



# INK FROM THE RINK

**JULY/AUGUST 2009**

## CONGRATULATIONS!

### 2009 Champlain Valley Open, July 25 & 26:

#### Abigail Smentkowski:

- Pre-Preliminary/Preliminary Spins: 1<sup>st</sup> Place
- Pre-Preliminary/Preliminary Showcase: 2<sup>nd</sup> Place
- Pre-Preliminary Girls Free Skate: 5<sup>th</sup> Place

#### Amanda Smentkowski:

- Limited Beginner Test Track: 3<sup>rd</sup> Place

### Saratoga Springs FSC Test

#### Session July 31:

#### Emma Briceland:

- Senior Moves in the Field!!!
- Killian

#### Maddy Olberg:

- Senior Moves in the Field!!!

#### Quinn Desiderio:

- Senior Moves in the Field!!!
- European Waltz

#### Morgan Gilles:

- Novice Moves in the Field

#### Lea Sposito:

- Cha Cha

#### Rachael Bluth:

- Juvenile Moves in the Field

#### Samantha Zayas:

- Juvenile Moves in the Field

#### Isabelle Lombardi:

- European Waltz
- Pre-Silver Dance Test
- Pre-Juvenile Freestyle

#### Lukas Sotola:

- American Waltz
- Rocker Foxtrot

#### Judy Bovitz:

- Cha Cha Congelado

#### Alyssa Hopsicker:

- Tango

#### Aislyn DiRisio:

- Killian

#### Desiree Larrivee:

- Juvenile Moves in the Field

### The 29<sup>th</sup> Annual Cranberry Open, August 19-22:

#### Helen Serafini:

- Intermediate Ladies Short Program Qualifying Round: 8<sup>th</sup> Place

- Intermediate Ladies Long Program Qualifying Round: 6<sup>th</sup> Place

#### Olivia Serafini:

- Intermediate Ladies Short Program Qualifying Round: 4<sup>th</sup> Place

- Intermediate Ladies Long Program Qualifying Round: 5<sup>th</sup> Place

- Intermediate Ladies Short Program Final Round: 6<sup>th</sup> Place

- Intermediate Ladies Long Program Final Round: 9<sup>th</sup> Place

#### Trisha Roohan:

- Pre-Juvenile Freestyle: 3<sup>rd</sup> Place

### Uncle Sam FSC Test Session

#### August 22:

#### Micaela Jones:

- Preliminary Freestyle

#### Rachele Kalin:

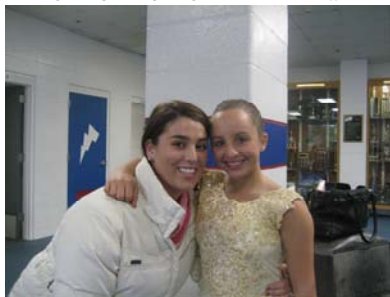
- Pre-Preliminary Freestyle

### Saratoga Springs FSC Test

#### Session August 29:

#### Amanda Gemmiti:

- SENIOR MOVES IN THE FIELD!!



#### Hannah Keehan:

- Junior Moves in the Field

#### Isabelle Lombardi:

- Juvenile Freestyle
- Novice Moves in the Field

#### Lukas Sotola:

- Tango
- Silver Dance Test
- Novice Moves in the Field

#### Alexis Mouzakes:

- Pre-Juvenile Moves in the Field

#### Taylor Kennedy:

- Junior Moves in the Field
- 14 Step
- Foxtrot
- European Waltz
- Pre-Silver Dance Test

#### Trisha Roohan:

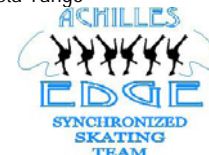
- Novice Moves in the Field

#### Ellory Smith:

- Pre-Juvenile Moves in the Field

#### Lea Sposito:

- Fiesta Tango



## SYNCHRO NEWS

Synchro team members, families, and coaches have had a busy summer getting ready for the 2009-10 season.

Coaches Liz Spiller and Stephanie Hunter attended the USFS Synchronized Skating Training Festival National Coaches College, held June 25-28 at the University of Delaware in Newark, Delaware. Both coaches came home with exciting new ideas and plans for the team's upcoming season.

