



Albany

Figure Skating Club

INK FROM THE RINK

NOVEMBER 2008

CONGRATULATIONS!



Test Session October 26, 2008

Amanda Gemmiti:

- Intermediate Freestyle



**Pioneer Valley Penguin Invitational
November 22, 2008**

Shea Coleman Foley:

- Pre-Preliminary A Freeskiate: 2nd Place
- Preliminary Compulsory Moves: 2nd Place

Judy Min:

- Pre-Preliminary B Freeskiate: 7th Place

Trisha Roohan:

- Pre-Preliminary B Freeskiate: 2nd Place

Morgan Gillies:

- Pre-Preliminary B Freeskiate: 6th Place

Katelyn Masullo:

- Pre-Preliminary B Freeskiate: 3rd Place

Katie Howard:

- Juvenile Test Track Program: 1st Place

Jennifer Glenn:

- Juvenile Test Track Program: 4th Place
- Juvenile Showcase: 3rd Place

Danielle Sgroi:

- No Test Freeskiate Program: 4th Place

Catherine Amodeo:

- Limited Beginner Test Track Program: 2nd Place
- Beginner Compulsory Moves: 1st Place

Amy Barba:

- Limited Beginner Test Track Program: 1st Place
- Beginner Compulsory Moves: 1st Place

Grace DiRisio:

- Beginner Test Track Program: 4th Place
- Beginner Compulsory Moves: 5th Place

Alexis Mouzakes:

- Beginner Test Track Program: 2nd Place

- Beginner Compulsory Moves: 2nd Place

Meagan Clawar:

- Pre-Preliminary Test Track Program: 6th Place
- Pre-Preliminary Moves: 3rd Place

Jessica Marinstein:

- Pre-Preliminary Test Track Program: 2nd Place
- Pre-Preliminary Compulsory Moves: 1st Place

William Fichter:

- Basic Skills Program 2: 3rd Place
- Compulsory Elements Basic 2: 3rd Place

Shelby Fichter:

- Basic Skills Program 6: 3rd Place
- Compulsory Elements Basic 6: 3rd Place

Bryce DiRisio:

- Basic Skills Program 6: 1st Place

**Saratoga Springs FSC TEST
SESSION, NOVEMBER 23**

Christina Lombardi:

- Viennese Waltz
- Quickstep

Stephanie Lombardi:

- Argentine Tango
- Quickstep

Adi White:

- Juvenile Freestyle
- Tango

Aislyn DiRisio:

- European Waltz
- Foxtrot
- Pre-Silver Dance Test
- Junior MIF

Alyssa Hopsicker:

- Fourteen Step
- Foxtrot
- Juvenile Freestyle

Katie Howard:

- Juvenile Freestyle

Rachel Staudt:

- Willow Waltz
- Bronze Dance Test
- Fourteen Step

Lukas Sotola:

- Fourteen Step

Olivia Serafini:

- Intermediate Freestyle

Amy Schimmel:

- Pre-Juvenile MIF

Rachel Bluth:

- Pre-Juvenile MIF
- Pairat Worapatkitkul:**
- Hickory Hoedown



SYNCHRO NEWS

The month of November has been a busy one for the Albany FSC Achilles Edge synchro teams. On Saturday, November 1st, the teams sponsored their annual Applebee's Flapjack Breakfast fundraiser at the Glenmont Applebee's restaurant. Team members sold 300 breakfast tickets, and then served as greeters, beverage and pancake servers, and clean-up crew. Guests were treated to a delicious breakfast of pancakes, bacon, coffee, and juice. This successful annual event raised over \$1,600 for the synchro teams. Thanks to all the team members and parent supervisors/kitchen crew who worked so hard to make the fundraiser such a success, with special thanks to Debbie Sgroi who coordinated this event.

