

looking ahead >>>

Regionals 2014!!!

Competitor Funding Deadline
November 25

Denver Invitational
March 12-15, 2015
Registration not opened
Save the Date!

Fort Collins Classic
April 9-12, 2015
Registration deadline:
March 6, 2015

2015 RMFSC Ice Show
April 25, 2015
Save the Date!!
Applications Due November 21

The Southwestern Regional and Nine States Figure Skating Championships were held October 17-21 at the Edora Rink in Fort Collins, CO. This competition was a very exciting one, as it was the first round of qualification for the U. S. Figure Skating's National Championships, which will be held in January in Greensboro, North Carolina.



in this issue >>>

- Regionals!
- Skater Spotlights
- Vitamin D
- National Solo Dance Championships
- Tidbits/ Birthdays

Shown in the photo from Left to Right:

Back Row: Eliana Secunda, Julia Morford, Hailee Giordano, CC Willemson, Anna Trunzo

Third Row: Blake Eisenach, Lindsey Bowers, Bobbie Lance, Lauren Hatch, Ariane Walker

2nd Row: Kristen Stamm, Lauryn Hadaway, Isabella Allen, Morgan Walter

Front Row: Julia Harris, Brooke Parker, Lucy Sherman, Valerie Jones, Gracie Pollock, Grace St. John, Calla Diemer, Sierra Gilliam

Not Shown: Mariah Bell, Kate Berg, Anthony Boucher, Arielle Brinson, Lexie Brinson, Hailey Calcagno, MacKenzie Cardamone, Laura Cardona, Sammy Cardona, Katie Curran, Eva Davidson, Maia Drugmand, Elissa Fairbanks, Bridget Flood, Madison Fox, Anjing Fu, Nikki Gander, Delainy Harper, Ellie Hixenbaugh, Leigh Jones, Lucy Kohara, Abby McConnell, Alexa Morgan, Miranda Sutton, Vivian Tang, Amanda Vongphachanh, Olivia Wells

Regionals- Qualifying Results

Senior Ladies-Mariah Bell, 2nd Place; Anjing Fu, 7th Place; Ellie Hixenbaugh, 10th Place,

Junior Ladies—Katie Curran, 5th Place

Junior Men—Anthony Boucher, 3rd Place

Novice Ladies MacKenzie Cardamone - Qualifying Round 5th, Championship Round 15th; Elissa Fairbanks - Qualifying Round 3rd, Championship Round 13th; Kristen Stamm - Qualifying Round 6th, Championship Round 17th; Amanda Vongphachanh - Qualifying Round 5th, Championship Round 16th

Intermediate Ladies—Madison Fox - Qualifying Round 1st, Championship Round 8th; Eliana Secunda - Qualifying Round 4th, Championship Round 16th; Vivian Tang - Qualifying Round 5th, Championship Round 11th

Juvenile Girls- Isabella Allen - Qualifying Round 4th, Championship Round 13th; Laura Cardona - Qualifying Round 7th; Ariane Walker - Qualifying Round 12th

Special Recognition Awards: Elissa Fairbanks - Spins; Eliana Secunda - Spins

Congratulations to Mariah Bell - Senior Ladies; Sebastien Payannet - Senior Men; Anthony Boucher- Junior Men who will be competing at Sectional Championships!! Also competing at Sectionals are Eliana Secunda and Blake Eisenach, Juvenile Pairs!! GO ROCKY MOUNTAIN!!!!

Nine States Championships Results

Juvenile Girls Test Track- Arielle Brinson - 7th Place; Lexie Brinson - 15th Place

Limited Pre-Pre-Group A- Grace St. John - 5th Place

Limited Pre-Pre-Group B- Miranda Sutton - 4th Place

Limited Pre-Pre-Group C- Maia Drugmand - 4th Place; Bobbie Lance, 5th Place

No Test Girls- Lauryn Hadaway - 4th Place

Open Juvenile Girls- Hailee Giordano -1st place; Lindsey Bowers -3rd place; Eva Davidson -10th place

