



# 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: 2<sup>nd</sup> Place
- Preliminary Compulsory Moves: 2<sup>nd</sup> Place

#### Judy Min:

- Pre-Preliminary B Freeskiate: 7<sup>th</sup> Place

#### Trisha Roohan:

- Pre-Preliminary B Freeskiate: 2<sup>nd</sup> Place

#### Morgan Gillies:

- Pre-Preliminary B Freeskiate: 6<sup>th</sup> Place

#### Katelyn Masullo:

- Pre-Preliminary B Freeskiate: 3<sup>rd</sup> Place

#### Katie Howard:

- Juvenile Test Track Program: 1<sup>st</sup> Place

#### Jennifer Glenn:

- Juvenile Test Track Program: 4<sup>th</sup> Place
- Juvenile Showcase: 3<sup>rd</sup> Place

#### Danielle Sgroi:

- No Test Freeskiate Program: 4<sup>th</sup> Place

#### Catherine Amodeo:

- Limited Beginner Test Track Program: 2<sup>nd</sup> Place
- Beginner Compulsory Moves: 1<sup>st</sup> Place

#### Amy Barba:

- Limited Beginner Test Track Program: 1<sup>st</sup> Place
- Beginner Compulsory Moves: 1<sup>st</sup> Place

#### Grace DiRisio:

- Beginner Test Track Program: 4<sup>th</sup> Place
- Beginner Compulsory Moves: 5<sup>th</sup> Place

#### Alexis Mouzakes:

- Beginner Test Track Program: 2<sup>nd</sup> Place

- Beginner Compulsory Moves: 2<sup>nd</sup> Place

#### Meagan Clawar:

- Pre-Preliminary Test Track Program: 6<sup>th</sup> Place
- Pre-Preliminary Moves: 3<sup>rd</sup> Place

#### Jessica Marinstein:

- Pre-Preliminary Test Track Program: 2<sup>nd</sup> Place
- Pre-Preliminary Compulsory Moves: 1<sup>st</sup> Place

#### William Fichter:

- Basic Skills Program 2: 3<sup>rd</sup> Place
- Compulsory Elements Basic 2: 3<sup>rd</sup> Place

#### Shelby Fichter:

- Basic Skills Program 6: 3<sup>rd</sup> Place
- Compulsory Elements Basic 6: 3<sup>rd</sup> Place

#### Bryce DiRisio:

- Basic Skills Program 6: 1<sup>st</sup> 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 1<sup>st</sup>, 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 7<sup>th</sup> 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 21<sup>st</sup>. 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](mailto: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 7<sup>th</sup> from 1-2:30 at the Albany Academies Fieldhouse or download form from [www.albanyfsc.org](http://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](http://www.albanyfsc.org) or contact Janet Sotola [jsotola@nycap.rr.com](mailto: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](mailto: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](mailto: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](mailto:Lcece20@aol.com) or (413) 374-6395. **Deadline for registration November 15.**
2. **1<sup>st</sup> Annual Glens Falls Winter Figure Skating Classic:** Glens Falls FSC. For registration form is available at : [www.glensfallsfigureskating.com](http://www.glensfallsfigureskating.com). **Deadline for registration is December 10**
3. **Sunday, January 18, 2009:** Mohawk Valley Classic. For more information visit: [www.scnh.org](http://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](http://www.essexskatingclub.org).
5. **Saturday, March 21, 2009:** Garren Invitational, Troy, NY. Visit [www.hmfsc.org](http://www.hmfsc.org) for more information.

#### ISI COMPETITIONS:

1. **January 15-18, 2009,** 2009 Lake Placid ISI Championships. For information visit [www.riverdaleice.com](http://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](mailto: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](mailto:jsotola@nycap.rr.com)

### NEXT AFSC BOARD MEETING

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



### MORE BASIC SKILLS PHOTOS



PENGUIN INVITATIONAL

