



President's Update

By Sam Singer

Once again The Skating Club of San Francisco is proud of its competitors: our Tremors Intermediate Team gave a strong showing at this year's National Synchronized Skating Championships in San Diego; and, our Adult skaters competing in the Pacific Coast Adult Sectional Championships in Culver City all gave what I'd consider to be 'personal best' performances! Congratulations to all of you for being able to skate and enjoy competition.

Updates From the Board

Membership dues for the 2004-2005 membership year will remain unchanged.

Test Session Policy Revision

Due to the high demand to take USFSA tests and the 2½-hour time limit at each test session, the Board has adopted the following policy revisions:

- Home Club members will be limited to scheduling two tests per test session, one of which may be contingent upon passing the first. No refunds will be given to skaters who fail to qualify for their contingent tests.
- Associate members will be limited to two tests not contingent upon passing either test.
- Non-Club members are limited to schedule one test per test session.
- Cancellations less than seven calendar days prior to the test session will require a doctor's letter for a refund.

These revisions have been approved to help ensure that all Club members get an opportunity to take tests they need, especially to qualify for competitions and to help maximize our limited ice time.

Task Force Updates

Grants and Awards: a preliminary draft of the overall plan was presented to the Board; priority will be given to establishing the 501c3 Laurie & Bill Hickox Memorial Foundation this year. We would appreciate anyone with legal expertise to assist us. As a matter of clarification, we will no longer refer to skaters as qualifying or non-qualifying.

(continued on page 2)

Resa Lee Wins 2004 Pacific Coast Championship Adult Gold Ladies Event; Strong Performances by All SCSF Adult Skaters

by Sam Singer

Resa Lee, who commutes from Seattle to skate on our Saturday Club sessions and participate in our critique sessions, successfully defended her Adult Gold Ladies Championship title with an outstanding, energetic performance at Culver City Adult Championships. Her well-balanced program to Cirque du Soleil showed exceptional speed and musical interpretation. Congratulations, Resa!

In the same event, Maggie Harding gave an excellent performance, completing a high Axel and clean double Salchow.

Jodi Maier, competing in the Championship Masters Ladies Free Style event, gave a strong, well-balanced program to Strauss' Die Fledermaus. Christopher LeConte skated a solid program demonstrating that he's fully recovered from the injury that kept him off the ice last year. Unfortunately, Ted Gradman suffered a serious injury during the previous day's practice. However, Ted showed great panache and perseverance as he took the ice, badly limping, and managed to do a strong spiral and power pulls for approximately 30 seconds in order to qualify for Adult Nationals in the Championship Masters Men Freestyle event. The crowd was on its feet, and Ted's performance led to perhaps the best quote from the entire event when his wife Hillary yelled, "I'd marry you all over again!" That's the spirit, Ted!

Kelly Lawrence skated with very nice edge quality and flow in her Gold Ladies (I/II) Freestyle performance. Rebecca Hurst and Elizabeth Risberg, both moving up to Silver Ladies (Class II) Freestyle from the Bronze event last year, each gave nearly perfect performances: Rebecca's performance was highlighted by a high Lutz/Loop combination and beautiful spirals; Elizabeth's program

(continued on page 2)

President's Update *(continued from page 1)*

Competitive skaters will be classified as follows:

- Standard Track: competitors in USFS Juvenile – Senior singles, dance and pairs. Eligible to receive assistance from the 501c3 Foundation.
- Adult Track: competitors in the Adult skating program.
- Future Stars: junior competitors entering events below the Juvenile level.

Club Participation: a draft plan was presented.

Code of Conduct: we are currently in the discovery phase and are moving forward with an action plan.

Our Task Force effort is a direct result of your comments to your Board. We are listening to you and, as volunteers, are doing our best to expand our Club's activities and services to support your skating.

Upcoming Events: Mark your calendars for the following dates for 2004

April 10th: Our next Board Meeting – Open to all Club members. We hope you can join us.

