



# The Fire and Ice Gazette

JULY

2016

Established in 1959

We don't just develop great skaters, we develop great people!



SKATECANADA  
MEDICINE HAT SKATING CLUB

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## CONTACT US

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## FUN FACTS FOR KIDS ABOUT ICE SKATING

If ice-skating is the latest sporting interest in your household, plenty of history, technical terms, world records and sporting facts can entertain your budding skater when she's not on the ice.

### Terms

Ice skating has its own vocabulary. Ice skates have "teeth" at the front of the blades -- known as the toe pick. Skaters use them to dig them in the ice to help them jump and spin. "Stroking" refers to moving forward and backward, from one blade to another. A "camel" is a type of spin on one leg, and a "salchow" is a figure-skating jump.

### History

People began ice skating thousands of years ago. The first skates were made of bones, which were strapped to the feet to allow people to cross frozen rivers and lakes. The first ice rink to be made indoors was in London, England, in 1941, when chemicals were used to make the frozen surface. The first frozen water ice rink opened to the public in 1876 in London. Rinks can now also be made using a special type of plastic instead of ice.

### World Records

The most spins a skater has completed on one foot without stopping is 115, which was accomplished in New York in 2003. The record for the fastest spin on ice is 308 spins in one minute. Skaters have been known to reach speeds of up to 48km per hour on the ice during races. An ice-skating pinwheel is when skaters link arms and skate in a circle on the ice in a long line -- the record for the biggest pinwheel was made by a group of 70 children in 2010.

### Ice Skating Sports

Ice skating started as a means of transport, but it is now mainly used for fun and in four separate sports. Speed skating involves an oval-shaped ice track on which men and women race at high speeds. Figure skating is skating to music using jumps and spins and can be done solo or in pairs. Ice hockey is a team game played on the ice using sticks, a puck and two goals. Ice dancing is similar to figure skating but involves high lifts.

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Medicine Hat Skating Club Newsletter  
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## CALENDAR



All classes are at the Family Leisure Center unless otherwise stated. Shared means ice is shared with the Cypress club. MHSC means we are on ice by ourselves

# -July 2016-



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 2 <b>NO SKATING CANADA DAY</b>	
3	4 1:45-3:45 shared - StarSkate 4:00-4:15 <b>Stroking Stargroup/StarSkate</b> 4:15-5:15 MHSC-Stargroup/Power/CanSkate	5 1:45-3:45 shared - StarSkate 4:00-4:15 <b>Stroking Stargroup/StarSkate</b> 4:15-5:15 MHSC-Stargroup/Power/CanSkate	6 1:45-3:45 shared - StarSkate 4:00-4:15 <b>Stroking Stargroup/StarSkate</b> 4:15-5:15 MHSC-Stargroup/Power/CanSkate	7 1:45-3:45 shared - StarSkate 4:00-4:15 <b>Stroking Stargroup/StarSkate</b> 4:15-5:15 MHSC-Stargroup/Power/CanSkate	8 9 4:00-4:15 <b>Stroking Stargroup</b> 4:15-5:15 MHSC-Stargroup/Power/CanSkate	
10	11 12:45-2:45 shared - StarSkate	12 12:45-2:45 shared - StarSkate	13 12:45-2:45 shared - StarSkate	14 12:45-2:45 shared - StarSkate	15 16 <b>NO SKATING</b>	
17	18 2:15-4:15 shared - StarSkate	19 2:15-4:15 shared - StarSkate	20 2:15-4:15 shared - StarSkate	21 2:15-4:15 shared - StarSkate	22 23 <b>NO SKATING</b>	
24	25 12:45-2:45 shared - StarSkate 3:00-3:15 <b>Stroking Stargroup/StarSkate</b> 3:15-4:15 MHSC-Stargroup/Power/CanSkate	26 12:45-2:45 shared - StarSkate 3:00-3:15 <b>Stroking Stargroup/StarSkate</b> 3:15-4:15 MHSC-Stargroup/Power/CanSkate	27 12:45-2:45 shared - StarSkate 3:00-3:15 <b>Stroking Stargroup/StarSkate</b> 3:15-4:15 MHSC-Stargroup/Power/CanSkate	28 29 30 <b>MH PARADE</b> 6:15-7:15 MHSC-Stargroup/Power/CanSkate	12:45-2:45 shared - StarSkate 3:00-3:15 <b>Stroking Stargroup/StarSkate</b> 3:15-4:15 MHSC-Stargroup/Power/CanSkate	
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## Skater of the Month – **Gianna Desrochers**



**Age:** 6

**Years in skating:** 18 months

**Other activities enjoy:** Soccer, dance, fishing, bike riding

**Favorite thing about skating:** Likes to go fast, skating with friends, learning how to skate backwards

**Future goals:** To play ringette or hockey