



Albany

Figure Skating Club

INK FROM THE RINK

SEPTEMBER 2007

CONGRATULATIONS!

2007 Middle Atlantic Figure Skating Championships

Helen Serafini:

- Pre-Juvenile Freeskate: 5th Place (out of 12 skaters!)

Olivia Serafini:

- Pre-Juvenile Freeskate: 1st Place (out of 10 skaters!)

Saratoga Test Session August – CORRECTION

Rachel Staudt: Passed Pre-Juvenile Moves in the Field (sorry Rachel!)



Things are coming together for our first competition. We have received over 100 applicants, which exceeds our expectations! The competition committee has been working hard to make it a success.

Many people have volunteered their help in different ways but as they say "the more the merrier!" If you have not yet volunteered and can find any time at all to give a hand please contact Laurie Lombardi @ bricelal@acp.edu and she will place you wherever help is needed most.



- Trisha Roohan: September 8
- Alyssa Hopsicker: September 28
- Hannah Keehan: September 22
- Amey Schimmel: September 5
- Victoria Carach: September 23
- Emma Kimble: September 8
- Grace & Bryce DiRisio: September 30
- Karla Schallehn: September 14
- Suzanne Decker: September 13
- Meghan Murphy: September 11



As you know this year we will have three synchronized skating teams with a total of 37 skaters! The teams are finalized and practice has started!

Introducing our Synchronized Skaters!

Open Juvenile Team:

- Emma Briceland
- Hannah Conroy
- Laura Cox
- Quinn Desiderio
- Alyssa Hopsicker
- Katie Howard
- Taylor Kennedy
- Christina Lombardi
- Isabelle Lombardi
- Stephanie Lombardi
- Madeline Olberg
- Rachel Staudt
- Adrienne White
- Gina DiNapoli
- Aislyn DiRisio

Pre-Juvenile Team:

- Rachel Bluth
- Shea Coleman Foley
- Soojee Eckardt-Riberg
- Gianna Foley
- Morgan Gillies
- Rachael Gray
- Anne Kennedy
- Desiree Larrivee
- Jessica Marinstein
- Patricia Roohan
- Danielle Sgroi
- Samantha Zayas

Beginner Team:

- Grace DiRisio
- Samara Finkle
- Semi Flack
- Izabella Martin
- Alexis Mouzakes
- Catherine Roberts
- Lea Sposito
- Allie Tedeschi
- Claire Triller
- Leah Triller

GOOD LUCK TO ALL 3 TEAMS!

AFSC/Achilles Synchronized Skating Team Annual Mondor Skating Tights Sale

Tights include footed, over-the-boot and footless in child and adult sizes. Each synchro skater needs to order at least one (1) pair of style # 3350 Over-the-Boot medium weight with 2 hooks, matte, micro fiber for competition/shows.

Questions? Call (518) 439-0280 or email chocoffee58@yahoo.com.

Questions about our synchronized skating teams? Contact Dawn Hopsicker @ 357-0934 or jhopsick@nycap.rr.com.



BASIC SKILLS FALL/WINTER 2007-2008

Basic Skills started this Sunday and went smoother than we could have hoped. The skaters were thrilled with our new 45-minute group lessons! They all felt that they learned a great deal even though many of them hadn't skated since our lessons ended last March. You should have seen how hard they worked during their practice time too!

Donna, our Skating Director, says she hopes skaters will be able to earn 2 badges each 10 week session because of the longer lesson time. She feels this is important because it gives our skaters a sense of accomplishment, which will keep skating fun for them.

I would like to thank our volunteer skater, Lukas Sotola, who helped our coaches today. We also have two other volunteer skaters Sara Rubin and Adi White who could not be there today but who will help most weeks. We also had help from Rachele & Elizabeth Kalin's mom, Sari. Our volunteers are very important to the success of this program. Thank you!

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



ICE DANCE: IT'S
IMPORTANT TO FIGURE
SKATING & SYNCHRO

Ice dancing requires a combination of grace, form, and skating skills as well as disciplined, precise footwork and a keen sense of timing and rhythm. Stress is placed on tempo, lift, edge flow, posture, expression and musicality.

Ice Dance is challenging in that it requires very precise skating yet does not require jumping or complicated spins. It is also very rewarding and increases confidence because every level of dance includes three or four different dances which allows for frequent positive feedback as multiple tests can be taken in a years time.

Ice Dance is also beneficial for synchronized skaters. Some of our synchronized skating team members went to high-level synchronized skating camps last summer and learned that taking Ice Dance will improve their chances of being truly competitive synchronized skaters. For those synchronized skaters who have dreams of skating on a college synchronized skating team ice dance is highly recommended.

If you look on the USFS website under the teaching tool for coaches you will find a handy tool which describes exactly what judges are looking for in synchronized team program components. They are the same things that are looked for when testing in dance: edge control, flow, command of edges, turns, balance, rhythmic knees, precision of foot placement, flow and effortless glide, carriage, body alignment, effortless movement in time to the music etc. etc. etc.

