



Season Wrap-up

Weiss Takes Silver Medal to Earn Spot on World Team

Last October, 89 skaters representing WFSC entered qualifying competitions in 92 events with the goal of reaching either the U.S. National Championships or the U.S. Junior National Championships; 18 skaters earned that opportunity to compete at the highest level.

Of the eight qualifiers for the U.S. National Championships, **Michael Weiss** is certainly the best-known. As reigning U.S. Men's Champion, he had a bye to Nationals, having completed a very successful season in ISU Grand Prix competition (see *The International Scene*, p. 7). At the conclusion of the short program in Atlanta, Weiss found himself in a familiar position. He is a veteran of dramatic comebacks, but this year his bid to move up from fourth place and capture his fourth U.S. title fell just short. His outstanding freeskate was not quite enough to overtake Johnny Weir, and Weiss came away with the silver medal and a place on the U.S. World Team.

Though Weiss' was the only medal won by WFSC skaters at Nationals this year, all experienced the thrill and satisfaction of competing as one of the elite. **Derrick Delmore**, the bronze medallist at Eastern Sectionals, finished 8th in Senior Men. **Emma Phibbs**, with new pairs partner Michael McPherson, had captured the silver medal at Eastern Sectionals. The team placed 11th in Championship Pairs and subsequently was selected as first alternate to the U.S. Junior World Team. Three teams reached Nationals in Junior Dance: **Meghan McCullough** and Joel Dear, last

Weiss Establishes Scholarship Fund

Michael Weiss is using the fruits of his success to support developing skaters in their quest for excellence. The three-time U.S. National Champion and two-time Olympian has established *The Michael Weiss Foundation* to help skaters meet the high cost of training. According to the scholarship application, the foundation "will provide Olympic eligible skaters facing financial hardships the opportunity to be awarded with one of three levels of financial support. Funding provided by the *Foundation* will cover costs associated with training and competing at the Olympic eligible level such as coaching, choreography, costumes and music."

In announcing the scholarship, Michael wrote, "I know, when I was an up-and-coming skater, being recognized for my accomplishments and encouraged through financial support inspired me as a young skater to work harder and increased my determination to succeed. It has been a dream of mine to inspire and support young skaters, and this is a way that I can help the future of figure skating."

Applicants must be Olympic eligible singles skaters at the intermediate, novice or junior level who are current members of USFSA and skate for the United States. Three finalists will be selected to receive a skating scholarship at the following levels: Gold Medal - \$5,000; Silver Medal - \$2,000; Bronze Medal - \$1,000.

Applications and complete guidelines are available online at www.MichaelWeiss.org. To receive an application by fax, call 202-364-8500 ext. 4 and leave your name and fax number. The deadline for applications is February 23, 2004 at 5:00 p.m. EST. ★

year's national silver medallists in Novice Dance, finished 5th at the Junior level this year, following their silver medal showing at Easterns. **Ben Cohen** and Mimi Whetstone, bronze medallists at Eastern Sectionals, were 8th at Nationals. **Sarah Solomon** and Andrew Smith won the silver medal at Pacific Coast Sectionals, but withdrew from Nationals following the compulsory dances (9,10). Junior Pairs competitors **Adam Parr** and Joanna Canny were pewter medallists at Easterns and 13th at Nationals. **Suzanne Lazarowitz** and **Nathan Jarmuth**, pewter medallists in Novice Dance at Pacific Coast Sectionals, earned their first trip to U.S. Nationals and placed 10th.

Ten Juvenile-Intermediate level skaters qualified for the U.S. Junior National

Championships. **Kristine Musadamba** was the South Atlantic Region Juvenile Girls champion and she came away with a 9th place finish in the finals at Junior Nationals. **Katrina Gumbinner**, the South Atlantic Juvenile Girls silver medallist, also reached the final round, finishing 17th. (Both Kristine and Katrina had previously claimed titles at the 2003 Non-qualifying South Atlantic Championships, in Preliminary Girls and Pre-Juvenile Girls, respectively.) **Armin Mahbanoozadeh**, bronze medallist in Intermediate Men at South Atlantics, reached the finals at Junior Nationals to place 15th. Juvenile Pairs competitors **Gabrielle Friedenberg** and **Brett Dunie-Neustadt** (the silver medallists at South Atlantics) had the

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club's highest final round placement at Junior Nationals (7th). Both Juvenile Dance teams—**Timothy Petrie** & Erin Maskell and **Sarah Smith & Aaron McPherson**—reached the finals to finish 13th and 17th respectively. **Dana Sudisasanakul**, competing in Intermediate Ladies, was the South Atlantic silver medallist; she just missed qualifying for the final round at Junior Nationals (7th in Group 1B). Juvenile Boys competitor **Bobby Crawford** (pewter medallist at South Atlantics) was 9th in the qualifying round.

