



Albany **INK FROM THE RINK**

Figure Skating Club **JUNE 2009**

CONGRATULATIONS!

June 13 Uncle Sam Test Session:

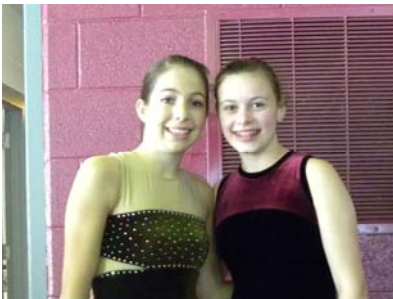
Aislyn DiRisio:

- Senior Moves in the Field!!!



Alyssa Hopsicker:

- Junior Moves in the Field



Sarah Rubin:

- Junior Moves in the Field

Ellory Smith:

- Pre-Preliminary Freestyle

Emily Mueller:

- Pre-Preliminary Freestyle

Jessica Marinstein:

- Pre-Preliminary Freestyle

Danielle Sgroi:

- Pre-Preliminary Freestyle

Rachele Kalin:

- Pre-Preliminary Moves in the Field

Rachel Staudt:

- Pre-Juvenile Freestyle

Lea Sposito:

- Preliminary Moves in the Field

Katelyn Masullo:

- Preliminary Freestyle

Sarah Booker:

- Pre-Juvenile Moves in the Field

Gianna Foley:

- Pre-Juvenile Moves in the Field

Morgan Gillies:

- Preliminary Freestyle

Isabelle Lombardi:

- Preliminary Freestyle
- Preliminary Moves in the Field
- Pre-Preliminary Freestyle

Emma Briceland:

- Juvenile Freestyle

Judy Min:

- Pre-Juvenile Moves in the Field

Katie Howard:

- Swing Dance
- Fiesta Tango
- Pre-Bronze Dance Test
- Hickory Hoedown

Adi White:

- American Waltz
- Silver Dance



SYNCHRO NEWS

Tryouts for the 2009-10 synchro teams were held on Sunday June 14th at the Schenectady County ice rink in Glenville, and were a big success. Skaters sharpened up their synchro skills with drills and exercises and got to meet our new coaches Stephanie Hunter and Wayne Hussey, who will be working with returning coach Liz Commerford this year.

Albany FSC will be fielding two synchro teams for the 2009-10 season, an Intermediate level team and a Juvenile level team (either Pre-Juvenile or Open Juvenile). Team placements will be announced soon.

Practices will begin with choreography sessions on Saturdays in August, followed by regular practices on Thursdays and Sundays beginning in September.

The first two practices in August, Sat Aug 1 and Sat Aug 8 will be OPEN PRACTICES. Skaters interested in trying out the sport are invited to come and skate with the team on those days to see what synchronized skating is all about. There is no commitments required, but please RSVP to Dawn Hopsicker jhopsick@nycap.rr.com or Tara DiRisio tdirisio@verizon.net for planning purposes.

The August and September practices will be held at the Albany County Hockey Facility, and will move to the Bethlehem YMCA starting September 24th.

Both teams face an exciting and challenging competition schedule. The season will kick off with the Pilgrim competition in Plymouth, MA on November 14th, and continue with the Terry Connors competition in Stamford, CT on December 6th, the Cape Cod Classic in Bourne, MA on December 11th, the Colonial Classic in Lowell, MA on January 8th, the Eastern Sectional Championships in Lowell, MA on January 28th, and possibly the Empire State Games in Lake Placid on February 19th. The teams will also perform during the Albany FSC Winter and Spring ice shows.

TEAM OPENINGS

There are still openings for skaters on both synchro teams! Synchro is a great addition to a singles skater's repertoire, as it improves speed, strength, and coordination, and incorporates elements of ice dance. In addition, synchro skaters can participate in separate all-synchro competitions, skate in a supportive team atmosphere, and attend synchro team parties and fundraisers.

Skaters on the Intermediate team must have passed Intermediate Moves in the Field by the time of the first competition; Bronze dance level is preferred. Skaters on the Juvenile team must have passed Preliminary Moves in the Field.

If you would like to join our successful synchro program, please contact team manager Dawn Hopsicker at jhopsick@nycap.rr.com or assistant manager Tara DiRisio at tdirisio@verizon.net.

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 are available on our website: www.albanyfsc.org.

