

Memorial Figure Skating Club of Houston March 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
Contact us at: mi_blast_mfsch@att.net*

Board of Directors

President: Linda Flynn

Treasurer: Milly Chan

Secretary: Clare Hobby

Membership Chair: Sophia Mayerhofer

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 & 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!

A Change in the Board

MFSCH's Membership Chair, Barbara Swift, has resigned from her position. The Board would like to thank her for all she has done for the Club in the time she served. Sophia Mayerhofer has taken Barbara's place as Membership Chair, and Clare Hobby has taken up the role of Secretary. We would like to thank all of our Board Directors for their relentless hard work and continuous support of the Club. We wouldn't be here without you!

Volunteer Opportunities at Test Session

MFSCH will host a test session on Sunday, March 10th 2013 at Ice Skate USA. We are looking for a few club members to fill in much needed positions to ensure the test runs smoothly. This may fulfill your 4 volunteer hour obligation and make you eligible for the membership discount in June 2013! To sign up, please go to the following SignUpGenius link:

http://www.signupgenius.com/go/8050D49AEA2BA57-test_session_march

The test schedule will be out shortly, so you can volunteer before and/or after your skaters' tests. All volunteering shifts/times may be swapped and altered before March 10th. For more information, contact Sophia Mayerhofer via SignUpGenius or mi_blast_mfscch@att.net ATTN SOPHIA MAYERHOFER or call (832) 248 5251.

This is a team effort-the more volunteers we have, the smoother and better our test will run for our skaters. Thanks members!

Five Tips for Testing

To our skaters testing at our March 10th session, listen up! We've got five tips to success for you on your big day:

- 1. Arrive at the rink at least 1 hour before your scheduled test. This will give you enough time to warm up off-ice and will ensure you'll be ready to test in case of any sudden schedule changes.*
- 2. Bring a jacket. You want to stay nice and warm before you take the ice. Don't let those muscles cool down!*
- 3. For our skaters testing Freeskate, bring a back-up copy of your music in case of any technical difficulties.*
- 4. Pack an extra pair of emergency laces, just in case.*
- 5. And most importantly, SMILE, RELAX AND ROCK YOUR TEST!*

Good luck to all our testing skaters!

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 icenetwork.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 icenetwork.com.

March 2013 Competition Schedule

<i>3/16/13</i>	<i>Showskate 2013</i>
<i>3/22/13</i>	<i>Skate Houston 2013</i>

March 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>Anna Maag</i>	<i>3/2</i>
<i>Madeleine Gustafsson</i>	<i>3/6</i>
<i>Kiara Evans</i>	<i>3/7</i>
<i>Emily Engberg</i>	<i>3/15</i>
<i>Charnell Evans</i>	<i>3/16</i>
<i>Sarah Flynn</i>	<i>3/26</i>
<i>Graceanne Becker</i>	<i>3/27</i>

Fun Features

Age is just a number:

You're never too old to learn! U.S. figure skater Johnny Weir taught the skating world that lesson-He started skating at 12 years old, a considerably late age for the sport. Despite his delayed beginning, Weir caught up quickly with his natural talent; in fact, he landed his Axel in his first week of skating!

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.

Drink some green tea! It's choke-full of antioxidants and healthy amino acids, is caffeine-light and will help you lose those few extra pounds! Have a cup warm with honey or an ice-cold glass with lemon!



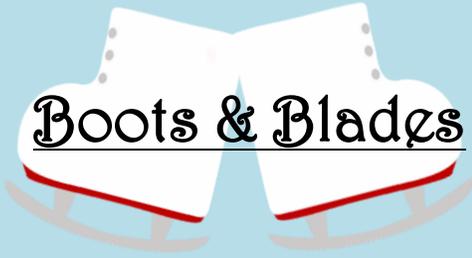
Coach's Corner

When transitioning in any forwards-backwards/backwards-forwards spin, take your time. Rushing to change your feet will cause you to lose speed and fall off your center. Focus on using your free foot to push hard against the ice and give yourself the power boost to make it through the second part of the spin. For change-foot sit spins, try not to rise up when transitioning-only move your feet, not your upper body.

