



ISWA Club Newsletter

ISSUE 2 SEPTEMBER 2019



IMPORTANT DATES 2019

Saturday 5 October

Spring Challenge

Saturday 12 October – Sunday 13 October

State Competition

Saturday 9 November

Nationals information meeting for all parents

Saturday 23 November

ISWA Exhibition Skate, 5pm–7pm

Tuesday 26 November & Wednesday 27 November

Compulsory training for Nationals, CIA

Thursday 28 November – Sunday 1 December

National Championships, Melbourne

Friday 13 December

End of year wind-up, Melville Bowling Club

Message from the President

Greetings everyone,

Thankfully winter is behind us, the sun is rising earlier and we are having some excellent spring weather to make the early morning training sessions a little easier to get out of bed for.

It has been great to see teams going through their programs during off-ice sessions. This is such an important part of a team's training to get the timing right and know their position within the elements. Unison and flow of a team's program are fundamental components of a judge's assessment when determining their score.

We're now in the middle of the competition season, with Infusion Senior travelling to Sydney for the annual Synchro Fest but more on that from Sharon. I will congratulate them on finishing their programs early in the season with having so many new skaters stepping up to Senior and skating at a competitive level.

More recently all teams competed at the 2019 In-Sync Championships, together with others from Perth Ice Allstars. It is always a very hectic weekend that ran pretty much to plan thanks to the many helpers – it is much appreciated and would not happen without you. Congratulations to all the teams on their performances, showing us the new programs and excellent costumes. It always impresses me how hard the teams train with their coaches and how far they have progressed since the beginning of the year.

The video footage of all the teams will be available soon. A huge thanks to Michael Hallam from the Fireflies for the excellent photos at the Kiss'n'Cry and presentations.

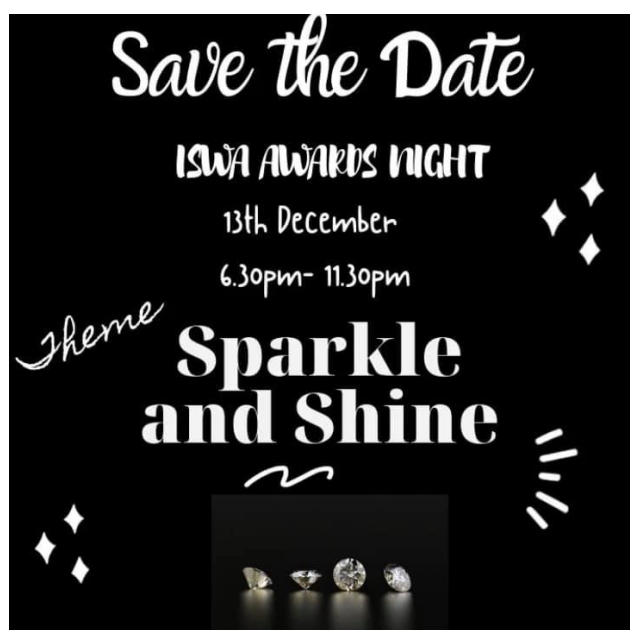
Looking ahead we have the Spring Challenge and State Championships on October 12–13 and the Exhibition Skate in November to send off our National level teams to challenge the other states. Typically Melbourne livestreams the event, so those not travelling can follow our teams' progress.

As skaters prepare for their next competition, I encourage you to challenge yourself at each training session, spend as much time on the ice as you can afford and practise your steps, turns, twizzles or spins; whatever it is you would like to improve. Also, ask your coaches for their feedback and where you should focus your efforts to help improve the team's performance.

I look forward to seeing how far everyone has progressed at the Spring Challenge and State Championships as programs are tweaked and polished.

Best wishes to everyone for the remainder of the season and I hope you reach or exceed any goals set for your team or at a personal level.

BRAD SCOTT, PRESIDENT



Competition Etiquette

ISWA is very proud of our skaters and also takes great pride in all of our families supporting our teams at competitions. Before every competition, our coaches and team managers make a great effort to remind our skaters of competition etiquette.

