

Memorial Figure Skating Club of Houston

April/May 2013

Newsletter

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

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*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: 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!

Competition Results

What a great way to kick off the new season! MFSCH is so proud of our skaters, who have represented our club fabulously at the recent competitions. Our victorious skaters blew us away with their beautiful performances and continue to make us proud every time they take the ice. You are our pride and glory! Congratulations to all our competitors, keep up the hard work because it certainly pays off!

Some of our talented skaters' results:

SKATE HOUSTON 2013:

Mia Mayerhofer

❖ Juvenile Spins Challenge~1st

❖ Juvenile Short~5th

Emily Mayerhofer

❖ Pre-Preliminary Freeskate~4th

Anna Maag

❖ Freeskate 4 Freeskate~1st

❖ Freeskate 4 Compulsory~2nd

Madeleine Gustafsson

❖ Juvenile Short~3rd

Thomas Bunch

❖ Preliminary Freeskate~1st

❖ Preliminary Compulsory Moves~3rd

And a big congrats to everyone who skated at Skate Dallas 2013 as well, y'all did great!

March Test Session

MFSCH hosted a test session earlier last month, and many of our club skaters passed their tests! Congrats to the following testers:

Pre-Preliminary Moves:

- ❖ Mika Bowytz, Anna Maag, Graceanne Becker, Camila Hernandez

Pre-Preliminary Freeskate:

- ❖ Emily Mayerhofer

Preliminary Moves:

- ❖ Emily Mayerhofer, Alyssa Booth, Emily Engberg

Preliminary Freeskate:

- ❖ Mollie Becker, Rebecca Depew

Juvenile Freeskate:

- ❖ Cecelia Schmidt

Novice Moves:

- ❖ Anastasia Walloga

Novice Freeskate:

- ❖ Mikaela Manoogian

Junior Moves:

- ❖ Taylor Rognon

Dances:

- ❖ Taylor Rognon-Willow Waltz
- ❖ Victoria Nikitin-Hickory Hoedown, Willow Waltz, Ten Fox

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.

April/May Birthday Shout Outs

We'd like to wish a very happy birthday to all our members earning another year. Don't forget to make a wish!

Rebecca Depew	4/15
Rea Golt	4/26
Allison Davis	4/30
Daniel Bogomolnyi-Moulin	4/30
Thomas Bunch	5/12
Heather Fewell	5/13
Matthew Erasmus	5/18
Alyssa Skof	5/27

Fun Features

U.S.A. Pride

In the 2006-2007 season, Caroline Zhang, Mirai Nagasu and Ashley Wagner completed the first-ever American sweep of the World Junior podium.

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.

Eating healthier doesn't necessarily mean giving up the foods you love. Sometimes, all you have to do is make some simple switches! For example, swap out white rice for brown rice, white bread for whole grain or white-wheat, and regular milk for 2% or almond milk. And don't worry about your sweet tooth, chocolate is still okay! Just replace milk with dark chocolate, which includes many antioxidants. Though these seem like small changes, they will make a world of difference in the long run.

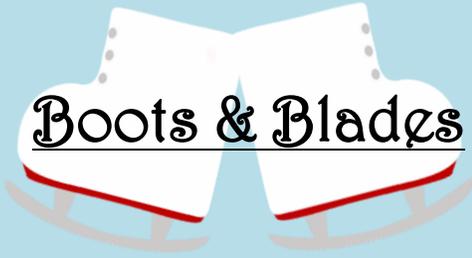
Coach's Corner

Ever had one of those days when you just can't land that one jump? The next time you're stuck in that situation, remember that the best thing to do is LEAVE IT. Everyone has good and bad days for their skating, and to keep falling on a jump you can normally execute much better will only frustrate you. A bad attitude won't get you anywhere. Simply relax and either work on something else and come back to the jump or leave it alone completely for the whole day's practice. There's always tomorrow!

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!

Experts recommend having your blades sharpened for every 40 hours of skating. However, other signs that indicate your blades may have dulled out include:

- ❖ *Sliding easily when you stop.*
- ❖ *Feeling like you're slipping when you take off for a jump.*
- ❖ *Here's a method to test for blade sharpness: Run your finger nail along the edge of the blade. If it catches, then your blades are sharp enough. However, if it slides right over, you may need to take your skates in for a sharpening. Always be careful not to cut yourself when doing this!*



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.

Here's five fun facts you may not know about two-time U.S. Nationals champion and 2014 Sochi hopeful Ashley Wagner:

1. *She was born on a U.S. Army Base in Heidelberg, Germany, where her father, a now retired colonel, was stationed at the time.*
2. *She collects marbles she finds randomly at rinks!*
3. *When she was little, she skated in a butterfly helmet.*
4. *Her height is 5' 3".*
5. *Her idol is Tara Lipinski.*

Fun Features

Skater Spotlight Anna Maag

Age: 9 years old

Level: Pre-Preliminary

How long I've been skating: 1 year and 4 months

How often I skate: 3 times a week

Coaches: Alexey Gruber, Roman Zaretsky

Favorite skaters: Sasha Cohen, Victor Petrenko, Alexey Yagudin, Kurt Browning

Favorite moves: Spiral, waltz-loop

Goal: To be able to land an axel by the fall

Favorite thing about skating: Having a good time!

Least favorite thing about skating: I like everything about it

Hobbies: Reading, drawing, learning to play chess



Fun Facts

Favorite food: Mussels

Favorite school subject: Math, art

Favorite color: Blue

Favorite Movies: Secret of Moon Acre, Hugo Cabret, Mama Mia, Phantom of the Opera

Favorite Music: Music from Broadway shows

Other sports/talents: Swimming, ballet