The Achilles Edge synchro teams continue to practice and polish their performances. The Intermediate team is looking forward to participating in its first competition of the season on December 7th at the Terry Connors Open in Stamford, Connecticut. All three teams will debut their new programs at the Albany FSC Winter Ice Show on December 21st. Make sure to come out and see the new synchro costumes, music, and choreography, and cheer for our hard-working synchro skaters!

For more information about our synchro program, contact team manager Dawn Hopsicker at jhopsick@nycap.rr.com.



BASIC SKILLS 2008-2009

WINTER 2009 PROGRAM
OPEN TO NEW SKATERS!

Registration for our Winter 2009 Program will be held during our skating session on December 7th from 1-2:30 at the Albany Academies Fieldhouse or download form from www.albanyfsc.org & mail it in by December 21. LET YOUR FRIENDS KNOW – SPACES ARE LIMITED.

Here are some photos of our present skaters:



SEE MORE BELOW!

Questions about our Basic Skills/Learn to Skate Program visit our website www.albanyfsc.org or contact Janet Sotola jsotola@nycap.rr.com or 518-861-6705.

ITEMS OF INTEREST:

1. The Achilles Edge Synchronized Skating Teams are again offering beautiful **FRESH FLOWER BOUQUETS** for sale to parents, relatives, and friends of skaters participating in the AFSC Winter Ice Show on December 21, 2008. Arrangements have been made with The Floral Garden in Delmar, for special bouquet packages for our Club. If you have ordered flowers for our previous shows, you know how nice these bouquets are! A single long-stemmed rose with greens is \$5, and a lovely mixed bouquet is only \$10. Orders must be received by December 12, 2008. If you have any questions, please contact Paulette Morgan at 475-9419 or pmorgan3@nycap.rr.com.
2. **AFSC LOGO APPAREL SALE:** December 1-13 Judi Weatherhead will be taking orders by mail or email for club logo apparel. Unlike other years fitting jackets will be the responsibility of the individual skaters by trying on another member's jacket. Apparel offered:
 - a. **Fleece Jackets:**
 - Youth XS-L \$45
 - Adult XS-XL \$50
 - b. **Garment Bag:** \$25
 - c. **Fleece Blanket:** \$18An email was sent with all the information but if you have questions feel free to contact Judi @ judi258@nycap.rr.com or at 356-1176 (evenings).



QUESTION OF THE MONTH

WHICH JUMP IS WHICH?

There are many types of jumps, identified by the way the skater takes off and lands, as well as by the number of rotations that are completed.

Most skaters rotate all their jumps in the counterclockwise direction. Some prefer to rotate clockwise, and a very small number of skaters can perform jumps in both directions. For clarity, all jumps will be described for the counterclockwise skater. Jumps are one of the most important parts of figure skating. There are six major jumps in figure skating. All six are landed on one foot on the right back outside edge (with counterclockwise rotation, for single and multi-revolution jumps), but have different takeoffs, by which they may be distinguished. The two categories of jumps are toe jumps and edge jumps.

TOE JUMPS

Toe jumps are launched by tapping the toe pick of one skate into the ice, and include (in order of difficulty from easiest to hardest):

1. **TOE LOOPS:** Take off from the back outside edge of the right foot and are launched by the left toe
2. **FLIP:** Take off from the back inside edge of the left foot and are launched by the right toe pick
3. **LUTZ:** Take off from the back outside edge of the left foot and are launched by the right toe pick

EDGE JUMPS

Edge jumps use no toe pick assist:

1. **SALCHOW:** Take off from a left back inside edge. Allowing the edge to come round, the opposite leg helps launch the jump into the air
2. **LOOP:** Take off from a right back outside edge and land on the same edge
3. **AXEL:** The only rotating jump to take off from a forward edge (the left outside edge). Because they take off from a forward edge, they include one-half extra rotation and are usually considered the hardest jump of the six.



Happy Birthday!

