

Memorial Figure Skating Club of Houston

August 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 Chair: Barbara Swift

Test Chair: Mary Chan

Hospitality Events Chair: Leslee Brown

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

Members-At-Large: MaryRo Flynn & Susan Depew

Benefits to join a club:

- ❖ *Test Sessions*
- ❖ *Club Ice*
- ❖ *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!*

Special Thanks to our Ralynn Volunteers
MFSCH would like to recognize and thank all our wonderful member volunteers who helped out at the Ralynn Healy Open Competition. Without your generous help and dedication, the success of the competition and our fundraisers would not have been possible. MFSCH truly has the greatest members ever!

Special Thanks to:

*Linda Flynn
Milly & Jessie Chan
Sophia Mayerhofer
Barbara & Kacie Swift
Mary & Emily Chan
Victoria Nikitin
Marion Bowytz
Sue & Rachel Skof
Paula Morris
Mario & Michelle Gonzales
Wing Cheng
Alice Gee
Lynn & Felice Crowder
Tammy & Taylor Rognon
Eddie Adams
Clare Hobby
Madeleine Gustafsson
Andrea & Mary Besson
Alexey Gruber*

We'd also like to give an enormous thanks to the entire Ice Skate USA Staff & Coaches and all our judges, runners, ice monitors and others who worked hard behind the scenes to help us pull this off! Fantastic job!

2012 Summer Show DVDs On Sale

Want to relive the memories from this year's Summer Show? Great news, now you can! MFSCH is currently selling high quality, professional DVDs from the event for \$20.00. This is a perfect gift for all those grandparents, aunts and uncles who weren't able to attend the show or simply a nice souvenir for your family to enjoy together.

For more information or to purchase a DVD, please contact Linda Flynn at mi_blast_mfsc@att.net.

Special Thanks to the Skof Family for all their hard work of the DVD and generosity in donating full proceeds to MFSCH. We can't be grateful enough!

2012 Cannon Texas Open

The annual Cannon Texas Open was held last month, and many of our club skaters competed at the competition and brought home medals! One ENORMOUS congratulations to ALL the competitors! You've made us proud like always!

A Message from the Rink Director Skaters,

First of all, I would like to let each and every one of you know how proud I am of you and how far you've come in so little time. Your parents, coaches and I have watched you grow into a stronger, faster and better skater week after week over the course of this summer. Your hard work and incredible progress definitely haven't gone unnoticed!

Secondly, on behalf of Ice Skate USA I would like to give a warm and gracious thanks to all the skaters and parents who have supported our rink this summer and participated in the Summer Training Camp. The reception of the program and its success has been overwhelmingly amazing and it has been solely because of you. Thank you once again for all your support and dedication to Ice Skate USA and MFSCH, and together we will continue to strive towards creating bigger and better opportunities for the skating community!

*Regards,
Alexey Gruber
Rink Director
Memorial FSC of Houston*

Memories from Summer Training Camp...



August Test Session

MFSCH hosted a test session on Monday, August 13th, 2012. Many of our club skaters who attended passed their tests! Congratulations to everyone, hard work does pay off!

Special recognition to our star skaters who passed their tests:

Pre Preliminary Moves:

- ❖ *Miranda Abdo*
- ❖ *Camila Campos*
- ❖ *Annabel Shen*
- ❖ *Zoey Willoughby*

Preliminary Moves:

- ❖ *Ana Sofia Aranda*
- ❖ *Lauren Erasmus*

Preliminary Free Skate:

- ❖ *Alexandra Szeto-Joe*
- ❖ *Katarina DelCamp*

Pre Juvenile Moves:

- ❖ *Alexandra Szeto-Joe*

Pre Juvenile Free Skate:

- ❖ *Melanie Sturm*

Juvenile Free Skate:

- ❖ *Mary Besson*

Intermediate Moves:

- ❖ *Melanie Sturm*
- ❖ *Mia Mayerhofer*

Novice Free Skate:

- ❖ *Allison Davis*

Annual Member's Meeting

MFSCH's Annual Member's Meeting is coming up soon next month! Look out for a MI Blast coming to your inboxes in the next weeks for more information.

August Club Ice

Beginning August 18th, 2012, MFSCH club ice will be open to all our members on Fridays from 6:00p.m.-6:30p.m. Starting in September, club ice will be held Mondays and Fridays, both from 6:00p.m.-6:30p.m. We strongly encourage all our skaters to join us on the ice! See you there!

MFSCH Car Decals On Sale

Show your club spirit with these stylish Memorial FSC of Houston car decals! Only \$15.00 a decal, you'll be stopping traffic with your head-turning decor and helping MFSCH spread our name! Don't miss out on this golden opportunity! Fill out the decal order form now, available on our website: www.memorialfsc.org, send it in and get ready to deck out your car in MFSCH pride!

August 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!