Sectional Qualifiers

WFSC's other South Atlantic Champion was **Rusty Fein**, who won the Senior Men's event. At the Eastern Sectionals, Rusty was third following the short program, but dropped to 6th after the freeski, narrowly missing a trip to Nationals. **Vanessa James** earned her first trip to Sectionals with a pewter medal from South Atlantics in Junior Ladies. She also finished 6th at Easterns (moving up from 9th in the short program). Two Novice Dance teams—**Alexa Bradshaw Kreimer & Matthew Dail** and **Caitlin Dail & Nicholas Sinchak**—had qualified

for Easterns from South Atlantics (where they were 3rd and 2nd, respectively); they wound up 7th and 9th at sectionals. Also competing in Novice Dance, **Claire Farrell & Ashley Deavers** were silver medallists in the Eastern Great Lakes Regional and placed 9th at Midwestern Sectionals. **Katrina Reyes & Jon Wright** were 6th in Junior Dance at Pacific Coast Sectionals.

Regional Finalists

Five skaters were selected as alternates to Easterns as a result of 5th place finishes in the finals at South Atlantics: **Susannah Hall** (Senior Ladies), **Craig Ratterree** (Junior Men), **Kristina Moore** (Junior Ladies), **Zachary Dewulf** (Intermediate Men), and **Maxim Kadyrkaev** (Juvenile Boys).

Other skaters who competed in the final round at South Atlantics include: **John Serpe** (6th, Junior Men); Junior Ladies **Teresa Lin** (6th) and **Victoria Conolly** (10th); Novice Ladies **Jessica Richards** (7th) and **Lisa Yee** (16th); Intermediate Men **Kevin Sun** (6th) and **Anthony Dang** (7th); and Juvenile Girls **Sigrid Young** (12th), **Sharon Yin** (14th) and **Olivia Brock** (15th).

Non-Qualifying Medallists

While space does not permit a list of all the 60 skaters who won medals in initial rounds at the Non-qualifying South Atlantic Championships, WFSC is proud of the success of its developing skaters. Special congratulations go to the club's four champions: **Caroline Beaupre** in Tot Girls, **Grace Gilday** in Pre-Preliminary Girls (following up on her 2003 championship in No Test), **Matthew Wilshere** in Pre-Preliminary Boys, and **Samantha Veloso** in Pre-Juvenile Girls. Final round silver medallists included **Philip Chang** (Pre-Preliminary Boys), **Parisa Sadeghi** (Preliminary Girls), **Drew Kozusko** (Preliminary Boys), **Kirsted Carpenter** (Bronze Solo Dance), **Charlotte Robbins** (Pre-Juvenile Girls), and **Melissa Rusnak** (Open Juvenile Girls). **Emily Caron** (Tot Girls), **Mary Kate Lane** (No Test Girls), **Bradley Jones** (No Test Boys), **Danielle Viola** (Preliminary Girls), and **Mira Tozer** (Open Juvenile Girls) won bronze medals. **Graham Hay** (No Test Boys), **Raya**

Willoughby (Pre-Preliminary Girls), and **Marcel Miller** (Preliminary Boys) took the pewter.

WFSC applauds the hard work, dedication, and enthusiasm of all the skaters who took the ice in qualifying and non-qualifying competition this year—the first step in making dreams come true! ★

My Trip to Nationals

By *Emma Phibbs*

On Sunday January 4th, my partner Mike and I set out for Atlanta. We were flying with some of our teammates from the University of Delaware: Jeremy Allen, Tiffany Scott, Phil Dulebohn, and their coaches Isabelle Brasseur and Rocky Marvel. We had quite the time trying to fit into two taxis with all of us plus about 28 pieces of luggage! After registering and getting our credentials, I was content to spend some quiet time with room service, my bed, and the TV. The beds at the hotel were called Heavenly Beds and they were! I was really pleased that Mike and I were assigned to the practice group E and therefore none of our practices started before 10:00am. What a treat! It was difficult though for everyone to stay focused all week with only one practice a day. We were able to get away to the suburbs on one occasion for an additional practice. My worst day was Friday. The senior pairs were scheduled for a 20-minute warm-up in the morning and then we had to wait 8 hours to skate. Neither Mike nor I had ever had to do this before. We tried to get all of our elements done during the warm-up and rushed into the triple twist without feeling warmed up. The twist was fine but the next thing I knew I was on the ice, sandwiched between my partner and the cold hard surface. I fell on my head and my back and Mike got some nice little cuts on his elbow. This was not how we wanted to spend the last skate before we were to compete. I didn't know how I was going to be able to skate when I couldn't even think or walk too well. After some neurological tests, it was determined that I was okay – a mild concussion and bruised lower back. I spent the remainder of the day with

