



## Meet WFSC's New President and Board Member

When **Konrad Huppi** decided to step down from the helm in June, having steered WFSC through the World Championships, the Board of Governors elected **Peter Tsai** to serve as president. Konrad remains an officer, taking over as treasurer for **Judy Reiner**, who moves to the office of vice president. **Barbara Shaw** continues as secretary. These are the four officers authorized to sign permission forms for competitions. **Linda Laurel**, who did an outstanding job as vice president, remains on the Board of Governors but declined to continue as an officer due to heavy demands at her real job.

Peter Tsai is an ice dancer, who has competed at Adult Nationals, Princeton Dance competition, Delaware Dance competition, WFSC Dance competition, Cleveland Invitational Competition and the Pro-Am Dance Classic. Although many members may know Peter as the monitor of the Sunday Moves in the Field and Family sessions at Cabin John, or as the chair of the New Year's Adult Invitational competition, others might benefit from an introduction.

Peter was born in Taipei, Taiwan. He came to the United States in 1967 and became a citizen in 1978. He skated for the first time in 1975 and has continued ever since.

Peter joined the Cleveland Heights

*(Continued on page 2)*



Emma Phibbs and Michael McPherson showcased their Senior Pairs program at the Send-off on October 5, in preparation for competing at the Eastern Sectional Championships. A total of 92 skaters are scheduled to represent WFSC in qualifying competition this season, led by reigning U.S. National Champion Michael Weiss, who is competing internationally this fall and has a bye to Nationals. Derrick Delmore and Rusty Fein also seek to qualify for Nationals at the Senior level, along with Senior Ladies competitor Susannah Hall.

## WFSC Wins Challenge Cup

**Beverly Kimes** was gathering her belongings after four days of judging at the Challenge Cup competition, hosted by the Philadelphia Skating Club & Humane Society, when she received the good news: "Get back downstairs," she was told. "Washington won." WFSC has a long and illustrious history of competing for the Challenge Cup, awarded to the club whose skaters accumulate the most points based on their placements in the competition. Many of WFSC's younger skaters may not realize that they are competing both for individual medals and for the overall club trophy. Each year WFSC goes toepick-to-

toepick with other top clubs, recently finishing second to the University of Delaware FSC by just a few points. The Club last won the Challenge Cup trophy in 1999 and the next year the Philadelphia SC & HS presented Mrs. Kimes with a special award—a singing fish plaque—in recognition of her unflagging pursuit of the trophy.

One key to success is having skaters entered in nearly every event, and the outcome is often decided by the adult events on the last day of competition. Here,

*(Continued on page 8)*

# NEED PERMISSION????

Many of our Club members have tested with other clubs around the country this summer. Most skaters have requested a permission letter to go to the club conducting the tests. There have also been last minute requests for permission and not much information to go on. It is for this reason that I think we need a little reminder on how to obtain PERMISSION TO TEST.

**Qualifying for permission:** In order for permission to be sent, you must be a current member of the Washington FSC and a member in "good standing." Our membership year runs from July 1st to June 30th of the following year. Be sure you renew your membership when it is due, so you will maintain current membership. Along with being a current member, you must not have any outstanding bills with the Club or any paperwork outstanding with the Club. Meeting these criteria puts you in "Good Standing."

**Who can give permission:** Any Club officer or the test chairman can give permission. USFSA provides a general

permission form. It has a place to fill in the skater's home club, the skater's USFSA number, the skating discipline and event (including tests, competitions and exhibitions), name of club hosting the test or competition, and signature of the home club official (test chair or officer). Ideally this is the form that test chairmen like to have for their records. In a pinch, an email permission can be used. It does not include a signature, so it is less official, but test chairmen accept these permissions.

