



# THE INSIDE EDGE

**CLINTON FIGURE SKATING CLUB'S NEWSLETTER**

**AUGUST 2011**

## Registration for the 2011-2012 Season

Registration will be held at the Clinton Arena:

- Friday, September 9<sup>th</sup> 6pm-8pm
- Saturday, September 10<sup>th</sup> 10am-12pm
- Monday, September 12<sup>th</sup> 6pm-8pm

We will be unable to take credit or debit card payments this year.

## Basic Skills

The Basic Skills Committee would like to welcome you back for our 62<sup>nd</sup> season! We are very excited to “get back into our skating groove” and take to the ice! Your skater can choose to skate on Sundays, Tuesdays, Wednesdays and/or Fridays. Also, if you are an adult skater, or are interested in becoming one, please join us on Tuesday nights from 7:10-7:50.

Our display case is the best place to look for information and updates during the season. You will find the calendar, bios on all the skating professionals and junior coaches, logo wear information, our newsletter, schedule changes, our brochure and much more. Be sure to check it out on a regular basis!

Please look for our table at registration. The Basic Skills Committee wants to meet all of you, and answer any questions you may have. We are here to help you!

## **Volunteers & monitors needed.**

*Please check the back cover of this newsletter to see how you can be a huge help and have extra fun this skating season!*

## **Going Green:**



Would prefer to get the CFSC Newsletter delivered to your “inbox” rather than your “mailbox”? Simply send an email to [info@clintonfsc.com](mailto:info@clintonfsc.com), and you will be added to our email list.

## **Save the date!**

*Annual end of year skater's banquet will be held on Friday, April 20th, 2012 at Harts Hill Inn. More details to come.*

***Clinton Figure Skating and Clinton Youth Hockey are partnering to offer the following programs and to provide professional skating instruction to their hockey program:***

### **LEARN TO PLAY HOCKEY (LTP)**

One 15 Week Session Beginning Nov 15  
45 Min Professional Skating Instruction Wed.  
evening 5:15-6:00pm

1 Hour Hockey Clinic Saturday Mornings  
Free Loaner Equipment to First 30 Registrants  
Open to All Ages  
Cost \$125

### **LEARN TO SKATE (LTS)**

One 15 Week Session Beginning Nov 15  
45 Min Professional Skating Instruction  
Wed. evening 5:15-6:00pm

45 Min Supervised Open Skate Saturday  
Mornings  
Open to All Ages  
Cost \$75

***Congratulations to the following  
CFSC skaters for tests passed at  
our own CFSC Test Session-5/14/11***

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Pre-Preliminary Moves in the Field  
*Dana Maline*

Preliminary Moves in the Field  
*Angela Martino*

Pre-Juvenile Moves in the Field  
*Sarah Owens      Isabella Scalzo*

Juvenile Moves in the Field  
*Alessandra Spoletini*

Pre-Preliminary Free Skating  
*Angela Martino    Angeline Turczyn*

Preliminary Free Skating  
*Nicole Cornell    Danielle Froio  
Amy Lloyd      Sarah Owens*

Pre-Juvenile Free Skating  
*Shannon Cherpak*

Juvenile Free Skating  
*Danielle Nicholl    Brianna Talerico  
Great job skaters!*

***Congratulations to the following skaters  
for dance tests passed:***

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Pre Bronze Dance Test- *Shannon Cherpak*  
Bronze Dance Test- *Angeline Turczyn*  
Pre-Silver Dance Test- *Madeline Krasniak*  
Pre Gold Dance Test- *Alexa Ventura*

***INTRODUCTION TO ICE DANCING***

*Ice Dancing combines music, dancing and ice skating to create a truly unique and rewarding discipline for skaters of all ages and abilities. In addition, the focus on basic skating techniques will assist in the development of other skating disciplines.*

*This series of introductory classes will focus on the skills required to prepare skaters for the preliminary ice dance test, basic stroking techniques and provide an introduction to more advanced elements.*

*The classes will be run by Russell Green. Russell has competed nationally and internationally. He twice became British Junior National Ice Dance Champion, earned 6<sup>th</sup> place at the British Senior National Championships and 4<sup>th</sup> place at the Junior World Championships.*

*Class will be held Fridays at 5:15-5:45pm. Starts September 30<sup>th</sup>. Cost is \$55.*

## CFSC Synchronized Skating

Synchronized skating offers skaters an opportunity to learn teamwork and advanced skating skills.

### ***Shooting Stars***

We will be once again offering The Synchronized Skating Badge Program. The "Team" will earn the Basis Skills Synchro 1-4 Badges and learn the fundamental skills of synchronized skating in a group lesson setting.

