

CONGRATULATIONS!



Olivia Serfina Skates to Junior Nationals!

Helen and Olivia Serafini competed at the 2010 North Atlantic Regionals in the Intermediate Ladies division in Hackensack, NJ. More than 80 Intermediate level skaters from the North Atlantic Region competed in hopes of earning one of the 5 spots that were available to qualify for Junior Nationals. All 80+ skaters first competed in the Qualifying Round for 20 spots in the Final Round. Helen finished in 6th place in her Qualifying round. Olivia finished 3rd, which allowed her to advance her to the Final Round. All 20 skaters who qualified for the Final Round at the Intermediate level skated their Short Program and Free Skate. The scores for both Short and Free Skate were then combined. The top 5 skaters based on combined scores advanced to the Junior Nationals. Olivia finished 2nd in the Short Program with a score of 28.7, and 6th in the Free Skate with a score of 53.21. These scores placed Olivia in 5th overall with a combined total of 191! The Junior Nationals will be held in December in Cleveland, OH. Nine regions and a total of 40 skaters will be represented at the Junior Nationals.

2010 North Atlantic Regionals, Hackensack, NY, October 16-20:

Helen Serafini:

- Qualifying Round - Intermediate Ladies Long Program: 6th Place

Olivia Serafini:

- Qualifying Round - Intermediate Ladies Long Program: 3rd Place
- Intermediate Ladies Short Program: 2nd Place
- Intermediate Ladies Long Program: 6th Place
- Intermediate Ladies Final: 5th Place

Saratoga Springs FSC Test Session July 31:

Rachel Watson:

- Pre-Preliminary Moves in the Field

Saratoga Springs FSC Test Session August 29:

Gina DiNapoli:

- Junior Moves in the Field

Joanne Heimerdinger:

- Willow Waltz

Alyssa Hopsicker:

- American Waltz

Aislyn DiRisio:

- Blues
- Pre-Juvenile Free Skate

3rd Annual Albany FSC Halloween Invitational, October 24:

Gina DiNapoli:

- Intermediate Ladies Short Program: 4th Place
- Intermediate Ladies Long Program: 2nd Place

Helen Serafini:

- Intermediate Ladies Short Program: 2nd Place
- Intermediate Ladies Long Program: 3rd Place

Olivia Serafini:

- Intermediate Ladies Short Program: 1st Place
- Intermediate Ladies Long Program: 1st Place

Maya Septer:

- Basic 4 Compulsory Moves: 2nd Place
- Basic 4 Program with Music: 2nd Place

Eleana Sakoulas:

- No Test Free Skate: 3rd Place

- Pre-Preliminary Compulsory Spins: 2nd Place
- No Test Artistic/Showcase: 2nd Place

Grace DiRisio:

- Pre-Preliminary Compulsory Moves: 4th Place
- Pre-Preliminary Competitive Test Track: 3rd Place

Catherine Amodeo:

- Pre-Preliminary Compulsory Moves: 5th Place
- Pre-Preliminary Competitive Test Track: 4th Place

Emily Mueller:

- Pre-Preliminary Compulsory Moves: 4th Place
- Pre-Preliminary Competitive Test Track: 5th Place

Lea Sposito:

- No Test/Pre-Preliminary Interpretive: 3rd Place
- Pre-Preliminary Competitive Test Track: 2nd Place

Gianna Foley:

- Preliminary/Pre-Juvenile Interpretive: 2nd Place
- Preliminary Competitive Test Track: 4th Place

Trisha Roohan:

- Preliminary/Pre-Juvenile Interpretive: 1st Place
- Pre-Juvenile Free Skate: 2nd Place
- Pre-Juvenile/Juvenile Artistic/Showcase: 4th Place

Aubrie Roszell:

- Preliminary/Pre-Juvenile Interpretive: 3rd Place
- Preliminary Compulsory Moves: 7th Place
- Preliminary Compulsory Spins: 4th Place
- Preliminary Competitive Test Track: 1st Place

Devon Olsen:

- No Test Compulsory Moves: 5th Place
- Beginner Test Track: 5th Place

Shea Foley Coleman:

- Preliminary Compulsory Moves: 6th Place
- Pre-Preliminary A Free Skate: 2nd Place

Samantha Zayas:

- Preliminary Compulsory Moves: 4th Place
- Preliminary Compulsory Spins: 2nd Place
- Pre-Preliminary B Free Skate: 2nd Place

Sabrina Zayas:

- Beginner Test Track: 2nd Place
- No Test Compulsory Moves: 3rd Place

Emma Briceland:

- Pre-Juvenile/Juvenile Compulsory Spins: 2nd Place
- Intermediate Competitive Test Track: 2nd Place
- Pre-Juvenile/Juvenile Artistic/Showcase: 3rd Place

Amanda Smentkowski:

- Limited Beginner Test Track: 1st Place

Jillian Paradise:

- Beginner Test Track: 6th Place

Sophie Kemp:

- Pre-Preliminary Competitive Test Track: 6th Place

Christie Reich:

- Pre-Preliminary Competitive Test Track: 3rd Place
- No Test Artistic/Showcase: 3rd Place

Isabelle Lombardi:

- Juvenile Competitive Test Track: 2nd Place

Danielle Sgroi:

