



Albany
Figure Skating Club

INK FROM THE RINK

MAY 2010

CONGRATULATIONS!

**Albany FSC Test Session,
May 8:**

Sarah Rubin:

- SENIOR MOVIES IN THE FIELD!!



Katelyn Massulo:

- Intermediate MIF
- Pre-Juvenile Freestyle

Jessica Marinstein:

- Rhythm Blues
- Preliminary Dance Test

Adi White:

- Paso Doble

Grace DiRisio:

- Pre-Preliminary Freestyle

Sabrina Zayas:

- Pre-Preliminary MIF

Sarah Booker:

- Fiesta Tango
- Swing Dance

Taylor Kennedy:

- Tango
- Siver Dance Test

Abigail Smentkowski:

- Juvenile MIF
- Preliminary Freestyle

2010 Colonial Open, May 14-16:

Desiree Larrivee:

- Preliminary Free Skate: 2nd Place

WELCOME NEW BOARD MEMBERS!

Before welcoming our new board members I would like to recognize those 4 board members who stepped down this year. Your hard work and dedication has been invaluable. Thank you from the whole club! **Farewell to:**

- Dawn Hopsicker
- Colm Kennedy
- Debbie Sgroi
- Pete Gillies

And Welcome New Board Members:

- Tina Drozd: Treasurer
- Cathy Cenci: Vice-President
- Mary Amodeo: Special Events
- Vin Smentkowski: Competition



SYNCHRO NEWS

Pre-Juvenile Team Places Fourth in the 2010 Synchronized Skating Challenge Series: Congratulations to the Achilles Edge Pre-Juvenile team, which placed fourth out of ten teams in their group in the 2010 Synchronized Skating Challenge Series held by USFS during the 2009-2010 season.

Synchronized teams at the Beginner 1, 2 and 3, preliminary, pre-juvenile, open juvenile, open collegiate and open adult levels were invited to take part in the series. Participating teams were required to compete in at least three nonqualifying competitions in their sections, and teams earned points for their finishes. Points from the three best finishes were counted toward the results. The Achilles Edge skaters finished fourth in Pre-Juvenile Group B. Results are posted in the synchronized skating section of the USFS website, www.usfsa.org. Way to go, team!

Synchro Mini-Camp: On Saturday, May 15, the Albany Figure Skating Club hosted a United States Figure Skating-sponsored DREAM program synchronized skating mini-camp at the Schenectady County Recreational Facility/Glenville Rink. Instructors for the program included Erika Hoffman and Jenna Longo from the Haydenettes, U.S. Figure Skating's 2010 Gold Medalists and reigning National Champions in Team Synchronized figure skating and the 2010 ISU World Championship Bronze Medalists. The 23 participants watched videos of the

synchro world championships and other synchro events and had the chance to learn drills and footwork from the Haydenette skaters. Sessions also included skating expression and teambuilding exercises. Everyone had a great time and learned a lot from these world-class skaters.



A big thank you to Erika and Jenna for sharing their expertise with our synchro skaters in this fun program. Thanks also to coach Wayne Hussey for creating the program, to coach Stephanie Hunter for assisting, and to Dawn Hopsicker and Tara DiRisio for their organizational assistance.

Achilles Edge Tryouts: On Sunday, May 16, the Achilles Edge Synchronized Skating Team held preliminary team tryouts for the 2010-2011 season at the Schenectady County Recreation Facility. Skaters at the tryouts participated in synchro drills and had the opportunity to work on some of the elements that might be in their programs in the fall. Achilles Edge expects to field two teams this coming year, a Pre-Juvenile or Open Juvenile team, and an Intermediate team. There are still openings on both teams for interested skaters.

Interested in Trying Synchro?: The Albany Figure Skating Club sponsors the largest and most experienced competitive synchronized skating program in the Capital District. In 2009-2010, the Achilles Edge Pre-Juvenile Team placed 5th in the finals of the U.S. Figure Skating Eastern Synchronized Skating Sectional Championships in January, and our Intermediate team members are three-time consecutive New York State Empire State Winter Games Medalists and the current 2010 Silver Medalists.

