

## A Golden International Adventure

by Ashley Wagner

When I was little, I always wondered what it felt like to stand on the podium, representing the USA. Well, now I know. To describe it briefly, it's a feeling of pride, victory and sheer happiness that rushes through your body as you look out at the applauding crowd. When you stand on the podium, looking at the US flag, listening to the National Anthem, you know the hard work is worth it. I have competed internationally twice for Team USA. Each time has left me with memories that will last for the rest of my life.

In August, I was sent off to Montreal, Canada to compete in the North American Challenge Skate. This was my first international competition, and I can still remember how nervous I was to be there. This competition was between Americans and Canadians. We had Team meals and meetings, which made my experience seem even more real. In Montreal, I skated one of my best skates ever, and came out on top with a lead of about 18 points.

Last April, during my Spring Break, I flew out to Jesenice, Slovenia. To me, this was my first *real* international. I was not just competing against Americans and Canadians, but skaters from all over Europe! What I will remember most is sitting in the locker room with my teammate listening to all the other girls speaking at least five different languages. I was amazed at how even though one girl might be from France, she could still talk fluently with another girl from Belgium, or even Slovenia. Every day the Team and I would walk around the small and comfy town of Kranjska Gora in the Julian Alps. In the mornings you could hear the



In April, Ashley Wagner represented the United States at the Triglav Trophy in Jesenice, Slovenia, and returned with the gold medal. Here Wagner (left) poses with teammates Blake Rosenthal, Scott Dyer and Brandon Mroz. She will compete at the Junior Grand Prix event in Courchevel, France in August.

farmer taking the cows out of his nearby barn, and leading them to the fields. The rink was not in the best condition, but I didn't care; the experience for me was too much fun to notice. Since Jesenice was a small mountain town, we had no zam for 2 days when it lost all water due to a rock slide. To say the least, the ice was not too pleasant. Both of my skates in Slovenia went well, and I came out on top again. I loved the awards ceremony, looking up into the stands and seeing, believe it or not, only 5 or 6 people, including my parents. International competitions don't really attract a lot of attention.

Overall, my international experience has helped me gain self confidence and independence. You have to learn that even though you are there to have fun, you also need to focus. Sometimes I would have to go to bed early before the rest of the Team so I would be ready for our 7 AM practice. These competitions prove to me that all of my hard work, dedication, and 6 AM practices are really worth it. Because of my international results and placement at Nationals, I have been chosen to compete at the Junior Grand Prix in Courchevel, France. I am very excited and I can't wait so see what the future brings. ★

## Report from Liberty *by Ellyn Kestnbaum*

The most notable fact about the summer competition sponsored by the Liberty Figure Skating Club of Philadelphia is its size. In its fifth year, the second held at the IceWorks Skating Complex in Aston, PA, the 2006 event encompassed 69 judges and 1200 competitors with over 1600 skating starts, according to judge **Beverly Kimes**, who represented WFSC at this event. **Dorothy Dodson, Megan Raymond, and Najja Bracey** also served on judging panels at Liberty, with Dodson also performing as referee. **Jim Wilson** was on the music team.

From Wednesday through Saturday, July 12-15, events ran all day, from 8:00 AM through evening, on three separate ice surfaces, with a fourth surface serving as continuous practice ice. Long and short programs were separate events, and compulsory moves events were also offered for pre-preliminary through juvenile levels.

Liberty used either 7 or 9 judges on all panels. In addition, the use of the new International Judging System for final-round events required additional officials—technical specialists and accountants, both rinkside and in the accounting room.

Using the new system adds to the expense of running the competition because of the extra officials and equipment needed, and also adds to the length of each event, with long delays between skaters' programs while the specialists verify the elements.

The events themselves were huge, with groups of up to 18 or more competitors for initial rounds, so that the last skater in a group might take the ice an hour and a half after the first. Two pages were often needed for judges' notes, according to Kimes. Breaks between judging assignments were few.

Although the majority of the skaters represented East Coast clubs, there were competitors from around the United States and beyond. At least 80 WFSC skaters competed at Liberty this year, in events ranging from No Test through Senior levels. Three WFSC competitors were final round champions: **Ashley Wagner** (Junior Ladies long program), **Kristine Musadamba** (Novice Ladies short program), and **Jennifer Ko** (Intermediate Ladies freeskating).

In Senior Men, **Derrick Delmore** finished 3rd in the short program and 4th in the long. **Jessica Lynn Richards** was 6th in Senior Ladies short program group A and 4th in long program group A. There were no final rounds for the Seniors.

As noted above, **Ashley Wagner** won the Junior Ladies long program final and took 2nd place in the short. **Vanessa James**, representing Great Britain, also qualified for both finals, placing 10th in the short and 11th in the long. **Katrina Gumbinner, Natalie Stier, and Lisa Yee** also competed as Juniors.

