



Toe Pick Talk



REMINDERS

- ✓ **August 21** @ 6:30pm – Simply in Synch informational meeting! Attend in person: J&K Sales, 101 E. Industrial Park Dr. Manchester or by Zoom! RSVP to snhsc@yahoo.com or tnordle@aol.com.
- ✓ **August 22** Test Session! Moves in the Field, Dance and Freestyle Tests! 9:30am – 10:00am > Practice Ice
10:00 a.m. – 12:30 p.m. > Test Session
- ✓ **September Ice** will be on Mondays @ JFK. Registration available soon.
- ✓ **October LTS** Registration available soon!
- ✓ **August 23 and 26** are the last LTS summer sessions. See you in Oct.!

THANK YOU LTS SKATERS

for a great summer session! Keep your blades sharp and limbs limber ahead of the October LTS Session!

GET YOUR SWAG ON! SNHSC GEAR!

Check out items available at the information table or place your order. Fall is nearly here - purchase a cozy SNHSC fleece blanket to help fight the chill!

Fleece Blanket = \$20

Knit Hat with Pom Pom = \$25

¾ Zip Fleece Jackets = \$30 (youth), \$35 (adult)



As we begin preparations for the fall skating season, remember to stock up on gear and protect your head!

Head Safety for All!!!



While helmets are a great option, for skaters over the age of 7, there are various headbands and hats that provide protection in the event of a fall. Check out the following sites:

Crasche Band (pictured) crasche.com
Force Field: forcefieldheadbands.com
Ice Halo: icehalo.ca

GOOD LUCK!

Good luck to all our skaters taking part in the August 22nd test session!

SK8GR8!



SKATESAFE®

Attention Coaches & Board Members!

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