



## President's Update

By Sam Singer

As we get ready for a new membership year and competitive season, we're all working hard to finalize our strategic initiatives for competitor and officials training assistance, Club participation, and our Code of Conduct, which will be mailed out with your membership cards. We will be updating these initiatives at our next Board meeting in June.

### Updates from the US Figure Skating Governing Council held earlier this month in San Diego

The 12/4 Reorganization Plan (which would redraw the current Regional and Sectional boundaries from nine regions and three sections, to twelve regions and four sections) has been rescinded; the Adult Committee is now a permanent committee and Maggie Harding continues to be its Chair; the initiative to lower the passing average for Adult dance tests has passed (e.g. the new passing average for Adult Gold dance is now 4.2, lowered from 4.5); and, any coach who trains students to compete in US Figure Skating Regional, Sectional, and National competitions will need to join the PSA in addition to US Figure Skating in order to put their skaters or sync team on the ice. Details on all the action taken at Governing Council is available on the U.S. Figure Skating website, [www.usfigureskating.org](http://www.usfigureskating.org). All new rules will be incorporated into the 2004-2005 Rulebook. Be sure to order yours this summer.

We've just completed another successful judges school and are preparing to host the CCI A Senior Competition in June. Preparations are already underway for Skate San Francisco.

Our membership renewal letters have just been mailed and we look forward to having you be part of our Club for another exciting season.

Our next Board Meeting is at 9:30am at the rink on June 6, 2004. All are welcome!

### Upcoming Events – Mark your calendars for the following dates for 2004

**June 19 & 20: CCI A Senior Competition** – hosted by The Skating Club of San Francisco. See the Announcement at our Website: [www.scsf.org](http://www.scsf.org).

**August 7: Summer Critique** – to be held during our Saturday morning club ice session, and will feature high-ranking judges.

**October 28–31: Skate San Francisco 2004 – Future Champions Series** – US Figure Skating and ISI singles, pairs and dance events offered.

## SCSF Membership Renewal

It's that time of year again -- time to renew your membership in the Skating Club of San Francisco!

Each member should have received a renewal form in the mail. This year, to make it easier, we've preprinted the forms with the information we have on file, including name, US Figure Skating number, address, phone number and e-mail address. Simply fill out the rest of the form, including the type of membership (see summary below), sign and return with payment in the self-addressed, stamped envelope.

Since our club year starts on June 1, and the US Figure Skating year starts on July 1, it is important that we receive your renewal form as soon as possible to ensure no lapse in membership. Good news: Dues for the new season remain the same as last year!

If you did not receive a renewal form, or if you have any questions, please contact Elizabeth Risberg, SCSF membership chair, at [elizabeth@scsf.org](mailto:elizabeth@scsf.org) or at (415) 613-5983.

We look forward to your continued participation in the SCSF, the oldest US Figure Skating member club on the Pacific Coast. Join us for another event-filled year!

### TYPES OF MEMBERSHIP

**Home:** Includes US Figure Skating membership and voting rights (for adults) in club elections; first priority on test sessions and for SCSF-sponsored judges' critiques

**Associate:** Must have another home club; no voting rights; next priority after Home Club members on test sessions and for SCSF-sponsored judges' critiques

**Coach:** For professional coaches only. Includes US Figure Skating membership and voting rights, but no testing or competing privileges.

**Next Step:** A one-year-only membership for those who are transitioning from YBISC's Skating School. (Following one year of Next Step membership, a skater must then choose Home or Associate member; Associates must have another home club)

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## Ruben Montes, M.D., Promoted to Novice Singles and Pairs Competition Judge

Congratulations to Dr. Ruben Montes on his recent appointment to be a US Figure Skating Novice Competition Singles and Pairs Judge. Becoming a judge takes a considerable commitment of time and dedication. Ruben has certainly achieved this as he has been recognized by his judging peers and the Judges Committee of US Figure Skating to be awarded this honor. Ruben has also donated many hours of his time to the Club as Chief Medical Officer for our Skate San Francisco, Adult Sectionals, and for the upcoming CCIA Senior Competition.

Ruben will be leaving us for a year beginning in July as he has been awarded a Harvard Fellowship for his medical career. While at Harvard, Ruben will be able to be an official judge at this year's North Atlantic Regional Competition. We all wish Ruben success in his career and will miss him but look forward to his return next year.