At the Novice level, initial rounds were necessary for the men as well as the ladies. **Armin Mahbanoozadeh, Kristine Musadamba, and Leslieann Alasagas** all won their initial rounds for both short and long programs. In the final rounds, Musadamba won the Novice Ladies' short and took 2nd in the long while Alasagas placed 11th and 7th; on the men's side, Mahbanoozadeh placed 3rd and 2nd in short and long. In the Novice Pairs event, **Gabrielle Friedenber** and **Brett Dunie-**

**Neustadt** placed 7th in the short program and 6th in the long. Also representing WFSC as novices were **Honi Katie Jurison, Charlotte Robbins, Sigrid Young, Allister Chang, and Bryant Lampkin**.

Ten WFSC skaters skated in Intermediate Ladies and four in Intermediate Men. Due to the large number of Ladies entries, there were two final round groups for each program. In Thursday's freeskating finals **Samantha Veloso** placed 9th and **Nicole Turchi** 11th in group A, while **Jennifer Ko** and **Sharon Yin** took 1st and 2nd, in group B with **Parisa Sadeghi** 5th. The short program finals, held on Saturday, had Veloso 2nd, **Joanna Nishimoto** 15th, and Sadeghi 18th in group A, and Yin 3rd and Turchi 10th in group B. **Bobby Crawford, Todd Langstaff, and Austin Wagner** placed 9th, 13th, and 14th, respectively, in the Intermediate Men's short program final; Wagner and Langstaff were 11th and 13th in the long program final.

**Christopher Roman** took 3rd in the Juvenile Boys freeskating. **Sarah Eisen** (11th) and **Joanna Nishimoto** (15th) were the two Juvenile Girls out of ten WFSC entries who qualified for the final round freeskating. **Taylor Hoover** placed 3rd in Juvenile Girls compulsory moves.

At lower levels there were no final rounds. WFSC freeskating medalists included **Haley Mulera** (1st in group B) and **Jacqueline Zimmerman** (3rd in group E) in Pre-Juvenile Girls; **Caroline Beaupre** (2nd) in Preliminary Girls; **Sheila Zhu** and **Stephanie Colen** (2nd and 3rd in group G) and **Melanie Chang** (1st in group F) in Pre-Preliminary Girls, and **Louie Gold** (3rd in Pre-Preliminary Boys). (See full results on WFSC web site.)

CONGRATULATIONS to **Rusty Fein**, winner of the 2006 Bachrach Trophy, and **Sigrid Young**, recipient of the Mary Starr Wheeler award for outstanding achievement, attitude and sportsmanship.

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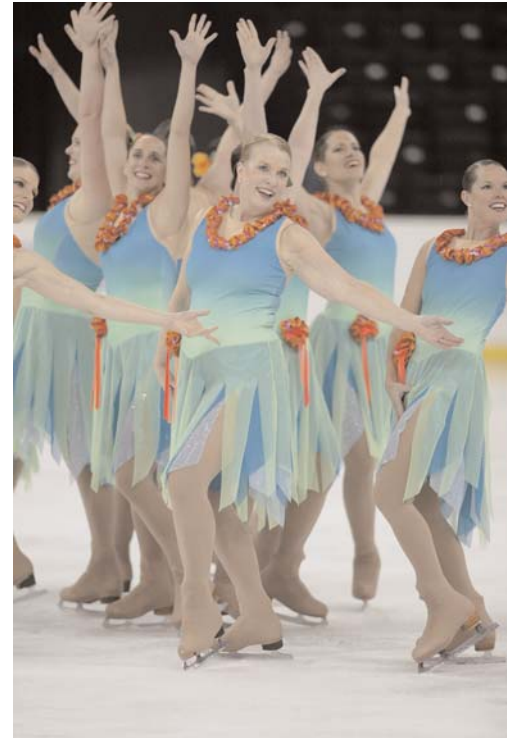
## Ice Force One Flies High

**I**ce Force One, WFSC's adult synchronized skating team, won the silver medal in the Masters event at the U.S. Synchronized Team Skating Championships. In a close contest with the Gems on Ice (Plymouth FSC), Ice Force One earned four 1st-place ordinals. Skating to a Hawaiian-themed program, the team gave a dynamic performance filled with exciting freestyle elements including layback spins, spirals and split jumps and synchronized skating elements featuring all 20 skaters forming a block with footwork, fast-wheels rotating in different directions, circles, and exciting intersections.

Practicing each week, skaters commit to a season with the team starting in August and culminating in the National championships in February. These adult skaters, who balance families, careers and "grown-up" lives, combine to form a unified team pursuing serious goals. Skaters range in age from 25 (at a minimum) to 67 with an average age of 35. Most of the skaters work full-time and many are also mothers. "The life experience outside of the rink contributes to a sense of community and camaraderie that makes us stronger on the ice. We learn from each other and from our shared experiences," says **Jacquie Tennant**, President, who is the most senior member of the team and who, through her 20s and 30s, performed with Holiday on Ice as a show skater.