Three Achilles Edge team members, Aislyn DiRisio, Alyssa Hopsicker, and Katie Howard, attended the Hayden Synchro Summer Experience in Ashburnham, Massachusetts July 26<sup>th</sup> – 30<sup>th</sup>. Working with internationally-known Haydenettes coaches and skaters, the program focused on skills, drills, off-ice, dance, nutrition, and teamwork. All three Achilles Edge skaters had a great time, and they are looking forward to sharing their experience with their teammates this year.

The Achilles Edge team began choreography practices in August. Pre-Juvenile level skaters worked with coaches Stephanie Hunter and Liz Spiller to update last year's dance music program. Intermediate level skaters will skate to space-themed music this season, and are excited about their new routine.

### Skating Tights Sale

Support the synchro team and stock up on skating tights with our Annual Mondor Skating Tights Sale. Order forms are available on the Albany FSC website ([www.albanyfsc.org](http://www.albanyfsc.org)). Deadline for orders is September 18<sup>th</sup>, and tights will arrive in time for the Club's October competition. Contact Debbie Sgroi at [dntsgroi@aol.com](mailto:dntsgroi@aol.com) with questions.

**Synchro Garage Sale**

The Achilles Edge Synchronized Skating Team will hold a Garage Sale Fundraiser on Saturday Sept 12, 2009, from 9:00 am to 1:00 pm at the Lombardi residence, 9 Gullane Dr, Slingerlands. This multi-family sale will feature toys, clothes, collectibles, kitchen items, household goods, and much more. All proceeds from the sale will benefit the Achilles Edge Synchronized Skating program.

Come out and support the team and find some bargains! If you have items you would like to donate to the event, please contact Laurie Lombardi ([Laurie.Briceland@acphs.edu](mailto:Laurie.Briceland@acphs.edu) or 439-8026) for information.

**Interested in Skating Synchro?**

It's not too late to join the synchro team for this season! The team holds practice on Thursday evenings and Sunday afternoons September through January. The September practices will be held at the Albany County Hockey Facility, and will move to the Bethlehem YMCA starting September 24<sup>th</sup>.

If you would like to join our successful synchro program, please contact team manager Dawn Hopsicker at [jhopsick@nycap.rr.com](mailto:jhopsick@nycap.rr.com) or assistant manager Tara DiRisio at [tdirisio@verizon.net](mailto:tdirisio@verizon.net) for more information.



**BASIC SKILLS 2009-10**

OPEN HOUSE & SKATER EVALUATION  
SEPTEMBER 20  
12:30-1:30  
@ the Albany Academy Field House

**A NEW SEASON STARTS SEPTEMBER 27!**

- 10 week Fall Program September 27 to December 20
- 8 week Winter Program January 3 to February 28

**VOLUNTEERS NEEDED:**

- For our Open House September 20, 12:30-1:30: Volunteers are needed to help with registering skaters and

organizing the skater evaluations (off-ice).

- Fall 2009 Program begins 12:30 on September 27. On-Ice volunteers are needed to assist coaches. Don't forget that our skater volunteers may qualify for the Apprentice Program when they reach age 16.

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

**ABAGAIL PARTICIPATES IN OFF-ICE EVENT WITH JEREMY ABBOTT**

Abigail Smentkowski was selected to participate in an off-ice event with US National Champion Jeremy Abbott on Friday, Aug 22 at the Trapeze School New York. A photo of Abigail participating in the trapeze class (jumping from the trapeze bar) is provided below, as is a photo of Abigail and Jeremy. See Associated Press story of the event.

NEW YORK (AP)—Jeremy Abbott is used to flying through the air.

The tricks he was performing Friday presented a new challenge. The reigning U.S. champion treated a group of young figure skaters to a couple of hours at Trapeze School New York to reward them for volunteering with The Heritage Foundation of 9/11.

Abbott had done rock climbing and indoor sky diving but had never swung from a trapeze before. He joked that the activity was chosen because it was "potentially dangerous but a lot of fun."

The 24-year-old Abbott had little trouble hanging from the trapeze by his legs and doing a back-flip dismount onto the net.



