

Albany Figure Skating Club

CONGRATULATIONS!

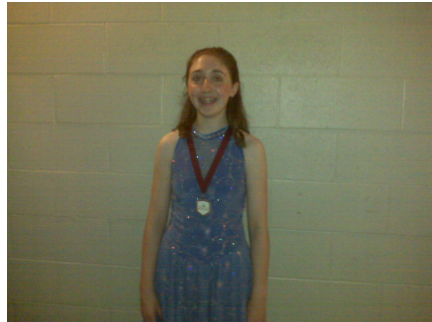
INK FROM THE RINK

AUGUST 2010

Ice Dance Championships, August 4 & 5, Lake Placid:

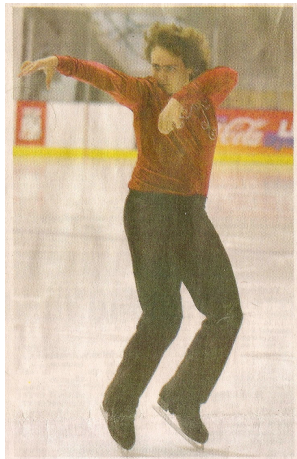
Stephanie Lombardi:

- Senior Solo: 3rd Place
- Senior Combined Pattern/Original Dance: 2nd Place



Lukas Sotola:

- Novice Combined Pattern/Original Dance: 6th Place



Lukas Sotola of the Albany Figure Skating Club throws in a dramatic flourish while performing a paso doble in the novice solo pattern dance category Wednesday.



Morgan Gillies:

- SENIOR MOVES IN THE FIELD!!!

Emma Briceland:

- Westminster Waltz
- GOLD DANCE TEST!!!

Amie Skoda:

- Westminster Waltz
- GOLD DANCE TEST!!!

Lukas Sotola:

- Kilian
- Pre-Gold Dance Test

Ellen Harris:

- Pre-Juvenile Moves in the Field

Sarah Booker:

- Intermediate Moves in the Field
- Hickory Hoedown

Rachel Bluth:

- Novice Moves in the Field

Catherine Amodeo:

- Juvenile Moves in the Field

Jessica Marinstein:

- Intermediate Moves in the Field

Stephanie Lombardi:

- International Dance: Rhumba

Natalie Posner:

- Preliminary Moves in the Field

Rachael Posner:

- Preliminary Moves in the Field

the upcoming season. Achilles Edge will be fielding a competitive Open Juvenile team this year, along with a new exhibition Beginner team.

Regular practices will be held on Sundays at 5 pm at the Bethlehem YMCA and on Mondays at 6:45 pm at Albany Academy, starting on September 19th. There are still openings on both teams for interested skaters.

Achilles Edge Synchro Clinic Featured in UFSF's "SKATING" Magazine:

The Achilles Edge Synchro Mini-Camp, held at the Schenectady County Recreational Facility on May 15, 2010, was featured in the August/September 2010 issue of "SKATING" magazine! Haydenette team members Erika Hoffman and Jenna Longo discuss their experience working with synchro skaters from Achilles Edge and Iceworks Ice Breakers at the camp, which was part of USFS's DREAM program. Check out the story and photo on pages 45-46 of the magazine!



SSFSC Test Day, Aug 26 & 27:



Adi White:

- SENIOR MOVES IN THE FIELD!!!



SYNCHRO NEWS

Season Opening Practices: The Achilles Edge Synchronized Skating Team began the season with two practice sessions on August 22nd or August 29th. Skaters performed drills and started learning choreography for

Applebee's Flapjack Breakfast Fundraiser:

The Achilles Edge Synchro Team will be holding their annual Flapjack Breakfast fundraiser at the Applebee's Restaurant on Route 9W in Glenmont on Saturday, September 25th from 8:00 am to 10:00 am. The breakfast features all-you-can-eat pancakes, bacon, juice, and coffee, all served by our friendly synchro team members. Tickets, which must be purchased in advance from synchro team members, are only \$5 each, and proceeds benefit the synchro program.

We hope to see you at the breakfast! If you have any questions or would like to purchase tickets, please contact Dawn Hopsicker at jhopsicker@nycap.rr.com or Tara DiRisio at Tdirisio@verizon.net.

Synchro Summer Camps (corrected):

A number of our Achilles Edge skaters participated in the prestigious Hayden Synchro summer program this year. Aislyn DiRisio and Alyssa Hopsicker skated at the Haydenettes Elite Synchro Camp in Marlboro, Massachusetts May 28-30. This camp was limited to skaters who had passed their Senior Moves in the Field, and was designed to test, challenge and improve the elite level skater. Aislyn and Alyssa got to skate along with the Haydenettes in this exciting and strenuous weekend program.

