

APRIL – JUNE 2016



MEMORIAL FSC
OF HOUSTON

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MFSC Board of Directors

President ~ Chieu Foo

Vice President ~ Pamela Munroe

Secretary ~ Karen Ludlam

Treasurer ~ Jessica Zhao

Member at large ~ Andreas Skof

Welcome New Board Members

Membership Chair ~ Shonna Shen

Test Chairs ~ Susan O'Donnell

Audit, Compliance, and Ethics Chair ~ Irene Puhala

Members at large ~ Connie Aragon, Carmen Golden

MFSC Coaching Committee

Coach Representatives ~ Nicole Nichols, Roman Zaretsky

Rink Representative ~ Alexey Gruber

Skater Representatives and Newsletter Co-Editors ~ Annabel Shen, Emma Johnston, Vanessa Pham

MEMORIAL TROPHY



We are excited to announce that MFSCCH will host the Memorial Trophy Competition on June 10-12 2016! This is the club's first ever USFSA sanctioned Basic Skills through IJS figure skating competition.

Registration is open for all skaters who are interested in competing at the Memorial Trophy event. Please register through via Entry Eeze:

comp.entryeeze.com/Home.aspx?cid=468

Volunteer committees are open. If interested, please contact:

memorialtrophyl2016@gmail.com

HAPPY BIRTHDAY!

We wish all of our skaters who are turning another year older in the months of April, May, and June a big happy birthday!

April

Alejandra Gibson 12

Bethany Gordon 13

Natalie McMinn 14

Lahee Yun 15

Vivian Tung 16

Sam Ludlam 17

Abigail Swanson 19

Andrea Aragon 27

Cricket Darling 28

Ellie Ludlam 29

Allison Davis 30

May

Olivia Nigro 4

Stephanie Lam 5

Glen Norman 6

Charles Jacobs 8

Cassandra Leal 9

Thomas Bunch 12

Florence Tanigawa 19

Pamela McDermott 20

Abigail Zhang 22

Priscilla Flores 26

Lydia Lane 26

Alyssa Skof 27

June

Ellery Ekblad 6

Karla Atwood 8

Hannah Hereford 9

Byrdee Darling 13

Madeline Pham 16

Yulia Pearce 16

Amy Rueve 19

Marla Fern Mora 21

Blythe Leonard 21

Jessie Chan 26

Congrats Testers!

Congratulations to all MFSC skaters for passing their move in the field, free skate, and dance tests on March 20th, 2016.

Move in the field

Natasha Herbert - Pre-Preliminary

Ellery Ekblad - Pre-Preliminary

Romi Bobovnikvo - Pre-Preliminary

Kate Rangel - Pre-Preliminary

Zoe Ormond - Preliminary

Madi Rivera - Preliminary

Kate Puhala - Preliminary

Elisabeth Gutierrez - Pre-Juvenile

Andrea Aragon - Intermediate

Cricket Darling - Senior

Blythe Leonard - Senior

Olivia Jaschke - Senior

Free-Skate

Natasha Herbert - Pre-Preliminary

Abigail Zhang - Pre-Preliminary

Romi Bobovnikvo - Pre-Preliminary

Kate Rangel - Pre-Preliminary

Elisabeth Gutierrez - Preliminary

Annabel Shen - Pre-Juvenile

Pamela McDermott - Juvenile

Ashley Ayres - Adult Pre-Bronze

Dance

Thomas Bunch - Pre-Bronze Dance

Vanessa Pham - Pre-Bronze Dance

Byrdee Darling - Pre-Gold Dance

Lauren Andrews - Pre-Silver Dance

DID YOU KNOW...



The blades of ice skates were once made out of horse, cow, or sheep bones. The word "skate" is from the Dutch word schaats, which means "leg or shank bone". It wasn't until the origination of an iron blade that made figure skating an official sport.



Tips and Tricks

Double Salchow

When doing a double jump, especially a double salchow, always make sure you have both your free leg and right arm behind you. This prevents pre-rotating, which is a major problem in double jumps. If you get this right, you are bound to see improvement. Wish you luck!

MOTHER'S DAY SPECIAL



Mother's day is coming up soon!
Make a homemade bath salt for a relaxing loving gift that takes only 5-10 min.

What you need

- 1/4 coconut oil
- 3/4 granulated white sugar
- 2-4 drops of your color choice of food coloring
- 10-15 drops of essential oils (raspberry, lemon, vanilla, mint ex...)

1. Melt the coconut oil in the microwave for about 20-35 sec.
 2. Mix sugar and coconut oil, if it's too oily add more sugar.
 3. Then add food coloring and essential oils.
 4. Finally store in a cute air tight container. I recommend a mason jar.
- Tie a bow on it and your gift is ready!

SKATER SPOTLIGHT



Annie Swanson

I am seven years old.

My level for free skate is Free Skate 4.

I have been skating for around 2 years.

My coach is Roman Zaretsky.

My favorite jump is the Waltz jump.

My goal is to one day compete in the Olympics.

Other hobbies that I have are cheer, soccer, and sleeping.

Blue is my favorite color of all time.

Sam Ludlam

I am nine years old.

My level for ice-skating is High Beginner.

My coach is Roman Zaretsky.

My inspirational skater is Charlie White.

My favorite jump is the Lutz.

My goal is to one day be able to compete in the Olympics for Ice Dancing.

Gymnastics is another hobby of mine.

A hidden talent that I have is Parkour.

Red is my ultimate color.