



# MEMORIAL FSC OF HOUSTON NEWSLETTER

## **What's Inside:**

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Page 2 ... Get Ready for Sochi!!!  
An Addition to the MFSCH Committee  
January Test Session  
Jan./Feb. Birthday Shout Outs

Page 3 ... Boston 2014: The Insider's Perspective  
➤ From the Eyes of a National  
Competitor: Ben's Narrative

Page 4 ... Boston 2014: The Insider's Perspective  
➤ From the Eyes of a National  
Competitor: Ben's Narrative (cont.)

Page 5 ... Coach's Corner  
Gold Medal Toned  
Go Figure!  
Skate, Eat, Repeat

Page 6 ... Skater Spotlight

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Skater Representative ~ Jessie Chan

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Staff Writer ~ Benjamin Shou

## Get Ready for Sochi!!!

The 2014 Winter Olympics are off and running (or should we say skating)! Hosted in Sochi, Russia this year, the Games will take place from February 7 - 23! Tune into NBC or Universal Sports for full sports coverage. Figure skating events will take place from February 6-20 (U.S. time). The United States will be sending 15 figure skaters to the Winter Games, with 10 total separate teams. The following are the 2014 Winter Olympic figure skating team members from the US. The chosen team members were announced after their respective events at the 2014 Prudential Figure Skating Championships.

### Ladies' Singles Nominations

Polina Edmunds  
Gracie Gold  
Ashley Wagner

### Men's Singles Nominations

Jeremy Abbott  
Jason Brown

### Pairs Nominations

Marissa Castelli and Simon Shnafir  
Felicia Zhang and Nathan Bartholomay

### Ice Dance Nominations

Madison Chock and Evan Bates  
Meryl Davis and Charlie White  
Maia Shibutani and Alex Shibutani

## An Addition to the MFSCCH Committee

The Board would like to welcome our new Newsletter Staff Writer, Benjamin Shou, to the MFSCCH Committee. Shou, who represented MFSCCH at the 2014 U.S. Nationals (Check out his personal narrative of the experience on page 3!!!), has years of accumulated skating knowledge and experience and is a great asset to the club. Glad to have you on board!

## January Test Session

MFSCCH hosted a test session at our home rink, Ice Skate USA, on January 19<sup>th</sup>, 2014. Congrats to all our testing members-We almost had a full passing sweep and EVERYONE gave it their all out there on the ice. Good job and keep up the hard work!

Congrats to our members who passed their tests:

### Moves:

- ❖ Jessie Chan ~ Novice

- ❖ Mikaela Taylor ~ Novice
- ❖ Olivia Jaschke ~ Novice
- ❖ Mary Besson ~ Novice
- ❖ Madeleine Gustafsson ~ Intermediate
- ❖ Amy Rueve ~ Intermediate
- ❖ Alexandra Szeto-Joe ~ Juvenile
- ❖ Thomas Bunch ~ Juvenile
- ❖ Alyssa Booth ~ Pre-Juvenile
- ❖ Emily Mayerhofer ~ Pre-Juvenile
- ❖ Laura Mediorreal ~ Pre-Juvenile
- ❖ Rufino Lopez ~ Adult Gold
- ❖ Annabel Shen ~ Preliminary
- ❖ Anna Maag ~ Preliminary
- ❖ Abigail Zhang ~ Pre-Preliminary
- ❖ Muren Pyc ~ Pre-Preliminary
- ❖ Amy Ho ~ Pre-Preliminary
- ❖ Emma Johnston ~ Pre-Preliminary

### Freeskates:

- ❖ Jessie Chan ~ Intermediate
- ❖ Mary Besson ~ Intermediate
- ❖ Emily Engberg ~ Pre-Juvenile
- ❖ Alyssa Booth ~ Pre-Preliminary
- ❖ Vanessa Pham ~ Pre-Preliminary

## Jan/Feb Birthday Shout Outs

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

### January

Layla Munroe	1/6
Alexandra Szeto-Joe	1/8
Gloria Huan	1/14
Caroline Harper	1/25
Olivia Jaschke	1/30

### February

Amy Ho	2/4
Sara Buheis	2/8
Diana Celis	2/13
Andrea Besson	2/14
Sakura Gray	2/17
Jasmine Zaretsky	2/25

## **Boston 2014: The Insider's Perspective**

Congratulations to both Benjamin Shou and Emily Chan in their performances at the 2014 Prudential US Figure Skating Championships! Shou finished 8th in Intermediate Men with a total score of 89.84, while Chan finished 9th in Novice Ladies with a total score of 97.14.

### **From the Eyes of a National Competitor: Ben's Narrative**

Former World Champion racing driver Mario Andretti once said, "Desire is the key to motivation, but it is determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek." This type of determination and commitment was exuded by each and every competitor in the TD Garden and Boston Exhibition and Convention Center during the 2014 Prudential U.S. Figure Skating Championships, myself included. This dedication to figure skating over the course of an entire lifetime (or half of one) is what allowed each athlete at Nationals to make it to where they are today; this is what makes Nationals so special.

