



looking ahead >>>

Upcoming Test Sessions

April 11, 2014

Spring Funtastics

April 12, 2014

Fort Collins Classic

April 25-27, 2014

RMFSC Ice Show

May 17th

Pueblo Competition

May 30-June 1

Regular Application Deadline April 20

Broadmoor Basic Skills

June 22, 2014

Application Deadline: April 28

Broadmoor Open

June 25-28, 2014

Application Deadline: April 28

Vail Invitational

July 9-13, 2014

Application Deadline TBA

Safe Sport Guidelines!

There are so many reasons to involve children in youth sports at any level! Sports are fun and allow kids to spend time with friends. They encourage a healthy lifestyle and build kids' self-confidence. Did you know that child athletes also do better off the field? They learn goal-setting, teamwork and time management skills. Athletes are less likely to use cigarettes, drugs and alcohol; they have higher graduation rates and are more likely to attend college.

Unfortunately, youth sports can also be a high-risk environment for misconduct. Misconduct may damage an athlete's psychological well-being; including emotional scars for the athlete, loss of self-esteem, and negative impacts on family, friends and the sport. Misconduct often hurts an athlete's competitive performance and may cause him or her to drop out of the sport entirely. Experiencing misconduct can erase all the positive benefits from participation in youth sports.

The SafeSport Program is U.S. Figure Skating's and the U.S. Olympic Committee's initiative to recognize, reduce, and respond to misconduct in youth sports. The Program includes policies and practices designed to help Clubs create an environment that is free of misconduct. RMFSC is fully participating in the SafeSport Program, and as part of its compliance, has adopted a set of new policies that apply to all members of the Club. You can find our SafeSport Policies on our website. Also, in upcoming issues of the newsletter, we will be highlighting some of the new policies and procedures. SafeSport is for everyone: we ALL contribute to keeping our members safe!

For further information, you can visit:

www.RMFSC.org

www.SafeSport.org

in this issue >>>

- Safe Sport Guidelines
- Skater Spotlights
- Deliberate Practice
- Tidbits/ Birthdays
- Nutrition for Skaters

Summer Lunch/Snack Thoughts

When bringing and eating your snacks at the rink, please be mindful of those around you if you have food items others may be allergic to as we do have club members with food allergies. Also, please remember that no food is allowed in the locker room. Thank you.

SKATERS SPOTLIGHT

Ellie Hixinbaugh

Our March skater of the month is Ellie Hixinbaugh. Ellie is 16 years old and a junior at Arvada West High School. She began skating at four and is currently skating at senior test track level. She is coached by Linda Kleist for free skate and Debbie Minter for moves.

Three things that Ellie likes about skating are the people she gets to skate with, performing, and that there is always something new to try. Her favorite jump is her double loop because it was easy for her to learn and it is always fun to do. Her favorite spin is definitely the flying sit spin because it took her forever to finally get it, and she loves, loves, loves doing it now.

Ellie's greatest accomplishment is making her first final round at Broadmoor as a Novice lady. Ellie is not so fond of how stressed skating can make her. She used to get really nervous and stressed at competitions, which caused her to go through a rough patch in her skating career. She fell back in love with skating when she let go of this. Ellie is looking forward to auditioning for Disney on Ice and being able to travel and do

what she loves.

Away from the ice, Ellie is very involved in a youth group called Younglife. She got involved in middle school and has loved it ever since. She will get the opportunity to volunteer at one of their summer camps for three weeks this summer. Her favorite movie is Moulin Rouge and her favorite artist is Hoodie Allen.

Ellie's advice to her fellow skaters:

“ Make skating your own so you love what you are doing and have fun”





Gracie Pollock

Hi! I'm Gracie Pollock and I am April's Skater of the Month. I am 11 years old and I am in fifth grade at Hunters Glen Elementary. I started skating when I was five years old and I am now skating at pre-preliminary. My coaches are Jessica Melton and Stefano Stangalini. Three things I like about skating are; it makes you unique from everyone else, you can forget about all your problems, and you can express yourself and feel free.

Away from the rink, I like to hang out with my friends, watch movies, play outside, and go shopping. My two favorite movies are Courageous and Frozen. My favorite singer is Britt Nicole and favorite type of music is Contemporary Christian.

My greatest accomplishment would have to be landing my axel. It took me so long to get over the fear of doing it off the harness. Now the axel is my favorite jump. My favorite spin is the camel spin. The camel spin is one of my spins that I don't have to think much about when I am going into it.

Something I'm not too fond of would have to be the nerves that competitions give me. I used to get so nervous that I wouldn't eat. Now I have learned how to control them.

Something I would like to tell other skaters is:

“ Trust yourself- no matter what ups and downs get thrown your way, know that there is a plan for your life.”

The Olympics and Worlds have come and gone with some inspiring performances. While these amazing athletes enjoy their well-deserved down time, competition season has begun for everyone else! In just a short while summer will be here which means longer hours at the rink, more off-ice training, and attending bigger competitions in preparation for Regionals and National Solo Dance. Everyone has heard of the saying “practice makes perfect,” but does it really? It’s easy to get sucked into the daily grind of going to the rink and running through the motions, practicing the things you need to work on. A better approach to practicing day in and day out is to set small goals to be achieved each day or week. For example, maybe you want to increase the number of revolutions in your layback, or maybe you want to add an extra revolution and more speed to a weak twizzle. By setting goals, every time you come to the rink you have a deliberate focus and a desired outcome. This doesn’t mean you will achieve your goal 100% of the time, but practicing with a focused goal is much more likely to get you to your long term desired outcome than just running through the motions. With this in mind, a better saying is: “**Deliberate practice makes perfect.**”

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ROCKY MOUNTAIN FSC ICE SHOW

. Rehearsals have started for the Club’s annual ice show. The skaters, coaches and ice show committee are working hard to make this a great show. Ticket sales will be starting soon. Even if you aren’t participating in the show, we would love for you to come and support your fellow club members and invite your family and friends as well. Any profit the show makes goes back to support the club and its skaters.