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Back Care Tips for Peak Performance Skating

By Dr. Raymond S. Solano, D.C.

As a sports injury specialist, I have had the opportunity to work with athletes from all areas including skaters. From my experience, a common misconception is to “work through the pain.” Overloading the body with work can cause enormous tension in the muscles, joints, and spine. This will lead to poor performance and possible injury. Some of the most common injuries that I see in my office are sprains and strains. These common injuries can easily be prevented.

If you already have back pain that travels into your buttock, leg, or groin, and does not retreat toward your back in a couple of days, you need professional advice. These are significant symptoms and you need an accurate diagnosis and appropriate treatment. Another warning sign is if you have pain that increases during skating or becomes intolerable. If you have localized pain that does not go away in about 4 days, then this condition, also, calls for a professional opinion.

Back pain can be a symptom of numerous diseases or spinal misalignment. We all have 26 movable joints in our spine. These joints are meant to twist, tilt, and turn depending on the type of activity we are undergoing. Any time one of these joints becomes compromised and does not return to its neutral (properly aligned) position, then this can trigger a pain response from the joint or muscle. For skaters, it is imperative to evaluate the spine regularly for these misalignments, due to the stress from jumps and falls.

I have put together some back care tips for skaters designed to prevent back pain and future injury. Follow these tips in order to keep your spine healthy.

- First and foremost, stretch before and after time on the ice. Stretching is a vital component to keeping the muscles ready for work and preventing a strain. Stretching after you skate will reduce soreness on the next day. For skaters, you want to specifically stretch the psoas, hamstrings, quadriceps, IT band, and tibialis anterior muscle groups.
- Evaluate your skates for adequate sup-

port and cushioning. This will help dissipate shock before it can travel to the vulnerable discs in your spine and their overlapping joints called facet joints. Check your skates periodically to make sure they are not beginning to lose stability or showing excessive wear.

- Drink plenty of water. This will keep the discs in your back hydrated and able to absorb compression from jumps and falls. Drinking water is crucial, especially since our discs are made up of 90% water.
- If family members have a lot of back pain or have had back surgery, you need

to take care of your own back starting now. There is a genetic component that links back pain and back surgeries in families. If you are in this group, prevention is most important; begin a spinal maintenance program before you develop problems. ★

Dr. Raymond Solano is a Chiropractic Physician working with many of the area's top athletes. He presently works with figure skaters, teaching them the importance of balance and stability for peak performance. Please send questions to Solano Spine & Sport Chiropractic, 313 Park Ave. Suite 100A Falls Church, Virginia 22046. (703) 536-4366; www.dr溶ano.chirodirectory.com

Club News

Meet the Newest Member of the Board of Governors

Kathleen LaFave has been appointed to fill the unexpired term of Vera Spinner, who has resigned from the Board of Governors but fortunately has agreed to continue as the club's Pro Liaison. WFSC is very grateful to Vera for her many years of service on the board and the wisdom and clear thinking she has brought to its discussions. We are also grateful that she will continue to offer judges critique sessions, which have been very beneficial to WFSC's skaters since they were initiated by Vera and Ed Picken over two years ago.

The board welcomes Kathleen LaFave, who provides this brief bio:

I have been a recreational skater most of my life. I work for the Montgomery County Public Schools and spend most of my time in or driving to ice rinks. My daughter's name is Morgan Kate. She has been skating for four years: one year in group lessons, one year in ISI, and two years as a member of the WFSC and USFSA. She has passed pre-preliminary freestyle and preliminary moves tests. She is ten years old and plans to make skating a career. Anything she puts her heart and soul into and works so hard to achieve, I totally support. As a board member I am

interested in helping to develop and maintain programs for the competitive skater.