April 24th: Dance Judging Seminar – for current and prospective judges, skaters, and parents. Faculty: World Dance Judges Charles Cyr and Linda Leaver.

May 22nd: (evening) YBISC Spring Recital – open to all Club members and Skating School participants.

May 22nd: (day) Singles Judging Seminar – for current and prospective judges, skaters, and parents. Faculty: National Judges Dr. Jessica Gaynor, Sam Singer, and Rick Perez.

June 19 & 20: CCIA Senior Competition – hosted by The Skating Club of San Francisco. See the Announcement at our Website: www.scsf.org. The competition will include events for Juvenile through Senior levels plus all Adult events from Pre-Bronze through Masters.

October 28, 29, 30, 31: Skate San Francisco 2004 – Future Champions Series. USFSA and ISI singles, pairs and dance events offered.

Know the Rules

By Sam Singer

Do you know what elements need to be in your program? How long should it be? What is expected from each element of a Moves In The Field Test? How many days do you need to wait before retaking a failed test, or what dances are to be skated in this year's Novice Dance event? The answers are in the Rule Book of the United States Figure Skating Association. The Club is planning to have a Saturday seminar to help skaters and interested parents familiarize themselves with the different sections of the Rulebook, such as Skating Standards, Test Rules, Competition Rules, and Ethics. As a member of the Club and the USFSA, knowing the rules and complying with them is your responsibility.

Pacific Coast Adult Sectional Championships *(continued from page 1)*

featured strong individual jumps and an excellent, fast sit spin.

Alan Lessik skated perhaps his best ever competition performance in the Bronze Men (Class II/III) Freestyle to win a second-place medal. In the same event, Thom Mullins gave a strong performance to Swan Lake, showing strong moves and very nice presentation.

Alexei Folger skated a clean program with excellent form and presentation in her Bronze Ladies (Class II) Freestyle event; Christine Rose Alimbuyuguen and Janine Davis each gave strong, well-skated performances in the Bronze Ladies (Class III) Freestyle and Silver Ladies (Class I) Freestyle events, respectively.

Again, congratulations to all of you – the Club is very proud!

2004 Synchronized Coast Competition

by Alison Leung & Casey Alter-Mink

TREMORS!!!!!!!!!!!!!! They announced our name; we heard the loud roar of the rest of our team and parents cheering for us. We stepped onto the ice with our heads high and a confident yet nervous smile on our faces. As the last person to skate into our warm-up position, Katrina Jennings shouted in a loud voice "READY AND". Everybody started pushing with his or her strong legs out to our opening pose. The music came on, and we all started to skate. Everyone was carefully listening to the counts, looking side to side. We wonder: are our lines straight; are we doing the right footwork in our movements; is everyone's mouth still open with a wide smile?

Before we knew it, the program was over, and we were panting like dogs on a hot summer day. We returned back to our locker room and tried to talk about our performance during the rush to get out of the locker room so the next team could come marching in. We were soon back in the bleachers nervously waiting for the results. Peanut Harper ran up with great news: we were 4th and were going to Nationals!!!!!!!!!!!!!! Everyone started screaming in excitement and calling relatives. After a long period of time the screaming slowly started to die down and we put our skates back on for the awards. Going to Salt Lake City, Utah will be an experience our team will never forget!!!!!!!!!!!!!!

Spring Recital – May 22nd Plan to Skate!

The annual Spring Recital is scheduled for Saturday evening, May 22nd. This is an ISI-endorsed event, and all Club members are encouraged to skate. This is an excellent opportunity to try out your new program or to perform your previous year's competitive or interpretive programs for the joy of skating. Application forms are available in the Rink Skate Shop office.

A Letter of Thanks

The following are excerpts from a letter that was sent to the Organizing Committee of last year's Skate San Francisco from the parents of our Special Olympics exhibition skater:

Dear Mr. Bell and The Skating Club of San Francisco, Inc.,

We'd like to take this opportunity to thank you for including our daughter, Ashley, in Skate San Francisco.

