



**looking ahead >>>**

**2013 Broadmoor Open**

June 26-29th  
 Basic Skills June 23  
 Registration Closed

**2013 Vail Invitational**

July 11-13th  
 Basic Skills July 14  
 Registration deadline June 5th

**Colorado Championships**

August 2-3  
 Basic Skills August 3  
 Registration deadline June 30

**Cup of Colorado**

August 16- 18th  
 Registration deadline July 8th

**Membership Renewal Time!**

Renewal deadline June 30th

*synchro*  
 news



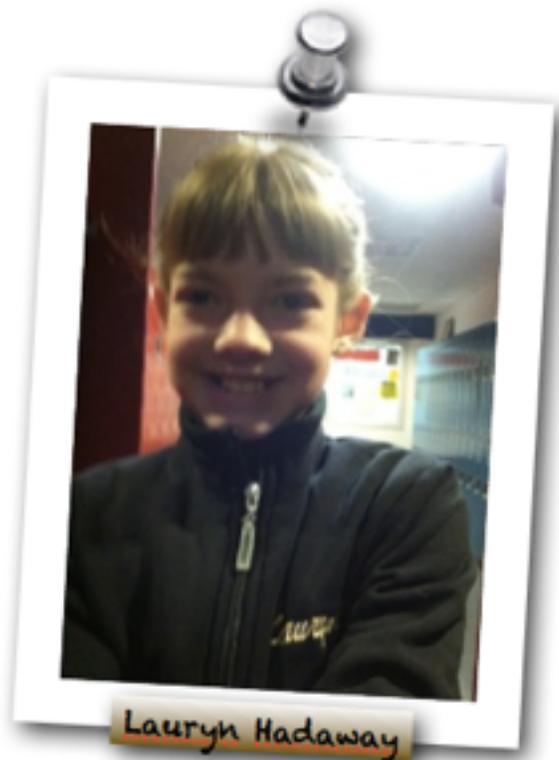
**Synchro Team Wins Nationals!**

Traveling with a Synchronized skating team is always an adventure, but for the La Furia ISI Masters team this year, it was more so than usual. The ISI Synchronized Skating National Championships were held in Blaine, Minnesota. Practices went well, but as we entered the ice for an unofficial session, one of our members, Amy Ellerton, took a hard fall, breaking her elbow in four places. With two people missing, a full practice was impractical, but our coach, Stefano Stangalini, made good use of the time, making adjustments to the program, as we got used to different places to intersect, different leaders to lines, and other changes. On Sunday morning we took the ice to compete, and took our opening position -- and waited. Our CD didn't work and we had to replace it with our emergency copy. Someone from the audience shouted out "You guys look great so far," and everyone laughed. We began the routine -- delivering perhaps the best performance we had done all year. For the third year in a row, La Furia came away with a gold medal at the Synchronized Skating Championships. This year, our medal is a testament to how well our coach had us prepared so that we could rise above the accidents and pull together to perform when it mattered. We can hardly wait for next year!

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# SKATERS SPOTLIGHT



June's skater of the month is Lauryn Hadaway! Lauryn is 11 years old and recently graduated from fifth grade at West Ridge Elementary in Thornton. In the fall, she will be attending Prairie View Middle School.

Lauryn started skating when she was 8. She is currently skating at Freeskate 5 and is coached by Gigi Siegert-Chatman and Karen Tornquist. She likes skating because it teaches her self-confidence, it gives her strength and pushes her to try hard. Her greatest accomplishment so far is that she is proud of moving up three competition levels in the past year!

In her spare time she loves to travel, shop, draw and hang out with her friends. "Spirited Away" is her favorite movie and she says that she has lots of favorite singers, but she really likes the Beatles

Lauryn's advice to her fellow skaters:

"Try your hardest even though it might be tough, and never give up because the next try might be

"THE ONE."



## *Scrip Tips>>>*

### **Dear Mrs. Scrip:**

What you should know about Scrip...up close and personal.

**Me:** Exactly who/what are you?

**Mrs. Scrip:** I'm free money for you and the Club! Thrifty is in, so never pay full price! Just set up your account at [www.shopwithscrip.com](http://www.shopwithscrip.com), get approval from your coordinator and you're ready to start shopping with me!

**Me:** Is it a bunch of retailer's that I've never heard of?

**Mrs. Scrip:** NO! You are probably using many of them everyday! You can shop for groceries, gas, restaurants, clothing, giftcards, shopping online. I have a variety for you sweetie!

**Me:** Do I get my cards right away?

**Mrs. Scrip:** Everything good in life is worth waiting for, right? Orders for each week are due Saturday. The coordinator orders the cards, which are received in just a few days and ready to be hand delivered to you. There may be a few weeks that are made unavailable due to special circumstances, but you'll be advised of those conditions well in advance so you can plan.