**Requesting permission:** Ideally, you should contact WFSC's test chairmen for permission to test: Pat Brockner for Moves/Freestyle and NanciEllyn Lazarowitz for Dance. You need to have the following information for the test chairman (or officer) so they can complete the permission form:

1. Name of Club hosting the test
2. Name of the test chairman at that Club
3. Address, phone or fax number, and e-mail address of the test chairman
4. Date of the test

Please put in your request for permission well before the test is scheduled. Sometimes the decision to test is made at the last minute, but in general the test chairman needs time to get the permission letter to the host club. Three weeks ahead of the test date is a good rule of thumb. Permission could be denied if it is requested at the last minute without a good reason. "I forgot" is not a good reason! Please note that most test chairmen will not let you on the ice without some form of permission. ★

## Baby News

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Congratulations to **Barb Tanner** on the birth of Benjamin Alan Tanner on August 24, 2003—7 lb., 1 oz. and 19 inches long. Barb reports that he was a little early, but very healthy! ★

## Meet the President from page 1

Skating Club in 1976 and started ice dancing. When the Cleveland Heights Skating Club became inactive, he joined the Pavilion Skating Club of Cleveland, where they quickly recognized his administrative talents. He was elected treasurer in the 1980s and served for many years as president, treasurer and secretary.

In 1997, Peter moved to Olney, MD and joined WFSC. He was elected to the Board of Governors in

Peter is an electrical engineer involved in product design and manufacturing. In addition to skating, he also enjoys playing volleyball.

Peter has three children: the oldest is a girl and his younger son and daughter are twins. The two girls skate. His oldest daughter is in college, while the younger children have two more years of high school.

Peter notes that he recognized the strength of WFSC, especially its board members, and wants to maintain and improve WFSC's activities. For the future, he would like to see more cooperation between rinks and WFSC. He would like to develop more skating programs and keep WFSC from becoming just a "testing" club.

The newest member of the WFSC Board of Governors, **Laurie DeRose**, has been skating for 28 years and has been a member of WFSC since moving to the area in 1998. She is a Sociology professor at the University of Maryland, College Park, and advisor to the Skating Terrapins. Laurie specializes in Sub-Saharan African demography, but rarely skates while in Africa! She competes at the Masters Novice Level (having passed the intermediate freeskating test on the fourth try), and won the pewter medal in the open competition at Adult Nationals this year. She plans to land a double axel before her right knee fully gives out. Laurie has two wonderful sons, neither of whom skates much. ★



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# Stretching, Balance, and Stability for Peak Performance Skating

by *Dr. Raymond S. Solano, DC*

As a sports injury specialist, I've had the opportunity to work with athletes from all levels. Although every experience is different, one thing always stays the same. It is the quest for peak performance.

The road to peak performance begins with proper muscle stretching. Some of the best athletes in the world follow a stringent stretching routine. For skaters it is imperative to stretch certain muscle groups including hamstrings, psoas, and abductors. From my experience, these seem to be commonly injured muscles among skaters. Proper stretching should be done before and after time on the ice. If possible find a partner to help you stretch the difficult areas; not to mention, a partner is a great motivating tool.

Stretching before you step on the ice will warm the muscles up for activity. To be more specific, stretching will vasodilate

(increase blood flow to) muscles and prepare them for work. This will allow the muscles to function like rubber bands, moving energy from one cycle to the next. This is crucial to enhancing your jump precision and effectiveness. Furthermore, stretching before activity will prevent the most common injuries seen in my office—sprains and strains.

Once you have stepped off the ice, it is just as important to stretch. This post-skate stretch will allow the muscles to vasoconstrict (decrease blood flow) and cool down properly. Most importantly, stretching afterwards will aid the body in eliminating lactic acid buildup. Lactic acid is produced by our muscles after strong activity. The more workload the muscles have been put under, the more lactic acid buildup in our bodies. This is what causes that soreness

on the day after a hard practice or workout. Therefore, stretching after activity will help eliminate this build up.

