

The Blade



June 2004



ROB LICHTEFELD, NEW GaFSC PRESIDENT

ELECTION RESULTS

Rob Lichtefeld is elected the new president of the Georgia Figure Skating Club. Outgoing president, Alicea Smith, identifies Lichtefeld as, "a man who wears many hats for the club."

At the May 31 GaFSC board meeting, board members also elected Alicea Smith as Duluth VP, Marianne Campbell as the Town Center VP, Ben Loggins as Treasurer, and Cece Landress as Secretary.

The board also certified the election of the new board. Elected to serve a two year term are Kristen Bartlett, Jonathan Bechtold, Matt Breneman, Greg Corbitt, Gary Jones, Alicea Smith, and Libby Turner

They join board members who start the second year of the two year term. These member terms will end on June 30, 2005: Kristel Fuchs, Marianne Campbell, CeCe Landress, Gloria Lewis, Rob Lichtefeld, Ben Loggins.

The following committee chairs also sit on the board of the GaFSC: Ginger Whatley appointed Singles/Pair Test Chair and Lori Faris Membership Chair. Greg Corbitt will also serve as the Dance Test Chair.

LICHTEFELD IS NEW GaFSC PRESIDENT

By Rob Lichtefeld, President

In case you haven't heard, I've been elected President of the Georgia Figure Skating Club. I hope to live up to the expectations of those board members that elected me.

I thought in my first article, I would give you a little background on myself. I started skating in 1997 by taking a Pre-Alpha group class at the Duluth IceForum. After a few years, more group lessons, private lessons, etc., I was convinced (very grudgingly) to compete at the Peach Classic 2000. So, I joined the club, took the Pre-Bronze and Pre-Pre MIF tests and competed that August. And, a funny thing happened. I got hooked, and I've been competing ever since. In fact, I've just returned from competing in Europe. You can read that article elsewhere in the newsletter. I have continued testing and am now at the Silver Freestyle level.

I was elected to the Board in 2001. I have served as the Secretary for the last 3 years. I have also been the newsletter editor

for the last year and am still the web editor. For the last 2 years, I have also served as the Peach Classic/Open co-chair. I attended the 2003 Governing Council and am very active in the Adult skating community. I also served as the Venue Manager of Philips Arena for the 2004 State Farm US Figure Skating Championships this past January.

Enough about me. Now, about our club. Our club is very young - only 5 years old. In that time, we have accomplished a great deal. However, there is still much to do. We need to grow a world class skating program.

And, how do we do this? That's a great question. Many clubs are struggling with this. Here are my thoughts:

Support - We need to support our skaters, with encouragement, testing, competitions, judges, exhibitions, club ice, camaraderie, parties, fun, and when possible financial help.

Programs - We need to grow programs for Freestyle, Dance, Synchronized, Pairs, Adults, Theater on Ice, etc. We need to make sure all skaters feel wel-

come in our club. (Except those nasty, smelly hockey slugs!)

Coaches - We need to attract more high level coaches and keep them. We also need to bring in choreographers, ballet instructors, and host specialized clinics, like the spin clinic that we hosted last year.

Rinks - We need to work with the rinks so that they can provide ice at appropriate times and at a reasonable cost. We need to also assist the rinks in providing specialized equipment for figure skaters. We have already provided the jumping harnesses, and the club is working right now to add ballet bars and mirrors at both rinks.

If you feel that I have left something out of this list, or if you have a different take on what the club should be doing, please let me or any other member of the board know. We represent you and your skaters. However, we have to know what you want from the club and how we can help. One qualification that I don't possess is mind-reader.

See you on the ice!

GaFSC DELEGATES AT GOVERNING COUNCIL IN SAN DIEGO

GaFSC was well represented at the 2004 USFSA governing council. The club had 6 votes out of 1196 with 468 delegates in attendance, 205 athletes and 600 proxies. The following are the major items which are of interest to our club: GaFSC delegates where Ben Loggins, Ginger Whatley, and Greg Corbitt.

The 4/12 plan was rejected by a vote of 648 to 418. The plan called for a restructuring of the USFSA into 4 regions instead of the current 3.

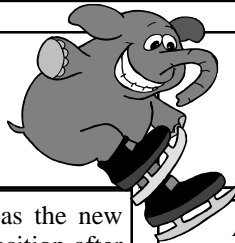
A budget of \$16.5 million was approved and includes a fund available to the regional VPs to help competitors who have a financial problem and qualify for sectionals (see a club board member if you think you qualify for the assistance).

