



# INK FROM THE RINK

OCTOBER 2006

## CONGRATULATIONS!

USFS Tests Passed October 2006

Pre-Preliminary Moves in the Field:

- Emily Mueller
- Amy Schimmel

Pre-Preliminary Free Skate:

- Victoria Carach
- Shea Coleman Foley
- Laura Cox
- Alyssa Hopsicker
- Katie Howard
- Amy Schimmel

Preliminary Moves in the Field:

- Sarah Yang

Preliminary Free Skate:

- Quinn Desiderio
- Gina DiNapoli

Pre-Juvenile Moves in the Field:

- Alyssa Hopsicker
- Lauren Mahoney
- Laura Cox

Pre-Juvenile Free Skate:

- Helen Serafini
- Olivia Serafini

Juvenile Moves in the Field:

- Hannah Keehan
- Helen Serafini
- Olivia Serafini
- Adrienne White

Juvenile Free Skate:

- Christina Lombardi

Dutch Waltz:

- Emily Edmunds

Canasta Tango:

- Emily Edmunds

Rhythm Blues:

- Emily Edmunds

Preliminary Dance Test:

- Emily Edmunds



BEST WISHES TO TAYLOR  
KENNEDY & MORGAN  
GILLIES

We all are thinking of you and hope you  
recover quickly and are back on the ice  
soon!



ANNOUNCING 3<sup>RD</sup> ANNUAL  
WINTER ICE SHOW SET FOR  
DECEMBER 9 6:30-9:00

It is once again time to prepare your program  
for our 3<sup>rd</sup> Annual Winter Ice Show!

Registration forms have been emailed to the  
membership or they will be available on-line  
soon @ [www.albanyfsc.org](http://www.albanyfsc.org). Registration form  
submission deadline is November 25! DON'T  
MISS OUT!

For those of you who do not skate you are  
invited to come and watch our talented young  
skaters perform their programs to music. Our  
skaters spend hours just learning the  
elements they need to know in order to skate  
their programs.

The Winter Ice Show committee is looking for  
volunteers to help with all aspects of the show.  
If you are able to help out please contact Tom  
Lombardi @  
[tlombardi@stpetershealthcare.org](mailto:tlombardi@stpetershealthcare.org).

We will also have our annual Basket Raffle.  
For those who would like to donate a basket  
please contact Pat Clancy @  
[doonbeg@midtel.net](mailto:doonbeg@midtel.net).

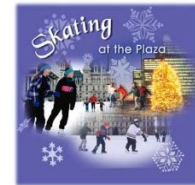
**Happy Halloween!**



**Happy Birthday!**

Albany Figure Skating Club Members:

- Taylor Kennedy: October 21
- Rocky Irish: October 31
- Katelyn Masullo: October 31
- Meagan Clawar: October 31



ALBANY FSC INVITED!

Albany Figure Skating Club has been invited  
to perform at the tree lighting ceremony at the  
Empire State Plaza on Sunday, December 3<sup>rd</sup>  
from 2:30-3:00. If your skater is interested in  
performing at this event please contact Debbie  
Sgroi ASAP @ [dntsgroi@aol.com](mailto:dntsgroi@aol.com).



ACHILLES EDGE SYNCHRO!

By Laurie Lombardi, Synchro Team Reporter:  
On Saturday October 14<sup>th</sup>, the AFSC  
synchronized skating team held a Flapjack  
Breakfast fundraiser sponsored by Applebee's  
Restaurant in Glenmont. The skaters' guests  
were treated to wonderful service, starting with  
our greeters Shea, Sammy, Trish, Samara,  
Taylor (on crutches!) and Soojee; guests were  
then seated by Morgan, Danielle, Isabelle,  
Rachel & Hannah. Beverage service,  
consisting of coffee, tea, hot chocolate, juice,  
or milk, was expertly offered by Adi, Christina,  
Katie, Emma, Gina & Alyssa. Aislyn,  
Stephanie, Claire, Jessica, Quinn & Laura  
then served a piping hot meal of all-you-can-  
eat pancakes & syrup with bacon. Our  
bussers, Gianna, Rachel, Erin & Anne,  
cleared tables quickly and with a smile! Many  
parents were behind the scenes in the kitchen  
offering assistance. All in all, there were 169  
meals served. The skaters raised \$1,630.00!  
Way to go team!