An area that is often overlooked by skaters is balance and stability. The best rule for evaluating this area is "structure affects function." Any time the structure of

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the body is compromised, then the outgoing function is altered also. Everyone is different; therefore it is important to evaluate areas of the body that make us different. Be aware of these areas and make a change. For example, some of the best athletes in the world have flat feet, but they wouldn't be able to function if it weren't for custom made orthotics or supports. A stability condition in the feet can possibly manifest into knee problems, maybe even hip/back pain. A similar situation can occur in the spine. If someone leaves a lower back pain condition untreated, it is possible for the condition to spread and affect other areas of the spine. Skaters should evaluate balance and stability on a regular basis, especially because of the jumps and stress on the joints.

Remember that action is a cause set in motion. If you take action to stretch properly, evaluate balance/stability, and listen to your coach/instructor, then peak performance comes naturally. ★

*Dr. Raymond Solano is a Chiropractic Physician working with many of the area's top athletes. He specializes in sports related conditions and enjoys helping athletes reach peak performance. He remains an active member of the WFSC. You can reach him at Solano Spine & Sport Chiropractic, 313 Park Ave. Suite 100A Falls Church, Virginia 22046. (703) 536-4366; DocSolano@Aol.com*

## ***WFSC Awards Go to Aidan Daley-Hynes and Meghan McCullough***

Each year, suspense surrounds the announcement of the winners of two special awards at the WFSC Annual Meeting—the Mary Starr Wheeler Award and the Bachrach Trophy. Mrs. Wheeler was a charter member of WFSC and established an annual monetary award to be given to the Junior skater (age 18 and under) who demonstrates outstanding achievement, motivation, and attitude (sportsmanship).

**Aidan Daley-Hynes**, this year's Wheeler Award recipient, has always asked what she can do for the club. When Rob McBrien became ill suddenly last fall, Aidan was always ready to assist with the Monday night classes, helping the club continue the sessions in order to provide assistance with his medical expenses. Aidan's special interest is Theatre on Ice, and she is a member of the Diamonds, an internationally acclaimed team affiliated with the Chesapeake Skating School.

The Bachrach Trophy is awarded to the skater who accumulates the most points in qualifying competitions (or, where byes are given, in the international competition for which the bye was received). For 2003, the winner was **Meghan McCullough**, who earned 350 points by finishing first in Novice Dance with partner Joel Dear at both the South Atlantic regional and Eastern sectional competitions, and placing 2nd at the U.S. National Championships. Perhaps significantly, Meghan was last year's Wheeler Award recipient. ★

## Chesney's Chesapeake Corner

Hello again from Chesapeake! We have had many exciting things happening lately, what with Worlds and competitions!

If you remember in my first issue, I mentioned that Jill Bakker was going to Worlds to be an ice sweeper, and I would be an awards presenter. We both had an exceptional experience!

### Worlds 2003—By Jill Bakker

Going to Worlds as an ice sweeper was one of the best experiences that I have ever had! The events I was allowed to sweep at were the Ladies short and Ladies qualifying group B. During these events I met several skaters from the Washington area that have become my friends. Much more fun was added to Worlds by being with such a great group of friends! It was wonderful being backstage with all the skaters. Seeing Michelle Kwan in her interview answering all those questions was awesome. Although we couldn't say anything to the skaters, it was still "cool" to see them walk by. Also, skating in front of a lot of people in the MCI center is something that I would like to do everyday. It was an honor to skate on the same ice all the famous skaters skated on!

### Chesney's Experience

I first got to DC March 23 for a practice. After it was over, we all were looking forward to our first nights of presenting. For five others and me it would be Wednesday for the Pairs event. So when Wednesday night came, we all arrived at the MCI Center, very excited! I watched the pair's event from my seat in the stands, and then at 9:00 headed backstage to prepare for the presentation!

So the big moment came. I was very fortunate to get to carry the gold medals to the champions, Xue Shen and Hongbo Zhao! I got to carry two medals on one pillow, one for each skater. As small as they were, the medals were surprisingly heavy!

