

looking ahead >>>

Spiritwear Fundraiser
October 19th - November 2

Butterbraids Fundraiser
November 9th - November 16

Congratulations to the RMFSC

2016 Southwestern Regional Competitors !!!

2016 Southwestern Regional Figure Skating Championships and 2015 Southwest Nine States Championships were held October 2-7, 2015 at Independence Event Center. This competition, co-hosted by Kansas City Figure Skating Club and Heartland Figure Skating Club, was quite exciting!! Qualifying skaters advanced to the 2016 Midwestern Sectional Championships in Strongsville, Ohio, Nov. 17-21 where they will compete for the chance to earn an invitation to the 2016 Prudential U.S. Figure Skating Championships!! Congratulations to all the competitors! You made us proud!



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Shown in the photo from Left to Right:

Back Row: Laura Cardona, Hailee Giordano, Terese Felker, CC Willemsen, Eliana Secunda
2nd Row: Julia Morford, Olivia Wells, Alexandra Rogers, Lindsey Bowers, Blake Eisenach
Front Row: Sammy Cardona, Lucy Sherman, Ellie Kam, Miranda Sutton, Sierra Gilliam, Polina Miroshnikov

Not Shown: Kristen Stamm, Katie Curran, MacKenzie Cardamone, Sebastien Payannet, Grace St. John, Morgan Walter, Madison Fox

Competing at Sectionals!

Sebastien Payannet- Senior Men

Blake Eisenach- Intermediate Men

Blake Eisenach/ Eliana Secunda- Intermediate Pairs

* Mariah Bell will compete at Nationals in Senior Ladies

Bell is Bound for Skate America!

Best of luck to Mariah Bell as she competes at the Progressive Skate America Competition! This is the first competition in the 2015 Grand Prix Series! It takes place Oct. 23-25 in Milwaukee, Wisconsin, and will be live on IceNetwork. She is off to a great start, with a 6th place finish at the International Classic in Salt Lake City.

GO MARIAH!!!!



National Solo Dance Finals>>>

Congratulations to all the Rocky Mountain Ice Dancers who qualified to compete at the 2015 National Solo Dance Series Final !! This event took place September 23-26, 2015 in East Lansing, Michigan and was hosted by the Lansing Skating Club.

The Solo Dance 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

Lindsey Mize- Junior Combined-Qualifying -4th, Championship Round 10th
PreGold pattern Dances -Qualifying-4th, Championship Round 10th

Lauren Hogg, Novice Combined Event Qualifying Round-9th place

Evan Ruze-Walter, Gold Pattern Dances-Qualifying Round- 7th place



Lauren Hogg and Evan Ruze Walter



Lindsey Mize

I hope summer has been treating everyone well! With the start of school looming close, this also means that summer training is coming to an end and the start of qualifying season and the National Solo Final is right around the corner. Athletes have spent countless hours on and off the ice training and even still, the thought of these big competitions brings the onset of excitement and nerves. Naturally...athletes care about their performance! However, come these competitions, some athletes try too hard or choke. Why? Because they don't trust their training and they aren't focused on what they *can* do. How many times have you heard a coach say: "Don't do more or less than what you do in practice." "Trust your training". If skaters want to do something more and push their limits, it should be done in practice, not in the last competition of the year. Granted this is skating and we do crazy skills on thin blades and slippery ice. *Anything* could happen.

There was recently an interview in the USFS magazine with Olympic Ice Dance Gold Medalist, Charlie White. In it, Charlie said that he and Meryl were the most nervous they had ever been because anything could happen and they knew what they were capable of. However, they trusted their training and made their practices harder than competition. They wanted to skate the way they practiced...and they did just that. I know, easier said than done right? I would bet that they did some mental training on top of the physical as well...

Physical training is just one aspect of being able to trust yourself and your training. There are still the "what ifs" that plague athletes. That's where the mental training comes in. There will *always* be what ifs. The trick is learning to continue past them and not let them interfere with what you know you are capable of doing.