We knew she had problems at birth, and she has had special education services, medical interventions, and many hours of tutoring throughout the years. Currently, she attends Fresno City College and volunteers at our Veteran's Hospital.

The past four years Ashley has been involved in figure skating. It took many years to find a sport she liked and was able to succeed at. It has been a delightful year with the assistance of her coach, Tina MacDonald. This is her second out of town skating exhibition. Once again we were well received, supported by the audience and deeply touched by several individuals who stopped by and complimented our daughter. They were also very pleased to see that a Special Olympian was participating.

We commend you and your Club for the wonderful experience we had. We hope to see you again.

*Sincerely,
Brian and Valerie Charlesworth*

Shall We Dance?

by Sam Singer

With the growing interest in ice dancing, the Club is working with Rink Management to see if we can expand our ice time to offer a weekly dance session. Speaking from my own experience and as a National Dance Judge, Ice dancing offers an exciting competitive and social compliment to skaters who are working on their basic moves and freestyle. We need at least 15 skaters in order to expand our current ice time for a new session. Please contact me or Suzy Jackson as to what day and time (am or pm) you think might be best for a dance session.

Also, those interested in ice dancing should plan to attend the West Coast Dance Seminar on April 24th at the Oakland Ice Center. The Club is pleased to be a co-host of this event with the St. Moritz Ice Skating Club and the Central California Inter-Club Association. World Dance Judges Charles Cyr and Linda Leaver lead the school's faculty, along with coaches Sergei Ponomarenko and Peter Sasmore. Registration forms can be found on our Website, www.scsf.org. Please plan to attend.

Official SCSF Notices: The Club's official means of communicating with its members is our **bulletin board** at the Yerba Buena rink, and our **official Website** at www.scsf.org. We will also make every attempt to send information directly to members via e-mail or traditional mail.

Music is the Magic

by Sam Singer

As the late Juliet Prowse said while commenting on a national ballroom dance competition, "To be good, you must be seen!" For skating competitions, particularly in large classes of eight or more, one could say "to succeed you must be remembered!" Your program with its musical selection should get the audience and judges involved with your skating to the point of bringing warm smiles or watery eyes. Skating programs have evolved from using classical selections to Broadway musicals, sound tracks, and various types of rock and ethnic music. With the new judging system, musical selection and the choreography to the music have been addressed separately from components that were previously grouped under the 'presentation' or second mark.

When selecting music, be sure that it contains definite highlights for jumps, spins, and footwork / move sequences. Too often, music from sound tracks, while very beautiful or powerful, is essentially background music, and programs become a series of elements that could be interchanged with other background music.

Also, if you select popular music from shows or movies, try to be conscious of over-used music, and try to find something you like that hasn't been used recently. Try some musicals like: South Pacific, Oklahoma, Gigi, Gypsy, Flower Drum Song, Camelot, Brigadoon, Showboat, or The Music Man. Ballet selections are particularly suited for skating programs; try Giselle, Sylvia, and The Red Poppy along with Swan Lake, Sleeping Beauty, and the Nutcracker.

Finally, make sure you have a high-quality recording using high quality tape or CDs designed for music, not data. Pick music that you enjoy and is not beyond your skating ability, interpret the music, and you'll have a great program!

Theater on Ice

by Sam Singer

The Club, in conjunction with the YBISC, is in the process of forming Theater-on-Ice (TOI) groups that will meet on Mondays at 5:45 pm, with a start date sometime in April or May. TOI is an exciting new form of competition open to all skaters at all skating levels. It consists of putting together a six-minute show production number with a theme of the group's own choosing; the group gets two minutes to carry on any props and set up for their number. Competitors in TOI can compete in local competitions, at a National, and International level. I've been fortunate to have been asked to judge last year's National Competition in Burbank and will be judging this year's competition in Massachusetts. Please contact Suzy Jackson, Skating School Director, for more information.

Visit SCSF's official Website at www.scsf.org!

Parent's Corner: Building Your Child's Self-Esteem

Building self-esteem in your child is one of your most important parenting duties. It's not easy – and it's made even more difficult in sports by the prevailing attitude of "winning is everything." Athletes who find their self worth through winning will go through tough times when they lose.

