

# A Slice of Ice

Richmond Figure Skating Club

March 2005

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## USFSA Competition This Fall

The Richmond Figure Skating Club will be hosting a singles and pairs competition this fall. Hopefully, this will become an annual event with our club. The name of the competition is "**Changing Leaves 2005**" and is *currently* slated for **Saturday and Sunday, October 8-9, 2005**. The competition will be open to all levels from Senior down through Basic Skills and will include singles skating, pairs (Pre-Juv through Senior), compulsories, showcase, artistic, adult events, solo dance and couples dance.

This competition falls 2 ½ weeks before Regionals, giving our skaters another great opportunity to perform for judges. Also, for those not attending Regionals, this is a wonderful opportunity to showcase all their hard work and to give the skaters the opportunity to perform in their home rink and before their friends and relatives in the area.

Applications will be made available at the end of May. The competition committee is actively looking for volunteers to help with this competition. We need people to help arrange for judges transportation and gifts, registration,

hospitality and food, awards, ice monitoring, announcing and music, runners, set-up and clean-up, and help with vendors, photography, flower sales, etc.

We will be holding an informational meeting on Saturday, April 16<sup>th</sup> at SkateNation Plus Noon-1pm and again on Saturday, April 23<sup>rd</sup> Noon-1pm at the Richmond Ice Zone. We encourage anyone and everyone to please attend one of these meetings and see where you feel you could help out with this large undertaking. A competition requires a lot of work, but when we spread it out amongst many people, it can be very manageable and a very enjoyable experience for skaters and volunteers alike.

Our goal is to bring USFSA competitive skating back to Richmond, to encourage the local skating community and to offer our skaters a chance to compete in their hometown.

If you are interested in helping out and cannot attend one of the meetings, please contact a member of the Competition Committee for more information.

Competition Chair:

Laurie Brand, (h) 672-6286,  
[lauriebrand@comcast.net](mailto:lauriebrand@comcast.net)

Competition Committee:

Carol Ayers, (h) 750-1842,  
[carolayers@sprintmail.com](mailto:carolayers@sprintmail.com)

Gunvor Sacks, (h) 353-2417,  
[GunvorS@aol.com](mailto:GunvorS@aol.com)

Donna Blake, (h) 269-5392

2005 Competition Dates

ISI:

March 5-6, 2005 Skate Annapolis,  
Annapolis Naval Base, Annapolis,  
MD  
See club box for details.

April 9-10, 2005 District IV  
Championships, Richmond Ice Zone,  
Richmond, VA  
[www.richmondicezone.com](http://www.richmondicezone.com)

May 7-8, 2005 Fairfax Annual Spring  
Competition, Fairfax Ice Arena,  
Fairfax, VA  
[www.fairfaxicearena.com](http://www.fairfaxicearena.com)

June 26-27, 2005 Virginia  
Commonwealth Games, Richmond  
Ice Zone, Richmond, VA  
[www.richmondicezone.com](http://www.richmondicezone.com)

July 16, 2005 Spring Splash,  
Richmond Ice Zone, Richmond, VA  
[www.richmondicezone.com](http://www.richmondicezone.com)

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USFSA:

March 12-13, 2005 30th Annual  
Capital Regional Council Figure  
Skating Competition, Bowie, MD  
City of Bowie Ice Arena  
[www.crcskating.org](http://www.crcskating.org)

April 6-10, 2005 Central Carolina  
Skating Classic, Hillsborough, NC  
[www.centralcarolinasc.com](http://www.centralcarolinasc.com)

April 28-May 1, 2005 Cherry  
Blossom Invitational, Mt. Vernon  
Recreation Center, Alexandria, VA  
[www.crcskating.org](http://www.crcskating.org)

May 13-15, 2005 May Day Open,  
Gardens Ice House, Laurel, MD  
[www.Gardensfsc.org](http://www.Gardensfsc.org)

June 10, 2005 Edward G. Picken Pro  
Am Dance Classic, Ashburn Ice  
House, Ashburn, VA  
[Users.erols.com/wfsc](http://Users.erols.com/wfsc)

June 26-27, 2005 Virginia  
Commonwealth Games, Richmond  
Ice Zone, Richmond, VA  
[www.richmondicezone.com](http://www.richmondicezone.com)

July 12-13, 2005 Liberty Summer  
Competition, Pond Ice Arena,  
Newark, DE  
[www.libertyskating.com](http://www.libertyskating.com)

Aug. 9-14, 2005 Hershey Open,  
Hershey Park Arena, Hershey, PA  
[www.hersheyfigureskating.org](http://www.hersheyfigureskating.org)