Marathons, Part Two

WFSC members may not realize just how hectic our judges' schedules can be. The dramatic increase in the number of skaters (with a corresponding increase in test sessions), the addition of new competitions, and the growth of new disciplines such as Synchronized Skating and Theatre on Ice, have led to increased demands for judges. While the call has gone out to encourage training of new judges, the veterans are busier than ever. Here is Beverly Kimes' recent schedule:

Three of the 4 weekends in January have taken me out of town. One weekend I was in Charlottesville, where I was invited to evaluate 12 Synchro teams at the 2004 Charlottesville Synchronicity. This past weekend [Jan. 17-18] I went to Fraser, Michigan for Judges School and to Practice Judge the 2004 Mid-America Synchronized Skating Championships. The last weekend in January (concurrently with our New Year's Adult Invitational) I am the Exchange Judge from the East to the Pacific Coast Synchronized Skating Sectional in Salt Lake City. After that, I will be back to Dance, Moves in the Field (Laurel, Feb. 13) and Free Skating!!!!

Synchronized Skating: *USFSA's Fastest Growing Division*

By *Stacey Sickels Heckel, Coach/Skater, Ice Force One*

Many WFSC adult skaters are discovering the exciting sport of synchronized skating — one of the fastest growing disciplines within the USFSA. On Sunday evenings at Cabin John, 16 women skate together to execute formations on the ice, skate patterns similar to ice dance, and add jumps and spins resulting in an exciting and challenging program. Ice Force One Masters synchronized team welcomes new adult skaters (with a minimum age of 25). The team has skaters from adult bronze level to a USFSA triple gold medallist.

Ice Force One is off to an exciting season. The team skated a clean program earning the silver medal at the Eastern Sectionals in Providence, Rhode Island and qualified to attend Nationals in San Diego, California in March. The team earned a bronze medal in their first competition of the season in Cape Cod, Massachusetts. The skaters are thrilled to qualify for Nationals and represent WFSC.

Their program, set to pieces by Transiberian Orchestra, begins with an intense Beethoven's Fifth Symphony and then transitions to a flowing Mozart and culminates in an exciting Tchaikovsky. The program features blocks (lines of skaters in rows), wheels (rotating lines), circles, pass-throughs (two lines intersecting), kicklines, and freestyle elements including sit spins and split jumps.

Ice Force One skaters hail from all over the DC area including one skater who flies up from Charlotte, North Carolina each week. All skaters on the team pursue their own individual skating goals in addition to the team. There are ice dancers, skaters testing their Moves, and coaches. Skaters find that their personal skating— especially their stroking and edge quality— becomes more powerful with synchro. The camaraderie and travel are also reasons skaters cite for pursuing the sport.

The team is grateful to the Washington Figure Skating Education and Development Fund for providing a grant which has allowed the team to utilize a choreographer this year and offer additional off-

ice athlete development with ballet and aerobics.

The team has enjoyed some exciting publicity this month with an article in *Washington Woman* magazine entitled "Adults Pursue Childhood Dreams." The article generated interest by Susan Kidd, local NBC4 Anchor, resulting in a segment highlighting the health and fitness aspects of skating. Visit the team web site to read both the article and view a clip from NBC: www.iceforceone.org.

WFSC adult skaters might also be interested in an Adult Introductory Synchronized Skating Team "Capital Classics" coached by Peter Murfitt. You may contact that team through the link on

Ice Force One's web site. There are team opportunities for youth, teens, and juniors through WFSC and area clubs.

If you are interested in learning more about synchronized skating—"synchro" as it is called—take a "virtual tour" on the team's web site or you are welcome to visit in-person at the team's practices on Sunday evenings from 8:45-10:15pm at Cabin John through March. Team selections for the 2004-2005 season will be this spring with workshops this summer. You may also contact Team President, Regina Pace, for more information: president@iceforceone.org.

Link up — come discover what all the fun is about! ★

On Campus . . .

Jamie Lynn Long is a freshman at Syracuse University where she has a double major in Political Science and International Relations. Jamie graduated from Hampton Roads Academy in Newport News, Virginia, and her future plans are to obtain a law degree and enter the FBI as a special agent! She reports that there is more snow in Syracuse than she has ever seen in her life—at times the snow falls at a rate of 2 to 3 inches per hour, with drifts taller than 5 feet, and temperatures as low as 30 degrees below zero! Skating fits right in with all the wintry weather, and Jamie is a member of Syracuse University's synchronized skating team, The Orange Experience. At the Eastern Sectional Synchronized Skating Championships, held this past weekend, The Orange Experience competed in the collegiate division against seven other teams and captured third place behind the University of Delaware and the University of New Hampshire. The team will travel to San Diego in March to compete at the U.S. National Synchronized Skating Championships.

