

Memorial Figure Skating Club of Houston October 2012 Newsletter

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

*Find us on our website: memorialfsch.org
Contact us at: mi_blast_mfsch@att.net*

2013 Southwestern Regionals

MFSCH skaters took Regionals by storm! The MFSCH Board would like to take this time to recognize our brilliant competitors at the event:

Emily Chan

Allison Davis

Willabeth Hood

Madeleine Gustafsson

Mary Besson

Congratulations to all you ladies! You trained hard for this and it all paid off- Thank you for representing our club so well! We are so proud of you and forever will be! Go MFSCH!

Special recognition goes to Miss Emily Chan, who qualified for the Midwestern Sectionals with her stunning finish in 3rd place. Emily also received a Special Achievement Award for the excellence and quality of her spins. MFSCH is so proud of her and wishes her the best of luck at Sectionals!

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

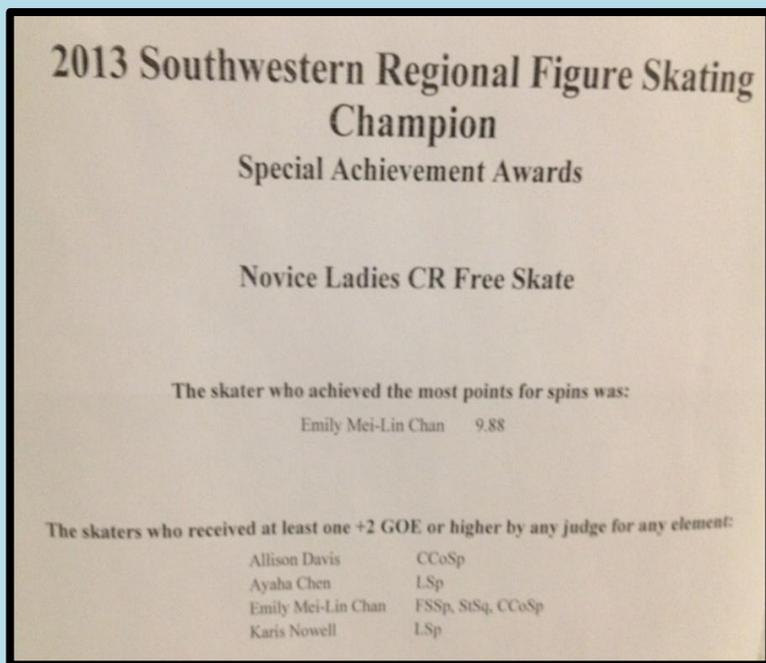
Members-At-Large: MaryRo Flynn & Clare Hobby

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!*



We would also like to congratulate Miss Allison Davis for her Special Achievement Award. Allison received at least one +2 GOE or higher on one or more elements in her programs. MFSCH is so proud of her accomplishment! Fantastic job and keep up the great work!



A Welcome to New Members

The MFSCH family just keeps growing! We would like to give a warm welcome to our new members. Thank you for joining our club! We can't wait to watch you skaters grow!

Sophia Sahami

Thomas Bunch

Daniel Bogomolnaia-Moulin

Laura Mediorreal

Mikaela Manoogian

Levelled Up!

Some of our members recently tested and passed with sweeping scores. Great job skaters!

Daniel Bogomolnaia-Moulin ~

- ❖ Pre Preliminary Moves in the Field

Thomas Bunch ~

- ❖ Preliminary Moves in the Field

Michelle Tse ~

- ❖ Juvenile Moves in the Field

Heather Fewell ~

- ❖ Intermediate Moves in the Field

- ❖ Pre Juvenile Free Skate

Marlu Fewell ~

- ❖ Junior Moves in the Field

Willabeth Hood ~

- ❖ Novice Moves in the Field

MFSCH Facebook Group

Join us on Facebook! Keep up on the latest club news, take part in monthly polls, and remember fun memories in our photo gallery recaps! Email us at mi_blast_mfsch@att.net about joining. And a quick reminder—It's a private group. Members only!