Aug. 19-21, 2005 Dogwood Open,  
Raleigh Iceplex, Raleigh, NC  
[www.centralcarolinasc.com](http://www.centralcarolinasc.com)

Sept. 15, 2005 Middle Atlantic  
Championships, Chelsea Pier, New  
York, NY

[www.thescny.org](http://www.thescny.org)

Sept. 2005 Challenge Cup,  
Philadelphia Skating Club,  
Philadelphia, PA  
[www.pschs.org](http://www.pschs.org)

October 8-9, 2005 Changing Leaves  
2005, SkateNation Plus, Glen Allen,  
VA  
[www.richmondpsc.com](http://www.richmondpsc.com)

October 26, 2005 South Atlantic  
Regionals, Tampa Bay, FL

### Synchronized Teams Prospering:



Ever since  
establishing a board  
of officers last May,  
the Richmond  
Twizzlers

Synchronized Skating

Team has been working very hard to promote the team and get it's name known throughout the area. The Twizzlers worked with the club this past December to host the Southern Synchro Challenge Synchronized Skating Competition. Twelve teams participated in this 3<sup>rd</sup> annual event. This was a huge growth from the previous years' 5 teams. The competition went very well with many compliments being offered. A big thank you to everyone from the club who helped us with this competition. We followed this up with an exhibition and judges critique in Charlottesville at the Synchronicity event in January. This gave the team yet another opportunity to perform in front of a judge and receive some well needed advice.

January 27-30<sup>th</sup>, we took the Teen Intro team to Buffalo, NY for the Eastern Sectional Synchronized Skating Competition. The temperatures were cold, but the ice arena was hot with excitement and skating. Our team was one of 18 teams competing in the Teen Intro division, the largest division at the competition. We placed 9<sup>th</sup> and the team had a personal best performance of the season. After competing we took a side trip to Niagara Falls (see picture) and many of the girls are now able to say they've been to Canada! We came back full of ideas for our next season! The Teen Team will skate at Skate Annapolis in March and then do one more exhibition in late March for Hockey Nationals.

Our Youth Team started the season with a 1<sup>st</sup> place finish at the Southern Synchro Challenge and they also



attended Synchronicity. They will continue competing this spring at the ISI Skate Annapolis competition in March and again at the District IV ISI Competition in April. This will wrap up the season for the younger Twizzlers.

We will be having try-outs for the 2005-2006 season in May, 2005. Practices will begin in June for both teams. Fundraising efforts for both teams started back in November and will continue throughout the spring and summer months. We will be pictured on the front cover of the Community Weekly newspaper in

April and are looking at other opportunities to advertise about our team and about skating in general throughout the Richmond metropolitan area.

Holly Ryan Peyser will continue coaching, acting as the head coach for the Teen Intro Team next year. In addition, our former coach who started the Twizzlers, Stephanie Meier, has moved back from New York and will be the head coach of the Youth Team next year. We are actively looking for skaters, male and female, that would be interested in joining our teams. If we have enough skaters, we are interested in moving our Teen Intro team to a higher category. This category would make us a qualifying team for the nationals should we perform well enough. Skaters would need to be between the ages of 12 and 18 and have passed their Preliminary MIF test or skate at or above the USFSA Freeskate 4 level and are working on their first MIF test. Typically, synchronized skaters do not perform numerous jumps and spins, but must have excellent edge control and strong stroking capabilities. Our skaters are encouraged to continue individual skating to improve their technique and pass their moves tests. With enough skaters of high quality, we will be able to look at performing more difficult synchronized maneuvers next year.

The Youth team is looking for skaters ages 7 to 11 who have passed their PPM MIF test or are at least skating in the Basic 5-6 category. Skaters must be able to perform back crossovers. Some of

our Youth Team members are quite a bit higher, but we are always looking to bring in the younger, introductory skaters on our Youth Team.

Both teams will be traveling to Charlotte, NC in December, 2005 for the 4<sup>th</sup> Annual Southern Synchro Challenge and we are also planning on taking both teams to the 2006 Sectionals in Atlanta, Georgia next January. We regularly hold social events to promote team building and we practice 90 minutes per week with some additional on and off-ice work as needed leading up to competitions.

If you are interested in either team, please contact one of the team managers for more information on try-outs. Carol Ayers, Youth Team Manager, 750-1842. Gunvor Sacks, Teen Team Manager, 353-2417. You can also speak to Holly Peyser or Stephanie Meier for more information.

