

Championship Gold!

Kristine Musademba Wins National Title

Following up on her clean-sweep victory at the South Atlantic Regional Championships, **Kristine Musademba** took the U.S. Junior Figure Skating Championships by storm. Already a veteran of national competition, Kristine had earned a trip to the Junior Championships two years ago when she won the Juvenile Girls event at South Atlantics. In her national debut in the 2003-04 season, she was 9th in the Juvenile Girls final. Making the most of her return trip, this time in Intermediate Ladies, she won all three phases (Qualifying Round [QR], short program and free skate) to claim the national title. It has been seven years since WFSC has had a ladies singles champion. **Kristi Ehlinger** won the National Juvenile Girls title in 1999. Needless to say, Kristine, her family, and her coach **Nina Stark-Slapnik** are still on Cloud 9. As they all marvel, "She did it!"

Although Kristine was the only medalist, WFSC was well-represented by ten other skaters at the Junior Championships. **Patrick Mays** and his partner Angela Vanwiemeersch (Detroit SC), the South Atlantic champions in Intermediate Dance, finished 5th in the national final after placing 2nd in QR-1A. **Timothy Petrie** and his partner Erin Maskell (Columbia FSC) were 11th in the same event; they were the South Atlantic Silver medalists. Two teams also represented WFSC in Intermediate Pairs. **Jennifer Ko and Dustin Cohen**, the South Atlantic silver medalists, placed 5th, and **Gabrielle Friedenbergl and Brett Dunie-Neustadt**, the reigning National Juvenile Pairs champions who won the bronze medal in Intermediate Pairs this year at South Atlantics, were 6th. **Allister Chang**, the 5th place finisher in Intermediate Men at the South Atlantic regional, was delighted to earn a trip to

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Kristine Musademba is the U.S. National Intermediate Ladies Champion.

WFSC Sends Seven Skaters to U.S. National Championships

Fein & Scott and Reyes & Wright – Sectional Champions

Seven WFSC skaters are set to take the ice when the U.S. Figure Skating Championships begin on January 10 in St. Louis. For Senior Men **Michael Weiss** and **Derrick Delmore** and Senior Pairs **Rusty Fein** and Tiffany Scott (Colonial FSC) and **Joseph Jorgens** and Bobbie

Ann Flower (Coyotes FSC), more is on the line than usual—they skate for a chance to represent the United States at the 2006 Olympic Winter Games.

Michael Weiss, the three-time National Champion, two-time Olympian and World bronze medalist, received a bye to

Nationals, while Derrick Delmore advanced as the bronze medalist at Eastern Sectionals (3 SP, 2 FS). Both are veterans of national and international competition. By contrast, Rusty Fein makes his national pairs debut after winning the gold medal at Easterns with international competitor and former pairs champion Tiffany Scott. Rusty, a successful singles

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Dreams Fulfilled... and Dreams for the Future

by Jessica Richards

I competed in the 2006 South Atlantic Regional Competition at the Junior level only three months ago. When I look back on it now, I can easily say that it was one of my best performances, not only because I remember standing under the bright, sunny weather of the Florida sun but more for the fact that I had skated almost exactly how I envisioned I would. This is not to say that I wasn't nervous. Before I left home, Hurricane Wilma almost proved a great escape. If only it hit on the desired spot then maybe power would be lost in the competition rink and its surrounding area for just enough time as not to be able to hold the Junior Ladies event. Even though I had thought of this slight possibility, happily letting my nerves die down for once, I knew that ultimately this is not what I wanted to happen. When I landed in Florida, stepping outside the airport and seeing the sun shine down, I knew this was exactly where I wanted to be and as for the constant butterflies in my stomach, well, I'd been skating long enough to realize they would always be a part of competition.

Fortunately, the rink was warmer than most. Looking onto the empty sheet of ice, I hoped that in future years I would remember it fondly. The locker rooms, I must note, could not have been smellier and even though I didn't see a single hockey player during the whole competition, let's just say I knew they were there. In no time at all, I was to compete in my first program. As in every Regional competition in the past, I skated well enough to qualify to the final round but knew there was room for improvement.

