

# Memorial Figure Skating Club of Houston December 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](http://memorialfsch.org)  
Contact us at: [mi\\_blast\\_mfsch@att.net](mailto:mi_blast_mfsch@att.net)*

## Happy Holidays from the MFSCCH Board

*To all our wonderful members:*

*You all have made this year a memorable one for the Memorial Figure Skating Club of Houston and its Board Members. We have accomplished a tremendous amount this year and all because of you, our members. We look forward to the new year with as much enthusiasm, if not more, as you all have displayed in this newly reorganized club and our new goals this last year.*

*Stay safe if you're traveling, spend lots of time with family and friends, enjoy the fun times and most of all, thank you so very much for all your efforts and support -- we owe you a big round of applause!*

*I would like to send a special Thank You to:*

*MFSCCH Coaches*

*Ice Skate USA Rink Management*

*Eddie Adams*

*The Skof Family*

*And last but not least - a great big thank you to our Board Members. These individuals are always there for the club, the skaters and me. They give their all without reservation and truly care about this club and its members.*

### 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 could not have gotten this far without their efforts, caring, support and talents.*

*Happy Holidays,  
Linda Flynn  
MFSCH President*

### 2012 Nutcracker On Ice

*The MFSCH Board would like to congratulate all the cast, crew, coaches, special guest skaters, management, and volunteers of the 2012 Nutcracker on Ice for another magnificent job this year. This show would not have been as fantastic as it was without the effort each and every one of you put into making the production a success. Thanks to everyone's hard work and commitment, The Nutcracker on Ice just keeps getting bigger and better year by year. It is more than obvious that everyone's pride has been incorporated into the show, and MFSCH is proud of every individual that contributed their time, money, effort and talents to make this year's production a complete SUCCESS! Once again, we have put MFSCH and Ice Skate USA on the map. We extend a great big Thank You to everybody from the bottom of our hearts. We are proud to call ourselves a part of MFSCH family!*

*Sincerely,  
MFSCH Board Members*

### 2012 Nutcracker DVDs On Sale

*Relive the magic from the 2012 Nutcracker On Ice right from the comfort of your living room! Order your copy of this year's Nutcracker production DVD or Blu-Ray now and receive a 10% discount on your purchase! Download the DVD order form at our club website: [memorialfsch.org](http://memorialfsch.org). For further information or questions, email us at: [mi\\_blast\\_mfsch@att.net](mailto:mi_blast_mfsch@att.net).*

### December 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>Meredith Nelson Huffman</i> | <i>12/1</i>  |
| <i>Roman Zaretsky</i>          | <i>12/4</i>  |
| <i>Nicole Nichols</i>          | <i>12/12</i> |
| <i>Casie Law</i>               | <i>12/13</i> |
| <i>Joanne MacInnes</i>         | <i>12/17</i> |
| <i>David Lovely</i>            | <i>12/19</i> |
| <i>Alexandra Zarestky</i>      | <i>12/23</i> |
| <i>Keely Kirchhoff</i>         | <i>12/31</i> |
| <i>Nicole Kirchhoff</i>        | <i>12/31</i> |

# Fun Features

## Figure Skating Fun Fact:

You don't know ambidextrous until you've heard about 1960 Olympic Ladies' Champion Carol Heiss-Jenkins. One of her trademark tricks was to execute a series of alternating clockwise AND counterclockwise single axels. Predominantly, Jenkins rotated her jumps clockwise and her spins counterclockwise.

## 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.



Christmas is right around the corner-that means honey ham, dinner rolls and gingerbread cookies are right at your fingertips! At this time of the year, we'd like to let your healthy lifestyle-no, not your "diet"!-take the wheel on your meals. That doesn't mean you have to pick at a salad and water while everyone else enjoys the delicious perks of the holiday season-Eat and delight in all the goodies! Rather than focusing on the sugar or fat content of your dinner or dessert, think more PORTION CONTROL. Hope your Christmas is nice, warm and yummy!

## Coach's Corner

We've all done it before-Exiting from a spin and feeling the world spin in circles. In this case, don't cut down on speed-actually, it's all about the FOCUS:

### What Not To Do:

**Spot DURING the Spin**  
Unlike dancers and ballerinas, skaters will get dizzy if they focus on a specific point while spinning. Instead, focus on the actual spin and what you have to do **AFTER** the spin is finished.

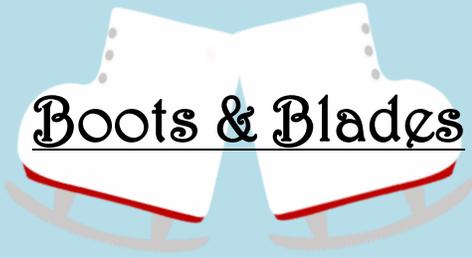
### What To Do:

**Spot AFTER the Spin**  
Once you've checked out of the spin, immediately find a spot or point ahead. Stare at it for a few seconds (usually the seconds it takes to hold the landing position) or until you feel the dizziness disappear.

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 simple and easy way to check if your blades need a sharpening is to lightly (and carefully!) run your fingernail along the edge of the blade. If it is sharp enough, it will dig and scratch the nail a little bit. A dull blade in need of a trip to the pro shop will just slide across the nail without problem.*



## 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. As a skater, this coach's favorite spin was the layback!*
- 2. Favorite Food: Sushi.*
- 3. Her favorite ornaments on her Christmas tree are bird clip-ons!*

*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?:  
Nicole Nichols*

# Fun Features

## Skater Talk

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

All I Want for Christmas Is...

"My two front teeth."  
~Mikaela Taylor

"You! And landing the  
axel, haha!"  
~Camila Campos

"I want a  
hippopotamus for  
Christmas...only a  
hippopotamus will do."  
~ Taylor Rognon

"To land my double loop  
and double flip!"  
~Callie Jardine

# Fun Features

## Skater Spotlight Madelaine Gustafsson

*Age: 11 years old*

*Level: Juvenile*

*How long I've been skating: Since I was 3 years old-8 years!*

*How often I skate: 6 days a week*

*Coaches: Roman Zaretsky, Yulia Pearce, Megan Faulkner*

*Favorite skaters: Evan Lysacek*

*Favorite moves: Double flip, Biellmann*

*Goal: To go to the Olympics!*

*Favorite thing about skating: Being able to work hard with good friends*

*Least favorite thing about skating: Getting up so early*

*Hobbies: Baking, art, hanging out with my friends*



### Fun Facts

*Favorite food: Mac & Cheese*

*Favorite school subject: English*

*Favorite color: Yellow, pink & coral*

*Favorite TV show: Dance Moms*

*Favorite Music: Pop-Justin Bieber, One Direction*