As I walked out onto the ice, I was aware of my picture on the telemonitor in the center of the arena! I was excited to

know that everyone was watching me; I figured this is how the skaters must feel! Following us were Ottavio Cinquanta, President of the ISU, and Phyllis Howard, President of the USFSA. When we were all in position and the skaters had reached the podium, I presented the medals to Mr. Cinquanta, and he then presented them to Shen and Zhao. It was a very exciting night!

I was set to present for ladies on Saturday night as well. I watched the beginning of this event from the stands before heading downstairs to the ice level at 9:00. It was the same procedure, except this time I was presenting flowers. The flower arrangements were beautiful! They consisted of red roses, white roses, and pretty blue flowers tied with a red, white and blue ribbon.

Finally it was time! I was carrying the bouquet for the champion, which I'm very proud to say was Michelle Kwan! After Mr. Cinquanta gave the winners their medals, I gave my bouquet of flowers to Mrs. Howard, who then presented them to Michelle. Again, another very exciting night!

Even though the competition was over, my job was not! Megan Noss, **Ben Cohen**, and I were selected to present at the small awards ceremony at the closing banquet on Sunday, March 30th. It was held at the J.W. Marriott Hotel just blocks from the arena. The awards presenting only lasted a few minutes, but it was very thrilling to be standing on the stage giving the medals to important officials who then presented them to the skaters.

We were invited for dinner as well, which was delicious! We began with appetizer shrimp, then a light salad, and then the main course: filet mignon stuffed with crabmeat! Then came dessert: a white chocolate replica of the Capitol with chocolate mousse inside! After everyone finished eating, all the skaters who competed began to mingle! It was very exciting to see the best skaters in the world in one room. The entire week was very memorable and inspired me to want to make it to the World Championships!

## Marathons, Off and On the Ice

While **Donna Reed** is preparing for this fall's Marine Corps Marathon—completing 24-mile training runs!—**Beverly Kimes** has been in the midst of a judging marathon—five straight weekends of competitions and test sessions, with more to come. She also conducted South Atlantic evaluations for the Twin Ponds FSC and judged at Challenge Cup (see article on page 1) and the non-qualifying South Atlantic regional competition. ★

\*\*\*\*\*Many more great things have been happening at our rink! With new owners and a new name, "The Chilled Ponds" has also come a new figure skating club! It's called Hampton Roads Figure Skating Club (HRFSC). We already have about 90 members, with the club only just having been introduced on June 5th. We have also voted in our first set of club officers and board members! We have club ice set for the summer, and in about a year-and-a-half, we hope to become recognized by USFSA as a real club!

Several skaters from our rink attended May Day in Laurel, MD, and did an exceptional job! Congratulations to **Jill Bakker**, **Brennan Balog**, **Danielle Cohen**, **Allison Gordon**, **Darian Meador**, **Chesney Oravec**, **Stephanie Peace**, **Kylie Steffen**, **Kevin Sun**, **Emily Williams**, and **Amelia Zocher**! Also congratulations to those who attended Dogwood in Raleigh, NC, including **Terri Chadwick**, **Danielle Cohen**, **Rebekah Gregory**, **Cassidy Ponche**, **Bailey Stewart**, **Emma Wagnon**, and **Emily Williams**. And great job to **Terri Chadwick**, **Madeline LaRossa**, **Darian Meador**, and **Amelia Zocher** for their terrific performance at the VA State Games! Great job to **Kevin Sun**, who got second at Liberty in Intermediate men LP and fifth in the SP, and **Cassidy Ponche** who got 7th in compulsories and 9th in her freeskate. Way to go!

We would also like to extend our support to those going to regional competitions in the near future. Good Luck!! ★

## In Memoriam: *Florence Sifferd*

WFSC lost one of its pillars when Florence Sifferd passed away on August 17, 2003. Her reach was broad and it is likely that she touched all members of WFSC in her roles as judge, mentor, club officer, and friend. She was a member of the WFSC board of Governors for more than 40 years, serving as President (1965-66 and 1979-83), Vice President (1966-67 and 1995-98), Secretary (1971-73), Member-at-Large (1964-65 and 1984-85), and Junior Advisor (1962-63 and 1970-71), as well as Test Chair and *Blade* editor. As a judge, she was tireless, traveling throughout the East Coast for both tests and local, regional and sectional competitions. In 1987, she received a trophy from the Capital Regional Council for judging more than 1000 figure tests. That year she judged the most figure tests in the South Atlantic Region and the second most in the Eastern Section.

