



Albany **INK** FROM THE RINK

Figure Skating Club JULY/AUGUST 2008

CONGRATULATIONS!

2008 Champlain Valley Open, July 25-27:

Abigail Smentkowski:

- Pre-Preliminary Girls FS: 5th Place
- Pre-Preliminary/Preliminary Showcase: 5th Place

Emily Digman:

- Pre-Preliminary/Preliminary Showcase: 4th Place

Lily Digman:

- Beginner Showcase: 4th Place
- No Test FS: 3rd Place

Emma Paradise:

- Beginner Girls Competitive Test Track FS: 4th Place

Blade Beauties: Emma Paradise, Lily Digman, Emily Digman & Abigail Smentkowski:

- Pre-Preliminary/Preliminary Team Compulsory Moves: 1st Place

Skate Chautauqua, Jamestown NY, August 15 & 16:

Olivia Serafini:

- Juvenile Ladies: 1st Place (*and landed her first double axel in competition!!*)

Helen Serafini:

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



Saratoga Springs USFS Test

Session, July 25:

Catherine Amodeo:

- Pre-Preliminary MIF

Emma Briceland:

- Pre-Juvenile Free Skating
- Blues

Aislyn DiRisio:

- Ten Fox

Alyssa Hopsicker:

- Preliminary Free Skating

Stephanie Lombardi:

- Intermediate Free Skating

Jessica Marinstein:

- Preliminary MIF

Maddy Olberg:

- Novice MIF

Karla Schallehn:

- European Waltz
- Pre-Silver Dance Test

Miami University USFS Test session, Oxford, OH July 30:

Katie Howard:

- Preliminary Free Skating
- Pre-Juvenile Free Skating

Saratoga Springs USFS Test Session, August 22:

CONGRATULATIONS OLIVIA SERAFINI!

- Senior MIF

Helen Serafini:

- Junior MIF

Victoria Carach:

- Pre-Juvenile MIF

Samantha Carach:

- Preliminary MIF

Alyssa Hopsicker:

- Novice MIF
- Pre-Juvenile Free Skating

Carley McLean:

- Preliminary Free Skating

Rachel Staudt:

- Juvenile MIF

Isabelle Lombardi:

- Intermediate MIF
- Willow Waltz
- Bronze Dance Test

Stephanie Lombardi:

- Viennese Waltz

Christina Lombardi:

- Argentine Tango

Katie Howard:

- Novice MIF

Emma Briceland:

- Novice MIF
- Blues

Grace DiRisio:

- Pre-Preliminary MIF

Aislyn DiRisio:

- Bronze Dance Test
- 14 Step

Lukas Sotola:

- Ten Fox

Trisha Roohan:

- Pre-Juvenile MIF

Adi White:

- Novice MIF
- Pre-Juvenile Free Skating

Patricia Yannerilla:

- Adult Pre-Bronze Free Skating

Lake Placid USFS Test Session, August 24:

Amanda Gemitti:

- Junior MIF

SUMMER SKATING CAMP ADVENTURES

2008 Summer of Gold Skating Camp, Simsbury CT:

Helen and Olivia Serafini spent a week and a half at the International Skating Center of Connecticut, located in Simsbury CT, where they attended the 2008 Summer of Gold skating camp. Aside from working with several world class professionals on the ice, they also attended various off-ice classes. This is the third year for them attending the camp - once again, they really enjoyed the experience.



Miami University Skating Camp, Oxford, Ohio:

Quinn Desiderio, Rachel Staudt, and Katie Howard attended the Miami University Synchronized Skating Camp in Ohio.



Hayden Synchro Summer

Experience:

Aislyn DiRisio, Taylor Kennedy, Hannah Conroy, Alyssa Hopsicker, Christina Lombardi, and Stephanie Lombardi attended the Hayden Synchro Summer Experience in Massachusetts.

