



INK FROM THE RINK

NOVEMBER 2009

GOOD LUCK!



2010 U.S. Junior Figure Skating
Championships

December 14-19, 2009

Hoover Arena, Strongsville, Ohio

GOOD LUCK OLIVIA!

Olivia Serafini will be competing at the 2010 Junior Figure Skating Championships at the Intermediate Ladies level after qualifying in October at Regionals! We will all be thinking of her and wishing her a great skate!

CONGRATULATIONS!

**Saratoga Springs FSC Test
Session November 22:**

Aislyn DiRisio:

- Juvenile Freestyle
- Paso Doble
- Killian

Meagan Clawar:

- Pre-Preliminary Freestyle

Lea Sposito:

- Swing
- Hickory Hoedown
- Pre-Juvenile Moves in the Field

Isabelle Lombardi:

- Rocker Foxtrot

Grace DiRisio:

- Pre-Juvenile Moves in the Field

Lukas Sotola:

- Blues

Rachel Galloway:

- Ten Fox

Alexandra Pigliavento:

- Pre-Juvenile Moves in the Field

Abigail Smentkowski:

- Pre-Juvenile Moves in the Field

Lily Digman:

- Pre-Juvenile Moves in the Field

Danielle Sgroi:

- Juvenile Moves in the Field

Quinn Desiderio:

- Tango

Maddy Olberg:

- Pre-Juvenile Freestyle

Erin O'Sullivan:

- Intermediate Moves in the Field

Rachel Bluth:

- Intermediate Moves in the Field



SYNCHRO NEWS

We've Got Medals!

Both the Pre-Juvenile and the Intermediate teams medaled in their first competition of the season, the Thanksgiving Classic competition in Plymouth, Massachusetts, on November 14th!

The Pre-Juvenile skaters took the Pewter Medal (4th place) in a field of 10 teams, skating beautifully to their dance music program. Congratulations to all of the Pre-Juvenile skaters and to Coach Stephanie Hunter for a great job!

Congratulations to the Intermediate team, which also placed 4th, medaling in a very competitive field of 6 teams – the second through sixth place scores were separated by less than one point! The Intermediate team also took this opportunity to participate in an official USFS monitoring session for synchro levels scored under the IJS system (Intermediate and above). Coaches Liz Spiller and Wayne Hussey received some very helpful feedback from the monitoring technical specialists/controllers, and they also received positive comments from the competition judges during the team critique.

The teams are looking forward to their next competition, the Cape Cod Classic in Bourne, Massachusetts on December 11th and 12th. The teams will also

showcase their skills for the home crowd at the Albany FSC Winter Ice Show at the Bethlehem YMCA on December 20th and at the Albany FSC SkateFest at the Albany Academy Field House on December 30th. Make sure to come out and cheer for our medal-winning synchro skaters!

Flapjack Breakfast

The Achilles Edge Synchro Team's Flapjack Breakfast fundraiser at the Applebee's Restaurant in Glenmont on November 7th was a big success. Team members sold breakfast tickets, and then served as greeters, beverage and pancake servers, and clean-up crew. Guests were treated to a delicious breakfast of pancakes and bacon, coffee, and juice. This annual event raised over \$1,400 for our synchro team. Thank you to all the skaters and their families who worked so hard to make the fundraiser such a success, with special thanks to Debbie Sgroi who coordinated this event.

Hewitt's Holiday Fundraiser

The Achilles Edge Synchronized Skating Team is currently selling coupons for Hewitt's fresh Christmas trees and wreaths. Coupons are good at any area Hewitt's store beginning Friday November 27th, and can be used anytime before Christmas.

A coupon for a 24" fresh balsam wreath is only \$13, and a coupon for any size, any variety of live, fresh cut tree is only \$45. While the prices we are offering are the ones you will find in the stores, there is **no tax** when you order from us. A portion of the purchase price will benefit the AFSC synchro teams.

Orders must be pre-paid, and coupons will be sold through Thursday, December 10th. If you have any questions or would like to purchase coupons for these great holiday items, please contact any synchro family or event coordinator Elaine Briceland at 899-4294.

For more information about our successful synchro program, please contact team manager Dawn Hopsicker at jhopsick@nycap.rr.com or assistant manager Tara DiRisio at tdirisio@verizon.net.



NATIONAL SKATING
MONTH

Wednesday December 30, 3:00-5:00 at the Albany Academy Field House the Albany FSC will celebrate their first National Skating Month SkateFest!

Information & registration forms are now available on our website – just look for the blue star SkateFest logo!

If you have questions contact Janet Sotola (jsotola@nycap.rr.com) or Jayne Deane White (jdeanesk8@verizon.net).



BASIC SKILLS 2009-10

Winter 2010 Basic Skills Program starts January 3!

Early Registration For Winter 2010 Program:

- December 6 12:30-2:30
- SAVE \$5.00 – early registration discount

For information about our Basic Skills/Learn to Skate program contact Janet Sotola jsotola@nycap.rr.com or 518-861-6705.



Happy Birthday!

- Caley Vangelis: November 3
- Quinn Desiderio: November 11
- Judy Bovitz: November 12
- Alexandra Pigliavento: November 13
- Rachele Kalin: November 18
- Louis Tomaino: November 19
- Amanda Zeng: November 23
- Ellen Harris: November 25
- Kylar Coleman Foley: November 27
- Christina Lombardi: November 30

6TH ANNUAL ALBANY FSC
WINTER ICE SHOW 2009

4:00-6:30 at the Bethlehem Area YMCA rink. Performances will include both Achilles Synchronized Skating teams, Solo freestyle programs by Albany FSC and Basic Skills members.

Flowers for skaters will be sold in advance. A basket raffle, Olympic bracelet sale & concession stand will also be held.

