



Toe Pick Talk



Come Join the "Can Do" Crew

Have an hour a month to volunteer for SNHSC? We are forming a committee of 8 – 10 parent volunteers who can lend a hand when called upon for myriad SNHSC tasks (e.g.: printing copies, typing, working at the check-in table, making phone calls, sending emails ... the list is endless!). Leave your name and number at the registration table and become part of the "Can Do" Crew!

Make a Splash! Skating at.... the pool?

If you're lucky enough to have a pool at home, or have access to a pool, you can incorporate skating into your pool jumps.



A pool is a great spot to practice jumps with the benefit of landing in a refreshing body of water!

Forget about a boring cannonball. Try completing an axel before hitting the water!

- How many rotations can you achieve in the air?
- Did your feet hit the water first?
- Are your arms close to your chest or flailing about?
- Did you make a giant splash or a little splash? Small splash is good. Bigger the splash, bigger the tilt!

Remember to check with a parent or a responsible adult before jumping into a pool. Safety first!



Attention Coaches & Board Members!

Please be sure your SkateSafe Certification is up to date. Check your email for renewal notice from skatesafe@usfigureskating.com.

SKATESAFE®

U.S. CENTER FOR
SAFESPORT

SNHSC TEST SESSION!

Tuesday, August 22, 2023: Moves in the Field and Freestyle Tests!

9:30am – 10:00am > Practice Ice

10:00 a.m. – 12:30 p.m. > Test Session

Register Online! www.snhsc.com



SOUTHERN NEW HAMPSHIRE SKATING CLUB

SUMMER ICE SCHEDULE Ice Den Arena

Summer Ice: July & August 2023	
Wednesdays	6:10 – 6:40 p.m.: Learn to Skate 6:40 – 6:55 p.m.: Practice Ice 6:55 – 8:40 p.m.: Freestyle
Thursdays	6:10 – 6:40 p.m.: FUNdamentals & FoUNDations 6:10 – 6:40 p.m.: Open Practice Ice (shared with F&F) 6:40 – 8:10 p.m.: Freestyle
Fridays	5:50 – 6:50p.m.: Freestyle
Saturdays	8:00 - 9:40 a.m.: Freestyle 9:40 – 10:10 a.m.: Dance 10:10 - 10:30 a.m.: High & Low Test Power & Edge 10:30 - 11:00 a.m.: Learn to Skate 11:00 - 11:15 a.m.: Practice Ice

**Wednesdays
are Club Days!!!**

Updated as of July 12, 2023