Catherine Amodeo, Danielle Sgroi, Jessica Marinstein and Rachel Gray attended the Hayden Synchro Summer Experience in Ashburnham, Massachusetts for the first time on July 18th – 22nd. Working with internationally-known Haydenettes coaches and skaters, the program focused on skills, drills, off-ice, dance, nutrition, and teamwork. The skaters had a great time and are looking forward to sharing their new skills with their teammates in the fall.

Coaches Wayne Hussey and Stephanie Hunter attended the USFS Synchronized Skating Training Festival National Coaches College, held July 29 –August 1 at the University of Delaware in Newark, Delaware. Both coaches came home with exciting new ideas and plans for the team's upcoming season.

Also attending the USFS Synchronized Skating Training Festival were team members Grace DiRisio, Alyssa Hopsicker, Isabelle Lombardi, Stephanie Lombardi, Taylor Kennedy, Aislyn DiRisio, Emma Briceland, and Christina Lombardi, as well as team managers Dawn Hopsicker and Tara DiRisio. Our skaters had the opportunity to work with nationally-ranked coaches, trainers, and choreographers and to skate with athletes from all over the country.

Interested in Skating Synchro?: It's not too late to join our medal-winning team! For more information about the Albany FSC Achilles Edge Synchronized Skating Team, please contact Dawn Hopsicker at jhopsicker@nycap.rr.com or Tara DiRisio at Tdirisio@verizon.net. For information on the Beginner Team contact Janet @ jsotola@nycap.rr.com.

Albany FSC Skaters Attend Synchronized Skating Training Festival

Albany Figure Skating Club Achilles Edge Synchronized Skating Team members and coaches attended the United States Figure Skating Synchronized Skating Training Festival and National Coaches College, held July 29 –August 1 at the University of Delaware in Newark, Delaware. Pictured are team members Grace DiRisio, Alyssa Hopsicker, Isabelle Lombardi, Stephanie Lombardi, Taylor Kennedy, Aislyn DiRisio, Emma Briceland, and Christina Lombardi. Also pictured are Tea Motollese and Cara DePan from the Hudson Mohawk Figure Skating Club and Paula Wagener from Artistry in Motion. The skaters, along with Achilles Edge coaches Wayne Hussey and Stephanie Hunter, had the opportunity to work with nationally-ranked coaches, trainers, and choreographers and to skate with athletes from all over the country.

For more information about the Achilles Edge Synchronized Skating program, please visit the Albany FSC website at www.albanyfsc.org.



BASIC SKILLS/LEARN TO SKATE: FALL 2010 & WINTER 2011

Starting September 26 Albany FSCs Fall Basic Skills begins! Same time: 12:30-2:30 at the Albany Academy Field House. Programs Offered:

- Basic Skills (for school aged skaters)
- Hockey Skating
- Snowplow Sam (for preschool skaters)
- Adult curriculum
- The Finer Edge (beginner figure skating lessons)
- **NEW THIS FALL: Synchro Badge Program** (for beginning figure skaters) SKATERS WHO ARE CONSIDERING THE ACHILLES EDGE BEGINNER SYNCHRO TEAM SHOULD CONSIDER TAKING THIS CLASS TO STRENGTHEN THEIR SKILLS

Program information and registration forms are on our website: www.albanyfsc.org.

NEEDED: NEW BASIC SKILLS CHAIR(S):

Janet & Jayne are going to be retiring for the Basic Skills chair positions after next year. This program is vital to the success of our club as it earns money to offset the cost of club freestyle ice & is a feeder for new skaters for our club. Ideally, Janet & Jayne should work closely with the new chair(s) in the coming year to help prepare them to run the show! The new Chairs need to:

- Be hard working
- Take pride in running a successful program
- Enjoy working with families
- Be proud of our club
- Be creative

Please contact Janet if you are able to help!

Questions? Contact Janet: 301-3947 or jsotola@nycap.rr.com

AFSC FALL FREESTYLE ICE STARTS SEPTEMBER 16 AT THE YMCA IN BETHLEHEM

- Thursdays 5:00-7:00
- Fridays 4:00-6:00

Registration forms are available now on our website: www.albanyfsc.org. To get the best price register by September 10! Packages are available for:

- 2 hour packages
- 1 ½ hour packages
- 1 hour packages

Each package comes with 2 make-ups.

ALBANY FSC'S 4TH ANNUAL OPEN & BASIC SKILLS COMPETITION

The AFSC 4th Annual Competition is set for Sat Nov 6, 2010 at the Clifton Park Ice Arena! We hope to see each of our club members participate in this competition. We also encourage our club skaters to inform skaters they know from other clubs about our competition.

