

Memorial Figure Skating Club of Houston September 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 & Clare Hobby

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!

Introducing Our New Board Member

The MFSCH Board of Directors would like to lead our members in giving a warm welcome to Clare Hobby, our new Member-At-Large. Glad to have you on board!

A Great Big Thank You to Our Coach Reps

On behalf of the entire Memorial FSC of Houston, the Club Board would like to take this time to give a great big THANK YOU to Miss Nicole Nichols, one of our lovely Coach Representatives. Nicole has gone above and beyond to help our new Club grow and prosper and has supported us steadily since the very beginning. Without her dedication and hard work, the overwhelming success of the 2011 Nutcracker on Ice Show, the 2012 Summer Show, Ralynn Healy competition, and MFSCH's August 13th test session would not have been accomplished. Nicole is not only a wonderful Board Member and coach- She is a friend, mentor, role model, and leader to everyone around her. She is always kind and willing to help everyone and always puts the skaters and Club first. In honor of MFSCH's promise to never let anyone's contributions go unnoticed, we would like to say to Nicole one more time: Thank you for everything you do, we truly appreciate it from the bottom of our hearts. This Club and Board would not be complete without you.

The MFSCH Board would also like to say an enormous THANK YOU to Roman Zaretsky, another one of our MFSCH Coach Representatives. Roman has been very supportive of the Club from beginning to end and has helped generate a large amount of our new introductory members this year. A tough and unrelenting coach with a kind heart, Roman pushes our Club skaters to be the best that they can be. He never fails to bring them to victory at competitions and tests and has contributed to the grand success of the 2011 Nutcracker and 2012 Summer Show! He has proved to be a wonderful asset to our Club Board and we can not thank him enough for all his hard work and dedication.

The Memorial FSC of Houston Board

2012 Houston Fall Invitational

The 2012 Houston Fall Invitational competition was held over Labor Day weekend, and many of our club skaters participated at the big event with a grand sweep! One ENORMOUS congratulations to ALL the competitors! MFSCH skaters are blue, black and GOLD!

Here are some of our club skaters' exemplary results:

Emily Chan

- ❖ Novice Short ~ 3rd
- ❖ Novice Freeskate ~ 2nd
- ❖ Combined Novice ~ 3rd

Annabel Shen

- ❖ Freeskate 4 ~ 2nd place

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!

September 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!

Camila Hernandez	9/1
Callie Jardine	9/14
Alyssa Booth	9/25

Fun Features

Figure Skating Fun Fact:

Back in the 19th century, they weren't kidding when they said everyone was a winner. Numerous "National Championships" were held during those years, but none were actually sanctioned by a unified figure skating organization. The U.S. Figure Skating Association wasn't even established until 1921! Imagine having twenty different National champions in the same rink...Talk about awkward!

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.

You'll be going nuts over this one- Turns out almonds make you lose weight! Almonds are a healthy source of lean protein, fiber, and monounsaturated and polyunsaturated fats (In other words, fats that are good for you!). Almonds fill you up quickly and give you an energy boost too, making them a great snack to swap out chips or cookies with. Keep a bag with you on the go or sprinkle a handful into your next meal!

We Recommend:

Blue Diamond Low Sodium Lightly Salted Almonds

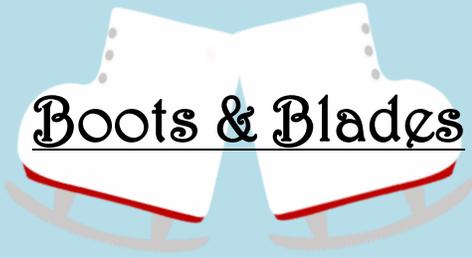
Coach's Corner

Hours and hours of practicing that one jump won't always get you what you want. Find time in your daily routine to do off-ice exercises. Take at least 10-15 minutes a day to practice off-ice rotations and jumps. Continuous off-ice training will improve consistency and strength and make it easier for you to land new jumps! You'll be surprised at the difference it will make!

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 are getting worn down? Before you throw your skates out in an angry fit and make a beeline to the nearest pro shop, stop for a minute to check your laces. Weak and overused laces are often behind the lack of support you're feeling. Experts always advise to change out your laces at least every three months, and **ESPECIALLY** before big events like competitions, tests and shows. Also, don't make a rookie mistake-Get into the safe habit of always keeping a pair of new, spare laces in your bag in case of emergencies. You never know when you may need them!*



Guess Who?



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

- 1. After a long day at the rink, this coach gets to go home to the comfort of three cute and cuddly companions! She has a dog named Ludvig and two turtles with very stylish matching names, Dolce and Gabbana!*
- 2. If there's one tech device this mystery lady can't live without, it's gotta be her precious MacBook.*
- 3. What's this coach's dream vacation getaway? She says anywhere quiet, warm, and cell phone-free!*

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!

*Answer to August 2012 Guess Who?:
Alexey Gruber*

Fun Features

Skater Talk

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

What Breakfast Gets You Up And Going In The Morning?

"Gum."

~ Mikaela Taylor

"Coffee!"

*~ Coach Nicole
Nichols*

*"Oatmeal and
bananas."*

~ Taylor Rognon

"Bacon!"

~ Michelle Tse

Fun Features

Skater Spotlight Lauren Erasmus

Age: 10 years old

Level: Pre-Preliminary

How long I've been skating: 6 years

How often I skate: 3-4 hours a week

Coaches: Roman Zaretsky, Sasha Zaretsky

Favorite skaters: Katarina Witt

Favorite moves: Flip, Camel spin, Sit spin

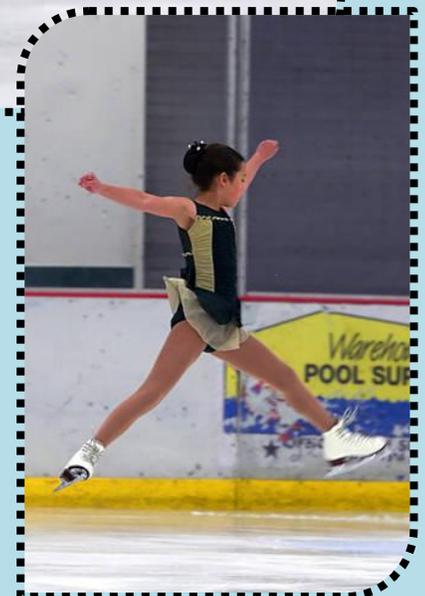
Goal: To land an axel

Favorite thing about skating:

Creating a music program

Least favorite thing about skating: The anxiety right before a competition

Hobbies: Art, playing with my dogs, rollerblading, biking



Fun Facts

Favorite food: I can't choose, there is so much great food to eat!

Favorite school subject: Science

Favorite color: Baby blue

Favorite TV show: Gravity Falls

Favorite Music: I really don't have a favorite

Any other sports/talents: Tae Kwon Do, piano, tennis