The next day I competed in my short program. Now that I had already made it to the final rounds, I couldn't leave room for improvement. I wanted nothing less than a clean skate. My short program was usually pretty consistent and for the most part I felt confident. When I got into my beginning pose all I thought was, I'm ready. I skated a clean program and placed 3rd. All in all, I was happy. My long, the next day, was to the same effect. Although nervous beforehand, I felt at home once I entered the ice. I took care throughout the whole program to not let my mind get ahead of myself. I thought only of what I was doing right at that very moment. After I landed my first three jumps, I

didn't become overly excited but rather moved on to the next element. Then when my music finally ended and I could concentrate on my entire program as a whole, I could do nothing but smile. True, two of my jumps had slight mistakes; but nevertheless I had landed them. And for me, a clean program was nothing but successful. I got off the ice, sat down, and thought a million things at once. As other people moved about, for me time was frozen. I just sat there, staring at my hands. All year long I had practiced for this moment; all year long I spared no effort—sweat and falls and bad days as well as good ones—to get ready for this competition and when it came time to perform, I did. The results came up and I placed 2nd both in the long and overall standings. I could not have been happier.

Eastern Sectionals was a few weeks ago and after placing 7th overall, I am currently back home and to the drawing board. I skated well at both competitions, but as of now, this is all past me. Although I could not be happier with this competitive season, I'm more focused on the future. I can't wait to start working on my programs for next year and can only hope that I keep on doing what I love. ★

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WFSC Salutes Its Sectional Competitors

WFSC was honored to be represented by eleven skaters in sectional competition this year. The achievements of **Rusty Fein** and Tiffany Scott (Eastern Senior Pairs Champions), **Derrick Delmore** (3rd in Senior Men at Easterns), **Joseph Jorgens** and Bobbie Ann Flower (5th in Senior Pairs at Pacific Coast Sectionals), **Katrina Reyes** and Jon Wright (Pacific Coast Junior Dance Champions), **Craig Ratterree** (4th in Junior Men at Easterns), and **Armin Mahbanoozadeh** (3rd in Novice Men at Easterns) are highlighted in the story on the U.S. Championships on page 1. In addition, **Teresa Lin** made her sectional debut in the Senior Ladies event at Easterns, placing 10th (9 SP, 10 FS). **Jessica Richards** also earned her first trip to sectionals after serving as first alternate last year. She finished 7th overall in Junior Ladies (4 SP, 7 FS) at Easterns.

Three Novice Dance teams represented WFSC at sectionals this year. Competing at Easterns, **Casey Smith** and Jamie Lerman (City of Palms FSC) finished 8th. At the Pacific Coast Sectional, **Ginna Hoptman** and Jacob Mercer (Portland FSC) were 8th (9, 10, 7) and **Lauren Corry** and Oleg Altukhov (Portland FSC) were 10th (10, 8, 10). Congratulations and best wishes to all these outstanding competitors. ★

The International Scene

Vanessa James, competing for the first time outside the United States, won the 2005 British Ice Figure and Dance Championships to become Great Britain's first black figure skating champion. Born in Canada, Vanessa qualified to compete in the UK as a result of her father's ancestry. Although she had originally planned to enter the competition at the Junior level, Vanessa was persuaded by British officials to enter the senior event, and she became the favorite when 3-time defending champion Jenna McCorkell withdrew due to injury. We applaud Vanessa's outstanding and historic achievement, and wish her the best in international competition.

WFSC skaters were also busy representing the United States in international competition last fall. **Rusty Fein** made his international Senior Pairs debut with Tiffany Scott at the Nebelhorn Trophy Grand Prix event in Germany. The new team placed 5th overall (4 SP, 6 FS). In November, **Michael Weiss** competed at the Grand Prix Trophee Eric Bompard in Paris, placing 6th (5 SP, 6 FS). **Craig Ratterree** had a busy fall season, competing in two Junior Grand Prix (JGP) events. At the first, held in Montreal, Canada in September, he captured the bronze medal, placing 1st after the short program and 5th in the free skate. A month later, at the JGP event in Japan, Craig again performed an outstanding short program, in which he placed 2nd, and then finished 6th overall (8 FS).

