



MEMORIAL FSC OF HOUSTON NEWSLETTER

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MFSC Board of Directors

President ~ Linda Flynn

Vice President, Test Chair ~ Andrea Besson

Secretary ~ Clare Hobby

Treasurer ~ Dale Engberg

Membership Chair ~ Sophia Mayerhofer

Hospitality Events Chair ~ Leslee Brown

Coach Representative ~ Nicole Nichols

Members-At-Large ~ Milly Chan, Karen Rueve

MFSC Coaching Committee

Coach Representatives ~ Nicole Nichols, Roman Zaretsky

Rink Representative ~ Alexey Gruber

Skater Representative, Editor-In-Chief of Newsletter ~ Jessie Chan

Staff Writer of Newsletter ~ Benjamin Shou

2014 Houston MDA Muscle Walk

In April, several MFSCCH skaters and families fundraised and participated in the 2014 Houston MDA Muscle Walk. Our club team far surpassed our initial fundraising goal and raised \$1,421 for victims of muscular dystrophy. In doing so, our team has won the 2014 Whataburger School Challenge for raising the most money as an organization, and MFSCCH will be awarded a grand prize of \$500 by Whataburger and the Muscular Dystrophy Association (MDA) for its dedication to the cause. Thank you to all the skaters and parents who represented our club at the actual walk and the members who, though were unable to participate physically, showed their support with generous donations. We are so proud of you-you have each taken a big step in improving the lives of others for the better.

MFSCCH would like to recognize the following members for their participation in the Muscle Walk/donating to the MDA organization:

Jessie Chan and Family
Amy Rueve and Family
Emily Engberg and Family
Layla Munroe and Family
Emma Johnston and Family
Annabel Shen and Family
Abigail Zhang and Family
Vanessa Pham and Family
Mia & Emily Mayerhofer and Family
Linda Flynn and Family

Summer Fun

MFSCCH has many fun plans for its members this summer! To ensure you're in on all the action, sign up for Summer Fun Updates. Text SUMMER FUN with your first and last name to Skater Representative, Jessie Chan, at 281-818-0982 to receive notices of upcoming events, theme days, and special news.

Going anywhere special this summer? We want to see which MFSCCH skater travels the farthest in 2014! Take a selfie with your club jacket on wherever you're going this summer to be featured in our August newsletter; the skater who travels farthest may get a prize!

Stuck at home (and the rink!) all summer? Use your free time to come up with the most creative picture of you wearing your club jacket anywhere and send it in! All

submissions will be featured, and the most creative may get a prize as well!

Don't miss Fun Fridays this summer! Every Friday beginning June 13th, we will be having rink theme days. We encourage all our members and regular Ice Skate USA skaters to dress up, get into the spirit, and be prepared to make some memories!

Fun Friday Theme Days:

June 13th – Camouflage Day

June 20th – Christmas in June

June 27th – Tie Dye Day

July 4th – Throw It Back to the 80's

July 11th – It's a Zoo!

July 18th – Twin Day

July 25th – Dress like your Coach

August 1st – Disney Day

August 8th – Nerd Day

August 15th – Throw It Back to the 20's

August 22nd – Divergent Day

IT Help Needed

The MFSCCH Board of Directors is requesting help with our club website. If you are a parent or skater 15 years old and above, have IT/computer/technology experience/skills, and are interested in volunteering your time, please contact the MFSCCH Board at memorialfsch@gmail.com.

August Test Session

MFSCCH will be hosting a test session at our home rink, Ice Skate USA Memorial City, on August 10th, 2014. Registration is now open online through EntryEeze-The registration deadline is July 25th. Please note that only Moves-In-Field and Free Skate tests will be offered. Please contact our MFSCCH Test Chair, Andrea Besson, at sk8ncanuck@sbcglobal.net for questions.

2014-2015 Competition Schedule

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

May/June 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!

May

Thomas Bunch	5/12
Heather Fewell	5/13
Xinyi Qin	5/16
Abigail Zhang	5/22
Priscilla Flores	5/26
Alyssa Skof	5/27

June

Karla Atwood	6/8
Linda Flynn	6/18
Amy Rueve	6/19
Jessie Chan	6/26

Coach's Corner

Need some work on your rotational position? The ideal position includes arms pulled in to the right (if you jump counter-clockwise) or left (if you jump clockwise) side of your body, legs tightly crossed, and toes pointed. Here are some on- and off- ice exercises to help you achieve that perfect jumping posture:

On Ice:

- ❖ Back-scratch spins
- ❖ Back-scratch, jump into a single or double loop

Off Ice:

- ❖ Single and double rotations on both feet
- ❖ Single and double rotations on one foot
- ❖ Axels on the floor
- ❖ Spinner work- Invest in a skating spinner and practice pulling into "back-scratch spins" off-ice

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!

Superman

Area of Target: Back

How To:

1. Lay down on the floor with your chest flat against the ground.
2. Simultaneously extend both arms in front and stretch both legs straight behind. Keep both arms and legs straight and parallel to the floor...Don't forget to point those toes!
3. Arch the back and hold the above position still for 1 minute.
4. At the end of the minute, retreat into the child pose for 30 seconds to relax the back.

Sets: 3

Go Figure!

Figure skating in the Guinness World Records:

- ❖ **First Quad Jump (Male)** ~ Kurt Browning (Canada) at the 1988 World Championships in Budapest, Hungary
- ❖ **First Quad Jump (Female)** ~ Miki Ando (Japan) at the 2002 ISU Junior Grand Prix in The Hague (Netherlands)

- ❖ **First Indoor Olympic Figure Skating Event** ~ 1960 VII Olympic Winter Games held in Squaw Valley, CA, USA. Prior to these Games, figure skating had been held outdoors.

Skate, Eat, Repeat

Like Batman, Spiderman and Superman, there are certain super-FOODS that go above and beyond to help our bodies. Below are ten of these healthy heroes and their superpower benefits:

1. **Black beans** ~ Great protein source without the saturated fat
2. **Oats** ~ Rich in fiber, burns fat, boosts metabolism
3. **Avocados** ~ Contains healthy monounsaturated fats, quiets hunger
4. **Salmon** ~ Lean protein source
5. **Blueberries** ~ Anti-aging, filled with antioxidants
6. **Broccoli** ~ Cancer-preventing, choke-full of fiber, fills you up
7. **Brown rice** ~ Fiber-packed alternative to white rice, boosts metabolism, burns fat, low-calorie, healthy carb
8. **Grapefruit** ~ Lowers insulin, a fat-storing hormone, leads to weight loss
9. **Almonds** ~ Rich in healthy fats that actually help you slim down
10. **Green tea** ~ Contains antioxidants that burn fat and calories