The coaches seek to provide an experience that develops the skaters as athletes. Skaters must have the cardiovascular strength of a runner, the grace of a ballet dancer and the flexibility of a gymnast. For several hours each week they work on their performance both on the ice and off. Coach **Stacey Sickels Heckel** commented, "We have skaters who grew up skating as children and have returned to the ice as adults, team members who learned to skate as adults, and ice dancers and singles skaters who wanted to try skating on a team." "Whatever their background, our skaters are passionate and have a lot of fun. That fun translates onto the ice in an entertaining program," says **Emily Mayer**, skater and coach.

The team practices on Sunday evenings at the Cabin John Ice Arena in Bethesda, Maryland from 6:45pm to 10:30pm. For additional information contact: Stacey Sickels Heckel, Coach, [www.iceforceone.org](http://www.iceforceone.org). ★



The skaters of Ice Force One beam after hitting their final pose at the Eastern Sectional Synchronized Team Skating Championships. From left to right: Kim Menhinick, Emily Mayer, Elyse Lapan Lash, Jacqueline Tennant, Jennifer McManus, and Elizabeth Skinner Grandonico.

Photo courtesy of ActionPhoto.com.

## Dancers Shine at Pro Am Dance Classic

**E**d Picken developed the concept of the Pro Am Dance Classic competition to offer all ice dancers the chance to compete as part of a dance team, rather than as solo dancers, by allowing them to skate with professionals. In 1994, the competition broke new ground as the only Pro-Am event of its kind. Today, the Edward G. Picken Pro Am Dance Classic serves as the prototype for competitions in New Jersey, Pennsylvania, Lake Placid, and elsewhere. The 2006 competition added another dimension by participating in U.S. Figure Skating's Future Champions Series for eligible teams at the Juvenile through Novice levels. All dancers, whether part of a Pro-Am team or an eligible team, enjoyed the opportunity to skate for an outstanding panel of judges, and many received valuable feedback on

their performances. The panel of officials included WFSC's own **Barbara Buch, Dorothy Dodson, Doug Mankovich** and **Patsy Picken**, plus Holly and John Cole, Cynthia Drayton, Ann Greenthal, Elaine Hickman, John LeFevre, Jenny Mast, Vicki Merten, Wendy Mlinar, Shawn Rettstatt, Hazel Wecal and Diana Wisner.

WFSC's coaches and skaters are the backbone of the competition, and many enjoyed outstanding success as multiple medalists. **Jessica Tyler**, skating with **Gary Shortland**, won six medals and two trophies—the Open American Waltz trophy and the Klurfeld Trophy for Gold Class I. In addition, she won the gold in Pre-Gold I, silver in the Team Quickstep, and bronze in both the Team European Waltz and the Team Paso Doble. **Erica Ling** earned five medals—two golds with

**Vitaliy Shalin** (International II and Team Viennese Waltz) and one gold with **Igor Lukanin** (Gold III), as well as two silvers in the Open Midnight Blues and Team Rhumba. **Nakisa Sadeghi**, also skating with Shalin, took home four medals—gold in the Team Willow Waltz, silver in both Bronze I and Open Hickory Hoedown, and bronze in the Open Fourteenstep. **Melyssa James** claimed three gold medals (in Silver II, Pre-Gold II&III, and International I&II). **Gaby Rudderow** was another triple medalist—gold in Class IV Open Hickory Hoedown and bronze in the Class IV Open Fourteenstep with Lukanin, and silver in Pre-Silver IV with **Tim Bookwalter**. **Gary Shortland's** teams claimed silver medals in all three

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## 5th Annual New Year's Adult Invitational *by Caroline Thorington*

Ninety-four skaters from 16 states and the District of Columbia competed in WFSC's 5th Annual New Year's Adult Invitational Competition on February 4 and 5, 2006. Competitors came from as far away as Georgia, California and Wyoming. Twenty-eight skaters represented WFSC. Besides Freestyle, Dance and Interpretive events, skaters competed in Moves in the Field, Compulsory Moves and Spins. A new event—"Don't Go it Alone"—was added this year, and for the first time skaters competed in Solo Gold Dance and Gold Pairs.

In addition to the competitive events, there were two exhibitions. Imagica Theater on Ice came all the way from Boston to present a timely program about the Olympics. It was full of humor with a mock battle between the freestyle skaters and hockey players. The "skiers" were most amazing as they glided effortlessly through their maneuvers on long "skies on skates." Tasney Mazzarino, the director, and all her skaters are to be congratulated for a fine performance. On Sunday we had an exhibition by our own Pro-Am Pairs team, **Jane Bonner** and her coach, Andrey Kryukov.

As the competitors arrived at Ashburn Ice House and picked up their packets, they were surprised to find Skater's Honey – an astounding product made by the talented bees of adult skater Tim Covington, SC of NY. With the help of **Robert St. John** (labels) and **Tim Fisher**, every skater received a jar of Skater's Honey that was guaranteed "to improve your edge quality and help you Land Your Axel in one week." What a way to start a competition!