A proposal was approved to require that all coaches coaching at regional, sectional, or national competitions be members of the PSA.

Many people spoke of wonderful experiences in Atlanta at the U.S Championships.

Duluth News

By Alicea Smith, DVP



Town Center News

Marianne Campbell, TCVP
Written by Kristel Fuchs

Alicea Smith (below left) was recently elected as the new rink Vice President for Duluth. She takes this position after having served for three years as the president of the GaFSC. Nancy Anderson (below right) is the outgoing Duluth VP having been elected three years in a row. It is also noted that Cece Landress (below center) has been elected by the GaFSC Board as secretary. We are proud of all our skaters!

Left to Right: Alicea Smith, Cece Landress, Nancy Anderson



At Town Center, the highlight of the month was the Membership Drive party. The kids loved the on-ice games and also enjoyed lots of tasty food, including banana splits. Thanks to everyone who helped out with making it such a great success. The boys and girls of GaFSC Town Center all performed extremely well at the Atlanta Open this month. Congratulations to all of you! The next test session at Town Center will be in July. And finally, just as a reminder to all of our members, please check the GaFSC display case in the front of the rink so that you are updated on upcoming events and other important news.



Marianne Campbell



Kristel Fuchs

Club Membership Information

The 2005 Membership Drives were held during the first week of June. Skaters and families experienced the fun, games, food, Banana Split party, Peach Skate Fest, and drawings! Prizes were also given to each skater who participated. Marianne Campbell (TC) and Katherine Stamey (Duluth) won tickets to see the Atlanta Braves play!

Your current 2004 skating year will end June 30, 2004. The NEW skating year begins July 1, 2004 and ends June 30, 2005.

Remember... if your membership application is postmarked BEFORE July 1, 2004, your skater's name will be added to a drawing for a prize to be given out in July. There will be a drawing for Town Center and one for Duluth. Your 2005 Letter of Good Standing will be mailed with your membership receipt. If you would like an Adobe PDF file of your letter, contact Lori Faris at loridfaris@aol.com. Mail applications to: **Lori Faris, 550 Meadowmeade Lane, Lawrenceville, GA 30043**

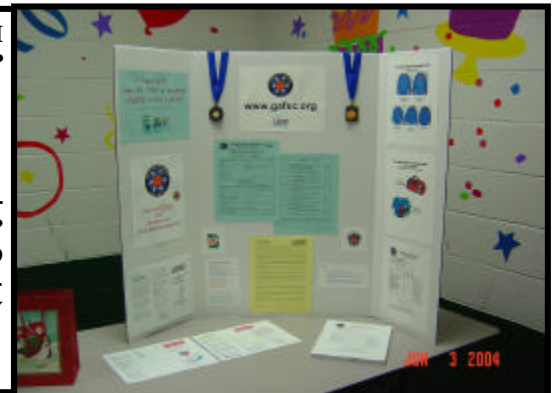


TOWN CENTER MEMBERSHIP DRIVE



LEFT :DULUTH MEMBERSHIP DRIVE

RIGHT: MEMBERSHIP DRIVE BOARD AND INFO DEVELOPED BY LORI FARIS



Congratulations Graduates

We would like to congratulate the following skaters on their graduations.

Jade Kohser – Jade graduated from Sprayberry High School. She plans to attend Mercer University in Macon for 2 years then attend Mercer University in Atlanta for four years. She would like to pursue Pharmacy and get her PharmD.

Brandi Royer – Bradi graduated from North Cobb High School. Brandi plans to attend Kennesaw State University and major in Sports Medicine and Minor in Sports Psychology.

Krystal Ostrowski – Krystal graduated from North Gwinnett High School. She is going to Georgia Perimeter College for a year and then transferring to Emory. Her major is going to Pathology possibly working on Forensic Pathology.

Tiffany Ross – After graduating from Collins Hill High School, Tiffany received a soccer scholarship to attend the University of North Carolina at Charlotte. Tiffany graduated from college in June.



NOTE: MORE GRADUATION ANNOUNCEMENTS COMING NEXT MONTH...



Did you know?



You may purchase US Figure Skating patches and pins for each US Figure Skating test level that your skater passes.

