



THE INSIDE EDGE

We're Back!

We are SO excited to welcome all of you back for another *AXE*llent year of skating!

Registration Weekend

At Clinton Arena

September 6: 6:00 - 8:00PM

September 7: 11:00 - 1:00PM

September 9: 6:00 - 8:00PM

If for some reason you can't make those times, please contact us and we will get you signed up!
Our season starts Sept. 20th!

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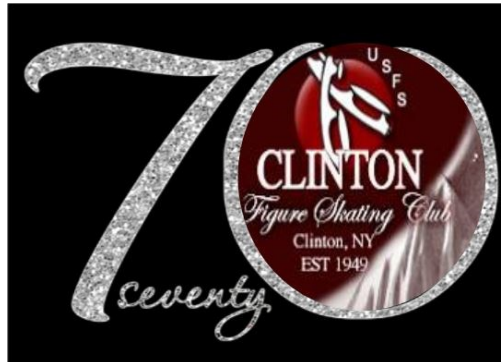
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70th Anniversary Party!

We're having a party - and you should definitely come!

CFSC is partnering with Clinton Youth Hockey on Saturday, September 7th to host a grand registration - celebration party! We will have fun activities for our skaters as well as a keepsake upon registration to commemorate this milestone. Registration itself is from 11-1 PM that day, but there will be activities all afternoon to partake in! Make sure you check the party schedule on the next page and do your best to attend.

We want to celebrate with all of you!



Synchronized Skating News



CALLING ALL SKATERS!

Want to experience a different side of skating? Want to learn leadership and teamwork skills?

Want to wear colorful costumes? Want to form lifelong friendships with other skaters?

We would like to thank all of you that responded to our Synchronized skating interest emails. Knowing the interest helps us figure out our class schedule for the season. We hope to field three teams this season!

If you are planning to join synchro or have questions about it, please let us know at registration.

Team practices will begin in September once we are back on the ice!

**For those of you considering joining synchro this season, the team the skater is on will depend on the age & level of your skater. Each synchro team usually practices once per week but occasionally adds additional 'Off Ice' practices as well. They attend 1 or 2 competitions (depending on team level) and perform their number in our annual ice show. Its a fantastic way to be a part of a team in a highly individualized sport!

Registration Celebration

Our party with Youth Hockey will be something for everyone!

Our pro shop, *Sk8rs Moon*, will be on hand for your skating needs.

We'll once again have a Consignment Sale set up for you to browse through.

12:00 Off Ice Synchronized Skating demonstration

12:45 Off Ice (Dry Land) Conditioning

1:30 Off Ice Jumps Rotation & Landing Class

Throughout the day Coach Amy will be running *Skater Rinko*, a fun game for all ages *plus* we'll have some of our sets and scenery from previous ice shows on display to check out and take fun photos with!

Clinton Youth Hockey will have equipment vendors, a dunk tank, shooting station & possibly human foosball!

**We hope to share a complete itinerary that includes hockey's event timing as well
via email and on Facebook very soon!**

Ice Show News

Our 70th Annual Fantasy On Ice Show is already in the planning stages!

The theme will be revealed at registration & we CANNOT wait!!

Our committee meets regularly all year long to brainstorm and create new ideas and opportunities for our skaters. We have our theme and a great deal of the show already ironed out. We can't wait to tell you all more about it!

Requirements for this year's 2020 show are detailed on the following page.

*If you'd like to be a part of the planning committee please contact Brenda Torruella or Michelle Batson.

Alumni Wanted

Every few years we shine the giant figure skate in the sky and call our alumni home to take part in our show. We LOVE when our former skaters rejoin us. If you were a CFSC skater and are interested in being in this year's production, please email the club ASAP so we know how many to plan for. We can't wait to see you again!



Costume Show on FaceBook

We try to keep our Social Media both informative and fun. All this year, beginning the first weekend in August, until our skaters step out on the ice for the first show in March, we will be featuring costumes from CFSC past! Check in with us regularly to see all of the many costumes we keep in the rooms upstairs and if you are a former skater, maybe it will bring back some memories.

Icemen Cometh!

The Icemen is a USFSA program that focuses on bringing boys and male skaters into the sport of figure skating and keeping them! Embracing that wonderful idea, we are going to work harder at bringing young male skaters along within our club and our first step is to recognize them. This year at registration we will have our CFSC Gear order forms available. We've requested specific gear to call these young men out as *ICEMEN*! Check it out at registration!

2020 Ice Show Requirements

Skaters must be in good standing with CFSC and full/joint members of CFSC by September 2019.

