

THE INSIDE EDGE



Testing Time!

Every November our fabulous skaters are tested to see what they've mastered and what they might still need to practice more. Testing is done by our coaching staff in a very casual, low stress way. Encourage your skater to just do their best !

LTS Testing - November 13, 14 & 15th

What do We do With Those Badges?

USFSA rewards passing a level of skating with a badge system. With your membership, you should have received a booklet with the different levels explained. You can write the date they passed each level in there to keep track. As for the badges, there are many ways to display them. Some people sew them on jackets and others on scarves they wear with pride. Some people scrapbook them or sew them on a personalized skating towel.

There are many great ways to display their skating accomplishments!

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Synchro Fundraiser!

Our Synchro Teams are fundraising to offset the costs of competitions. They are selling Candella's Wreaths, Kissing Balls, Candle Centerpieces and Poinsettia's. In addition to that, they are also selling yummy pies, cheese spreads and other goodies through Broadway Café.

If you are interested in either of these things or placing an order, please let us know!

**The Candella orders have to be turned in by Friday November 17th.

**The Broadway Café orders are due November 27th.



How to dress for skating practice!

By Ellen Moon

Rule of thumb: Form-fitting clothes that stretch are better than tight, restrictive or oversized clothes that restrict movement. An instructor/coach needs to see a skater's body alignment to give proper advice and feedback about technique, so form-fitting clothing that allows for movement is better.

Hair: Hair should be tied back or put up. It is very important that hair be away from the face. If you are in a hurry, it is fine to quickly put your hair in a ponytail. If the hair is very long, you may want to braid the hair or put it in a bun so that a long ponytail doesn't distract from spins and jumps.



Thanksgiving Break / Shoppers Stroll Parade!

Over Thanksgiving Week it's business as usual for Monday & Tuesday at the rink. Wednesday however is our annual Buddy Skate night! In the place of regular lessons we let our skaters invite friends or family to take the ice with them. The kids have a fantastic time! And sometimes a special someone from the North pole pays us a visit!

Black Friday Skating Schedule - 12 - 1:15 pm & 3:40 - 4:15 pm



Clinton Parade! After the *Clinton Shopper's Stroll* on Black Friday the town celebrates the holiday season with a parade & we love to be a part of it! All of our skaters are invited to hop on the wagon and wave to the crowd! The parade lines up at Clinton School. Please watch email and FaceBook for times.

Competitions

If your skater enjoyed our small in house competition then you should consider signing them up for more! Competitions are a fun filled family afternoon. There is usually one per month all season long at various locations around CNY and open to skaters at ALL LEVELS!

CFSC has a wonderful team of skaters that compete from the Snowplow Sam level and upwards! We've got a great group of coaches that make sure our skaters are well prepared and most of all have a great time.

Being a part of our team is not that difficult - simply pick which coach you'd like to work with. They will help you get registered in the right event and your child prepared for the competition. The competition itself will send you a detailed schedule of when your little competitor will take the ice. You must be there one hour before hand, and usually at least a half hour afterwards for awards and then you are on your way! The kids all have a wonderful time and at the beginner levels the competitions work hard to see that EVERYONE receives an award.

Great coaches, great skaters, helpful parents and there's a lot to be said for the amount of fun we have off the ice 😊
Let us know if you'd like help finding a coach - we're very excited about our 2017-18 season!



We do our best to keep you informed of EVERYTHING you need to know so check your email regularly, follow us on Facebook and our website has a lot of information

Movie News!

As most of you saw in email communication a few weeks ago, a motion picture was shot at our rink. We are VERY proud of 2 of our skaters, Sarah Klein & Jessica Martin that were selected as background skaters in the film.

The movie, called *The Mountain*, is set in the 1950' s and stars Jeff Goldblum and Tye Sheridan.



Upcoming Dates

LTS Testing - November 13, 14 & 15th

Skaneateles Invitational - December 1-3

CFSC Test Session - January 12

New Hartford Competition - January 13

2018 Empire State Winter Games - January 31- Feb 4

2018 Special Olympics Winter Games - TBA

Fantasy On Ice Show - March 23, 24 & 25

SFSC Learn to Skate, USA Competition - May 5

Committees

We have various club and Ice Show committees that could always use volunteers. If you are interested in helping out in any capacity please let us know! We Love Help!

Club Committees:

Learn To Skate

Communications/Publicity

Club Events

Competitions/Sanctions & Tests

Governance

Homeschool

Ice Show

Membership

Monitors/Volunteers

Parent/Skated Education

Special Olympics

Synchro/Theater On Ice

SafeSport /Injury Prevention

“When I go to ice-skating, I feel like I'm part of a community! “

- Hazel Torruella

Ice Show News!

Show Me The Gold

In case you missed it at registration, this year's Ice Show is entitled *Show Me The Gold*. The theme is the Olympics! Be ready for a fun and exciting interpretation of the Olympics and everything it encompasses!

We would like to congratulate our **Feature & Soloist Skaters**

Feature Skaters - Tammy Lloyd, Amanda Bolos, Tayah Hummel and Kaitlin Potasiewicz

Our Soloist this year will be Angela Martino

Congratulations on this fabulous accomplishment!