Competing at Nationals was unlike any competition I've ever been at. Forget the fact that one is treated like a VIP, with private bus and arena credentials. Forgo the amenities like the competitors' lounge. Heck, even forget about the abundance of free pretzels. Instead, Nationals was so special simply because of what it stood for: a chance to compete against the very best of the sport you love, and, for seniors, to vie for a spot on the

2014 Sochi Olympic team. One would expect the skaters to be overwhelmed with stress, but in reality (at least for me and many others), it was the complete opposite. The ability to showcase the fruits of my labor to the rest of nation really allowed me to open up and skate with more confidence. Skating in front of a large audience, knowing many more are at home were watching through the Internet, having a Jumbotron looming over me and 9 fierce-looking judges deciding my year's skating fate felt, surprisingly, great. Once the blaring (and these speakers were blaring) music came on, it was just one run-through of another program. The toughest part of overcoming the mental aspect of Nationals was getting over the fact of the word "Nationals", a word that carries with it such a large expectation and weight of immensity. While I certainly did not compete as well as I should have or wanted to, the simple experience of it all made the trip more than well worth it.

While competition was fun, relaxing and being able to watch all the other higher level events was spectacular. Simply sitting in the front row, inches from the ice, while watching the senior ladies and men practice was incredible; just looking at how they handled the pressure teaches one a lot on how to improve himself. In both practice and competition, the senior competitors' landings and executions of extremely difficult elements like quads and triple axels gave me

motivation to work harder, to dedicate more time and energy into skating. Looking past the both motivational and inspirational part of Nationals, though, one has to see the pure excitement of watching and rooting for his/her favorite athlete(s). The pressures of the year's being an Olympic year weighed down on both the competitors as well as the audience.

It is clear when a major event is starting, like the senior men's freeskate, even if one isn't watching. The roar of the audience can be heard even from the outskirts of the TD Garden. Watching every one of the competitors battle it out for a spot on the Olympic team is just as intense as watching two of one's favorite teams battle for the title of "Champion". From Gracie Gold's landing her last double axel, to Jeremy Abbott's perfect execution of his quad, every second in the arena was filled with pure excitement. And with each person to take the ice, I was reminded that every one of them had to go through tough times and hardship to make it where they are today, to be able to perform in front of the entire nation. As Colin Powell, former 4-star Army General and US Secretary of State put it, "There are no secrets to success. It is the result of preparation and hard work".



## Coach's Corner

Is there a jump that you feel like no matter how hard you try, you just can't get? If that's ever the case, try experimenting (with your coach, of course) new take-offs and/or entries. For example, if the normal toe-loop entry is not working, try a toe-wally or starting the take-off from a right back outside 3-turn. Make sure to choose a take-off of your liking, because it will be hard to change in the future once you are very familiar with it!

## 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!

### Windshield Wipers

Area of Target: Core, Upper Back

How To:

1. Lie on your back on the floor and raise your legs 90 degrees.
2. Spread your arms straight out to your sides **like a "T" for support.**
3. Keeping your legs straight and together, rotate them to one side, stopping just short of touching the floor. Turn your head in the opposite direction whilst doing this.
4. Rotate to the opposite side and turn your head.

Note: As you improve, bring your arms closer in to your body for a greater challenge. Always remember to keep your back flat against the floor while completing this exercise and to focus on using your abs to maintain your balance.

Sets: 3 sets, 15-20 reps each.

## Go Figure!

Did you know? Figure skating was first contested at the 1908 Summer Olympics in London, 16 years before the first winter Olympics in Chamonix. It was the first winter sport in Olympic competition!

## Skate, Eat, Repeat

What better way to wake your body up for skating than with a nice, steaming hot bowl of fresh oatmeal?

Oatmeal has health benefits beyond comparison and is a perfect breakfast choice for athletes.

Benefits of eating oatmeal include:

- ❖ Lower cholesterol
- ❖ Reduced risk of cardiovascular disease
- ❖ Whole grains
- ❖ Rich in fiber

For some, oatmeal may be difficult to eat alone, as it can taste too plain. Here are some healthy toppings you can add to your oatmeal to make it more tasteful and incredibly yummy to eat!

- ❖ Fruit-berries and apple, banana, and peach slices all taste fantastic in oatmeal!
- ❖ Toasted walnuts, pecans, or any other nuts
- ❖ Peanut butter
- ❖ Egg whites
- ❖ Cinnamon or a small amount of sugar

# Skater Spotlight



## The Facts:

**Age:** 14 years old

**Level:** Preliminary MIF

**How long I've been skating:** 2 years

**How often I skate:** 4 days/week (Helping to coach on Saturdays)

**Coach:** Dmitri Bocharov

**Favorite elements:** Lutz and Camel

**Skating goal:** To try my best always and to go as far as I can

**Favorite thing about skating:** The feeling I get from landing a jump or doing a nice spin

**Least favorite thing about skating:** Trying to learn a new jump

**Hobbies:** Listening to music, hanging out with friends

# Emma Johnston

## **Fast Faves:**

**Food:** Pasta

**Drink:** Sprite

**Color:** Green

**Music:** Demi Lovato

**School Subject:** Spanish! Even though it's kind of hard, it's fun to learn a new language

**TV Show/Movies:** Pretty Little Liars, Vampire Diaries