



# Albany

Figure Skating Club

# INK FROM THE RINK

SEPTEMBER 2008

## CONGRATULATIONS!

### Saratoga Test Session August 22:

Quinn Desiderio:

- Junior MIF



### SKATER ACCOMPLISHMENTS:

1. **Shea Coleman Foley:** Shea ran in the Teal Ribbon 5k race on September 14th. Her time was 22:55 and she placed 1st for girls in her age group (1-14years old). *Submitted by her proud family Kylar, Tedi & Jim.*
2. **Gianna Foley:** Based on Gianna's outstanding scholastic merit, civic involvement and leadership potential, she was nominated and accepted to attend the People to People World Leadership Forum in Washington, D.C. Oct 13 - Oct 19, 2008. The program is coordinated by People to People Student Leader Programs to fulfill the vision President Dwight D. Eisenhower had for fostering world citizenship when he founded the program during his presidency in 1956. *Submitted by Gianna's proud parents Ann-Margaret & Joe.*



### Happy Birthday!

- Karla Schallehn: September 14  
 Trisha Roohan: September 8  
 Suzanne Decker: September 13  
 Grace DiRisio: September 30  
 Bryce DiRisio: September 30  
 Alyssa Hopsicker: September 28  
 Demi Flack: September 18  
 Verena Mohanlall: September 29  
 Hannah Keehan: September 22  
 Victoria Carach: September 23



### VOLUNTEERS NEEDED!

As you know, our competition is approaching in less than four weeks. Many of you have already volunteered to assist, but we still need volunteers particularly in the following areas:

- Hospitality (judges and volunteers)
- Awards (receiving results and announcing)
- Ice monitors
- Next-to-new (skaters can help a parent with this)
- Clean-up
- Runners (skaters 11 and up to run results)
- Decorations (day before and a short time on Saturday - good if you have limited time or younger kids)

Please consider giving 1-2 hours of your time to help. It's fun and it is the club's biggest event of the year! Last year, our competition committee had positive feedback from non-club attendees on how well-run the event was. This was largely because of all of you that helped out!

If you can help in any way please contact Jayne Deane-White, Volunteer Coordinator @ [jdeanesk8@verizon.net](mailto:jdeanesk8@verizon.net) or [jdeane@cdphp.com](mailto:jdeane@cdphp.com)

### Skate-O-Gram deadline Oct 13

Don't forget to wish your skater good luck in our competition program! There are some cute new pictures to choose from this year and as always the cost is only \$5 or \$10! Here are some of our new pictures!



### Advertisers Needed - Deadline October 13

Last year many of you supported our competition by placing ads for your business in our competition program. The money (tax deductible) that you donated was very appreciated as it helped defer a large part of the cost of putting together and printing our competition program.

For \$25 you can advertise your business in our program. Please submit by October 25. Contact Vin Smentkowski @ [vinsmentkowski@hotmail.com](mailto:vinsmentkowski@hotmail.com) and he can email you the correct form.



### NEARLY NEW SALE

If you are interested in participating in the Albany Figure Skating Club Competition "Nearly New Sale" on October 25, 2008 please take note:

Jeanie will be collecting all skating apparel to be sold. Please coordinate with Jeanie to give clothes to her at the ice rink or bring to her home. Please have all items tagged with prices & on hangers.

We will not be collecting skates because they can be sold through the "Skate Exchange". We will have a list of all skates currently listed on the "Skate Exchange" at the "Nearly New Sale" table. If you would like to sell skates, make sure they are listed on the October edition of the "Skate Exchange." Contact Paulette Morgan @ [pmorgan3@nycap.rr.com](mailto:pmorgan3@nycap.rr.com) before October 6.

The cost to participate in the "Nearly New Sale" is \$5 per family. The \$5 can be given to Jeanie when you give her your items. Jeanie will distribute \$ for items sold after the competition.

Jeanie is also looking for 3 rolling racks and a full length mirror to be used for the sale (October 25, 2008). Please let Jeanie know if you can provide these items.

Contact person: Jeanie DiNapoli @ [chocoffee58@yahoo.com](mailto:chocoffee58@yahoo.com)



TEST SESSION OCTOBER 26, 2008

**VOLUNTEERS NEEDED!**

Our Test Session on Sunday October 26 requires many volunteers to be successful. Please consider donating an hour or two of your time to help.