The competition got underway on Saturday morning with six dance events. Gold Solo Dance was added after several skaters petitioned the referee to create a gold level event that they could all skate in. The event was a success and the high level of skating was a joy to behold. WFSC's **Bridgette Pfeufer** placed 4th in this event. In Bronze dance, **Mary Beth Bullock** and **Tim Fisher** made a full sweep of first place marks in all three of their dances to win the event.

Compulsory Moves competitors took to the ice next. This event is a freestyle program without music that is skated on one-half of the ice surface. Certain jumps, spins and footwork are required elements. **Bridgette Pfeufer** took the gold in Gold Ladies CM. In Silver Ladies I&II CM, **Delsie McCoy** took the bronze; and in Bronze Ladies CM, **Lisa Breece** received the gold and **Anne Davis**, the silver. **Barbara Kapinus** won the bronze medal in the Pre-Bronze CM.

There were fewer spin events this year, but the required spins were interesting and challenging. In Silver Spins, the skaters were asked to come up with a spin, ANY spin, that they could do in BOTH directions. Many skaters looked at that requirement in disbelief, but then they took up the challenge. **Terri McIntyre**, who came in 4th, was very pleased with her "spins in both directions." "Now if only I can get my sit-change-sit to work as easily..." she said. In Bronze Spins, **Anne Davis** won the gold with well-centered spins and **Ellyn Kestnbaum** the bronze with a lovely layback.

Saturday afternoon, freestyle skaters and Gold Pairs took the ice. **Karen Audant** started off the free skate events by placing second in Bronze Ladies III, IV & V. Next up were the Silver Men. **Tim Fisher** was skating well when a Velcro strap broke. He limped through the rest of his program while all could see that something was very wrong. The referee had him restart his program at the "break" and he finished to win third place. **Caroline Thorington** skated a good program to win the gold medal in Silver Ladies V, with **Janet Long** a close second.

This year there were eight competitors in Masters Ladies and seven in Gold Ladies. It was good to see the New Year's Competition draw so many higher level skaters from different parts of the country as well as from WFSC. In Masters Ladies, **Beth Delano** executed a beautiful camel spin on center ice. She had clean jumps and won the gold. Second place finisher Amy Entwhistle, Central Carolina SC, had a program that flowed with wonderfully

intricate footwork. Following that were the lifts and spins of Gold Pairs. Marna Grim, SC of Northern VA, and **Stephen Trzaska** placed second. The pairs skaters get better and better every year. Bringing the freestyle portion of Saturday's events to a close were the Silver Ladies III's, in which **Anne Davis** placed second.

Interpretive events are always fun to watch and the crowd was ready for them Saturday afternoon. The young women in Adult Ladies I & II skated imaginative and inventive programs. Winning the gold was Lori Fussell of Jackson Hole SC, who portrayed the figure of Death. Hooded and faceless, she swung her scythe and skated with easy grace and rich drama. A surprise tie in Adult Ladies III Interpretive gave **Catherine Gillund** the silver medal along with Melissa Pepling, of the SC of NY.

**Barbara Murray** did a peppy number all in fringe to win the silver medal in Adult Ladies Interpretive IV&V and **Janet Long**, skating to her "Walking at Midnight" program, picked up the bronze with a smooth skate. **Mark Adams** won the Adult Men's Interpretive with his new program from "Gilligan's Island." He had the crowd laughing and hooting at his expressive antics. **Tim Fisher** as Elmer Fudd went hunting the "Wabbit" only to have a change of heart. He took second place (after dying a dramatic death).

The last event of the day was "Don't Go it Alone." While not exactly pairs—no overhead lifts—and not exactly interpretive—there could be two or three skaters—"Don't Go it Alone" embodies elements of both. It is a free-for-all and the more original the idea, the better. Two groups entered this new event and they couldn't have been more different. After a busy day competing, **Anne Davis** and **Lisa Breece**, sporting black eyes and waving their hockey sticks, breezed in ready to scrimmage. They put a whole new meaning into a rousing rendition of the song, "Hit Me with Your Best Shot." Their hockey spoof delighted the crowd and earned them the gold. The other team, **Carol Dors** and **Caroline Thorington**, had a real

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*Adult Focus: by Christa Carignan*

## Overcoming nervousness during tests and competitions

In less than two weeks, I will don my skating dress, lace up my skates, and take to the ice before a panel of judges to skate the Adult Bronze Freestyle test. For as hard as I've worked for this moment (two and half years and counting), and for as long as I've envisioned myself skating an actual program set to a piece of music (probably ever since I was about 9 years old), you can bet I will still struggle with a case of the jitters when it comes to test day. During practice sessions, when my coach has me run through the program as if it were the actual test, I can already feel my legs starting to go weak, like Jell-O, wobbling with a hint of pre-test fear.

