



# Toe Pick Talk



## Is Off-Ice Practice Helpful? YES!!!

Practicing your skating moves at home can maximize your time on the ice. Taking a few minutes each day to practice at home can have a big impact on your overall balance, muscle tone, and confidence.

### Here are some ideas for at home practice:

Practice a spiral on fluffy carpeting; bunny hop your way into the kitchen; or perform your footwork across your front lawn! Try performing swizzles while wearing socks on the floor. This will help you get used to the feeling of shifting your weight to each side and bending your knees! Don't forget about proper arm positioning. Try swizzling on your kitchen floor with straight knees – it's impossible!

Save the Date: Next USFS Test Session is February 10<sup>th</sup>, 8:30-1:00

Throughout the year *Toe Pick Talk* will feature articles to support our skaters. The article below is an excerpt from *How to be a Great Teammate* by Brittney Rivelli.

### When should I talk to my coach about something bothering me?

Coaches are more than just people who give us steps and new skills to learn on the ice. They truly care about how you are doing and how you develop as a person, both on and off the ice. When something is going on that is making it hard for you to perform your best at practice, at school or even in general, it is important to talk to someone you trust.

Speaking to your coach may seem intimidating at first but know that they are there to help you. A good place to start is to ask your coach if they have a few minutes to talk to you before or after practice. A few good ways to ask are: "Hi, I know we have practice now, but I would like to talk to you after if you have time," ... or "I'm having some trouble and would like to get your advice about something, can we talk soon?" Sometimes, talking in person can be stressful. A phone call can be just as impactful! Ask a parent or guardian to help you contact your coach and find a comfortable space to share your thoughts.

Reaching out for help can be scary, but trying to work through something on your own can be hard and tiring. Talking to someone you trust, like a coach, will likely help you resolve the problem more quickly, and also give you support so you do not feel overwhelmed. Plus, these conversations strengthen your relationship and trust with your coaches, and help you build communications skills for the future.

The complete article can be found here:

<https://usfigureskatingfanzone.com/news/2022/10/24/rinkside-how-to-be-a-great-teammate.aspx>



P.O. Box 4478  
Manchester, NH 03108

Happy Birthday to SNHSC Kids  
celebrating in January!  
Camryn Doyle, Maddie Gunther, Anna  
Curtis, Evaline Snell

Sharing the love of skating throughout Southern New Hampshire!



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# SOUTHERN NEW HAMPSHIRE SKATING CLUB

## **Saturdays**

**January 7, 2023**

**@ Sullivan Arena**

7:30 - 8:45 a.m.: Freestyle

8:45 - 9:00 a.m.: Dance

9:00 - 9:30 a.m.: Learn to Skate

**January 14 - February 11, 2023**

**@ Ice Den**

8:00 - 9:15 a.m.: Freestyle

9:15 - 9:35 a.m.: Dance

9:35 - 9:50 a.m.: Power & Edge

9:50 - 10:15 a.m.: Show Practice

10:15 - 10:45 a.m.: Learn to Skate

10:45 - 11:00 a.m.: Practice Ice

**February 18, 2023**

**@ Sullivan Arena**

7:00 - 8:15 a.m.: Freestyle

8:15 - 8:30 a.m.: Dance

8:30 - 9:00 a.m.: Show Practice

9:00 - 9:30 a.m.: Learn to Skate

**February 25 - March 18, 2023**

**@ Ice Den**

8:00 - 9:15 a.m.: Freestyle

9:15 - 9:35 a.m.: Dance

9:35 - 9:50 a.m.: Power & Edge

9:50 - 10:15 a.m.: Show Practice

10:15 - 10:45 a.m.: Learn to Skate

10:45 - 11:00 a.m.: Practice Ice

## **Sundays**

**January 8 - March 12, 2023**

**@JFK**

10:30 - 10:55 a.m.: Dance

10:55 - 12:10 p.m.: Freestyle

12:10 - 12:35 p.m.: Learn to Skate -

Basic 3 - Freeskate 6

12:35 - 1:00 p.m.: Show Practice

1:00 - 1:25 p.m.: Learn to Skate - Tots -

Basic 2 & Adults

1:25 - 1:50 p.m.: Show Line Practice

## **Mondays**

\*Mondays are club night!\*

SNHSC Members, SNHSC Learn to Skate skaters, & skaters who work with SNHSC coaches are welcome to join us!

**January 2 - March 13, 2023**

**@JFK**

6:40 - 8:10 p.m.: Freestyle

## **Thursdays**

**January 5 - March 16, 2023**

**@JFK**

6:40 - 7:40 p.m.: Freestyle

JFK Coliseum  
303 Beech Street  
Manchester, NH

Sullivan Arena  
100 Saint Anselm Drive  
Manchester, NH

Ice Den Arena  
600 Quality Drive  
Hooksett, NH

**LAST CHANCE TO REGISTER FOR THE SHOW!  
REGISTRATION DEADLINE IS JANUARY 18<sup>TH</sup>!**

**SNHSC Bridge, Blue or Gold Members are invited participate in Skater Spotlight! Head over to the SNHSC website (under the NEWS tab) and complete the skater spotlight form!**

[snhsc.com/news.html#/](http://snhsc.com/news.html#/)

January 14, 2023