



# INK FROM THE RINK

SEPTEMBER 2006



## ACHILLES EDGE SYNCHRO!

AFSC "Achilles Edge" synchronized skating team has doubled in size from last year! We have gone from 15 to 30 skaters and two teams, a Beginner team and an Open Juvenile team!

Team coaches are:

Rocky Irish  
Liz Spiller

Introducing the 2006-2007 "Achilles Edge" Beginner Synchronized Skating Team:

Soojee Eckardt-Riberg  
Gianna Foley  
Shea Foley  
Morgan Gillies  
Rachel Grey  
Anne Kennedy  
Desiree Larivee  
Jessica Marinstein  
Izabella Martin  
Christina Martinelli  
Erin O'Sullivan  
Trisha Roohan  
Danielle Sgroi  
Claire Triller  
Samantha Zayas  
Samara Finkle

Introducing the 2006-2007 "Achilles Edge" Open Juvenile Synchronized Skating Team:

Emma Briceland  
Hannah Conroy  
Laura Cox  
Quinn Desiderio  
Aislyn DiRisio  
Gina DiNapoli  
Alyssa Hopsicker  
Katie Howard  
Taylor Kennedy  
Christina Lombardi

Isabelle Lombardi  
Stephanie Lombardi  
Maddie Olberg  
Rachel Staudt  
Adi White

Both teams will practice Sundays at 6:30 PM at the Bethlehem YMCA, and will perform in Albany FSC's two ice shows in December & March. The Open Juvenile team will compete in four competitions and the Beginner team will compete in one competition. Music for the Beginner team is a medley of Coca Cola tunes and for the Open Juvenile team a medley from 42<sup>nd</sup> Street. Both teams will have competition dresses custom designed by Frieda B to match their music.

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



## BASIC SKILLS PROGRAM!

Skating Director: Donna Wojtowicz

Coaches:

- Nikki Schallehn
- Karla Schallehn
- Rocky Irish
- Liz Spiller

Volunteer Skater Helpers:

- Hannah Conroy
- Quinn Desiderio
- Sarah Rubin

So far we have 32 skaters ranging in age from 3 to 50+ and more calls and registration forms are coming in daily! We are expecting a successful program this year.

Thanks to all those members who helped spread the word about our program.

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

## Back to School :)



Happy Birthday!

Victoria Carach: September 23  
Bryce DiRisio: September 30  
Grace DiRisio: September 30  
Alyssa Hopsicker: September 28  
Hannah Keehan: September 22  
Trisha Roohan: September 8  
Karla Schallehn: September 14

## ITEMS OF INTEREST:

### 2 Synchro Fundraiser Planned:

- 1) Do you enjoy warm pancakes on a crisp autumn day? Join the AFSC synchro team as they host their major fundraiser of the season at a Flapjack Breakfast at Applebees Restaurant in Glenmont on Saturday October 14<sup>th</sup> from 8:00-10:00 AM. Tickets are \$5.00 per person, all you can eat pancakes and beverages! The skaters will greet, seat, serve & bus the tables! All tickets must be purchased in advance. See any synchro skater to purchase your tickets and come & support the synchronized skating team!
1. Annual Mondor Tight Sale: The synchro team is again sponsoring an annual tight sale. Competition and practice tights, over-the-boot and footless are available for purchase at a great group sale rate! Order forms are available on our website or from Jeanie DiNapoli @ [chocoffee58@yahoo.com](mailto:chocoffee58@yahoo.com). Orders are due by October 15<sup>th</sup>. Tights will be delivered to the rink when they arrive.

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## ALBANY FIGURE SKATING CLUB NEWSLETTER

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### QUESTION OF THE MONTH:

#### USFS Testing: An Explanation

Figure Skating can either be competitive or recreational. While competitive skaters are required to participate in the US testing structure to compete in qualifying competitions, recreational skaters can also opt to take tests in order to continually challenge themselves and their abilities.