Group Numbers

Learn to Skate Numbers:

Learn to Skate 1 through Freestyle 4 ice show placement will be determined immediately following the first test session in November. The ice show committee may also consider age and height as factors when determining placement.

Low Freestyle Group Numbers:

Skaters who have passed Freestyle 4 and/or completed the early moving up requirements by the November LTS test session.

Middle Freestyle Group Numbers:

Skaters who have passed USFSA Preliminary Moves in the Field and USFSA Preliminary Freestyle by November 2019.

High Freestyle Group Numbers:

Skaters who have passed USFSA Intermediate Moves in the Field and USFSA Juvenile Freestyle by November 2019.

Featured Skaters

****In an effort to continue to have our skaters remain competitive, the ice show committee has adjusted the requirements for featured performances. The elements for eligibility remain the same, however the format in which they are tested has changed. Ice Show should not be determining a skater's competitive level. It is up to the coaches and their skater to determine at what level a skater should be competing. Their competitive level should not determine their ability to produce an ice show worthy performance.

Solo: Eligible skaters must

1. Have been a full registered member of CFSC in the prior 2018-2019 season
2. Are registered as a full member of CFSC by September 2019
3. Passed Intermediate Moves in the Field by November 1st 2019

(Novice Moves in the Field Test is temporarily suspended for the 2020 Ice Show)

4. Passed USFSA Intermediate Freestyle by November 1st 2019

Or

Passed Intermediate Freestyle inhouse test session (date to be determined - October) *

Feature, Duet or Step Out: Eligible skaters must

1. Have been a full registered member of CFSC in the prior 2018-2019 season
2. Are registered as a full member of CFSC by September 2019
3. Passed Juvenile Moves in the Field by November 1st 2019

(Intermediate Moves in the Field Test is temporarily suspended for the 2020 Ice Show)

4. Passed USFSA Juvenile Freestyle by November 1st 2019

Or

Passed Juvenile Freestyle inhouse test session (date to be determined - October) *

The feature, duet or step out will be at the discretion of the ice show committee.

The Select Number: If the Ice Show committee decides to have a select number, any 2019-2020 registered full members of the CFSC can try out.

*CFSC will provide a testing session before USFSA judges in October to determine feature, duet or step out placement. Skaters will need to meet all of the qualifications needed for the test level they wish to take. A testing fee may apply. Every effort will be made to find a date that works for all eligible skaters. No alternate dates will be granted.

**Ice Show requirements are reviewed annually and subject to change each season.

*** Individual and feature skaters are responsible for their own costume and for hiring a coach to choreograph the numbers. Choreography professionals must be pre-approved by the ice show committee.

Welcome Clinton Youth Hockey

This season Clinton Youth Hockey has asked us to work with their Learn To Skate program as well as Power Skating. We're excited to have this opportunity and look forward to working together! Let us know if you have any questions about the LTS or Power Skating programs we will be offering.



Ice Monitors Needed!

Every season we offer the opportunity to our skaters to volunteer as Ice Monitors. Ice Monitors help out our newer skaters during the practice ice times of Learn To Skate lessons and often are asked by our coaches to assist with the lessons.

Monitors must be at least 12 years of age & a Freestyle skater.

Our Volunteers will be able to earn hours they need for academic requirements and get more time on the ice and with our coaches. They will also have the opportunity to become role models for our younger skaters and are recognized at our annual banquet. It's a win - win situation for everyone!

If you are interested in volunteering this year please contact Laura Garramone



CFSC Internship Program

CFSC offers a great opportunity for our skaters to become interns on the ice. The skaters in the Internship Program assist and shadow coaches during group lessons and will be asked to cover a group lesson if a coach is not available. This program is open to all skaters that have reached the level of High Freestyle and are at least 16 years of age.

If you are interested in being considered, please send your resume and letter of interest to the CFSC Board.



Upcoming Dates

Summer Ice in Whitestown - July 10th - August 14th

Skating Club of Central New York Test Session - Aug 18

CFSC Registration Weekend - September 6, 7 & 9

Skating Begins in Clinton - September 20

CFSC LTS Challenge & Exhibition Night - November 1

Port City Invitational - November 9

CFSC LTS Testing - November 18

CFSC Testing Session - January 10

NH Competition - January 11

ESWG—January 30, 31 & Feb 1

CFSC LTS Testing - February 3

Skate Challenge of CNY—March 7 & 8

CFSC Elections - March 24

CFSC Fantasy On Ice - March 27, 28 & 29

*"I like skating because it's cool and amazing."
- Jillyan Strain, age 6*



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

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