And I know I'm not alone. Other adult skaters have mentioned that they, too, are challenged by feelings of nervousness — particularly at the thought of skating in front of judges. Some adult skaters choose not to test or compete at all, specifically for this reason. One woman told me she sometimes feels nervous just practicing.

So I wondered: Why is it that some of us adult skaters have such a struggle with our nerves? And more importantly, what can we do to overcome our fears?

I turned to the members of the Competitive Adult Skaters (CAS) group on Yahoo.com and asked this question: How do you overcome fear of testing and/or competing? In the answers I received, I found several common threads of advice, which are summarized below.

**1. Set specific goals for yourself. Focus on improving your own skating.** Maureen Linhardt, an Adult Gold skater from the Chicago area, said she had the most trouble with nerves when she was outcome-focused; that is, when she used to think, "I have to pass the entire test" or "beat a specific skater." Setting specific goals, such as landing a particular jump or skating a move in a particular way, has greatly eased her nerves. Keep an honest appraisal of your skills, and focus on individual goals.

**2. Be well prepared.** Treat practice run

throughs as if they were the actual test or competition. Be familiar with the passing standards for your test. If possible, skate a practice session at the rink where your test or competition will be held. Have everything ready beforehand — schedules, directions to the rink, etc. — so that there are no last-minute unknowns to add stress. Schedule time for a good warm up.

**3. Don't watch the people who skate before you.** Numerous people gave these words of advice. Again, the idea is to stay focused on the goals you have set for your own skating.

**4. Fill your mind with cue words and positive self-talk.** Saying cue words to yourself as you go through each element of your program is one strategy that can help keep nervous thoughts at bay. "Just say NO to nerves," is a phrase that helps Judy Pearson, an ice dancer from Austin, Texas. "If I start to get the jitters, I take a deep breath and simply say "NO." Then

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### New Year's Adult Invitational, from page 4

Sisters Act. Skating to "Sisters" from "White Christmas," they had the crowd clapping and singing along with the music for their intricate program. The skaters who competed shared some of their thoughts and insights about this new event. Carol Dors laughingly declared, "Each time we skate, we have twice as many opportunities to make twice as many mistakes because there are twice as many of us, but we also have twice as much fun." Anne Davis said that they made up their whole program together without consulting their coach and it was quite a learning experience. All agreed that skating with someone else means you have to model your skating to fit with the other person's. Best of all, when you go out to compete, you have a partner and don't have to "go it alone." All of us will be back next year with new programs. We hope that you will come up with some wonderful original ideas and join us!

The Moves in the Field events were held Sunday morning. Skaters were up early to use the practice ice that was set aside especially for MIF practice. There was some fine skating during the Moves events. Heather Hilgar, U of Delaware SC, skated the Novice Spiral Pattern with elegance and strong edges to win the Gold MIF event. Beside her on the podium were two WFSC skaters, **Delsie McCoy** in second and **Caroline Thorington** in third.

**Marnie Montgomery** and **Anne Davis** also won silver medals. Marnie won hers in Pre-Bronze MIF and Anne in Bronze MIF.

With the conclusion of the Moves events, the Pre-Bronze Ladies IV's & V's took to the ice. When they finished, **Barbara Kapinus** was the bronze medal winner. **Margo Pryzby** and **Randy Glaser** both won gold medals. Margo won hers in Pre-Bronze Ladies II & III Free Skating, and Randy his in the Bronze Men's Free Skating. **Terri McIntyre's**

musical program won her second place in the Silver Ladies IV Free Skating. Then, in the Gold Men's Free Skate, Kelton Brown, SC of NC, skated a superb program that flowed through jumps and spins to win him the gold medal. Meanwhile, **Dennis Palaganas** won the silver and also the Ed Picken Award.

Before the Awards Ceremony, the Pro-Am pair team of **Jane Bonner** and her coach, Andrey Kryukov, gave a special exhibition. Jane is a Class V skater who says she has become a "thrill seeker in her old age" as she perfects lasso lifts and other daring pairs feats. She and her coach gave a wonderful performance, which included overhead lifts (she says they give her a 'rush'), pairs spins and a death spiral—all to the delight of the crowd.

Having the final Awards Ceremony on the ice, with each skater gliding across the rink to receive the medal, seemed a fitting ending to this successful competition. ★

# Fort Dupont Skaters Join WFSC

by Terri Ann Lowenthal

Fort Dupont Ice Arena (FDIA), Washington, DC's only indoor, full size public skating rink, continues to strengthen its ties to the Washington Figure Skating Club. Several students who are enrolled in FDIA's signature Kids On Ice program have joined the WFSC and are pursuing U.S. Figure Skating tests and participating in competitions.

**Kelsye Little**, age 11, joined the Club last summer and is working to complete her U.S. Figure Skating Basic Skills Freestyle badges. She has landed her waltz jump, toe loop, salchow, and loop jump, and is working on the flip and lutz jumps. Kelsye also is working on sit and camel spins and has learned two of the Preliminary ice dances. Kelsye spends summers with her grandmother in Philadelphia, and this year she is skating with a synchronized skating team in the Philly area.