Lena Shirinian skates with both the University of Maryland Figure Skating

Team and PICS, and shares her experiences: The University of Maryland Figure Skating Team just got off the ground this year and is an SGA and sport club. We currently have about 10 members and are doing our best to get the word out. On February 20-22, the team will travel to the Boston University intercollegiate competition to compete in freeskiing, dance, and team maneuvers. The girls attending the event are: **Margaret Dayhoff-Brannigan**, **Lena Shirinian**, Rachel Kronzek, Jessica Levine, Jennifer Rostami, **Eve Copeland**, Kimberly Eddy, and Diana Thomas. We hope to bring home a few medals.

PICS! (or Pentagon Intercollegiate Synchronized Skating team), currently has members from the University of Maryland, Georgetown University, Catholic University, and George Washington University. This is our second season and we expect to have a great start at Easterns this weekend. We have skaters from pre-preliminary moves all the way to senior moves and have improved a great deal since last season. We have 22 girls and 2 coaches—Carrie Hess-Bollino, who is also coaching some of the Frederick teams, and Brienne Johnson, a former Haydenette and wonderful coach to have! ★

Is There Skating After High School?

By Bridgette Snyder

This time of year brings many thoughts about the future to the minds of students who are juniors or seniors in high school. Did I score well enough on my SAT? Will I get accepted at my first choice of college? Will I get homesick? Also, inevitably, on the minds of those students who are figure skaters is, "Will I be able to continue skating?" The answer, most definitely, is yes! Many colleges and universities across the country have collegiate skating programs in place that are very active in collegiate-level skating competitions. Schools such as the University of Delaware, Penn State University, or the University of Denver are fortunate to have an ice rink right on campus. Other schools such as Stanford University or Boston College have an ice rink within easy reach of campus.

Skating during your college years is very beneficial to the student skater for many reasons. Skating is a great stress reliever from all those papers, exams, and research projects. Skating instantly bonds you to other students with something in common – trying to balance your studies and find time to get to the rink each week. These are people who can be great motivators as well as friends for life. Skating while in college also teaches skills such as time management and leadership skills (invaluable skills to note on a future resume).

There are opportunities to continue competing while in college. The only requirement is to be a full-time student. The National Collegiate Championships are held every year in August and are for skaters at the Junior or Senior level of competition in singles events. Every year a National Champion is crowned in these events. Past champions include skaters such as Paul Wylie and Jennifer Don [and fellow WFSC members Derrick Delmore and Rusty Fein].

There is also the opportunity of skating in the Intercollegiate Team Skating competitions. These competitions are unique in that they incorporate the team aspect to a very individualized sport. Each competi-

tion has men's and women's compulsory and free events, solo dance, and team compulsory events in a range of levels from Pre-Intermediate through Senior. The Pre-Intermediate skaters are usually attempting change-foot spins, single salchows or the Cha Cha, while the Senior level skaters are attempting complex spins, double axels or triple jumps, or the Viennese Waltz. Regardless, there is a level for skaters of all abilities. The team event is really unique in that there are 6 compulsory moves at each level, which a team of 3 to 5 skaters completes. Each skater performs one or two moves and the team is judged as a whole. At the end of the competition, the team's points are added up and an overall winner is announced. There are competitions in the Eastern, Mid-western, and Pacific Sections and the top winners in each section go on to compete at the Intercollegiate Team Skating Championships.

Just like at the National Collegiate Championships, one individual skater can represent his or her chosen college at these competitions. So, just because you go to a smaller college that does not have a skating club doesn't mean you can't compete. Competing for your school could bring publicity to the sport, possibly attracting other skaters at your college to form a new club (again, enhancing those leadership skills for those future resumes). One benefit of forming a club is that you can often get financial support through your university for the club's skating.

One other collegiate skating opportunity lies in synchronized skating. New collegiate synchronized teams are being formed all over the country. These teams compete at the synchronized sectionals and Nationals in a division all their own.