Questions? Please contact Dawn Hopsicker,  
Team Manager @ [jhopsick@nycap.rr.com](mailto:jhopsick@nycap.rr.com).

### AFSC NEXT-TO-NEW SALE!

**WHEN:** Saturday, November 11<sup>th</sup>, 2006 1:00-3:00

- Drop off items 11:30 on 11/11
- Pick up unsold items at 3:00

**WHERE:** Bethlehem YMCA Multipurpose Room

**WHAT:** Used skates, dresses, sweaters and other skating apparel. All items should be clearly labeled with your last name & asking price.

All AFSC members are welcome to sell items. Non-members may also participate with a \$5.00 club donation.

4 Club volunteers are needed to assist with this sale. Contact Judi Weatherhead @ [jude258@nycap.rr.com](mailto:jude258@nycap.rr.com) or Laurie Lombardi @ [bricelal@acp.edu](mailto:bricelal@acp.edu).

### AFSC APPAREL SALE!

AFSC will again be selling club logo apparel. We will be offering:

1. Fleece Jackets (\$40 & \$45)
2. Hooded Sweatshirts (\$20 & \$23)
3. Garment Bags (\$25)
4. Fleece Headbands (\$10)

**Sale dates & locations:**

- Sunday, October 29 5:30-7:00 Delmar YMCA
- Monday, October 30 6:15-7:50 Albany Academy Rink
- Wednesday, November 1 4:50-5:50 Delmar YMCA
- Friday, November 3 4:00-6:00 Delmar YMCA
- Sunday, November 5 2:00-3:30 Albany Academy Rink



### MEMBERS IN THE NEWS!

One of our new members, Judi Bovitz, made it into the Times Union because of her unique sculpture "Virgil." Virgil is a 600-pound life-size bronze sculpture of a mountain gorilla who stands guard in Judi's front yard.



### BASIC SKILLS PROGRAM!

The Basic Skills Program, which started October 1 at the Albany Academy, has been a real success so far! The first day of the session we had 50 skaters from ages 3 to adult. Since then we have signed up 7 more! We have already heard many positive comments from our basic skills skaters!

Thanks to our parent volunteers who are there every week to help things run smoothly:

- Renee Fichter
- Bonnie Mueller

Plans are underway for our next session, which will start January 21 and go to March 4, 2007. We are hoping to recruit new skaters so keep your eyes open for friends who may want to learn to skate!

### USED SKATE SALE NOVEMBER 12 during Basic Skills 2:00-3:30



On November 12 we will be having a used skate sale at the Albany Academy rink during our Basic Skills Session from 2:00-3:30. Anyone interested in selling their old skates should:

1. Clean & sharpen skates.
2. Using a detachable label – mark skates clearly with your name & the amount you want charged for your skates.
3. Drop off your skates to Renee Fichter's house or we can transport them to the AA from the YMCA after our Next-to-New Sale on 11/11.

Contact Renee Fichter @ [renfic@msn.com](mailto:renfic@msn.com) or Janet Sotola @ [jsotola@nycap.rr.com](mailto:jsotola@nycap.rr.com) if you are interested.



### WMHT HOLIDAY AUCTION BASIC SKILLS DONATION

Our club has been asked to donate one admission for our Winter 2007 Basic Skills Learn-to-skate program. On November 16-18, 2006 our program will be presented during the WMHT Holiday Auction and skaters will be able to bid on registration and USFS basic skills membership to be used at our next Basic Skills Program, which will start on January 21 and run until March 4, 2007.

Questions? Please contact Janet Sotola @ [jsotola@nycap.rr.com](mailto:jsotola@nycap.rr.com) or call 861-6705.

### IMPORTANT DATES TO REMEMBER:

1. **Saturday November 11, 2006:** 1:00-3:00 Next-to-New Sale @ YMCA.
2. **Saturday December 9, 2006:** 6:30-9:00 Winter Ice Show @ YMCA.
3. **April 9-13, 2007:** Spring Clinic Week @ YMCA.
4. **April 15, 2007:** Spring Exhibition @ YMCA.
5. **April 27, 2007:** AFSC Annual Awards Banquet @ the Albany Country Club.