Yes, I am trying to spur interest in our Ice Dance program. Right now we only have two skaters signed up which means we risk having it cancelled if we cannot conjure up interest. You may feel you and your child cannot take on one more thing, but the class is only a half hour long and the benefits far outweigh the investment. Anyone may sign up at a pro-rated fee.

ITEMS OF INTEREST:

1. 10 TICKETS LEFT TO Radio City Christmas Spectacular: November 10, 2007 in New York City! Price for bus & ticket \$82.00 per person. For details contact Debbie Sgroi @ dntsgroi@aol.com.
2. My name is Joanne Vassallo Jamrosz and for many years I have been a contributing writer with Skating Magazine. I am most pleased to announce that I recently agreed to be a contributing feature writer for the USFSA's new web page IceNetwork.com.

I am most interested in writing features on up and coming skaters, singles, pairs, dance, adult skaters, synchro or club events. I am also very interested in human-interest stories, and I have found coaches and skating club presidents provide the most wonderful story ideas along the way.

My husband and I are both adult recreational skaters. For many years I have been involved in my club's ice show, served on the ice show guest skater committee and just last year helped organize Skating for Freedom, an ice show fundraiser for Freedom Guide Dogs for the Blind featuring World and Olympic skaters. I am also currently working on a book on club ice shows for new skating parents.

If you have a skater or skating story that you think I might be interested in please contact me. I would love to discuss it with you. I try not to take up too much of the skater's time. I know the skating season is about to begin and their time is valuable so I usually try and e mail interview questions, that way the skater can get back to me at their convenience.

I thank you for your time and hope to hear from you soon with many wonderful stories and feature suggestions.

Sincerely, Joanne Vassallo Jamrosz
JTVassallo@aol.com
315-269-2568
442 Higby Rd.
New Hartford NY 13413



IMPORTANT DATES TO
REMEMBER:

1. **Friday October 12:** Deadline for mailing Skate-O-Grams to cheer your skater on!
2. **Saturday & Sunday October 27-28:** Albany FSC 1st Annual Open & Basic Skills Competition at the Clifton Park Arena.
3. **Sunday October 28:** USFS test session at the Clifton Park Arena.
4. **Saturday November 3:** Applebee's Synchro Fundraiser Breakfast
5. **Saturday December 8 6:00 PM** Winter Ice Show
6. **Sunday March 30, 2008** Spring Ice Show
7. **April 14-18, 2008** Spring Clinic Week 10:00 AM to 3:00 PM
8. **Friday April 25, 2008** AFSC Annual Rewards Banquet

UPCOMING COMPETITIONS
FOR THE SEASON:

USFS COMPETITIONS:

1. **October 27 & 28:** AFSC's 1st Annual Open & Basic Skills Competition: Clifton Park Arena, Clifton Park, NY
www.albanyfsc.org
2. **Saturday November 17:** Penguin Basic Skills & Invitational, Springfield, MA. Application deadline October 12.
3. **Friday November 30-Sunday December 2, 2007:** Skaneateles Figure Skating Invitational, Skaneateles, New York. Application deadline November 1.
4. **Saturday December 8:** Christmasbrook Competition, North Adams, MA
5. **Sunday January 13, 2008:** 6th Annual Winter Escapade Competition, West Orange, NJ.

ISI COMPETITIONS:

1. **January 17-20, 2008:** Lake Placid ISI Competition, Lake Placid, NY
2. **April 5 & 6, 2008:** Saratoga Springs Invitational, Saratoga, NY

UPCOMING USFS TEST
SESSIONS:

1. **Sunday October 28:** @ Clifton Park
Arena, Clifton Park, NY given by AFSC.
2. **Sunday November 18:** @ Saratoga
Springs, Weibel Rink given by SSFSC.
3. **Sunday January 13, 2008:** @ Saratoga
Springs, Weibel Rink given by SSFSC.
4. **Sunday March 30, 2008:** @ Saratoga
Springs, Weibel Rink given by SSFSC.

WELCOME NEW MEMBERS!

- ❖ Jennifer Glenn
- ❖ Lea Sposito
- ❖ Samantha McDevitt
- ❖ Allie Tedeschi
- ❖ Sophie Kemp

MEMBERSHIP UPDATE

MEMBERSHIP AS OF SEPTEMBER 30: **116!**

INTERESTED IN
MEMBERSHIP TO ALBANY
FIGURE SKATING CLUB?

Contact Membership Chair Janet Sotola @
jsotola@nycap.rr.com for information &
registration form or go to our website:
www.albanyfsc.org.

NEXT BOARD MEETING

Tuesday October 30 6:30-8:30 @ the Delmar
YMCA. All are welcome to attend.

