

# JCFSC NEWS



Jefferson City Figure Skating Club, P.O. Box 106034, Jefferson City, MO 65110  
[www.JCFSC.com](http://www.JCFSC.com)

## President's Letter

I hope everyone had a great time at registration night. Thanks to everyone for bringing dishes, volunteering and coming out to support JCFSC!!

Membership applications are still coming in. To date we have 125 members with 55 of these holding a full membership with USFS. If you have any questions about the different membership types, please ask any board member and we will try to help.

Please welcome Caitlyn Duff, Kaitlin Epple, Christina Goedde, Becca Hickman, Jimmy Kerr, Madeleine McDonald, Lauren Moersch, Emily Pestka, Nikki Robertson, Terian Tipton, Abby Weider, Audrey Westenbroek, Grace Winegar and Maggie Winegar to the club as our new members!

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We will again offer the Pampered Chef fundraiser with 15% of sales going toward your personal account and 15% going into the general club fundraiser account. Thanks to Debbie Seaman, Pampered Chef Consultant and JCFSC Sponsor for running the fundraiser! Sales start on October 25<sup>th</sup>!

Have a wonderful skating season!  
 Kristi Rydman

## Moves and Power

Passing into Freeskate 1 opens up a whole new list of classes for skaters to take. One of these classes is Moves in the Field. If skaters have never tested at an official USFS test session (not during class) then they should start in the Low Moves class.

Moves in the Field class will teach skaters the maneuvers to participate in official USFS tests. These tests are not only needed for competitions, but they also are the tests that "mean something" on a skaters resume. Many clubs hire skating coaches based upon their USFS test levels passed.

Why are moves important? Moves in the Field teaches skaters proper posture, body alignment, and control of edges and turns. Moves in the Field also helps synchro skaters with precise edge work which is helpful for the higher synchro teams! Did you also know that many collegiate synchro teams require their skaters to have passed specific Moves in the Field tests?

What about the power class? Well, let's start with the basics. What is power? Many people think that power and speed are the same but they are not. Speed is how fast you are going; power is how efficiently you generate speed. The 2005 Professional Skaters Association Moves in the Field Handbook defines the end result of power as: a) velocity, speed, pace, b) flow across the ice, c) acceleration. When a coach says you need more "power" they are looking for skating into the ice and the ability to maintain speed and flow without visible effort. You can have a fast skater with no power but you can't have a powerful skater without speed! Lottie Bushmann, JCFSC Pro, says that power is to skating like barr work is to ballet. It is the basic fundamentals.

Both the Power class and the Moves in the Field class are beneficial to all skaters that are Freeskate 1 and above. Both classes still have available spots. If you are interested in either of these classes, you can sign up now and receive the pro-rated fee until November 15th!

## IceNetwork.com Season Pass

U. S. Figure Skating has announced a special deal and a fundraising opportunity for clubs.

The IceNetwork.com Season Pass is regularly sold at \$29.95. Through the end of December club members can receive the pass for \$19.95 and either \$2.00 (Basic Skills) or \$5.00 (USFS) will go to JCFSC. The amount depends on which membership type you have. When you register you will need your membership number. Please contact a board member if you do not know which membership you have, or you do not remember your membership number.

With the Season Pass you have access to news, event results, video, athlete bios, special features, schedules, e-newsletters and more than 1,000 hours of live and on-demand video! This includes the Sectional Championships, Junior Championships, 2008 U.S. Championships in Saint Paul, MN, 2008 Synchronized Team Skating Championships and the 2008 Adult Figure Skating Championships. Also included is the 2007 Skate America, a weekly series of re-airs of made for TV skating specials

like "Latin on Ice" and "Kristi Yamaguchi and Friends" and other specials throughout the 2007-2008 season.

The process is easy and only takes a moment!

1. Log on to [www.icenetwork.com](http://www.icenetwork.com)
2. Click on "Subscribe" in the top right corner.
3. Click on "Purchase Season Pass" to add it to your cart. You will have the opportunity to create a username and password.
4. Click "Continue" to go to the payment screen.
5. Enter our club promotional code (ICECLB4290OFF for USFS members or ICEBSP4290OFF for Basic Skills members). You will need to enter your member number and personal billing information.
6. Click "Apply" and the season pass subscription price will change from \$29.95 to \$19.95.
7. Click "Purchase" and your done!