Albany Summer Figure Skating Club Ice Clinic:

The Albany Figure Skating Club is pleased to announce its coaches for the 2009 Summer Ice Clinic which will be held on July 21-23, 2009 from 9PM-3AM at the Albany County Hockey Facility. We are indeed excited by our coaching team for this clinic! Additionally, AFSC will also offer an IJS specialist on Wednesday, July 22, 2009 for clinic participants.

Paula Wagener: Clinic Choreographer, Style and Performance Coach. Ms Wagener has a strong background in dance and choreography and will instruct students on both on-ice and off-ice exercise and routine. She will also teach flexibility, body awareness and posture to skaters.

Missy Williams: Clinic Moves in the Field and Step Sequence Coach. Ms Williams has a strong background in dance, figures and moves. She will introduce skaters to the new moves and drills and will also teach the importance of moves as a fundamental discipline of skating, helping to improve step sequences, edge quality and extension for skaters.

Chrissy Cedilotte: Clinic Conditioning and Injury Prevention off-ice Coach. Ms. Cedilotte has a background in Physical Therapy and figure skating. She will teach skaters how to prevent overuse injuries, enhance skating skills, increase rotation speed of jumps, enhance cardiovascular conditioning and improve muscle imbalances.

Dyke Naughton: Clinic Strength and Speed Coach. Mr. Naughton has a background in Sport Science and knowledge of figure skating. He will teach skaters how to improve speed and strengthen both on and off the ice by using resistance training and over speed training.

Karla Schallehn: Clinic Coordinator. Karla will assist with moves, dance and jumps and overall skating skills. She will be on site throughout the clinic and will ensure that skaters are grouped appropriately.

Ms. Wendy Weston- Enzmann: IJS Specialist, who will be on site Wednesday, July 22, 2009. She is an International Judge (Singles, Pairs and Synchro), National Referee (Singles, Pairs and Synchro) and National Judge (Singles, Pairs and Synchro) who will offering both an on and off ice IJS seminar. Ms. Weston-Enzmann will provide an introductory class about IJS and how to

better understand the new judging system. She will be covering the rules and judging of IJS and will help the skater to better understand the transition from the 6.0 system to the IJS system. She will be going over levels and GOEs for IJS. Additionally, she will review Well Balanced programs, how IJS judges evaluate them and how to help skaters prepare for moving up into IJS competitions from the 6.0 system. Don't miss this amazing opportunity!!!

Skaters are encouraged to register early as the 2009 Clinic will be limited to 30 skaters. Registration form and payment is due by July 5, 2009 and are available on Albany FSC's website: www.albanyfsc.org.

Further information may be obtained by contacting Pat Clancy at 518-295-8615 or at doonbeg@midtel.net.

"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 are available on our website www.albanyfsc.org.
- Deadline July 15
- Contact Janet Sotola 861-6705 or Nikki Coleman 210-5560 with questions

Off-Ice Training:

Attention Please Sign up ASAP for reduced rates! Christine M. Cedilotte, PT, DPT, MS will be offering off-ice individual and group training this summer. Christine is a physical therapist with a figure skating background. The summer off-ice program will run on Tuesdays and Thursdays starting July 28th-September 3rd at the Albany County Hockey Facility. The purpose of off-ice training is to maximize skating skills and performance and to reduce and prevent injuries. Off-ice classes will include exercises for agility, balance, conditioning, core strengthening, flexibility, plyometrics, upper and lower

extremity strengthening, and posture awareness. Please contact Christine Cedilotte, PT, DPT, MS at physicaltherapyedge@hotmail.com or 518-356-5718 with any questions. A registration and a brochure regarding the program are available online on the AFSC website: www.albanyfsc.org.



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.



Anne Kennedy: June 23
Stephanie Lombardi: June 18
Alexis Mouzakes: June 4
Maddie Olberg: June 14
Emma Paradise: June 17
Kacie Weatherhead: June 5



IMPORTANT DATES TO REMEMBER:

1. **Sunday July 5:** Summer Ice Clinic early bird registration forms due.
2. **Wednesday July 15:** "The Finer Edge" registration forms due.
3. **Tuesday July 21:** Summer Ice Starts
4. **Tuesday July 21 – Thursday July 23:** Summer Figure Skating Clinic

5. **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. **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.chautauquoice.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.

RENEW YOUR ALBANY FSC MEMBERSHIPS! DUE JULY 1

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 are available on our website www.albanyfsc.org.

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

