



## Club Ice Schedule Changes

Did you know that in order for a skating club to hold active member status with the U.S. Figure Skating Association the club must hold private ice time at least one hour per week? SCSF purchases weekly ice time from the Yerba Buena Ice Skating Center in order to fulfill this requirement.

This gives members time to practice together, develop friendships and gain a sense of camaraderie, as well as trade skating tips and news. It also provides the club with a means of hosting skating events, such as tests and critiques, as well as the opportunity to offer on-ice training programs.

SCSF's club ice time is held every Saturday morning beginning at 7 a.m. Effective March 1, 2003, the new schedule for club ice will be as follows:

- 7 a.m. to 7:30 a.m. – High Freestyle
- 7:30 a.m. to 8 a.m. – High Freestyle
- 8 a.m. to 8:15 a.m. – Ice cut
- 8:15 a.m. to 8:30 a.m. – Basic Skills Lesson/Low Freestyle
- 8:30 a.m. to 9 a.m. – Low Freestyle
- 9 a.m. to 9:45 a.m. – Power Class

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## SCSF Counts Down to Adult Sectionals

Excitement is building! SCSF is on the home stretch to host the 2003 Pacific Coast Adult Sectional Championships and West Coast Adult Open on March 14 and 15, 2003. This will be an important milestone for the club as it is the first USFSA qualifying event to be hosted at the Yerba Buena Ice Skating Center.

Following the huge success of Skate San Francisco 2002, more officials and skaters will be attending our home rink for the first time from all over the Pacific Region, helping to further establish the club's name and reputation. The organizing committee, headed by Maggie Harding, has been working diligently for months to ensure the success of the competition. Based on the current number of entries, they have done a terrific job. Take a look at these statistics:

*Number of USFSA clubs represented: 35*

*Number of foreign clubs represented: 5*

*Number of countries represented: 5*

*Number of states represented: 6*

*Number of skaters entered: 172*

*Number of skating events: 47*

*Number of skating starts: 250*

The club is fielding a very strong team of skaters. In fact, SCSF boasts the largest contingent of athletes, numbering 25. The second largest group is coming from the All Year FSC in Los Angeles and the third largest will be from St. Moritz across the Bay. Other very significant contingents will be from the Highland SC and Seattle SC in Washington, the Capital City SC of Sacramento, the Peninsula SC, Glacier Falls SC of Orange County Calif., the Las Vegas FSC and the Coyotes FSC of Arizona. The competition promises to be fierce!

If you see any of our team members at the rink, looking a bit tense and practicing more seriously than usual, give them a big smile and wish them luck!

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## Ice Q

By JohnRey Hassan

Ice skating started outdoors. However, as technology advanced, it made the transition indoors and now very few outdoor rinks are left. However, do people really like to skate indoors more than outdoors? So this month for ICE Q, the question was posed, *"Do you prefer to skate indoors or outdoors and why?"* The responses were mixed, and here is what they were:

**Youth:** Sabina Aliev told me that she prefers to skate indoors. Why? "It might rain!" Funny enough, it was raining on the day that Sabrina was asked this question.

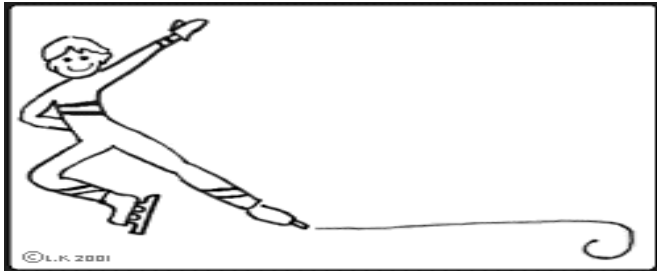
**Teen:** Without missing a beat, Mackenzie Vaillancourt said that she prefers to skate indoors. "Why?" I asked. "Because it isn't raining."

**Adult:** After thinking about it, Steve Rosenthal said he prefers to skate outdoors. "It feels more open and free," explained Steve.

**Coach:** Coach of the Tremors Robin Chambers explained that she prefers to skate indoors. She said, "It's so cold outside!"

