



# MEMORIAL FSC OF HOUSTON NEWSLETTER

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## 2014 Southwestern Regionals

*By Benjamin Shou // Staff writer*

The 2014 U.S. Figure Skating Southwestern Regional Championships, a qualifier for the Midwestern Sectional Championships and the Prudential sponsored National Championships, was held in Grapevine, TX, at the Polar Ice House on October 12-15, 2013. Congratulations to all of the skaters who represented Memorial Figure Skating Club of Houston:

**Mary Besson**

**Madeleine Gustafsson**

**Olivia Jaschke**

**Mia Mayerhofer**

**Emily Mayerhofer**

**Michelle Tse**

**Thomas Bunch**

**Emily Chan**

**Benjamin Shou**

**Alice Gee (Secondary Member)**

Benjamin Shou, Alice Gee and Emily Chan have qualified and will be competing at the 2014 U.S. Figure Skating Midwestern Sectional Championships in East Lansing, Michigan on November 19-23. Shou placed 2<sup>nd</sup> overall in Intermediate Men, while MFSC secondary member Gee placed 4<sup>th</sup> in the Ladies division. Chan placed 3<sup>rd</sup> in Novice Ladies. The top four skaters in each discipline at Sectionals will move onto the Prudential National Championships, held in Boston, Massachusetts.

## MI Buddies: Fall/Winter Events

MI Buddies is skating headfirst into the holiday season! We are excited to announce that the MI Buddies Mentoring Program will be hosting two holiday-themed events in November and December. An email update with further details will be sent to MI Buddies members soon. If you are not yet a member of MI Buddies, we encourage you to join us in the fun and festivities! To sign up, please fill out the MI Buddies Senior/Junior Application, found on our club website (under Forms), and email or give to Jessie Chan. For information regarding the program, please consult the MI Buddies Brochure, also found on our website (under Forms), or email Jessie Chan at [iceskate\\_jessie\\_c@yahoo.com](mailto:iceskate_jessie_c@yahoo.com).

## October/November Birthday Shout Outs

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

### October

Mary Besson	10/24
Rachel Skof	10/25
Zoey Willoughby	10/25
Sasha Busa	10/26

### November

Emily Mayerhofer	11/4
Vanessa Pham	11/5
Phoebe Stubblefield	11/5
Kennedy Nichols	11/6
Zach Fix	11/11
Laura Mediorreal	11/17
Annabel Shen	11/21
Sophia Maioriello	11/23

## Coach's Corner

*By Benjamin Shou // Staff writer*

Last month, we emphasized the importance of Program Components. While components are certainly crucial, the Technical Elements portion of a program must certainly not be overlooked. Believe it or not, for lower level skaters, much of the Program Components of a program are dependent on how well one's jumps, spins, and footwork are executed, hence the "Execution" portion of P.C. Be sure to achieve high jumps, correct air positions (no wraps!), and solid, confident landings. Furthermore, for those in the IJS system, don't lose any points on spins! Two solid level 4 spins can be worth up to 6.50 points, and higher G.O.E. can earn you up to 2.5 more points. One can have a huge competitive edge against a competitor if his/her spin points are higher.

## **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!

### **Jack Knives (V-Ups)**

**Area of Target: Core**

**What You'll Need: Yoga mat (Optional)**

**How To:**

1. Lie down flat on your back, legs straight and arms extended over the head.
2. Simultaneously lift your arms and legs up, almost touching your fingertips to your toes. Your body should be in a "V" position. Make sure your legs, arms, and back stay straight.
3. Hold the "V" position for a few counts, then slowly lower arms and legs back down to the lying position.

**3 Sets, 10-20 reps per set.**

**Note: Engage your core throughout the exercise for the strongest results. Maintain a constant rhythm of motion and breathing for consistency. Don't stop in the middle of a set-finish all the reps in each and rest in between sets.**

## **Go Figure!**

*By Benjamin Shou // Staff writer*

Canadian Patrick Chan holds the record for, well, almost everything! The 22 year old from Ottawa, Ontario, trains in Colorado Springs with coach Cathy Johnson and holds the world records for the Short Program at 93.02 points, the Long Program at 187.96 points, and the Combined Score at 290.98. Chan is a three-time consecutive World Champion, two-time consecutive Grand Prix Final Champion, two-time Four Continents Champion, and six-time consecutive Canadian National Champion. Chan hopes to earn Canada its first ever Olympic gold medal in figure skating at the 2014 Sochi Winter Olympic Games.