Tickets / Assessment Fees - Changes (Please Read)

In addition to your registration fees each fall there is a **\$75 Assessment Fee collected during the Ice Show. In years past you were required to sell \$75 worth of tickets. We found this makes a lot of confusion the last week of the show season so to eliminate this problem, we have decided that the ****\$75 will be due in January when you pick up your Ice Show packet.** \$75 worth of tickets will be included in the packet. You can either choose to sell those tickets and recoup your money, or not - that choice is yours.

More tickets will be available for selling as well. All advanced sale tickets will be \$5 each and \$7 at the door.

**Fees may vary depending on the number of skaters in a family

***Separate rules apply to Special Olympics and Home School Skaters

VOLUNTEERS!

We always need volunteers for the Ice Show. We'll need help handing out packets, backstage, lights, sewing, ad sales etc. Pinterest parents that enjoy crafts - We'll need you too! The list goes on and the more help we have, the better our show runs! Please let us know ASAP if you would like to help even in the smallest way.

Dates to Remember

December Cast List published

** Costume Fittings - December

** Ice Show packets handed out - January

** Pictures - Feb 5-7

Practice Begins - Feb 12

Show Dates - March 23, 24 & 25

** Tentative dates and may change

The Olympic Games

The Olympic Games began over 2,700 years ago in **Olympia**, in southwest Greece. The Games were part of a religious festival. The Greek Olympics, thought to have begun in 776 BC, inspired the modern Olympic Games.

The Games were held in honour of **Zeus**, king of the gods, and were staged every four years at Olympia. People from all over the Greek world came to watch and take part.

The ancient Olympics were rather different from the modern Games. There were fewer events, and only free men who spoke Greek could compete, instead of athletes from any country.

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Thanks to Philip Martin for the Greek images.

SCHOLARSHIPS / AWARDS

There are many different avenues for skaters and their families to pursue Scholarships and Awards. All of the information can be found on USFSA's website. Below are just a few outlines.

MEMORIAL FUND

The Memorial Fund consists to two programs, the Competitive Skaters Assistance Program (CSAP) and the Academic Scholarship Program (ASP). CSAP awards are intended to subsidize training expenses incurred by competitive figure skaters, while ASP scholarships assist figure skaters pursuing a college degree. *Synchronized skaters are not eligible for the Competitive Skaters Assistance Program but are eligible to apply for the Academic Scholarship.

SCHOLASTIC HONORS TEAM

The Scholastic Honors Team was established in 1996 as a program designed to recognize high school-age members of U.S. Figure Skating who distinguish themselves in figure skating, community service and high school academics.

HELEN M. MCLORAINE FIGURE SKATING SCHOLARSHIP PROGRAM

The Pioneer Fund also supports a scholarship program that assists eligible skaters who dedicated their lives to skating and now wish to pursue a college education. Scholarships are offered each year for full-time undergraduate study at an accredited institution of the student's choice.

JOYCE KOMPERDA ATHLETE SUPPORT FUND

Established in honor of her parents, Joyce Komperda created the Joyce Komperda Athlete Support Fund to recognize and reward outstanding figure skaters at the novice, intermediate or junior level. An avid skater, herself, Joyce is a passionate advocate for the sport and invests in the dreams of up-and-coming skaters. Applications are announced prior to June 1 and made available through September of the current year.

ELAINE THEISEN FUND

Providing grants to Special Olympics and Therapeutic Skating Programs or member clubs wishing to enhance or expand their operations to attract, involve and encourage new generations of skaters, The Elaine Theisen Fund was established in 2012. Applications will be announced prior to May and are made available through August of the current year.

CECILIA COLLEDGE MEMORIAL FUND AWARD

Established through the estate of the late Cecilia Colledge, the Cecilia Colledge Memorial Fund Award is presented to the skaters who achieve the highest program component score (PCS) in the novice ladies and novice men's events at the U.S. Figure Skating Championships. The PCS in the short program and the free skate are added together to determine the winner.

RON AND GAYLE HERSHBERGER AWARD

Established in April 2010 and funded by the Ron and Gayle Hershberger Fund, the Ron and Gayle Hershberger Award recognizes and rewards musicality and artistry in a junior competitor at the U.S. Figure Skating Championships.

COLLEGIATE CHAMPIONSHIP AWARD PROGRAM

The Collegiate Championship Award Program assists current, eligible collegiate figure skaters who compete at the U.S. Collegiate Figure Skating Championships.

THE PETER BARBARA BUCH AWARD

A ten year endowment of the Buch Family estate, this award will be given to the 12th placed senior ice dance team at the U.S. Figure Skating Championships each year. Each athlete will receive \$1,000.00. The first Peter and Barbara Buch Award was given at the 2014 Prudential U.S. Figure Skating Championships in Greensboro, N.C.

THE CAROL'S FUND AWARD

Established in 2014, the Carol's Fund Award is presented to young competitive skaters in memory of Carol Haugh Swaim. Awardees include the top (4) placed male and female novice skaters competing at sectionals in the current season. Each skater will receive an award of \$500.