Synchro is great training for individual skaters, since it helps improve coordination, stamina, edges, footwork, and speed. In addition, it allows skaters to participate in a team sport and to attend synchro parties, group fundraisers, and separate synchro-only competitions.

The Achilles Edge synchro program intends to have a series of open practices over the summer during which skaters can come and skate with the teams. We would love to have you join us! Watch your e-mail for more information about these sessions.

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.



AFSC BASIC SKILLS/LEARN TO SKATE - SUMMER 2010

REGISTER BY JULY 1!

Who: (Previous lessons required)

- **Snowplow Sam:** Age 3-5
- **Basic Skills Levels 1-2:** School Age
- **The Finer Edge:** Beginner figure skating lessons for Basic Skills levels 3-8, Adults 3-4
- **Adult** Levels 1-2 (more advanced adults should register for The Finer Edge program)

When: Wednesdays July 7 to September 1, 2010, 4:45-6:15

Choose 7 or 9 weeks: During the summer we offer a 7 or 9 week programs to accommodate family vacations!

Where: Albany County Hockey Facility, 830 Albany Shaker Rd, Loudonville, NY

Program information and registration forms are on our website:

www.albanyfsc.org. Questions?

Contact Janet: 861-6705 or 301-3947 or jsotola@nycap.rr.com



NEW INTRODUCTORY MEMBERSHIP TO USFS & AFSC

This year, we are pleased to offer a special Introductory Membership for skaters who have never been members of United States Figure Skating (USFS) before. This one-year, reduced-price membership is designed to welcome and encourage skaters who are just starting out in the sport.

As a USFS Basic Skills member you already enjoy certain Albany FSC club benefits besides participation in our Basic Skills Programs such as:

- Participation in AFSC Spring Ice Show
- Invitations to reduced group rates to certain events (Stars on Ice!)
- Albany FSC Basic Skills Competition

If you are interested in becoming a figure skater, whether recreational or competitively, you will eventually need a full USFS membership. Skaters who join the Albany FSC will enjoy benefits beyond their USFS Basic Skills membership including:

- Full USFS membership including:
 - One-year subscription to USFS monthly figure SKATING Magazine
 - The opportunity to take USFS figure skating tests (for more information on testing see <http://www.usfsa.org/Clubs.asp?id=353>) when you are ready to challenge yourself
- Full Albany FSC Club Membership which includes advantages such as:
 - The option to purchase Club freestyle ice at reduced "early bird" members-only rates

- The opportunity to participate in Club events such as:
 - Skating Clinics
 - Annual Banquet
 - Winter Ice Show
- The chance to join AFSC Achilles Edge Synchronized Skating teams
- The monthly Club e-newsletter: "Ink from the Rink"

To be eligible for the special Introductory Membership, a skater must never have been a full member of the USFS. This discounted membership rate of \$40 for the first eligible family member and \$20 for each subsequent eligible family member is applicable for one year only, after which the skater has the option to join our Club at the regular member price.

The 2010 membership forms are available on our website www.albanyfsc.org. If you have any questions, please contact Paulette Morgan, AFSC Membership Chair, at pmorgan3@nycap.rr.com or 475-9419.

108 MEMBERS

AFSC Members – All current USFS Albany FSC memberships expire **June 30th, 2010**. In order to continue to be eligible to participate in USFS competitions and test sessions, you must renew your membership so that it is current. We hope you will choose to renew your membership with our Club. – Membership applications are now available at www.albanyfsc.org. Questions? Contact Membership Chair Paulette Morgan @ pmorgan3@nycap.rr.com

AFSC SUMMER FREESTYLE ICE JULY 6-SEPTEMBER 2

Summer Freestyle Ice will be held this summer at the Albany County Hockey Facility:

- Tuesdays 4:00-6:00
- Thursdays 4:00-6:00

Registration forms are available at www.albanyfsc.org.

AFSC Members Only: **DEADLINE FOR EARLY BIRD REGISTRATION JULY 11!**

AFSC SUMMER FIGURE SKATING CLINIC JULY 6-8

IT'S NOT TOO LATE!!

REGISTRATION DEADLINE MOVED TO JUNE 21!

The Albany FSC is pleased to announce its 3 day ice clinic – a program designed to offer skaters the unique ability to increase skating ability and competency through a variety of on and off ice sessions.