**Lia Cattaneo**, age 12, also joined WFSC last year and entered her first WFSC Club competition this past spring, competing at the No Test level. Lia skated to the Theme from the Pink Panther and wore a beautiful pink velvet dress made by her dad! Lia lands all of her single jumps and is working on her axel. She has also started back sit spins and combination spins. Lia would like to compete one more year at the No Test level before starting her U.S. Figure Skating Moves in the Field and Freestyle tests. This summer, Lia was a counselor-in-training for the D.C. Jewish Community Center's 3rd annual Capital Skating Camp, held for three weeks at Fort Dupont.

**Ashlee Greene**, age 15, was the first Kids On Ice student to join the WFSC. Along with quite a few Club skaters, Ashlee was an Ice Sweeper at the 2003 World Figure Skating Championships. Ashlee has since passed her Pre-Preliminary and Preliminary Moves in the Field and Pre-Preliminary Freestyle. Because of her home proximity to the Ice Gardens in Laurel, MD, Ashlee has since changed clubs to make enrollment in test

sessions there easier. But she and her sister, Brittany (also a Worlds Ice Sweeper), have continued to volunteer at WFSC competitions. This summer, Ashlee and Brittany are volunteering many hours of their time with Fort Dupont's Kids On Ice/Summer Camps Skate for Fitness program, which provides skating opportunities for hundreds of children who attend neighborhood camps. The sisters also spent two weeks in July as counselors for Fort Dupont's third annual Summer Skating School, a half-day camp program.

Several other Washington Figure Skating members, including **Alex Allen** and **Emily Mayer**, graciously donate their time as volunteer instructors with Fort Dupont's Kids On Ice/Learn To Skate program. More than 250 area youngsters at a time are enrolled in Learn To Skate weekend classes, which are offered in the fall, winter, and summer. ★

## Pro Am, from page 3

rhythm events. He competed with **Jessica Tyler** (all three rhythms), **Deborah Kantarian** (Foxtrot and Waltz), **Sun Hye Yu** (Waltz and Latin), **Monique Kramer** (Foxtrot), and **Rebecca Saleh** (Latin).

Eight of WFSC's competitors were double medalists. **Parisa Sadeghi** skated to two gold medals with Shalin (Pre-Silver Juvenile and Pre-Silver I&II). **Megan Evans**, competing with her new partner Nathan Truesdell, won the Team European Waltz and was third in the Team Rocker Foxtrot. **Judy Reiner** won the gold medal in International IV with **Vasilij Serkov** and the silver medal in Class IV Open Hickory Hoedown with **Peter Tsai**. Tsai also earned a bronze medal in Silver IV with **Barbara Walker**. **Sun Hye Yu** took the silver in the Team Viennese Waltz and bronze in the Team Rhumba. In the Future Champions Series Juvenile Dance event, **Kristina Rexford** and **Michael Parsons** were the gold medalists, and they also won a bronze medal in the Juvenile Free Dance. The Juvenile Free Dance winners, **Victoria Suttora** and

## Congratulations...

... to **Jessica Lynn Richards** on passing the Senior Free Skating test

... to **Joseph Jorgens** on passing the Gold/Senior Pairs Test

... to **Leslieann Alasagas, Autumn Brewbaker, Meredith Estren, Sanjay Hall, Michelle Messerschmidt, Kristine Musademba, and Rachel Stecher** on passing the Senior Moves in the Field test

... to **Lynn Goldfarb** on passing the Adult Gold Moves in the Field test

**Ross Gudis**, were second in the Juvenile Dance event. **Lorraine McNamara** and **Quinn Carpenter** earned the silver medal in the Juvenile Free Dance and bronze in the Juvenile Dance event. These Juvenile teams all train with **Alexei Kiliakov** and **Dmytri Ilin**, as do **Daisy Campos** and **Luis Catacora** (gold medalists in the Future Champions Series Intermediate Dance event) and all three medalists in the Pre-Bronze Eligible event—**Kristy Garcia** and **Thian Bui** (gold), **Nicole Keenan** and **Kyle MacMillan** (silver), and **Danvi Pham** and **Vu Pham** (bronze).

Individual gold medalists included **Monique Kramer** with Shortland (Silver III), **Paige Eldridge** with Shortland (Pre-Silver III), **Ann Merz** with Shortland (Pre-Silver IV), **Trina Erhard** with Lukanin (Bronze II), **Duane Clayton** with Walker (Bronze IV), and **Allison Yaguchi** with Shalin (Pre-Bronze I). **Vitaliy Shalin's** team of **Nakisa Sadeghi, Parisa Sadeghi** and **Erica Ling** won the Waltz Rhythm gold medal.