This class will be offered on Tuesday nights from 6:15-7:00pm using half sheet of ice. It is open to any Basic Skills skater in Badge 2-8. The Shooting Stars class will be featured in the Basic Skills Competition, Exhibition & Ice Show.  
Cost: \$105

Signups for Shooting Stars will be available at registration.

### ***Silver Stars***

Open to any skaters working on Badges 7, 8, Freestyle 1 & 2.  
Signups for Silver Stars will be available at registration.

### ***Silver Blades***

Tryouts will be held this month. If you have passed pre-preliminary moves, and are under the age of 18, you are eligible to try out. This will be a competitive team, with local competitions planned.  
Please contact Sandra Mahoney @ 571-4183 or 280-0317 or [smahccrn65@gmail.com](mailto:smahccrn65@gmail.com) ASAP if you have an interest in joining the Silver Blades!

### **New Low Freestylers**

To those skaters who have passed their Freestyle 2 Badges-congratulations! You have now entered a new level of skating, and are no longer a “recreational skater”. At this level, you will be asked and expected to work hard on your skating skills in anticipation of US Figure Skating testing, possibly competing and working on a program. There are no ice monitors on the ice during these sessions, and at times, you may be reminded by our professional staff about following ice rules and policies. This is done to ensure a safe environment for you as well as other skaters.

Some reminders:

- Socializing with other skaters (including chat groups) while on the ice should not be done. This can be very distracting and accidents can easily occur. Save it for the warming area following skating.
- Spins should only be practiced in the middle of the ice surface.
- Skaters in a lesson or doing their program to music have the right of way.
- Be observant at all times. Skaters are moving rapidly and accidents can easily occur.

Thank you, and again, congratulations! If you have any questions, please don't hesitate to ask!

### **Low, Middle & High Freestylers**

All skaters registered at these levels are required to be taking private lessons from a skating professional who is a member of the Professional Skaters Association (PSA). There will be no exceptions to this rule. Please make arrangements with the Professional of your choice on or before registration. Thank you.

### ***It's time to get creative!***

*CFSC will be having our 2<sup>nd</sup> ice show program book cover and poster contest.*

*Last year went so well, we thought we would do it again!*

*All skaters are eligible. You may use crayons, colored pencils, markers, computers, etc...*

*More information will be available during registration, along with the theme.*

*Thank you-Ice Show Committee*

## **Fantasy on Ice 2011 Requirements**

### **Basic Skills numbers:**

Ice show placement for Snow Plow Sam and Badge Level skaters will be determined immediately following the first test session. Skaters will not be placed in groups by ability alone. Age, size badge level and lesson day are all determining factors, which are left up to the ice show committee's discretion.

Low, Middle and High Freestyle placement will be determined by USFS tests passed by October 1st, 2011.

### **Low Freestyle Numbers:**

Skaters who have passed Freestyle 2 including any skater passing Freestyle 2 by the December Basic Skills test session will move up for ice show placement.

### **Middle Freestyle Numbers:**

Skaters who have passed the USFS Preliminary Free Skate test and are a registered full member of the CFSC by October 1st, 2011.

### **High Freestyle Numbers:**

Skaters who have passed USFS Juvenile Free Skate test, Intermediate Moves in the Field test and are a registered full member of the CFSC by October 1st, 2011.

### **Individual Skaters:**

Skaters who have passed USFS Intermediate Free Skate test, Junior Moves in the Field test, was a registered full member in the 2010-2011 season and are a registered full member of the CFSC by October 1st, 2011 are entitled to a 2 minute full ice solo. Skaters who have passed USFS Juvenile Freestyle test, Intermediate Moves in the Field test or higher, was a registered full member in 2010-2011 and are a registered full member of the CFSC by October 1st, 2011 are entitled to a 2 minute number left up to the discretion of the Ice Show Committee. Choreography professional must be pre-approved by the ice show committee for all individual skating numbers.

### **The Elite Number:**

If the committee decides to have an elite number, any 2011-2012 registered full member of the CFSC by October 1st, 2011 can try out to be in the Elite group. Previous years experience does not guarantee a spot. Tryouts will be determined later.