**Sync:** Synchronized member Shannon Carmody said the following: "It doesn't matter, skating is skating."

Regardless, ice is ice, rain or no rain...just as long as the ice doesn't melt! Next month's question is, *"What is your favorite time to skate and why?"* See you at the indoor rink! ❄️



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Each half-hour freestyle session costs \$6 cash/check or one punch of your card. (Punch cards cost \$100 for 20 sessions). Note that the 15-minute low freestyle session at 8:15 a.m. will be free. Refreshments are served throughout the schedule, and guests may attend at a slightly higher rate for a limited number of visits. Sylvia Yuen acts as Ice Monitor, and Bruce Bell manages club ice. Both are present on Saturdays to help with your questions.

Your participation is crucial to make our club ice successful. Please support your club by attending - all are welcome. It's a great way to kick off your weekend and improve your skating skills too! See you there! ❄️

### [Con't from Page One - Count Down to Adult Sectionals]

Here's a look at our superb team of skaters.

#### Championship Masters:

Mike Dianda  
Ted Gradman  
Jodie Maier

#### Championship Gold:

Maggie Harding  
Resa Lee  
Matt Newman

#### Open Gold:

Gary Klingbergs

#### Open Silver:

Janine Davis  
Diane Stewart  
Elizabeth Zbytniewski

#### Open Bronze:

Beth Bottos  
Ellen Byrnes  
Josie Crudo  
Thom Mullins  
Elizabeth Risberg

#### Bronze Dance:

Jay Kobayshi & Heidi Pruet

#### Open Pre Bronze:

Christine Rose A.  
Alimbuyuguen  
Ellen Deck  
Tess DeGuzman  
Alexei Folger  
Alan Lessik  
John Manzoni-Santos  
Devin Navarro

#### Interpretive:

Beth Bottos  
Janine Davis  
Ellen Deck  
Maggie Harding  
Rebecca Hurst  
Jay Kobayashi  
Thom Mullins  
Elizabeth Risberg  
Diane Stewart  
Elizabeth Zbytniewski

Volunteers are needed to help staff the practices and run the competition. Please contact Sheila Gibson at sheila@scsf.org if you can spare some time to help! ❄️

**Congratulations** to those who passed tests at our test session on January 11, 2003:

**Iris An -- Adult Bronze Moves**

**Shirley Chan -- Pre Juvenile Freeskate**

**Christina Chu -- Preliminary Freeskate**

**Catherine Deng -- Pre-Preliminary Moves**

**Clare German -- Pre-Preliminary Freeskate**

**Courtney Gibson -- Intermediate Moves**

**Jay Kobayashi -- Bronze Dance (Hickory Hoedown)**

**Kary Kwong-Lee -- Pre-Preliminary Moves  
Pre-Preliminary Freeskate**

**Abigail MacPhee -- Pre-Preliminary Moves**

**Heidi Pruet -- Pre-Silver Dance (Full Test)**

**Ariel Rawson -- Pre-Juvenile Freeskate**

**Vivian Yuen -- Pre-Preliminary Moves**

## Congrats Tremors!

2003 Pacific Coast Synchronized Team Skating Championships, San Diego Ca, February 1, 2003.

Tremors Intermediate team – 5<sup>th</sup> place

Tremors Juvenile team – 4<sup>th</sup> place

## From The Membership Chair ...

By Elizabeth Risberg

Beginning with this issue, *The Inside Edge* will include a Membership Chair's column to provide SCSF members with information about how to get the most out of their membership. We'll also use this space to officially welcome new SCSF members!

### **Tip of the month: Using e-mail for efficient communications**

E-mail helps us to quickly and efficiently provide our club members with updates, such as special events, changes to club ice times, etc. Sometimes things happen on short notice, and we want to make sure you know about them – especially if you are not at the rink much and don't see the bulletin board. So, if you have a new e-mail address, or it has changed, please notify Membership Chair Elizabeth Risberg at [elizabeth@scsf.org](mailto:elizabeth@scsf.org).

