

Memorial Figure Skating Club of Houston November 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 Midwestern Sectionals

An ENORMOUS Congratulations to Miss Emily Chan! Emily competed at the 2013 Midwestern Sectionals in Cleveland, Ohio and, thanks to her exceptional performances, placed with the pewter medal and qualified for the 2013 Nationals! MFSCH is so proud and honored to call this talented skater our own! Thank you Emily for representing our club so well, and we bid you the best of luck at Nationals! Go for the gold!

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!*



Coming Soon: Secret Santas

MFSCH is excited to announce that we will be hosting Secret Santas next month! Skaters will have the opportunity to make new friends and bond with fellow club members through this anonymous gift exchange. We will send out a MI Blast with more details in the next few weeks. If you are interested in participating or have any questions, just send us an email! This event is for club members only.

November 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>Emily Mayerhofer</i>	<i>11/4</i>
<i>Kennedy Nichols</i>	<i>11/6</i>
<i>Zach Fix</i>	<i>11/11</i>
<i>Alan Chan</i>	<i>11/19</i>
<i>Annabel Shen</i>	<i>11/21</i>

MFSCH WOULD LIKE TO WISH ALL OUR MEMBERS A HAPPY THANKSGIVING!



Fun Features

Figure Skating Fun Fact:

In the 1960s, Ludmila Belousova & Oleg Protopopov invented and named the different death spiral variants:

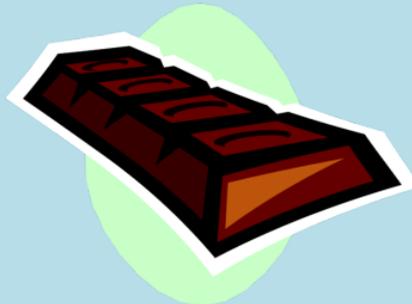
- ❖ *Cosmic Spiral~Backward Inside*
- ❖ *Life Spiral~Forward Inside*
- ❖ *Love Spiral~Forward Outside*

Simply Health Nuts

by Jessië Chan & Emily Chan

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

It's that time of the year again-The holiday season. A merry two months of turkey-stuffing, Christmas-caroling, and of course, the inevitable: Candy-chomping. Before you reach for the nearest bar of sugary goodness in sight, calm your sweet tooth and opt for some dark chocolate instead. It's sure to give you that boost of sugar and sweetness you want-and it's actually kind of healthy for you!



Coach's Corner

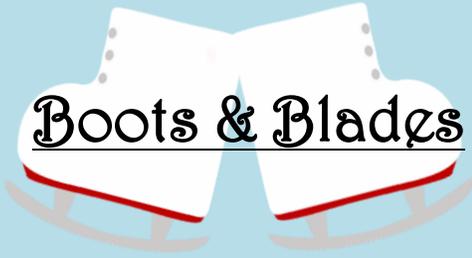
A jump is only as good as its landing! Don't get too distracted in the aspects of the actual jump-Even the best double can appear messy if your check-out isn't spot-on. Here are some tips to the best posture:

1. *Keep your back arched and straight.*
2. *Chin up!*
3. *Point your toes.*
4. *Straighten the free leg.*
5. *Make sure your chest and shoulders are squared.*
6. *A trick to flawless arms: Stick your fingers in your ears like you just heard a loud noise, and keeping your shoulders at that same angle, straighten your arms back. (Courtesy of Coach Nicole Nichols)*
7. *And most importantly...Smile!*

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!

A tear or two on the side of your boot is no big deal, right? Think again. For all skaters, especially those focusing on toe jumps, keep an eye out for seemingly innocent rips on the leather of your skates. One surely won't kill you, but repeated damage to a particular spot (which is bound to happen, thanks to your body's repetitive pattern of action) will come back to bite you in the end. The quickest, easiest and best solution? Skate Tape!



Guess Who?



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

- 1. When it comes to colors, this coach just can't choose one! She loves all shades of the rainbow!*
- 2. Back in the days when she was a competitive skater, her favorite element by far was throw triple salchow. The faster, higher, and stronger, the better!*
- 3. Her favorite music track to skate to? Anything from Flashdance!*

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 November 2012 Guess Who?:
Karla Atwood*

Fun Features

Skater Talk

Every month, MFSCH members voice their opinions on today's hot topics.

What're your thoughts?

What's your favorite part of Thanksgiving?

*"Getting to see and
spend time with
family."*

~Taylor Rognon

"Sleeping in."

~Mikaela Taylor

"Family time."

~ Mary Chan

*"I like to make decorations
and eating the food is
amazing."*

~Callie Jardine

Fun Features

Skater Spotlight Annabel Shen

Age: 11 years old

Level: Pre-Preliminary

How long I've been skating: 3 ½ years

How often I skate: 2 days a week

Coaches: Dmitri Bocharov

Favorite skaters: Michelle Kwan

Favorite moves: Sit spin, loop jump

Goal: To land my axel by next spring

Favorite thing about skating:

Learning new moves and skills

Least favorite thing about skating:

Competitions

Hobbies: Drawing



Fun Facts

Favorite food: Lemon chicken

Favorite school subject: Science

Favorite color: Aqua

Favorite TV show: Good Luck Charlie

Favorite Music: None

Any other sports/talents: Skiing