Equally tireless were her efforts to guide and encourage others to do their best—whether as skaters, trial judges, club officers and volunteers, students, or members of the work force. She was a monitor for many trial judges, and dorm mother for summer skating camps in Fairfax, Erie, and Wilmington. Florence had no children of her own, but affectionately called those she mentored her “kids,” and helped many young people through college. As a member of the Board of Directors of the Washington Figure Skating Education and Development Fund, she worked to support the development of local skating programs and the education and training of area skaters. She was the secretary for the Local Organizing Committee of the 1989 U.S. Nationals in Baltimore; the press media contact for the 1950 Nationals in Washington, D.C.; the trial judge chair for 1978 and 1996 Easterns and the 1983 South Atlantic; and the medical services chair for the 1992 South Atlantic.

Florence began skating while at Grinnell College in Iowa, where she earned a degree in biology, followed by a Masters degree from the University of Illinois. She continued skating when she came to Washington in the 1940s, where

she worked for the federal government for more than 25 years. She was a lifelong skater—taking group classes at area rinks until last year. Several contributors to a Memory Book compiled in her honor wrote of being inspired by skating with Florence. A common thread in the remembrances was the unique blend of critique and encouragement she offered to all:

“Ms. Sifferd knew everything there is to know about skating and she wasn’t ever shy to let you know when you weren’t doing something correctly or up to her standards... The countless times she judged my tests, I always felt like the ice wasn’t so lonely and intimidating.” (Aidan Daley-Hynes)

“She was plain speaking, and honest to a fault. Asked (or even if not asked) what she thought of a Fiesta Tango that you had just completed during a dance session, she told you the truth, no matter how brutal. Nevertheless, she would always give you enough constructive criticism so that after relentlessly practicing the dance using the advice she had given you, you could begin to improve enough to meet her very high standards. Then you would earn her praise, and feel that you really deserved it. Florence was unsparing in the time and effort she spent in helping skaters of any age and ability improve and advance and enjoy the sport. We will always remember her as a guiding light.” (Robert and Karen Dorsey)

“She would come to Mount Vernon and watch the ice dancing, and always told me what I needed to improve on and would actually show me (off ice, of course) how a step should be done. She would, also, comment on what I was doing correctly and what I had improved on.” Elysia DiCamillo

“She encouraged the Fort Dupont Ice Sweepers to keep working hard on their skating skills and reassured them that, with practice and determination, they could all be good skaters.” (Kathy Cox)

A reminiscence by Lael Lyons and Marnie Montgomery illustrates Florence’s commanding presence (despite her small stature): “One Tuesday, about six years ago, we—two fairly new adult skaters—agreed

to meet at Fairfax Ice Arena to practice edges and school figures. After we had been working VERY HARD FOR FORTY WHOLE MINUTES, Marnie got off the ice to beat the sensation back into her feet (new boots). Lael followed, glad of an excuse to sit down. Two tired rookies, sitting on a bench. As we asked each other if we were ‘done yet,’ we heard a third voice—out of the blue—say, ‘No. Get back on the ice, girls. You still have work to do!’ Florence Sifferd had followed us off the ice, and treated us to the inimitable introduction that we would later learn was familiar to many skaters. We returned to the ice with her (wouldn’t you?) and practiced diligently for the rest of the session.”