1. Go to www.usfigureskating.org,
2. Click on the “Clubs” link.
3. Click on the “Forms” link to the left of screen.
4. Look for “Merchandise” section.
5. Click to download the Patches and Medals pricelist.

Lori Faris
Membership
Chairman



GaFSC Delegates Attend 2004 Governing Council In San Diego. From Left: Ben Loggins, Ginger Whatley, and Greg Corbitt.

2004—2005 GaFSC TEST DATES

<u>TEST DATE</u>	<u>LOCATION</u>	<u>APP DUE DATE</u>
July 11, 2004	Town Center	June 19, 2004
August 1, 2004	Duluth	July 10, 2004
August 8, 2004	Town Center	July 10, 2004



Riedell Training Seminar



There will be a Riedell training seminar on August 14th and August 15th at the Cooler. The seminar is open to all skaters who are at least seven years of age. A separate adult track will be available if there is sufficient enrollment, or adults will be integrated according to their levels.

Curriculum

The curriculum will consist of on-ice training in jumps, spins, moves in the field, choreography, and movement. There will be off-ice jumps training with DartTrainer video technology, conditioning, and equipment sessions with Riedell Shoes representatives.

Coaches

Don Laws - Mr. Laws is a World and Olympic coach. He coached Scott Hamilton and Michael Weiss plus numerous national and international champions.

Christy Krall - A former Olympic and World Team member, she co-chaired the development of the USFSA/PSA movies in the field test structure. She is the past Senior Director of Athlete programs for U.S. Figure Skating.

Other coaches include Nathan Birch, Janet Champion and Erik Schultz.



Fees

Fees for Georgia FSC and Atlanta FSC members will be \$150 and \$200 for non-members. Coaches' fees will be \$25 for club members and \$50 for non-members. Coaches' fees will be waived for all who bring five or more skaters.

The registration deadline is July 17th, and this seminar is limited to the first 80 skaters who register. Registration information is available on the Georgia FSC website at www.gafsc.org.

John Hancock
Champions on Ice.

2005 Champions on Ice Sunday, April 17th 3pm

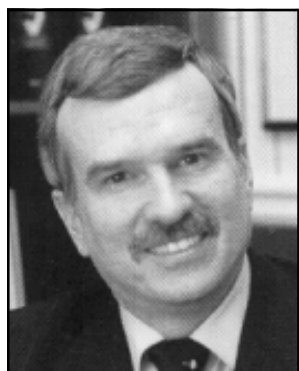
Tickets are on sale now. Tickets can be purchased by calling 404-249-6400 or via the internet at www.ticketmaster.com.

GaFSC SKATERS ONLINE: You can see your USFS member profiles, tests completed, and competition history online... or you can register for qualifying competitions at the USFSA web site. Just go to www.usfsa.org then click on the Members Only Area. You will have to register if it is your first visit and it takes about 2 days to get your special password back...

Christina Atkinson	Preliminary MIF
Michelle Bafford	Cha Cha
Michelle Bafford	Fiesta Tango
Michelle Bafford	Swing Dance
Kara Barlow	Juvenile MIF
Julia Bila	Preliminary MIF
Jennie Chun	Preliminary FS
Christina Carlisi	Preliminary MIF
Julie Comer	Preliminary MIF
Danielle Emby	Cha Cha
Jessica Fuchs	Preliminary FS
Jessica Fuchs	Juvenile MIF
Felicia Gerlach	Pre-Juvenile MIF
Felicia Gerlach	Preliminary FS
Leela Goshorn	Pre-Preliminary MIF

MAY TESTS PASSED! KUDOS!!

Leela Goshorn	Pre-Preliminary Freeskate
Jennifer Gresenz	Juvenile Moves in the Field
Ashley Hammond	Pre-Preliminary Moves in the Field
Taylor Johnson	Pre-Preliminary Freeskate
Hannah Jones	Juvenile Freeskate
Hannah Jones	Intermediate Moves in the Field
Tatiana Kozmava	Preliminary Moves in the Field
Jessica Richardson	Pre-Preliminary Freeskate
Brittany Steen	Pre-Juvenile Freeskate
Nikki Thai	Preliminary Freeskate
Beth Zakutansky	Pre-Preliminary Freeskate
Beth Zakutansky	Pre-Preliminary Moves in the Field



Ben Loggins is our Treasurer. He is a native of East Point. He, his wife Theresa and daughter Emily have made their home in Jonesboro since 1984. He received his BBA and MBA from Georgia State University in Atlanta. Ben also served with the Internal Revenue Service as an agent and instructor for over six years. In addition, he spent over two years with an International Accounting Firm before coming to Jonesboro to form an accounting firm in 1980. Some of Ben's activities have included: teaching a course on accounting and QuickBooks at Clayton State College, Executive Director of Atlanta Alumni of Revenue Agents, Treasurer of Clayton County Rotary Club, member of both the American Institute of CPA's and Georgia Society of CPA's. In addition, Ben has presented numerous tax planning seminars in the metropolitan area. We appreciate Ben's hard work and dedication to our club.