If you can help in any way please contact Jayne Deane-White, Volunteer Coordinator @ [jdeanesk8@verizon.net](mailto:jdeanesk8@verizon.net) or [jdeane@cdphp.com](mailto:jdeane@cdphp.com)

**MEMBERSHIP UPDATE**

Thanks to those who have renewed their membership with Albany FSC:

- Sophie Kemp
- Samantha McDevitt

*Welcome new members!*

- Adriannah Saunders
- Verena Mohanlall

Questions? Contact Membership Chair Janet Sotola @ [jsotola@nycap.rr.com](mailto:jsotola@nycap.rr.com)



**SKATING ON TV:**

1. **Saturday, October 25 4-6 PM:** Skating for Life on NBC
2. **Sunday, October 26 4-6 PM:** Skate America on NBC



**Happy Halloween!**

**SYNCHRO NEWS**

The 2008-09 Achilles Edge synchro season is in full swing. Team members and their families enjoyed themselves at a Welcome Back to Synchro picnic hosted by the Lombardi family. Even though the weather didn't cooperate, everyone had a good time visiting with friends, watching synchro videos, and eating yummy food -- indoors. Special thanks to the Lombardis for hosting this event!

Practices are off to a good start, with all three teams nearly finished with their new programs. The Pre-Juvenile team practices on Fridays and Sundays and will be skating to dance music. The Open Juvenile team practices on Sundays and Mondays and will skate to swing music. The new Intermediate team practices on Fridays, Sundays, and Mondays, and is skating to music from the musical "The Starlight Express."

The tights sale, which benefits the synchro program, was a big success. Thank you to all the skaters who ordered tights, and thanks especially to Jeanie DiNapoli for coordinating the sale. Tights should be arriving in the next few weeks.

The synchro teams will again be sponsoring a Flapjack Breakfast fundraiser at the Applebee's Restaurant in Glenmont on Saturday, November 1<sup>st</sup> from 8:00 am to 10:00 am. The breakfast features all you can eat pancakes, bacon, juice and coffee, served by our friendly synchro team members. Tickets are only \$5 each, and proceeds will benefit the synchro program. To purchase tickets, see any synchro team member, or contact the event coordinator Debbie Sgroi at [Dntsgroi@aol.com](mailto:Dntsgroi@aol.com). Tickets must be purchased in advance, and the final sale date is Friday, October 24<sup>th</sup>.

For more information about our synchro program, contact team manager Dawn Hopsicker at [hopsick@nycap.rr.com](mailto:hopsick@nycap.rr.com).



**USFS BASIC SKILLS/LEARN TO SKATE 2008-2009**

**Lessons start October 19!**

We would like to welcome this year's coaches:

- Donna Wojtowicz: Skating Director, Basic Skills & Figure Skating Coach
- Karla Schallehn: Basic Skills & Figure Skating Coach
- Nicole Schallehn Coleman: Basic Skills & Figure Skating Coach
- Alex Sotola: Basic Skills & Hockey Skating Coach
- Bobbie Hammond: Basic Skills & Figure Skating Coach

We would also like to thank our volunteers:

Skater Volunteers:

- Lukas Sotola
- Rachele Kalin
- Ellory Smith

Parent Volunteers:

- Ginny Mahoney
- Margaret Smith
- Sari O'Connor

Co-Coordinator:

- Jayne Deane White
- Janet Sotola

Remember we teach lessons to ALL ages & ALL levels including:

- **Snowplow Sam:** A program designed specifically for 3-4 year old skaters
- **Basic Skills:** This is our basic learn to skate program designed for school age skaters. As skaters progress they move up through levels 1-4.
- **Advant-Edge or Beginning Freestyle:** Skaters who have passed BS 4 or who are at ISI Delta level can take the opportunity and continue learning freestyle elements in economical group lessons.
- **Hockey Program:** For future hockey skaters or those who just want to skate like a hockey skater
- **Adult Program:** a unique program geared for adult skaters

## **MORE VOLUNTEERS NEEDED FOR BASIC SKILLS!**

We are still in need of parent and skater volunteers! High School students can earn volunteer hours needed to graduate and parents can fulfill their volunteer obligations to the club. Anyone who can help in any way should contact Janet Sotola (see below) or Jayne Deane-White @ 518-222-3886 [jdeanesk8@verizon.net](mailto:jdeanesk8@verizon.net) or [jdeane@cdphp.com](mailto:jdeane@cdphp.com).

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.



