



Albany

Figure Skating Club

INK FROM THE RINK

MARCH 2009

CONGRATULATIONS!

Albany FSC Test Session, March 1

Lukas Sotola:

- Intermediate MIF

Rachel Bluth:

- Pre-Preliminary FS

Soojee Eckardt-Rigberg:

- Pre-Preliminary FS

Catherine Amodeo:

- Preliminary MIF

Meagan Clawar:

- Preliminary MIF

Rachel Staudt:

- Intermediate MIF

- Preliminary FS

2009 Albany FSC Spring Ice Show,

March 8:

SYNCHRONIZED SKATING TEAMS:

Achilles Edge Pre-Juvenile Synchronized

Skating Team: Catherine Amodeo, Grace DiRisio, Shea Foley, Morgan Gillies, Rachael Gray, Izabella Martin, Trisha Roohan, Lea Sposito, Allie Tedeschi, Samantha Zayas

Achilles Edge Open-Juvenile Synchronized

Skating Team: Rachel Bluth, Sarah Booker, Gianna Foley, Anne Kennedy, Jessica Marinstein, Erin O'Sullivan, Danielle Sgroi, Claire Triller, Leah Triller

Achilles Edge Intermediate Synchronized

Skating Team: Emma Briceland, Hannah Conroy, Quinn Desiderio, Gina DiNapoli, Aislyn DiRisio, Alyssa Hopsicker, Katie Howard, Taylor Kennedy, Christina Lombardi, Isabelle Lombardi, Stephanie Lombardi, Maddie Olberg, Rachel Staudt, Adi White

BASIC SKILLS SKATERS:

Sugar Sugar: Julianne Bohl, Gabriella Davis, Nicholas DeMarco, Tessa Janczur, Alex Oliver, Jake Oliver, Giavana Smith, Lauren Thompson, Andrew Voelker,

Good Morning Baltimore: Ciara Mazzone, Samuel Bemis, Isabella DuPont, Patrizia Espina, Julia Hoffman, Peter Klisiwecz, Kira Nakushian, Alexis Papaleo, Rose Petitti, Lily Phelps, Joanna Vanroyen

Walking on the Sun: Dylan DiGiovanni, Caitlan Gagan, Jake Goodman, Andrew Nakushian, Noah Pappas, Jordan Ryan,

Maria Marton Snyder, Kaliegh Spellman, Jessica Tallman, Melissa Wilker,

Pocket Full of Sunshine: Barbara Bemis, Carla Henderson, Julia Henderson, Lauren Henderson, Elizabeth Kalin, Erica Kneeland, Patty Michaelson, Deidre Nakushian, Hannah Ragule, Ilyssa Simsek, Monica Ward

ABC 123: Cora Allen, Dominick Clough, Jennifer Colabufo, Chrissy DeMarco, Ultan Gaylord, James Kennedy, Michael Meehan, Christian Pappas, Rachel Pierce, Emily Roberts, Madeline Santore, Alexis Savoie

Here Comes the Sun: Abby Bemis, Daniel Bemis, Gwendolyn Brown, Elana Cohen, Michael Klisiwecz, Payton Nash, Arianna Papaleo, Mary Rody, Meghan Stratton, Veronica Ward, Erik Zimmerman

Lollipop Lollipop: Deidre Bruce, Mary Davis Colalillo, Scott Davis, Lisa Jiardini, Deb Kizer, Christine Liebenau, Patricia Napierski, Loch Phillips, Sharon Phillips

INDIVIDUAL SKATERS:

- Katie Howard
- Shelby Lynn Fichter
- Kylar Coleman Foley
- Amy Barba
- Emma Briceland
- Taylor Kennedy
- Christina Lombardi
- Stephanie Lombardi
- Anna Barnett
- Will Fichter
- Desiree Larrivee
- Hope Hickman
- Meagan Clawar
- Bryce DiRisio
- Shea Coleman Foley
- Sabrina Zayas
- Katie West
- Catherine Amodeo
- Grace DiRisio
- Izabella Martin
- Rachael Gray
- Elaina Moyer
- Trisha Roohan
- Emily Mueller
- Ellory Smith
- Lea Sposito
- Danielle Sgroi
- Allie Tedeschi
- Isabelle Lombardi