Although she could spot the flaws in any performance (whether a test or competition program), Florence could also find the positives when a skater was struggling or learning something new. “I will always appreciate the encouragement she gave me as an older beginning skater. She was my cheerleader with every new thing that I learned,” Mary Jane Alexander wrote. Rusty Fein agreed: “Ms. Sifferd represented the gold standard of cheer. Her support and encouragement emanated at the rink. One couldn’t get away without being caught by her perky eyes and genuine smile. Through the good and the bad, Ms. Sifferd was always there to check up on me. Whether through telephone or letter, she always made certain I knew someone cared.”

Florence took figure skating seriously, but in a positive, uplifting way that allowed for imperfections while striving for improvement. Where criticism—from parents or coaches—is all too common in a skater’s life, Florence’s most important observation may be, as Kerry Jennings-Cooper stated, “that life is too important to take yourself too seriously.” That ability to laugh at her foibles may have been one of the keys to Florence’s vitality. As Bunny Jones concluded, “She always said each day should have a joke.” ★

*Biographical information compiled from the Service in Remembrance and Celebration of the Life of Florence Sifferd, September 27, 2003.*

## On Campus

**Laura Kasinof** graduated from Greencastle-Antrim High School in Greencastle, PA. She attends New York University and is interested in international politics. In the future, Laura would like to attend law school somewhere in the D.C. area. Other interests besides skating include modern dance, photography, and theater.

Laura's goal in skating is to pass all of her USFSA tests. She is coached by Gabriela Dabija, and is currently working on her senior moves and junior freestyle. What Laura loves most about figure skating are the many experiences and opportunities she has had through the sport.

**Laura Shaw**, a graduate of Walter Johnson High School in Bethesda, follows a number of WFSC members (including former members **Jennifer Johns** and Senior Ladies competitor **Samantha Mazo**) to Princeton University. She is considering a pre-med major with particular interest in biology. On a campus visit last fall, Laura was excited to see a photo of Samantha sporting many medals around her neck. **Emma Taylor**, a junior majoring in Operations Research and Financial Engineering in the School of Engineering at Princeton, is president of the university's skating club. Although recruited to run on the varsity track team, Laura hopes to compete with the skating team when possible. Use of the ice at Baker Rink is one of the few bargains at the school—unlimited access during morning and early afternoon sessions for \$30 per semester. Laura was also looking forward to a possible glimpse of Orlando Bloom on campus to visit Kate Bosworth, but that will have to wait as the actress has deferred her admission.

**Lindsay Slater** graduated from the Jewish Day School in January and made good use of her spare time last spring by studying at Oxford. This fall she enrolled at a school that is very popular with WFSC's graduates—Miami University of Ohio. Although undecided on whether she will join that school's premier synchro-

nized skating program, she is excited about being able to skate in the middle of the day—and planning her classes around the sessions! Unfortunately, she sprained her ankle severely (playing basketball) and is out of commission for several weeks.

In June, **Sarah Solomon** returned from San Jose, CA, where she is training with partner Andrew Smith, to graduate from Montgomery Blair HS in Silver Spring. She completed her final semester by taking correspondence courses through a school in Texas—an endeavor truly spanning the country and requiring a tremendous amount of coordination! This fall Sarah is busy competing internationally in the Junior Grand Prix series, recently returning from Skate Slovakia in Bratislava where she and Andrew placed 7th overall. She flew in and out of Dulles International airport on her trip overseas, giving her parents a rare and much appreciated opportunity to visit with her.

**Alison McDonough** is a freshman at Boston College. See the next issue of the *Blade* for news about Alison and other WFSC graduates. ★

### WFSC Test Sessions

#### DANCE TESTS

October 25, 2003 at Reston  
November 22, 2003 at Reston  
January 17, 2004 at Reston  
February 28, 2004 at Reston

#### MIF/FREESTYLE TESTS

November 29, 2004 at Cabin John  
January 19, 2004 at Reston  
February 16, 2004 at Mt. Vernon

Applications and test fees must be received by the test chair three weeks prior to the test date. Test applications are available on the WFSC Web site and at area rinks. Dance Test Chair: NanciEillyn Lazarowitz, (301) 528-1881; Moves/Freestyle Test Chair: Patricia Brockner, (301) 564-0179.

