

# Seasons Greetings!



## The Inside Edge ❄️ Fall 2010

**Editor's Note:** We're putting together a new editorial team for *The Inside Edge*, the quarterly newsletter of The Skating Club of San Francisco. We plan to rollout our first full-scale edition in Winter 2011. In the meantime, we wanted to provide updates to our members before wrapping up 2010. We hope you enjoy this quick mini issue, and we look forward to receiving your thoughts, suggestions, and contributed articles in the new year. – Rebecca Hurst, Editor ●

### President's Letter

Warm holiday wishes to all,

I was really put into the Holiday spirit after seeing both ice shows this year: Belmont Iceland's "Hawaiian Holiday on Ice" and Yerba Buena Ice Skating & Bowling Center's "Dancing with the Stars on Ice." Congratulations to all the skaters, volunteers and staff—great shows.

I am looking forward to the Christmas Party on Monday, December 20, 2010, on Club ice at Belmont Iceland and a New Year celebration on Saturday, January 22, 2011, on Club Ice at the Yerba Buena Ice Skating Center. Last year was the first time we had two Holiday parties, and all are welcome to both parties.

On Monday, January 10, 2011, from 6:00 p.m. to 7:30 p.m. we will have a celebration of Bay Area Skaters at the Holiday Rink in Union Square to promote the movie RISE, which will premier on February 17, 2011. More information on the event will be posted on the Club Bulletin Boards.

I am looking forward to all our upcoming events and competitions. I hope you and your families have a wonderful Holiday Season.

Warm wishes,

A handwritten signature in cursive script that reads "John A. Macdonald".

John A. Macdonald, President  
The Skating Club of San Francisco, Inc

### Club Notices

By John Macdonald

**Inside Edge Update:** The Club would like to thank Ida Mae Dougherty for her efforts as Editor during our previous membership year and welcome Rebecca Hurst as she takes over as *The Inside Edge* Editor.

**Big Thank You:** The Board and Club members would like to thank Amy Kim, who has moved back east. Amy was our Web Master, Board member and a Gold Club judge. We wish you and your family all the best.

**Welcome:** We all welcome Page “Cowboy” Schorer as our new Web Master; Cowboy is making some changes to the Web site now, and we will be up and running soon. Thank you, Cowboy.

**New Test Chair for Belmont Iceland:** Did you feel that? That was some weight taken off my back now that Celeste Kohaya has take over the test chair’s duties at Belmont. What a help that is for me! Thank you, Celeste. ●

## **Adult Competitions: Let the Season Begin!**

*By Rebecca Hurst*

The Adult competitive skating season kicks off in January when the SCSF will hold the annual Adult Critique to help our members prepare for the 2011 Pacific Coast Adult Sectional Figure Skating Championships and 2011 U.S. Adult Figure Skating Championships.

**The SCSF Adult Critique will be held Monday, January 31, 2011, from 6:30 p.m. to 7:30 p.m. at Belmont Iceland.** First priority will be given to SCSF Adult Home Club members. SCSF Board Vice President Sam Singer, Jr. is chairing the event, as well as recruiting the judges. SCSF Adult Home Club Member Rebecca Hurst is handling the Adult Critique sign-up. We will be emailing details to Adult members at the beginning of the new year. In the meantime, interested Adult Home Club members can email Rebecca at [rebeccahurst@earthlink.net](mailto:rebeccahurst@earthlink.net). We hope you can join us!

### **Other Key Dates:**

- **February 1, 2011** – Deadline for Adult Sectionals and Adult Nationals. All entries must be received by 11:59 p.m. on this date.
- **February 24-27, 2011** – Dates for the 2011 Pacific Coast Adult Sectional Figure Skating Championships, which are being held in Las Vegas. For more information, visit [http://www.usfsa.org/event\\_details.asp?id=44879](http://www.usfsa.org/event_details.asp?id=44879).
- **April 12-16, 2011** – Dates for the 2011 U.S. Adult Figure Skating Championships, which are being held in Salt Lake City. For more information, visit [http://www.usfsa.org/event\\_details.asp?id=44880](http://www.usfsa.org/event_details.asp?id=44880). ●

## **The Fitness Edge**

*By Rebecca Hurst*

Welcome to “The Fitness Edge,” the column that looks at how to complement the sport of figure skating with healthy off-ice training and nutrition.