Earlier in the summer, at the North American Challenge in Kansas City, **Armin Mahbanoozadeh** won the silver medal in Novice Men. He was in first place after the short program, and placed 3rd in the free skate. **Anthony Dang** also competed in the same event, and pulled up to 7th overall with an excellent free skate (10 SP, 5 FS). ★

WFSC Skaters Gather Gold (& Silver & Bronze) at Regionals

WFSC sent a smaller contingent of skaters to the South Atlantic Regional Championships held in Tampa, Florida this year. But even the threat of Hurricane Wilma, which postponed the start of the competition by one day, did not dampen the enthusiasm of the club's competitors, who turned in outstanding performances at all levels. The achievements of the national qualifiers are highlighted in front page articles: **Kristine Musadamba** (Intermediate Ladies Champion), **Patrick Mays** and Angela Vanwiemeersh (Intermediate Dance Champions), **Armin Mahbanoozadeh** (Novice Men silver medalist), **Timothy Petrie** and Erin Maskell (Intermediate Dance silver medalists), **Jennifer Ko and Dustin Cohen** (Intermediate Pairs silver medalists), **Gabrielle Friedenberg and Brett Dunie-Newstadt** (Intermediate Pairs bronze medalists), **Allister Chang** (5th in Intermediate Men), **Samantha Veloso** (Juvenile Girls silver medalist), and **Daisy Campos and Luis Catacora** (Juvenile Dance bronze medalists).

Other skaters medaled to advance to Eastern Sectionals. **Teresa Lin** won the pewter in Senior Ladies and **Jessica Richards** claimed the silver in Junior Ladies. (Read Jessica's account of her experiences on page 2.)

Quite a few skaters earned a place on WFSC's Regional Honor Roll by reaching the final round at South Atlantics. **Alexander Allen** finished 7th in Novice Men after placing 4th in the short program. Intermediate Ladies finalists included **Sigrid Young** (7th overall, 2nd QR-1A, 2nd SP-2B, 8th FS),



Eva Przygodzki and Janet Long accept the 2005 Challenge Cup trophy on behalf of WFSC. The trophy is awarded to the club whose skaters accumulate the most points based on placements during the competition. In recent years, the club has won the trophy in 2003 and 1999.

WFSC Wins 2005 Challenge Cup

The 2005 Challenge Cup competition began on a Thursday, and by Friday, according to judge **Beverly Kimes**, it was clear that WFSC would win the trophy. "Our competitors were skating so well," Mrs. Kimes remarked, that the outcome was "a foregone conclusion." Long the club's most ardent supporter at this competition, Mrs. Kimes was given a special award—a singing fish plaque—by the host club, Philadelphia SC & HS, in 2000 in recognition of her dedicated pursuit of the trophy. So her glee was evident this year as she recounted the success of WFSC's "many fine skaters." Congratulations to all of the club's competitors who shared in this outstanding achievement. ★

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Adult Skaters Master Many Events

By Caroline Thorington

Many of the skaters who compete in adult competitions enter multiple events. Organizers of these adult competitions have set up a format where a skater can enter a number of events besides the regular Free Skate. At the Annual New Year's Adult Invitational Competition (coming up Feb. 4-5, 2006), besides Free Style, we offer events such as Spins, Moves, Compulsory Moves, and Interpretive as well as Pairs and Dance. Conceivably, a skater could enter all the events offered (and be very tired by the end of the competition!). Most competitors enter one, two or three events, but some enter as many as four. Free style is the most commonly entered event with Interpretive not far behind.