With a valid e-mail address, you may also make use of USFSA online member services, such as checking your test history and registering for qualifying competitions and Adult Nationals. Send your e-mail address to the USFSA at [MemberServices@usfsa.org](mailto:MemberServices@usfsa.org). Wait at least two business days, then visit their web site at [www.usfsa.org](http://www.usfsa.org). Select "Members Only" from the home page and then hit "Request Password." The USFSA will send you a password to access the Members Only area of the site. After logging in for the first time, it's a good idea to change the password to one that you will easily remember.

Note: If you submitted an e-mail address on your SCSF renewal or new membership application, the USFSA should have your e-mail address and may have already sent you a password. If you encounter any trouble trying to sign up or log on to the Members Only area of the USFSA web site, contact [Memberservices@usfsa.org](mailto:Memberservices@usfsa.org).

Also, if you make any changes to your personal information on the site (address, phone number, etc.), please be sure to let Elizabeth know ([Elizabeth@scsf.org](mailto:Elizabeth@scsf.org)) to ensure receipt of *The Inside Edge* and other important club mailings.

### **SCSF Welcomes New Members for 2002-2003**

The SCSF welcomes all its new members who joined this season! We have 33 new people – 19 adult members and 14 youth members – who are listed below, along with their hometown. [See next column]

### **SCSF Shopping Special**

Skaters who show their blue SCSF membership card at **San Francisco Dancewear** will receive a 10% discount off any purchase. The store is located at 659 Mission Street between Third Street and New Montgomery – just two blocks from the YBISC!

New adult home club members include **Carolyn Balsley** (San Francisco), **Eileen Braunreiter** (Menlo Park), **Josie Crudo** (San Jose), **Michael Drexler** (San Francisco), **Jodie Duncan** (San Mateo), **Rick Foster** (San Francisco), **Todd Ghanizadeh** (San Francisco), **Joyce Hampton** (Fairfield), **Suzy Jackson** (Alameda), **Alan Lessik** (San Francisco), **John Macdonald** (Daly City), **John Manzon-Santos** (San Francisco), **Elizabeth Murray** (San Francisco), **Devin Navarro** (San Francisco), **Kristen Robins** (San Jose), and **Irina Velichko** (San Francisco).

New youth home club members include: **Lara Baez** (San Francisco), **Monica DuPaix** (San Francisco), **Cassandra Lindop** (San Francisco), **Abigail MacPhee** (San Francisco), **Robyn Marlinski** (San Carlos), **Riki Rabold** and **Tedi Rabold** (San Francisco), **Nika Toulanova** (So. San Francisco), **Casey Yee** (San Francisco), and **Vivian Yuen** (San Francisco).

Also, we have several new home club members who transferred from other clubs or from individual USFSA membership: adult members **Beth Bottos** (San Jose), **Christina Chu** (Burlingame), **Ellen Deck** (Mill Valley), and **Ted Gradman** (San Francisco), and youth members **Jessica Duncan** (San Mateo) and **Katrina Jennings** (San Mateo). New associate members this year include adult members **Charles P. Connell, Jr.** (Little Silver, NJ), **Theresa Field** (San Francisco) and **Michele Silak** (San Francisco) and youth member **Page Schorer** (El Cerrito). Please join us to help our new club members feel at home!

## 2003 Pacific Coast Synchronized Team Skating Championships - A Parent's Perspective

By Michael Drexler

The 2003 Pacific Coast Synchro Championships! Many of the young skaters on SCSF's synchronized skating team, the "TREMORS," seemed to talk and think of little else in the weeks prior to the event on January 31 and February 1, 2003. We sent two teams this year, an Intermediate and a Juvenile team. As a parent, it is always a challenge to understand the various levels in synchro, the age ranges required, and the number of skaters required, but we have the great help and direction of our team coaches, Paige Scott and Robin Chambers, and team manager Kathleen Vaillancourt.