- Judy Bovitz: November 12
Kylar Coleman Foley: November 27
Quinn Desiderio: November 11
Kyra Fragale: November 26
Ellen Harris: November 25
Bailey Hogan: November 3
Rachele Kalin: November 18
Christina Lombardi: November 30
Caley Vangelis: November 3
Louis Tomaino: November 19
Allie Pigliavento: November 13



SKATING ON TV:

1. **Friday, Dec. 5, 2-3 PM** on Style:
Repeat of: Frankie Valli and the Four Seasons Tribute on Ice
2. **Monday, Dec. 8, 10-11 AM** on Style:
Repeat of: Family Tribute on Ice
3. **Saturday, Dec. 13, 10-11 AM** on Style:
Repeat of: Frankie Valli and the Four Seasons Tribute on Ice
4. **Sunday, Dec. 21, 10-11 AM** on Style:
Repeat of: Holiday Celebration on Ice
5. **Monday Dec. 22, 4-5 PM** on Style:
Repeat of: Holiday Celebration on Ice
6. **Wednesday, Dec. 24, 2-3 PM** *Repeat of:* Holiday Celebration on Ice
7. **Thursday, Dec. 25, 3-5 PM** on NBC:
Hot Ice, Cool Sounds
8. **Sunday Dec. 28, 10-11 AM** on Style:
Repeat of: Hot Ice, Cool Sounds
9. **Monday Dec. 29, 4-5 PM** on Style:
Repeat of: Hot Ice, Cool Sounds
10. **Wednesday Dec. 31, 9-10 AM** on Style:
Repeat of: Hot Ice, Cool Sounds



IMPORTANT DATES TO REMEMBER:

1. **Sunday December 21, 4-7PM:** AFSC Winter Ice show @ YMCA
2. **Sunday March 8, 2009 5-7:30:** AFSC Spring Ice Show @ YMCA
3. **March 29, 2009:** Stars on Ice. Group rate tickets will be available. More information to come!

UPCOMING COMPETITIONS FOR THE SEASON:

USFS COMPETITIONS:

1. **Saturday December 6, 2008:** Snowflake Open & Basic Skills Competition, North Adams, MA.. For additional Info: Please contact Laura Cece at Lcece20@aol.com or (413) 374-6395. **Deadline for registration November 15.**
2. **1st Annual Glens Falls Winter Figure Skating Classic:** Glens Falls FSC. For registration form is available at : www.glensfallsfigureskating.com. **Deadline for registration is December 10**
3. **Sunday, January 18, 2009:** Mohawk Valley Classic. For more information visit: www.scnh.org. **Deadline for registration December 13, 2008.**
4. **Sunday, January 18, 2009,** Winter Escapade Competition, West Orange, NJ. For information visit: www.essexskatingclub.org.
5. **Saturday, March 21, 2009:** Garren Invitational, Troy, NY. Visit www.hmfsc.org for more information.

ISI COMPETITIONS:

1. **January 15-18, 2009,** 2009 Lake Placid ISI Championships. For information visit www.riverdaleice.com.

UPCOMING USFS TEST SESSIONS:

1. **Friday December 12:** Sponsored by the Clinton FSC. Applications must be postmarked by December 1 to avoid late fee. Email Denise Truchon-Borek

@ rdrborek@aol.com for more information.

2. **Sunday January 25, 2009:** Sponsored by Saratoga Springs FSC @ Weibel rink Saratoga Springs, NY.
3. **Sunday March 1, 2009:** Sponsored by Albany FSC @ the YMCA Delmar, NY.
4. **Sunday March 29, 2009:** Sponsored by Saratoga Springs FSC @ Weibel rink Saratoga Springs, NY.

MEMBERSHIP UPDATE:
119 MEMBERS!

Welcome new members!

- Christine Cedilotte

Questions? Contact Membership Chair Janet Sotola @ jsotola@nycap.rr.com

NEXT AFSC BOARD MEETING

Tuesday December 30, 6:30-8:30 at the YMCA



MORE BASIC SKILLS PHOTOS



PENGUIN INVITATIONAL

