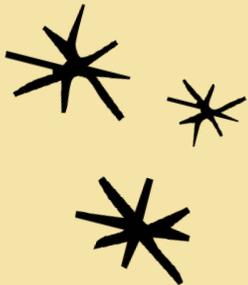


Junior Board
Aug 23
presentation





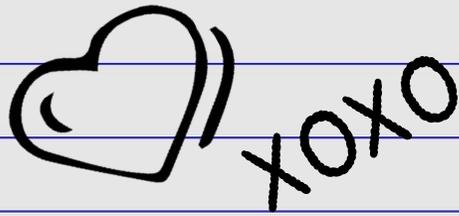
YouTube
Channel



T-Shirt
Design
Contest



SIP
Reflection



PSC Junior Board YouTube Channel

ANKLE INJURY PREVENTION

KNEE INJURY PREVENTION

NUTRITION / RECIPES

STRETCH / FLEXIBILITY EXERCISES

ANKLE STABILITY EXERCISE

STRENGTHENING EXERCISE

A WAY FOR EVERYONE TO COME TOGETHER

MORE VIDEOS TO COME SOON!!

PSC Junior Board
7 subscribers

HOME VIDEOS PLAYLISTS CHANNELS DISCUSSION

Uploads ▶ PLAY ALL

- Knee Injury Prevention Exercises | Injury Prevention...**
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- Ankle Injury Prevention**
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Yulia

Yulia making
delicious nutritious
Raspberry Oatmeal

Our Mission

Figure Skating Smile
 Charity Empathy Love
 Humanity Hope Caring
 Kindness Give Happy
 Respect Compassion
 Jump Friendship Glide
 Loyalty Wisdom Spin
 Helpful Fun Supportive Smile
 Community Service Share 3 Turn
 Competition Sportsmanship Coach
 Commitment Thankful Greatful Edge
 Talented Incredible Understand Advize
 You are Devotion Generous Volunteer
 Amazing Skates
 Never Give Up, Peninsula S.C. Jr. Board

PSC Jr. Board
 Moves in the Field



1. Volunteer
2. Community Service
3. Leadership
4. Mentoring

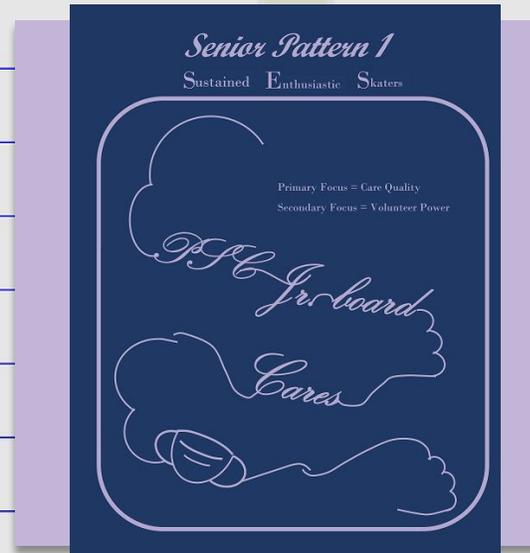
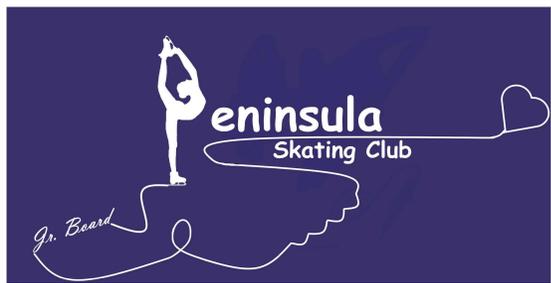
PENINSULA
 SKATING CLUB
 Junior Board




PENINSULA
 SKATING
 - club -
 JUNIOR BOARD

'20  '21







My shelter in place experience was quite fascinating. I spent the first month resting my foot for an injury, and took over three months off the ice. During this time, I had finished school, and discovered my new passion for singing. Also, I taught body percussion and voice ensemble in a music group lesson every week online, as a volunteer. We created a performance video of the classwork, and it was a fun experience. During my free time, I baked bread in our new rice cooker many times, and probably did some cooking every single day. I returned to the ice in the middle of June, and the first day was horrifying. When I stepped on the ice I couldn't feel my feet, and had to skate while holding onto the boards. After a few hours of trying to gain balance on the ice, everything started coming back, and I was able to skate again, despite my sore muscles. I experienced much joy returning to the ice, and had forgotten how cool it was to skate.