## SCSF Co-Hosts Singles Judges School with St. Moritz ISC, CCIA

*by Sam Singer, Central Pacific Regional Vice Chair,  
Dance Judges*

For the second time in two months, our Club co-hosted a Judges School, this time for singles judging, with the St. Moritz ISC and the CCIA. We had over 60 attendees, with over 20 prospective judges (those judges who have started trial judging and have not yet received their first judging appointment). I was a member of the faculty, along with Dr. Jessica Gaynor, as our Judge In Charge, and Rick Perez, who is the current Pacific Coast Vice Chair of Singles Judges. The coaching faculty included SCSF Board Member, Jennifer Nieman-Smith, Christy Ness, Peter Sasmore, Cynthia Van Valkenburg, Laura Erle, and Lynn Smith. Our Club was well represented with both attendees for judges training and demonstrators. Our prospective judges attending were April and Gilbert Chiang, Todd Ghanizadeh, Beth Bottos, Jodie Maier, and Thom Mullins. Our current judges attending were Ruben Montes, and Bruce Bell. Our coaches attending were Kay Faynor, and Suzy Jackson.

Our on-ice demonstrators were: Ellen Byrnes, Catherine Deng Gillian Freed, Dennis Huynh, Julia Kwong, Kary Kwong-Lee, Tiffany and Michele Lam, Emma Levine, Kaylin Yu, and Stephanie Yuen. Elaina Chu (Assoc.) and Joy Siu (Assoc.) demonstrated Senior and Junior test levels with truly breathtaking ability. All of our skaters put out exceptional performances for the judges! Again, I would like to give special thanks to all of you who participated, especially our demonstrators, Sue Stokes for her outstanding efforts as Registrar, Pam Vanderzalm and Marilyn Clark for their great hospitality, and Bruce Bell for organizing the demonstrators and financial reporting assistance.

I thought the Dance School would be a hard act to follow after Larry Mondschein, former Judges Committee Chair, stopped me at Governing Council and said he'd had nothing but rave reviews over the April 24th seminar. I heard lots of compliments after this school and it went so smoothly that I'm ready to organize another school!

## SCSF Membership Renewal *(continued from page 1)*

**Additional Household members:** If more than one skater resides at the same address, the second skater may be added as an "additional member" provided the memberships are of the same type (two Home Club, two Associate, etc.) Please submit a **separate application for each skater**; however, payment may be made on one check.

## ICE Q

*by JohnRey Hassan*

A coach can be one of the most important parts of a skater's journey through ice skating. A good coach can aid extremely in a skater's progress and allow a skater to truly achieve their highest potential and enjoy the sport to its fullest. Coaches, like us all, have various personalities, strengths and weaknesses. Some qualities in a coach may be very beneficial to one skater, and work against another. So this month ICE Q asks, "What qualities do you most admire and are the most important in a coach and why?" Here are the responses:

Parent Susana Rojas, whose daughter Suzy Rojas is coached by Suzy Jackson said, "(I admire) the ability to understand the skater both on and off the ice." She said that this is important because as a coach gets to know a skater's personality the performance will improve and the skater becomes more comfortable.

Youth/Tremor Tess Volanth said that she looks for the ability to understand kids. She said, "It makes it more fun when someone likes kids...and you do better as well." Tess is coached by Deborah Davis.

Adult: Trine Serne said that the most important quality in a coach is, "The ability to motivate students... add creativity to the lesson, and give both positive and negative feedback." Trine also says that it is very important for a coach to be able to let a student have fun. On another note, we would like to wish farewell to Trine as she leaves San Francisco for the East Coast in early June.

Coach: Since this question is focused about coaches, what would a prominent coach have to say? Jennifer Nieman-Smith says that a coach needs to be open to learning new things themselves. "(A coach) needs to be able to adapt to different students. If you just use one coaching style, not every kid will get it. I admire a coach that can do that because it's hard work." Jennifer also said it is key for there to be a good student-coach relationship. Thanks, Jennifer, for that inside perspective.

Well that's it for this month's ICE Q. I encourage you to pick up a copy of the PSA's (Professional Skaters Association) guidelines for coaching. Copies should be available at YBISC soon. Next month's question is, "How has your participation in ice skating affected, whether positive or negative, other areas of your life?" Remember, you are encouraged to email your responses to [johnreyh@pacbell.net](mailto:johnreyh@pacbell.net).

## Return to the Edge: An adult skater returns

by John McKay

*The following article, which appeared on the Website of the National Ice Skating Association of England, is published with the permission of its author, John McKay, an adult skater from Sheffield England. John is a gold medallist from Skate San Francisco 2003.*

After a break from skating of nearly thirty years, I returned to the ice last year with trepidation and no idea of what would happen. I'd skated in Sheffield and Richmond from 1967–1973 until I could no longer juggle skating and full time teaching, which demanded a total commitment. Skating had given me a lot of self-confidence, the ability to rise early, and helped me a lot in my teaching career. I am one of the few teachers who are not bothered by classroom observations and relish OFSTED inspections like no other. Although I'd passed Bronze figure and free tests I never considered myself a good or talented skater but put in as much effort as possible. A student grant did not stretch to many lessons. I was constantly helped and encouraged by some of the country's top skaters and my coaches, Liz Towndrow and Valda Osborne.