I have entered as many as three events at the Adult New Year's Competition. In watching and competing in the 2005 competition, I began to wonder what reasons others might have for entering several events. I know what my reasons are, but are they the same or different from other peoples'? I used to enter only the Free Style event—I thought that was all the competing I could handle. I didn't think I could ever do an Interpretive program. Then one year, I decided to be a cat—mostly because I found a black velvet stretch body suit that would make a perfect cat costume. (One I'd never wear anywhere else!) What I discovered was that I could hide my shy person in that black suit and become someone else on skates. It loosened up my skating and taught me something about competing and helped my regular free style skating in the process.

I decided to ask some of the WFSC skaters for their reasons for entering multiple events at the New Year's Competition. They might have some fresh insights or reinforce some basic ideas about adult skating. After all, we adults have a tendency to be a bit self conscious when we compete. I asked three people who had skated in at least three events at the 2005 New Year's Competition. They were **Tim Fisher**, who won the Ed Picken Award and the Men's Interpretive event; **Ellyn**

Kestnbaum, who won the Bronze Medal in Bronze Spins; and **Eva Przygodzki**, who won the Silver Ladies II Free Style, was second in Silver Compulsory Moves and third in Silver Spins.

Tim had some interesting comments. Free skating is his primary emphasis. "I love putting the whole skating package together—music, choreography, presentation—with the most difficult technical elements that I can muster. The Interpretive category is a chance to really connect with the audience and work on the 'second mark.' I remember once several years ago performing 'Kill the Wabbit' in Wilmington, and for the first time, I could actually see the audience as I skated and hear them laugh and applaud. It was exhilarating and I felt like a true performer. The adult men of the WFSC are very lucky in that we get to skate with the amazing **Mark Adams**, who really owns this category. He's always on the podium at Nationals and won the Interpretive gold medal four years in a row—which, if you know how crazy this category is to judge, is an unbelievable feat. Needless to say, Mark takes the ice prepared to perform at a very high level and he challenges the rest of us to come up with interesting crowd-pleasing programs."

Two years ago, Tim took up Dance with partner **Annie Gudis**. He thought her ballet background might rub off on him and the technique of ice dance would help push his basic skating to higher levels. "I think it has—I hope it has," he says. "It's much more difficult and technical than I imagined—and fun as well. I've even gotten over my distaste for the creaky organ music you sometimes hear at dance sessions!"

Ellyn Kestnbaum had what she calls "some off-the-cuff comments." She was delighted when she won the Bronze Medal in Bronze Spins. It was a skating "first" for her. She felt pretty comfortable with the spins going into the competition. It helped that she likes to spin. This added confidence enabled her to concentrate during the competition. She says she still needs to "work on getting my camel spin more con-

sistent and holding it for longer."

Competitions can point out your strengths as well as weaknesses.

She had different reasons for competing in the Bronze Moves. She doesn't need to pass the Adult Bronze Moves because she has already passed her Bronze Free Style. On the other hand, she didn't feel prepared for the Silver Moves because she is still struggling with the back three turns. Competing in the Bronze Moves was a chance to "get some moves that I am more comfortable with out in front of judges, and a reason to work on the power threes, although I may never end up testing them."

Ellyn is relearning the flip and Lutz—trying to get the correct take-offs. These jumps were not in her free style program at all. Because of this, she knew her program would not be as competitive, but as she says, "...it's more interesting and creative to skate a program to music and it's good for stamina to have to train for it."

Eva Przygodzki states her reasons for entering multiple categories succinctly: "This year, for the first time ever, I decided to enter the spin competition and compulsory moves competition, on top of my regular free style and interpretive entries. Why would I so willingly subject myself to this additional stress? The answer is self-improvement. I don't think my coach would be able to persuade me to learn a difficult and unusual spin combination, unless I had to perform it in front of the judges. Later I found out that my combo would be considered a 'level 3' of difficulty according to the new scoring system! Compulsory moves are an excellent opportunity to put many of our skating skills to the test. We like to perform certain moves within our comfort zone, but for compulsories I had to push myself beyond my usual level of comfort—for example, spirals on both legs, not just my favorite right. There are other challenges tied to compulsories, like time (but no music), and limited space, and all of them in my opinion contribute to self-improvement."

