



NEWSLETTER

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

European Championships: 23rd - 29th January

Apologies for the delay in releasing this newsletter to you, as I am sure you are all aware we have had a very busy week.

The European Championships was one of the most hotly contested competitions yet, seeing not only some unexpected results but also fantastic skating by some of the world's top competitors. The event held in Sheffield Motorpoint Arena, is the first time that Britain has held a championship event since 1995. It must be said that the organisation of the event, the atmosphere of the arena and the style of the arena did our country proud.

In the dance, the favourites to win, last years European Champions Nathalie Péchalat and Fabian Bourzat found themselves disappointedly lying in 2nd place after the short dance, however after a superb free skate they easily retained their title. This year also saw the greatest number of entries in the dance, there were a total of 31 couples competing and just 20 places to reach the final.

In the Men's event, our favourite, two times Olympic medallist Evgeni Plushenko made a surprising return after walking straight through Russian Nationals and back into his beloved first place. He also was entered into the qualification round and skated his long program on the Monday before entering the event.



Medal for UK Ice Dance

Whilst competing in the International Trophy of Lyon we managed to snag another medal for Great Britain despite a somewhat shaky skate. They always say that there is a lesson to learn and we did indeed come back much stronger for Europeans.

13th in European Championships

A good result in the Preliminary Round saw us qualify in 4th place so we entered the main event full of hope and vigour, albeit a little nervous. We would have been content with 20th, however as the competition continued we skated well and were placed highly against our fellow competitors.

It was an amazing experience for our first European Championships; the atmosphere was amazing and the spectators so supportive. To hold an event of this kind in the UK is almost a once in a lifetime event!

We would like to say a massive thank you to all our supporters, friends and family, without you we could not have achieved as much as we have.

If you wish to read more please check out www.louise-owen.com



Boot & Blade Care

It is important that all skaters learn to look after their equipment correctly. Whilst beginner boots can be relatively inexpensive the higher up the competitive ladder you move the greater the potential cost. Right through from a beginner to a senior competitor it is important that you maintain your investment correctly.

Here are our favourite tips:

Blades should never be left wet!

As with all metals exposure to water will rust your blades and not only will they not look as attractive but you will also lose and blunt the edges. Leaving blades after skating in plastic guards is a very quick way to ruin them.

After each session remember to towel the blades dry and use 'soakies' (towel lined guards). Here are some of our favourites:



Chloe Noel – Blade Blankies



Soft Pawz – Blade Soakers



Edea Blade Buddies

Check your blades are secure

There is nothing worse than trying to skate on a wobbly blade. Make sure all screws are fitted and tightened.

www.iceinc-store.com