



MEMORIAL FSC OF HOUSTON NEWSLETTER

What's Inside:

Page 2 ... Welcome to the 2013-2014 Season!
Upcoming August Test Session
MI Buddies Mentoring Program
Club Facebook Group
Summer Memories
Congrats Seniors!

Page 3 ... Congrats Seniors! (cont.)
June/July Birthday Shout Outs

Page 3 ... Coach's Corner
Gold Medal Toned

Page 4 ... Gold Medal Toned (cont.)
Go Figure!
Skate, Eat, Repeat
Countdown to Sochi

Page 5 ... Skater Spotlight

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Coach Reps ~ Nicole Nichols, Roman Zaretsky

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Skater Rep ~ Jessie Chan

Member-At-Large ~ Milly Chan, Karen Rueve

Welcome to the 2013-2014 Season!

The MFSCB Board is excited to welcome back our returning members and greet our new members for the 2013-2014 membership season! Last year was already a major milestone for the club, with our new name, new logo, club jackets, representation at the 2013 U.S. Nationals, and many more accomplishments. With such a satisfying finish to the 2012-2013 season, we look forward to the upcoming season with even greater anticipation. Kicking off the new year is our roll out of brand new club merchandise, fabulous representation by many of our skaters in competition, and the revival of our fun and bonding summer activities for our members. MFSCB is determined to make this season even greater than the last and is excited to serve the interests of our members better than ever. With the promise of new surprises and developments to come and a mission to never let our members down, the Board is proud to say: Let the new season begin!

Upcoming August Test Session

MFSCB will be hosting a test session at Ice Skate USA Memorial City on Sunday, August 18th, 2013. Further details and applications to sign up are coming soon. If you have any questions, please contact us!

MI Buddies Mentoring Program

MFSCB is excited to announce that we will be kicking off the 2013-2014 season with fun events and activities for our skaters! Starting in July, the MI Buddies is restarting and planning for potential get-togethers and projects. MI Buddies is our club mentorship program, designed to help members of all different ages and levels bond, create new friendships, teach important traits such as maturity, integrity and kindness, and make memories to last a lifetime. For more information on the MI Buddies and how to sign up for the program, please see the "MI Buddies" category in this link: <http://www.memorialfsch.org/forms/>.

Club Facebook Group

MFSCB has a private Facebook group! If you are not yet a member of it, please contact Jessie Chan at iceskate_jessie_c@yahoo.com. Please keep in mind that only club members will be allowed to join.

Summer Memories

Between early morning skating practices and crazy afternoon antics, there's no doubt summer is full of memories and fun! We will be featuring a "Summer

Memories" page in our August/September newsletter issue and are asking any interested members to submit pictures of their 2013 summer that they would like to share with the rest of the club. The pictures can be skating and non-skating related. Great snapshots may include fun with friends, interesting vacation photos and summer competition pictures. To send in pictures or for any questions, please email Jessie Chan at iceskate_jessie_c@yahoo.com.

Congrats Seniors!

MFSCB would like to recognize our skaters who have graduated from high school this past school year. They have all made us very proud with both their skating and academic accomplishments. Good luck on the exciting new journey ahead of you; you're destined to do big things!

Marlu Fewell

Marlu graduated from Klein High School this year, leaving her mark on her school as a member of the National Honor Society, Music Honor Society and Math Club. In addition, she has received the Silver awards from USFSA. Marlu will continue her education by studying Business at Texas A&M University in College Station, TX this fall.

**“Mom, Dad
and
Heather
wish you
the best in
college!”**



Taylor Rognon

Taylor graduated from Taylor High School with many prestigious accomplishments. She will be attending Baylor University in Waco, Texas as a Biology major with a Pre-Med concentration this upcoming school year.

“We are all so proud of you and wish you good luck in college! Your future holds many wonderful things!”



June/July Birthday Shout Outs

MFSCH would like to wish a great big Happy Birthday to all our members blowing out their candles. Don't forget to make a wish!

June

Karla Atwood	6/8
Yulia Pearce	6/16
Linda Flynn	6/18
Amy Rueve	6/19

Jessie Chan 6/26

July

Mikaela Taylor	7/9
Michelle Tse	7/11
Dmitri Bocharov	7/14
Inna Shaposhnikova	7/14
Victoria Nikitin	7/26
Kacie Swift	7/28

Coach's Corner

How'd that saying go again? A skater is only as good as her warm up? That statement, though extremely cliché and cheesy, is very true. Never forget to warm up before and when you take the ice! Warming up will get your muscles warm, moving and ready to go! Not only does a warm up keep you safe and less likely to get an injury, but it also gets your body temperature up and your heart pumping before you skate, making it a lot easier to shake off the shivers and get warm quickly on the ice.