The skaters showed their dedication by gladly increasing their practice schedule in the weeks before the event (including some early morning practice times), attending more off-ice practices, and watching videotapes of their programs. Always faster, with lines straighter and more definite, each practice got better and the kids moved very

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## Board Updates

By Sam Singer, President

- ***New Saturday Morning Schedule***
- ***Coaches' Membership***
- ***Open Board Meetings***
- ***Annual Meeting/Awards Dinner in June***

I'm pleased to announce that starting March 1, 2003, we will be starting a new schedule designed to give our skaters and guests more continuous skating time, including a free lesson, in addition to the Power Class. As part of the session restructure, we will be eliminating the 'cross-over' session and replacing it with an hour 'high-level' session and a 45-minute 'beginning' session which will include a free 15-minute lesson on basic skating skills (e.g. forward & back edges, crossovers, mohawks, 3-turns, etc). ***Please see Page One for the complete schedule.***

The high-level session will be open to all singles, dance, and pair skaters who are skating at the juvenile/intermediate level and above, or adult skaters at the silver level and above. A skater at a lower level may skate the session provided they are under the supervision of their coach for a lesson.

The low session will include a 15-minute lesson when a portion of the ice will be coned off. All skaters are welcome to participate. Skaters who do not want to participate may skate outside the lesson area.

### Coaches' Membership

The Board has created a new Coaches' Membership class in order to allow our coaches to comply with the USFSA's membership requirement for coaches with skaters participating in USFSA qualifying competitions. The cost for this membership is \$30 and provides a basic USFSA membership with *Skating* magazine and *The Inside Edge*. Please see the revised Membership Application for specific details.

### Open Board Meetings

In order to make our Board meetings more accessible to interested club members, we will be holding our meetings in the YBISC party room on the first or second Saturday of each month, from approximately 10 a.m. – 11:30 a.m. A notice of the meeting agenda will be published and posted on the club bulletin board at the rink. Anyone wishing to bring a specific matter to the Board can contact our secretary, Sheila Gibson, who will add the request to the agenda, and you will be given two minutes to make a presentation. The Board will advise you of the action to be taken.

### Annual Meeting: May 2003

We are in the process of scheduling our annual meeting and awards banquet for May. The date and location are  
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well for such a young team. Some skaters even did double duty and skated on both teams, gaining further experience.

The Pacific Coast Championships were held in San Diego this year. For many of the events there was standing room only. Each team that entered skated their best and took home memories that will last a lifetime. Our teams skated about as well as I have ever seen them skate, rising to the occasion, becoming more in step, relying on each other, supporting each and everyone (which is perhaps the real point anyway). Of course, as parents, we cheered to our hearts' content, becoming literally the cheerleaders for our teams.

And there was the fellowship of the skaters...Within our team there were the rides to the rink in vans, voices singing, joking, and cheering on the way, the outdoor picnic-style lunches enjoyed by everyone. (It was San Diego, so we enjoyed some summer weather as well as skating!) Between the competing teams there was trading of pins, encouraging compliments, and developing friendships. There was a competitors' party where all the teams got to know one another better.

As a parent, one of my personal favorite events was our team party. There is a special tradition we have developed. After the meal, we pass a clean napkin around to each person present (skaters and parents) and invite them to say a few words about their experience, the team, or whatever they would like to share. Those who spoke shared thoughts of teamwork, sharing, pursuing a dream, working together, friendship, and extended family. With thoughts such as these, the event was clearly a success. Now the preparation begins for Chicago. ❄️

**Best of luck** to SCSF members participating in the February 22, 2003, USFSA test hosted by the SCSF, and to those participating in these upcoming events!

**Pacific Coast Adult Sectionals & West Coast Adult Open**, March 14 & 15, 2003 at the YBISC.

**Skate La Grande**, March 20 – 23, 2003, presented by the San Diego Figure Skating Club, San Diego, Calif.

**Crystalline Classic**, March 28 & 29, 2003, hosted by the Santa Rosa FSC, at the Redwood Empire Ice Arena.

**U.S. Adult Figure Skating Championships**, April 9 – 12, 2003, in Ann Arbor, Mich.

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**Moving?** Let us know if you are moving! This will ensure that you will continue receiving *The Inside Edge* SCSF newsletter and *Skating* magazine. Send changes to:

Elizabeth Risberg, Membership Chair

c/o Skating Club of San Francisco

P.O. Box 191205

San Francisco, CA, 94119-1205

[elizabeth@scsf.org](mailto:elizabeth@scsf.org)

(415) 613-5983 (before 8:30 p.m., please)

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still to be decided.

