

Memorial Figure Skating Club of Houston

June 2012 Newsletter

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We don't set the gold standard-we are the gold standard.

Board of Directors

President: Linda Flynn

Treasurer: Milly Chan

Secretary: Sophia Mayerhofer

Membership Chairperson: Barbara Swift

Web Master: Wing Cheng

Rink Director: Alexey Gruber

Coach Reps: Nicole Nichols & Roman Zaretsky

Editor-In-Chief of Newsletter: Jessie Chan

Skater Rep: Jessie Chan

Benefits to join a club:

- ❖ Test Sessions
- ❖ Participating in and representing your home club at competitions
- ❖ Sponsorship for National competitors
- ❖ Skating Magazine from USFSA
- ❖ Monthly newsletter
- ❖ Annual social events
- ❖ Friendship
- ❖ Memories to last a lifetime
- ❖ And most importantly, FUN!

Welcome to Memorial FSC of Houston

The state and USFSA have approved our club's name change, and we are now known as the Memorial Figure Skating Club of Houston (MFSCH)! Along with a new club title, we look forward to presenting our members with fresh and exciting changes and opportunities. We are committed to serving the club community better than ever!

Changes in our Board of Directors

We have recently undergone some changes in our board! Carolyn Uhrick, Metta Archilla, Katy Taylor and Jan Uhrick have resigned from their positions as President, Secretary, Coach Representative and Skater Representative, respectively. The new board members who have been voted in to take their places are:

President ~ Linda Flynn

Secretary ~ Sophia Mayerhofer

Coach Representative ~ Roman Zaretsky

We as the board lead all our members in giving a warm welcome to them all!

Coming Soon!

Stay tuned for a special edition MFSCH newsletter coming out later this month, which will contain more information and updates regarding our new club and the upcoming enrollment season.

A Message from the Editor-in-Chief Members,

*I look forward to serving you as Editor-in-Chief of the MFSCH Newsletter. My goal is to deliver you with an informative and entertaining newsletter on a monthly basis that will keep you up-to-date on what's new and exciting in our club and encourage you to get more involved in the figure skating community. I am always striving to expand the newsletter to better fit your interests, and I am open to hearing all ideas! This newsletter is made and meant for you, so if there are ever any requests or changes that can be made to further improve it, please feel free to let me know:
iceskate_jessie_c@yahoo.com*

~Jessie Chan

May 6th Test Session

We recently hosted a test session and would like to congratulate all of our skaters who passed!

- ❖ Rachel Skof ~ Pre-Juvenile MIF*
- ❖ Mia Mayerhofer ~ Pre-Juvenile FS*
- ❖ Taylor Rognon ~ Ten Fox, Hickory Hoedown*
- ❖ Victoria Nitikin ~ Adult Swing Dance, Adult Cha Cha, Adult Fiesta Tango*

Once again, great job and keep up the hard work!

2012 Skate Austin Bluebonnet Open
Skate Austin is finally here! Austin FSC will be hosting the annual competition this year at the Cedar Park Center. The big event will begin Thursday, June 7th, 2012 through Sunday, June 10th, 2012.

We wish the best of luck to all our club skaters competing. Skate your hearts out, give 'em your best smiles, and have fun!

Ice Skate USA Summer Show

MFSCH's home rink, Ice Skate USA, will be hosting their annual summer show later this month. Many of our club skaters will be featured alongside the talents of World and National level champions. Come on out and be taken across the ice into a world filled with your favorite movie and show characters of the ages!

A Message from our Rink Director:

*"I'm anticipating the Summer Show Production 2012 with much excitement. The skaters are so very talented and are really bringing their all into their skating. I'm immensely proud of every one of them and can't wait to watch them perform on show day. Hang on tight to your seats; this one's going to blow you away!"
~Alexey Gruber*

When: Saturday, June 30th, 2012 @ 3:00 P.M.

Where: Ice Skate USA, Memorial City Mall

For more information, contact Ice Skate USA or any of our board members. Good luck to all our skaters performing, and hope to see you there!

Figure Skating Fun Fact:

Only two American skaters have ever received perfect 6.0 scores in the short program at Nationals. They were Brian Boitano (1988) & Michelle Kwan (1998).

2. A few minutes of off-ice work, consisting of air turns, rotational jumps, jump walk-throughs and choreography/program walk-throughs. These practices will help simulate on-ice performance and both mentally and physically prepare you to take the ice.
3. Full-body flexibility stretches before and after your skate are critical as well. Stretching can both limber you up and relax and cool you down.

Boots & Blades

Here's an easy tip on how to keep your boots and blades happy, healthy and in tip top shape!

Every so often, remember to clean out the insides of your guards. Grit will build up in there slowly and you don't want all that filth getting on your blades!

Coach's Corner

Got questions? We've got answers. All you need to know from centering spins to getting that last rotation on that jump, professional advice and tips from our top notch coaches.

Though it may not seem that important at times, a full, complete warm-up is always necessary to ensure a top-notch skate, whether you're competing, testing or simply going for a practice session. An ideal warm-up would consist of:

1. Approximately 5 minutes of easy jogging or jumping will give you a slight sweat and raise your body temperature. This in turn will increase your blood flow so your muscles can move more efficiently.

June Birthday Shout Outs

We'd like to wish a very happy birthday to all our members earning another year this month. Don't forget to make a wish!

Gray Johnson	6/3
Yulia Pearce	6/16
Linda Flynn	6/18
Elizabeth Nadolski	6/19
Jessie Chan	6/26

Skater Spotlight Emily Mayerhofer

Age: 7 years old

Level: Freeskate 6/Pre-Preliminary MIF

How long I've been skating:
Since I was 2 ½ years old-
almost 5 years

How often I skate: 6 days a
week

Coaches: Inna

Shaposhnikova, Roman
Zaretsky, Alexey Gruber

Favorite skater: Ashley
Wagner

Favorite moves: Axel, spins

Goal: To land my double
Salchow consistently and
learn more double jumps
and new spins this summer

**Favorite thing about
skating:** Competitions,
because I have the ice all to
myself!

**Least favorite thing about
skating:** Having to say what
my least favorite thing
about skating is

Hobbies: Travelling, biking,
riding a scooter, dancing,
playing board games,
playing with my kitten



Fun Facts

Favorite food: Chicken noodle soup,
strawberries, dark chocolate

Favorite school subject: Reading, writing,
math

Favorite color: Turquoise

Favorite TV show: Good Luck Charlie

Favorite Music: Taylor Swift, Coldplay

Any other sports/talents: I play the piano
and like skiing