

JULY AUGUST



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NUTCRACKER AUDITIONS!!!

Come to the Nutcracker audition at Memorial Ice Rink, August 29th at 8:00 am.

You can request to perform a duo or trio with your best friend/s. You can also request a role that you wish for.

Birthdays!!

Today is the oldest you've ever been, and the youngest you'll ever be! Happy birthday to all of our members these two months

July

- Brianna Gordon 7/07
- Katy Otten 7/08
- Ashley Ayers 7/09
- Dmitri Bocharov 7/14
- Inna Shaposhnikova 7/14
- Lauren Andrews 7/26



So you think you can dance?

Earlier this month 17 of our skaters joined up to submit a video to “So You Think You Can Dance”. If you want to see their dance or you were in the group but didn't get a chance to see it, follow the link below!

<http://youtu.be/QxxKdFQNa74>

August

- Alexey Gruber 8/11
- Christina Le 8/14
- Paisley Tang 8/20
- Madi Rivera 8/20
- Priscilla Siswanto 8/24

Congratulations testers!

Congrats to all the members of Memorial FSC for passing their moves in the field and free skate test!

Moves

- ❖ Ashley Ayres ~Adult Bronze
- ❖ Sara Buheis ~Pre-Preliminary
- ❖ Christina Crawford ~Juvenile
- ❖ Hannah Hereford ~ Adult Pre-Bronze
- ❖ Sam Ludlam ~Pre-Preliminary
- ❖ Taylor Nguyen ~ Pre-Preliminary
- ❖ Amy Rueve ~ Junior
- ❖ Vivian Tung ~Juvenile

Free skate

- ❖ Lauran Andrews ~Pre-Juvenile
- ❖ Cricket Darling ~ Intermediate
- ❖ Allison Davis ~ Junior
- ❖ Alice Gee ~ Novice
- ❖ Amy Rueve ~ Intermediate

Skating tips

Hair cutter spin

Need better back flexibility for a hair-cutter spin? No problem! Here are a few tips to get that nice lay back look. Get a yoga ball and lay on it backwards, roll on the ball to help stretch out your back muscles. You can also get into a bridge position and do leg kicks for your back muscles to maintain in the spinning position. When you grab your free leg also make sure your elbow is directly facing the ceiling. This will help with your balance. Good luck, work hard and skate on!

SUMMER

Our skaters have gone to so many places this summer, here are some of their pictures they sent in. Hope everyone had an amazing summer!

