

Hello everyone!

So a little update for you all, I didn't write yesterday so this morning I'll give my report and plans for today. So after my awesome short but disappointing finish I watched the Senior Pairs and Men's short program. Those two events were really good and there were a lot of surprises that happened.

Yesterday I had two practices at the practice rink called Eagles - A - Rena. Both practices were really good and I'm fired up to skate my long tonight. In between my practices I went to go watch and cheer on some of my friends that were competing in the Senior Pairs. That event was really intense and really fun to watch. There was a big surprise when my good friend Amanda Evora and Mark Ladwig placed 2nd overall! They not only did that but they made the Olympic team!

After that I went to my 2nd practice and then dinner and bed.

Today I don't compete until 9pm so I have a 8pm 20 minute warm up but I also am going to do a 30 minute session at the practice rink just to warm up earlier in the day to wake my body up.

I'm really excited, and want to end this year with a BANG. I'm fired up, mad about my disappointing finish and ready to rock!

Talk to everyone soon
Thanks for all the support!
-Sean Rabbitt