Who Can Attend?

The clinic is designed for skaters at least 8 years of age who are at least FS1 or higher or by permission of the clinic coaching staff. Skaters will be grouped according to levels in:

- Moves in the Field
- Dance
- Freestyle

Coaching Staff:

Wayne Hussey, Clinic Coach Coordinator is a 4-time National Ice Dancing Competitor and has over 27 years coaching experience specializing in international dances. Wayne will assist with moves, dance and overall skating skills. He will be on site throughout the clinic and will ensure that skaters are grouped appropriately.

Laura Dunn, (Confirmation pending) Clinic moves and Freestyle Coach, Ms. Dunn has a strong background in dance, figures and moves. She will work with skaters on new moves and drills and will also teach the importance of moves as a fundamental discipline of skating, helping to improve step sequences, edge quality and extension for skaters. Ms. Dunn is a 3-time World Synchronized Skating Competitor (Miami University) and is a US Figure Skating Gold Medalist Moves, Dance; Silver Medalist Free Skating; International Dances. She is also a member of the Professional Staff for the New York State Olympic Authority in Lake Placid NY.

Kami Healy-Netri, (Confirmation pending) Clinic Freestyle Coach, Ms. Healy-Netri is a former US Figure Skating double gold medalist and her expertise is in freestyle and figures. She is a member of the Professional Staff for

the New York State Olympic Authority in Lake Placid, NY and coaches all skating levels.

Paula Wagener: Clinic Choreographer, Style and Performance Coach. Ms Wagener has a strong background in dance and choreography and will instruct students on both on-ice and off-ice exercise and routine. She will also teach flexibility, body awareness and posture to skaters.

Nikki Schallehn-Coleman, Clinic Freestyle Coach. Ms. Schallehn-Coleman has been teaching for 10 years. She is a graduate of the University of Delaware's Figure Skating Science program.. She is a PSA, USFS and ISI member and a USFS Gold Medalist. She is also a former professional show skater with Rosstyn Ice Shows. Additionally, Nikki is the co-author of *The Essential Figure Skater*, a how-to book published by Lyons Press in 2000.

Chrissy Cedilotte: Clinic Conditioning and Injury Prevention off-ice Coach. Ms. Cedilotte has a background in Physical Therapy and figure skating. She will teach skaters how to prevent overuse injuries, enhance skating skills, increase rotation speed of jumps, enhance cardiovascular conditioning and improve muscle imbalances.

Dyke Naughton: Clinic Strength and Speed Coach. Mr. Naughton has a background in Sport Science and knowledge of figure skating. He will teach skaters how to improve speed and strengthen both on and off the ice by using resistance training and over speed training.

Skaters are encouraged to register early as the 2010 Clinic will be limited to 30 skaters. Registration form and payment is now extended to June 21, 2010. The clinic application is attached and is also available on Albany FSC's website: www.albanyfsc.org.

Further information may be obtained by contacting Pat Clancy at 518-295-8615 or at doonbeg@midtel.net or Wayne

Hussey at (516) 313-0156 or wayneskate@nycap.rr.com

Cost:

\$220 AFSC member before June 11
\$250 Non-Member before June 11
\$265 Late Registration for all skaters after June 11! Registration forms available at www.albanyfsc.org.



JUMP HARNESS FUND RAISER

We are selling Hoffman car wash tickets as part of their Helping Hands program. The tickets can be redeemed at any Hoffman car wash facility. The ticket price is their normal fee, \$9 for 1 exterior car wash (outside only) or \$18 for 1 full service car wash (inside and out); **half** of the ticket price is provided to the AFSC in order to raise funding to purchase and install a jump harness at the Clifton Park ice arena. We need all club members to sell tickets to their family and friends.

- Checks (made out to Albany Figure Skating Club) should be collected at the time of the order.
- Order forms and checks should be returned to Vin by Monday July 12 who will order the tickets and deliver them to you.
- Order form will be sent out via email.

If you have any comments, questions, or concerns, please let Vin know. Thanks in advance for the help.