- Lukas Sotola
- Soojee Eckardt-Rigberg
- Jennifer Glenn
- Amanda Zeng
- Gina DiNapoli
- Emma Kimble
- Anne Kennedy
- Claire Triller
- Jessica Marinstein
- Samantha Zayas
- Rachel Bluth
- Gianna Foley
- Hannah Conroy

**Awards were Presented to
Christina & Stephanie Lombardi
who passed their Gold Dance
Tests in Saratoga on January 25:**



2009 Skate Challenge, March 14 & 15, Cicero NY

Gina DiNapoli:

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

Trisha Roohan:

- Pre-Juvenile Compulsory Jumps: 2nd Place
- Pre-Juvenile Compulsory Moves: 2nd Place
- Pre-Juvenile Compulsory Spins: 1st Place
- Preliminary B Freeskate: 1st Place

Grace DiRisio:

- Badge Compulsory Jumps: 1st Place
- Badge Compulsory Moves: 2nd Place

Sabrina Zayas:

- Badge Compulsory Moves: 2nd Place
- Badge Compulsory Spins: 5th Place
- Beginner Girls Test Track: 3rd Place

Bryce DiRisio:

- Basic 8 Compulsory Moves: 2nd Place

Claire Triller:

- Pre-Preliminary Compulsory Moves: 6th Place
- Pre-Preliminary Test Track: 8th Place

Alexandra Tedeschi:

- Pre-Preliminary Compulsory Jumps: 2nd Place
- Pre-Preliminary A Test Track: 3rd Place
- Pre-Preliminary Compulsory Moves: 1st Place
- Pre-Preliminary Compulsory Spins: 4th Place

Rachael Gray:

- Pre-Preliminary Compulsory Moves: 4th Place
- Pre-Preliminary Test Track: 5th Place
- Pre-Preliminary Compulsory Jumps: 7th Place

Amy Barba:

- Beginner Girls Test Track: 4th Place
- Pre-Preliminary Compulsory Spins: 6th Place
- Pre-Preliminary Compulsory Moves: 7th Place
- Badge Compulsory Jumps: 7th Place

Jessica Marinstein:

- Pre-Preliminary Compulsory Moves: 1st Place
- Pre-Preliminary A Test Track: 2nd Place

Catherine Amodeo:

- Pre-Preliminary Compulsory Spins: 7th Place
- Beginner Girls Test Track: 1st Place

Desiree Larrivee:

- Preliminary Compulsory Jumps: 5th Place
- Preliminary Compulsory Moves: 3rd Place
- Preliminary B Freeskate: 6th Place

Samantha Zayas:

- Preliminary Compulsory Moves: 4th Place
- Preliminary Compulsory Spins: 3rd Place
- Pre-Preliminary A Test Track: 1st Place
- Preliminary Compulsory Jumps: 6th Place

Izabella Martin:

- Beginner Girls Test Track: 1st Place

Shea Foley:

- Preliminary Compulsory Moves: 4th Place
- Pre-Preliminary A Test Track: 4th Place

Achilles Edge Pre-Juvenile Synchronized Skating Team: 2nd Place

Achilles Edge Open Juvenile Synchronized Skating Team: 5th Place

Natick Invitational Competition, March 14, Natick, MA

Kacie Weatherhead:

- Artistic 4: 1st Place

SUPERCALAFRAGILISTIC SPECTACULAR – SSFSC Spring Ice Show, March 15:

Emma Briceland:

- Group Dance Production
- Dance Showcase
- Pre-Juvenile Freestyle

Lukas Sotola:

- Group Dance Production
- Silver Dance Program

Garren Invitational, March 21, Troy, NY

Alexandra Tedeschi:

- Pre-Preliminary Freeskate: 2nd Place

Grace DiRisio:

- Badge C Freeskate: 3rd Place

Emma Briceland:

- Solo Silver Dance: 1st Place
- Juvenile Compulsory Moves: 1st Place
- Pre-Juvenile A Freeskate: 2nd Place

- Preliminary/Pre-Juvenile Artistic: 2nd Place

Helen Serafini:

- Intermediate Short Program: 4th Place
- Intermediate Long Program: 2nd Place

Olivia Serafini:

- Intermediate Short Program: 2nd Place
- Intermediate Long Program 3rd Place

Isabelle Lombardi:

- Pre-Preliminary B Freeskate: 3rd Place

Abigail Smentkowski:

- Pre-Preliminary B Freeskate: 1st Place
- Pre-Preliminary Artistic: 6th Place

Trisha Roohan:

- Preliminary B: 1st Place

Emily Digman:

- Pre-Preliminary Artistic: 2nd Place

Lily Digman:

- Pre-Preliminary Freeskate: 2nd Place

Blade Beauties: Emily Digman, Lily Digman,

Emma Paradise & Abigail Smentkowski:

- No Test/Preliminary Team Compulsory Moves: 2nd Place

Gina DiNapoli:

- Intermediate Short Program: 6th Place
- Intermediate Long Program: 7th Place

Desiree Larrivee:

- Pre-Preliminary B Freeskate: 3rd Place

Samantha Zayas:

- Pre-Preliminary B Freeskate: 2nd Place

Rachael Gray:

- Badge C Freeskate: 4th Place

Sabrina Zayas:

- No Test Freeskate: 2nd Place

HMFS Test Session: March 22:

Pairat Worapatkitkul:

- Adult 14 Step

Adi White:

- Junior MIF

Kacie Weatherhead:

- Juvenile MIF

Lily Digman:

- Preliminary MIF
- Pre-Preliminary Freestyle

Victoria Carach:

- Intermediate MIF

Samantha Carach:

- Juvenile MIF

SSFSC Test Session: March 29:

Grace DiRisio:

- Preliminary MIF

Alexandra Richer:

- Pre-Preliminary MIF

Aislyn DiRisio:

- American Waltz
- Tango
- Silver Dance Test

Trisha Roohan:

- Intermediate MIF

Isabelle Lombardi:

- Foxtrot

Lukas Sotola:

- European Waltz
- Pre-Silver Dance Test

Jessica Marinstein:

- Pre-Juvenile MIF

Stephanie Lombardi:

- Silver Samba

Maddie Olberg:

- Junior MIF

Emma Briceland:

- Paso Doble

Shea Coleman Foley:

- Intermediate MIF

Katelyn Masullo:

- Juvenile MIF

STARS ON ICE, MARCH 29

Katie Howard was the lucky winner of the raffle at the AFSC Spring Ice Show, and received 4 backstage passes for the Stars on Ice show at the Times Union Center on March 29th. After the show, she and Emma Briceland, Christina Lombardi, and Aislyn DiRisio got to meet skaters Sasha Cohen, John Zimmerman, Todd Eldredge, and Yuka Sato. They had a great time talking with the skaters, taking pictures, and getting autographs. It was definitely the thrill of a lifetime for the girls. See photos below.

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

Registration forms should be available in early May.

SUMMER PROGRAMS

Summer Figure Skating Clinic:

- Tuesday - Thursday July 21-23
- 10 AM – 3 PM
- On & Off Ice instruction

Group “Advant-Edge” Lessons:

- Wednesdays July 22 – September 2
- 5:15 – 6:15
- Beginner Freestyle group lessons
- ½ hour lessons & ½ hour practice time
- Low Freestyle private lessons & practice ice available



SYNCHRO NEWS

The Albany FSC Achilles Edge Pre-Juvenile and Open Juvenile Synchro teams finished their season at the Skating Club of Central New York's 7th Annual Skate Challenge Competition held in Cicero, NY on March 15th. The Pre-Juvenile placed 2nd and the Open Juvenile skated to 5th place. Way to go, teams!