There are many reasons for entering

Continued on page 5

Attn: Adult Skaters!

The announcement for the second ISU Adult Figure Skating Championships is available now! The competition will be June 1-3, 2006 in Oberstdorf, Germany. All skaters (other than current world or nationally ranked competitors) between the ages of 28 and 70 may compete. A training camp and sightseeing activities are planned for the week before the competition. A great way to spend a week in the alps! The announcement is posted on the WFSC Web site, www.wfsc.net. For further information contact Rhea Schwartz at: dcrhea@aol.com.

U.S. Championships

from page 1

competitor who last skated at the U.S. Championships in the Junior Men's event in 2001, completed a whirlwind year of testing to reach the senior level in pairs. **Joseph Jorgens**, who competed at the U.S. Championships in Junior Pairs in 2001 and 2002, returns at the senior level with a new partner, Bobbie Ann Flower. They are alternates from the Pacific Coast Sectional where they finished 5th (4 SP, 5 FS).

Katrina Reyes and her partner Jon Wright (All Year FSC) return to the U.S. Championships with a victory in Junior Dance at the Pacific Coast Sectional. Last year the team was 4th at Easterns and 11th at Nationals in the same event. **Craig Ratterree** also returns to the national stage where he was the Junior Men's silver medalist last year. He qualified this year with a 4th place finish at Eastern Sectionals (4 SP, 6 FS). **Armin Mahbanoozadeh** follows up on his success last season when he was the Intermediate Men's silver medalist at the U.S. Junior Championships. Making his first trip to "Senior Nationals," Armin won the bronze in Novice Men at Easterns.

We cheer on all these skaters as they reach for the stars and compete for places at the pinnacle of their sport. ★

The Gift of Figure Skating

By Christa K. Carignan

Figure skating lessons were a gift to me. After many unsuccessful, albeit amusing, attempts during public skating sessions to wriggle my backside into something I thought would resemble "skating backwards," it was time to call in the professionals.

My husband, as a Christmas gift, enrolled me in a beginner class for adults. During my first awkward lesson in "falling & recovery," I never imagined that two years later I would be attempting a Lutz or hoisting my leg into a Camel Spin. I had no idea that ordinary adults could compete at Nationals, much less an international event in Germany. But I haven't stopped gliding, spinning, or obsessing about the perfect competition music ever since.

My love for skating was a gift from my father. I recall sitting together as we watched every skating competition that ever came across the TV. I was about twelve when Torvill and Dean took my breath away. I wondered how their mesmerizing dance of "Bolero" could be so strong and powerful, at the same time elegant and effortless, all on a sheet of ice. I have since marveled at Lucinda's spins, Michelle's sportsmanship, Alexei's footwork, and Yuka's grace. Could I do that, too?

Adult Skaters, from page 4

the different events. Tim, Ellyn and Eva have given a number of them. Tim's delight in the whole package—putting together the music, choreography and the technical elements—is echoed by Ellyn who finds it more interesting and fun to prepare a whole program than just work on elements. Eva finds that doing the variety of events helps her to make improvement to all aspects of her skating. All of them mentioned words like interesting and fun and challenge and learning. These are good reasons for competing, whether one ends up skating in only one event or, as many of us do, in several. ★

"Believe in yourself," my coach tells me. And in doing so, my husband's gift to me has multiplied in countless ways.

Skating as an adult – at any age, really – is hard. We see powerful double jumps in our minds, but have to conjure up the courage to take that enormous leap-of-faith Bunny Hop. We learn the hard way that not all toe picks are created equal, and kneecaps were not meant to be landing gear. But we also learn the payoff of sheer determination and hard work. We discover our hidden power and grace. We gain confidence. We find freedom. We meet friends. We feel joy when our bodies do what our minds deemed impossible. We even get muscle tone in places that never, in our entire lives, were toned before.