As we head into the competition season, we ask that our skaters and parents take a few moments to reflect on some important etiquette guidelines:

- Please do not travel in the stands while any team or skater is on the ice – this includes the warm-up blocks. Enter and exit between flights (an ice cut or during warm-up sessions) or between programs if necessary. We are all here to see and support all skaters and teams.
- Always remain positive with comments, gestures and communications of any form (spoken, written, on social media, or elsewhere). Self-control and professionalism are great lessons for which every parent must be a role model.
- Photographers, please take photos and video from acceptable locations (e.g. not at ice level) and only when allowed – please complete any necessary photo/video permits which the competition convenor require to be completed. Please do not use the flash when skaters and/or teams are performing.
- Healthy food and snacks are important for all skaters while competing.
- Always let the coach tell the team about the results. It is their moment to share as a team – no matter what the outcome is.

Above all, be supportive of your team, your team managers, your coaches and all other teams, skaters, coaches and judges. We are all working to bring this sport to the next level and give our skaters a lifetime of positive experiences.

SHARON BROUGHTON



Club Bonding Day

Saturday May 25

May 25 was a perfectly cool crisp morning for ISWA teams to bond at the park opposite the rink in Bibra Lake. Skaters from seven teams were invited to join a morning of Dance Conga with Aly and Kat to bust out the moves, and then share morning tea in the park.

The skaters had a lot of fun dancing together and then mingling and connecting with other skaters in our club. It was a great opportunity to see the parents socialise outside of the rink and we look forward to all members meeting and supporting each other at future competitions, fund raising and around the rink during the season.

Thanks to Michele Law for organising the bonding and Janelle Baron for the picnic tables.

VANESSA ANDERSON



BELOW: BIBRA LAKE CLUB BONDING



Sydney Synch Fest

Friday August 30 – Sunday September 1

On August 29 our Senior team, Infusion, flew to Sydney to compete at the Sydney Synch Festival at Macquarie Ice Rink.

The team left Perth on Thursday afternoon, arriving at midnight to their accommodation. This allowed the skaters to have a bit of a sleep in before hitting the ice for training (a change from getting to the airport at 3am!).

The team had two solid skates over the weekend and received valuable feedback from the technical specialist and judges after the competition which will enable to them to perfect the programs for Nationals.

The competition experience and feedback received from the judges by travelling interstate to Sydney each year is immeasurable and important for the growth of teams and skaters especially when working towards competing at Nationals and internationally.



Congratulations and well done skaters on your performances and to the coaches for all your hard work! We would also like to give a huge thanks to all the chaperones who travelled with the team over to Sydney, taking time off work and away from families to assist in all the jobs needing to be done. We have an amazing support crew and the skaters would not have been able to achieve what they have without you.

SHARON BROUGHTON



INFUSION SENIOR PERFORM AT SYNCH FEST

ISWA In-Sync 2019

Saturday September 14 – Sunday September 15

Our annual clubs synchro competition was a very busy weekend with teams from Cockburn Ice Arena and Perth Ice Arena competing over the two days.

The club was able to fly over 4 interstate judges and officials with the help of funding from WAISA. The feedback from all the judges and technical specialists is paramount in getting our teams ready for Nationals.

A total of 10 teams were entered, with 7 from Ice Synchro WA and 3 teams from the Perth Ice Skating Club in Malaga.

The largest division in the competition was the Mixed Aged division with 4 teams, with Aurum (PIA) taking out the gold with a great routine. Winners of the other divisions were:

Bees – Basic Novice B
Jitterbugs – Advanced Novice
Cohesion – Adult
Infusion Junior – Junior
Infusion – Senior



CLOCKWISE FROM LEFT: AURUM, MIXED AGE WINNERS;
JITTERBUGS WIN THE BARRETT CUP; ABBY WILSON,
FAULKNER-DAVIES TROPHY WINNER; JITTERBUGS TEAM

Congratulations to Abby Wilson who was the winner of the Faulkner-Davies trophy (awarded to the skater who best demonstrates outstanding skills and presentation during their team's performance) and to Jitterbugs who were the worthy winners of the Barrett Cup.

A huge thank you to Brad Scott for his tireless organisation of the competition – there are many hours of work behind the scenes to get a competition up and running and we appreciate all the work Brad does in this area.

Thank you to the officials and the many volunteers who gave up their time over the weekend – it is greatly appreciated by the skaters. Also, thank you to WAISA for your continued support and funding for synchronised skating in Western Australia.

SHARON BROUGHTON



TEAM REPORTS

Cohesion – Adult Division

So being the old girls in the club is actually good fun. We hope that some of the young ones look at us and think that this is something that they might do when they get to our age.