## WFSC Skaters Compete for U.S.

As the new skating season gets underway, several of WFSC's top competitors have been selected to represent the U.S. in international competition. **Michael Weiss**, as reigning U.S. Men's Champion, will compete in three ISU Grand Prix events: Skate America (to be held in Reading, PA, Oct. 22-26), Trophée Lique (an event that he won last year), and Cup of Russia. **Derrick Delmore** will be on the U.S. team traveling to Helsinki, Oct. 9-12, for the Finlandia Trophy.

Two Junior Dance teams are competing in Junior Grand Prix events this fall. **Sarah Solomon** and Andrew Smith placed 7th in a field of 13 international competitors at Skate Slovakia in Bratislava, and were 5th after the compulsory dances. **Ben Cohen** and Mimi Whetstone are currently competing in the Junior Grand Prix event in Ostrava, Czech Republic and are 7th after the compulsory dances. ★

## Congratulations to...

...**Najja Bracey** and **Tim Fisher** on their appointments as bronze test judges. Tim was inspired by Linda Laurel's article on trial judging in the July 2002 issue of the *Blade*!

... **Rachel Nevares**, Puerto Rican National Novice Ladies freeskating champion

... **Meghan McCullough** and **Joel Dear**, 4th place in Junior Dance at the North American Challenge Skate, Thornhill, Ontario (3,2,4)

... **Christine Brown**, **Susannah Hall**, and **Emma Phibbs** for attaining the gold test medal—Christine and Susannah for Senior freeskating, and Emma for Senior pairs

... **Katie Camarda**, **Allister Chang**, **Aidan Daley-Hynes**, **Melyssa James**, **Vanessa James**, and **Chesney Oravec** for passing the Senior Moves in the Field test.

# The Presidential Sports Award

WFSC joined with the USFSA in 1997 to promote an exercise program, which has existed since 1972. The President's Council on Physical Fitness & Sports, in conjunction with national sports organizations and associations, developed the Presidential Sports Award Program to motivate all Americans to become more physically active by emphasizing regular exercise rather than outstanding performance.

Anyone age six or older is eligible to participate, for as many years as you like! This program is especially designed for amateur athletes who receive recognition for their efforts. We hope that you will encourage your fellow skaters to join us and earn the Presidential Sports Award.

We expect our 2004 ceremony to be held the first week of June at the annual club meeting. As of the end of our 2003 season, 79 awards have been given to figure skaters, ice dancers and recreational skaters. The 2003 recipients include: **Mary Beth Bullock, Molly Crawford, Robert Crawford, Caitlin Kaufman, Marnie Montgomery, and Alexandra Sullivan.**

Congratulations to this year's participants for all their hard work and achievements.

Participants keep a fitness log and must complete 50 or more hours of skating in a consecutive four-month period, with a maximum daily credit of one and one-half hours. The 2004 program commenced April 1, 2003 and will end on March 31, 2004. The award package includes a certificate signed by the President of the United States, a congratulatory letter, and a Presidential Sports Award badge, all for a cost of \$5.00.

I have been advised that there may be a change in the association that handles these awards. The committee expects a university in the mid-west to take over the program. So keep checking the WFSC Web site for any changes. A link to the Presidential Sports Award information and physical fitness log is available on the Web site, along with information on where to send the completed log. Please contact me if you have any further questions concerning this program.

*Mary Beth Bullock*

## In Memoriam

WFSC was saddened by the deaths of several former members. **Dr. Robert Goldberger**, a past member of the WFSC Board of Governors, died April 9 in New York.

**John K. Summers**, who passed away on July 11 in Hilton Head, was President of the WFSC Board of Governors from 1975 to 1977. A long-time area resident, he graduated from Georgetown University and received a Master's degree from American University. He was a pilot in the Marine Corps and worked for the Mitre Corp. in computer systems engineering management until his retirement in 1996. John was a Silver level ice dancer with partner Stacy Smith, as well as a silver judge. His three sons, John F., Frank, and Steve, were national (and international) competitors, first representing WFSC and later the SC of Wilmington. Pat Summers, his first wife, turned professional and taught at Mt. Vernon.

