

# Skating News

OCTOBER 1, 2019

*Patti Itzin*  
7949 Idaho Ave N  
Brooklyn Park, MN 55445

Cell Phone: 612-251-4569  
Email: [patti@itzin.com](mailto:patti@itzin.com)

## Important Dates:

- St. Cloud Competition—November 8-9
- Fall Contract Ends—November 27
- Winter Contract Begins—December 2
- TRFSC Test Session—December 6 (am)
- TRFSC Holiday Showcase—December 14
- Northland Competition(Duluth, MN)  
January 30-February 2, 2020
- Skate in the Park Competition  
February 23, 2020
- TRFSC Ice Show—April 3-4, 2020
- Maple Grove Ice Show—April 18, 2020

## 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.

## Important Dates: Ice Show Dates—>

In case you are already planning ahead for a Spring Break vacation to somewhere warm, check out the Important dates to the right. Note the dates for both ice shows have been listed as well as Skate in the Park!

## 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. He only sharpens once per week (either Wednesday or Thursday) and you need to call in advance to make an appointment with him.

## 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