(Here are some pictures of my SIP experience.)

My name is Sophie and I am a figure skater at Solar4America Ice (San Jose).

Before SIP I was going to compete in Spring Jubilee in May . But then a few days later my mom told me that I would stop skating for a bit as it was not safe. I was very sad but I still had off ice and online schooling. I stayed in shelter in place for almost three months and then that big day happened.

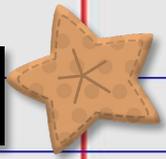
It was a normal Wednesday morning with off ice and piano and so one. When I join the Zoom meeting my Coach Kristina told me that she had very exciting news. I asked what it was and she responded that the ice rink was opening on Monday. I screamed, I yelled and did some overrotated axels. Then she told me that only 12 students were allowed and I was lucky to be one. When I came to the ice rink on Monday. I was so happy!! I came on the cold ice and the thing I did was FALL. But i guess that normal when you haven't skated for 3 months. I am so glad skating is back and stay safe.



Sophie



Sophie



My shelter in place experience was pretty uneventful. In the beginning of the shelter in place my school decided to close and they didn't manage to figure out a way for all the kids to have school online right away so everyone could finish school, so I finished my junior year in March. Soon after that the all rinks closed and I couldn't skate for around three months, but my coach started doing online lessons using facetime and zoom. As quarantine went on I started running out of ideas of what I could do to pass all this free time that I suddenly had.

I spent a lot of time reading books and on social media and watching TV. I would go on daily bike rides and I learned how to cook and bake. Later as the shelter in place got less strict the rink opened up again and I was extremely happy that I get to skate again and go out somewhat. Last week I had my first week of school and they decided that it would be safer to make school online. It was a challenge at first trying to figure out all the online stuff but I got through it. I can't wait for the moment when the shelter in place gets completely lifted and we can all go back to normal. :)



Nastia



Cheyenne and Sienna



SIP gave us time to reflect on what is important, like family. We were worried about our grandparents and we made masks to give to them and others in need. We are lucky that we live in an area that did not initially have much Covid-19, so we were able to get outside much and walk our dog and hike in Yosemite to stay in shape once it reopened. We did not skate for a couple of months, and that was shocking. That was the longest we were ever away from the rink since we were born, because our mom is a coach. When a little ice became available, we skated every second we could and drove all over to find ice to practice on. I, Cheyenne, was able to pass 2 tests by the end of summer; Senior MIF and Novice FS, which I took in Simi Valley. This was a big relief because my tests were canceled last March.



I would say that my shelter-in-place experience was a roller coaster ride. At first, when my school announced that we would continue with online learning, I was confused and anxious. I was not sure if I would be able to actively pursue my studies in the same way, especially when it came to taking tests. Thankfully, my school figured out a system before announcing that they will be closing the school; my classmates and I were able to continue our classes on zoom and other useful apps. Just when I thought that this shelter-in-place wouldn't be so bad, all the rinks closed down. I was devastated. I kept hoping that they would somehow be able to open to the rinks soon, even if it meant that I could only skate once a week; however, this did not happen. Although the rinks were closed and I could not skate, I thought to myself that I can still continue with off-ice training. Furthermore, my parents were able to buy me Pic-skates-roller blades that I could attach to my old skates, so that I could continue to experience something similar to figure skating. These rollerblades not only had wheels, but a rubber stopper in the front that acted as a "toepick". Although it felt very different from my figure skates, it was still very exciting for me to be able to skate in these rollerblades because it was one step closer to being able to skate again.

Although there were many negatives about shelter-in-place, there were also many positives. I was able to spend more time with my family by playing board games together and watching movies. Quarantine also gave me more time to explore new hobbies such as baking, sewing, etc. I even used my sewing skills to make masks and donated them! Even though I was not able to meet my friends in person, we were still able to video chat, so we could stay connected with each other even if it was through a computer screen.