Be The Best "You" Can Be!

Submitted by Gloria Lewis. USFSA Judge



Every time a skater comes to the rink to practice, have a lesson, take a test, or compete in a competition they want to perform their best. Achieving our best requires establishing realistically obtainable expectations and mapping out a way to achieve these goals as part of a realistic time line. Young skaters may be unable to understand this process and establish long terms goals that require a plan; however, a plan when formulated sooner, rather than later, will form the basis for good work habits and resource priorities.

It is not realistic for someone who has just started to skate to expect to pass the Pre-pre through Senior moves in 2 years. It may be realistic to someone to progress thru the tests in an orderly progression and in six to ten years, qualify to compete in a National Novice Ladies or Mens event.

What is hard to quantify is:

- **How much potential does a skater have to acquire the skills?**
- **Will the skater have the self motivation to maximize their potential?**
- **How well will they be able to handle the stress and pressure of competition?**
- **Will there be enough practice time available for the skater to achieve their full potential?**
- **Will the support team of coaches be available to maximize the skater's full potential?**
- **Will there be enough financial resources to maximize the skater's full potential?**

Skaters need to arrive prior to the start of every scheduled ice session so they can properly stretch off the ice. Once taking the ice the skater needs to warm up for 5 minutes before jumping or spinning. The stress caused by being rushed and arriving late will increase anxiety levels. Not exactly a situation to produce positive results from a practice session or lesson.

Having a positive attitude is an essential part of having a good experience at a practice session, lesson, test, or competition. Obtaining sufficient rest and eating balanced nutritional meals is the first step to having a good time when skating. Sometimes it is difficult to balance school work, chores, other activities (band, chorus, youth and church groups, sports leagues, etc.) with a schedule of ice practices and lessons. Not everyone will aspire to become a championship caliber skater. The minimum requirements to pass tests do not assume that you have the skills to do well in competition. Actually, passing the test is just the first step in performing well in competitions or being prepared to take the next test. **A skater should not be satisfied with receiving a minimum passing mark if they are striving to "Be the best they can be"!**

Improvement requires frequent practice sessions so the information communicated by the coaches can be converted from short term memory and stored in long term memory. This automatic long term muscle memory should be built on basic skating positions where good form and strong technique are combined. After a skater acquires bad habits, it is more difficult and time consuming to first unlearn the muscle memory and then retraining the muscles with the correct responses. Skaters should expect to occasionally hit learning plateaus that can range from a few weeks to months. This is to be expected. You will suddenly experience a learning breakthrough - a new jump, spin, or turn - will just be acquired. Of course, the skater needs to master the skills to perform the move really well, but where previously it was elusive, the ability to do it appears like magic. Realistically, as teenagers go through growth spurts, the ability to do certain elements may disappear overnight. Only when the skater's body has finished its growth spurt, will they be able to feel the rhythm and timing necessary to be able to consistently perform the elements again. Coaches understand the need have a skater peak for a competition. Sometimes a skater is "off" or their performance is "flat". Being prepared is an important part of the process. Completing their program as planned should be an everyday occurrence, not a 50/50 proposition.

Every practice should be like a competition with the skater projecting to the top seat of the skating arena. Arm and body positions must become an automatic part of your skating. Facial expressions also need to be practiced. They complete the package of a successful performance. Practice sessions must stress quality learning experiences, building stamina, and achieving a high degree of success in completing all of the patterns or the complete program without error. Skaters who aspire to compete in synchro or dance events, must acquire the basic fundamentals of skating edges with good form and style. They must have a feeling for skating to music and develop the independence of skating by themselves as a solo dancer or single skater even if they prefer to skate as a couple (dance or pair) or as part of a synchro team. Every skater can acquire the flexibility to perform spirals and split jumps. They can learn to perform the basic spins and jumps in a program filled with connecting steps they have learned as part of the Moves-in-the-Field. Acquire the basic concepts of skating and the skater is prepared to take advantage of opportunities that may present themselves in the future and require immediate action.



