



Albany INK FROM THE RINK

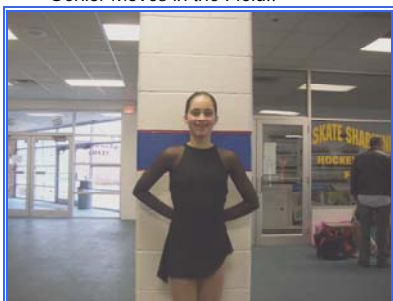
Figure Skating Club APRIL/MAY 2009

CONGRATULATIONS!

Saratoga Test Session March 29:

Helen Serafini:

- Senior Moves in the Field!!



CONGRATULATIONS HELEN!

12th Annual Saratoga Springs Invitational, April 4 & 5:

Kacie Weatherhead:

- Artistic 4: 3rd Place

Grace DiRisio:

- Freestyle 3: 2nd Place

Bryce DiRisio:

- Delta: 1st Place

Catherine Amodeo:

- Freestyle 1: 1st Place
- Artistic 1: 2nd Place

Catherine Amodeo & Alexis Mouzakes:

- Couples Spotlight: 1st Place

Kylar Coleman Foley:

- Alpha: 1st Place
- Alpha Interpretive: 1st Place

Morris Open, April 3-5:

Trisha Roohan:

- Preliminary Freeskate: 2nd Place

Olivia Serafini:

- Intermediate Ladies Short Program: 2nd Place
- Intermediate Ladies Qualifying round: 2nd Place
- Intermediate Ladies Freeskate Final: 3rd Place

Helen Serafini:

- Intermediate Ladies Short Program: 5th Place
- Intermediate Ladies Qualifying Round: 6th Place

25th Annual Darien Open, April 17-19:

Trisha Roohan:

- Preliminary Girls Freeskate: 2nd Place

Olivia Serafini:

- Intermediate Ladies Short Program: 1st Place
- Intermediate Ladies Long Program: 3rd Place

Morgan Gillies:

- Pre-Preliminary Girls Freeskate: 6th Place

Helen Serafini:

- Intermediate Ladies Short Program: 1st Place
- Intermediate Ladies Long Program: 2nd Place

Desiree Larrivee:

- Pre-Preliminary Girls Freeskate: 6th Place

2009 Colonial Open, May 15-17:

Olivia Serafini:

- Intermediate Ladies Short Program: 2nd Place
- Intermediate Ladies Long Program: 3rd Place
- Intermediate Ladies Short Program Finals: 6th Place
- Intermediate Ladies Long Program Finals: 1st Place!!



CONGRATULATIONS OLIVIA!

Helen Serafini:

- Intermediate Ladies Short Program: 10th Place
- Intermediate Ladies Long Program: 7th Place

Trisha Roohan:

- Preliminary Ladies: 3rd Place

Abigail Smentkowski:

- Pre-Preliminary Girls: 5th Place
- Preliminary Artistic: 4th Place

Lily Digman:

- Pre-Preliminary Girls: 8th Place
- Preliminary Artistic: 2nd Place

Emily Digman:

- Pre-Preliminary Girls: 10th Place
- Preliminary Artistic: 3rd Place

Desiree Larrivee:

- Pre-Preliminary Girls: 5th Place

Katelyn Masullo:

- Preliminary Girls: 5th Place

2009 AFSC AWARDS BANQUET, APRIL 26

Photos from the Banquet:



MEMORIAL DAY PARADE
MONDAY MAY 25

Some photos of the parade:



SYNCHRO NEWS

TEAM TRYOUTS!

The Achilles Edge Synchronized Skating Teams will be holding team tryouts for the 2009-10 season on Sunday, June 14, 2009 at the Schenectady County Ice Rink in Glenville from 10:40 am to 12:10 pm.

We will be fielding two teams for the season, an Intermediate level team and a Pre-Juvenile or Open Juvenile level team. Successful applicants for the Intermediate team must have passed their Intermediate Moves in the Field prior to the first synchro competition; Bronze Dance certification is also preferred. Candidates for the Pre- or Open Juvenile team must have passed their Preliminary Moves in the Field by the time of their first synchro competition.

There is a \$25 fee for the tryouts, which will be applied to the skater's initial synchro payment if they are placed on a team. The fee will be refunded if the skater is not placed.