Pre-Juvenile Girls - Hailey Calcagno - Qualifying Round 10th Place; Julia Morford - Qualifying Round 2nd Place, Championship Round 6th place; C.C. Willemsen - Qualifying Round 13th Place

Pre-Juvenile Girls Test track - Olivia Wells, 4th place

Preliminary Girls- Morgan Walter - Qualifying Round 1st place, Championship Round 6th place; Julia Harris - Qualifying Round - 2nd place, Championship Round 9th place

Preliminary Girls Test Track- Lauren Hatch - 7th place

Pre-Preliminary Boys-Samuel Cardona -1st place

Pre-Preliminary Girls- Lucy Kohara -Qualifying Round 5th Place; Leigh Jones- Qualifying Round 13th place; Sierra Gilliam- Qualifying Round 6th place; Calla Diemer- Qualifying Round 9th place; Gracie Pollock- Qualifying Round 4th place; Lucy Sherman- Qualifying Round 7th place; Brooke Parker -Qualifying Round 8th place; Alexa Morgen -Qualifying Round 10th place

Pre-Preliminary Girls Test Track Group A- Bridget Flood, 1st Place; Valerie Jones, 2nd Place; Delainy Harper, 8th place

Basic Skills Series Results

Basic 8-Evelyn Moreno- 4th place

Freeskate 4 -Stephanie Cameron-1st place

Autumn

SKATERS SPOTLIGHT

BROOKE PARKER

Our Skater of the Month is Brooke Parker. Brooke is eleven years old and will be entering the 7th grade this fall at Belle Creek Charter School. She began skating at the age of five and has been skating for six and a half years. Her coaches are Jessica Melton and Stefano Stangalini. Brooke likes skating because it keeps her healthy. She feels that it builds character and confidence and not many people can say that they can figure skate. Her favorite spin is the sit spin and her favorite jump is the Flip. She does not really like falling on the ice, but she believes that she is learning from her mistakes. When not on the ice, she enjoys reading, writing, texting her friends, drawing and watching Anime. Her favorite moves are Marvel Movies, Frozen, and any movies that are either Disney or Disney owned. She also likes Harry Potter! Her favorite singer is Taylor Swift.

Brooke's advice to her fellow skaters:

"Falling down is something everyone has to do, but whether or not you can have the courage to get back up is a choice you have to make."

Brooke would also like to add: "I remember my first day of skating. I was improperly dressed in a leotard and skirt (thanks, Mom) with a bike helmet on top of my head. I fell probably a million times and my dress was soaked through, and I loved it. Skating has created so many great memories for me and molded me into the person I am today."

Brooke's Coach has this to say about her:

"Brooke is an incredibly hard working skater and joy to teach. One of Brooke's best qualities is her determination to achieve her goals in spite of obstacles. Brooke landed her single axel last fall and then on and off throughout the winter. The axel was nearly ready for the program when she broke her arm and had to stay off the ice for three months! Brooke didn't let this setback get in the way. She was excited to get back into skating this summer and is already landing her axel again! Brooke is a true inspiration, and I look forward to seeing all that she will accomplish in skating and in life!" Jessica Melton