Mariposa Skating Seminar, Barrie, Canada:

This summer Emma Briceland went to Barrie, Ontario in Canada for a skating seminar called Mariposa. "My coach, Amanda Shelburne, drove nine of us there. We were split up into five groups by level. My friend Francesca and I were both in Group 2, the second highest, that did doubles and started some triples. It was a very long day; we were at the rink from 7am to 5pm, skating most of that time! Each of the five days that we skated, they started off with "Skating Technique". That worked on your edges mainly. I started off with working on counters, rockers, double 3's, brackets, and spirals. Then I would go to the other rink and do Footwork. The coaches taught us a Level 3 footwork sequence that included twizzles, brackets, counters, rockers, loops, chaktaws, hop steps, and more! After that, I went and had an off ice class where we stretched, rode bikes, lifted weights, worked on jumps, did sequences through a ladder, and more. This was the hardest class of the day. Then, I went back to the rink and laced up for spins. One day in spins, the famous skater Tuba came and helped us with our death drops, and flying camels. We learned how to do a bullet spin, which is 8 revolutions. Then I went to Jumps where we, jumped! This was the most fun we had all day! World champions from Canada came to demonstrate all of the jumps we did, but they were quads! The Olympic coach, Douglas Leigh, coached the jumps. Then, we had a lecture that taught us how to eat right, stay in

the zone, work hard, and have fun! Last, there was an Artistic class where we made a program using only our arms, and doing lots of Interpretive! But the best surprise that we had at Mariposa was meeting Jeff Buttle! He skated on the Jumps session and demonstrated for us. We even got tons of autographs and pictures with him! This was the best skate camp ever!"

AFSC Summer Freestyle Clinics:

We had 25 skaters for the 1st week of summer clinic. They performed a Skating Around the World Show on Friday with group numbers skated to "Walk Like an Egyptian", "Mambo Italiano", and "Mexico". Twenty two skaters attended our second week of clinic. In our "Hooray for Hollywood" show skaters choreographed numbers to songs from the ice skating themed movies Ice Princess and Go Figure. Karla Schallehn, Kristen Weyl and Nikki Coleman were our coaches for both weeks.

FAREWELL TO RACHEL & CATHERINE ROBERTS

Rachel and Catherine relocated and moved to Cincinnati, Ohio. We hope you continue to enjoy the sport of figure skating! GOOD LUCK!



SYNCHRO NEWS

Our synchro team members have had a busy summer! A number of team members attended high-level synchro camps run by internationally ranked synchro teams. Skaters had a great time and were eager to share what they learned with their teammates.

Choreography practices for the new season started in late July, and regular weekly practices on Fridays, Sundays, and Mondays will begin in September. The Albany FSC has three teams again this year: an Intermediate team, an Open Juvenile team, and a Pre-Juvenile team. All three teams will have new music, programs, and costumes. The Intermediate team will skate to music from the musical, "The Starlight Express," the Open Juvenile team will perform to swing music, and the Pre-Juvenile team will skate to techno-dance music.

Pre-Juvenile team members are: Catherine Amodeo, Shea Coleman Foley,

Grace DiRisio, Morgan Gillies, Rachael Gray, Izabella Martin, Alexis Mouzakes, Trisha Roohan, Lea Sposito, Allie Tedeschi, and Samantha Zayas.

Open Juvenile team members are:

Rachel Bluth, Sarah Booker, Soojee Eckardt-Rigberg, Gianna Foley, Anne Kennedy, Jessica Marinstein, Erin O'Sullivan, Danielle Sgroi, Claire Triller, and Leah Triller.

Intermediate team members are:

Emma Briceland, Hannah Conroy, Quinn Desiderio, Gina DiNapoli, Aislyn DiRisio, Alyssa Hopsicker, Katie Howard, Taylor Kennedy, Christina Lombardi, Isabelle Lombardi, Stephanie Lombardi, Madeline Olberg, Rachel Staudt, and Adi White.

There are still a few openings on our synchro teams for interested skaters. If you would like to join one of our medal-winning teams for an exciting season of synchro skating, please contact Dawn Hopsicker at jhopsick@nycap.rr.com.



USFS BASIC SKILLS/LEARN TO SKATE 2008-2009

Fall 2008/Winter 2009 Program:

15 weeks of skating lessons on Sundays 1-2:30 at the Albany Academy Ice Rink. You can choose to sign up for:

- 15 week Fall 2008/Winter 2009 Program: October 19, 2008 to March 1, 2009
 - This program includes participation in AFSC Spring Ice Show on March 8!
- Fall 2008 Program: October 19 until December 21, 2008
- Winter 2009 Program: January 4 until March 1.
 - This program includes participation in AFSC Spring Ice Show on March 8!

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

Questions? Contact Janet Sotola jsotola@nycap.rr.com or 861-6705.



Happy Birthday!