For the first time we are charging a nominal admission fee for spectators (\$2 adults, \$1 students & seniors; under 5 free). Spectators are also invited to bring and donate a non-perishable food item to support the Greater Capital Region Food Pantry.

Questions? Contact Tom Lombardi @ lombardt1@verizon.net.

SKATING ON TV

- December 6: 12-2:00 PM, NBC; Grand Prix Final
- December 20: 2-4:00 PM, NBC; Salute to American Skating
- December 25: 3-5:00 PM, NBC; Improv-Ice



FLOWERS FOR SALE!

The Albany FSC 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 Sunday, December 20, 2009.

Arrangements have been made with The Floral Garden, 340 Delaware Avenue, 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 13, 2009](#).

Information about the sale and an order form is available – just contact Paulette at 475-9419 or pmorgan3@nycap.rr.com.

CLIFTON PARK ICE SHOW
DECEMBER 11

5:15 PM @ the Clifton Park Arena. Interested skaters should contact Stacie Kuglin @ 371-1880 or Vin Smentkowski @ vinsmentkowski@hotmail.com for an application and/or details. For many of the younger Clifton Park skaters, this will be the first skating event they will get to watch. I am sure they would be thrilled to see some of the advanced skaters from the AFSC!



COMMUNITY OUTREACH
OPPORTUNITY

Volunteer Coaches Needed:

Free Learn to Skate Program @
Swinburne Park

When: Saturday Morning's 12/5/2009 -
3/13/2010

Time: 9:00 AM - 10:15 AM

Where: Swinburne Skating Rink, 807
Clinton Avenue, Albany NY 12206

Wanted: Anyone who would love to
introduce the sport of skating to young
people. Serve either on ice or off ice.
Come once or as often as you would
like. The success of this of this program
is dependent on to the many skaters
that have put aside time on Saturday
mornings to help coach and mentor
these young people.

Please come, be a positive role model
and friend to these awesome young
people!

Contact Coach Scott Rock @
werock@nycap.rr.com or call 376 9108.

CUTTING EDGE SPORT
SCIENCES: CLASSES FOR
FIGURE SKATERS

Cutting Edge Sport Sciences is offering
two skating packages. The program will
run between 11/15/09 and 1/15/10.

1. 4 dryland classes + 4 skating
specific strength training
sessions for \$ 119 (save 15%)
2. 6 dryland classes + 6 skating
specific strength training
sessions for \$ 168 (save 20%)

Skaters can pick from 5 classes:

1. Monday 6:45p.m.-8:00
2. Thursday 6:45p.m.-8:00
3. Saturday 11:30a.m.-12:45p.m.
4. Sunday 12:15p.m.-1:30a.m.
5. Sunday 6:00p.m.-7:15

The skating specific strength training
sessions are by appointment only and
are offered 7 days per week. The class
and training sessions are held at 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 (518) G-E-T E-D-G-E
or (518)438-3343.



FIGURE SKATERS'
FAVORITES

Glens Falls Figure Skating Club, Inc is
offering a collection of favorite recipes
from figure skaters around the world.
This cookbook includes 450 recipes from
over 270 skaters, as well as cooking &
entertaining tips. Only \$20.00, all
proceeds to benefit the Glens Falls FSC.
Order online at
<http://skaterscookbook.com/>.



IMPORTANT DATES TO
REMEMBER:

1. **December 9:** Deadline for
registering for the 6th Annual Albany
FSC Winter Ice Show to avoid the
late fee.
2. **December 11:** Winter Ice Show @
Clifton Park Arena
3. **December 12:** Deadline for mailing
freestyle ice packages and receive
early bird discount!
4. **December 13:** Deadline for ordering
flowers for our Winter Ice Show.
5. **December 20 4:00-7:00:** Albany
Figure Skating Club's Winter Ice
Show @ the Bethlehem Area YMCA
rink.
6. **December 30, 3:00-5:00:** Albany
FSC's National Skating Month
SKATEFEST @ AA.

WINTER 2010 ICE
PACKAGES ARE OUT!

Winter ice package registration forms
are available at www.albanyfsc.org.
Deadline for receiving early bird
discount December 12.

UPCOMING USFS TEST
SESSIONS:

1. **December 11-12:** Offered by the
Clinton FSC, Clinton, NY
2. **January 24, 2010:** Offered by
SSFSC, Saratoga Springs, NY
3. **March 28, 2010:** Offered by SSFSC,
Saratoga Springs, NY

UPCOMING
COMPETITIONS FOR
THE SEASON:

USFS COMPETITIONS:

1. **December 4-6:** 19th Annual
Skaneateles Figure Skating
Invitational, visit
<http://www.eteamz.com/SkanFSC/handouts/index.cfm?cat=27567&id=789671> for application.
2. January 10, 2010: Glens Falls
Figure Skating Classic, Glens Falls
Civic Center, Glens Falls, NY @
www.glensfallsfigureskating.com.
3. January 16, 2010: 2010 Mohawk
Valley Classic, New Hartford
Recreation Center, New Hartford,
NY @ www.scnh.org.
4. **January 17, 2010:** 8th Annual Winter
Escapade Competition offered by
the Essex Skating Club of NJ @
www.essexskatingclub.org.
5. March 13-14, 2010: 2010 Skate
Challenge, Skating Club of Central
NY, Cicero, NY @ www.sccny.org.
6. **March 27, 2010:** The Garren, Troy,
NY

ISI COMPETITIONS:

1. **January 14-17, 2010:** 2010 Lake
Placid ISI Championships,
applications now available, visit
www.riverdaleice.com.
2. **March 20-21, 2010:** Saratoga
Springs FSC ISI Competition

109 MEMBERS!

WELCOME NEW MEMBERS!

- Lily Digman
- Megan Clemente

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

