



## looking ahead >>>

### **Spirit Wear Fundraiser**

Orders due Feb 9  
In Locker Room Lock box or online

### **Skate Swap**

February 21  
Promenade

### **Denver Invitational**

March 12-15, 2015

### **Colorado Avalanche Fundraiser**

March 10, 2015

### **Fort Collins Classic**

April 9-12, 2015  
Registration deadline:  
March 6, 2015

### **2015 RMFSC Ice Show**

April 25, 2015

## National Championships 2015!!

What an amazing competitive season for Rocky Mountain Figure Skating!! Here's a recap—All performances can still be viewed on Icenetwork, with a paid subscription for the 2015 season.

**Senior Ladies**-Mariah Bell won First place at the Regional and Midwestern Sectional Figure Skating Competition. After a difficult Short program, Mariah gave a truly inspired performance for her Long program at Nationals, earning a 6th place finish!

**Senior Men**-Sebastien Payannet won third place at the Midwestern Sectional Figure Skating Competition, earning his first trip to Nationals, where he placed 20th.

**Junior Men**—Anthony Boucher won 4th Place in the Midwestern Sectional Figure Skating Competition, earning his ticket to Nationals, where he placed 9th.

**Juvenile Pairs**- Eliana Secunda and Blake Eisenach won 1st Place at the Midwestern Sectional Figure Skating Competition, in their first qualifying competition as a Pair team. In their first Nationals, they won 9th place.

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RMFSC is committed to creating a safe and positive environment for all of our members and skaters, regardless of age, level, or discipline. We are also committed to ensuring that we promote an environment free of misconduct. To that end, we would like to take this opportunity to remind everyone that in February of 2014, the Club adopted US Figure Skating's SafeSport policies. These policies are applicable to all Club members, and are available for review on the Club's website under the SafeSport tab. If you have not had an opportunity to do so, please visit the Club's website and read the policies.

The locker room should be a safe and appropriate environment for ALL members. We would like to highlight two specific provisions of the Locker Room Policy. First, the use of portable electronic devices including cell phones is prohibited at all times in the locker room. This provision has been the most difficult for everyone to understand and accept.

The underlying reason for this provision is the recording capability (video, audio, and still photographic) that has become standard on every electronic device, including cell phones, I-pods, tablets, and laptops. It is not always apparent when a device is recording. It could look like someone is on a call, or a device is simply lying on a bench, even when in fact, that device is recording conversations or video. What starts out as an innocent photo of friends having fun may include other people in the background who were not aware they were being photographed. Any type of recording or photograph can be posted on social media or YouTube with the tap of a button. Cyber bullies and predators have taken full advantage of these advances in technology.

It is also important to remember that one of the underlying goals of SafeSport is prevention – we are trying to create an environment free from misconduct. This is proactive, not just reacting to misconduct that has already occurred. This is the damage caused by seemingly “harmless” photo sessions, phone calls, or texts in the locker room. Allowing any portable electronic use AT ALL creates a higher risk environment – an environment where there is more temptation, ability, and opportunity to take non-“harmless” photos or videos – which can potentially later be used for misconduct or posted on social media- without the knowledge of the person or persons in the picture.

No matter how dependent we are on our devices, though, this policy is not the end of the world. If you need to make a call, send a text, or check messages, simply step out into the hall. Use the public areas of the rink for homework or office work. The rink now provides free Wi-Fi that actually works, most of the time.

The second provision we would like to highlight is that profanity, obscenity, and disparagement of other skaters is prohibited at all times in the locker room. This is unacceptable behavior and will not be tolerated. It creates an environment in which members may feel unwelcome and uncomfortable. It certainly creates an environment completely inappropriate for our younger skaters. In addition to violating the Locker Room Policy, it violates the Member Code of Ethics that each member signed with their application for membership.

When the Club receives a report that any provision of any Club policy has been violated, appropriate action will be taken pursuant to the Club's reporting policy. Disciplinary action can range from a warning for a first offense, to a report to US Figure Skating, to a suspension or revocation of Club membership.

