

# Skating News

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## Important Dates:

- St. Cloud Competition—November 8-10
- Fall Contract Ends—November 21
- Winter Contract Begins—November 26
- TRFSC Test Session—November 30(am)
- TRFSC Holiday Showcase—December 8
- Northland Competition(Duluth, MN) - January 31-Feb 3, 2019
- Skate in the Park—February 24, 2019
- TRFSC Ice Show—April 5-6, 2019
- MG Ice Show—April 13, 2019

## Sharp Skates: A Skater's Best Friend

Now would be a great time to have your skater's skates sharpened, if they haven't been already. Once they are sharp remind your skaters that if they want to keep their skate blades sharp and smooth they need to wear their hard guards at all times when they are not on the ice. Rich Walin's number is listed in the "Important Places" corner of this newsletter. \*\*Rich has switched his sharpening day to Thursdays.\*\*

## It's Getting Cold Outside . . .

. . .which means it's getting colder inside as well! Please remind your skater to wear multiple layers that they can remove when they warm-up. Multiple layers can include, but are not limited to, skating tights, stretch/yoga pants, a skating dress, t-shirt, long sleeve shirt, fleece sweater, warm-up jacket, gloves, etc. Also remind them that they need to wear gloves. Target now has gloves on sale so if your skater can't find their gloves please get them a new pair.

Skaters also need to have their hair pulled back away from their face and have any fly-a-ways clipped back too. Hair down is unacceptable and is a real distraction, especially when skating backwards or spinning. They may not like to wear their hair up, but as an athlete they need to so they can train without worrying about hair in their eyes.

## New Skates: Ask Me First!

Before you go and get new skates for your skater please make sure you ask me first. Skates are your skater's main piece of equipment. The right skates are essential to their progress. If you think your skaters needs new skates send me an email, or stop and talk to me, I will send you a detailed email with where to get skates, what to get, and any other information you need.

## Important Places:

- **For Skates:**  
General Sports  
Ikola Way, Suite #203  
Edina, MN 55439  
(612) 925-1333
- **For Skate Sharpening:**  
Rich Walin  
(763) 493-4560
- **For Custom Skating Dresses:**  
Tin's Tailor Alteration Shop  
6500 LaBeaux Ave NE #G20  
Albertville, MN 55301  
(763) 497-1719