If you are a skater contemplating going to college in the DC area, there are opportunities for you! The University of Maryland already has a skating club established. A new collegiate synchronized skating team—the Pentagon Intercollegiate Skating Team (PICS)—formed last year under the guidance of Carrie Hess Bolino

and Brienne Johnson (a student at Georgetown University and former Hydenette). PICS is unique in that it is the first synchro team in the country to take advantage of a new rule which states that a team may be comprised of skaters from more than one college or university. Last year PICS had skaters from University of Maryland, Georgetown, and George Washington on the team. The team's goals last year were simple: to get formed and stay together. They well surpassed that by taking the ice in late October for the first time and then competing after only a few months together at Eastern Sectionals and then Nationals. This year their goals are to get stronger as a team and to compete again at Easterns and Nationals.

If you are looking to compete in the Intercollegiate Competitions as a skater representing one of the DC colleges, contact Bridgette Snyder (brspsu99@yahoo.com) for more information on skaters interested in doing so.

Hopefully, if you are currently a high school student contemplating your future plans, you will see that there are abundant opportunities to continue skating during the upcoming years. Just because you begin college does not mean you have to give up skating. Later, it can lead to competing as an adult skater or becoming a coach or a judge. Remember skating is a sport that can last a lifetime. Collegiate skating is one way to help skaters continue on with a sport they love and to build bonds that last a lifetime. ★

For more information on DC Collegiate Skating, contact Bridgette Snyder at brspsu99@yahoo.com

For more information on PICS, contact Carrie Hess Bolino at cahess1@aol.com or Brienne Johnson at bsj4@georgetown.edu

For more info on collegiate skating in general see the USFSA's website at <http://www.usfsa.org/Programs.asp?id=45>

In Memoriam: Mary Quinn

Mary Quinn was an adult WFSC skater whom many of us—particularly those of us who skate at Cabin John—came to know and appreciate as an enthusiastic skater and friend. Her death from breast cancer on December 1, 2003 came as a great sadness and loss to us.

Mary moved here from Boston with her husband and four children in the late 1990's. She had started skating in Boston and continued here as an enthusiastic skater taking classes and lessons. She started working on the regular Moves in the Field tests as well as the Adult freestyle tests. She was delighted when she passed Preliminary Moves last January. After passing the Adult Bronze Freestyle test, she competed in several skating events including the 2001 Club Free Skating competition. She won the bronze medal in Adult Bronze Ladies (in a field of 7 competitors). Barbara Shaw remembers that Mary was very excited about her achievement, so Barbara gave her the results sheet from the competition as a memento. Mary went enthusiastically to the Adult National Figure Skating Championships in Marlborough, MA in 2001. It was fun for her to skate with her Boston friends.

What many of us did not know about Mary when she came to Washington was that she had breast cancer. She skated in spite of it. Always she was a friendly and cheerful person—fun to skate with and interested in what other skaters were doing. She enjoyed the social aspects of skating as well as the challenge of learning new steps and sequences and jumps. She had this thing, this disease, in her life that she could not change, so she set about finding areas in her life that she could change. She could have goals in skating. She could push herself to perform and compete and to take tests—pass or “retry.” We used to commiserate with each other over failed tests and encourage each other to try taking “that” test just one more time. Somehow we were going to find a way to keep our nerves in check—at least long enough to pass “that” test.

Once, when Mary was to skate in the Cabin John Holiday Show, the times were

changed and she arrived late. With no warm-up she skated a clean program. As she said, if she'd gotten there earlier, she might have gotten nervous and not skated as well. She had a very positive outlook and a way of making things seem fun and light-hearted.

Mary started off as a “skating friend,” writes friend and fellow skater, Nancy Greenspan. “[She was] a pretty and friendly person who gradually became a pretty, friendly, courageous person. Mary was a dedicated skater, exasperated when she failed a moves test, delighted when she finally passed. But she was also a willing participant in socializing, going round and round, chatting about life's events, especially her children and her hopes for them. She never complained. Even when the prognosis was grim, she was still vibrant, still caring and giving. Her courage was remarkable, and one felt embarrassed even to think about one's own minor gripes. Her loss is a tremendous sadness, hard to understand and harder to forget.”

—*Caroline Thorington*

Mary loved figure skating. Not just doing it—but also watching it. She passed up tickets to the Worlds at MCI Center when [the club] was offering them because she had terminal cancer and didn't know if she would still be here. But she was still here and, ticketless, called me up.

“Andrea,” she said, “I want so badly to go to Worlds, mainly to see Michelle Kwan skate. Would you consider splitting a good set of tickets with me if I can win them on e-Bay?” Little did we know when I agreed what we were in for! Anyone who's ever bid on e-Bay knows that it's hardly as straightforward as one would think. We lost a pair of front row seats to a LOWER BID than ours; that's how complicated it can be. Finally, desperate after losing several auctions, I contacted a seller and persuaded him to close his auction early and accept our offer. I won't go into the ensuing hassles of using escrow.com to pay for the tickets. Let's just say that, in the end, our seller took an additional \$200 off the price.

