



UPDATES!

Hi everyone! Hope that you all had a great time at the Kick Off Camp! I know I did and so did the Guest Coaches!

This month's newsletter contains some thoughts from Karen Howard, and her observations as a Judge.

Having a judges feedback and insight into your program can help you improve on your CPC & GOE score.

And remember, the judges really do want you to do well, but you have to earn it. Practicing hard, improving your skills, and never giving up is what champions do.

Remember that success is what you make of it, and you're in control of your results. Set high goals, work hard to get there, and you'll be impressed with your own successes!

Sylvie



A Judge's Chat with the Skaters

Reflections by Karen Howard

I always appreciate the opportunity to talk with skaters as we are all part of the skating family within our organization. For the most part, we don't have much interaction. I watch you during your six minute warm-up and you might glance over at the judging panel but generally during this time, you are focussed on warming up your elements and talking with your coach. During this time, I try to watch a bit of all of the skaters on the warm-up but this is mostly by "down" time from my hard concentration periods that occur during the judging of each event and usually we put it in long days too. When you come out to perform, I watch and evaluate your elements and program for anywhere from 2.5 to 4.5 minutes.

One really important message I shared with you at the Kick-Off Camp was to never give-up during a program or at a competition between the short program and free program! You are so lucky to be competing in the CPC system of marking. You may make an error or fall on an element but can earn points on the next element with a positive GOE. Give it your all until the very end of your program because we keep evaluating and then when the music stops, we enter your five program component scores at that time. I once judged a competitor who did not have a great short program and ended up in 14th place. She came out in the free and won that segment of the competition and finished second overall. She qualified to move onto the national championships because she never gave up!

Lastly, I hope that you will consider judging or being a technical specialist as well. It is a great way to continue to be involved in the sport and can provide you with great opportunities in so many ways. For me, I have travelled to 14 different countries around the world and my skating friends live all across North America and around the world. Staying involved through judging is one of the best choices I have ever made in my life! And in case you forgot, remember I told you that I set goals too!

Have a great summer of training and I look forward to judging you in the fall at either Sask Skate or Sectionals!

Karen Howard