



# NEWSLETTER

Created by Louise Walden & Owen Edwards  
British Senior Ice Dance Champions

## Louise and Owen in Deeside

I must apologise to all our customers, friends and supporters for the delay in getting this newsletter to you, Louise and I have been extremely busy over the past two months in preparation for the new season. It has however been an excellent time of year for us and we feel that we will be able to come back all that stronger and better than last year.

We recently held a small seminar and demonstration at Deeside Club showing off our new exhibition and teaching the club members some basic skating skills. From the amount of positive feedback we received it was evident that a good time was had by all, we look forward to continuing these plans in the future.

At present we are gearing up for the first IJS in Sheffield and are very much looking forward to seeing you all back on the competitive scene.



## Company Developments

Ice Inc Ltd is proud to announce that it is in talks with various suppliers in order to bring you a new range of skating goods to our store. We hope that if successful, we will be able to give you an even wider choice of skating goods delivered directly to your door.

We hope to stay in contact more often and update you on our progress as we attend our European international events.

## Skating Tips

*Rest is as important as practice!*

At present Louise and I are attending our 8 week long summer school in Lyon and this has got us thinking about how important it is not only to perform well but also to make sure your body is recovered enough to perform.

Training sessions can be long and difficult, especially for those who have to attend school or other activities once they have finished. It is very

important not only to ensure you use your time on the ice well but also to think ahead.

If you have ever got that feeling of being on the ice just to make up the time, it is often common that you have done too much. Excess fatigue not only leads to a lack of concentration, it may also lead to accidents and injuries.

Remember to give your body a rest and the next time you skate you will come back full of life and ready to work.



**Discount Voucher**  
08/07/2012 – 11/07/2012 8pm!  
Ice Inc Clothing Store

**10% OFF**

**Discount Code: CLO2012/10**

## **SPECIAL OFFER!**

If you are interested in purchasing any NY2, Chloe Noel, MadeByI or Thuono clothing now is the time!

10% off all clothing lines if purchased before 8pm Wednesday!  
Orders will be placed with suppliers at this time.  
See attached discount voucher (valid at checkout)