In addition, the Club was stunned to learn of the sudden death of **Eric Pickert** on Dec. 5, 2002. Eric, a student at Gettysburg College, skated in Frederick and was very active in testing with WFSC.

WFSC is grateful for the contributions of these former members and for the rich legacy they leave behind. ★

## Dancers Have More Fun

Florence Sifferd was one of the Blade's most faithful correspondents, often requesting that the byline be omitted for her contributions. This article, Florence's final submission, arrived too late for the March issue and is included here.

The Sunday session on December 7 [2002] was scheduled for a  
P A R T Y

And it was a real one:

Ladies in sparkly dresses inspired the good skating gentlemen. All inspired by favorite pros.

How long since you've skated a change-partner Fourteenstep? And a clockwise Canasta Tango demanded attention—great mix of beginner to international.

Food—home baked and commercial on plates with skating Santas and napkins to match.

There was a chance for quick exchanges about college choices.

Sorry if you missed it, but there's valuable practice time on regular Sunday afternoon sessions.

The next Social Dance event is planned for October 27 at Cabin John—a Halloween party. Take a cue from Florence and be there! ★

## Upcoming Competitions

Dates for the WFSC-sponsored competitions have been set for 2004. Please mark your calendars!

**Adult New Year's Invitational:**  
Jan. 31-Feb. 2 at Ashburn Ice House

**Club Freeskating Competition:**  
Feb. 21-22 at Mt. Vernon

**Club Dance Competition:**  
March 29 at Cabin John

**Edward Picken Pro Am Dance Classic:** June 11-13 at Ashburn Ice House

## WFSC and USFSA Membership

Membership in the Washington Figure Skating Club (WFSC) is good for one year from July 1 till June 30. The same is true for the U.S. Figure Skating Association (USFSA) memberships. You may join many local clubs but will be a member of USFSA only through your "Home Club." If you are "Home Club" with WFSC, part of your WFSC dues goes to pay your USFSA dues.

So what happens once you send your forms and check in to Margo Ritter, WFSC Membership Co-Chair? Margo checks that the correct forms and dues were submitted. Your address, phone numbers and email address are checked against the WFSC database for any changes and you become a member of WFSC. Often, both the WFSC and USFSA forms are used to resolve problems reading handwriting. A list of all WFSC members is sent periodically to WFSC officers and Test Chairs so they know who is "current" with their

membership. If you were a member of USFSA the previous year, then most likely your membership will be renewed online with USFSA within a few days of Margo receiving your forms. If you are a "new" member or have moved, then your USFSA form will be postal mailed to USFSA for processing. USFSA mails membership cards to members directly, which can take a couple of months during the busy June-August period.

If you need to know your USFSA number and you have provided an email address on your USFSA form, you may check the Members Only portion of the USFSA website at USFSA.org. You may also print out a temporary membership card. In addition, members may check their test and competitive records online with USFSA. If you don't have access to email, you may call Debbie Van Demark at 301-890-0046 and she can get your USFSA number or your records.

All of the above takes time, so please send in your membership at least a month before testing or competing. If you have any questions, please call or email Debbie Van Demark (vande-mark@comcast.net). ★

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### Challenge Cup, from page 1

WFSC is fortunate to have a large number of talented skaters, including gold medalist **Tim Fisher** and silver medallist **Robert St. John**.

WFSC reportedly also fared well in the Junior ladies event, where **Teresa Lin** finished first, **Vanessa James** third, and **Ramata Sow** fourth. The *Blade* hoped to publish the names of all the skaters who contributed to the Club's victory, but the complete results have not been available. Our sincere appreciation goes to ALL the WFSC skaters who competed: your hard work and dedication paid off! ★



### The Blade

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