### **Congratulations to the Tremors, Good Luck to Adult Competitors!**

On behalf of the Board and The Skating Club of San Francisco, I'd like to congratulate the Tremors for their participation in the recent Pacific Coast Synchro Skating Championships – we're very proud of you! Also, I'd like to wish our Adult competitors good luck for the upcoming Pacific Coast Adult Sectional Championships on March 14 and 15. ❄️

## **Happy Birthday!**

**Jordan Drexler – March 2**  
**Mackenzie Vaillancourt – March 4**  
**Kristen Robins – March 4**  
**Janine Davis – March 6**  
**Gary Tong – March 9**  
**John Manzon-Santos – March 10**  
**Casey Harper – March 20**  
**Judith Conolgue – March 26**  
**Beth Bottos – March 31**  
**Page Schorer – March 31**

### **Inside Edge Editorial Staff**

To bring you news in a timely manner, *The Inside Edge* will come to you monthly. This issue was developed with the help of the members of the Board listed below and Elizabeth Zbytniewski. If you would like to volunteer for the editorial team of this monthly publication, please contact any one of the Board members.

## **Board of Directors and Officers**

(e-mail preferred, calls before 9 p.m. only)

President:  
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 (415) 759-5153  
[sam@scsf.org](mailto:sam@scsf.org)

Vice President/Treasurer:  
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[brucebell@scsf.org](mailto:brucebell@scsf.org)

Secretary:  
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Board Member:  
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Board Member/Test Chair:  
 John Macdonald  
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[johnmac@scsf.org](mailto:johnmac@scsf.org)

Membership Chair:  
 Elizabeth Risberg  
 (415) 613-5983  
[Elizabeth@scsf.org](mailto:Elizabeth@scsf.org)

Tremors Liaison:  
 Michael Drexler  
 (415) 759-7215  
[michaeldrexler@netscape.net](mailto:michaeldrexler@netscape.net)

## **2003 Test Schedule**

Here is the tentative test schedule for 2003. Please note that all tests are scheduled during the Saturday club session. Applications are due four weeks prior to the test. These dates are tentative and subject to change. Check the SCSF web site's Test Information page for the latest updates.

**March 22, Application deadline: Feb. 22, 2003.**

**April 26, Application deadline: March 29, 2003.**

**June 7, Application deadline: May 10, 2003.**

**July 26, Application deadline: June 28, 2003.**

**August 30, Application deadline: August 2, 2003.**

**October 4, Application deadline: September 6, 2003.**

**Nov. 8, Application deadline: October 11, 2003.**

**Jan. 10, 2004, Application deadline: Dec. 13, 2003.**

Test spots are allocated on a first-come, first-served basis. Tests held in January and August will give priority to skaters needing the test to qualify for Adult Sectionals/Nationals and Central Pacific Regional competitions, respectively. To secure your test spot – and to prevent your test submission from being returned to you – make sure that John Macdonald, Test Chair, receives the following:

- Your completed application, including the tests you plan to take and all required signatures from your coach, parent/guardian (if under 18) and club official.
- Payment for the test fees (and late fee if applicable). A summary of the fees appears on the back of the test application form.

Any incomplete application – along with test fees – will be returned to a skater, and the skater will need to resubmit for the test session by the deadline. If you are not accepted because the test session has been filled, the SCSF will return the application and fees to you, and you will need to resubmit for the next test session. There are no "rollovers" except for those "bumped" from the January and August tests due to the priority given to skaters needing to test for qualifying competitions.

You can pick up an application at the YBISC; from your coach; from John Macdonald, SCSF test chair; or from the SCSF web site at [www.scsf.org](http://www.scsf.org). Then either place your completed form and payment in the SCSF "mailbox" located near the register in the YBISC office, or mail it to John. You may also contact John with any questions or comments.

### **Contact information:**

John Macdonald, Test Chair  
 P.O. Box 191205  
 San Francisco, CA, 94119-1205  
 (650) 994-0604  
[johnmac@scsf.org](mailto:johnmac@scsf.org)

John will contact you a week before the test to confirm receipt of your application. If the club needs you to bring anything to the test, he'll let you know at that time. ❄️

The Skating Club of San Francisco  
P.O. Box 191205  
San Francisco, CA 94119

ADDRESS CORRECTION REQUESTED