitate to ask us should you have any questions.

We apologize for any delay that may occur within the ordering process. In order to ensure the attractive price we have to order in bulk, so that some of you will have to wait a little longer for their jackets than others.

But we do our best to get the desired jackets to you as quickly as possible!

Since the start of the year we have **attendance lists** for all skating groups. At the start of each session a coach or a monitrice will check off the names on a list.

We apologize for any inconvenience this may cause, we are sure it will go faster once everyone is used to the process.

We have sent out invitations to our annual **summer camp** for Competition, Avenir and Formation skaters, which will be held again in Anglet (Southwest of France) from August 8th to August 20th 2016. Our coaches will be Cornelia and Stéphane.

Please don't forget to send back the attached forms and transfer the downpayment by Feb 10, 2016.

As you probably have seen by now we set up our new **lockers** for the competition skaters in the locker room. We are in the process of allocating the lockers to the skaters.

We would like to again remind you of our upcoming ISU competition, the **Coupe du Printemps**, from friday, March 11th to sunday, March 13th.

Four (!) of our competition skaters, Chloé, Mara, Gemma and Tereza will participate and would appreciate your cheering support!

Note that due to this fantastic competition there will be **no training** on that weekend, so no excuses not to come, it sure is worth it!

Please don't be shy and send us your thoughts on this newsletter to skating.luxembourg@gmail.com. We count on your ideas and questions to make this a regular means of communication which will improve the understanding between committee, coaches, skaters and parents. Thank you!