

Season 2022-2023

We are at an end of yet another season and this one has been quite successful. Our coaching team this season is - myself and Danguole, as always, and we have started to cooperate with Nuriya Pirogova on a monthly basis. We also have our incredible junior coaches: Marie, Sanna and Therese.

We have had great results in every category in which we have competitors, from cubs to senior and we also have a good group of oppvisning skaters ready to move up. It has to be mentioned that we also have 3 boys in our club which is very exciting!

In categories Cubs + Springs many of our skaters have brought home a lot of medals from Norges Cup competitions and have also showed that they are more than ready to move up into older categories when the time comes and work hard to qualify for LM/NM. They are very motivated, hard working and competitive.

As the club grows, there were some changes/movements with the groups and we hope that the skaters continue to motivate each other and grow together.

We also have a growing Adult/Veteran group. The federation has listened to the requests of coaches and is making some rule changes for the upcoming season that will make it easier for all adult and young adult skaters to compete. That will be a big motivation to continue working harder in this group and to have even more members.

In categories Debs and up all of our skaters are showing steady improvement and development which got us some good results for our six qualified skaters (Stavanger Pearls, Ella, Taisia, Amalie, Anna, Christina and Mia) as well as the best medal haul we have ever had at the National championships.

Debs A – Ella Risa Gomez – silver

Novice A – Amalie Nordbo – bronze

Junior A – Christina Jensen – bronze

Senior A – Mia Risa Gomez – gold

Synchro Junior – gold

A bit about our NM/LM medalists.

Amalie is the part of the Federation's Rekrutt team and has participated in many international competitions where she showed a lot of potential for further progress and good results. She

represented Norway at the Nordic Championships in Iceland. In December she was also one of 3 recipients of the one time Federation scholarship for Development.

Ella has earned an invitation to join the National team samling at the end of the season and we have every reason to believe that she will become one of the newest Rekrutt team members.

Christina has impressed us all with her amazing comeback and a medal at Nationals. It hasn't gone unnoticed and she has also been invited to join the National team samling in April. Cristina also represented us at 2 international competitions. We are excited about her future as she has shown herself to be tougher than steel.

Mia has had a fantastic season and has proven herself to be truly a remarkable athlete. She started the season with a fantastic result at the Junior Grand Prix. After that she started to compete in the senior category where she started breaking record after record and she qualified for the European Championships on her first attempt. She also qualified for the World Championships – the first Norwegian lady since 2018. And Mia also won 3 medals at international competitions – one silver and 2 golds! In Europeans Mia became the first Norwegian woman since 2018 to qualify for the finals. In December she was also one of 3 recipients of the one time Federation scholarship for Development. And, not surprisingly, Mia became the Norwegian national Champion.

Stavanger Pearls are competing in Junior B category and have become the National Champions improving their scores and element quality and complexity considerably since last season.. They will also soon travel to their international competition in Basel, Switzerland.

Our younger synchronized skating team has also been working diligently. Stavanger Rubies are competing in the Juvenile category and their coach Sanna led them to their first competition in many years in Bergen. Congratulations!

We also need to mention our wonderful and fun Christmas show that was made by Marie, Sanna and Therese. We are already looking forward to the next one!

We also continued our successful cooperation with Stavanger Idrettsklinikk and even expanded it to the younger groups. Groups 1 and Elite have started Ballet classes again and we must look to include even younger groups for that in the future.

Our ice training conditions and training hours at Sormarka and Siddishallen are very good (not counting ONS period but we manage) compared to many other clubs in Norway and internationally. We don't need more hours during the season (for now), what we need is a longer season. As I say in every coaches report ever, we should have ice at least until June to

ensure optimal and continuous growth and development. It is crucial to prepare the skaters and competitive programs for the summer break and the next season.

We are ready for the new season and all the excitements and challenges that it brings.

Sara and Danguole