An athlete can be successful *without* winning. Success is a measure of an athlete's competency; winning reflects the outcome of a competition. Your child won't be able to control all the factors that go into winning an event at a competition, but he or she can find success in developing and improving skills.

Building self-esteem in your child takes more than encouragement. You need to show your child unconditional approval and love. It's easy to show that approval and love when a child succeeds; you might be challenged to do the same when your child *fails*. Don't praise dishonestly; children can see through that. If your child has a poor performance, don't tell her that she skated well. Just show the same amount of love and approval for her – not for her performance – that you showed before the competition.

Happy March Birthday!

Jordon Drexler – March 2

Kristen Robins – March 3

Mackenzie Vaillancourt – March 4

Deborah Davis, Janine Davis – March 6

Gary Tong – March 9

John Manzon-Santos – March 10

Paige Scott – March 11

Brandee Malto – March 19

Casey Harper – March 20

Will Lai – March 21

Megan Aujla – March 25

Judith Conlogue – March 26

Cindy Charles – March 29

Beth Bottos, Page Schorer – March 31

ICE Q

by JohnRey Hassan

Inspiration can often guide our lives and make us who we are. While for most of us, skating is not our life; it is in our life in some capacity, small or large. We each have our own reasons for why we started to skate and what caused or "inspired" us to start ice skating. I know for me, it was not wanting to fall on my behind (I still do here and there). Regardless of where we are in our skating, we've each gotten started at one time or another. This month, ICE Q asks, "Who or what inspired you to start ice skating and how?" Be it a friend or Kristi Yamaguchi, here are the answers:

Tremor Amanda Oeser said without delay, "Kristi Yamaguchi inspired me to start ice skating. She has nice ice presence, posture, and is very graceful." Amanda said that after watching the Olympic gold medallist, she too wanted to give the sport a try.

Coach Deborah Davis said her dad took her skating when she was nine, saw her, commented on her talent and, "did the old salesman pitch and suggested that I enroll in skating school." Deborah did, and here she is today.

Parent Elisabeth Gunther said that her daughter got inspired after watching her ice skate. Then, after one lesson with Jennifer, the inspiration was complete and, "Shortly thereafter, it became her favorite sport."

Youth Sabina Aliev became inspired to start because, "One of my friends, Niki, invited me to go skating. I took a lesson and decided I wanted to start skating." From the enthusiasm that Sabina exhibited when answering the question, it is obvious that she enjoys the sport now.

Adult Yvonne Chang became inspired to start skating because, "I watched skating, and I wanted to try something new for fun". She states that after she tried it, she fell in love with it and has been "happily skating since."

Well that's this issue of ICE Q. Next month's question is, "What - whether a quality, person, or something else - helps you to progress in the sport of ice skating, and how?" Remember you are encouraged to email your answer to johnreyh@pacbell.net.

Attention Club Skaters!

Join the 2004 Team Photo Album

The 2004 Portrait Photo Session
will take place:

Saturday, April 10th

8:00 AM

Ballet Room

Cost: \$10

RESULTS

2004 Pacific Coast Adult Sectional Championships
February 27-28, 2004
Culver City, California

Christi Rose Alimbuyuguen

7th place Adult Bronze Ladies (Class I) Free skate

Janine Davis

6th place Adult Silver Ladies (Class I) Free skate

Alexei Folger

8th place Adult Bronze Ladies (Class II) Free skate

Ted Gradman

2nd place Championship Masters Men Free skate

Maggie Harding

4th place Adult Masters Ladies (Class I/II) Interpretive

6th place Championship Adult Gold Ladies Free skate

3rd place Adult Gold Ladies (Class I/II) Free skate

Rebecca Hurst

7th place Adult Silver Ladies (Class II) Free skate

6th place Adult Gold Ladies (Class II) Interpretive

Julie Keith, Michael Ricigliano*

1st place Championship Adult Dance

*associate members

Kelly Lawrence

2nd place Adult Gold Ladies (Class I/II) Free skate

7th place Championship Adult Gold Ladies Free skate

Christopher LeConte

2nd place Championship Adult Gold Men Free skate

Resa Lee

1st place Championship Adult Gold Ladies Free skate

Alan Lessik

2nd place Adult Bronze Men (Class II/III) Free skate

4th place Adult Men Interpretive

Jodie Maier

4th place Championship Masters Ladies Free skate

Thom Mullins

3rd place Adult Bronze Men (Class II/III) Free skate

3rd place Adult Men Interpretive

Elizabeth Risberg

9th place Adult Silver Ladies (Class II) Free skate

7th place Adult Gold Ladies (Class II) Interpretive

RESULTS

2004 In House Competition,
March 7, 2004
Yerba Buena Ice Skating Center, San Francisco

Bruce Bell

1st place Adult Freestyle 2

Gillian Freed

Exhibition Freestyle 7

Alexei Folger

Exhibition Adult Bronze

G.G. Gunther

1st place Beta Light Entertainment Spotlight

Dennis Huynh

1st place Freestyle 3

Nina Huynh

1st place Delta

Kathy Huang

1st place Freestyle 2

Matt Lofberg

2nd place Shoot the Duck

Brenda Lu

1st place Freestyle 2

Will Lai

1st place Adult Freestyle 5

1st place Couples Spotlight High

Susy Rojas

1st place Freestyle 1

Page Schorer

1st place Freestyle 5 Dramatic Spotlight

Tremors Formation

Exhibition

Alexandra Yick

1st place Freestyle 5

Stephanie Victoria Yuen

1st place Freestyle 7 Dramatic Spotlight

Tess Volanth-d'Abo

2nd place Freestyle 1

CONGRATULATIONS!

*To those who passed tests at our test session on
March 6th:*

Casey Alter-Mink
Pre-Juvenile Moves

Dan Ashbrook
Adult Bronze Free Skating

Stephanie Barbagelata
Novice Moves

Catherine Deng
Preliminary Moves
Pre-Preliminary Free Skating

Adrienne Howell
Pre-Preliminary Moves
Preliminary Moves

Kathy Huang
Pre-Preliminary Moves

Anesta Iwan
Preliminary Moves

Tanaya Macheel
Juvenile Moves

Abigail Macphee
Preliminary Moves

Riki Rabold
Pre-Preliminary Moves

Zoe Semler
Pre-Juvenile Moves

Christian Thompson
Preliminary Dance – Full

2004 SCSF Test Schedule

Here is the current test schedule for the remainder of 2004. Please note that all tests are scheduled during the Saturday Club session. Applications are due four weeks prior to the test.

Test spots are allocated on a first-come, first-served basis. Tests held in August will give priority to skaters who need the test to qualify for the Central Pacific Regional competition.

These dates are tentative and subject to change. Please visit the SCSF Website's Test Information page for the latest updates and detailed instructions for applying.

TEST DATE	APPLICATION DEADLINE
April 3	March 20
May 8	April 24
June 5	May 22
July 3	June 19
August 7	July 24
September 4	August 28
October 2	September 18
November 13	October 23
December 11	November 27

Board of Directors and Officers

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

President:
Sam Singer, Jr.
(415) 759-5153
sam@scsf.org

Vice President:
Michael Drexler
(415) 759-7215
michaeldrexler@netscape.net

Treasurer:
Bruce Bell
(415) 695-9090
brucebell@scsf.org

Board Member:
Jennifer Nieman-Smith
(408) 274-7192
jennifer@scsf.org

Secretary:
Rebecca Hurst
rebecca@scsf.org

Board Member/Test Chair:
John Macdonald
(650) 994-0604
johnmac@scsf.org

Membership Chair:
Elizabeth Risberg
(415) 613-5983
elizabeth@scsf.org

Tremors Liaison: Michael Drexler

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, (415) 613-5983 (before 8:30 pm)

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

ADDRESS CORRECTION REQUESTED