At the tender age of fifty-two, I slowly began to jump and spin again. Some things came back quickly but others requiring flexibility did not. I'd forgotten how difficult it was choosing music and getting a programme together. I competed last year in the Basingstoke Adult Open, finishing second in a field of five. Like many adult skaters, I over-trained and sometimes the pain from loop jumps and sit-spins (a day later) was almost unbearable. I won my age group at the "World Ice Challenge," in Slough in June but by this time, Achilles tendonitis had stopped any loop jumps and a lot of training on jumps. Consequently, I practiced spins a lot more. This time at the rodeo they actually have improved and are better centered.

Whilst skating in San Francisco this summer, I was asked to perform an exhibition with the other adult skaters. I gained a lot of experience, confidence and lot of new friends. I entered, "Skate San Francisco," and the locals were pleased with any international entry as it makes their competition "international."

Meanwhile, I concentrated on the Adult Championships in my home rink, Ice Sheffield. I engaged a physiotherapist who gradually reduced my ankle pain. I had to reduce practices in both time and frequency. Although the loop was back, I still dare not combine it due to the extra strain on the Achilles tendon. In the Adult Championships, I managed to win the Elementary Men's Free, skating clean with the fantastic Sheffield crowd supporting me. Ice Sheffield really is a fantastic rink with skaters of all standards valued and made to feel welcome.

It was five weeks to "Skate San Francisco," and I trained sensibly as I knew that any over-training could result in further injury. My coaches at Ice Sheffield, (big thank you) Dawn Peckett and David Hartley helped me develop my programme further. I also had further support from Carla Woods. I arrived back in San Francisco (on a free flight) a

few days before the competition. I trained on early morning ice twice before the event. While your music is on, you wear a bright orange cummerbund so that other skaters know that it is your music. What a great idea!

I spent a few hours on Friday volunteering, assisting with registration and collecting music, etc. Some of the volunteers opened up the rink before 5:00 am to provide practice ice for competitors. Skaters of all ages and abilities were catered for from tiny tots to senior elite skaters. The rink is very easy to get to being in the Yerba Buena Gardens near to Union Square and the downtown area. It's actually at the corner of 4th Street and Folsom Street. Large windows make it very light and in the afternoon, blinds shade the ice from the sun. Adult skaters were more than included and on registration everyone was given a "Goody-bag," containing a cuddly toy, sweets, paper hankies, etc. There was a tremendous atmosphere of mutual co-operation and support from and for everyone. There were two of us from the U.K. - Jenny Bill and myself. Others came from Switzerland, Canada and France as well as from all over the United States.

I was able to see the elite skaters' long programmes on Saturday afternoon and was very impressed with all. There were no Junior Men but the Junior Ladies were outstanding in speed and presentation. It was strange not having "Open Marking," nor presentations on the ice but a corner of the rink set aside for formal photographs. I don't think that time allowed for more, with three totally full days of competition starting at 7:30am. until 10:30pm.

I arrived for my event on Sunday 2<sup>nd</sup> November about an hour before I was due to take the ice. I took heed of the advice in "The Link," about wearing too much black and adapted my black costume with a coloured waistcoat. Sadly, there were only two of us in the "Adult Bronze Men, Groups 3 and 4." The other entrant was a man in his sixties. He was a perfect gentleman and a popular figure who was applauded well by the crowd. I was announced as being from Ice Sheffield, Great Britain. I'd adapted my programme to fit the slightly narrower rink and managed to skate well. I did win my event but it was more important to skate my best. My medal was top quality and I felt privileged to stand on a rostrum on foreign soil.

Anyone entering Skate San Francisco in the future will be given a great welcome as I was. The other skaters there, whatever their level help each other and visitors alike (just like us.) They know how to work hard and practice but also how to party and have a good time. I thoroughly recommend the experience whatever your level. You will be made very welcome.

I have now given up full-time teaching and have a fuller life that gives me the opportunity to skate a lot more although I'm taking a rest for a few weeks to try to heal my heel. (pun intended)

I intend to compete in "Skate San Francisco," next year hopefully with new music. Skating in such a fun place with many sights to see is to be highly recommended. One of the benefits of jet-lag is that getting up early is really easy and it is no problem being on very early morning ice full of beans when everyone else is bleary eyed. I may even manage another free flight .. (but that's another story.)

## Parent's Corner: Being a Role Model

Children learn behavior from many different people—coaches, teachers, other adults, and peers, but the people they learn the most from are their parents.