Applications and skate-o-gram forms can be found at: www.albanyfsc.org
If you know local vendors that would like to purchase an ad for the program please contact Janet Sotola. If you would like to volunteer please contact Vin Smentkowski at vinsmentkowski@hotmail.com



AFSC MEMBERS: IMPORTANT DATES TO REMEMBER:

1. **September 10:** Deadline for lowest freestyle package rates.
2. **September 16:** Fall ice begins at the Bethlehem Area YMCA
3. **September 25:** Applebee's All You Can Eat Flapjack Synchro fundraiser 8:00-10:00 AM.
4. **November 6:** Albany FSC 4th Annual Competition @ the Clifton Park Arena!
5. **November 7:** Albany FSC Test Session @ the Clifton Park Arena



- Roberta Solomon: August 3
- Jillian Paradise: August 8
- Katie Howard: August 15
- Nikki Coleman: August 19
- Danielle Sgroi: August 20

UPDATE ON JUMP HARNESS

The club made a profit of \$545.50 selling Hoffman Car Wash Tickets. We would like to thank the members that sold/purchased tickets - we would also like to thank Hoffman for allowing us to participate in this fund raising event and donating 50% of the car wash ticket sale price to the club. Our Pepsi Refresh Idea obtained a number of votes, however not enough to place us in the top 10 for this category and hence we did not obtain the \$5,000.

We are still raising money. If you (or a local business) would like to contribute to the non-profit organizations fund raising, please contact Vin Smentkowski vinsmentkowski@hotmail.com

NEWS FROM US FIGURE SKATING!

We are excited to let you know about a new program that will recognize the athletes in your club who have recently passed a figure skating test as well as help U.S. Figure Skating get to know its athletes better.

Starting this week, once a passed test is registered by the test chair, a congratulatory e-mail will be sent to the athlete from U.S. Figure Skating President Patricia St. Peter. The message will also invite the recipient to complete an online questionnaire about his or her participation in figure skating.

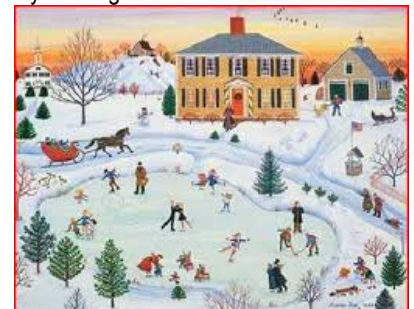
After completing the survey, the skater will receive a coupon code for a discount to the U.S. Figure Skating Online Store. The discount will start at 10 percent off for skaters passing pre-preliminary through pre-juvenile/pre-bronze, and will increase for higher tests, with athletes passing a senior or gold test receiving 40 percent off.

In addition, U.S. Figure Skating has created a Gold Medalist jacket, which can be purchased through the online store by anyone who has passed his or her senior or gold test. The jacket is "retroactive" and available to all athletes who have passed their gold test. Athletes passing the test after July 1, 2010, may choose to use their 40 percent off reward toward the purchase of their Gold Medalist jacket. The jackets will become available Friday, Aug. 27 and can be purchased here: www.usfsashop.com.

Congratulatory e-mails with the survey and coupon codes will be sent to the e-mail address on file with U.S. Figure Skating. Please encourage your members to sign in to their Members Only account, at www.usfsaonline.org, to ensure their e-mail address is correct, and to complete the survey when it arrives.

CUTTING EDGE SPORT SCIENCES

Off-Ice classes continue through September:
Sunday 12:30-1:45
9/5, 9/12, 9/19, 9/26
Cutting Edge Sport Sciences 10 Vatrano Road, Albany
All other information about Cutting Edge Sport Sciences can be found at WWW.CuttingEdgeSportSciences.COM
Dyke Naughton 438-3343



**UPCOMING USFS TEST
SESSIONS:**

1. **November 7, 2010:** Albany FSC Test Session, www.albanyfsc.org
2. **November 21, 2010:** Saratoga Springs FSC test day.

**UPCOMING USFS
COMPETITIONS:**

USFS COMPETITIONS:

1. **September 10-12:** 2010 Mid Atlantic Figure Skating Championships, The SC of NY, Chelsea Piers, NY: www.thescny.org.
2. **October 1-5:** 2011 North Atlantic Regionals, SC of Lake Placid, Lake Placid, NY: www.skatingcluboflakeplacid.org.
3. **November 6:** Albany FSC 4th Annual Open & Basic Skills Competition, Clifton Park, NY: www.albanyfsc.org.

69 MEMBERS

WELCOME TO THE ALBANY FIGURE SKATING CLUB!

- **Kyla McGeary**
- **Jing Jing Wu**
- **Emma Paradise**
- **Jillian Paradise**
- **Christie Reich**
- **Maria Susko-Dollard**

Questions? Contact Membership Chair
Paulette Morgan @
pmorgan3@nycap.rr.com