**Me:** This sounds like a hassle- why should I do this?

**Mrs. Scrip:** Why money, of course...extra, free money to spend on your skating related expenses at the rink. AND at the same time, you are painlessly fundraising for the club! Couldn't we all use a little extra money?

**Me:** Are there any hidden fees?

**Mrs. Scrip:** The only actual "fee" is a flat .15 processing fee that is added to your online order when using direct pay through your checking/savings account. You also have the option of writing a check, which you would provide when your order is delivered to you.

**Me:** What's the catch?

**Mrs. Scrip:** The only challenge is that you have to plan. We live in an instant gratification society and want everything now or via 2 day shipping from Amazon (which you could use Scrip for)...but Scrip does take a couple days to receive and get distributed. Once you start ordering, it will become second nature!

Here's a "typical" day for me...LOL!

Starbuck's for morning coffee:  $\$6.00 \times 7\% = \$0.42$

Gas from King Soopers	$\$80.00 \times 5\% = \$4.00$
Groceries from King Soopers:	$\$150.00 \times 5\% = \$7.50$
Lunch at Panera:	$\$25.00 \times 9\% = \$2.25$
Shopping at Dillard's:	$\$60.00 \times 9\% = \$5.40$
Shopping at DSW:	$\$35.00 \times 9\% = \$3.15$
Dinner at PF Chang's:	$\$65.00 \times 8\% = \$5.20$
Movie at AMC	$\$30.00 \times 8\% = \$2.40$
Treat at Coldstone:	$\$20.00 \times 8\% = \$1.60$

I spent \$471 using my scrip cards. The savings of \$31.92 go in to your Scrip Account...That's an average of 6.7%, 5.7% for you and 1% is donated to the club. **FREE \$\$** just for you! Come on, you **CAN** do this! Get started, get familiar with it and look for the next Scrip Tip! by Mrs. Scrip...tips for traveling! TTFN!

### *Ice Etiquette Reminder>>>*

To prevent injuries-- When a skater is practicing a program to music, the skater must wear a belt. All other skaters on the ice must yield to the skater in the belt.

### THE ZEBRA WISDOM

Zebras are born with stripes and they don't spend an ounce of energy trying to change their stripes into spots.

You, too, were born with unique characteristics. Don't spend your life trying to change your stripes into spots.

Accept who you are and make peace with the person in the mirror.

Your self-image can be your most powerful tool - or your worst enemy.

Self-acceptance can set you free but unhappiness within yourself, about yourself, can keep you hostage.

Your relationship with yourself will determine the outcome of your life.

Don't be afraid to break free and stop believing the negative programming that other people sometimes try to impose on you. Do some introspection.

Are you at peace with who you are, or are you always trying to be like other people?

Value all that you are. Look at your past, present and future. Then you may be able to understand who you really are.

**ONLY WHEN YOU KNOW WHO YOU ARE, CAN YOU BECOME WHO YOU ARE MEANT TO BE!**

Penny MacKenzie

## Club News

It's time to renew your RMFSC and US Figure Skating membership. The current membership year ends June 30, 2013. Be sure to renew your membership by June 30, 2013 to keep your membership current and maintain your eligibility for competitor funding! If you have questions, please contact the membership chair, Brenda Bowers.

## Off Ice Performance Training

by Jay Renick

Skaters that want to perform at their best need to participate in off ice training. One type of off ice training is strength training. This uses resistance methods like free weights, weight machines, resistance bands, or even a person's own weight to increase the amount of muscle mass in the body.

### An Example of a Healthy Routine:

- Begin by spending 5-10 minutes pedaling on a stationary bicycle or by taking a brisk walk around the gym to warm up your body.
- Perform three sets of 8-10 repetitions of each exercise, two to three different exercises for each body part to make sure you work each muscle in the group effectively. You can use many different exercises for each body part, but the basics — like bench presses, lat pull-downs, and squats — are great to start with. Learn proper technique first, without any added weight. After technique is mastered (you should be able to successfully perform 8-15 repetitions of the exercise in good form) skaters can use a light weight to warm up and increase the weight slightly with the second and third sets.
- Cool down by stretching all the major muscle groups to avoid injuries and keep your muscles flexible. technique and stamina.

### **Birthdays>>>**

#### Coaches

Christopher Darling 7-14

Yvonne Dowlen 7-5

Kelly Renick 5-26

#### Skaters

Madeline Bante 6-24

Annabella Callipari 7-27

Emily Calzolari 6-23

Isabel Chen 6-15

Patricia Chin 6-20

Maia Drugmand 7-14

Janis Houston 7-4

Leigh Jones 6-3

Mechelle Little 7-7

Jocelyn Morford 7-23

Janet Morris 6-24

Julie Owen 7-28

Eva Spencer 6-17

Grace St John 6-29

Morgan Walter 6-8

Hannah Zhang 6-16