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!

No one likes the stench of stinky feet. Unfortunately, the combination of sweat and damp skates trapped in a bag 7 days a week will soon begin to smell something like your brother's dirty socks-Yuck! To avoid clearing the room every time your skates make an appearance, make sure to air them out over night after a day of skating. For an additional kick to further eliminate odors, stuff your boots with used fabric softener sheets or a pair of Stink-eez from the pro shop.



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.

Those who qualify for the 2014 Olympics will not only get the chance of a lifetime to represent their country at one of the world's biggest sporting events, but they will also be able to get a taste of Sochi's fine traditional cuisine. Try your hand at Russian cooking with this recipe for a Sochi classic, Borscht, found on the next page.

Fun Features



Borscht

An Eastern and Central European favorite, the signature beetroot soup.

Ingredients:

- 1 lb stew beef chopped into 1-inch cubes
- 6-7 cups beef broth
- 4 medium garlic cloves, minced
- 1 small onion, diced
- 2 medium carrots, diced
- 2 medium red beets, diced
- 2 large potatoes, cubed
- 2 celery sticks, diced
- 2 cups shredded cabbage
- 2 tablespoons fresh chopped dill
- 1 tablespoon fresh chopped parsley
- 1 teaspoon ground black pepper
- 2 teaspoons sea salt

For the Sauce:

- 1 small onion, diced
- 1 cup tomato sauce/puree
- 3-4 tablespoon fresh tomato ketchup
- 1 cup beef broth
- Ground black pepper, salt

Toppings & Sides:

- Olive oil mayonnaise
- Sour cream
- Green onion, diced
- Toasted bread

Preparation:

Heat a large soup pot over medium-high heat and add several tablespoons of canola oil. Sear the meat until darkened. Add beef broth, salt and ground pepper. Stir, cover and reduce heat to low. Braise the meat for 1 hour until tender.

Meanwhile, prepare mirepoix. Sauté beets, carrots, onion and celery in large sauté pan with oil until golden brown. Add the garlic and cook for 1 more minute. Add the mirepoix to soup pot once meat has cooked for 30 minutes.

Prepare the sauce. Sauté the onion in a tablespoon of oil over medium heat until golden brown. Add tomato puree, ketchup, broth and season lightly with black pepper and salt. Simmer on low heat for 7 to 8 minutes, then set aside.

After braising meat for 1 hour, add potatoes, prepared tomato sauce, cabbage, dill and parsley. Set heat to medium and cook uncovered. Bring the soup to a simmer then set a timer for 15 minutes. After 15 minutes, cover and remove from heat. Serve with ½ tablespoon of mayonnaise or 1 tablespoon sour cream, a sprinkle of green onion and fresh toasted bread.

Note: Soup can be prepared a day ahead and refrigerated. The flavors will develop more overnight, resulting in a more savory soup. Simply reheat pot over medium heat.

Fun Features

Skater Spotlight Hallie Dollins

Age: 9 years old
Level: Freeskate 3
How long I've been skating: 4 years
How often I skate: 4 days a week
Coaches: Alexey Gruber
Favorite skaters: Ekaterina Gordeeva, Sergei Grinkov
Favorite moves: Loop jump, Camel spin
Goal: Go to the Olympics someday, Never get tired of skating
Favorite thing about skating: The rare practices when I have the whole rink to myself
Least favorite thing about skating: Falling, Trying to find a parking spot at the rink
Hobbies: Reading, writing, summers in Colorado



Fun Facts

Favorite food: Old-fashioned pot roast
Favorite school subject: History, Zoology, Mandarin
Favorite color: Turquoise
Favorite TV show: Chopped
Favorite Music: Matt Redman, Christy Nockels
Other sports/talents: Piano, Swimming