SKATERS SPOTLIGHT

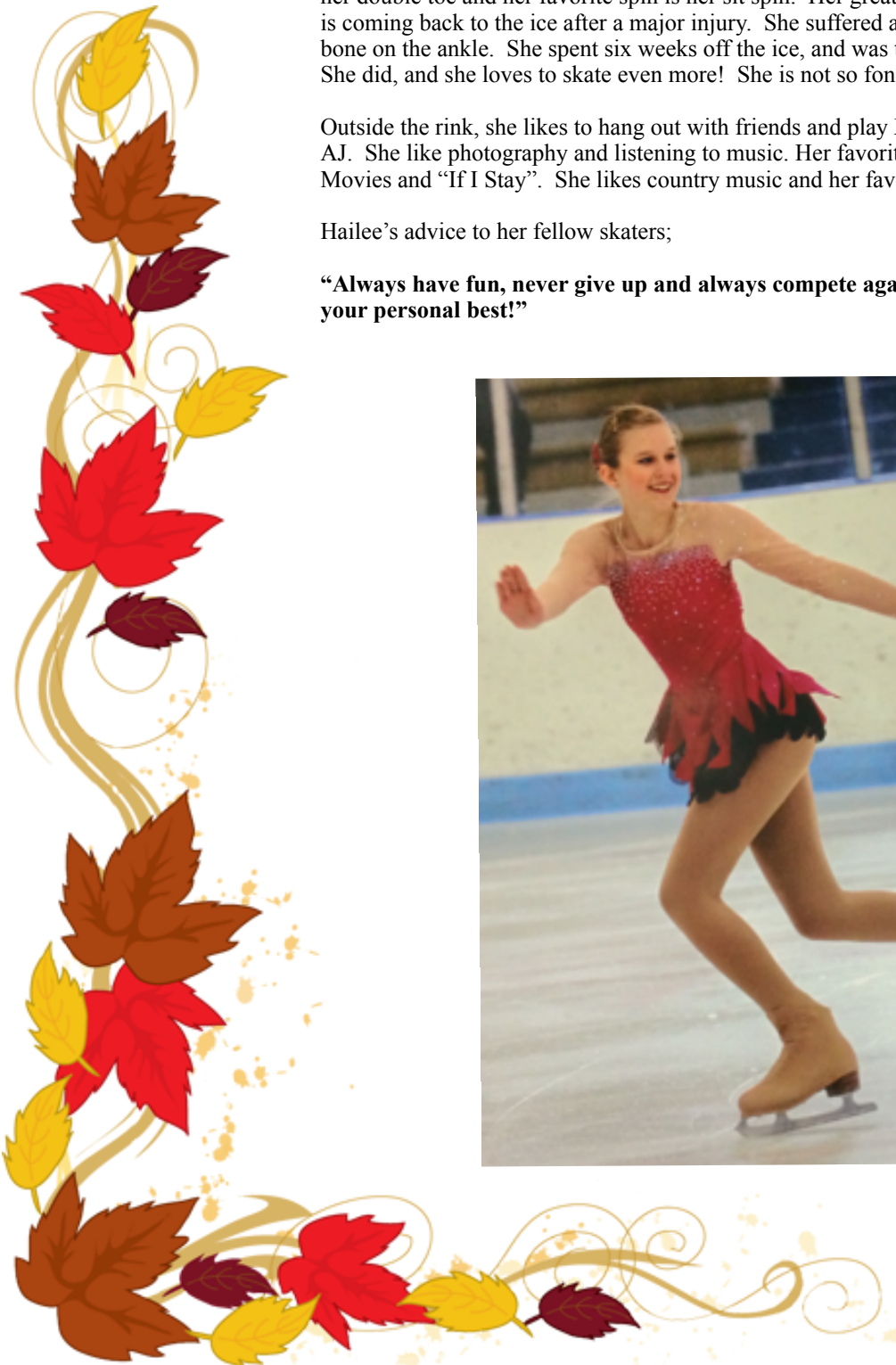
Hailee Giordano is the September Skater of the Month. Hailee is 14 years old and in 8th grade. She is homeschooled with Connections Academy. She has been skating since she was 5 years old and is currently skating/competing at the Juvenile level. She is coached by LouAnne Peterson-Conant and Simone Alexander.

Hailee enjoys her friends at the rink, competitions and jumping. Her favorite jump is her double toe and her favorite spin is her sit spin. Her greatest accomplishment, so far, is coming back to the ice after a major injury. She suffered a blade cut down to the bone on the ankle. She spent six weeks off the ice, and was terrified to come back. She did, and she loves to skate even more! She is not so fond of falling on the ice.

Outside the rink, she likes to hang out with friends and play X-Box with her brother, AJ. She like photography and listening to music. Her favorite movies are Marvel Movies and "If I Stay". She likes country music and her favorite singer is Lonestar.

Hailee's advice to her fellow skaters;

"Always have fun, never give up and always compete against yourself to strive for your personal best!"