Overall, my shelter-in-place experience had many ups and downs, but it gave me a huge chance to be able to experience something that I probably will not be able to come across again. Even though this pandemic has prevented me from achieving things in-person, I was still able to find other ways to achieve my goals and grew mentally stronger.



Sawaka





LILY SUN

Skating is a taxing sport -- there's no question about that. Most skaters practice at least 5 times a week, with some even training every single day. While I don't doubt that we all love what we do, perpetual training can cause overwhelming pressure both mentally and physically. Though the global pandemic has been nowhere near ideal, I can't help but admit that it feels relieving to finally slow down and take a break. Being isolated at home these past months have allowed me to collect my thoughts, restructure my mindset, and lighten the stress. Perhaps the glass is half full.



Alice

I started my quarantine life toward the middle of March, and all the way until June, I barely left the house, although that really didn't bother me as much as I thought it would. I was still able to take my classes through Zoom meetings and chat with my friends through Text and Zoom. I also made a lot of face masks and face shields to donate to hospitals and doctors I knew. The few months where I wasn't able to get on the ice though led me to realize truly how much skating means to me, and how different my life is in the absence of skating. Very fortunately, my amazing coach Sherri maintained weekly off-ice lessons with me and always kept in contact which made me feel a lot better in our new world of unknowns. Really great news came when Sherri told me that I would be able to skate at the rink for a week. My jumps and spins were both a bit unsteady at first, but because I had been regularly taking off-ice lessons, I was able to get all of them back the second day. Unfortunately, I won't be able to skate for some time as the rink's schedule has changed due to the new school year, but I'm really looking forward to the next time that I may skate again. I hope everyone can stay safe and stay healthy!



Story from Grace Cheng, PSC Adult Championship Gold Lady:
"Alice Feng, President of the Junior Board, and her family generously donated 45 face shields to help me and my fellow doctors and staff protect ourselves at our work, the Los Altos Clinic of the Palo Alto Medical Foundation! They donated their time, materials, and their 3D printer to make them, and they gave them to me yesterday (Saturday) after we skated a freestyle together. I wanted to thank them soooooo much for their thoughtful and kind gesture!"
Thank you, Alice!

Emily

I started my time in Quarantine during the middle of March. My SIP experience included a lot of time at home focusing on my last year of High School (Graduated!), as well as focusing on my off-ice training to stay in shape for when I get on the ice- Workouts, Hiking, etc. I also continued to bake and cook new things. I even had more time to experiment with things that I normally wouldn't have been able to- and even found time to start a YouTube channel!

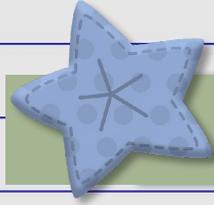
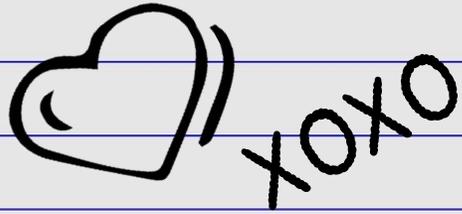
This Shelter In Place made me realize even more so, on just how valuable ice time is, and I honestly couldn't wait to get back on the ice.

The first time I got back on the ice when Ice Rinks were officially opened, it luckily didn't go as badly as I was expecting. A couple years ago I had an injury were I was off the ice for A YEAR- so I already knew what time off the ice could do, and how to handle it, personally...

For me, I was able to get my feet under me within the first 10 minutes, and felt good enough to start jumping on my first session as well.