### SKATING ON TV:

- **November 5 5:00-6:00 on ABC:** 2006 Skate America (Ladies free)
- **November 12 4:00-7:00 on ESPN:** 2006 Skate Canada
- **November 19 4:00-7:00 on ESPN:** 2006 Cup of China
- **November 26 4:00-7:00 on ESPN:** Trophee Eric Bompard

ITEMS OF INTEREST:

1. YMCA Updates:
  - a. Female Skater Locker Rooms: Please use the Women's & Girl's Locker rooms located down the hall to the left of the rink.
  - b. Wearing skates in the lobby will be allowed as long as skate guards are worn.
  - c. Skaters may warm-up in the lobby also, as long as skate guards are worn.
2. Skate Sharpening is now being offered at the YMCA in the skate shop. Sharpening is available for hockey, figure & goalie skates. The cost is \$5.00:
  - a. Monday-Friday 12:00-8:00
  - b. Saturday-Sunday 8:00-12:00
3. Skate apparel weblinks:
  - Unique Skating Apparel: <http://www.uniqueskatingapparel.homestead.com/>
  - Figure Skatewear: <http://www.figureskatewear.com/>
  - Twizzle Designs International: [www.twizzledesign.com](http://www.twizzledesign.com).
  - Skate Dress Warehouse: [www.skatedresswarehouse.com](http://www.skatedresswarehouse.com)
  - Figure Skating Deals: [www.figureskatingdeals.com](http://www.figureskatingdeals.com).
  - Ice Wear: [www.icewear.com](http://www.icewear.com).
  - Skate Buys: <http://skatebuys.com>.
  - Great Skate Buys: <http://greatskatebuys.com>.
  - Skate Mart: [www.skate-mart.com](http://www.skate-mart.com).
  - Rosie Wear: [www.rosiewear.com](http://www.rosiewear.com).
  - Skate by Design: Boys & Men: [www.skatebydesign.com](http://www.skatebydesign.com).

QUESTION OF THE MONTH:

Freestyle Ice Etiquette

Copied from *The Essential Figure Skater* by Patti Tashman, Nikki Schallehn, & Bernie Schallehn with permission of Nikki Schallehn.

"Regarding Your Own Ice-Behavior:

- Coming away from the wall is a lot like crossing the street – always look both ways before making your move.
- When skating backward, it is *your* responsibility to look behind & watch for others.

- If you need to tighten your laces or take a socialization break with friends or acquaintances, move into one of the hockey boxes so as not to impede the progress of other skaters.
- Be careful when performing any move that involves an outstretched blade, such as a spiral.
- At no time should you be standing stationary anywhere on the ice for an extended period of time.
- If you fall, get up as quickly as possible.
- If you come upon a downed skater who appears to be injured, ask if he/she needs help. Don't move or attempt to pull the skater to a standing position. Summon the session supervisor for help.
- If possible, avoid skating between a coach and her skater while a lesson is in progress.
- Perform spins in the middle of the rink. Practicing spinning near the wall can present a safety hazard to yourself and others should your spin travel into the dasher."

Overall it is important to remember:

"When dealing with others at the rink, be respectful, be assertive, and remember that regardless of ability *all* skaters have an equal share of that ice. When it comes to safety, practice the rink equivalent of driving defensively."

So, remember, now that we are entering competition season, it is important to remember to always look out for the other skaters.

Other good rules to follow include:

1. ALWAYS look where you are going especially while skating backward.
2. DO NOT practice backward spirals when the ice is full.
3. ALWAYS wear the yellow or orange belts when you are skating to your music and doing your program so other skaters know to give you the right of way.
4. DO NOT put the belt on before it is your turn to skate your program.
5. GIVE THE RIGHT OF WAY to a skater who is skating to their program.
6. ALWAYS BE CAREFUL and aware of where the other skaters are on the ice. Collisions can be very painful!

