



MEMORIAL FSC OF HOUSTON NEWSLETTER

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MFSC Board of Directors

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Jessie Chan

Membership Season is Coming!

Membership season is upon us once again! Members, don't forget to renew your membership online by Friday, July 3rd, 2015 or you'll be charged a late fee of \$25. All current memberships expire on June 30th, 2015, and the 2015-2016 season begins on July 1st, 2015. Please remember that MFSCCH does not handle Basic Skills memberships, renewals, and/or payments.

To access online membership renewal/enrollment, please follow the below link:

<http://comp.entryeeze.com/Membership/Welcome.aspx?cid=81>

If you have any questions, please do not hesitate to contact our Membership Chair, Chieu Foo, at chieufoo@yahoo.com.

Ashley Wagner Skate & Meet

MFSCCH is excited to announce that we will be hosting Olympian and three-time National Senior Ladies' Champion Ashley Wagner at a skate and meet event on Friday, June 19th, 2015! MFSCCH skaters will have the opportunity to meet and talk with Ashley about her training experiences and skating career and will even have the chance to take Ice Skate USA ice with her! We'll keep you posted for future details!

Openings on Board of Directors

MFSCCH is looking to fill positions on our Board of Directors for the roles of Secretary, Vice President, and Test Chair. If you're interested in learning what it takes to run a skating club and becoming further involved in the skating community, please don't hesitate to contact us!

Upcoming August Test Session

The next MFSCCH test session is scheduled for Sunday, August 9th, 2015 from 8 AM – 1 PM at Ice Skate USA. Members will receive an email notification when registration opens for the session. Don't forget to also keep an eye out on Facebook and the club website for new information and updates as they become available.

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!

Kettle Bell Swings

Area of Target: Full body

Equipment: Kettle Bell

How To:

1. **Stand with feet shoulder width apart, holding the kettle bell with both hands.**
2. **First start by dangling the kettle bell by your hands straight in front of your body and bending your knees.**
3. **Keeping your back as straight as possible, slowly "swing" the kettle bell up to being slightly more than parallel to the ground, keeping the arms straight and contracting the abdominal muscles.**
4. **With control, "swing" the kettle bell back down in between the legs. Repeat.**

Caution: Try to keep your back as straight as possible during the exercise and relax your neck to avoid straining either part of your body.

Sets: 2 Reps: 12

Go Figure!

The most difficult jump Sonja Henning performed at the Olympics was a single axel. Her programs consisted of all single jumps, yet she still took home the gold three times! (1928, 1932, 1936)