- Claire Triller: July 3
- Shealee Whitney: June 30
- Amanda Gemmiti: July 25
- Morgan Gillies: July 16
- Katie Howard: August 15
- Virginia Mahoney: August 22
- Emily Mueller: July 22
- Danielle Sgroi: August 20
- Nikki Schallehn: August 19
- Jessica Bloustein: July 26
- Helen Serafini: August 30
- Margaret Triller: July 9
- Roberta Solomon: August 30, 2008
- Gina DiNapoli: July 11
- Emily Digman: August 18
- Lily Digman: August 7
- Lea Sposito: August 24
- Alexandri Tedeschi: July 5



Application forms for our 2nd Annual Competition on Saturday October 25, 2008 are now available our website www.albanyfsc.org. We are offering all of the events we offered last year as well as some new events:

- Interpretive
- Showcase
- Competitive Test Track

**APPLICATION DEADLINE
SEPTEMBER 26 TO AVOID LATE
FEE!**

BABY SHOWER FOR LIZ

On August 22 many skaters, coaches and families enjoyed themselves at Liz's baby shower. Dorothy & Trisha Roonan were kind enough to host the shower at their house. There were more gifts than you could imagine. I really doubt they will have to buy anything but diapers. The cake was also special as you can see from the photo below. This is Liz's and Dennis' first baby and we all congratulate them and wish them the best of luck!



ITEMS OF INTEREST:

1. Mondor tights sale! Deadline for orders is Sept 19th. Tights will be here in time for our October competition on Oct 25th. Questions? Contact Jeanie DiNapoli 518-439-0280 or email chocoffee58@yahoo.com
2. 2009 Stars, Stripes & Skates: If interested in participating information is available now. The website is <http://www.starsstripesandskates.org>. If you have any questions, contact Tara Modlin, @ tmodlin@fireworksics.com.



IMPORTANT DATES TO REMEMBER:

1. **Saturday October 25, 2008:** 2nd Annual Albany FSC Basic Skills & Open Competition @ the Clifton Park Arena. Applications are now available on our website www.albanyfsc.org and are due by September 26.
2. **Sunday October 26, 2008:** AFSC Test Session @ the Clifton Park Arena. Application forms are now available on our website www.albanyfsc.org.
3. **Sunday December 21, 4-7PM:** Winter Ice show @ YMCA:
4. **Sunday March 8, 2009:** Spring Ice Show @ YMCA

UPCOMING COMPETITIONS FOR THE SEASON:

USFS COMPETITIONS:

1. **October 10-14, 2009** North Atlantic Regional Championships, Jamestown, NY
2. **Saturday October 25, 2008** 2nd Annual Open Invitational & Basic Skills Competition @ Clifton Park Arena, Clifton Park, NY. Applications now available: www.albanyfsc.org.

ISI COMPETITIONS:

1. **January 15-18, 2009,** 2009 Lake Placid ISI Championships. For information visit www.riverdaleice.com.

UPCOMING USFS TEST
SESSIONS:

1. **Sunday October 26:** Sponsored by Albany FSC @ the Clifton Park Arena. Applications now available, visit www.albanyfsc.org.
2. **Sunday November 23:** Sponsored by Saratoga Springs FSC @ Weibel rink Saratoga Springs, NY.
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.

MEMBERSHIP UPDATE

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

- Judy Bovitz
- Joanne Heimerdinger
- Meagan Clawar
- Liz Commerford (Spiller)
- Louis Tomaino
- Lily Digman
- Emily Digman
- Gina DiNapoli
- Soojee Eckardt-Rigberg
- Rocky Irish
- Danielle Sgroi
- Elory Smith
- Caley Vangelis
- Elizabeth Kalin
- Rachele Kalin
- Sarah Rubin
- Shea Coleman Foley
- Aislyn DiRisio
- Bryce DiRisio
- Grace DiRisio
- Maria Susko-Dollard
- Claire Triller
- Demi Flack
- Alyssa Hopsicker
- Katie Howard
- Rachael Gray
- Nikki Coleman
- Sarah Booker
- Morgan Gillies
- Kacie Weatherhead
- Leah Triller
- Samantha Carach
- Victoria Carach
- Hannah Keehan
- Allie Pigliavento

Welcome new members!

- Elenna Sakoulas
- Margaret Triller
- Lisa Fragale

NEXT AFSC BOARD
MEETING

Thursday September 25, 6:30-8:30 at the YMCA

Questions? Contact Membership Chair Janet Sotola @ jsotola@nycap.rr.com