The official tests of USFS may be taken by all figure skaters but they must be members of USFS. Tests are offered several times a year by USFS member clubs. Fees are charged and vary by club. Test sessions are organized and run under procedures outlined in the USFS rulebook and qualified USFS judges rate the skaters. Their scores determine whether a skater passes or not, the term they use when a skater does not pass is "retry."

#### Kinds of Tests:

There are several classes of tests in the USFS structure:

1. Moves in the field (standard track & adult)
2. Free skate (or free skating) (standard track & adult)
3. Pairs (standard track & adult)
4. Compulsory Dance (standard track, solo, adult & masters)
5. Free dance (standard track & masters)
6. Synchronized

The order in which the tests are taken is important. A skater is not eligible to take a higher-level test until all of the preceding tests in the same category have been passed.

#### Moves in the Field Tests:

The standard moves in the field tests are divided into 8 classes to be taken in the following order:

1. Pre-preliminary
2. Preliminary
3. Pre-juvenile
4. Juvenile
5. Intermediate
6. Novice
7. Junior
8. Senior

Moves in the field tests may be taken & passed independently of the free skate, pairs & dance tests. A skater may take and pass moves in the field tests higher than the corresponding free skate tests and still

compete in competitions at the level of their highest free skate test passed.

#### Free Skate Tests:

The standard free skate tests are divided into the same 8 classes and take in the same order as the moves in the field tests. In USFS competitions a skater can only compete at the highest free skate test passed.

For more information visit the USFS website: [www.usfigureskating.org](http://www.usfigureskating.org) and click on "About" then click on "Tests & Skating Levels."

#### IMPORTANT DATES TO REMEMBER:

1. **Saturday December 9, 2006:** 6:30-9:00 Winter Ice Show @ Bethlehem YMCA.  
Next year look for Summer Clinics:
  - July 9-13, 2007
  - July 30-August 3, 2007
1. **Monday October 9:** Albany FSC test session @ the YMCA in Delmar, NY
2. **October 14:** Flapjack breakfast @ Applebees.
3. **October 15:** Final sale day for Mondor Tight Fundraiser. See Jeanie DiNapoli @ [chocoffee28@yahoo.com](mailto:chocoffee28@yahoo.com) with questions.
4. **October 22:** 5<sup>th</sup> Annual Stars, Stripes & Skates Ictravaganza! Congratulations to Helen, Olivia & Christina who were chosen to skate
5. **Saturday December 9, 2006:** 6:30-9:00 Winter Ice Show @ Bethlehem YMCA.



#### SKATING ON TV:

- **October 15 1:00 – 3:00 on ABC:** 2006 US Figure Skating Campbell's Cup
- **October 29 1:00 – 2:00 on ABC:** 2006 Skate America (Ladies Short)
- **October 29 4:00 – 7:00 on ESPN:** 2006 Skate America (Men's Free/Pairs Free/Free Dance)

### VOLUNTEERS NEEDED

#### Upcoming Events Needing Volunteers:

1. **October 9:** Test Session. Contact Paulette Morgan @ [pmorgan3@nycap.rr.com](mailto:pmorgan3@nycap.rr.com).
2. **December 9:** Winter Ice Show. Contact Tom Lombardi @ [tombardi@stpetershealthcare.org](mailto:tombardi@stpetershealthcare.org) or Pat Clancy @ [doonbeg@midtel.net](mailto:doonbeg@midtel.net).

#### UPCOMING USFS TESTS:

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

1. **Monday October 9, 2006 8:00-12:00** @ the YMCA in Delmar, NY given by Albany FSC. Contact Paulette Morgan for details @ 475-9419 or [pmorgan3@nycap.rr.com](mailto:pmorgan3@nycap.rr.com). **Registration forms can be downloaded from our website and MUST be postmarked by October 2 to avoid a late fee.**
2. **Sunday November 19, 2006** @ Saratoga Springs, Weibel Rink given by SSFSC.
3. **Sunday February 4, 2007** @ YMCA in Delmar, NY given by Albany FSC.
4. **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.lilesunvalleyskating.org](http://www.lilesunvalleyskating.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 Basic Skills Competition, North Adams, MA.

