

## Season 2019-2020

We are at an end of an incomplete season but, even though we missed out on three last competitions and a few seminars, there are plenty of achievements to be happy about.

As always, we started the season with our traditional camp in August and this year it was well organized and very useful in getting everything in place for the beginning of the competitive season.

Throughout the season we also had a very successful fall camp that helped us stay on track with the development of our skaters and a truly inspirational winter camp with guest coaches Surya and Peter that was that gave all the skaters that extra bit of push to continue improving towards the end of the season. We hope that we can continue into the next season similarly.

We are continuing to put out strong results in every category that we have competitors in as well as growing our base of highly motivated oppvisning skaters that will likely continue to achieve impressive results for the club in the future. From Cubs to Senior, our skaters are on top of the field in every competition bringing home over 30 medals in National and regional competitions.

The Federation just published the national team members for the upcoming 2020-2021 season. We are proud to have two skaters who earned their places.

Christina – she is a member of the Rekrutt 2026 group. Christina earned a podium result in many national competitions this season and also represented our club and Norway at two international competitions – in Croatia and Estonia.

Mia – she is in the Junior national team. In addition to winning silver medal in her very first Junior NM, Mia has won either silver or gold at every national competition she was in. She represented SKK and Norway in many international competitions – JGP in Latvia, competitions in Croatia, Estonia and Iceland – before placing 5<sup>th</sup> at the Nordics in Stavanger and achieving the Norwegian Junior record at the Challenge Cup in the Netherlands. Mia has also earned an entry to her second Junior Grand Prix in Slovenia in October 2020.

Because of the current world pandemic, the last 3 competitions that we had planned to participate in were cancelled. The Norges cup finale was one of them and we believe that we could have achieved impressive results there; as well as the international competition in Copenhagen which we also expected to be quite successful for us.

The season was cut short abruptly in March but I believe that we handled it quite well with only a short break before quickly resuming training first online and then off ice as soon as the measures allowed it. Mia and Christina participated in a Federation organized training in Asker

in May and all other categories got back on the ice on June 1. Our club was very competent and quick to organize the best training conditions that the circumstances allowed and we are very lucky in that respect compared to the organization of many other clubs in the country.

We had a great cooperation this season as well with Vasili and he is a great addition to the training program of groups Elite and 1. We have also had a team of enthusiastic junior coaches who have proven to be very competent.

In addition, we cooperate closely with Stavanger Idretsklinikk for off ice and injury prevention and treatment for skaters in group Elite and 1.

As we move on into the next season, we will do everything to prepare our skaters for the challenges ahead.

## SYNCHRO

Synchronized skating made Norwegian history this season twice. First with both of our teams – Stavanger Pearls in Mixed Age and Stavanger Rubies in Oppvisning – participating in a national competition in Bergen in November 2019. And then with Stavanger Pearls becoming the first Norwegian National Champions in Synchronized skating!

We continued a successful season placing 5<sup>th</sup> at the international competition Steel City Trophy in Sheffield, England. In addition to a good result among a tough competition of 11 teams from 6 countries, we also broke our international points record AND we got a level on the very difficult twizzle element. Only one other team managed to get the (same) level as us – the winners!

Sadly the competition we were supposed to travel to the week after Sheffield was cancelled; we were looking forward to welcoming a team from Bergen into competitive synchronized skating and hope that we will do so very soon.

We have already started to prepare for the upcoming season and we are cautiously optimistic that we will present ourselves as a Senior B team!

Stavanger Rubies will also compete in the 2020-2021 season led by Andrea and we are sure that they will impress us and have tons of fun doing it.

Sara & Danguole