Skating also gives the gift of inspiration. I am inspired by the braveness of the 13-year old at my rink, who unabashedly bounds into triple jumps three feet high. I am equally inspired by a skater two decades my senior, who takes to the ice with unquestioning confidence, when many at that age would do anything to avoid icy puddles on a wintry day. They believe in themselves.

So for any adult who has even an inkling of desire to try figure skating: Go for it. Let yourself experience all that skating is. And may you discover its many gifts. ★

U.S. Junior Championships, from page 1

Junior Nationals as an alternate. He was 11th in QR-1A.

Samantha Veloso was the South Atlantic Juvenile Girls silver medalist, and she placed 4th in QR-1B to advance to the national final, finishing 8th. **Daisy Campos and Luis Catacora**, the South Atlantic bronze medalists in Juvenile Dance, also advanced to the finals at Junior Nationals, where they finished 13th.

WFSC is very proud of all these skaters who have reached the highest level in national competition. ★

Chiropractic in the World of Figure Skating

by Raymond S. Solano, D.C.

Skating excellence involves an area that is often overlooked—that is, maintaining proper balance and stability in the spine and supporting structures.

We all have 26 movable bones which make up our spinal column. For a skater, these bones can become vulnerable to misalignments and compression, especially when you start to factor in the amount of jumps and falls that a young skater can absorb on a daily basis. Over time, some of these spinal misalignments can lead to structural changes in the muscles/ligaments of the neck and back. If left untreated, changes can continue to occur in the hips, knees, and other supporting structures. Some skaters might develop immediate pain in those areas, while for others it might take a while. Everyone responds differently to physical stressors; that's what makes us all unique.

The role of a doctor of chiropractic in figure skating is crucial in not only enhancing performance, but for maintaining longevity in the sport. A chiropractor is a trained specialist in determining the cause and correction of spinal misalignments. For a skater, a chiropractor trained in sports-related injuries would be a perfect match. Often times, coaches can give great recommendations on finding a chiropractor, especially since a majority of coaches were also once competitive skaters with injuries.

An initial chiropractic examination will focus on the balance and stability of the spine and supporting structures. There are a series of tests used to examine the spine. In some cases, x-ray analysis is needed to rule out certain conditions and gather additional information. After gathering all of the necessary information, then a specific care plan of chiropractic treatments, sometimes utilizing certain physical therapy techniques, are used to correct any unwanted spinal misalignments and compression, and reduce pain symptoms. Furthermore, a chiropractor can give recommendations including prescribing boot orthotics and targeted stretching/exercises in order to maintain correction.

Some of the best skaters in the world would not dare compete without a visit to their chiropractor. For many years, this was their secret weapon.

Chiropractic care is safe, effective, and the natural way to maintaining a healthy spine. It has been proven to increase reaction time, speed, and agility. This is what will set you apart from the rest and put

you on track to achieving skating excellence. ★

Dr. Raymond Solano is a Chiropractic Physician working with some of the areas top skaters. He is a member of the US Figure Skating Sports Medicine Society. You can reach him at solanospine@aol.com or 313 Park Ave., Falls Church, Va. 22046.

On Campus...

Christine Brown, a graduate of the Holton Arms School, is a freshman at Vanderbilt University where she is majoring in Human and Organizational Development and runs on the cross country team. Christine is talented in many sports—including figure skating, ice hockey, running and golf—so it is fitting that she received the 2004 Bethesda Student Athlete Award. During her high school cross country career, she was the 2004 Georgetown Prep Invitational Champion (Varsity—large independent schools). Christine also played competitive golf during the last three summers and was the Mid-Atlantic PGA 2004 Jr. Golf Tour Champion.