2004 PEACH CLASSIC COMPETITION 2004 PEACH OPEN COMPETITION

GaFSC's annual Peach Classic Adult Competition and Peach Open Competition are cranked up and in full planning mode. The competitions are Labor Day Weekend (first weekend in September). Our committees are working hard getting the final activities set up. The announcements are done, the officials have been invited, the ice has been reserved.

Now what we need is **YOU**. If you are a skater, **please** talk to your coach about competing. Both competitions include "fun" events. You do not have to do a free skate program. You could sign up for spins, jumps, MIF, Compulsory Moves, Interpretive, and never have to practice a program. We even have events for skaters that have never tested.

If you are not a skater, please volunteer. Your time and effort makes these events possible. Since the Peach Open is held on Thursday and Friday afternoon, we especially need volunteers that can work those days. For more information about volunteering, please contact Jennifer Silas 770-338-9144 or j3c1silas@joimail.com.

One important area where we always need help is in setting up and tearing down. We will be setting up on Wednesday evening, September 1. Any help would be appreciated.

Another area where we need your help is our **Goodie Bags**. Each competitor gets a bag containing skating items, information, and other goodies. If you or your company can donate items for the bags, please contact Jill Breneman at 770-822-3026.

Also, don't forget about our **Program Ad Sales Contest**. One part of our competition is the program. The program for the Peach Classic and Peach Open will contain advertisements. We are offering a "commission" for all of our members that sell ads to be placed in the program. For every \$100 that a member sells, they will be able to spend \$10 at the T-shirt/sweatshirt vendor that will be setup at the event. The more ads that we sell, the more money the club will make that we can use for our skaters!

This year we plan on having the most successful and the most fun competition in the history of this event. We need your help!



Skaters from Town Center huddle around VP Marianne Campbell.

GaFSC's VERSION OF INTERNATIONAL FIGURE SKATING! COMPETING IN EUROPE

(Editor's Note: When you think of international competitions, you think of Michelle Kwan and Sasha Cohen battling for medals in China or Germany. Perhaps you think of the Olympics in some small village in Italy or France. Now you can think of GaFSC on a scale of global proportions as we learn of the many adults competitions our very own skaters participate in. Here is Rob's account of two international comps he participated in recently.)

By Rob Lichtefeld

In May, my wife (Conchita) and I attended two all-adult figure skating competitions in Europe. All-adult competitions are really growing world-wide based on the US model. In fact, next year the ISU will sanction a competition in Obersdorff, Germany.

Vana Tallinn Trophy:

The first event was the Vana Tallinn Trophy, held at the Linnahall rink, in Tallinn, Estonia on May 22. Tallinn, the capital of Estonia, is located about 40 miles south of Helsinki, Finland. Tallinn has about 395,000 inhabitants. Estonia is slightly smaller than New Hampshire and Vermont combined. Estonia just became the newest member of the European Union on May 1.

This was the first year for the event and there were 28 competitors from four countries: Estonia (16), Great Britain (2), Singapore (1), and the USA (9). It was open judging with three judges for each event. Events held were Solo Dance, Couples Dance, Freeskate, Pairs, and Interpretive. Announcements and results were made in English.

There were three skaters in my Gold Mens event, and I came in third. This actually isn't so bad considering I'm a Silver level skater and during my warm up for the practice the previous day, I pulled ligaments in my right foot! My foot had swelled overnight and I had to retie my right skate during my 6 minute warm-up, because it loosened up so much.

After the event, the organizers had all the skaters form a line at center ice, and then they started announcing the events and we skated over to take our place on the awards stand. And, everyone that medaled in the event also received a bottle of Vana Tallinn, the national liqueur.

Tallinn's "Old Town" is straight out of storybooks – town hall, stone walls, spires, churches, shops and cobblestone streets. We were able to walk to the rink, and just about everywhere else, from our hotel in Old Town. However, we did take the street cars, busses and trams around the area to visit the Kadriorg Palace, Estonian Open Air museum, zoo, and the TV tower. One of the highlights of the trip was visiting a Russian Orthodox church during a service. The only downside of Tallinn, is that it is so far north, that the sun was coming up at 4:00am in the morning, and it didn't get dark until after 11:30pm. This didn't help getting sleep.