## **IMPORTANT DATES TO REMEMBER:**

1. **Monday October 6:** Last date to advertise your used skates in October edition of the "Skate Exchange." Send information to Paulette Morgan @ [pmorgan3@nycap.rr.com](mailto:pmorgan3@nycap.rr.com).
2. **Monday October 13:** Deadline for submitting "Skate-O-Gram" for your skater. Mail form to Janet Sotola, 32 Indian Ladder Dr. Altamont, NY 12009.
3. **Monday October 13:** Deadline for submitting ads to help defer the costs of printing our competition program. Contact Vin Smentkowski @ [vinsmentkowski@hotmail.com](mailto:vinsmentkowski@hotmail.com) and he can email you the correct form.
4. **Saturday October 25:** 2<sup>nd</sup> Annual Albany FSC Basic Skills & Open Competition @ the Clifton Park Arena.
5. **Sunday October 26:** AFSC Test Session @ the Clifton Park Arena.
6. **Saturday November 1, 8:00-10:00:** Synchro Flapjack Breakfast fundraiser at Applebee's
7. **Sunday December 21, 4-7PM:** AFSC Winter Ice show @ YMCA:
8. **Sunday March 8, 2009 5-7:30:** AFSC Spring Ice Show @ YMCA



## **QUESTION OF THE MONTH**

### **Collegiate Skating**

**Thinking about skating in college?** Don't leave figure skating behind when you go off to school! According to the USFS, more than 70 U.S. colleges and universities offer collegiate skating programs and club memberships. Collegiate skating offers students a way to exercise and stay fit, it helps students make new friends with similar interests, and gives skaters access to ice time and coaching. Many collegiate skating clubs also offer Basic Skills or Learn-to-Skate programs where college skaters can teach group lessons and gain coaching skills. In addition, being a member of a college club allows skaters to remain competitive by participating in individual and team intercollegiate skating competitions. Students can remain members of their home club while also competing on behalf of their college. Collegiate competitions are held on the local, regional, national, and international levels.

Synchronized skating is also a growing sport on college campuses. Currently, over 40 schools have collegiate synchro programs. A few colleges even offer synchro as a varsity sport, and USFS is developing a proposal for NCAA recognition, which could open the door for scholarship opportunities. Like individual skaters, collegiate synchro skaters can compete in intercollegiate synchro competitions.

For more information about collegiate skating and links to colleges and universities with collegiate skating programs, go to: [www.usfigureskating.org/Programs.asp?id=45](http://www.usfigureskating.org/Programs.asp?id=45), or check school websites under "student activities."

The USFS and ISI also offer annual scholarships for collegiate skaters. The USFS has two such programs, the Memorial Fund scholarship and Scholastic Honors Team. The U.S. Figure Skating Memorial Fund manages specialized programs through which deserving skaters may obtain much needed financial assistance. The Honors Team is a program designed to recognize high school age U.S. Figure Skating members who have distinguished themselves both in figure skating and high

school academics. Applications and information are available at: [www.usfigureskating.org/Athletes.asp?id=214](http://www.usfigureskating.org/Athletes.asp?id=214).

The ISI also offers annual scholarships through its Ice Skating Institute of America Education Foundation in order to enhance the educational opportunities of ISI members by encouraging skaters to make athletic as well as educational achievements. Applications and information are available at: [www.skateisi.com/site/sub.cfm?content=isia\\_education\\_foundation](http://www.skateisi.com/site/sub.cfm?content=isia_education_foundation).

Finally, Olympic skater Michael Weiss has established scholarships for needy scholar-athletes through the Michael Weiss foundation. The foundation provides Olympic-eligible figure skaters from the United States with financial support to assist in all facets of training and competition with an emphasis on continuing their education. For more information, go to: [www.michaelweiss.org/criteria.shtml](http://www.michaelweiss.org/criteria.shtml).

9. **Thank you Paulette Morgan for this useful information!**

## **UPCOMING COMPETITIONS FOR THE SEASON:**

### **USFS COMPETITIONS:**

1. **October 10-14, 2009** North Atlantic Regional Championships, Jamestown, NY
2. **Saturday October 25, 2<sup>nd</sup> Annual** Open Invitational & Basic Skills Competition @ Clifton Park Arena, Clifton Park, NY.
3. **Saturday November 22, 2008** Pioneer Valley Penguin Invitational: Basic Skills through Intermediate. Applications are now available on the Little Sun Valley website: [www.littlesunvalleyskating.org](http://www.littlesunvalleyskating.org).

### **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. **Sunday October 26:** Sponsored by Albany FSC @ the Clifton Park Arena.
2. **Sunday November 23:** Sponsored by Saratoga Springs FSC @ Weibel rink Saratoga Springs, NY. Applications are now available at the new SSFSC website: [www.saratogaspringsfsc.com](http://www.saratogaspringsfsc.com).

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

NEXT AFSC BOARD  
MEETING

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Tuesday October 28, 6:30-8:30 at the YMCA

