



COOL: Alice Stephenson helps Samantha Blake on the ice at Bendigo Ice Skating Stadium. Picture: LAURA MAKEPEACE

Families chill out on ice

PEOPLE young and old braved the chilly conditions earlier this week to be part of the Ice Skating Club of Bendigo's family come and try fun day.

Those in attendance were treated to a speed skating display by three-time Olympian Danny Kah.

"I've skated here quite a few times," Mr Kah said.

"Bendigo has the best facility in Victoria."

Mr Kah said ice-skating was a sport anybody could enjoy and succeed at.

"If you're willing to give it a go and persist you can really go places," he said.

Bendigo skater Kassidy-Rae Browell stole the show with her figure skating demonstration.

Kassidy-Rae, 13, was

awarded the silver medal at the national figure skating championships in August.

"I started when I was seven," Kassidy-Rae said.

"I was really proud to bring home the silver for Bendigo.

"Definitely anybody can achieve what I have, it's just making that commitment.

"Or it's great fun if you just want to do it for fun."

Ice Skating Club of Bendigo's publicity officer Jenni Clohesy was thrilled with yesterday's event.

"We're very pleased, it's been a great turnout and a few people have signed up," Ms Clohesy said.

■ For more information visit www.bendigoiceskating.com.au