By  
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The Nutritional Edge  
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Have you ever had a day where you didn't eat the way you regularly do and then, when you go to skate, you feel slow and heavy? This feeling often makes athletes realize that perhaps what they eat really does have an effect on performance and training. Snacks can have a big effect on how a skater trains by providing enough energy to have a good practice and providing the nutrition that the body needs to build muscle and prevent injury.

### What to Pack

Skaters should pack foods that don't need to be refrigerated, are ready to eat, and can withstand being carried in a backpack or bag. Some of the best snacks are fruits. Grapes, cut up apples, mandarin oranges, and applesauce cups release their sugars quickly, providing vitamins and carbohydrates that can be used instantly by muscles. Other carbohydrates that are quickly digested include whole grain cereal, whole grain crackers, and rice cakes that can be topped with peanut or almond butter. Vegetables such as baby carrots, celery sticks, sliced cucumber, and mini bell peppers are also great providers of carbohydrates. However, because of the fiber, they release their carbohydrates in a slower manner than fruits. To be their most effective, vegetable snacks should be eating about an hour before skating.

Protein should also be included in a skater's snacks. Protein helps to build and repair muscles. Good proteins to pack are individual peanut butter or almond butter packs, sunflower seeds, beef jerky, nuts, Kind bars, and Lara bars. I recommend these bars because they contain whole food ingredients and little to no chemical additives.

When packing snacks, avoid packing deli meats, dairy, and egg products unless they are being packed in a cooler. At room temperature these foods can spoil within a couple of hours and they don't always give off a smell to let you know that they've gone bad. Finally, always have water available to keep you hydrated.

Remember that good snacking keeps you in control of your diet and training and can give you a competitive advantage over those who are not prepared or eat out of the vending machines.

# SKATERS SPOTLIGHT

Lauren was our Holiday Skater of the Month. She is 13 years old and is an eighth grader at Oberon Middle School. She began skating when she was seven years old and has been skating ever since. She is currently skating at the pre-preliminary level and will be testing Preliminary in December. Lauren's coaches are Linda Kleist, Kelly Clark and Stefano Stangalino.

The three things that Lauren likes most about skating are learning new elements, spinning and competing. Her favorite jump is the flip and her favorite spin is the pancake spin. Her greatest accomplishment in her skating career, so far, is working on her double-salchow. The one thing that Lauren doesn't like about skating is when her skating friends move away.

Away from the rink, Lauren enjoys skiing, camping and hiking. Her favorite movie is "Thor: The Dark World." "Buy the Stars" is her favorite song and Marina and the Diamonds is her favorite singer. Virals is her favorite book.

Lauren's advice to her fellow skaters:

**"If you fail, pick yourself up. You are bound to succeed."**



# SKATERS SPOTLIGHT

Lucy Sherman is in the 6<sup>th</sup> grade at Aspen Creek Middle School and is 12 years old. She started “Mommy & Me” skate lessons when she was three. Since then, she tried other sports like soccer and basketball but found nothing was as awesome as skating, so she always came back to it. She currently skates at the preliminary level and Kelly Clark, Robyn Sudcamp and George Selimos are her current coaches.

Lucy’s favorite thing about skating is the feeling of flying she gets when everything is going right. Lucy says, “I have always wanted to fly. Someday I hope to do pairs so I can get thrown through the air.” Secondly, she loves to perform and make people smile. Finally, she loves to be with her friends at the rink. No matter how bad a day she is having, being at the rink makes her feel better!

Her greatest accomplishment, so far, is landing her double toe. Lucy’s favorite spin is the flying camel and double salchow is her favorite jump. She is not so fond of doing her field moves. According to Lucy, “They are so NOT like flying.”

Away from the ice, she likes hanging out with family, especially her cousins from Wisconsin and Colorado, spending time with her friends from school, building legos and riding on her electric scooter. She also loves to snowboard. She has made a good friend from the Vail FSC, but she doesn’t get to see her that often, so they mostly email.

Lucy’s advice to her fellow skaters:

“When you are going into a jump (or any other challenge), don’t go into it expecting to fall. Always expect to land!”