#### ISI COMPETITIONS:

1. **October 28-29:** 20<sup>th</sup> Annual Winterland Halloween Classic, Rockland, MA.
2. **December 2-3:** Franklin Blades 16<sup>th</sup> Annual ISI Team Competition, Franklin, MA.
3. **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.

4. **March 24-25, 2007:** Saratoga Springs Invitational, Saratoga Springs, NY.

INTERESTED IN MEMBERSHIP TO ALBANY FIGURE SKATING CLUB?

Membership as of September 20:

- 62 Young Skaters
- 6 Adult Skaters
- 6 Coaches
- 11 Board Members

Welcome New Members!

- **Samara Finkle**
- **Izabella Martin**
- **Christina Martinelli**
- **Elizabeth Simmerman**

Benefits to Albany Figure Skating Club (AFSC) Membership:

- Enjoy skating with and getting to know other AFSC members!
- Save money on our freestyle ice!
- Participate in our ice shows at member prices!
- Attend our AFSC Annual Banquet and dance to a DJ!
- Sell used skates on our website!
- Try out for our 2 synchronized skating teams.
- Enjoy our monthly newsletters & see your name in print!
- March together in Delmar's Memorial Day Parade!

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).



BASIC SKILLS CORNER

The USFS website has an abundance of useful information for skating parents. Specific to new skating parents:

Your Responsibilities as a Skating Parent:

As a parent of a skater or skaters, you want the best for your child. This information should help you do much more than survive your child's skating experience. It should equip you to enjoy it to the fullest - and help you make it fun and valuable for your child.

1. Encourage your child to skate, but don't pressure. Let your child choose to skate - if he or she wants to.
2. Understand what your child wants from skating, and provide a [supportive atmosphere](#) for achieving these goals.
3. Put your child's participation in perspective. Don't make skating everything in your child's life; make it a part of life.
4. Make sure the [coach](#) is qualified to guide your child through the skating experience.
5. Keep winning in perspective and help your child do the same.
6. Help your child set challenging but realistic [performance goals](#) rather than focusing only on "winning."
7. Help your child understand the valuable lessons skating can teach.
8. Help your child meet responsibilities to the coach.
9. [Discipline](#) your child when necessary.
10. Turn your child over to the coach at practices and competitions - don't meddle or coach from the sidelines.

You can help your child enjoy skating by doing the following:

- Developing a winning perspective
- Building your child's [self-esteem](#)
- Emphasizing fun, skill development and striving to do his or her best
- Helping your child set realistic performance goals

Making Your Skater A Champion For Life  
What is success?

Success is the easily measured distance between your origin and your final achievement. Athletic participation and competition in figure skating allow your child the opportunity to develop and excel. While pursuing self-improvement and achievement, athletes transcend themselves and become better people or champions for life.

Here are some valuable characteristics that are developed and enhanced in successful athletes:

- Persistence
- Courage
- Perspective
- Concentration
- Self-confidence
- Self-worth

Values Kids Learn Through Skating:

Your child can benefit greatly by participating in skating – but those benefits aren't guaranteed. They're the result of a cooperative effort among local skating clubs, coaches, officials and parents. Those benefits come more readily when adults put the interests of children first and leave their own egos and desires about winning at home.

Through skating your child can:

- Acquire an appreciation for an active lifestyle
- Develop self-esteem, self-confidence, self-discipline and self-reliance by mastering and performing skating skills
- Learn to manage stress, perform under pressure and test emotional and physical balance
- Develop social skills with other children and adults
- Learn about managing success and disappointment
- Learn about fair play and being a good sport
- Learn respect for others

Skating Parents' Do's & Don'ts:

- Focus on effort, participation, fun and skill building, not on winning.
- Practice good sportsmanship.
- Teach your child to be gracious in defeat.
- Show interest, enthusiasm and support for your child and other skaters.
- Be in control of your emotions.
- Parents need to parent, and coaches need to coach.
- Don't compare your child with other skaters.
- Don't make negative comments to skaters, parents, officials or coaches.
- Volunteer - take an active part in your child's skating experience.

Taken from USFS website:

<http://www.usfigureskating.org/Programs.asp?id=306>