- Pre-Preliminary A Free Skate: 1st Place

Ellory Smith:

- Pre-Preliminary A Free Skate: 3rd Place

Juliana Drozd:

- Pre-Preliminary B Free Skate: 3rd Place

Abigail Smentkowski:

- Pre-Preliminary B Free Skate: 2nd Place
- Pre-Preliminary Artistic/Showcase: 1st Place

Hannah Conroy:

- Preliminary B Free Skate: 3rd Place

- Preliminary Artistic/Showcase: 2nd Place

Desiree Larrivee:

- Preliminary B Free Skate: 5th Place

Emma Paradise:

- No Test Artistic/Showcase: 5th Place
- Pre-Preliminary Competitive Test Track: 5th Place

Albany FSC Test Session

October 24:

Christina Lombardi:

- JUNIOR FREESTYLE!!!!

Pai Worapatkikul:

- ADULT GOLD MOVES IN THE FIELD!!!

Meagan Clawar:

- Pre-Juvenile Moves in the Field



SYNCHRO NEWS

On Sunday, October 11th, Karen, a synchronized skating judge and technical specialist/controller, came to an extended practice session at the team's invitation to critique both the Pre-Juvenile and Intermediate Teams programs. She was extremely helpful in giving the coaches feedback from a judging perspective, enabling them to make changes to improve both programs before the first competition. Achilles Edge appreciated the opportunity to take advantage of Karen's knowledge and expertise in the field, and we extend our thanks to her for her assistance.

The team will kick off its competitive season on November 14th with the Thanksgiving Classic competition in Plymouth, Massachusetts. Remember to wish the synchro skaters good luck in their first competition!

Tights Sale

The skating tights fundraiser was a big success, earning about \$450 for the synchro program. Thank you to all skaters who purchased tights and helped out the synchro team, and

special thanks to Debbie Sgroi for organizing this fundraiser.

Flapjack Breakfast

The Achilles Edge Synchro Teams will be holding Flapjack Breakfast fundraiser at the Applebee's Restaurant in Glenmont on Saturday, November 7th 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. We hope to see you at the breakfast! If you have any questions, please contact event coordinator Debbie Sgroi at Dntsgroi@aol.com.

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

Skatefest!

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

Included in the festivities will be:

- Free admission to all
- Free skating lessons to all who bring their skates!
- Skating Exhibition
- Free skate time
- Goody bags & Prizes
- Raffles & Games
- Information about skating in general & about our Basic Skills Program
- Next-to-New Sale

Invite your friends & family for 2 hours of fun! More information to follow!

VOLUNTEERS NEEDED: If you are interested in volunteering in any aspect please contact Janet Sotola (jsotola@nycap.rr.com) or Jayne Deane White (jdeanesk8@verizon.net).



BASIC SKILLS 2009-10

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!

- Christine Cedilotte: October 19
Taylor Kennedy: October 21
Sabrina Zayas: October 22
Meagan Clawar: October 31
Rocky Irish: October 31
Katelyn Masullo: October 31

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.

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!



IMPORTANT DATES TO REMEMBER:

- 1. November 7, 8:00-10:00: The Achilles Edge Synchro Team Flapjack Breakfast fundraiser @ Applebee's!
2. December 11: Winter Ice Show @ Clifton Park Arena
3. December 20 4:00-7:00: Albany Figure Skating Club's Winter Ice Show @ the Bethlehem Area YMCA rink.
4. December 30, 3:00-5:00: Albany FSC's National Skating Month SKATEFEST @ AA.

ITEMS OF INTEREST:

- 1. SKATE AMERICA 2009: The international figure skating event is one of six stops on the ISU Grand Prix of Figure Skating Series. This year's competition will take place Nov. 12-15, at the 1980 rink in Lake Placid, NY. Ticket information is available @ http://www.skateamerica2009.com/.

UPCOMING USFS TEST SESSIONS:

- 1. November 22: Offered by the Saratoga Springs Figure Skating Club (SSFSC), Saratoga Springs, NY.
2. January 24, 2010: Offered by SSFSC
3. March 28, 2010: Offered by SSFSC

UPCOMING COMPETITIONS FOR THE SEASON:

USFS COMPETITIONS:

- 1. July 24-26: 2009 Champlain Valley Open, Burlington, VT: www.champlainvalleyskatingclub.org.
2. August 5-8: 2009 Lake Placid Ice Dance Championships, Lake Placid, NY.
3. August 7-9: 2009 Charter Oak Open, Simsbury, CT www.charteroakfsc.com.
4. August 14-15: 2009 Skate Chautauqua, Jamestown, NY www.chautauquaice.com.
5. August 16-23: 2009 Cranberry Open, Yarmouth Ice Club, Kingston, MA www.yarmouthiceclub.org.
6. September 10-13: Mid-Atlantic Championships, Sky Rink @ Chelsea Piers, NY, NY www.thescny.org.
7. October 16: 2010 North Atlantic Regional Championships, Hackensack, NJ www.aafsc.org.
8. October 24 & 25: 3rd Annual Albany FSC Basic Skills & Open Competition, Clifton Park Arena, Clifton Park, NY www.albnayfsc.org.

107 MEMBERS!

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