More information and registration forms are available from team manager Dawn

Hopsicker (jhopsick@nycap.rr.com; 357-0934), from assistant manager Tara DiRisio (tdirisio@verizon.net), or on the Albany FSC website (www.albanyfsc.org). Registration forms are due by June 10, 2009.

All skaters are invited to attend the try outs, as we look forward to another successful year of synchronized skating, teamwork, and fun!

2009-10 COACHING STAFF

Coach Liz Commerford:

We are pleased that Liz will be returning as coach of the Intermediate level team for the 2009-10 season. Liz has demonstrated her passion and dedication to the Achilles Edge synchronized skating program by sharing her skating and coaching talents for over 10 years.

Coach Wayne Hussey:

Sharing the Intermediate level coaching responsibilities will be Wayne Hussey. Wayne has been a professional skating coach for 28 years and has been a staff member at the Olympic Center in Lake Placid for 15 years. Wayne is a 4 time National Ice Dancing Competitor in Canada and specializes in International Dance. He is excited about bringing his extensive knowledge of moves, dance and the IJS system to our synchronized skating program.

Coach Stephanie Hunter:

We also welcome Stephanie to our coaching staff as head coach of the Pre- or Open Juvenile level team. Stephanie has skated competitively for 12 years including 7 years synchronized skating experience with the Clinton Figure Skating Club at the Juvenile through Senior levels. Stephanie is also a Gold Medalist in Dance and Moves in the Field. Her many qualifications include 9 years private and group figure skating coaching experience, synchronized team captain, ballroom dance, and Intermediate freestyle.

SUMMER PROGRAMS

Summer Freestyle:

At the Albany County Hockey Facility July 21 to September 3:

- Tuesdays 4:00-6:00
- Wednesdays 3:15-5:15
- Thursdays 4:00-6:00
- Includes new "Low Freestyle" Package from 5:15-6:15 on Wednesdays

Registration forms will be available on our website soon: www.albanyfsc.org.

Early bird discount deadline is June 21 – available to Albany FSC club members only.

Albany Summer Figure Skating Club Ice Clinic:

- Tuesday - Thursday July 21-23 9 AM – 3 PM
- On & Off Ice instruction
- Early bird registration for AFSC members \$195.00, to non members \$230.00
- Cost to everyone after early registration deadline of July 5 is \$250.00
- Registration forms are available on our website: www.albanyfsc.org

Designed for skaters at least 8 years of age, and at freestyle level 1 or higher. Skaters will be grouped according to MIF, dance or freestyle levels. All instruction, on & off ice will be geared towards the skaters ability.

On-Ice training sessions will include work on Moves in the Field, freestyle elements, edges & power stroking. Special on-ice sessions will also be offered in dance & choreography.

Off-Ice sessions will include instruction in sports psychology as well as warm-up techniques, stretching, jump exercises & aerobics.

PSA Specialist Session:

A special session will also be offered by an International Judging System (IJS) Technical Specialist. They will discuss the differences between the 6.0 & the IJS scoring systems.

"The Finer Edge" Group Figure Skating Lessons:

- Wednesdays July 22 – September 2 5:15 – 6:15 PM
 - 7 or 5 week sessions available
- Beginner Freestyle group lessons for skaters:
 - USFS Basic Skills 3 or greater
 - USFS Adult 3 or greater
 - ISI Beta or greater
- Small group lessons grouped by ability
- ½ hour group lesson followed by ½ hour practice time
- Private lessons available during practice ice (must contact coach to arrange lessons)
- Registration forms and more information available on our website www.albanyfsc.org.
- Deadline July 15
- Contact Janet Sotola 861-6705 or Nikki Coleman 210-5560 with questions

**Physical Therapy Edge:
Off-Ice Classes
Individual and Group Training
are Available**

Offered by **Christine M. Cedilotte, PT, DPT, MS.** Christine is a Physical Therapist with a Figure Skating background. She skated in the Capital District. She has been a Physical Therapist since 2002. She is a member of PSA, USFS, USFS Sports Medicine and Science National Network, and ISI. She is an active member of the American Physical Therapy Association and is a certified ACE personal trainer. She has coached figure skating in the Capital District and works off-ice with figure skaters on conditioning and injury prevention.