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!

October 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 Campos	10/8
Miranda Abdo	10/14
Hallie Dollins	10/20
Mary Besson	10/24
Rachel Skof	10/25
Zoey Willoughby	10/25
Sasha Busa	10/26
Taylor Rognon	10/28

Fun Features

Figure Skating Fun Fact:

To our female skaters with a taste for skating dresses: You can thank Sonja Henie for that. The ten-time world champion of the 1900s was the first to break tradition by wearing a short, knee-length skirt during her programs. Before then, girls wore bulky clothing and long skirts to skate. Talk about a fashion crisis!

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.

Not to state the obvious, but you probably already know that drinking TONS of water is good for you. Ever wondered why? Taking in lots of healthy fluids will flush all the icky lactic acid out of your system and keep your body in top, healthy shape. Down about 8 glasses of water a day!

And we get it. Sometimes you just want to have a little treat at the end of a hard week. Instead of reaching for that can of carbonated sugary goodness (otherwise known as soda), opt for a healthier option. Mixing orange, grape, or cranberry juice with a little soda (bubbly) water or drinking

Coach's Corner

Feel like you're taking off on your heel? Here's a saying to make your jumps golden: Nose over toes. Leaning back right before jumping won't get you anywhere (except maybe on the ice). Make sure to bend your knee, keep your "nose over your toes", and push off your toe-pick into the air.

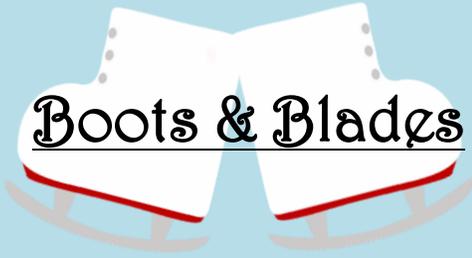
Good luck, work hard and skate on!

decaffeinated soft drinks will satisfy your taste buds and don't do as much damage as the real thing.

We recommend:
Healthier Soda~ Fresca
Mix It Up! ~ Trop 50 Peach
with White Tea mixed with
Club Soda

Fun Features

Boots & Blades



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

Take a minute to check out your skates. Have you ever noticed the heel and bottom edges of your boot? Lunges and falls can take the blame for the fading brown color. Add extra waterproof protection to your skates by using Sno Seal. Rub the coating onto the brown heel, edges and bottom of your boots once a month to keep the moisture out and your skates nice and dry.



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. This coach dressed up as a disco ball one year for Halloween—It was her favorite costume EVER!*
- 2. She's got a thing for mocha chip ice cream...A post coaching treat maybe?*
- 3. You won't believe her high school mascot: It was a rock!*

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 September 2012 Guess Who?:
Sasha Zaretsky*

Fun Features

Skater Talk

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

What Spooky Treat Satisfies Your Sweet Tooth?

"Laffy Taffy!"
~ Wendy
Barnard

"Sour Patch Kids."
~ Callie Jardine

"Dark Dove
chocolate."
~ Allison Davis

"Milk duds, peanut butter
M&Ms, Butterfingers,
Reese's peanut butter
cups, ...any candy
really..."
~ Mikaela Taylor

Fun Features

Skater Spotlight Alyssa Rui-Li Skof

Age: 10 years old
Level: Preliminary
How long I've been skating: 6 years
How often I skate: 4 days a week
Coaches: Mikaela Taylor, Alexey Gruber
Favorite skaters: Yuna Kim
Favorite moves: Double toe, double flip
Goal: To land all my doubles by next spring
Favorite thing about skating: Jumps
Least favorite thing about skating: Field Moves
Hobbies: Drawing



Fun Facts

Favorite food: Malaysian food
Favorite school subject: Art
Favorite color: Yellow & Green
Favorite TV show: None
Favorite Music: Coldplay
Any other sports/talents: Piano