Victoria Conolly is a freshman at Virginia Tech University where she presently has a double major in Political Science and History, with a minor in International Studies. She loves college life, although she misses skating, the excitement of competitions, and all of her friends here. During her final year at Stone Bridge High School in Ashburn, VA, she took three A.P. courses, as well as Advanced Composition World Literature and Physics. She placed in the Science and History Fairs, was 4th in the Loudoun County Engineering Fair and first in Chemistry, was on the honor roll and an A.P. scholar. Skating and school required a balancing act, but it worked out well. Victoria also taught group lessons and several private lessons at Ashburn Ice House on weekends. The Roanoke ice rink is now open and Victoria plans to continue

skating while in college, because, according to her, quitting skating after reaching the senior level is just not going to happen. Her goal is to organize a Virginia Tech Figure Skating Club and skate in intercollegiate competitions.

Aidan Daley-Hynes is skating with the Ice Theatre of New York while studying at the New School for Social Research in Greenwich Village.

Lauren Eden is a 2005 graduate of the Jewish Day School and attends Eckerd College in St. Petersburg, Florida. The school, renowned for its marine biology program, is featured in Loren Pope's *Colleges That Change Lives*. Lauren, who is a talented marathoner as well as figure skater, has discovered a completely new sport at Eckerd—she is a member of the Wakeboarding team!

Two WFSC members enjoyed the congenial atmosphere at a recent collegiate competition hosted by Cornell University.

Rusty Fein accumulated points for the University of Pennsylvania in Senior Men, where he was the only entry, and the High Team Maneuvers, where his triple lutz and triple toe-double toe combination were crowd-pleasers. He also made his ice dance debut in the Canasta Tango. **Laura Shaw**, competing for the first time in three years, scored for Princeton University with bronze finishes in the Junior Ladies events. Laura has joined Princeton's synchronized skating team as well. ★

Regionals Wrap-Up

From page 3

Leslieann Alasagas (8th overall, 3rd QR-1D, 7th SP-2B), 7th FS), and **Sharon Yin** (14th overall, 4th QR-1C, 6th SP-2B, 14th FS). Three WFSC skaters joined Allister Chang in the Intermediate Men's final: **Bobby Crawford** was 6th (7th SP, 6th FS), **Todd Langstaff** finished 7th (5th SP, 8th FS), and **Drew Kozusko** was 12th (11th SP, 12th FS). In the Juvenile Girls final, **Ashley Brickman** was 6th (1st QR-1E, 1st QR-2A, 7th FS), **Parisa Sadeghi** was 12th (2nd QR-1B, 3rd QR-2A, 12th FS), and **Jennifer Maizlish** was 15th (4th QR-1C, 8th QR-2B, 15th FS). **Boris Nouchtaev** and his partner Brielle O'Connor (Space Coast FSC) were 6th in Juvenile Dance (6, 4, 6).

Not to be forgotten were WFSC's officials, judges **Dorothy Dodson** and **Judy Reiner**, who also served as a referee.

Congratulations to all these skaters and best wishes as you continue your skating careers. ★

From the Board...

The WFSC Board of Governors has established a Skater Recognition system comprised of the following:

- **Three Teams:** Team WFSC (headed to Sectionals), National Team (headed to Nationals, including Synchro and Adult Qualifying), International Team (selected by USFS for international events, excluding Young Internationals)
- **Three Honor Rolls:** Regional (regional medalists and final round), Sectional (sectional medalists), Adult (National medalists, including qualifying and non-qualifying).
- **Two Halls of Fame:** National (National medalists), International (International medalists and World and Olympic athletes)

2006 WFSC Club Competitions

The 2006 **Club Dance Competition** will be held Monday evening, March 13 at Cabin John. Interested skaters and coaches should check the Web site or e-mail Judy Reiner at JudyQ@rocketmail.com.

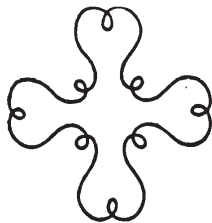
The 2006 **Club Freeskating Competition** will be held Saturday, March 25 at Mount Vernon Ice Rink. Applications were mailed with this newsletter to individuals requesting hard copies, and are available on-line at www.wfsc.net.