Vin Smentkowski
53 Devonshire Way
Clifton Park, NY 12065
vinsmentkowski@hotmail.com
518-383-9255





**AFSC MEMBERS:
IMPORTANT DATES TO
REMEMBER:**

1. **June 11:** AFSC Summer Skating Clinic Registration due!
2. **June 11:** AFSC Summer Freestyle Early Bird registration due!
3. **June 30:** All current USFS & Albany FSC memberships expire! Renew by July 1 to stay current.
4. **July 6:** Summer Freestyle Ice Starts!
5. **July 6-8:** 2010 AFSC Figure Skating Clinic!
6. **Monday July 12:** Final date to submit Hoffman's Car Wash fundraiser (see above)



Happy Birthday!

- Alexis Watson May 3
- Christie Reich May 5
- Izabella Martin May 6
- Jessica Marinstein May 10
- Colleen Somerville May 13
- Micaela Jones May 14
- Sophie Kemp May 14
- Abagao; Smentkowski May 17
- Judy Schoonover May 21
- Elenna Sakoulas May 23
- Samantha Zayas May 24

**AIM PERFORMANCE
SCHOOLS**

AIM Performance Schools in Lake Placid this summer! Contact Paula Wagener (518) 928-6320 or email pwagener58@msn.com or check website <http://www.aimperformanceschoolslakeplacid.com/default.html>

- 2 hour format – 1 hour on-ice & 1 hour off-ice

- Cost \$50 - Purchase tickets at the Olympic Center Box Office, Lake Placid
- Price includes a swag bag & a 1 year subscription to InsideSkating Magazine
- Dates:
 - June 27, 10:00-12:00 "IJS & Creativity"
 - July 3
 - July 10
 - August 14

**UPCOMING USFS TEST
SESSIONS:**

1. **June 13, 2010:** At the Knickerbacker Arena, Troy, NY. Applications available @ <http://www.unclesamsc.com/>
2. **June 27, 2010:** Lake Placid Test Session, forms available at: <http://www.lakeplacidskating.com/newsite/applications/index.php>
3. **July 23, 2010:** At the Weibel rink, Saratoga Springs, NY. <http://saratogaspringsfsc.com/index.html>
4. **August 1, 2010:** Lake Placid Test Session, forms available at: <http://www.lakeplacidskating.com/newsite/applications/index.php>
5. **August 27, 2010:** At the Weibel rink, Saratoga Springs, NY. <http://saratogaspringsfsc.com/index.html>
6. **August 29, 2010:** Lake Placid Test Session, test forms available at: <http://www.lakeplacidskating.com/newsite/applications/index.php>

**UPCOMING COMPETITIONS
FOR THE SEASON:**

USFS COMPETITIONS:

1. **June 6:** Bolton's "Fun in the Sun" Basic Skills Competition, Bolton, CT. Email Anita @ anicarr@charter.net for more information.
2. **June 12:** First Annual Uncle Sam FSC 6.0 & IJS Event, Troy, NY <http://www.unclesamsc.com/>
3. **June 24-26:** 2010 Lake Placid Figure Skating Championships, find application at: http://www.lakeplacidskating.com/newsite/competitions/free_skating/index.php.

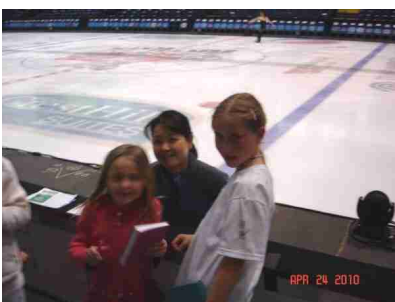
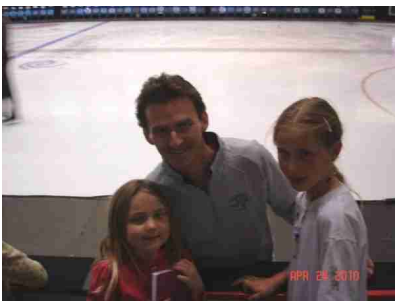
4. **August 4-7:** 2010 Lake Placid Ice Dance Championships, find application at: http://www.lakeplacidskating.com/newsite/competitions/ice_dance/index.php.

**SYNCHRO MINI CAMP
PHOTOS**





MORE STARS ON ICE PHOTOS



MORE BANQUET PHOTOS