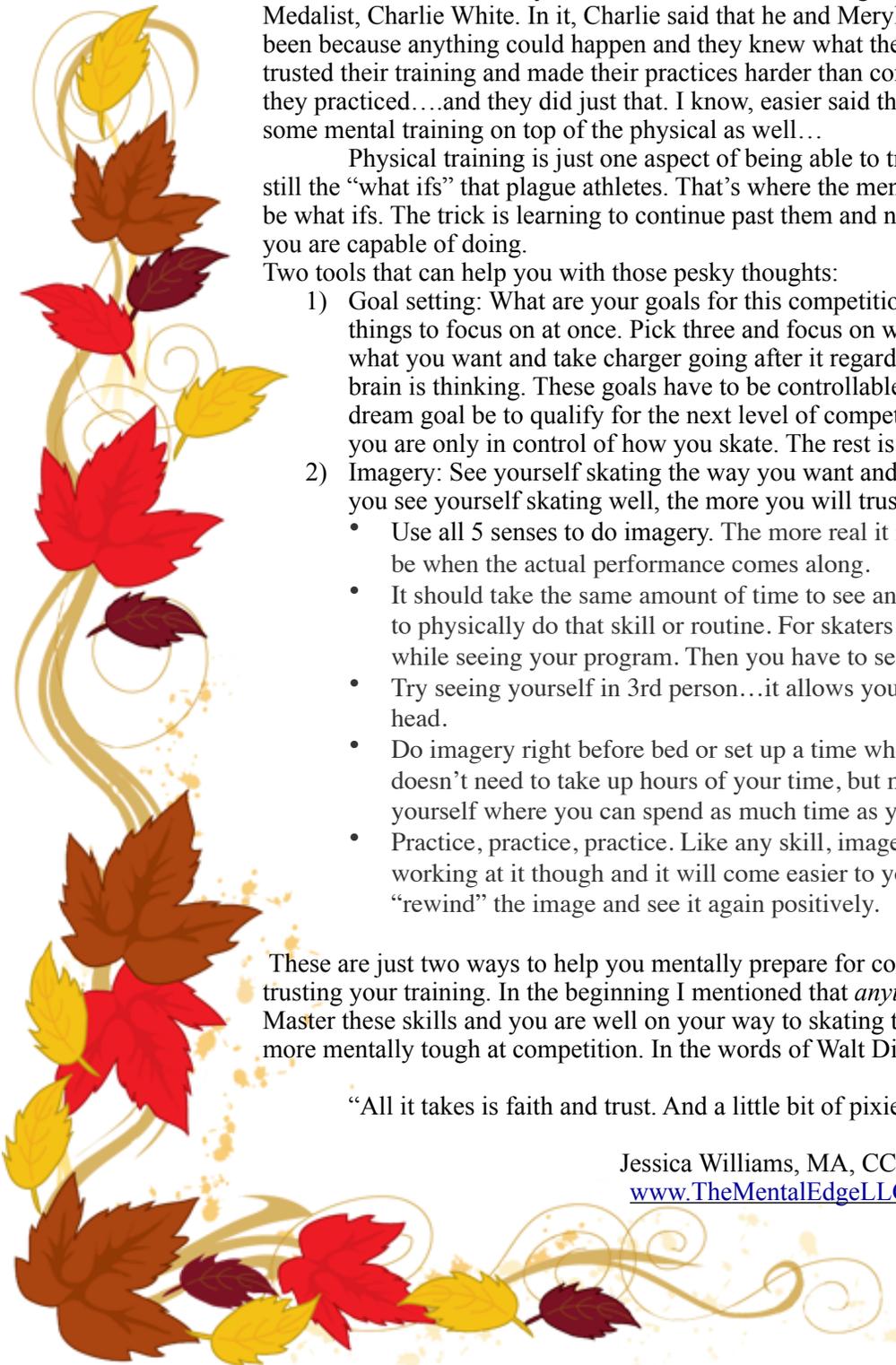
Two tools that can help you with those pesky thoughts:

- 1) Goal setting: What are your goals for this competition? The mind can only handle three things to focus on at once. Pick three and focus on what you *want* and *can* achieve. Know what you want and take charge going after it regardless of what negative thoughts your brain is thinking. These goals have to be controllable. Being a judged sport, you can have the dream goal be to qualify for the next level of competition or win your level, but ultimately you are only in control of how you skate. The rest is up to the judges.
- 2) Imagery: See yourself skating the way you want and can skate at that competition. The more you see yourself skating well, the more you will trust in yourself that you *can* do it!
 - Use all 5 senses to do imagery. The more real it is in your head, the more effective it will be when the actual performance comes along.
 - It should take the same amount of time to see and experience a skill or routine as it does to physically do that skill or routine. For skaters, it can be helpful to listen to your music while seeing your program. Then you have to see every element and connecting step.
 - Try seeing yourself in 3rd person...it allows you to be able to "feel" that skill in your head.
 - Do imagery right before bed or set up a time when you can be alone to visualize. It doesn't need to take up hours of your time, but make sure you have enough time to yourself where you can spend as much time as you like visualizing.
 - Practice, practice, practice. Like any skill, imagery might not be easy the first time. Keep working at it though and it will come easier to you. If you see yourself make a mistake, "rewind" the image and see it again positively.

These are just two ways to help you mentally prepare for competition and to further aide in you trusting your training. In the beginning I mentioned that *anything* could happen at competition. Master these skills and you are well on your way to skating the way you are capable of and being more mentally tough at competition. In the words of Walt Disney:

"All it takes is faith and trust. And a little bit of pixie dust".

