



Albany INK FROM THE RINK

Figure Skating Club MAY/JUNE 2008

CONGRATULATIONS!

Summer Challenge May 16, 17 & 18, Marlborough, MA:

Olivia Serafini:

- Juvenile Girls: 3rd Place
- Intermediate & Novice Jumps: 3rd Place

Helen Serafini:

- Juvenile Girls: 4th Place
- Intermediate & Novice Jumps: 1st Place

Katelyn Masullo:

- Pre-Preliminary B Girls: 4th Place

Hannah Conroy:

- Pre-Preliminary B Girls: 8th Place
- Pre-Pre & Preliminary Jumps: 3rd Place

Olivia Matos:

- Pre-Preliminary CM: 2nd Place
- Beginner A Girls: 6th Place



Uncle Sam USFS Test Session,

June 8:

Erin O'Sullivan:

- Pre-Juvenile MIF

Adi White:

- Solo Foxtrot
- Solo European Waltz
- Pre-Silver Dance Test

Aislyn DiRisio:

- Hickory Hoedown
- Willow Waltz

Alyssa Hopsicker:

- Ten Fox
- Willow Waltz
- Bronze Dance Test
- Novice MIF

Sarah Rubin:

- Novice MIF

Katie Howard:

- ChaCha

Judy Min:

- Preliminary MIF

Amanda Gemmiti:

- Juvenile Free Skate

Grace DiRisio:

- Pre-Preliminary MIF

Alexis Mouzakes:

- Pre-Preliminary MIF

Leah Triller:

- Pre-Preliminary MIF

Micaela Jones:

- Pre-Juvenile MIF

Amy Barba:

- Pre-Preliminary MIF

Lukas Sotola:

- Preliminary Free Skate

ENFIELD TWIN RINKS "BASICS AND BEYOND" CLASSIC, JUNE 21, 2008

Lukas Sotola:

- Test Track Program Preliminary: 1st Place



NEXT BOARD MEETING

Monday July 28th at YMCA 6:30-8:30 PM



SYNCHRO NEWS

3 synchronized skating teams have been formed including Pre-Juvenile, Open Juvenile and Intermediate. Choreography practices will begin in August, and regular Friday, Sunday and Monday synchro practices will begin in September.

Adult skaters who are interested in forming an adult synchro team should contact Laurie Lombardi at bricelal@acp.edu.

If you are interested in trying out for one of our teams or have questions about synchronized skating contact Dawn Hopsicker @ 357-0934 or jhopsick@nycap.rr.com.



BASIC SKILLS/LEARN TO SKATE 2008-2009

Albany FSC Basic Skills/Learn to Skate Program will once again be able to offer the Hockey Curriculum to its skaters in next years program! We will also continue to offer everything we offered in previous years. Each year as we evolve our goal remains to create the best program around.

Skaters who skate the whole season or the Winter 2009 Program will again get a chance to skate in Albany FSC's Spring Ice Show on March 15.

Look back in August for more information.

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



BETHLEHEM MEMORIAL
DAY PARADE, MAY 26

15 Albany FSC skaters marched in the
Bethlehem Memorial Day Parade May 26.



Happy Birthday!

- Abigail Smentkowske: May 17
- Shealee Whitney: June 30
- Emily Faul: May 1
- Micaela Jones: May 14
- Naama Kellman: June 8
- Sophie Kemp: May 14
- Anne Kennedy: May 23
- Stephanie Lombardi: June 18
- Jessica Marinstein: May 10
- Izabella Martin: May 6
- Alexis Mouzakes: June 4
- Madeline Olberg: June 14
- Judy Schoonover: May 21
- Alexis Watson: May 3

Kacie Weatherhead: June 5
Samantha Zayas: May 24



Invitational & Basic Skills
Competition

Application forms for our 2nd Annual Competition
on Saturday October 25, 2008 are now available
our website. Some new events will be offered
this year including:

- Interpretive
- Artistic/Showcase
- Competitive Test Track

WE HOPE TO SEE YOU THERE!

ITEMS OF INTEREST:

1. The Skate Exchange - If you have good
used skates you would like to sell,
please send your listing to Paulette
Morgan at pmorgan3@nycap.rr.com.
2. Online source for figure skating news,
video, instruction and commentary.
This website has been created by
Susan Chun to let adults, who may not
have considered competing at Adult
Nationals, get a glimpse of what makes
this event special. Currently, she is in
the process of putting together stories
on: ice dance, volunteers who make
this all possible, judges, coaches, what
makes interpretive fun, skating later in
life, and a few others topics you may
find of interest. Check out her website:
http://www.lifeskate.com/skate/adult_nationals/index.html



IMPORTANT DATES TO
REMEMBER:

1. **June 30, 2008:** All 2007-2008 Albany FSC memberships & USFS expire. It is important not to let your membership expire as it is needed before you can test or compete in the new season.
2. **July 7-August 28, 2008:** Albany FSC Freestyle ice will be held at the Albany County Hockey Facility. Tuesdays 4-6, Wednesdays 4-6 & Thursdays 4-6.