<i>Ana Sofia Aranda</i>	<i>8/8</i>
<i>Alexey Gruber</i>	<i>8/11</i>
<i>Emily Chan</i>	<i>8/11</i>
<i>Mia Mayerhofer</i>	<i>8/11</i>
<i>Marlu Fewell</i>	<i>8/14</i>
<i>Lillian Tia</i>	<i>8/17</i>
<i>Willa Beth Hood</i>	<i>8/19</i>
<i>Michelle Gonzales</i>	<i>8/28</i>

Friday Club Time

Our club skaters have definitely had a fun-filled summer! Week to week, MFSCH were proud to watch our members grow closer together and make happy memories with each other at Friday Club Times! From the very first week when introductions were made to the ending field trip to Sky High, new friendships were created and MFSCH was brought together in a way like never before. We hope everyone had a blast!

Unfortunately, Friday Club Time will have to be discontinued for a while due to busy school schedules, but don't worry- Bigger and better fun is soon to come!

Friday Fun...



Sky High



Club Mural



Designing Our Club Logo



Ice Age 4

Fun Features

Figure Skating Fun Fact:

Late British figure skater Cecilia Colledge was known for more than just her many titles- She was:

- 1.) The first female skater to perform a double jump
- 2.) The inventor of both the camel and layback spins
- 3.) The youngest Olympic figure skater- She represented Great Britain at the 1932 Winter Olympics at the young age of 11!

Simply Health Nuts

by Jessie Chan & Emily Chan

Monthly tips for club skaters on how to stay healthy and strong-brought to you by two health nuts.

Time for a swap! Switch out your multi-grain bread for whole-grain- It's simple and easy, yet it makes a BIG difference!

We Recommend:

Nature's Own Whole Grain White-Wheat Bread



Coach's Corner

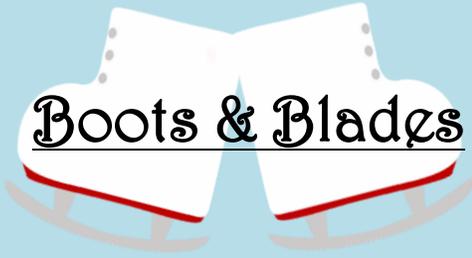
Have your splits but you still can't get your Beilman the way you like it? Are you really as flexible as you think? Probably not, but not where you might assume.

To get the perfect Beilman position, you do need some stretched out legs, but don't forget the rest! Like its cousin, the haircutter, Beilmans require immense leg, back and arm/shoulder flexibility. Specific exercises like the ring stretch and bridge will improve your back, which will also benefit other skating movements such as the layback spin. General arm and shoulder stretches will also help.

Good luck, work hard and skate on!

Fun Features

Boots & Blades



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

Feel like your boots aren't giving you enough support and can't go for those new skates just yet? Try using some sport tape- it works like magic! Just wrap it around the worn down area of your boot-for example, the creased ankle of your skate- and you'll be good to go! Sport tape is sold at many ice rinks and sport stores.



Guess Who?



Can you guess the coach? To help you solve this MFSCH mystery, here are three interesting and unknown facts about the man behind the silhouette!

- 1. Talk about a head start! This coach began skating at only four years old!*
- 2. Our secret sir has one brother. Hmm, we wonder if there is any sibling rivalry?*
- 3. He likes his dessert like his skating-cold! His favorite food is ice cream.*

Can't figure it out? Ask around and work with your fellow club members to crack the ice on this case! The answer will be revealed in next month's issue. Stay posted!

Fun Features

Skater Talk

Every month, MFSCH skaters voice their opinions on today's hot topics.
What're your thoughts?

What's Your Favorite 2012 Summer Olympic Sport to Watch?

"I like swimming and diving. Oh, and gymnastics, because it's like skating."

Rachel Skof

"Gymnastics because Gabby Douglas is awesome!"

Mary Besson

"My favorite Summer Olympic sport is gymnastics...just because it's cool."

Madeleine Gustafsson

"Swimming because it's cool."

Mia & Emily Mayerhofer

Fun Features

Skater Spotlight Emily Chan

Age: 15 years old

Level: Novice

How long I've been skating: 11 years

How often I skate: 6 days a week

Coaches: Karla Atwood, Nicole Nichols

Favorite skaters: Gracie Gold, Luke Chilcott

Favorite moves: Double Axel, Chopstick Spin, Butterfly

Goal: To compete internationally and have a title

Favorite thing about skating: Performing for other people

Least favorite thing about skating: The pressure of doing my best at the right time, like at competition

Hobbies: Baking, beading, couponing, helping my mom sew



Fun Facts

Favorite food: Eggs

Favorite school subject: Science

Favorite color: Purple

Favorite TV show: Food Network

Favorite Music: Anything Disney

Any other sports/talents: Rhythmic Gymnastics, formerly Ballet and Chinese dance