EdgeWise for figure skaters

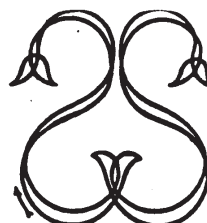


All About Edges History & Trivia

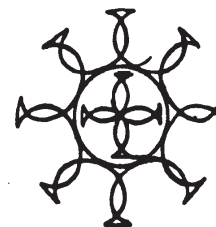
Did you know that early skaters actually drew these patterns on the ice?*



b. ALEX. LEBEDEFF 1883



f. N. PANIN 1897



g. A. CUMMING 1908

*"Special figures"—once a proud feature of international competition, when skaters were master etchers. (Some are still occasionally skated in exhibitions.) One performer of fancy figures skated a love letter to his sweetheart. (World F.S. Hall of Fame and Museum)

Name these turns and figures (if you don't know the answers, ask your coach, another skater, or look at a book!)



1. _____

4. _____



2. _____

5. _____



3. _____

6. _____



* reprinted w/o permission from *The Fine Art of Ice Skating*, by Julia Whedon

In Memoriam:

Debra Allen DiCamillo

The skating community was stunned by the untimely death of Debra DiCamillo on Nov. 22, 2005 in an auto accident in Lenoir County, NC, en route to a family gathering. As a gold test judge, Debbie was well known to area skaters. Despite being a non-skater herself, she demonstrated remarkable aptitude for and commitment to judging. This was simply one manifestation of Debbie's strong, goal-oriented character, as eloquently described by her daughter Elysia at the funeral service. We can all attest to her contributions as a motivator, supporter and dedicated volunteer. As co-chair of the Volunteer Committee for the 2003 World Figure Skating Championships, Debbie screened and coordinated nearly 1,200 volunteers, forming the essential framework for that incredible event and making its success possible. She volunteered outside the skating world as well, with the Girl Scouts, Daughters of the American Revolution and Baltimore Aquarium, and as vice president of the Parent Guild of St. Vincent Pallotti High School. Through the Girl Scouts, she was active in helping youth with the

President's Volunteer Service Award, and in planning educational trips for Scouts to Mexico and Europe. In the DAR she was state chairman of the National Committee for Volunteer Information Specialists and treasurer for the Colonel John Washington-Katherine Montgomery Chapter. What WFSC members might not have known about Debbie was that she had recently joined the Circumnavigator's Club as an outlet for her love of traveling.

Debbie's passing will be felt by all of us in the skating community, and WFSC extends its deepest sympathy to her husband, Pasqual (Rico) and daughter Elysia.

Alec Radcliffe

WFSC also mourns the passing of Alec Radcliffe, who joined the club in 1957 and served as President of the Board of Governors in the early 1970s. He was well known to the club's ice dancers as a regular skater on the morning sessions at Cabin John and Wheaton Ice rinks. WFSC expresses its gratitude for Mr. Radcliffe's service and long-term dedication to the skating community, and extends its deepest sympathy to his family.

Congratulations to...

... **Ben Cohen, Ginna Hoptman**, and **Rachel Kane** for passing the Gold Dance test.

... **Melyssa James** for passing the Senior Free Skating test.

... **Rusty Fein** for passing the Gold/Senior Pairs test.

... **Alex Allen, Brett Dunie-Neustadt, Leigh Horn, Lindsay Slater, Charissa Tansomboon, Shaeia Vermillion**, and **Lisa Yee** for passing the Senior Moves-in-the-Field test.

... **Bridgette Pfeufer** for passing the Adult Gold Moves-in-the-Field and Free Skating tests and **Mary Beth Bullock** for passing the Adult Gold Moves-in-the-Field test.

... to the following judges on their appointments: **Najja Bracey** (Silver Singles/Pairs test and Novice Singles/Pairs competition), **Barbara Buch** (Silver Singles/Pairs test, Silver Dance test and Novice Dance competition), **Ellyn Kestnbaum** (Bronze Singles/Pairs test), **Jennifer Lyon** (Bronze Singles/Pairs test), and **Doug Mankovich** (Bronze Dance test).

... to **Jim Wilson** on his USFS Regional Music appointment.



The Blade

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