Your child not only soaks up what you say; your child soaks up what you don't say. Nonverbal messages—like a look of disgust or disappointment, often speak louder than words. Your attitudes toward your child and other people are not as easily hidden, as you might believe. "Do as I say, not as I do" is an unnatural maxim for children to carry out, because their bent is to follow your example, not your instructions.

If you tell your child to respect others, that's great, but the message is lost if you don't model that respect. You'll have many opportunities as your child skates to model good behavior and attitudes. By putting your child's development and welfare ahead of winning, you'll be better able to display a healthy attitude towards sports and life—so will your child.

### Modeling Good Sportsmanship

It's especially critical that you model good sportsmanship for your child. "Being a good sport" is much easier said than done—just look at the examples of certain professional and collegiate coaches and athletes who do the opposite. It's crucial that you maintain a cool head and a healthy attitude toward sport if you expect your child to do the same.

Here are ways to model appropriate attitudes and behaviors when you're at your child's practices and competitions:

- Encourage all skaters.
- Control your emotions in frustrating situations.
- Respect and accept judges' decisions. (Remember judges are volunteers who have special experience and training.)
- Congratulate other skaters when they win.

## Happy June Birthday!

*Kaylin Yu – June 1*

*Iris An – June 2*

*John Macdonald – June 13*

*Ottillia Ni, Alexandra Yick – June 20*

*Sabina Aliev – June 24*

*Sharene Badiola, Lucy Tan – June 26*

Visit SCSF's official Website at [www.scsf.org](http://www.scsf.org)!

## SCSF Adult Skaters in Lake Placid



*Pictured are some of the SCSF contingent at the recent U.S. Adult Figure Skating Championships in Lake Placid. Thanks to Maggie Harding for the photo.*

## 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

**Corrections:** In last month's issue of The Inside Edge, in the article about Adult Nationals, we neglected to mention Janine Davis, who also skated fine performances in the competition. Also, in the Spirit Awards article, we neglected to congratulate Elizabeth Risberg for exemplifying the qualities of the Spirit Award. We sincerely apologize, Janine and Elizabeth. We congratulate you on your accomplishments and are proud that you are in the SCSF!

**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 pm)

**RESULTS**

2004 Spring Jubilee Competition,  
May 15, 2004  
Logitech Ice, San Jose

**Shannon Carmody**

1<sup>st</sup> place Pre Preliminary 2 Free Skate Group B  
2<sup>nd</sup> place Pre Preliminary A Dramatic Group 2

**Ida Mae Dougherty**

4<sup>th</sup> place Young Adult Dramatic

**Jessica Duncan**

2<sup>nd</sup> place Pre Juvenile Free Skate  
2<sup>nd</sup> place Pre Juvenile Dramatic

**Taylor Hampton**

4<sup>th</sup> place Novice Ladies Short Program

**Grace Newman**

7<sup>th</sup> place Pre Preliminary A Light Entertainment Group 1

**Kassandra Plambeck**

4<sup>th</sup> place Pre Preliminary A Dramatic Group 2

**Casey Yee**

2<sup>nd</sup> place Pre Preliminary A Light Entertainment Group 1

**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
June 5	(was 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

**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](http://www.scsf.org). We will also make every attempt to send information directly to members via e-mail or traditional mail.

**CONGRATULATIONS!**

*To those who passed tests at our test sessions on  
May 1<sup>st</sup> & May 8<sup>th</sup>:*

**Cora Bieber**

Pre-Silver Dance –Fourteenstep  
Pre-Silver Dance – Foxtrot  
Intermediate Moves

**Casey Alter-Mink**

Juvenile Moves  
Preliminary Free Skating

**Mackenzie Vaillancourt**

Pre-Silver Dance –Fourteenstep  
Pre-Silver Dance - Foxtrot

**Gillian Freed**

Intermediate Moves  
Pre-Juvenile Free Skating

**Shirley Chan**

Juvenile Moves

**Emma Levine**

Pre-Juvenile Moves

**Abigail McPhee**

Pre-Juvenile Moves

**Jennifer Guittard**

Pre-Bronze Moves  
Pre-Bronze Free Skating

**Susy Rojas**

Pre-Preliminary Moves

**Kaylin Yu**

Pre-Preliminary Moves

**Lara Baez**

Pre-Preliminary Moves  
Pre-Preliminary Free Skating

**Michelle Lam**

Pre-Preliminary Moves

**Kassandra Plambeck**

Pre-Preliminary Moves  
Pre-Preliminary Free Skating

**Tiffany Lam**

Pre-Preliminary Moves

**Brenda Lu**

Pre-Preliminary Moves  
Pre-Preliminary Free Skating

Skating Club of San Francisco  
P.O. Box 191205  
San Francisco, CA 94119-1205

ADDRESS CORRECTION REQUESTED