**Happy Birthday!**

- Claire Triller: July 3
- Bill Miller: July 3
- Gina DiNapoli: July 11
- Morgan Gillies: July 16
- Emily Mueller: July 22
- Amanda Gemmiti: July 25
- Roberta Solomon: August 3
- Katie Howard: August 15
- Jillian Paradise: August 18
- Nikki Coleman: August 19
- Danielle Sgroi: August 20
- Lea Sposito: August 24
- Helen Serafini: August 30



**IMPORTANT DATES TO REMEMBER:**

1. **September 3:** Deadline for "early bird" registration for fall AFSC freestyle ice purchases.
2. **September 10:** AFSC Fall Freestyle Ice begins at the Albany County Hockey Facility and moves to the Bethlehem YMCA on September 24.
3. **September 12, 9:00-1:00:** Synchro fundraiser garage sale @ the Lombardi's
4. **September 14:** AFSC Fall Freestyle Ice begins at the Albany Academy Field House.
5. **September 20, 12:30-1:30:** Basic Skills Open House & Registration. Volunteers

are needed to help register and assist as needed. Contact Janet @

[jsotola@nycap.rr.com](mailto:jsotola@nycap.rr.com) if you can help.

6. **September 26:** Deadline for mailing Albany FSC Competition Registration forms.
7. **October 12:** AFSC Test Session @ the Bethlehem YMCA
8. **October 24 & 25:** 3<sup>rd</sup> Annual Albany FSC Competition!

ITEMS OF INTEREST:



1. Auditions for 2009 Stars, Stripes & Skates are still being accepted. They must be submitted via youtube or a submitted DVD. There is a donation fee of \$65 for registrations submitted after August 26. If you have any questions, please don't hesitate to contact The Heritage Foundation of 9/11 by phone at (646) 274-0955, by fax at (212) 532-5499 or by email at [starsstripesandskates@gmail.com](mailto:starsstripesandskates@gmail.com).
2. **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/>.
3. The USFS 2010 Rulebook and Tests Book are now available on the U.S. Figure Skating web site at [www.figureskating.org](http://www.figureskating.org). Click on the RULEBOOK link found at the top of the page to the right of the logo.
4. The Figure Skating Store is offering unlimited discounts of 15% off their websites merchandise, including, but not limited to: Figure Skates, Blades, Dresses & Skatewear, Zuca Bags & Accessories. The discount code is "FSC2009" and their website is [www.figureskatingstore.com](http://www.figureskatingstore.com).
5. AFSC Competition Skate-O-Gram: If you want to wish your skater good luck but did not receive the email with the attached form contact Janet at [jsotola@nycap.rr.com](mailto:jsotola@nycap.rr.com) and she will email it to you.

UPCOMING USFS TEST SESSIONS:

1. **October 12:** Offered by Albany FSC at the YMCA in Bethlehem, NY.
2. **November 22:** Offered by the Saratoga Springs Figure Skating Club (SSFSC), Saratoga Springs, NY.
3. **January 24, 2010:** Offered by SSFSC
4. **March 28, 2010:** Offered by SSFSC

UPCOMING COMPETITIONS FOR THE SEASON:

**USFS COMPETITIONS:**

1. **September 10-13:** Mid-Atlantic Championships, Sky Rink @ Chelsea Piers, NY, NY [www.thescny.org](http://www.thescny.org).
2. **October 16:** 2010 North Atlantic Regional Championships, Hackensack, NJ [www.aafsc.org](http://www.aafsc.org).
3. **October 24 & 25:** 3<sup>rd</sup> Annual Albany FSC Basic Skills & Open Competition, Clifton Park Arena, Clifton Park, NY [www.albanyfsc.org](http://www.albanyfsc.org).

96 MEMBERS!

WELCOME NEW MEMBERS!

- Bill Miller
- Devon Olsen
- Christie Reich
- Maya Septer
- Amanda Smentkowski
- Colleen Somerville
- Jonathan Fishbein
- Jillian Paradise
- Stephanie Hunter

Registration forms are available from our new membership chairperson, Paulette Morgan, or they are available on our website [www.albanyfsc.org](http://www.albanyfsc.org).

Questions? Contact New Membership Chair Paulette Morgan @ [pmorgan3@nycap.rr.com](mailto:pmorgan3@nycap.rr.com)