WFSC's silver medalists included **Kirsted Carpenter** with her partner Ievgenii Krasniak (Open Starlight Waltz), **Michielle Saunders** with Shortland (International III), **Trish Kapinos** with Serkov (Gold III), **Pamela Bozzi** with Serkov (Pre-Gold IV), **Ami Klinsky** with Shortland (Pre-Silver I&II), **Deborah Kantarian** with Serkov (Pre-Silver III), and **Maureen Berk** with Shortland

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## WFSC Salutes 2006 Graduates

**Ashley Elizabeth Julyan** graduated from high school on June 16th, 2006. She writes: "My four year journey through Langley High School has just ended and my future is about to begin at Virginia Tech where I will be studying both Business Marketing and Japanese. I have been a member of the Washington Figure Skating Club for many years and have gone through a lot in my figure skating career. While I do not compete anymore, I am still actively involved at SkateQuest Reston as both an instructor and Accelerated Summer Camp Counselor."

**Teresa Lin** will be attending the University of Virginia where she plans to study business in UVA's McIntire School of Commerce. If her schedule allows, Teresa plans to continue skating and coaching at the nearby ice arena. She also wants to play some intramural sports and possibly run track—a sport she always wanted to try in high school but didn't have the time in her skating schedule. She is very excited about this 4 year journey and looks forward to moving in on August 19.

Teresa attended Lake Braddock Secondary School in Burke, VA, where she had to balance the rigors of Advanced Placement courses with an intense train-

ing schedule. One of her favorite memories of high school was at Virginia's Residential Governor School for Agriculture. As one of two students chosen from her school to attend last summer, she learned that agriculture entails plant science, environmental science, food science, animal science, and agricultural economics—the major she chose. Teresa graduated as one of the valedictorians from her class of over 600 students. Standing in front of her peers and being acknowledged for 6 years of hard work felt absolutely wonderful!

**Marissa Sarakasetrin** graduated this spring from Poolesville High School's Global Ecology Studies Program. As a global ecology student, in addition to doing all the regular honors course work, she also concentrated on Environmental Studies. She participated in many field studies evaluating water pH, alternative energy sources, and effects of social and political issues on the planet. She was on the honor roll for all four years of high school. Now Marissa is concentrating on skating, training in Ashburn, VA as a pairs skater, and working toward Nationals and international competitions as a pairs competitor. She is doing online/weekend courses at Montgomery College for two years and then plans to transfer.

**Rachel Nevares** graduated from Yorktown High School in Arlington, VA in June. While in high school, she was chosen for the *Washington Post's* Aspiring Young Journalists Developmental Program where she focused on sports journalism and completed a mentorship program in the coaching of figure skaters.

Rachel will begin college at NOVA in the fall and then will pursue a BS degree in Health, Fitness and Recreation Resources at George Mason University. She decided to attend college locally in order to continue to train and skate competitively. She also hopes to begin coaching.

**Caitlyn Shuy** graduated from Sherwood High School, in Sandy Spring, Maryland. She will be attending UMBC this fall in the 2+2 nursing program. Her favorite classes in high school were Medical Careers, AP Psychology, Anatomy and Physiology and Child Development I & II.

Caitlyn trains with Jaya Kanal and Greg Bell. She has passed the Pre-juvenile FS and Intermediate MIF tests. She plans to continue skating in college and to work on passing more tests.

Congratulations, graduates, and best wishes in the next stage of your education and training. ★

## Where Are They Now? *By Beverly Kimes*

**A**nswer: Skating at the 2006 Penn Quaker Classic. Four of WFSC's collegians took the ice in Philadelphia to represent their schools in intercollegiate competition. For **Rusty Fein**, this provided a nice respite from the stress of national and international competition. He was magnificent, dazzling the spectators with his soaring triple jumps and unique choreography. Once again he faced no competition in the Senior Men's events, gathering points to contribute to the University of Pennsylvania's 5th place finish. **Mina Barimany** and **Emma Phibbs** both skated for the University of Delaware, which placed second in the standings. For

Mina, this was her first competitive experience in many years, and she won the silver medal in Novice Solo Dance. Emma showed the grace that had led to her success as both a singles and pairs competitor, placing 4th in the Senior Ladies short program. **Laura Shaw**, helping Princeton University to a 6th place finish out of 12 schools entered, skated two clean programs to win the silver in the Junior Ladies short program and free skate.

*Editor's note:* **Beverly Kimes** demonstrated the fortitude and enthusiasm that has made her a sought-after judge in competitions of all types (free skating, dance and synchro) up and down the East Coast.

She judged for 15 hours in the freezing cold rink, giving a warm welcome to WFSC's collegians who were delighted to see a familiar face. Undaunted by the difficult conditions (the judges' room was up an extremely steep flight of stairs, and nearly as cold as the ice itself), Beverly campaigned to persuade these skaters to start trial judging and join her in the service she has given for over 50 years. Following knee surgery, she has a non-stop schedule this summer and fall, judging at Liberty, Wilmington, Hershey, White Rose, Challenge Cup, Falling Leaves, South Atlantic Non-Qualifying Championships and the adult competition at Aston. ★

## Adult Focus, from page 5

blow out the nerves with the exhale, shake out my limbs and that's it. Once you understand that YOU have the power to calm yourself, you will be able to do it."