A thorough off-ice warm up may include:

- ❖ Jogging
- ❖ Jumping Jacks
- ❖ Jump Rope
- ❖ Off-ice jumps (Waltz jumps, Axels, single/double rotations)
- ❖ Neck rolls
- ❖ Shoulder and arm stretches
- ❖ Knee, ankle and calf stretches
- ❖ Hamstring stretches

Some practical ways to warm up on ice include:

- ❖ Stroking
- ❖ Forward and backward crossovers
- ❖ Forward and backward cross rolls
- ❖ Forward and backward 2-ft. power pulls
- ❖ Forward and backward 1-ft. power pulls
- ❖ Going over your program footwork or moves in the field

Gold Medal Toned

A lot more goes into skating than comes out of it. To be the best skater you can be, you must train both on and off the ice. Here's a workout drill you can do that'll give you the muscles of an Olympian!

Russian Twists

Area of Target: Core

What You'll Need: Medicine Ball or Dumbbell

How To:

1. Sit with feet flat on the floor, knees up
2. Cross your feet at the ankles, keeping them together, and lift them off the floor until your legs are parallel to the floor, knees bent.
3. Lean backwards with your upper body. Use your core to keep your balance!
4. Hold the medicine ball/dumbbell in your hands and twist your upper body from side to side. Make sure only your upper body (waist and up) is twisting. Be careful not to over-twist: You should feel a burn in your core, but if your sides start to hurt, don't twist that far!

Sets: 3 sets, 1 minute each. 30 second break in between each set.

Go Figure!

The very first figure skating blades were made from the bones of horses, cows, and deer and were strapped to the feet. Later, skaters constructed blades out of wood and metal. In the 16th century, the structure of the skate evolved as iron blades strapped to shoes became common. However, the shoes didn't provide the necessary ankle support and the blades became dull quickly. Today, on the modern skate model that we all know and love, screws mount steel blades to a firm boot, giving us the strength and security we need to perform our very best on the ice.

Skate, Eat, Repeat

It's that time of the year again: summertime. That means longer practices, more hours at the rink and more away from your fridge. How do you attack when hunger strikes? Here's our survival strategy: Bring a lunch bag full of healthy, yummy and easy snacks!

Just a few delicious ideas for you to nibble on during the ice cut:

- ❖ Fresh fruit-apples, bananas, grapes galore!
- ❖ Carrot, cucumber or celery sticks
- ❖ Cheese sticks
- ❖ Nuts, especially almonds and cashews
- ❖ Pretzels
- ❖ Cracker snacks

- ❖ Granola, cereal and energy bars such as Quakers, Luna and Cliff
- ❖ Hard boiled eggs
- ❖ Tuna/Chicken/Egg Salad
- ❖ Leftovers



The figure skating world waits in anticipation as the starting date of the 2014 Winter Olympics, February 7th, draws near. The Games will be held in Sochi, a popular Russian city filled with rich history, culture, and environment.

Did you know???

“Sochi will be the warmest city ever to host the Winter Olympics, with temperatures at the seaside expected at about 10 degrees Celsius at the time of the event.” Source: <http://rt.com/sport/sochi-winter-olympics-games-591/>

Skater Spotlight



The Facts:

Age: 15 years old

Level: Preliminary

How long I've been skating: Since January 2012

How often I skate: 3 times a week in the school year, 5 times a week in the summer

Coach: Inna Shaposhnikova

Favorite skaters: Barbara Ann Scott (1944-46. Only Canadian to win Olympic Ladies Singles gold medal!)

Favorite elements: Spirals, all jumps when I land them

Skating goal: To push myself as far as I can go

Favorite thing about skating: I love being in the cold. Skating is an escape from both the heat and the world.

Least favorite thing about skating: When I have to get up early for it.

Hobbies: Reading, writing, sketching

Other sports/talents: Swim team

Emily Engberg

Fast Faves:

Food: Steak

Color: Blue

Music: Rock, such as Breaking Benjamin & Evans Blue

School Subject: Biology

TV Show/Movies: Star Trek, Merlin, Big Bang Theory, Australia