**CLINTON FIGURE SKATING CLUB**  
**PROFESSIONAL STAFF 2011-2012**

*Please contact individual coaches for further information*

**JENNIFER BEATON**

292-4419

[jmbice123@gmail.com](mailto:jmbice123@gmail.com)

Jennifer has been a member of the CFSC for 18 years and has been coaching Basic Skills and Private lessons for the past 8 years. Jennifer has coached for skating clubs in the Buffalo area as well as the CFSC. While at college, Jennifer participated in and helped create a collegiate synchronized skating team. Jennifer also volunteered her time to Gliding Stars, a skating program for handicapped children and adults. Jennifer is a Gold Medalist in Freestyle and Moves in the Field. Jennifer recently graduated from the University at Buffalo with a Doctorate in Physical Therapy and is currently working at Bouton Physical Therapy in Rome.

Jennifer is available anytime after 5:30 during the week and is interested in coaching all levels and ages.

**CAITLIN DEERY FENTON**

725-2437 cell

[musicteacher.deery@gmail.com](mailto:musicteacher.deery@gmail.com)

Caitlin began skating with the Clinton Figure Skating Club at the age of three. This is her sixth season as a professional. During her skating career, Caitlin skated Freestyle, Moves-in-the-Field, and was a member of the Clinton Silver Blades and Silverettes for several years. Caitlin received her Master's of Science in Music Education from Syracuse University and currently works as a music teacher for the Remsen Central School District.

Caitlin is available to teach Basic skills to Juvenile freestyle/Novice moves.

**SUZIE FLYNN**

292-1107 home [suziemflynn@gmail.com](mailto:suziemflynn@gmail.com)

Suzie is originally from Syracuse, NY but lived and skated in Buffalo, NY, Virginia, and visited many training centers to work with World and Olympic coaches and work with various ice dance partners. She encourages the participation in collegiate and adult competitions and along with her high placements (for freestyle) in Regionals and Empire State Games, really takes pride in her medals from Adult National and Sectional competitions. She has gold medals in freestyle, moves-in-the field, ice dancing, and solo ice dancing. Her choreography has been appreciated by judges at the regional level and collegiate. One of her students finished fourth at collegiate nationals and had one of the highest component scores at North Atlantic Regionals. She helps her students to make reasonable goals and work hard to conquer difficulties they may have. Suzie is a New York State certified teacher in pre-k-6 and 7-12 English. In her spare time, she writes for some small publications, competes in agility with her fur-children, has been an actress for some local commercials, enjoys dance classes, and loves to participate in outdoor activities.

Suzie is available to teach freestyle, choreography and ice dancing

**RUSSELL GREEN**

427-0879

[russellgreen106@hotmail.com](mailto:russellgreen106@hotmail.com)

Russell is delighted to return to the Clinton Figure Skating Club for the 2011-2012 season. He has over 16 years of experience in ice dance instruction with skating clubs in the Buffalo, Rochester, Syracuse and Albany areas. He has coached all levels of ice dancing, from beginning skaters through international testers, and has taught and partnered over 30 skaters to their Gold Dance medals. In addition, several of his ice dance teams competed at the U.S. National Figure Skating Championships in the Juvenile, Intermediate and Novice levels. He has worked with a number of coaches in the advancement of their testing credentials and is proud of the fact that many of his former students are now coaching the sport.

During his skating career, Russell competed nationally and internationally. He twice became British Junior National Ice Dance Champion, earned 6<sup>th</sup> place at the British Senior National Championships and 4<sup>th</sup> place at the Junior World Championships. He also competed in Canada, China, France, Germany and Switzerland. Russell earned his bachelor's degree in business in Nottingham, England and currently is a CPA with The Bonadio Group in Syracuse. He lives with his wife Heidi (a former skater and current member of the CFSC) and two children in Fayetteville.

Russell is available on Fridays to coach students interested in testing at all levels and ages, including adults.

**KELSEY MAHONEY**

571-4190 cell [kmahoney03@hotmail.com](mailto:kmahoney03@hotmail.com)

Kelsey began skating with the Clinton Figure Skating Club at the age of 5. She is a member of the Professional Skaters Association (PSA) and this is her 4<sup>th</sup> season as a professional. Throughout her time spent here, Kelsey completed her Intermediate freestyle, junior moves, and was a member of the Silver Stars, Silverettes, and Silver Blades for many years. She has competed in several competitions throughout her skating career in both individual and synchronized skating. Currently Kelsey enjoys coaching Basic Skills along with her Shooting Stars students and also working with the skaters of the Special Olympics program. Besides skating, she is a full-time student at Bryant and Stratton College where she is hoping to gain her Bachelor's Degree by next year.

Kelsey is available any day of the week after 5PM. She can teach up to Intermediate Freestyle and Junior Moves.