NEXT BOARD MEETING

Monday, November 20, 2006 6:30-8:30 PM at the Bethlehem Public Library.

VOLUNTEERS NEEDED

Upcoming Events Needing Volunteers:

1. **November 11:** 4 volunteers are needed for the next-to-new sale. Contact Judi Weatherhead @ [jude258@nycap.rr.com](mailto:jude258@nycap.rr.com) or Laurie Lombardi @ [bricelal@acp.edu](mailto:bricelal@acp.edu).
2. **December 9:** Winter Ice Show. Contact Tom Lombardi @ [lombardi@stpetershealthcare.org](mailto:lombardi@stpetershealthcare.org) or Pat Clancy @ [doonbeg@midtel.net](mailto:doonbeg@midtel.net).
3. **Spring Exhibition Coordinator Needed!** Exhibition is planned for April 15<sup>th</sup>, 2007 @ the YMCA 5:30-7:30. Contact Laurie Lombardi @ [bricelal@acp.edu](mailto:bricelal@acp.edu) ASAP.
4. **AFSC Competition Chair Needed!** Planned for fall 2007 or early winter 2008. Contact Laurie Lombardi @ [bricelal@acp.edu](mailto:bricelal@acp.edu) ASAP. Contact Laurie Lombardi @ [bricelal@acp.edu](mailto:bricelal@acp.edu) ASAP.

UPCOMING USFS TESTS:

See our website: [www.albanyfsc.org](http://www.albanyfsc.org) for more information and links to websites.

1. **Sunday November 19, 2006 @** Saratoga Springs Weibel Rink given by SSFSC. Registration forms are available on their new website: [www.saratogaspringsfsc.org](http://www.saratogaspringsfsc.org). Contact Jill Ramos with questions @ [jill@wiseworks.com](mailto:jill@wiseworks.com). **Registration deadline November 8, 2006!**
2. **Sunday February 4, 2007 @** YMCA in Delmar, NY given by Albany FSC.
3. **Saturday March 31, 2007 @** Saratoga Springs, Weibel Rink given by SSFSC.

UPCOMING COMPETITIONS FOR THE 2005-2006 SEASON:

See our website: [www.albanyfsc.org](http://www.albanyfsc.org) for more information and links to websites.

USFS COMPETITIONS:

1. **November 18:** Pioneer Valley Penguin Invitational, Springfield, MA. [www.liliesunvalleyskating.org](http://www.liliesunvalleyskating.org).
2. **December 1:** 16<sup>th</sup> Annual Invitational, Skaneateles, NY. [www.eteamz.com/skanfsc](http://www.eteamz.com/skanfsc).
3. **December 9:** Snowflake Open & Basic Skills Competition, North Adams, MA. Contact Laura Cece (413) 662-3038.

Registration deadline November 13, 2006.

4. **January 27, 2007:** 25<sup>th</sup> Annual Garren Invitational, Troy, NY.  
<http://news.hmfsc.org/?cat=2>.

**ISI COMPETITIONS:**

1. **December 2-3:** Franklin Blades 16<sup>th</sup> Annual ISI Team Competition, Franklin, MA.
2. **January 11-14, 2007:** 2007 Lake Placid ISI Competition, Lake Placid, NY. Room block reserved @ Comfort Inn - \$130.00 per night, 2 night minimum stay. (518) 523-9555. Application now available @ <http://members.tripod.com/riverdaleice/ld55.htm>. **Deadline for entries without extra late fee charge: December 1, 2006.**
3. **March 24-25, 2007:** Saratoga Springs Invitational, Saratoga Springs, NY.

INTERESTED IN  
MEMBERSHIP TO ALBANY  
FIGURE SKATING CLUB?

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Membership as of October 13:

- 67 Young Skaters
- 7 Adult Skaters
- 6 Coaches
- 11 Board Members

Welcome New Members!

- Anne E. Triller
- Ellen Yang
- Sarah Yang

Contact Membership Chair Janet Sotola @ [jsotola@nycap.rr.com](mailto:jsotola@nycap.rr.com) for information & registration form or go to our website: [www.albanyfsc.org](http://www.albanyfsc.org).