There was a girl named Jane
Who was constantly told – “You haven’t a brain”
Jane went skating with her friends one day
To her delight and her parents dismay
Jane decided, I’m having my way
I’m constantly told I cannot do things –
I’m useless at this and terrible at that
Just give me a chance and you will see
What exactly is hidden inside of me
And so the transformation began.....
The brain was ready and a teacher appeared
Then lessons began and she worked all year
Competition time – the moment of truth
With a fluttering heart and shaky legs
Jane stepped on the ice
Her time had come.....
Please let me do the best I can she silently prayed as her music began

Is it over so quickly her mind seemed to say
Yes it is and what a WONDERFUL day

I’ve proved to myself I do have a brain
I can do it, yes, I can do it, over and over again

Don’t ever let people put you down
Believe in yourself and what you can do
Whatever the challenge that’s presented to you
Penny Mackenzie

Welcome New Members!!!

Jennifer Archibald
Hannah Campbell
Bella Castro
Jasmine Clark
Nicki Davis, Coach
Blake Eisenach
Rebecca Fager-Vasil
Bridget Flood
Jesse Goldstone
Juliette Hauben
Sally Kohara
Megan Ly
Andrea Pearson
Kristen Stamm
Evan Ruze-Walter



Vitamin D & why it is important !

Stacy Hogg, CNT
The Nutritional Edge
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Vitamin D deficiency has been in the news a lot recently, with a large number of the population being found to have low levels of Vitamin D in their bodies. What is Vitamin D, why is it important to us and what can we do to make sure that we are not deficient?

Vitamin D is a fat soluble vitamin that our bodies naturally produce when our skin is exposed to sunlight. It is also the only vitamin that our bodies produce on its own, rather than obtaining it from food. Vitamin D promotes calcium absorption in the gut and maintains adequate serum calcium and phosphate concentrations to enable normal bone mineralization, bone growth and bone remodeling. Vitamin D prevents bones from becoming brittle, thin or misshapen. It prevents rickets in children and osteoporosis in adults. Vitamin D also has other roles in the body, including modulation of cell growth, neuromuscular and immune function, and reduces inflammation. The Recommended Daily Allowances for Vitamin D are as follows:

Sources of Vitamin D

Food

In nature, very few foods contain vitamin D. Fatty fish such as salmon, tuna, and mackerel, as well as fish liver oils are the best food sources of this vitamin. You can also find small amounts of vitamin D in beef liver, cheese and egg yolks. Fortified foods provide most of the vitamin D in the American Diet, with milk being the number one choice. Breakfast cereals contain added vitamin D, as well as orange juice and yogurt. Some mushrooms are now vitamin D enhanced.