**Safe Strength Training:** Skaters know how important it is to work with a knowledgeable coach on-ice. However it is just as critical to get expert guidance—at least in the beginning—on how to properly use free weights and exercise machines for off-ice strength training.

Consider that more than 90 percent of strength training injuries occurred while using free weights, according to a national study published in *The American Journal of Sports Medicine*. Interestingly, among injuries either to the upper or lower trunk, two-thirds resulted from people dropping the weights on themselves. (Note 1: gently place weights on the ground when finished; do not drop them. Note 2: if lifting heavy weights, be sure to have a trainer or exercise partner spot you.)

By far, the greatest numbers of injuries are caused by overuse, which can take the form of using too much weight or resistance and/or doing too many repetitions. Overuse injuries can lead to inflammation and tearing of the tendons and ligaments.

Another common source of injuries is improper alignment, such as letting the back arch when it needs to be flat or relying too much on the back instead of using the quadriceps.

Last, the improper use of some exercise machines also can lead to injury. Poor technique in dismounting a resistance machine for leg strengthening led one woman to fracture her larynx while another broke her neck.

With that in mind, here are a few dos and don'ts to help ensure safe strength training:

- **Do** work with a qualified trainer who has been certified by a respected national organization, such as the National Athletic Trainer's Association or American College of Sports Medicine. It's even better if the trainer has a degree in a related area, such as kinesiology, or exercise and sports medicine.
- **Don't** simply try to imitate how other people are using weights or machines. They may or may not be doing so correctly.
- **Do** listen to your body. Stop what you're doing if you feel pain rather than simply the "burn" of exercise.
- **Don't** "power through it." This is about your health and fitness. You don't have anything to prove.
- **Do** ask your trainer to demonstrate proper technique if an explanation alone isn't helping you.
- **Do** stay focused when using free weights or machines. Lack of attention leads to a lot of easily avoidable injuries.

*(Sources: The New York Times, The American Journal of Sports Medicine, and St. Vincent Sports Performance.)*

**Exercise Helps Prevent Middle-Age Spread:** A new study of 3,554 participants shows that young adults who remain physically active gain less weight as they age. The research was conducted by Arlene Hankinson, MD, an instructor of preventive medicine at Northwestern University Feinberg School of Medicine in Chicago. She found that highly active women gained 13 pounds less over 20 years than women with low activity levels, and highly active men gained 6 pounds less. The good news for skaters is that most already exceed the baseline definition of "highly active," which is 150 minutes (2.5 hours) per week of moderate to vigorous exercise. It's one more good excuse for skaters of all ages to make more trips to the rink. ☺

*(Sources: WebMD and Northwestern University.)*

**Holiday Resolutions:** There's no need to wait until New Year's Day to start making positive changes. Social Workout has created a fun, healthy challenge for the month of December, and it encourages people to share their progress in achieving these resolutions. The December 2010 challenge, called "Holidayasana" includes:

- Practicing yoga 20 times during the month.
- Eating a total of 25 green, healthy meals that include at least one local ingredient.
- Avoiding the use of disposable plastic bags.
- Volunteering for one hour to help an organization or a person in need.

Whether we actually participate or not, Holidayasana provides a good example of how making healthy changes in life can start with the most simple actions. What would your own Holidayasana list look like?

To learn more, visit <http://www.socialworkout.com/holidayasana>.

*(Sources: WebMD and Social Workout.)*

**We Do Need Our Beauty Sleep!** We already know that sleep improves both physical and intellectual performance. Now a recent study indicates that getting a few more hours of shut eye really does improve how we look as well.

The Karolinska Institute in Sweden had observers study identical photos of research participants with one significant difference. For each participant, one photo was taken after a full night of rest; the other was taken after the person had been kept awake for 31 straight hours. The observers rated the sleep-deprived as looking less healthy, less attractive, and understandably more tired.

*(Sources: Time Inc., BMJ.com, and Karolinska Institute.)* ●

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