

# Memorial Figure Skating Club of Houston February 2013 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)*

### 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, Karen Rueve

### 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 Director  
The MFSCCH Board of Directors would like to lead our members in giving a warm welcome to:

*Karen Rueve ~ Member-At-Large*

*Glad to have you on board!*

### Dress, Boots & Blades Sale

MFSCCH is happy to announce our Dress, Boots & Blades Sale to be a huge success! Thanks to all of our generous volunteers, you did an amazing job! The money raised from this sale will go towards the MFSCCH professional club logo, which will be featured in future club merchandise for our skaters.

### A Special Thanks to:

Linda Flynn

Milly Chan

Sue Skof

Clare Hobby

Wing Cheng

Jessica Shen

Sophia Mayerhofer

### Upcoming Test Session

MFSCCH will host a test session on Sunday, March 10<sup>th</sup> 2013 at Ice Skate USA. To sign up, please fill out our test application, available at the Ice Skate USA front desk and on our club website, by February 24<sup>th</sup>. If you have any questions, feel free to contact us at [mi\\_blast\\_mfsch@att.net](mailto:mi_blast_mfsch@att.net)

## Club Ice

*Join us for 30 minutes of free club ice every week at Ice Skate USA! Club ice is available on Mondays and Fridays from 6:00-6:15 p.m.*

## Ice Network

*Want to stay in the loop of your favorite national and international figure skaters? Feel like catching up on the last big competition or event? Subscribe to [icenetwerk.com](http://icenetwerk.com) for live video feeds to the fiercest competitions in the world, from U.S. Nationals to Skate America to the Cup of China and beyond! Subscribe today at [icenetwerk.com](http://icenetwerk.com).*

## February 2013 Competition Schedule

<i>2/10/13</i>	<i>2013 Winner's Circle</i>
<i>2/23/13-2/24/13</i>	<i>2013 Alamo Skate</i>

## February 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>Mika Bowytz</i>	<i>2/6</i>
<i>Lauren Erasmus</i>	<i>2/23</i>
<i>Jasmine Zaretsky</i>	<i>2/25</i>

# Fun Features

## Protecting the Crown:

*Ashley Wagner, the 2013 U.S. Nationals champion, is the first woman since Michelle Kwan to defend her title and win back-to-back U.S. Championships. Michelle Kwan was able to stay on top of her throne at Nationals consecutively from 1998 to 2005.*

## 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 back but still enjoy your cheese? Look for labels like “Thin-Sliced” and avoid the “Hearty Cut” or “Jumbo” next time you visit the grocery store!*



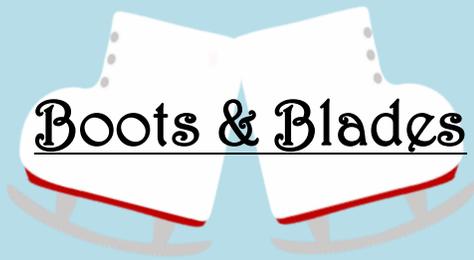
## Coach's Corner

*A great way to train your rotations for jumps **WITHOUT** actually jumping is to practice simple, upright backspins. Concentrate on squeezing tight to the very end and to exit with a strong landing position. This will strengthen your position in the air and train your body to stay tight while rotating.*

*For an advanced twist on the backspin exercise, add a single or double loop at the end of the spin (before landing-while you're still rotating). This will further help you work on your balance, coordination and posture.*

*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!*

*Every skater can relate: Every once in a while, you feel your heels slipping in your boots. Ever wondered why? The cause may surprise many people. Sometimes, it may not have anything to do with the structure of the skate itself; however, its blades may tell a different story. Take your skates to a pro shop or sharpener to check for nicks or cuts-oddly, this may actually be what's tossing your foot around in your skate! If that's not the case, other common solutions you can try are:*

- ❖ *Swap out your laces-old, bitten down laces may press down on your skate and foot too much.*
- ❖ *Consult the pro shop to see if you need a heel lift or punch out.*
- ❖ *If all else fails, simply get a blade sharpening. Who knows, it just might do the trick!*



*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.*

*The 2014 Games will be the second time Russia hosts the Olympics; however, it will be the first time the United States participates in a Russian Olympics. In 1980, Team USA boycotted the Moscow Games due to political tensions between America and the Soviets.*

# Fun Features

## Skater Talk

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

### What's Your Favorite Spin Position?

"Donut."

~Mikaela Taylor

"Layback stuff!"

~Mary Besson

"Sit spin!"

~Hallie Dollins

"Flying camel!"

~Callie Jardine