Of course, it didn't end there. Mary wanted to see the Ladies Finals, I wanted to see the Ladies Short and various other Finals, and here we were with a full series for which we paid about \$2,000. Now WE were the sellers—as many of you probably know. Plus we had one pair of tickets to all the practices. While I became Director of Marketing, Mary became the Chief of Ticket Delivery as well as CFO. Many of my friends were fortunate to meet Mary as she arrived to deliver the practice tickets and then to pick them up to pass along to the next person. In short, Mary and I took on full time jobs.

But, oh, it was worth it! We had great seats, great seat neighbors, and a great time. And, most important of all, Mary was there cheering as Michelle brought down the house and won her fifth World title. I will always think of Mary when I see competitive skating, whether live or on TV. It was what she loved most.

—*Andrea Newmark*

Answers to Trivia Quiz (see page 7)

1. Fours. In the Fours event, two sets of pair teams skated together as a small group. 2. 1908. 3. 1906. 4. Paragraph figures. Skaters performed paragraph eights with and without turns, and they performed paragraph loops. 5. Serpentine. 6. The Button Camel, named for its inventor, Dick Button. 7. Maribel Vinson, who won from 1928-33 and again from 1935-37, for a total of nine gold medals. Thus far, Michelle Kwan has won eight times. Maribel Vinson Owen went on to coach many champions. She perished in the 1961 plane crash that took the lives of the U.S. World Team members, including Mrs. Vinson Owen's daughters. 8. Riverside Stadium, Washington, DC. Originally an outdoor facility with artificial ice, the stadium was enclosed in 1939. 9. Canadian Vern Taylor, in 1978. Fellow Canadians Kurt Browning and Elvis Stojko were first to land a quadruple jump (Browning, 1988) and quad jump combination (Stojko, 1991). In 1989, Midori Ito of Japan became the first woman to land a triple axel in competition. 10. Axel: Axel Paulsen of Norway; Salchow: Ulrich Salchow of Sweden; Lutz: Alois Lutz of Austria.

Member Spotlight:

Paul and Julia Leiby

My name is **Paul Leiby** and I am a member of the Washington Figure Skating Club. I am 10 years old and I have been skating for the past two years with my twin sister, Julia. I am also on a Rockville basketball team and in the spring I run track.

Our coach is Doug Mankovich, who also teaches **Suzanne Lazarowitz** and **Nathan Jarmuth**. Suzanne and Nathan also coached us when we were just beginning in the Learn to Skate program.

Skating is good exercise because it is fun and makes you grow muscles. The other good thing about it is you might be able to get a scholarship to a university. That is my goal. Skating with someone else is hard because if one person does the wrong thing, you both fall. This teaches you teamwork.

My name is **Julia Leiby**, Paul's twin sister. On Tuesdays and Thursdays we usually go to the rink. I also take piano lessons and I am a writer for my school newspaper.

First we had group lessons and Suzanne and Nathan taught us stroking, marching, and stopping. Doug taught us how to stroke together, how to perform Shoot The Duck, how to stroke in Kilian Position, Reverse Kilian, how to stroke in Hand in Hand position, and Foxtrot. November is when we passed our first dance test, the Dutch Waltz, and I was skating with Nathan and Paul with Suzanne.

Ice skating is an ideal sport because you can do it in the summer, winter, spring, and fall. Skating strengthens your leg and arm muscles. When you are skating with someone, you have to concentrate and not let him or her down by goofing off.

My goals as a skater are to win an Olympic Medal, be in a famous skate program, and to become a recognized and professional skater. When I am skating, I feel like a bird and that I am very elegant and graceful. ★

Skating History Trivia "Quiz"

Questions

1. Intermittently from 1924-1950, and again in 1991, the U.S. Figure Skating Championships included a competition category called _____ (in addition to the usual Singles, Pairs and Dance categories).
2. What year did Figure Skating become part of the Winter Olympic Games?
3. In what year was the Ladies Singles event added to the World Championships?
4. During the days of school figures, the USFSA 5th through 8th figure tests included a series of figure eights that required the skater to perform an entire figure eight on one foot (before changing feet and skating another pattern of the eight on the other foot). These figures were often called _____ figures (hint: think about grammar!).
5. USFSA Figure tests also included figures that consisted of three circles. Many of these figures were commonly referred to as _____.
6. What was the original name of the flying camel?
7. To date, only one woman has earned more gold medals than Michelle Kwan in the Ladies category of the U.S. Figure Skating Championships. Her name was _____.
8. WFSC became a full USFSA member club in 1938. Where did the first WFSC members skate?
9. Who is credited with landing the first triple Axel (in competition)? What year?
10. Which jumps are named after their inventors?

