

# Memorial Figure Skating Club of Houston

## January 2013 Newsletter

### News & Updates:

- ❖ 2013 Prudential U.S. Figure Skating Championships
- ❖ Dress, Boots & Blades Sale
- ❖ Upcoming Test Session
- ❖ Club Ice
- ❖ Ice Network
- ❖ 2012 Nutcracker DVDs on Sale
- ❖ January 2013 Competition Schedule
- ❖ January Birthday Shout Outs

### Fun Features:

- ❖ Figure Skating Fun Fact
- ❖ Simply Health Nuts
- ❖ Coach's Corner
- ❖ Boots & Blades
- ❖ Countdown to Sochi
- ❖ Skater Talk
- ❖ Skater Spotlight

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

Find us on our website: [memorialfsch.org](http://memorialfsch.org)  
Contact us at: [mi\\_blast\\_mfsch@att.net](mailto:mi_blast_mfsch@att.net)

## 2013 Prudential U.S. Figure Skating Championships

*Emily Chan has done it! With a stunning short program and fantastic freeskate finish, she placed 6<sup>th</sup> in the 2013 U.S. Nationals! Emily delivered her promised style and skill in the short, settling in with 36.47 points at the end of Day One. Later, she wowed the judges and audience with her fierce and flawless freeskate. Emily received 69.37 points for the freeskate and closed in with a total score of 105.84.*

*MFSCH is so incredibly honored to have such an amazing and talented individual like Emily in our club. Emily has put us on the map and inspired us all to climb, chase, and conquer to reach the stars. Thank you for representing us so well at 2013 Nationals! An enormous Great Job and Congratulations!*

### 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!*





# Fun Features

## A Bit About Biellmanns:

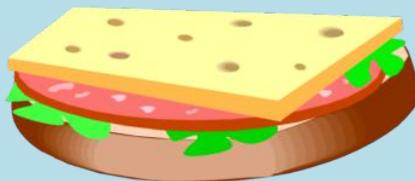
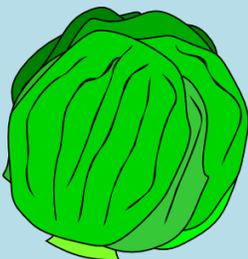
*Although Swiss skater Denise Biellmann had popularized the spin, she wasn't the first inventor or performer of it. Legendary Russian pairs coach Tamara Moskvina is actually credited with the original creation of the Biellmann spin.*

## 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.*

*Want to cut down on carbs? Take out the top slice of bread in your sandwiches, making it an open sandwich, or toss out the bread all together and swap both slices with lettuce for a crisp, healthy iceberg sandwich.*



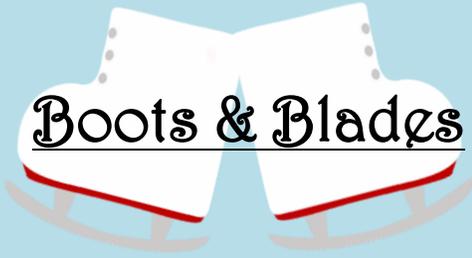
## Coach's Corner

*It's time again-time to choreograph, learn and perfect your programs for the new year. Remember that a program takes time to cultivate and clean, so don't get frustrated if you constantly make mistakes in the beginning. Just keep your head up, be patient, and take your time. It's a good idea to take your program piece by piece at first: Section it up into two or three parts, and slowly practice each part individually until you feel more comfortable with it, then move on to the next section. If you're a double jumper, start out with singles first and slowly add one or two doubles every day to keep things consistent. Don't give up on yourself, you can do it! We look forward to watching all your new programs this next season!*

*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!*

*For our junior coaches, it's a good idea to avoid wearing your training skates while coaching. The constant standing and "marching" will wear down your boots and blades quickly. A great alternative would be to choose an old pair of skates to use specifically for Learn-To-Skate.*



*As the world counts down to the 2014 Winter Olympics, MFSCH is bringing you the scoop of the skaters, set up and scene at The Games Headquarters, Sochi, Russia.*

*Ironically, Sochi actually experiences a humid subtropical climate, its residents enjoying warm summers with temperatures ranging from 77°F and 83°F and mild winters that rarely see the thermometer drop below freezing. The Krasnaya Polyana mountains that loom over the Russian city experience serene snow conditions-perfect for skiing between October and May!- and are mostly shielded from the wind, a unique condition unlike anywhere else in Europe.*

*Answer to December 2012 Guess Who?:  
Inna Shaposhnikova*

# Fun Features

## Skater Talk

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

What is your 2013 New Year's Skating Resolution?

"My New Year's Skating Resolution is to get to Juvenile level this year!"  
~Callie Jardine

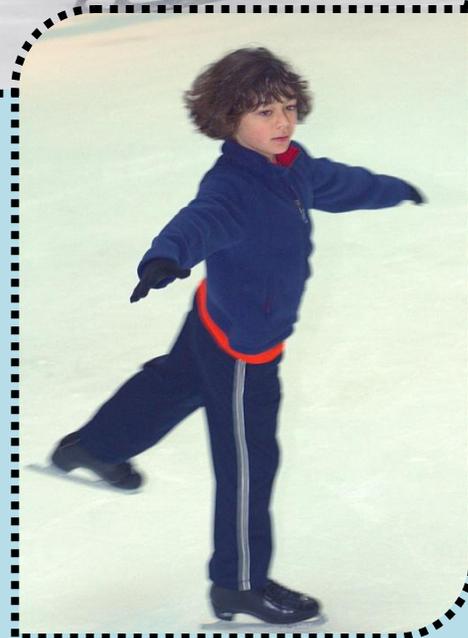
"I am going to take the time to keep my skates in the best shape! And I'm going to try to meet more of my fellow skaters."  
~Hallie Dollins

"Maybe learn to skate so I can wear a big dress and be in a show (I'll have to check with my insurance carrier and my boss to see if I'm allowed!)."  
~Linda Flynn

# Fun Features

## Skater Spotlight Matthew Erasmus

*Age: 8 years old*  
*Level: Freeskate 2*  
*How long I've been skating: Since I was 4 years old-4 years!*  
*How often I skate: 3 hours a week*  
*Coaches: Roman & Sasha Zaretsky*  
*Favorite skaters: Elvis Stojko*  
*Favorite moves: Jumps*  
*Goal: To go to the Olympics*  
*Favorite thing about skating: Loop jump*  
*Least favorite thing about skating: Back spin*  
*Hobbies: Swimming*



### Fun Facts

*Favorite food: Cheese sandwich, popsicle*  
*Favorite school subject: Math*  
*Favorite color: Orange*  
*Favorite TV show: Storage Wars*  
*Favorite Music: LMFAO*  
*Other sports/talents: Tae Kwon Do*