La Coupe de la Montagne:

The second event was the La Coupe de la Montagne (Mountain Cup), held at Espace Loisirs rink, in Villard de Lans, France on May 28-30. Villard de Lans is a principal cantonal town and historic center of the Vercors National Park. At 3450 feet above sea level and with more than 4000 inhabitants, it rises in tiers up the slopes of the foothills of Grande Moucherolle mountain, which soars, above the town to 7,500 feet. Since Atlanta is only 1000 feet above sea level, skating in Villard causes quite a bit of heavy breathing until you get used to the lower oxygen levels.

This year there were 137 competitors from 13 countries: Belgium (2), Canada (1), Czech Republic (2), Estonia (3), France (45), Germany (10), Great Britain (21), Italy (6), Lithuania (3), Netherlands (1), Singapore (2), Switzerland (2), and the USA (37). It was also open judging with three judges for each event. Events held were Solo Dance, Couples Dance, Freeskate, Pairs, Interpretive, Figures and Improvisation. All announcements and results were made in French and English.



There were five skaters in my Silver II Mens event, and I came in third. This actually isn't so bad considering my right foot was still hurting and the altitude does affect me. I skated extremely well, for me. Awards were presented on the ice each evening for the events of that day.

The town is very compact with many hotels, restaurants, cafes, creperies, boulangeries, and patisseries within minutes of the rink. Since it is in a National Park, the countryside is beautiful. There are gorges

that you can drive through, caverns you can visit and mountainsides you can hike.

I really had a great time at both of these events. Both competitions had the camaraderie and feel of the Peach Classic. I have some photos, and videos on my website at: <http://www.gerfsc.com>



TOOMPEA



TOWNHALL

GEORGIA FIGURE SKATING CLUB

1533 Glencrest Trail
Lawrenceville, Georgia 30043
Email: newsletter@gafsc.org

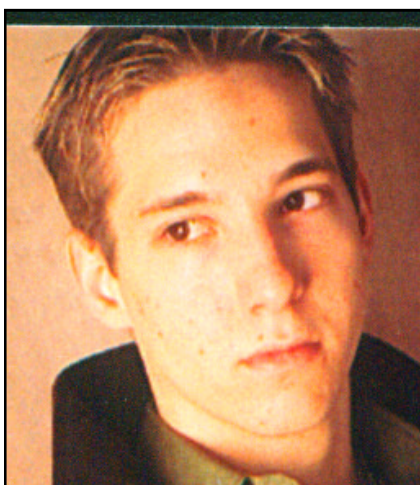


David Bechtold is a charter member of the Georgia FSC and its first president. His son Jonathan (below) was elected to the board of directors in the recent elections.

Next Month: Full Coverage of GaFSC Skaters at the Atlanta Open — Stay Tuned!

Mail To:

We're on the Web!
www.GaFSC.org



Jonathan Bechtold, new GaFSC Board Member

**JUNE TEST RESULTS
CONGRATS!!**

Ameila Bradley	Intermediate FS
Louisa Barama	Preliminary MIF
Michelle Bafford	Juvenile MIF
Karina Chobanyan	Fiesta Tango
Nicole Dillard	Preliminary MIF
Jennifer Gresenz	Juvenile FS
Carolina Guo	Juvenile FS
Taylor Johnson	Pre-Juvenile MIF
Christopher Nolan	Juvenile FS
Nikki Thai	Juvenile MIF

Note: The Georgia Figure Skating Club has not nor will we ever approve of anyone using the Georgia FSC membership database for personal gain. All members are reminded that the membership list is to be used for skating purposes only. We respect our members right to privacy and will set the appropriate safeguards in place.

NO EXCEPTIONS!

GaFSC Board of Directors, Officers, Committee Chairs

President
Duluth VP
Town Center VP
Secretary
Treasurer

Rob Lichtefeld (05)
Alicea Smith (06)
Marianne Campbell (05)
Cece Landress (05)
Ben Loggins (05)



Board Members

Kristel Fuchs (05), Gloria Lewis (05), Kristen Bartlett (06), Jonathan Bechtold (06), Matt Brennan (06), Greg Corbitt (06), Gary Jones (06), Libby Turner (06)

Membership

Lori Faris

Testing

Ginger Whatley, Singles/Pairs
Greg Corbitt, Dance

Newsletter

Greg Corbitt

Web Page

Rob Lichtefeld