**ELLEN MOON** 796-4399 cell 737-9586 home [ellenmoon@roadrunner.com](mailto:ellenmoon@roadrunner.com)

Ellen Moon has never strayed far from her roots with the Clinton Figure Skating Club since she began skating in the early 60's. After graduating from Clinton High School, Ellen received a BA in Physics from Utica College, an MA in Math from SUNY Albany, and recently retired from Whitesboro Schools after a 30 year teaching career. Ellen is a PSA rated coach and now devotes much of her time coaching all levels of Freestyle and Moves both days and evenings. Ellen and her husband also own SK&R'S Moon, a specialty skate shop located here at the arena selling boots, blades and other figure skating accessories for beginner to advanced level skaters.

**Julia Roach**525-4187 cell [skg8coach-roach@hotmail.com](mailto:skg8coach-roach@hotmail.com)

Julia was born and raised in Zug, Switzerland. She has passed all her levels of Freestyle, Figures & Pairs. Julia competed all thru Europe representing the Swiss National Team & held several Swiss National Titles at different levels in Singles & Pairs. As an amateur skater, her highlight was to be a part of and skate at Junior Worlds. She started coaching in Switzerland, and at 18, her family moved back to the US where Julia attended Lynchburg College & Virginia Tech.

This is her 21st year of coaching and her 5th year at Clinton. Julia has had Skaters compete at Regionals, Sectionals, Nationals, Empire States Games and many other local and out of state competitions. She has also coached youth, high school and college hockey players as their Power Skating Coach and helped with the restructuring of the "LEARN TO SKATE PROGRAM FOR HOCKEY" (in Clinton) which I'm happy to say is part of the CFSC this year. She loves to coach ALL different types of skaters, from recreational to competitive.

She is available to coach all levels Basic thru Senior: Coaching specialty& Strengths are: Freestyle, Pairs, Harness, IJS, Jump interpretation, Dartfish, Competitions & Off ice training.

She Also Coaches at the Amherst Skating Club and Ithaca Figure Skating Association.

Julia's true passion about this sport is the competitive skating aspect of it. "Skating with your *FEET* is one thing, but skating with your *HEART* is another."

Please Contact For Availability.

**BRIDGET BOHN ROBERTS** 796-0531 cell [bridgb3@aol.com](mailto:bridgb3@aol.com)

A native of New Hartford, Bridget has been skating with the Clinton Figure Skating Club since the age of 4. This is her 15th year teaching basic skills and private lessons. She is a silver medalist in figures, bronze medalist in freestyle and has passed her junior moves in the field and pre-silver dances. Bridget is a registered nurse in the Endoscopy Unit at St. Elizabeth Medical Center, and is continuing on for her Bachelor's Degree in Nursing at Utica College.

Bridget is available to teach all levels of Freestyle, Moves, and Basic Skills, no Dance and will be available on Monday, Tuesday & Wednesday evenings. Some morning availability.

**CAITLIN KAIER SWAN** 335-7005 cell [caitm@yahoo.com](mailto:caitm@yahoo.com)

After skating with the Clinton Figure Skating Club for over 12 years, Caitlin joined the professional staff in 2008. Besides teaching basic skills, freestyle, and moves, she is also the coach for the Special Olympics program at the club and has coached the Silver Stars synchronized skating team for the past 2 years. In addition to skating, Caitlin teaches children's art classes at the Rome Art and Community Center and is a substitute teacher in the Rome City School District and Holland Patent School District. Caitlin graduated from Utica College with a degree in Sociology and Anthropology, and is a NYS certified elementary and special education teacher.

Caitlin is available for private lessons in freestyle, moves, and basic skills levels. If interested, please contact her for availability.

## **Volunteers & Monitors needed**

**Volunteers**~The CFSC volunteer service program is open to all Middle and High Freestyle skaters. You must be 12 years old by July 1<sup>st</sup>, 2011.

Skaters interested in volunteering will be assisting the coaches during Basic Skills group classes and during free skate times.

By doing this, you will be helping the children to master their skills. All of these children look up to you as mentors, and one day they may be one of your students!

You will receive community service hours for school. Each time you skate it will be documented, so when the time comes, and you need the times, it will be available.

We will have a booth set up at registration for you to sign up. Thank you to all who volunteered last season, and hope to see you again this year!

**Monitors**~Adult skaters wanted for help with the Basic Skills Program. You will be asked to help in the Free Skate end only, to help the skaters and to keep an eye on them. Your help would be very much appreciated!

There will be a signup sheet available at registration.

Thank you to all of the monitors for all your help this past season. Hope to see you again this year!

Chairpersons~Mary Beth Scalzo 853-2355 or 725-9887, or Tammy Jannone 264-9417.