The last few months have included a bit of fundraising for Nationals and a few team bonding events including Christmas in July, and Nails and Cocktails. Watch out, we are looking forward to being a bit naughty at Nationals, apart from skating our best!

Kelley and Imogen have worked hard to finish the choreography for our program in their usual calm and unflustered way. The team paid for a little extra ice time to our usual Monday evening practice and so were gently nudged off the ice by the exuberant Zamboni driver around 10pm. This helped us to have the time we needed to get through to the end of the choreography.

Theresa made our classy practice outfits and Kelley organized our bright and bubbly pink costumes that we revealed at the ISWA comp. But wait there is more coming ... we are thinking a LOT of bling! Watch this space at States.

We are loving the sassy theme from The Sapphires and we are now working on dialing up the sass for States.

Sharon continues to keep us organised and remind us where we need to be and when, which is harder when you have a team with older, fading memories. So we really appreciate her.

We have a great group of squadders which is starting to grow and we feel like the future is looking as bright as our costumes.



ABOVE: COHESION AT IN-SYNC

Mostly, our friendships are strengthening and this team is one we want the club to feel proud of. It is special feeling the “tick, tick, tick boom” love from the rest of the club at comps.

MICHELLE HARRIES

Infusion – Senior Division

Infusion has been working hard on their programs in the last few months, finishing the short and working on their free program – finishing just in time to leave for Sydney Synchro Festival.

The team had a Quiz Night Fundraiser in August which was a lot of fun and well supported.

The skaters are looking forward to the State Championships in October and then Nationals in November. With Year 12 ATAR exams coming up as well, it will be a busy few months ahead!

SHARON BROUGHTON

RIGHT: INFUSION SENIOR IN SYDNEY





LEFT: INFUSION SENIOR AT SYDNEY SYNC FEST

Infusion Junior – Junior Division

Infusion Junior have been working hard putting together two amazing programs, and under the watchful eyes of coaches Dani and Nat the team have been bonding as one.

Juniors attended a full day camp in September, leading up to ISWA comp, with 6 hours of ice time as well as some intensive off-ice. The skaters would like to thank the parents for all the amazing food!! Although the day was long, the fruits of their labour showed through at ISWA comp where the skaters performed with energy and enthusiasm and received constructive

feedback from the judges and tech panel. The skaters wish to thank the Competition Committee for all the hours of hard work that goes in to running such a wonderful event. Congratulations to Abby who was awarded the Faulkner-Davies trophy at the end of the competition.

Juniors continue to train hard with joint skills sessions with Jitterbugs and Infusion Senior.

Infusion Junior is now preparing for the WA State Championships in the hopes to secure an entry into the National Championships at the end of November.