# Goals Revisited

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This past summer I wrote about deliberate practice and goal setting. This month, I wanted to elaborate on goal setting since now is the time coaches are meeting with skaters to discuss this upcoming season. I want to begin by asking: How often do you revisit your goals, do things that get you closer to reaching them, or do you even set goals? There are dreamers, and then there are doers who make those dreams come true.

**“A goal without a plan is just a wish”.**

**What I find most with goal setting is that everyone sets goals, but not everyone sets SMART goals and has a plan to achieve them. A SMART goal is one that is Specific, Measurable, Achievable, Realistic, and Time-Based. Goals are also in your control, positively stated, and important to YOU. I emphasize YOU because if someone is helping set your goals for you (i.e., a coach) it's important that you agree otherwise you most likely won't reach them.**

When setting goals, first ask yourself why you participate in your sport. What got you started? This normally gets you thinking positively if you had a rough previous season or are stuck in a rut mentally or physically. Then ask: What is your long term goal? Your long term goal is equivalent to your “dream goal”. Where do you see yourself in a year, two years, 5 years, or even longer? Once you can answer this question, you can move onto your short term goals. These goals are your SMART goals that help you reach your long term, dream goal. If your goals are sport and performance oriented, what skills would you like to learn or improve upon this coming year? What competitions performances will you be participating in that will put you in the right direction to reach your long term goal? Throw some target dates down as to when you would like to accomplish these short term goals...it can help keep you on track.

Once you have your long and short term goals, you can get even more specific and set daily goals. Daily goals are great for athletes because they keep you on track for your practice. An example for the figure skater: how many axels do you want to land today? Daily goals are also awesome because, well, they can change daily! Have a cold? Your dance routine or skating program won't be able to be run full out (or if it is, it may not be up to par with your usual) if you are low on energy. Injured athlete? You can't work on all the skills you normally do, but what can you work on and what can be improved? Daily goals also show you what you have accomplished and what is left for you to do before reaching that short term goal.

Setting goals like this can put you on your path to success that you so desire. Remember, the only person that can get in the way of things in your control is you!

**“Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow.”**

Continued

## Goals Continued

Something important to remember with goals though is that *we are all human*: we are constantly growing and changing in our wants and needs. There are also unforeseeable things happen that are out of our control that can momentarily stop us from reaching our goals, if not put us on a totally different path! We might fail at something along the way, injuries can occur, or you may realize that your long term/dream goal really isn't really realistic with what you can do or are willing to do. THAT'S OK! Facing obstacles along the way tend to make us stronger and that feeling when you do reach your goal is definitely worthwhile. Double amputee, Paralympian Snowboarder, and "Dancing with the Stars" contestant Amy Purdy is only one of many examples of someone still achieving goals and after life knocks them down.

No matter what your goals are, how big or small, what obstacles you face...you can reach them no matter what life throws in your way if you want those goals bad enough. It won't always be easy and your goals may change as you grow, but through proper goal setting, a good support system of coaches, family, and friends you can learn from your failures and successes and move closer to achieving your dreams.

**"We cannot become what we want by remaining who we are."**



## Birthdays



### November

\* designates a coach

**Simone Grigorescu-Alexander	Nov 18
**Linda Kleist	Nov 16
**Gigi Siegert-Chapman	Nov 21
Anthony Boucher	Nov 13
Laura Cardona	Nov 9
Ronald Eberhart	Nov 1
Anjing Fu	Nov 22
Nicole Gander	Nov 1
Lexie Morgan	Nov 14
Linda Kleist	Nov 16
Dominique Quinn-Brown	Nov 22
Lucy Sherman	Nov 11
Rebecca Vasil	Nov 21
Amanda Vongphachanh	Nov 9

### 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

### January

Lauren Capra	Jan 31
Eva Davidson	Jan 25
Bridget Flood	Jan 27
Sarah Segó	Jan 17
Kristen Stamm	Jan 20
*Stefano Stangalini	Jan 5
Cassidy Steen	Jan 11
Ariane Walker	Jan 29