Group classes will be held on Tuesdays and Thursdays July 21-September 3

- 2:50-3:30 Group Fitness Strength & Conditioning
- 3:30-3:45 Dynamic Warm-up
- 3:50-4:30 Group Fitness Strength & Conditioning
- 4:30-4:45 Dynamic Warm-up
- 5:00-5:15 Cool-down
- 6:00-6:15 Cool-down

Benefits of an Off-Ice Program

- ◆ Prevent overuse injuries
- ◆ Enhance skating skills and performance
- ◆ Improve body awareness
- ◆ Enhance posture and body positioning on the ice
- ◆ Increase stroking power, speed and line
- ◆ Increase rotation speed of jumps
- ◆ Improve spin positions
- ◆ Enhance cardiovascular conditioning
- ◆ Improve muscle imbalances
- ◆ Improve balance in order to hold positions and improve jump landings
- ◆ Enhance flexibility

Contact Christine @ 518-356-5718
PhysicalTherapyEdge@hotmail.com



BASIC SKILLS 2009-10

Information and registration forms will be available this year in late August to early September. The program will start in October 2009 and run until early March 2010.

For information 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.



Happy Birthday!

- Eliana Moyer: April 11
- Samantha Carach: April 26
- Hannah Conroy: April 26
- Rachel Galloway: April 3
- Jennifer Glenn: April 14
- Joanne Heimerdinger: April 6
- Catherine Roberts: April 13
- Maria Susko-Dollard: April 17
- Rachel Watson: April 24
- Micaela Jones: May 13
- Sophie Kemp: May 14
- Jessica Marinstein: May 10
- Izabella Martin: May 6
- Eleanna Sakoulas: May 23
- Judy Schoonover: May 21
- Abigail Smentkowski: May 17
- Alexis Watson: May 3
- Samantha Zayas: May 24



IMPORTANT DATES TO REMEMBER:

1. **Sunday June 14, 10:40-12:10:** Synchro tryouts at Schenectady County Recreational Facility
2. **Sunday June 21:** Summer freestyle ice early bird registrations due.
3. **Tuesday June 30:** Albany FSC Annual Registration forms due.
4. **Sunday July 5:** Summer Ice Clinic early bird registration forms due.
5. **Wednesday July 15:** "The Finer Edge" registration forms due.

6. **Tuesday July 21:** Summer Ice Starts
7. **Tuesday July 21 – Thursday July 23:** Summer Figure Skating Clinic
8. **October 24 & 25:** 3rd Annual Albany FSC Competition!

ITEMS OF INTEREST:

1. **New Moves in the Field:** If you are interested in the latest information available about the new Moves in the Field the 2008-2009 Combined Report of Action is now available: www.usfigureskating.org/Story.asp?id=43041.
2. **2009 JUNIOR GRAND PRIX OF SKATING:** September 2-6 at the Olympic Center of Lake Placid, NY.
3. **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. **July 31:** Offered by the Saratoga Springs Figure Skating Club (SSFSC)
2. **August 29:** Offered by the Saratoga Springs Figure Skating Club (SSFSC)
3. **November 22:** Offered by the Saratoga Springs Figure Skating Club (SSFSC)
4. **January 24, 2010:** Offered by SSFSC
5. **March 21, 2010:** Offered by SSFSC

UPCOMING COMPETITIONS FOR THE SEASON:

USFS COMPETITIONS:

1. **June 18-21:** 2009 Boston Open, Boston, MA, www.scboston.org
2. **June 25:** 2009 Lake Placid Figure Skating Championships, Lake Placid, NY
3. **Saturday June 27:** Basics & Beyond Competition, hosted by Little Sun Valley SC in the Enfield, Connecticut. For more information visit <http://www.littlesunvalleyskating.org>
4. **July 24-26:** 2009 Champlain Valley Open, Burlington, VT: www.champlainvalleyskatingclub.org.

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



ISI COMPETITIONS:

1. **June 5-7:** 23rd Annual ISI Team Competition, Sky Rink @ Chelsea Piers, NY, NY

ALL MEMBERSHIPS EXPIRE
JUNE 30!

We ended this year with 123 members! But it is that time again. Time to renew your memberships, if you choose, to USFS and the Albany Figure Skating Club. All memberships expire June 30. New this year is a "Collegiate Membership." In order to be eligible to test or compete you must renew so your membership is current. Registration forms are available from our new membership chairperson, Paulette Morgan, or they will be available on our website www.albanyfsc.org soon.

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