All three synchro teams also performed their routines at the Albany FSC Spring Ice Show on March 8th, to the delight of the home crowd.

SEASON RECAP

1. Here are the final synchro 2008-09 season results:
2. Terry Connors Open, Stamford, Connecticut, December 7, 2008 – Intermediate Team: 1st place.
3. Colonial Classic, Lowell Massachusetts, January 10, 2009 – Pre-Juvenile Team: 8th place; Open Juvenile Team: 8th place; Intermediate Team: 9th place.
4. 2009 Eastern Synchronized Skating Sectional Championships, Morristown, New Jersey, January 30, 2009 – Intermediate Team: 14th place.
5. Connecticut Synchronized Skating Classic, Middletown, Connecticut, February 15, 2009 – Pre-Juvenile Team: 2nd place; Intermediate Team: 1st place
6. Empire State Winter Games, Lake Placid, New York, February 21, 2009 – Intermediate Team: 1st place.
7. Skate Challenge Competition, Cicero, New York, March 15, 2009 – Pre-Juvenile Team: 2nd place; Open Juvenile Team: 5th place.

Congratulations to all the synchro skaters and their families, as well as to coaches Liz Spiller and Karla Schallehn, Team Manager Dawn Hopsicker, assistants Tara DiRisio and Debbie Sgroi, and all the parent helpers who worked so hard to make this season a success. We are very proud of all you've accomplished this year.

For more information about our synchro program, contact team manager Dawn Hopsicker at jhopsick@nycap.rr.com.

SYNCHRONIZED SKATING SUMMER CAMPS:

Now is the time to start thinking about your summer synchro plans:

The USFS is once again offering a Synchronized Skating Training Festival June 26-28, 2009 at the University of Delaware campus in Newark, Delaware. The Festival will feature on-ice and off-ice instruction from some of the top synchro coaches in the country. Information and application forms are available on the USFS website at <http://www.usfigureskating.org/Programs.asp?id=44>.

Two internationally-famous synchronized skating teams also offer synchro summer camps. A number of Achilles Edge members have attended these camps in previous years and found it to be a very worthwhile experience.

- Hayden Synchronized Skating has two synchro camps this year at Cushing Academy in Ashburnham, Massachusetts. The Hayden Synchro Summer Program is scheduled for July 26 – July 30, 2009 for skaters of all levels who are under the age of 16 years. An Elite Camp will be held August 6th - 8th, 2009 for skaters 16 years of age or older who have passed their Senior Moves in the Field. For information and application forms, go to <http://www.haydensynchroteams.com/summerexp.htm>.
- The Miami University of Ohio, located in Oxford, Ohio, will hold an Elite Synchronized Skating Camp July 12 – 17, 2009 for High School age students who have passed their Intermediate MIF. More information is available on their website at http://www.ice.muohio.edu/index.php?q=es_camp. The Miami University 2009 Synchronized Skating Camp for all ages and abilities will be held from August 2 - 7 2009. Go to http://www.ice.muohio.edu/index.php?q=ss_camp for more information. Miami also features two weeks of freestyle figure skating camp July 19 – 24 and July 26 – 31, 2009. More information is available at http://www.ice.muohio.edu/index.php?q=fs_camp.
- Lake Placid Skating offers two synchronized skating camps again this year, which will be held at the Olympic Training Center in Lake Placid. A High Performance/Individualized Synchro Training Camp will be held July 5 – 11, 2009 for synchro skaters 11 and older

who have passed their Intermediate MIF or have skated on a Junior level team. A Synchronized Skating Camp for all levels is scheduled for July 12 – 18, 2009. More information on both camps is available at www.lakeplacidskating.com/newsite/programs/synchrocamp/index.php.