ROCKY MOUNTAIN FSC BANQUET

Congratulations to the winners of the following recognition awards!.

Snowflake Spirit Award - Leigh Jones
Twizzler Spirit Award - Gracie Pollock
Walley Spirit Award - Eliana Secunda

Volunteer of the Year - Kathleen Calcagno
Coach of the Year - Kelly Renick
Synchro Award - Candi Pickerell
Cindy Sullivan Award - Lindsey Bowers

The recipients of the Elsie Weinstein scholarship are:

Abby McConnell
Amanda Vongphachanh
Mae Grigsby



WELCOME NEW MEMBERS!!

Adriana Alatorre
Lauren Hogg
Anastasia Rye-Kirova

CHIPOTLE FUNDRAISER

Thank you for your support! Your efforts earned the Club \$ 429.83!

HAPPY BIRTHDAY!

March

Katie Curran March 17
Calla Diemer March 21
Elissa Fairbanks March 11
Sebastien Payannet March 8
*Penny Mackenzie March 26
Daniel Rudnicki March 16
Sabrina Slama March 31
Reba Todd March 5
Vanessa Wong March 17
Talia Zanett March 7
* Denotes * Coach

April

Emily Asper April 20
Mariah Bell April 18
Mackenzie Cardamone April 22
Amy Elarton April 9
Madison Fox April 16
Alexa Gilbert April 20
Mae Grigsby April 25
Lauren Hatch April 17
*Scott Myers April 27
*Cindy Sullivan April 25
Olivia Wells April 7

Stacy Hogg, CNT

The Nutritional Edge-720-840-7173

On average, competitive skaters exercise 4.7 hours a day, which requires the consumption of more than the 2200 kcal/day recommended. However, research has shown that the calorie intake of figure skaters, especially female skaters, is considerably lower than that recommended. On average, a study of elite ice dancers showed that female ice dancers consumed only 1416 kcal/day, while male skaters consumed a normal average caloric intake of 2837 kcal. However, for both male and female skaters, carbohydrate intake was below the recommended intake for their activity level, with females consuming 44% of their calories from carbohydrates and males consuming 51%. In addition, the skaters' fat and protein consumption was higher than recommended. The study also concluded that elite skaters skipped breakfast and that they needed to be educated in their nutritional requirements and how to consume enough calories each day to supply their energy needs.

The restriction in energy affects the amount of micro-nutrients taken in, especially with female figure skaters. The energy restriction particularly affects the intake of iron, calcium, vitamins B6, B12, D, thiamin, niacin, folate and pantothenic acid (vitamin B5). Studies also suggest that there are nutrient deficiencies in magnesium and potassium. These deficiencies can lead to injuries, particularly to the ankle and foot, due to bone loss and weakened muscles. Since skaters begin training generally in childhood, nutrient deficiencies can also affect their general growth and development, so it is important to make sure that skaters eat an adequate diet that addresses both their training and developmental needs. So, how many calories a day should a skater consume?

Adult athletes should consume between 1800-2000 calories a day. This is slightly less than what male skaters have been shown to consume (2837 kcal/d) but much more than what female skaters have been shown to consume (1416 kcal/d). A study done by Heather Petrie stated that "among 9-13 year old children, energy requirements range from 1415 kcal/d for the sedentary 9 year old girl to 3038 kcal/d for the very active 13 year old boy. Among adolescents ages 14-18 years, energy requirements range from 1718 kcal/d for the sedentary 14 year old girl to 3804 kcal/d for the very active 18 year old boy." The carbohydrate amounts recommended for children and adolescents is based on how much glucose their brains need to function properly and not on how much the athlete's muscles need for the replacement of glycogen. It has been advised that athletes engaging in high-intensity exercise consume a diet that consists of 65%-70% carbohydrate." (Petrie, et. al., Nutritional Concerns Adolescent Competitor pp. 628). Petrie suggests that grain based foods, vegetables, and fruit should be the primary sources of carbohydrate because they offer a significant source of nutrients as well as the muscle glycogen needed for training and competition. Children are also thought to lack the full development of glycolytic capacity, so fat may play as important a role as carbohydrate in supporting performance. The recommended fat consumption for an adolescent athlete is between 25%-30% of their daily calories. Whole fat and low fat foods that consist of monounsaturated and omega 3 fats are that fats that should be considered for the adolescent diet. Foods that are non-fat or contain saturated fats should be limited. Protein intake for adolescent athletes is around 12%-15% of their total calorie intake.

The basic diet should consist of:

Fruit: 1 ½ cups fruit or juice per day, 2) Vegetables: 2 ½ cups per day with a rainbow of colors, 3) Grains: 6 ounces of grain foods, half should be whole grains, 4) Dairy: 3 cups low fat or fat free milk or yogurt (Two ounces of cheese equals one cup of milk), and 5) Meat and alternatives: five one-ounce equivalents. Fruits, vegetables, and grains should be the main sources of carbohydrate. However, there is a place for simple sugars, because they are absorbed more quickly. Simple sugars would come from processed grains, baked goods, fruit juices, sports gels and drinks.

The best way to find out what your skater is really eating is to keep a food diary of everything that is eaten for two weeks. By doing this exercise, the skater can get an idea of how much they are eating, what they are eating, and where improvements can be made. I would recommend continuing the diary after the two weeks because then a skater can continue to fine tune their diet on a regular basis or, if they are having difficulties in their training, they can go back and review whether they were eating too much or too little and whether the quality of the food was appropriate.

In the next newsletter I will address hydration.