



OCTOBER – DECEMBER  
2016

# MEMORIAL FSC OF HOUSTON

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Coach Representatives ~ Nicole Nichols,  
Roman Zaretsky

Rink Representative ~ Alexey Gruber

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



# NUTCRACKER ON ICE



Come see the Nutcracker On ice this Christmas!  
Bring your friends and family to see a magical  
and classic performance for all ages.

Shows are performed on both December 9<sup>th</sup> and 10<sup>th</sup>.



# HOLIDAY ICE'TRAVAGANZA

Come see the Memorial Figure skating Club of  
Houston's Holiday show this year!

Venue: Ice Skate USA at Memorial City Mall

Date: Saturday, November 12, 2016

Time: 3:15PM to 5:15PM

Deadline to enter: Monday, October 24, 2016

**CHECK OUT OUR WEBSITE FOR MORE DETAILS ABOUT  
RULES AND FEES ON THE HOLIDAY SHOW AT:**

**[HTTP://WWW.MEMORIALFSCH.ORG/](http://www.memorialfsch.org/)**

# HAPPY BIRTHDAY!

We wish all of our skaters who are turning another year older in the months of October, November, and December a big happy birthday!

## ***October***

Alice Gee 3

Grace Pullin 4

Jennifer Wu 15

Lily Prat 18

Ella Grace Jones 19

Emma Johnston 22

Jessica Ramirez 23

Khloe Turney 23

Rachel Skof 25

Zoey Willoughby 25

Taylor Ashley  
Rognon 28

Jaeleigh Jordan 29

Naomi McIntyre 29

Adelina Toy 30

## ***November***

Perri Macoit 3

Vanessa Pham 5

Phoebe Stubblefield 5

Amy Cui 5

Elisabeth Gutierrez 6

Taylor Nquyen 6

Sway Crawford 7

Zoe Ormond 7

Mikayla Forbes 9

Zachary Fix 11

Sarah Klimowski 11

Michaela Davis 19

Annabel Shen 21

Na Im Kim 23

Alyssa Linck 29

## ***December***

Roman Zaretsky 4

Nicole Sciarrotta Nichols 12

Jane Tanigawa 15

Emersen Frandsen 19

Brendan Siswanto 20

Anna Lane 20

Haylee Grindal 21

Ashley Toy 21

Alexandra Zaretsky-Osborne 23

Paris Cudini 27

Vivian Andrews 28

Alexis Descant 29

## DID YOU KNOW...



### Father of Figure Skating

Jackson Haines (1840-1876) was an American ballet dancer who incorporated the ballet movement and technique to the sport of figure skating. He became well known in many countries for his unique talent. Although Haines did not live to old age, his legacy has been continued by the modern generation of figure skaters.

## HITS Tryouts

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**HITS (The Houston Ice Theatre Skaters) is having tryouts soon! Theatre on ice is a form of competitive figure skating where a group of young skaters compete at national competition annually. The group ranges from ages 8-18. The date for tryouts has not been determined yet, but the MFSCH Newsletter will keep you updated if any dates or details are being made!**

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# Congrats Testers!

**Congratulations to all MFSC skaters for passing their move in the field, free skate, and dance tests from July-September 2016.**

## Move in the field

Paisley Tang - Pre-Preliminary

Adelina Toy- Pre-Preliminary

Na Im Kim - Pre-Preliminary

Lily Prat - Pre-Preliminary

Audrey Lee - Pre-Preliminary

Rachel Lee - Pre-Preliminary

Jade Rubenstein - Pre-Preliminary

Sara Buheis - Preliminary

Ashley Toy - Preliminary

Charles Jacobs- Pre-Juvenile

Paris Cudini - Pre-Juvenile

Grace Golden - Pre-Juvenile

Elisabeth Gutierrez - Juvenile

Brianna Gordon - Juvenile

Alyssa Skof - Intermediate

Emma Johnston - Intermediate

Rachel Skof - Junior

Ashley Ayres - Adult Silver

Michaela Davis - Senior

## Pairs

Charles Jacobs - Pre-Juvenile

## Partnered Pattern Dance

Phoebe Stubblefield - Preliminary

Joy Peek - Preliminary

Paris Cudini - Bronze Hickory Hoedown

Vanessa Pham - Bronze Hickory Hoedown

Vanessa Pham - Bronze Willow Waltz

Byrdee Darling - Gold Viennese Waltz

## Free Skate

Na Im Kim - Pre-Preliminary

Autumn Kirk - Pre-Preliminary

Sway Crawford - Pre-Preliminary

Alyssa Skof - Preliminary

Natasha Herbert - Preliminary

Alyssa Skof - Pre-Juvenile

Elisabeth Gutierrez - Pre-Juvenile

Courtney Bessell - Juvenile

Alyssa Skof - Juvenile

Alyssa Skof - Intermediate

Mikayla Forbes - Senior

# HALLOWEEN HUNGRINESS



**It's that time of the year where sugary sweets and chocolate bars appear everywhere. Instead, the Memorial Figure Skating Club of Houston's Newsletter has a healthy alternative to make sure our skaters are in top condition.**