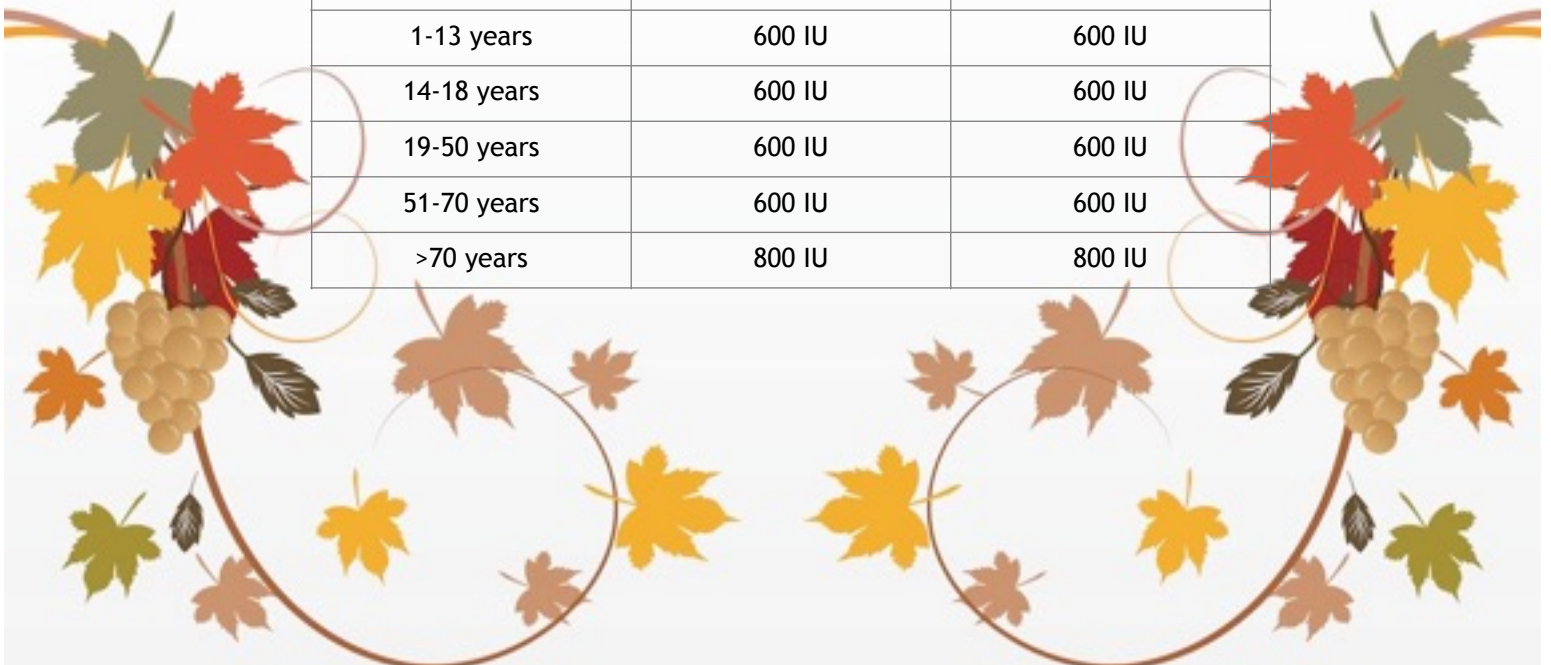
Sun Exposure

The best way to get your vitamin D is through sun exposure. Approximately 5-30 minutes of sun exposure to the skin between 10 Am and 3 PM at least two times per week, without sunscreen, will usually lead to sufficient vitamin D synthesis without any skin cancer risk.

Supplements

Follow the RDA guidelines for taking vitamin D supplements. Excessive vitamin D consumption can lead to toxicity.

Age	Male	Female
1-13 years	600 IU	600 IU
14-18 years	600 IU	600 IU
19-50 years	600 IU	600 IU
51-70 years	600 IU	600 IU
>70 years	800 IU	800 IU



National Solo Dance

Congratulations to all the Rocky Mountain Ice Dancers who qualified to compete at the National Solo Dance Championships, which were held in Colorado Springs, September 18-21. This series runs from January through August, with ice dancers competing in a minimum of three qualifying competitions, earning points based on their placement and the number of competitors in their group. The top six score in each section earn an invitation to compete at Nationals.

The Ice dancers competed in a Qualifying (Q) group. The top skaters from each flight then advanced to the Championship Round, where they competed for the National title in their event.

Results:

Annabella Callipari, Bronze Patterns-Q 6th; Championship Rd-10th place
Intermediate Combined Event, Q-11th

Madison Fox - Junior Combined Event- Q- 2nd Place, Championship Rd-3rd place; Pregold Pattern
Dances- Q-3rd; Championship Rd- 5th

Lindsey Mize- Junior Combined Event-Qualifying Round 9th

Evan Ruze-Walter, Pre-Gold Pattern Dances-Qualifying Round- Withdrew



Fall Birthdays

August

Lexi Brinson
Morgan Bell
Brienne Hoppes
Vivian Tang
Taylor Couillard-Rodak
Gracie Pollock
Hailee Giordano
Alexandra Matthews
*Denotes Coach

Aug 1
Aug 5
Aug 9
Aug 13
Aug 20
Aug 22
Aug 24
Aug 30

September

Julia Morford
Stephanie Cameron
Jennifer Archibald
Karen Tornquist*
Julie Sylvester-Kelley
Janet Hill
Arielle Brinson
Samuel Cardona
Lindsey Mize
Lomi Christiansen*
Tiana LeBeck
Anna Trunzo

Sept 2
Sept 5
Sept 8
Sept 8
Sept 9
Sept 11
Sept 12
Sept 14
Sept 16
Sept 17
Sept 22
Sept 27

October

Abigail Brielmaier Oct 20
Alyssa Feinberg Oct 28
Sierra Gilliam Oct 28
Delainy Harper Oct 28
Valerie Jones Oct 2
Michelle Myers* October 7
Brooke Parker Oct 29



An At a Glance reference to the USFS's program structure.