MICHELE LAW

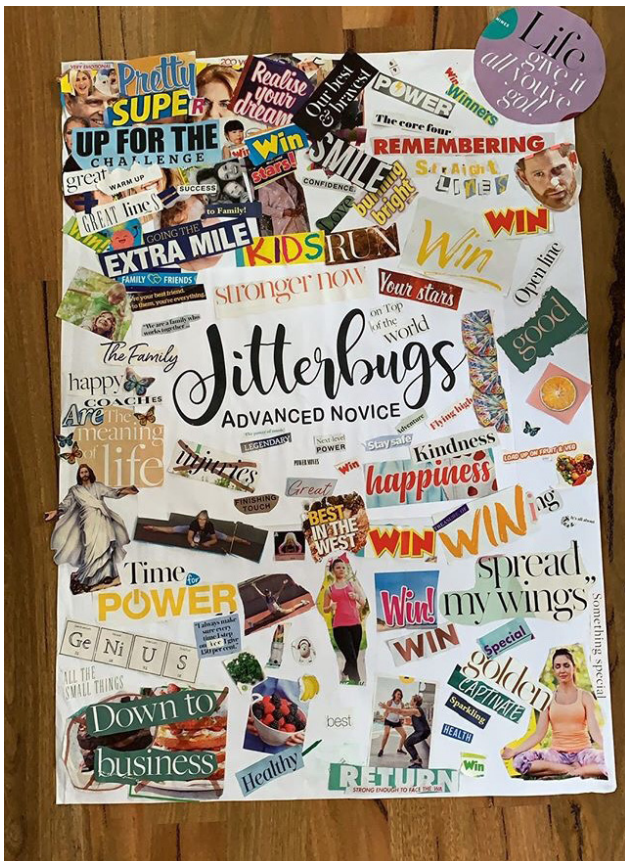
RIGHT: JUNIOR AT IN-SYNC



Jitterbugs – Advanced Novice Division

Mamma Mia here we go again! We were excited to present our new program set to a compilation of the fun and upbeat Mamma Mia soundtrack. We enjoyed our first competition of the season and showcasing our program that we had put so much effort into creating. I would like to thank our amazing coaches Rachel, Kassie and Deb for creating such an incredible routine that is super enjoyable to skate. After our skate we enjoyed watching the other teams competing well done to the other teams who skated. Winner takes it all for the Barret Cup, as you all know the Barret Cup which is presented for the best free skate was another incredible moment that made this weekend even better. We are all so excited for states coming up in the following weeks and are working towards improving our routine.

ASHLYN BARON



Jitterbugs Bonding Camp

Saturday 8 June

On Saturday 8 June, the Jitterbugs had a choreography and team vision day.

After off-ice we had lunch and went to the party room in the café to work on a vision board for the team using old magazines. We cut letters to make inspirational sentences and we also cut pictures that inspired us to do better and work harder.

Afterwards, we went to Cockburn Arc to work on the choreography of our routine. Coach Rachel and Coach Cassie showed us the steps, we practised them and once we had learned the routine we went to have ice-cream at Baskin Robbins across from Cockburn Arc. Once we finished our ice-cream we all went home.

FIONA GREAVES-GILABERT



ABOVE: JITTERBUGS BONDING CAMP
BELOW: IN-SYNC COMPETITION



Jitterbugs Movie Night

Saturday 21 September

A few nights ago, our team came together to watch Mamma Mia, the movie that inspired our theme. As we waited for all the girls to come, we explored the bounds of the property, marvelling all the different animals and jamming out to music as we did so. The atmosphere was buzzing with excitement as we danced and laughed, doing tricks of all kinds, like double cartwheels and human deadlifts. The tricks slowly transitioned into a talent show where we showed off our best dances, which we couldn't really do properly because of how much we were laughing,

before we all conveyed in the shed to start the movie. After filling up on a variety of snacks we turned on the projector and started the movie. Unfortunately for us, the first thing to come blasting out from the speakers was music that was in our routine, which caused us all to promptly burst out in song. As the last scene, where all the characters started singing, played, we joined them, dancing and singing wildly in front of the projector. Once we finished our impromptu dance party, we stood around the fire pit to roast marshmallows, which got cut short by the music from the speakers. We capped off our night the same way we started it, with music, friends and dancing like no one was watching.

ASHLYN BARON

Bees – Basic Novice Division

On September 14 and 15 we, the Bees, competed at the In-Sync competition. We came first place though we had many challenges throughout the year. We practised every Saturday morning doing our routine. We were all very nervous at the competition but we rocked it. Rachel and Bri were very proud and all the girls were amazing. Thank you to everyone that helped us at the competition and a big one to the coaches that had put a lot of time and effort making a routine for us to skate to.



Bees Bonding Camp

Saturday 20 July



After our regular training on Saturday July 20, we went up to the ballet room and did skills work. After we had finished in the ballet room we went to eat lunch.

When everyone had finished their lunch we took out the magazines that we had brought, so that we could cut out inspirational photos and phrases to put on a group poster (the poster was an A2 size piece of paper that had been placed on the table by the coaches so that we could all look at the work in progress). We also cut out letters to use to add our own words to the poster.

When we had selected our images and words we took them to the coaches who determined if they were suitable for the poster. Then the coaches would arrange them all on the poster. We would then keep working through the magazines to find more inspirational examples to add to the poster. The coaches glued them on to the poster at the very end of the process.

ISABELLE CLARENC



Fireflys – Development Team

For most of the Fireflies, In Sync 2019 was their first synchronised skating competition. We asked the girls for their thoughts on the weekend.

T – We did very well and made it possible.

J – We did great, I think we should make the circle more like a circle.

A – I think we did really well for our first competition as team. We went out there and had heaps of fun.

T – I think we did pretty good and we always practice every day.

A – We did really well, I liked skating with my friends
it was fun.

[illegible]

T-I thought that it was good because it was some peoples first competition.

M – I really enjoyed skating at the competition. It was lots of fun and the hard work paid off.

A – I had heaps of fun and was a fun experience.

S – I thought that it was fun and I think that we skated our routine well for most of the program.

TIM SHENTON