3. **July 7-11, 2008:** AFSC Summer Clinic Session 1 @ the Albany County Hockey Facility.
4. **July 28-August 1, 2008:** AFSC Summer Clinic Session 2 @ the Albany County Hockey Facility.
5. **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.
6. **Sunday October 26, 2008:** AFSC Test Session @ the Clifton Park Arena.
7. **Sunday December 21, 4-7PM:** Winter Ice show @ YMCA:
8. **Sunday March 15, 2009:** Spring Ice Show @ YMCA

UPCOMING COMPETITIONS
FOR THE SEASON:

USFS COMPETITIONS:

1. **July 18-19, 2008:** 13th Annual Charter Oak Open held in Simsbury, CT.
2. **July 25-27, 2008:** 2008 Champlain Valley Open held in Burlington, VT www.champlainvalleyskatingclub.org.
3. **August 20-23, 2008:** Cranberry Open, given by Yarmouth Ice Club, Kingston, MA. Check website for updated information: www.yarmouthiceclub.org

UPCOMING USFS TEST
SESSIONS:

1. **Friday July 25:** Sponsored by SSFSC in Saratoga Springs, NY. For information: www.saratogaspringsfsc.org.
2. **Friday August 22:** Sponsored by SSFSC in Saratoga Springs, NY
3. **Sunday October 26:** Sponsored by Albany FSC & will be held the day following or 2nd Annual Competition at the Clifton Park Arena.

MEMBERSHIP UPDATE

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

- Erin O'Sullivan
- Maddy Olberg
- Catherine Roberts
- Rachel Roberts
- Trisha Roohan
- Karla Schallehn
- Judy Schoonover
- Abigail Smentkowski

- Lukas Sotola
- Allie Tedeschi
- Marc Tracey
- Alexis Watson
- Rachel Watson
- Amy Barba
- Emma Briceland
- Samara Finkle
- Gianna Foley
- Amanda Gemmiti
- Jennifer Glenn
- Anne Kennedy
- Jessica Marinstein
- Izabella Martin
- Alexis Mouzakes
- Patricia Yannerilla
- Katelyn Masullo
- Emma Kimble
- Bailey Hogan
- Catherine Amodeo
- Rachel Bluth
- Hannah Conroy
- Suzanne Decker
- Shelby Fichter
- Will Fichter
- Rachel Galloway
- Taylor Kennedy
- Desiree Larrivee
- Christina Lombardi
- Isabelle Lombardi
- Stephanie Lombardi
- Ginny Mahoney
- Judy Min
- Emily Mueller
- Alexandra Richer
- Helen Serafini
- Olivia Serafini
- Karissa Shelton
- Lea Sposito
- Rachel Staudt
- Adi White
- Samantha Zayas
- Sabrina Zayas
- Quinn Desiderio

Welcome new members!

- Ellen Harris
- Cathy Cenci
- Aria Shi
- Emma Paradise
- Roberta Solomon
- Pai Worapatkitkul
- Anna Barnet

F.Y.L

NEW USFS DEVELOPMENT PROGRAM: S.T.A.R.S.

S.T.A.R.S. (Skater Talent and Athleticism Recognition System)

S.T.A.R.S. is a new system of off-ice fitness assessment and development designed to support U.S. Figure Skating's existing testing and competition progressions. Its development is based primarily on the need to promote robust, all-around fitness in young American skaters; to push and maintain the athletic ability curve ahead of the skills curve; to ensure that young figure skaters are physically prepared to handle the introduction of new, more complex and more demanding skating skills; and to reduce the potential for injury typically sustained during the training of these new skills.

S.T.A.R.S. Objectives:

1. Promote and enhance athleticism and athletic ability in all young figure skaters through assessment, recognition and opportunity
2. Reduce the rate of injury across all figure skating disciplines and competitive levels
3. Identify skaters who demonstrate exceptional aptitude for athleticism
4. Assist coaches and parents in developing and guiding their skater's potential

One of the key features of S.T.A.R.S. is that it is a system. As such, S.T.A.R.S. is designed to establish standards of athleticism for young figure skaters and to encourage progression through the system by incorporating a "building" series of tests, achievement awards and improvement certificates.

Participating skaters, and their coaches and parents, will have access age-, gender- and competitive-matched assessment data across the United States and the opportunity to be recognized not only for national performance but for individual achievement and personal improvement. In addition, S.T.A.R.S. will provide a sequence of opportunities for the coaches and families of skaters who demonstrate exceptional

aptitude for athleticism and figure skating as an athletic sport.

The standards, data and opportunities will take some time to develop. Preliminary testing has already confirmed that participation stimulates interest and motivates young skaters to practice the off-ice assessments. Participation in S.T.A.R.S. should be fun, motivating, challenging and personally rewarding.

More information will soon be available on the USFS website. Look under 'Programs' <http://www.usfigureskating.org/Programs.asp?id=48>.

IMPORTANT MEMBERSHIP INFORMATION

Registration Applications for the new 2008-2009 season are *DUE NOW* & available on our website: www.albanyfsc.org.

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