## **Skate, Eat, Repeat**

For all athletes, one of the most important components of a healthy diet is protein. Protein, a nutrient composed of chains of amino acids, is vital for repairing and building muscle and for keeping essential body structures and functions in top condition. The constant stretching, flexing and vigorous movement involved in figure skating, as well as the off-ice workouts and strength conditioning necessary to execute on-ice

elements with greater power and consistency, all require the partnership of protein in order to yield the most efficient and healthy effects on the skater's body.

Some healthy and delicious sources of protein are:

- ❖ Seafood
- ❖ White meat poultry, such as chicken
- ❖ Milk, cheese, yogurt
- ❖ Eggs
- ❖ Beans



*By Benjamin Shou // Staff writer*

With 101 days to the 2014 Winter Olympic Games in Sochi, Russia, athletes around the world are working hard to maintain a competitive edge on their competitors. With over 2500 athletes from around 82 countries, Sochi will be home to 98 events in 15 sports, ranging from figure skating to skeleton. The 2014 games will have the most events in modern Winter Olympic history.

## **Did you know?**

**Every single sport in the Winter Olympics has a piece of equipment that slides.**

## Start of the 2013 Nutcracker on Ice Rehearsals

By Benjamin Shou // Staff writer

Every Saturday and Sunday, a time when many are out taking a break from a long week's hard work, over 200 skaters wake up early in the morning to train for the 2013 Nutcracker On Ice. The show, in its 3rd year of production at Ice Skate USA in the Memorial City Mall, showcases an on-ice interpretation of E.T.A. Hoffmann's *The Nutcracker and the Mouse King*.

Since its establishment in 2004, Ice Skate USA has held numerous ice shows, but the Nutcracker On Ice is one that has been the culmination of many years of the Learn to Skate program, which has allowed skaters to train to a higher level.

"Our rapidly growing Learn to Skate programs have allowed us an opportunity to advance our annual show productions to a professional level," says Ice Skate USA director Alexey Gruber.

Gruber oversees many aspects of the show, not only recruiting skaters of all levels, scheduling, and managing coaching assignments, but also many other vital tasks that though go unnoticed to most, are essential to a great production, such as budgeting, getting proper documentation and printed material, and sponsorships.

Besides Gruber, there are many other people whose dedication makes the performance flawless, of which include choreographer Nicole Nichols. Nichols' main job is to make sure the choreography looks great and the skaters perform it well.

"I have to make sure what's on the ice looks good, as well as delegating with other coaches on how to tell the story of the Nutcracker," says Nichols.

While the roles of the many individuals that make the show possible are varied, they all have similar motivations.

"For me, the main motivation for such a large event is to witness the anticipation," says Gruber.

For Nichols, it's allowing the skaters to feel a sense of accomplishment.

"The most rewarding part is seeing the smiles on the participants' faces after a successful show!" says Nichols.

While the financial profit incentive is still critical for the show's practicality, Gruber says that being able to present the "wonderful holiday season tradition" to the community is what really drives him to make the show better every year.

All of the coaches' hard work is really shown through the skaters' dedication and determination. Besides giving up their weekends, some of the show's participants also rehearse on Thursdays and practice on

their own during freestyle sessions. The constant effort the skaters put into their training often helps them learn to overcome challenges, something that Gruber says varies from skater to skater.

"Some are learning how to cope with the responsibility of performing the main part, while others are learning how to deal with not receiving the part that they hoped for. Younger skaters are learning to perform while facing large crowd," says Gruber.

Even the coaches, Gruber says, are learning to "exercise their teamwork skills".

Overall, the main lesson to be learned is one that applies to all fields that people will come across in their lives.

"The main lesson that I hope each one of our skaters carries out is the joy of success after numerous month of hard work," says Gruber.

*The 2013 Ice Skate USA Nutcracker on Ice performance will be on Friday and Saturday, December 13th and 14th. Single tickets range from 14\$ to 20\$; VIP tables w/ dinner are 500\$ and seat up to 8.*