What a great way to keep up with your favorite skaters and support our club at the same time!

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## USFS Testing

Are you interested in testing an official USFS test session? There is important information that you need to know!

You must have a current USFS Membership in order to test. If you are unsure if you have one, please check with a board member!

If you are interested in testing at another ice arena, you need to have a "Permission to Test" form filled out! The JCFSC Board voted and passed a motion that only the Test Chair and the Treasurer can sign these forms. The Test Chair will need to check if you have a current USFS membership, the date of your last test and the

appropriate levels. The Treasurer will check to be sure you are a member in good standing with the Club.

Please check with Barb Bruemmer or Dana Eaves to have the form signed as soon as possible. Please allow at least one week to have the form returned! This new policy is effective immediately.

JCFSC is interested in holding a USFS test session in March 2008. If you are interested in testing at this session, please notify Barb Bruemmer with the levels you want to test so we can be sure to have the appropriate judges!

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## Adults Only

Parents, are you tired of sitting on the cold bleachers watching your son or daughter skate? Have you been watching and thinking "I wish I had learned to skate"?

Well, you're in luck!! We have adult classes if you would like to learn to skate or further your skills. Sign up now at the pro-rated fees until November 15th!

## JCFSC Committees

Parent involvement is the key to the success of JCFSC. Without our parent volunteers, the club would not be what we are today. We have many opportunities for parents to get involved and we always welcome the help.

Our club has many committees and you do not have to be a board member to serve on these committees. If you are interested in helping in any of these areas, please see any board member. The committees and their duties are:

**Membership Committee** – this committee helps new members get acclimated with JCFSC, provides requested documents and helps planning events for the members.

**Testing Committee** – this committee sets up the USFS tests. Committee members will help out during test sessions.

**Ice Show Committee** – Committee members will help in Ice Show planning such as scheduling volunteers, organizing flower sales, helping with props, making costumes.

**Public Relations Committee** – members will help with club's marketing efforts, help with public relations materials and implement special events.

**Fundraising Committee** – members will help with club's fundraising efforts and help identify alternative sources of support.

**Policies and Procedures Committee** – members review the club's bylaws, policies and activities on an as needed basis.

JCFSC has a new Conflict Management Policy. Be sure to read it on our website in the Member's Area!

## Upcoming Events

Each month the Membership Committee would like to have a membership event. Please check the website and the bulletin board each month so you know what to do and which night these events will be held.

For October, we will allow the skaters to dress in their Halloween costumes on Thursday, November 1<sup>st</sup>. Please make sure that the skaters can still move freely in their costumes. No accessories (that are not attached securely) or masks are allowed. Remember, they still have to skate and be safe!

For November, we will have a SPIRIT drawing. On Thursday, November 29<sup>th</sup>, you can place your name in the drawing box if you are wearing your JCFSC Spirit attire. This can include any item of clothing as long as

the JCFSC logo is on it! The winner will receive a FREE JCFSC SPIRIT ITEM!!

Speaking of spirit items.... have you seen the new items for this year? They are only available in club colors but in a variety of items. Just in time for CHRISTMAS we are offering a skating dress with an embroidered logo. Dresses must be ordered by November 1<sup>st</sup>!! Check the information table or the website for further information on all items!

The JCFSC is planning to participate in the Jaycees Christmas Parade. The parade is planned for Saturday, December 1<sup>st</sup> at 2 p.m. Watch for further information as we get into the month of November!

## JCFSC E-mail List

JCFSC has a current e-mail list that is used by the board to send important information such as schedule changes, cancellations, newsletters and other information. JCFSC does not use this email group for any purposes other than informing members and the addresses will not be disseminated to any outside parties. If you

would like to be added to this list, please visit the registration page at [www.JCFSC.com/list](http://www.JCFSC.com/list) to add your information.

Also, don't forget to check our website at [www.JCFSC.com](http://www.JCFSC.com)!