



looking ahead >>>

Colorado Championships

July 30-August 2

Cup of Colorado

August 14-16

Early Bird deadline June 28, regular
deadline July 17

CSI

September 16-21

Registration Due August 6

SouthWestern Regionals

Oct. 3-6 i

Independence, Missouri,
hosted by Kansas City FSC

Registration will open on July 7 and run
through September 1, 2015. **NO LATE
ENTRIES WILL BE ACCEPTED.**

Safe Sport Update

There 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. One common example of misconduct is commenting on another person's body, ability or personality. Basically, if you are not comfortable saying it in front of your coach and the person you are referring to, you should keep it to yourself.

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

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A Potential Training Diet

By
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Skaters should have a diet that supplies between 1800-2200 calories a day, depending on the number of training hour performed by the skater. It should have a good balance between fruits, vegetables, protein and fats, as well as enough fluids to stay hydrated. The foods need to be easily available, easy to prepare and travel well. They also need to be appealing to children and adolescents. Figure skaters should spread their food intake over 5-6 smaller meals instead of 3 large meals (U.S. Figure Skating). Consuming smaller meals would keep blood glucose stable and helps keep a skater's metabolism up. A skater's training diet also needs to address the nutritional deficiencies that skater's commonly have. Following a flexitarian diet has the potential to address all of tshe nutritional requirements of a figure skater, while eliminating potential concerns with weight management. A flexitarian diet emphasizes fruits and vegetables and uses meat proteins and dairy as more of a flavoring agent or condiment to a meal. Whole grains are also emphasized.

During the competition season it is important for the skater to eat properly to support the 4 minutes of intense activity. Skaters are much like sprint runners in how they need to fuel in order to have the energy necessary to support an all out effort in a short time period. A skater's pre-competition meal should be relatively small, high in carbohydrates, low in fat, and consumed with plenty of water. It should be familiar, low in fiber, high in starch and well tolerated. A skater should consume only liquids in the 90 minute period preceding competition. (U.S. Figure Skating). After competing, a skater should consume some carbohydrates. If, like in ice dance, a skater will be competing again within a 20 minute time period, drinking a sports beverage with carbohydrates and sodium will help. Otherwise, a skater should immediately have a snack with carbohydrate and when they are able to eat a proper meal it should contain carbohydrates and protein to repair muscles and replace muscle glycogen. (U.S. Figure Skating).

Visualization

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Hope summer is treating everyone well! For a lot of sports, summer training and competitions are under way, meaning many hours being spent on *physical* training to reach your goals. But how much time are athletes spending on the mental training?

As an athlete, I am sure you aren't spending a good amount of your summer vacation training just to see what happens. No, you have a goal you want to reach. The goals originate from wishes and dreams we create in our minds. We spend a lot of time imagining the outcome of that goal or hoping that one day it might be so, but not so much time seeing ourselves preparing to reach that goal or even seeing ourselves actually reaching the goal. Example: You want to go to Sectionals this year. You see yourself on the podium and your name on the sheet with the placement needed. BUT: have you seen yourself performing the routine that will help you reach that wish of making Sectionals?

“You don't always get what you wish for, but you always get what you train for.”

If you haven't seen yourself performing, don't worry it's an easy addition! How often do you see yourself performing the way you want? Do you ever run your skills or routine over in your head exactly how you want it to play out? Can you feel the emotion, excitement, and nerves? Do you ever see yourself coming back from an unplanned obstacle? Imagery is great because you can experience how you want to perform well in advance before it comes time to physically perform. If you can see it and feel it, come time for the actual meet or competition, your mind and body will already have been through what you want it to do.

Below are some tips for effective imagery practice.

- Use all 5 senses. The more real it is in your head, the more effective it will be when the actual performance comes along.
- It should take the same amount of time to see and experience a skill or routine as it does to physically do that skill or routine. For skaters, it can be helpful to listen to your music while seeing your program. Then you have to see every element and connecting step.
- Try seeing yourself in 3rd person...it allows you to be able to “feel” that skill in your head.
- Do imagery right before bed or set up a time when you can be alone to visualize. It doesn't need to take up hours of your time, but make sure you have enough time to yourself where you can spend as much time as you like visualizing.
- Practice, practice, practice. Like any skill, imagery might not be easy the first time. Keep working at it though and it will come easier to you.
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Happy Visualization!

“It's ok to have your head in the clouds as long as your feet are on the ground.”



Birthdays



March

Hannah Campbell March 13
 Katie Curran March 17
 Juliette Hauben March 1
 *Penny Mackenzie March 26
 *Debbie Minter March 1
 Ruth Morrison-Morin March 4
 Sebastien Payannet March 8
 Sabrina Slama March 31
 Reba Todd March 5
 Vanessa Wong March 17

April

Mariah Bell April 18
 Mackenzie Cardamone April 22
 Aliena Curran April 9
 Blake Eisenach April 19
 Madison Fox April 16
 Lauren Hatch April 17
 *Scott Myers April 27
 *Cindy Sullivan April 25
 Caroline Weber April 22
 Olivia Wells April 7

May

Isabella Allen May 9
 Hailey Calcagno May 31
 Kelly Clark May 26
 Julia Harris May 29
 Pam Kelly May 27
 Allison Okita May 30
 *Robyn Sudkamp May 11

* Denotes Coach

June

Madeline Bante June 24
 Sierra Buzick June 16
 Lucy Clements June 13
 *Nicki Davis June 26
 Claudine Gunawan June 25
 Megan Ly June 14
 Janet Morris June 24
 Grace St. John June 29
 Morgan Walter June 8

Got something to add?

The newsletter is always looking for articles! It's a great way to use your expertise to earn some volunteer hours! Please email Kelley Matthews- matthewsnorth@mindspring.com for more information.



New Members

Tiffany Bunce
Sierra Buzick
Lucy Clements
Aliena Curran
Claudine Gunawan
Ellie Kam

Stephanie Kile
Michelle Kuehl
Ruth Morrison-Morin
Alexandra Rogers
Aliseea Velasquez
Caroline Weber

Fundraising

Why do I care? My skater is not ever going to benefit..... NOT SO!!! Competitor funding is available to any member in good standing and meets the requirements, regardless of level. Where does this money come from? FUNDRAISING!!! The more we do, the more we have to spread around to help our members.

With that said, RMFSC has an exciting new fundraising opportunity through AmazonSmile. AmazonSmile will donate 0.5% of the purchase price of qualifying purchases when members shop at AmazonSmile and designate Rocky Mountain Figure Skating Club as the organization they want to benefit. The link to shop via AmazonSmile is on the club's website. Once members sign up and designate Rocky Mountain, they can save the link to their favorites so it is easy to return to when they are ready to shop.

Do you have any ideas for future fundraising? You can submit them to any Board member.

Scatena La Furia!

Congratulations to The La Furia Open Adult ISI Masters Team , which was recognized in Recreational Ice Skating magazine's summer 2015 edition.

The team has been undefeated at Nationals since 2011 and skate in memory of LuEllen Blum, or Tinkerbelle, a teammate that lost her battle with cancer at the start of the 2014 season. The full article is on display in the locker room- Go and take a peek!