Figure Skating Programs and Development/Pipeline of Figure Skating

U.S. Figure Skating Basic Skills Program: the FUNdamentals

Offering fundamental and specialty badge curriculums that are fun, challenging and rewarding for skaters of all ages and abilities to develop and enhance their skating skills.

Bridge Program/Junior Club

The link between Basic Skills and Full Club Membership. It introduces skaters to training programs, different skating disciplines and teaches them what is required to go to the next level.

U.S. Figure Skating Club Membership

There are five separate disciplines in the sport of figure skating: ladies singles, men's singles, pairs, ice dancing and synchronized skating. Within each discipline there is a unique test structure and competitive pipeline that takes you from Basic Skills to the elite levels of the sport.

TESTS

The test structure is the backbone of U.S. Figure Skating. Passing skill tests by official judges advances the skater to the next level. Skaters test in moves in the field, free skating, pairs and ice dancing. As a skater advances, the tests become more difficult. The highest achievement in each discipline is the gold test.

- Pre-preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Intermediate
- Novice
- Junior
- Senior
- Adult Test Program*

NONQUALIFYING COMPETITIONS

Skaters of all ages and can participate in non-qualifying competitions to earn awards and showcase skill mastery. Nonqualifying competitions are divided into two tracks; one is more recreational and the other is more competitive in nature. Skaters compete at their current skill and test levels and are open to all members to participate.

- Basic Skills
- No Test/Beginner
- Pre-preliminary
- Preliminary
- Pre-Juvenile
- Juvenile/Open*
- Intermediate
- Novice
- Junior
- Senior
- Collegiate and Intercollegiate
- Adult Levels*

QUALIFYING SYSTEM

This is the pipeline for singles, pairs and ice dancing to advance to the U.S. Championships, international competitions, World Championships and Olympic Winter Games. The top skaters advance in the juvenile to senior levels and compete for various titles based on age and test level.

- Juvenile*
 - Intermediate*
 - Novice
 - Junior
 - Senior
 - U.S. Collegiate Championships
 - U.S. Adult Championships*
- } U.S. Championships

SYNCHRONIZED SKATING

Synchronized skating is a team sport in which eight to 20 skaters perform a program together. It is characterized by teamwork, speed, intricate formations and challenging step sequences. Synchronized skating has its own qualifying competition system which mirrors s/p/d and leads to the U.S. Synchronized Championships, international competitions and the World Synchronized Championships.

- Beginner 1-3*
 - Preliminary*
 - Pre-Juvenile*
 - Open Juvenile*
 - Juvenile*
 - Intermediate*
 - Novice*
 - Junior*
 - Senior*
 - Collegiate events
 - Adult Events*
- } Preliminary, pre-juvenile, open collegiate and open adult are offered at nonqualifying competitions and sectional championships.



The mission of U.S. Figure Skating is to provide programs to encourage participation and achievement in the sport of figure skating.

*These levels have age restrictions, refer to a current U.S. Figure Skating rulebook for more information.

September 2011

Volunteer Positions still needed!!

Planning for the 2015 RMFSC Ice Show is underway!! The Club is still looking for members to serve on the committee this year. The committee generally meets once a month (beginning in November) for approximately 2 hours and the meetings will go towards fulfillment of volunteer hours. If you are interested in being a part of the ice show committee, please contact Brenda Bowers at babowers10@gmail.com or Malia Wildman at maliawildman@hotmail.com.

Assistant Test Chair Needed! Anyone interested contact Brenda Bowers at babowers10@gmail.com.