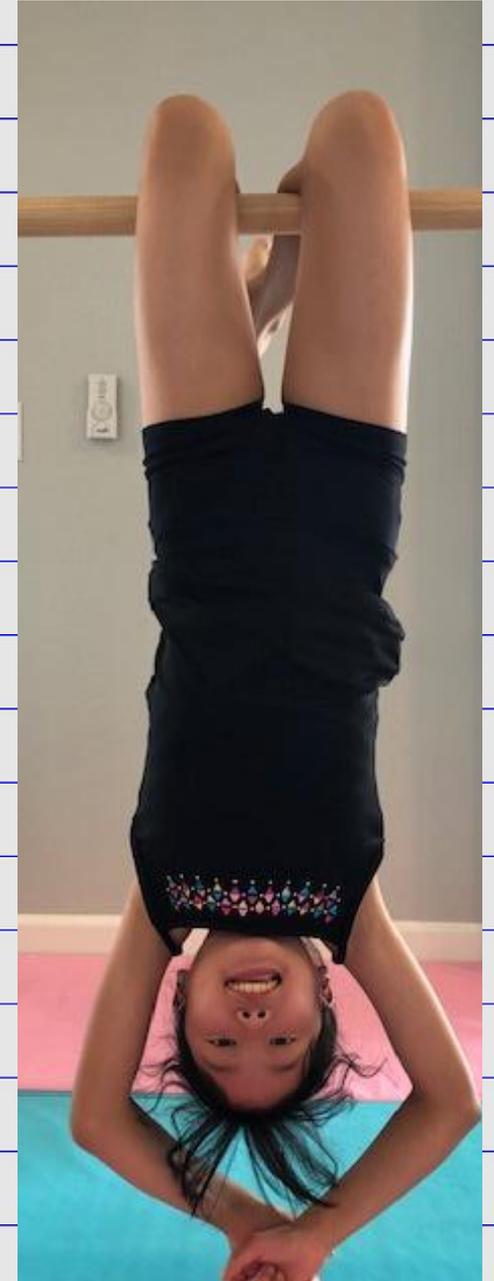
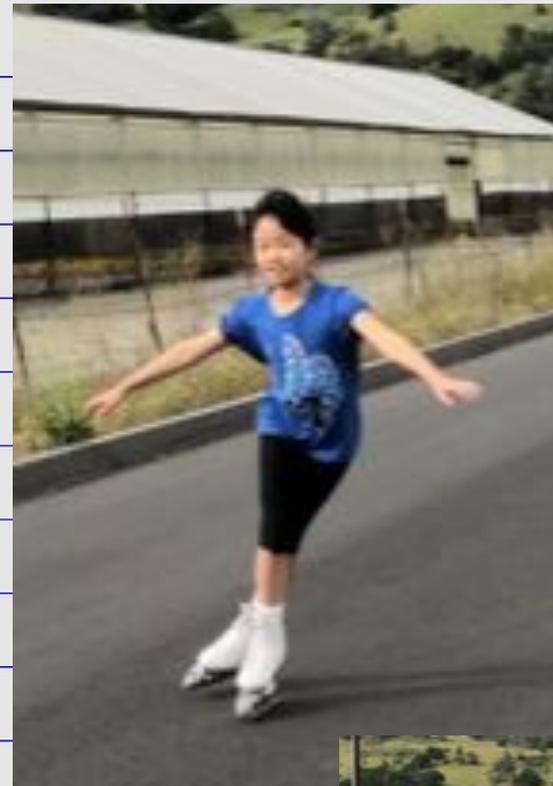
Overall, I'm so extremely lucky to have my skating pretty much back to how it was before the SIP order was issued!





Nahono

My shelter-in-place made my year very different and I had a lot of worries. First I was really worried if I would never be able to skate again and I was really bored. But, I got pic skates so I could practice easy moves off the ice. Pic skates are roller blades that can be attached to my old skate boots, but on the top there is a rubber stopper so that you can stop. Also, my parents bought me a gymnastic bar because I really wanted it and I was really happy and excited. Everyday I practiced on it and got arm strength and learned a lot of new tricks.



Another activity that I did during quarantine was cooking. I learned how to make rolled eggs, pancakes, jello, and pizza by myself. Before this I didn't have much time to cook, so when I cooked it was really fun. I want to learn how to make more complex foods in the future. I was also very happy to have more family time.

Before when I went to school my dad came home very late, so we didn't spend much time together. But now, we play a lot of board games and watch a lot of movies with popcorn. Also, we went on walks together and talked to each other.





$$1 + 2 = 3$$



The last part of quarantine that I liked was how on my birthday a skating mom made me a very cute peach cake. Also, on that night we had sushi for dinner, played a lot of games, and I got a lot of presents. I felt like it was more fun than usual because if my birthday was during school, we wouldn't be able to eat dinner together or have a birthday party. My summer turned different than expected, but I was able to buy many new things and learned a lot from this experience.



JUNIOR BOARD



Thank you