5. **Draw strength from other experiences in your life.** Several skaters noted that they gained confidence from remembering how they overcame other challenging moments in their lives, such as giving birth to a child or making a presentation in front of a large group of people. "As adults, I think we can draw from other life experiences to help us through the nerves," said Jill Gutierrez, a member of the Fraser Eclipse Adult Synchro team in Fraser, Michigan. Jill, for example, calls upon her experience as a singer. "You always have to start and end a song, and there are others out there watching you who are siding with you. You can't stop halfway through and say, 'I can't finish.' If you make a mistake, you just keep going. You find a way to make it to the next verse."

6. **Keep it in perspective.** Think of how hard you worked on your moves or program and realize that it's only a few minutes of skating. It's your time to shine, so

try to enjoy it. As CAS member Brenda Wittman wrote, "Skating is supposed to be fun and supposed to be my stress relief, so I decided that having fun was much more important than shaking. This year's Adult Nationals was much better for me since I wanted to have fun – and I did! I could have cared less where I placed as long as I enjoyed myself."

And finally...

7. **It tends to get easier with experience.** As Jill Gutierrez put it, "The more that you do something, the more you realize it is not a big monster that will swallow you up."

So whether you are planning to take your first Moves in the Field test or preparing to compete at Adult Nationals for the second or third time, I hope there is something here to help ease your way to a good and enjoyable skate. While preparing this article, I was also reminded several times over that adult skaters are a wonderfully supportive group of people, and that certainly helps a great deal, too. So here goes making it to the next verse.... and the next. ★

## Member News

Due to the large number of last-minute membership applications last year, the Board of Governors has instituted a once-a-month processing deadline of the first of every month. Applications will be processed during the first week of the month, and late applications will be accepted only if they are postmarked at least 5 days prior to the first. The club also finds it necessary to follow the USFS rule that skaters must be members of USFS 30 days prior to testing or competing. All test results are processed online and will be invalidated if a skater's membership is not current. Memberships run from July 1 to June 30 of the following year, regardless of the date on which a skater joins. There are no pro-rated memberships. Last year, over 80% of the members renewing after September needed "rush" processing, requiring many extra volunteer hours from our membership chair. In the past, the club had two membership co-chairs, but now Lisa Messerschmidt maintains the records for 900-plus members by herself. Please help her by getting membership applications in on time! ★

## Pro Am, from page 6

(Bronze III). Both **Jennifer Lyon** (with Shortland in Pre-Gold II&III) and **Barbara Kapinus** (with Shalin in Pre-Silver IV) won bronze medals. **Barbara Walker's** team of **Kevin Beamer**, **Duane Clayton** and **Richard VanCamp** earned the bronze medal in the Foxtrot Rhythm.

Special thanks go to WFSC's outstanding volunteers: Announcers **Pam Bozzi**, **Cordy Galligan**, **Tim Fisher**, **Mary Jean Huebner**, **Heidi Kibirsky**, **Bridgette Pfeufer**, **Margo Pryzby**, **Carrie Solomon**, and **Peter Tsai**; Accountants **Suzanne Courtright**, **Marcia Sowles** and **Konrad Huppi**; Hospitality Chairs **Carrie Solomon** and **Jennifer Lyon**; Music technician **Jim Wilson**; Judges Liaison **Betsy Willoughby**; Awards Presenter & Transportation Chair **Bob Dorsey**; Trophy Chairs **Carrie** and **Tom Solomon**; Volunteer Coordinator **Terri McIntyre**; and Monitors/Runners **Pat**



Winners of some of WFSC's trophies posed at the 2006 Annual Meeting: **Christina Guintu** (Preliminary Girls), **Allister Chang** (John Delmore Trophy), **Holly Eisenhower** accepting for **Joanna Nishimoto** (Juvenile Girls) and **Lisa Breece** (Adult Ladies Bronze), **Rusty Fein** (Bachrach Trophy), and **Michelle Messerschmidt** (Intermediate Ladies).

**Brockner**, **Duane Clayton**, **Terri Dam**, **Karen Dorsey**, **Tim Fisher**, **Riley Galligan**, **Ellyn Kestnbaum**, **Terri McIntyre**, **Judy Reiner**, **Christopher Roman**, **Gabby Rudderow**, **Ellen Usenik**, **Raya Willoughby**, **Melissa**

**Yorks**, and **Sue Young**. You make it possible for WFSC to host the competition!

Please mark your calendars for June 8-10, 2007 and join us at SkateQuest Reston for the 14th annual Edward G. Picken Pro Am Dance Classic. ★