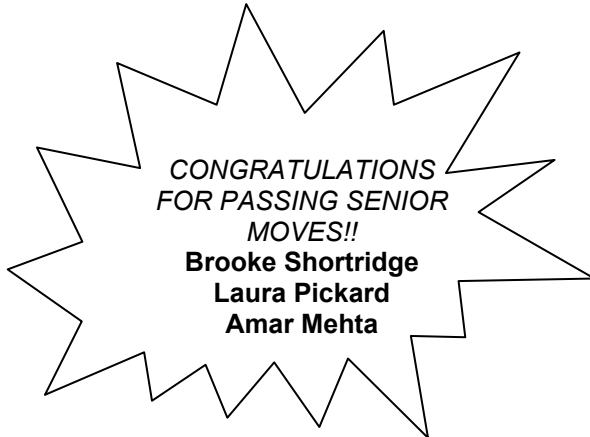


Congratulations to our home club member, **Rachel Kapelner**, who while skating for the RFSC, won The Israeli Junior National Ladies Championship.

Way to go Rachel!

**Adult Silver Moves:** Michael Pearce  
**American Waltz:** Brooke Shortridge  
**Rocker Foxtrot:** Laura Pickard  
**Novice Freestyle:** Amar Mehta  
**Rhythm Blues:** Julie Condit  
**Tango:** Alissa Babaeva  
**Paso Doble:** Mary Wynn Rogers

Thank you so much for all of the wonderful monitors!!



Anh Dao  
Jan Klenke  
Sharon Smith  
Weilee Grills  
June Brewbaker  
Asha Mehta  
Maria Lightfoot  
Soussanna Arnold  
Susan Terry  
Robbie Condit  
Mary Beth Rogers  
Judi Woolfolk  
Kristin Cross  
Karen Schanke  
Manuri Premaratne  
Margie Lampkin  
Laurie Brand  
Angie Loyd  
Pat Ward

Last Test Session Accomplishments:

**Pre-preliminary Moves:** Melissa Zhao, Emily Sacks, Dallas Willis, Allie Ayers

**Preliminary moves:** Jody Shanke

**Preliminary Freestyle:** Jody Shanke

**Juvenile Freestyle:** Barbara Klenke

**Cha Cha:** Katherine Brown, Mayumi Barrack

**Pre-Juv Freestyle:** Josh Burton, Stefanie Sacks

**Pre-Juv Moves:** Inesha Premaratne

**Juv Moves:** Josh Burton, Safa

**Bhimdi Hickory Hoedown:** Safa Bhimdi

**Adult Bronze Moves:** Mayumi

**Barrack Bronze Freestyle:** Mayumi Barrack, Michael Pearce

All Skaters:

REMEMBER TO  
**CHECK IN WITH THE  
MONITOR BEFORE  
YOU GET ON THE  
ICE!!**

Please welcome our new members to the Richmond Figure Skating Club:  
**Dallas Willis**  
**Jennifer Blake**  
**Somer Stiles**  
**Jessica May**

President's Letter:

First, let me take care of some old business. We had such great success with the Southern Synchro Challenge Competition and I neglected BIG TIME to also thank Gunvor Sacks who was co-chair with Carol Ayers.....sorry Gunvor! Your contributions were definitely not overlooked! In fact, Laurie Brand and the competition team were so successful and organized that they have agreed to take on a USFSA competition for all levels. We are tentatively planning this event to be held at SkateNation in October!  
Speaking of the Synchro team, they had great success and fun in Buffalo. We were so proud to have them represent us at the Eastern Sectionals.

We have another home club member to congratulate, Rachel Kapelner, who while skating for the RFSC, won The Israeli Junior National Ladies Championship. Way to go Rachel!

Thanks to all our volunteers who are helping with the monitoring of our club freestyle sessions. If you have not volunteered to help in this small way yet, please think about doing it during the spring. It is really very easy and helps us out so much.

As of January 1, we are pleased and proud to say the RFSC has implemented coaching standards to insure quality coaching on club ice. All RFSC coaches must have a PSA

Registered rating, or be USFSA (or ISU equivalent) Intermediate Level or above. We also have a mentoring program so we can encourage new coaches in the sport and give them the opportunity to learn from some of the best coaches in the world.

We are happy to be making positive changes to increase the quality of skating and coaching on RFSC ice.

Happy Skating!

Pat Ward

Board of Directors:

Pat Ward: President

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Mary Beth Rogers: Vice President

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Soussanna Arnold: Board Member

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Board Update:

Our next meeting will be in MARCH 8<sup>th</sup> 2005 at 6:30 p.m.

Contributions to the newsletter can be made to Neeta Joshi at

[neetajoshi@comcast.net](mailto:neetajoshi@comcast.net)