BASIC SKILLS 2008-2009

This year's program was our most successful so far! We had a total of 120 skaters from preschool ages to adults. Next year we will be modifying our program to better meet our skaters' needs, including the possibility of private lessons. We are working out the details now and look forward to sharing them this summer after everything is organized.

THANKS TO ALL OUR PARTICIPANTS, VOLUNTEERS & COACHES!

Below are some of the photos taken of our Basic Skills skaters during the Albany FSC Spring Ice Show. Enjoy!

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.

"APPRENTICE COACH" PROGRAM: NEW!!!

Next year for the first time we will be offering positions of "Apprentice Coach" to qualified skaters who have volunteered their time during our Basic Skills Programs. Skaters will be considered for the position of Apprentice Coach after recommendation from at least 2 of our Basic Skills coaches, they must be at least 16 years of age and be at Novice MIF, Novice Freestyle, or Pre-Silver Dance level. During the Basic Skills season they will work closely with our senior coaches learning coaching techniques.

If you are interested one day in becoming an Apprentice Coach you should contact Janet Sotola @ jsotola@nycap.rr.com or Jayne

Deane @ jdeanesk8@verizon.net about volunteering in our Basic Skills or Advant-Edge programs.



- Anna Barnet: March 18
- Sarah Booker: March 25
- Liz Commerford: March 11
- Gianna Foley: March 18
- Carley McLean: March 22
- Alexandra Richer: March 12
- Leah Triller: March 1
- Adi White: March 4
- Patricia Yannerilla: March 5



IMPORTANT DATES TO REMEMBER:

- 1. **Sunday April 26:** Annual AFSC Awards Banquet
- 2. **Monday May 25:** Bethlehem Memorial Day Parade
- 3. **Tuesday June 30:** Albany FSC Annual Registration forms due
- 4. **Tuesday July 21:** Summer Ice Starts
- 5. **Tuesday July 21 – Thursday July 23:** Summer Figure Skating Clinic

2009 AFSC AWARDS BANQUET, APRIL 26

Sunday April 26 5:00-9:00 @ the Albany Country Club. Invitations will be sent by email this week. Payment must be sent in full with RSVP.

ITEMS OF INTEREST:

- 1. The Albany Figure Skating Club will again be marching in the annual **BETHLEHEM MEMORIAL DAY PARADE** on Monday, May 25th, 2009 in Delmar. More information about this event will be sent to members next month.
- 2. **SAVE THE "EMPIRE STATE GAMES" PETITION:** If you are interested in signing a petition on-line to possibly save the Empire State Games visit

<http://www.petitiononline.com/SavESG09/petition.html>.

- 3. **SKATE AMERICA 2009:** The international figure skating event is one of six stops on the ISU Grand Prix of Figure Skating Series. This years competition will take place Nov. 12-15, at the 1980 rink in Lake Placid, NY. Ticket information is available @ <http://www.skateamerica2009.com/>.

UPCOMING COMPETITIONS FOR THE SEASON:

USFS COMPETITIONS:

- 1. **April 17-19:** 2009 Darien Open, Darien, CT. For more information visit their website @ <http://www.skatescsc.com/>.
- 2. **April 26:** Colonial FSC Basic Skills Spring Skate, Boxborough, MA. Visit www.colonialfsc.com for more information.
- 3. **May 7-10:** May Day Open & Basic Skills Competition, Laurel, MD. Visit www.gardensfsc.org for more information.
- 4. **May 15-17:** Trophy Cup Competition – 2009 Nassau County Championships. For more information visit: www.cfscskatingclub.org.
- 5. **May 16 & 17:** The Colonial Open, Boxborough, MA. Visit www.colonialfsc.com for more information.

ISI COMPETITIONS:

- 1. **April 4 & 5:** 12th Annual Saratoga Springs Invitational. For registration forms and information visit <http://saratogaspringsfsc.com/19.html>. Entry deadline March 1, 2009.

MEMBERSHIP UPDATE -

122 MEMBERS!

Welcome renewing member!

- Jessica Bloustein

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

