



RED ROSE FSC NEWSLETTER

February 2017

Sharing the Ice

As we head into competition season and our freestyle sessions get busier, please take a moment to read over the skating safety and etiquette article in this month's newsletter and share with your skater. Thank you!

Edge Classes

RRFSC will be offering Edge classes on Friday afternoons. The classes will run February 24th-March 31st, a six week session. Two levels will be offered, *Elite Edges* for our Elite/High level skaters and *Sharper Edges* for our Medium/Low skaters. Classes in-

clude both an on-ice and off-ice class for each level. For more info and to register, please check your email. Registration forms are being emailed to all members.

Competition Info

A friendly reminder about upcoming competition deadlines: Adult Sectionals & Nationals: Feb 1st, Keystone State Games, February 12th.

Good luck to all RRFSC skaters competing President's Day weekend at New York Showcase and New Year's Invitational competitions! Wishing you all safe travels and great skates!

Dates to Know:

February 3rd:

Board Meeting, 4pm, LIR

February 18th:

New York Showcase Competition

February 18-19:

2017 New Year's Invitational Adult Competition

March 4th:

Keystones Send Off/Recital

March 10-12:

2017 Adult Eastern Sectional Competition, Wayne, NJ

March 18-19:

Keystone State Games, York PA

April 18-22:

2017 Adult Figure Skating Championships, Wake Forest, NC

April 22nd:

Philadelphia Areas, Phila., PA

May 6th:

Spring Basic Skills Competition, Oaks, PA

Tests Passed January 25th:

Amelia Atkinson: Preliminary Moves
Lily Babione: Pre-Juvenile Moves
Zoe Babione: Preliminary Moves
Lia Bentivogli: Pre-Preliminary Moves
Katherine Bronov: Argentine Tango, Quickstep
Ellamay Cassidy: Intermediate Freeskate
Demi Ehrhart: Argentine Tango
Carmen Guzman: Pre-Preliminary Moves
Isabella Ketels: Pre-Preliminary Moves
Anna Mayers: Ten Fox
Candace Mbugua: Hickory Hoedown
Elizabeth McCormick: Kilian
Hannah Mencer: Preliminary Moves
Courtney Meyers: Intermediate Freeskate
Navya Reddy: Pre-Preliminary Freeskate
Makayla Robitaille: Paso Doble
Abigail Schlageter: Juvenile Moves
Stacie Seifert: Dutch Waltz, Canasta Tango, Rythym Blues, Preliminary Dance, Adult Pre-Bronze Freeskate

Congrats to all!



2016-2017 RRFSC Board

President: Jessica Burt

First Vice-President: Jennifer Young

Second Vice-President: Carla King

Secretary: Julie Babione

Treasurer: Tina Regan



HAPPY BIRTHDAY!

February 9: Livia Seifert

February 10: Arushi Jhunjhunwala

February 24: Ursula Wolfer

Freestyle Session Etiquette and Safety

Once figure skaters “graduate” from group lessons to private lessons and freestyle practice sessions, it is important to learn the basic rules that must be observed for safety, and to ensure everyone has the opportunity to make effective use of their ice time. While each rink has its own set of rules, there are some basic concepts which are common no matter where you drop in for a freestyle session.

General Courtesies

Respect the rights of other skaters and coaches and be constantly aware of who is around you. If you are a less experienced skater, please be extra careful to stay aware of other skaters and to look ahead of where you are skating to see what others are doing or are about to do. If you are an experienced skater, please be patient with the less experienced skaters. Remember – you were new to freestyles at one time, too. Please be understanding if someone gets in your way.

Right of Way

The skater doing a program run-through to music has the first right of way. On busy sessions, neon vests are provided to help identify the skater whose music is being played. Please

stay aware of which skater is doing his or her program and do your best to stay clear of his or her pattern. Wear the vest when you play your music to help other skaters know you are skating your program. Get to know other skaters’ programs, especially if you skate with them often, and it will be much easier to avoid their pattern.

Lutz Corners & Spins

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink. These corners are informally called the “Lutz Corners.” Strive to avoid long-term practice activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you. Watch out for clockwise skaters in the opposite lutz corners!

Generally speaking, spins should be practiced at center ice unless placed as part of a program/program section run-through. However, at some rinks, the center hockey circle is often put to use for practicing axels and double axels. Be especially aware and considerate of all who are attempting to use this area of the rink.

Dangerous Moves

When practicing elements like camel spins and back spirals be aware of the danger your exposed blade poses to other skaters. Once you start the element it will be hard to see so take a good look at your expected “space” before you start the element, and abort it if it looks like you could cause a problem.

Don’t Stand Around

KEEP MOVING! Refrain from standing around and visiting on the ice. It is especially important not to stop in the middle of the ice or any of the jumping corners. This wastes expensive ice and presents an additional hazard for other skaters to avoid. If you must talk to another skater or your coach, move to the barrier. If you fall, get up as quickly as possible.

Clockwise Skaters

While most skaters jump and spin in a counterclockwise direction, please be aware of skaters who jump/spin in the opposite direction.

Adapted from USFSA’s Basic Ice Usage and Free Skating Etiquette Safety Rules and <http://www.sk8stuff.com/> basic skating references (General Ice Etiquette and Safety Guidelines).

