

My Lucky Penny

By Ruth and Claude Sweet

We started giving the pennies to test skaters as part of the first On-Ice Summer Workshops we planed in 2002.

There were over 20 pre-preliminary MITF skaters testing to qualify for our club's Del Sol Synchronized Skating Team. The skaters needed to pass the Pre-preliminary MITF test to qualify for the "Synchro" team.

We were concerned that the skaters might become nervous. To overcome this potential problem, we meet with the skaters prior to the test and give them a

bright new shinny penny as a token of good luck.

This simple action reduced the stress level of taking their first test. While it cannot replace efforts by coaches to prepare their skaters and the hard work the skaters, "A Lucky Penny" really helps young and old alike to perform their very best.

In the intervening years, many skaters have indicated that they still had their "Lucky Penny" and some even showed their luck penny to us at competitions.