Jessica Williams, MA, CC-AASP
www.TheMentalEdgeLLC.com



Kale: The Darling of the Leafy Greens

Stacy Hogg, CNT

These days you can't turn around without someone talking about kale. But why is it so great and why should you include it in your diet? Kale is a cruciferous vegetable that contains sulfur compounds that increase the liver's ability to produce enzymes that neutralize toxins. It also contains antioxidants that protect the lens of the eye and is a very good source of calcium. Kale is also an excellent source of vitamins K, A, and C. When buying kale, look for firm, bright, deeply colored leaves and moist stems. Smaller leaves will have a milder flavor. Kale will remain fresh for around 5 days when properly stored. You should store kale in the refrigerator with a plastic bag tightly wrapped around it. Do not wash it beforehand, as this will promote spoilage.

There are several ways to prepare kale. It can be roasted into chips, steamed, sautéed, or used raw in a salad. For steaming or sautéing, the stems can be used, but for salads I like to remove the stems, as they can be too fibrous when raw. I like kale for salads because it does not get soggy once it is dressed. In fact, it is somewhat necessary to massage the leaves in the dressing to soften them up a bit before you want to eat it. Here is one of my favorite kale salad recipes. Don't be freaked out by making your own dressing, it's easy that this dressing really makes this salad come together.

Summer Kale Salad from Tal Ronnen's Crossroads Cookbook

What You Need:

For the Salad:

- 2 bunches (about 1½ pounds) lacinato kale
- ½ cup dried currants
- ½ cup pine nuts, toasted
- Salt and pepper to taste

For the Lemon-Thyme Vinaigrette:

- ½ small shallot, minced
- 1 garlic clove, minced
- 2 fresh thyme sprigs, leaves stripped from the stems
- ¼ cup white balsamic vinegar
- Finely grated zest and juice of 1 lemon
- 1 tablespoon agave
- 1½ cups extra virgin olive oil
- Salt and pepper to taste





Fall Birthdays



October

Abigail Brielmaier	Oct 20
Sierra Gilliam	Oct 28
Delainy Harper	Oct 28
Kimberly Hirssig	Oct 26
Michelle Myers*	Oct 7
Abigail LoNigro	Oct 10
Brooke Parker	Oct 29
Alisea Velasquez	Oct 12

December

Lindsey Bowers	Dec 1
Abby McConnell	Dec 1
Georgia Pappas	Dec 3
Kathryn LoNigro	Dec 15
Eliana Secunda	Dec 19
Andrew Fager	Dec 31
Ellie Kam	Dec 20
Candi Pickerell	Dec 13

November

**Simone Grigorescu-Alexander	Nov 18
**Linda Kleist	Nov 16
**Gigi Siegert-Chapman	Nov 21
Laura Cardona	Nov 9
Ronald Eberhart	Nov 1
Nicole Gander	Nov 1
Lexi Morgen	Nov 14
Angelli Nguyen	Nov 8
Dominique Quinn-Brown	Nov 22
Alexandra Rogers	Nov 30
Lucy Sherman	Nov 11
Rebecca Vasil	Nov 21
Amanda Vongphachanh	Nov 9
Kelly Walsh	Nov 21

Skater Accomplishments

We would like to recognize our RMFSC members on and off the ice. If your skater has had a great accomplishment on or off the ice please send the information to Lisa Giordano and leave a 4x6 photo in the front office in an envelope so we can post it on the locker room windows.

Lisa's email is skaterrelations@rmfsc.org.

Welcome new Members!!

Nicole Kunin
 Kelly Walsh,
 Jack Webb
 Angelie Xu





In Memorium Ron Eberhart November 1, 1950-October 7, 2015

It is with a heavy heart that I write this article.

For our young and new members including their parents of the Rocky Mountain Figure Skating Club you would not know Ron. Ron with his wife Georgia were our Adult Pair Skating Team. They were also our “featured” skaters in our annual ice show.

Ron and Georgia have been my students for many years. Ron had such a passion for the sport and nothing short of a hurricane would keep him away from the rink. He passed this passion onto his wife Georgia. Like any pair team, they had their differences on the ice. I used to just wait for them to conclude whatever it was that they were disagreeing on and continue with the lesson. It was never anything serious and they snapped out of whatever was worrying them very quickly. They had lessons every Monday on the lunchtime session and would come in diligently during the course of the week to skate on the open freestyle sessions. It was not uncommon for them to skate 4 days a week.

Besides his love of skating, Ron was a renowned photographer. His favorite place to take photographs was Ouray. His subjects included, flowers, wild life, winter scenes to name but a few. For those that have seen his work, we all agree, the pictures are magnificent. The coaches’ photographs on the board are from Ron’s camera and are a wonderful example of his work.

During this year’s ice show all of us could see that something was amiss with Ron. He was not his usual self. He was tired while performing his numbers but like the trooper he was, nothing was going to stop him entertaining the audience.

It was shortly after that Ron was diagnosed with Pancreatic Cancer and in five short months he lost his fight to this deadly disease.

I personally will miss working with and seeing Ron each week but I will still have the pleasure of working with Georgia.

On behalf of all of us at Rocky Mountain Figure Skating Club, we send our condolences to Georgia and his family. May his soul rest in eternal peace.

Penny MacKenzie

