



MEMORIAL FSC OF HOUSTON NEWSLETTER

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Thanks to Our Dress Sale Volunteers!

MFSCCH would like to thank all our volunteers who gave a helping hand at our March 1st dress sale. Your teamwork and contributions made it another club success!

Graduating Seniors

As the 2013-2014 school year nears its end, most club skaters are anticipating another blissful summer (and more early rink mornings) before next August signals the nine months of the next grade level. However, for some of our members, this summer marks a different milestone: Seniors will be graduating high school and preparing to embark on their individual college journeys. MFSCCH would like to highlight these special individuals before they begin the next phase of their lives. If you are a Class of 2014 senior who will be graduating this spring, please email Jessie Chan at iceskate_jessie_c@yahoo.com with the below information and pictures (optional-skating or non-skating!) by late June to be featured in our May/June newsletter issue.

If you are a graduating senior this year, please include the following information in your email:

Name:

High School:

College You Plan to Attend:

Potential Major/Area of Interest:

Any comments from family/friends (Optional):

2014 Houston MDA Muscle Walk

Join your fellow club members in swapping skates for running shoes at the 2014 Houston MDA Muscle Walk! MFSCCH will be participating in the walk around the mall to help garner funds and support for those afflicted with muscular dystrophy. As skaters, we are all very lucky to be born with the physical abilities to skate and do what we love every day on the ice. It's about time we show our gratitude and give back to those less fortunate.

What: 2014 Houston MDA Muscle Walk

When: Saturday, April 26th, 2014 from 8-10 AM

Where: Memorial City Mall

To sign up as a member of our club's team and to donate, please refer to the following link:

http://www2.mda.org/site/TR/Walk/77-716-HoustonDistrict?team_id=26877&pg=team&fr_id=8064

If you have any questions concerning the event or have trouble accessing the link, please contact our Team Captain, Jessie Chan, at iceskate_jessie_c@yahoo.com.

Please Note:

- ❖ **The event will be on the same weekend as Skate Dallas. However, you can still sign up as a member and donate even if you can't walk with us physically at the event!**
- ❖ **All skaters who normally participate in the rink's 8-9 AM group classes or Roman's off-ice class are rightfully excused.**

2014-2015 Competition Schedule

Skate Dallas

Thursday, April 24 – Sunday, April 27
Grapevine, TX

Bluebonnet Open

Thursday, June 12 – Sunday, June 15
Austin, TX

Broadmoor Open

Wednesday, June 25 – Saturday, June 28
Colorado Springs, CO

Philadelphia Summer Championships (formerly known as Liberty Open)

Tuesday, July 15 – Saturday, July 19
Aston, PA

Skate Detroit

Date to be confirmed (Usually one week after PSC)
Detroit, MI

Glacier Falls Summer Classic

Date to be confirmed (Usually one week after Skate Detroit)
Glendale, CA

2015 Southwestern Regional Championships

Saturday, October 18 – Tuesday, October 21
Fort Collins, Colo.

2015 Midwestern Sectional Championships

Wednesday, November 19 – Sunday, November 23
Geneva, IL

2015 U.S. Figure Skating Championships

Sunday, January 18, 2015 – Sunday, January 25, 2015
Greensboro, NC

Mar/Apr 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!

March

Anna Maag	3/1
Madeleine Gustafsson	3/6
Emily Engberg	3/15
Graceanne Becker	3/27

April

Katarina Selen	4/7
Rebecca Depew	4/15
Allison Davis	4/30

Coach's Corner

Ever feel like you can do a jump well, just not in your program? If this is the case, warm up only one or two of the jumps, and skate an entire program run through. This way, you will be able to save time, simulate the five minute competition warm-up, and get a better feeling of how tired you will be once you are at that ever-so-troublesome jump.

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!

Half Cobra Push-Ups

Area of Target: Triceps, Chest, Shoulders, Abs, Lower Back

How To:

- 1. Lay down on the floor with your chest flat against the ground.**
- 2. Bring your hands to your sides and place your palms flat against the ground next to your underarms.**
- 3. Keep your elbows in tight to your sides and pointing straight back.**
- 4. Push the upper half of your body about 6-8 inches off the ground.**
- 5. Hold for a second and then lower back down.**

Sets: 3 sets, 10-20 reps each.

Go Figure!

The youngest woman ever to win an Olympic gold medal in figure skating was Tara Lipinski at the 1998 Nagano Winter games. She was just 15 years and 8 months old!

DID YOU KNOW???

A novice long program at 3 minutes and 40 seconds takes as much cardiovascular exertion as a one mile run completed in 6 minutes and 30 seconds, and a 5 minute senior men's free skate is equivalent to 21 minute 5K!

Skate, Eat, Repeat

Face it, we all love dessert-who doesn't?! Being health-conscious figure skaters, however, doesn't always make choosing yummy and smart sweet treats easy. Below are some healthier, guilt-free yet delicious dessert ideas you can try at home:

- ❖ **Frozen grapes**
- ❖ **Dark chocolate**
- ❖ **Dark chocolate covered strawberries or bananas**
- ❖ **Dark chocolate covered almonds**
- ❖ **Greek yogurt**

Skater Spotlight



The Facts:

Age: 6 ½ years old

Level: Pre-Preliminary

How long I've been skating: 2 ½ years

How often I skate: 4 times a week

Coach: Alexey Gruber, Mikaela Taylor

Favorite skaters: Ashley Wagner

Favorite elements: Jumps and spins

Skating goal: To become a famous figure skater

Favorite thing about skating: Free skating and dancing to music

Least favorite thing about skating: Falling

Hobbies: Making books, drawing, creating things

Katarina Selen

Fast Faves:

Food: Strawberries and Pancakes **Drink:** Lemonade, Orange Juice and Grape Juice **Color:** Pink
Music: Selena Gomez, Katy Perry, Rihanna, Justin Bieber, One Direction **School Subject:** Math, Art
TV Show/Movies: Nickelodeon, Frozen, Brave **Other talents:** Swimming, singing