

FIGURE SKATING

There are a few children who have not yet picked up their lesson tickets. If you do not have tickets, you can purchase them from Betty Austin who will be at the rink on Tuesdays and Thursdays at 4:45 p.m. Anyone who has not purchased tickets by February 10th will be stricken off the membership list. The only exception to this rule will be in case of sickness.

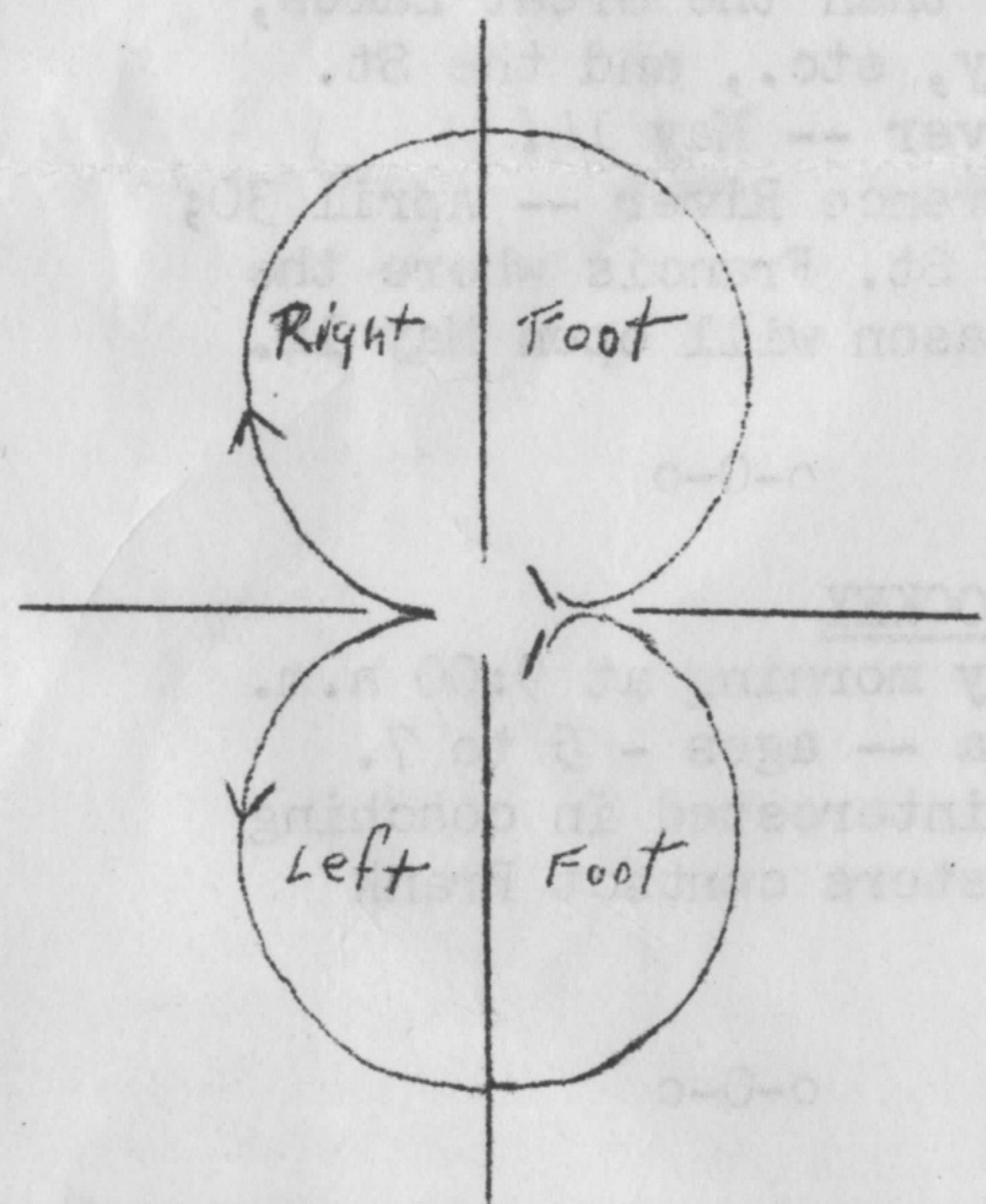
Several children have been found skating at the figure skating sessions, who are not members of the club. Only those who are registered and have purchased lesson tickets, are allowed at these figure skating sessions. All other children will be asked to leave the ice.

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During the figure skating sessions the ice is divided into three sections. The west end section for lessons, the middle section for the little tots and those who want to practice free skating, the east end section for figures. Remember The east end section is for figures only and I would like to see more skaters take advantage of this ice and practice school figures.

THE CIRCLE EIGHTS

First we shall deal with the outside edge forward, or forward outside eight. To start the right foot circle stand perfectly upright, the feet placed at right angles to each other with the heel of the right foot against the instep of the left. With the feet in this position



the skater stands with his back turned squarely toward the centre of the circle to be executed. The back should be hollowed slightly, the hands carried waist high about a foot from the body,

palms turned toward the ice. The push
(Cont. on next col.)

FIGURE SKATING (Cont.)

off into the right foot circle is made with a thrust of the left leg against the ice with the right leg bent at the knee as the body is set in motion on the right outer forward edge. The right shoulder and arm are carried well forward from the push-off, leading the body around the circle. The unemployed left foot is carried just clear of the ice with the toe turned slightly outward, trailing fairly close behind the right foot. The head should be carried erect, facing forward. Watching the foot or the ice will result in a loss of balance.

As you are approaching the halfway mark of the circle the unemployed left leg is brought forward from the hip slowly and independently of the rest of the body, so that the left foot leads the right by about the length of the foot.

You are now approaching the last part of the circle and the shoulders and arms are reversed, changing gradually from right arm forward to left arm forward as the circle is completed.

The left circle is executed in the same manner as the right, except that the body positions and motions on the left foot are exactly opposite those on the right. This holds true from the push-off, the push-off foot in this case being the right, through each position and back once again to the original starting point, thus completing the eight.

Do not lean too much toward the center in trying to make your circles. The skate is curved and automatically takes you around.

By Club Professional.

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CONCERT SERIES IMPRESSIONS

Impressions of the Willy-Blok dance concert held in Terrace Bay on January 26th can work two ways.

The people of Terrace Bay were certainly impressed by the concert. From Show Business in the Globe and Mail the following is quoted

"From Willy-Blok Hanson, on an unprecedented dance tour sponsored by the Board of Education, we have a postcard declaring that Terrace Bay is 'the most beautiful town we have ever been in in our life'."

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