## **Ingredients Needed:**

- **A pumpkin ( or however many you like)**
- **Non-stick baking sheets**
- **2 tablespoons of unsalted butter**
- **1 tablespoon of sugar**
- **½ teaspoon of cinnamon ( or to your preference)**
- **½ teaspoon of nutmeg**

## **Directions:**

- **If you usually carve decorations on your pumpkin, you can save the seeds for this delicious treat. If not, take a pumpkin and carve out a big hole, so you have access to your pumpkin. Preheat your oven to 300 degrees Fahrenheit.**
- **After you take out your pumpkin seeds, wash all excess veins of and pat water off on a paper towel. Make sure not let it dry on the towel or else it will stick.**
- **Taking your non-stick baking sheets, and arrange the sheets to cover your baking tray.**
- **In a separate bowl mix together your dry ingredients and the melted butter together. Add the seeds and mix thoroughly.**
- **Take the pumpkin seeds and spread them evenly across the baking sheets.**
- **Bake for around 45 minutes, or until golden brown, and let it cool for 15 minutes after taking it out of the oven.**

**And here is you healthy alternative to those sticky candies that will only give you future cavities!**

## Regional Results



MEMORIAL FIGURE SKATING CLUB OF HOUSTON  
WOULD LIKE TO CONGRATULATE THE SKATERS WHO  
HAVE PARTICIPATED IN THE 2016 SOUTHWESTERN  
NINE STATES AND 2017 SOUTHWESTERN REGIONAL:

**Ella Grace Jones: No Test Girls Group B ~ 1<sup>st</sup>**

**Autumn Kirk: Pre-Preliminary Girls Group A ~ 1<sup>st</sup>**

**Pre-preliminary Final Round ~ 1<sup>st</sup>**

**Charlie Jacobs: Pre-preliminary Boys ~ 2<sup>nd</sup>**

**Phoebe Stubblefield: Preliminary Girls Group A ~ 1<sup>st</sup>**

**Preliminary Final Round ~ 2<sup>nd</sup>**

**Grace Golden: Preliminary Girls Group ~ 2<sup>nd</sup>**

**Preliminary Girls Final Round ~ 3<sup>rd</sup>**

**Vanessa Pham: Pre-Juvenile Girls Group D ~ 1<sup>st</sup>**

**Pre Juvenile Girls Final Round ~ 7<sup>th</sup>**

**Cricket Darling: Intermediate Ladies QR Group C ~ 2<sup>nd</sup>**

**Intermediate Ladies Final Results ~ 9<sup>th</sup>**

**Lynn Yamane: Novice Ladies Short Program ~ 7<sup>th</sup>**

**Novice ladies Free Skate ~ 8<sup>th</sup>**

**Novice Ladies Final Results ~ 8<sup>th</sup>**

**Mikayla Forbes: Senior Ladies short Program ~ 3<sup>rd</sup>**

**Senior Ladies Free Skate ~ 5<sup>th</sup>**

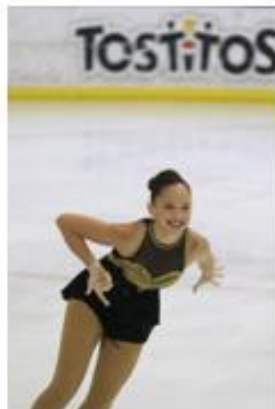
**Senior Ladies Final Results ~ 4<sup>th</sup>**

**We would also like to congratulate Mikayla Forbes for qualifying to compete at the 2017 Midwestern Sectional FS Championships in Colorado Springs, CO in November of 2016!!**

**We are proud of your accomplishments Mikayla!**



## REGIONAL PICTURES!







## **CHRISTMAS COOKIES!**

**Make the best ginger cookies this Christmas with this yummy recipe! You will need:**

- **¾ cup of vegetable shortening**
- **2 cups of sugar ( one cup for rolling)**
- **1 large egg**
- **¼ cup of molasses**
- **2 cups of all-purpose flour**
- **2 teaspoons of baking soda**
- **1 teaspoon of ground cinnamon**
- **1 teaspoon of ground ginger ( or powder)**
- **½ teaspoon ground cloves**
- **½ teaspoon of salt**

### **DIRECTIONS:**

- **Line cookie sheets with parchment paper or non-stick baking mats.**
- **Using an electric mixer at low speed, cream the shortening and sugar until thoroughly combined.**
- **Add the egg and molasses and beat until completely incorporated.**
- **Sift together the flour, baking soda, cinnamon, ginger, cloves, and salt, and add to the mixture.**
- **Stir until combined.**
- **Roll the dough into balls about 1-inch in diameter. Next, roll the cookie balls in a cup of sugar.**
- **Place the cookie dough ½-inch apart on the prepared cookie sheets.**
- **Flatten the balls slightly with your finger tips. Bake for 12 minutes at 350 degrees Fahrenheit.**

# Skater Spotlight

## RACHEL SKOF

**Age: 18**

**Level: Novice**

**How many years: 8 Years**

**Coaches: Roman Zaretsky and Alexey Gruber**

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## FUN FACTS!

**Favorite Skater:**  
Mao Asada

**Favorite Jump:**  
Double Axel

**Reaching Goal:**  
To have a clean  
program at Regionals

**Other Hobbies:**  
Art/Architecture

**Favorite Color:**  
Navy Blue

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

