

Hi Everyone

So today is Friday January 15, 2010 and I just returned from watching the Sr Mens short program. But before that let me tell you all about my day.

So this morning started off VERY early, waking up at 5am and getting to the rink at 520 for a 550am practice. We had our 20 minute warm up, then went to the hotel, changed, and went back to the rink for the short program.

The short program was a rocky skate for all, and I was 11th to skate out of 12 so I wasn't aware of anything that was going on before my skate. I took the ice for my chance to skate and man was it magic! It was like nothing I had ever done before! The crowd was a good size, would have liked more but I will take what's given.

I stroked around and did some back spins and then went back to the wall for some words of wisdom from Miss Li, after that my name was announced and it was off to skate. Before taking my spot on the ice I took a nice look around and just soaked it all in. Then it all started. I opened with a nice 2axel getting +1 and +2's across the board. Then did a really nice 3flip that was big smooth and strong...but it didn't receive good grades of execution. Then I came around for my 3loop and fell on it :[

All in all everything else in the program went well. I went to the kiss and cry area with Miss Li and when the scores came up I was slightly disappointed in my scores. I ended up 10th out of 12 in the short. Not where I wanted to be but I'm still happy. From my place at 10th- 5th its a 7 point spread and from 10th to 6th its a 5 point spread. So it's all very close.

After the event we stayed to watch the Senior Pairs, got some dinner at a great burger joint called "Crazy G's" and then watch most of the Senior Mens event. So now here I am now writing you all from my hotel room.

I'm now pumped up for the Free skate and ready to rock!

Thanks for the support from everyone, lets keep it going!

From Spokane

Sean Rabbitt