Answers appear on page 6

The International Scene

Weiss Wins at Skate America, Captures Bronze in Grand Prix Final

Is victory sweeter when it comes at home? Ask **Michael Weiss**, who won his first Skate America title last October in Hershey, PA. Clearly the new ISU scoring system suited Weiss as he amassed 206.94 points to earn the gold medal in the men's event. His first place standing after the short program also seemed to bode well for the rest of the season.

In November, Weiss showed impressive stamina in competing back-to-back at Cup of Russia (4th place) and Trophée Lalique (bronze medal). With 17 points from Skate American and Cup of Russia, he qualified for the Grand Prix Final, held December 13, 2003 in Colorado Springs. There Weiss overcame more than the usual obstacles to capture the bronze—the first Grand Prix Final medal ever won by a member of WFSC. He learned, upon returning home, that not only had he battled the flu while skating at high altitude, but he had also

contracted walking pneumonia. When he returns to the international stage in March for the World Championships, we hope that all systems will be go! ★

Congratulations to...

... the medallists in the Future Champion Series: **Leslieann Alasagas** (gold in Juvenile Girls), **Suzanne Lazarowitz & Nathan Jarmuth** (gold in Novice Dance), **Gabrielle Friedenberg & Brett Dunie-Neustadt** (silver in Juvenile Pairs), **Lacey & James Bohnaker** (bronze in Intermediate Dance), and **Zachary DeWulf** (pewter in Intermediate Men)

... **Kathy Hurd Carrillo, Victoria A. Conolly, Aaron C. McPherson, Adam Parr, Sarah K. Smith, Ramata Sow, and Sharon Yin** for passing the Senior Moves in the Field test.

WFSC Skaters at the Head of the Class

Each year, USFSA, in partnership with Chevrolet, recognizes outstanding high school athletes who excel in the classroom and on the ice, naming them to the Chevrolet/U.S. Figure Skating Scholastic Honors Team. Members of the 2004 Honors Team were recognized during the U.S. National Championships in Atlanta, and received scholarships and team letter jackets. WFSC was very proud to learn that two of the club's members—**Meghan McCullough** and **John Serpe**—have been named to the 2004 Scholastic Honors Team, and that **Emma Phibbs** was selected as an honorable mention. This is the second year that Meghan and John have been selected for the Honors Team—quite a remarkable achievement. The USFSA Web site notes that “Meghan is a member of The Cum Laude Society at St. Stephens and St. Agnes School,” and that “John has been honored for his academic excellence and is senior class vice president.” John (better known as Jay) will

be graduating in June and has applied to Harvard University and the University of Virginia.

Congratulations and best wishes to our three scholar-athletes! ★

WFSC extends its deepest sympathy to the Friedenbergs family, Paul, Annamarie, Gabrielle and Emily, on the death of their son and brother, Matthew. The family has asked that donations in Matthew's memory be sent to Cedar Lane Special Center, 5451 Beaverkill Rd., Columbia, MD 21044.

Emma Phibbs, from page 2

electrodes on my back to keep the muscles firing which would reduce the pain. The highlight of the day was being able to skate the free program. The excitement and the adrenaline masked the pain in my back. The biggest accomplishment for me this trip was landing my triple toes in both programs. We also completed our triple twist and stood up on the throw triple salchow. Our goal was to make the Junior World team. We were selected as alternates. This was a bit of a disappointment but every time I skate I learn so much and become a stronger person.

This was my fifth nationals. I love the excitement so much, especially when the ABC music starts to signal the beginning of the event. Nationals is so much fun and such a celebration of everyone's hard work. I wouldn't trade the experience for anything.

It's now time to reflect and move into the new season. Mike and I have accomplished so much in 4 months. We received many positive comments from both judges and choreographers at Nationals. We are happy to be able to spend time now just skating. The last 4 months were crazy just trying to get programs together and elements learned. We can now have a bit of fun getting to know each other and make up some signature moves. ★



The Blade

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