



Fall is in the air.

Where did October go? (I could say that every month!) I hope you all had a Happy Halloween and enjoyed some of your favorite treats. If you need any Kit Kats, M&Ms or tootsie rolls, let me know...we have way too many at our house!

Fall is a busy time for skating. Skaters are heading to competitions, fall contracts are coming to a close, we start seeing ice show information and we are preparing for our Skate in the Park competition. With that, it's a great time to meet new skaters and get involved in various events (see page 4 for opportunities).

Stayed tuned for all the details and...

Happy Thanksgiving
TRFSC!



this issue

Competition tips and checklist

Skaters Spotlight

Test Results and Up Next

Club News

Preparing for Competitions

From a "frantic skater mom" point of view.

By Karen Walters

Years ago, when my daughter started competing, I was the "frantic skater mom" who knew very little about the sport of figure skating. I admit, I barely knew the difference between free-skate and compulsory. I wondered what to bring to competitions, where the rink is, what we should do when we get there, and laughed at the thought of creating the perfect bun.

Along the way, other skaters and parents passed on advice, gave me tips and kept us coming back. With that in mind, I asked Alicja Nelson, who was very helpful and supportive to me years ago, to pass on some of these same tips in hopes to help other new skaters and frantic moms everywhere prepare for the big day.

A parent's guide to preparing for competitions

- ▶ Know where you are going and what time you need to be there. Consider travel, road construction, and competition times.
- ▶ Get everything packed up and ready the night before. Many competitions start early in the morning. Having this done early will help with last minute worries.
- ▶ Arrive at the competition at least 60 minutes before the scheduled event time with hair and makeup done. Competitions can run 30 minutes early or late. Be prepared for both scenarios.
- ▶ Your skater may want to have something easy and light to eat once arriving at the rink or when they are done skating. Pack a favorite snack. Some competitions have concession stands, but not always.
- ▶ Know how your coach wants the hand off from parent to coach. Know the timing, location and what their other expectations are.
- ▶ Remind your skater to check in with the ice monitor (for first time competitors the coach, other skaters, or you can help out).
- ▶ Many of us are more nervous than our children. This is pretty normal. Try not to let them see you are nervous!
- ▶ Wish them luck and be proud of their accomplishments not just the event results!
- ▶ Remind them to be a good sport about the results.

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COACHES CORNER

Our coaches can help your skater reach their full potential. Below is a list of the TRFSC Home Club Staff Professionals.

Cassie Joyce
cm_joyce@yahoo.com

Nancy Reitan
fancysk8r@yahoo.com

Mandy Pirich
maapirich@gmail.com

Patti Itzin
Patti@itzin.com

Lisa Anderson
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Gretchen Wolf
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Holly Johnston
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Denette Moser
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Preparing for Competitions

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- ▶ Remind your family and friends coming to watch the event to come early. Again, competitions can run early and late and you don't want them to miss their time on the ice.
- ▶ Ask someone else to video tape your skater. It might be too much to worry, watch and video tape while remembering to breathe. *But don't worry about the breathing, after a few competitions you learn to hold your breath that long!*
- ▶ Decide if you want your skater to wear her outfit to the rink or put it on there. Your coach may have a preference. With longer commutes you will want to wait until you get to the rink. Shorter ones work fine to come to the rink dressed and ready to go.
- ▶ Find the location of the event/result postings. The programs generally list skaters alphabetically. Check the postings prior to your event to find the order in which they will skate and record them in your program if you'd like.
- ▶ Remember, competitions are run by parents and volunteers, much like you, and they are doing their best to make the competition a success. Judges are volunteers as well.
- ▶ Don't forget to pick up your music before leaving (and gather up all your personal items too)

And, yes, you are there to compete but remember to enjoy the day too. With each competition, preparing for the day gets a little bit easier and soon, you will find yourself becoming an *expert* and passing on tips to other skaters too!

GRANITE CITY CLASSIC

NOVEMBER 10-13, 2011

Good Luck Skaters!

SK8GR8

Congratulations to TRFSC and Maple Grove Skating School members who competed in the 8th annual Autumn Skate Fest in Burnsville, November 5-6, 2011

Katie Kasprovicz, Cayli Fischbach, Hailey Smith, Kylie Flandrick, Eve Hanson, Kadrian Hill, Hannah Lund, Jessica Jarosik, Victoria Halvorson, Aurora Wiseman, Sarah Williams, Kimberly Bell, Rachel Kolstad, Kassandra Vosberg, Samy Narasimhan, Tasha Piyabongkarn, Elaine Donoghue, Marisa Matheson, Sunny Choi, Rea Banerjee, McKenna Cody, and Abby Walters

Great Job Skaters!!

Competition Checklist

Make a list, check it twice!

Are you ready for your competition? **Plan ahead.** Make a checklist and gather everything you need the night before.

Here's our checklist to get you started. Add your own items too.

- Skates
- Skate Guards
- Skating Dress(es)
- Music
- Hair Spray
- Hair Glitter
- Make-up
- Hair brush
- Pony-tail holders
- Bobby pins
- Extra skating dress
- Extra tights
- Safety pins
- Tennis shoes for warm up
- Warm up jacket & gloves
- Water Bottle
- Snacks
- Jump Rope
- Blanket
- Camera/Video Camera
- Change of clothes
- _____
- _____

Ask your coach

Check with your coach, too. They may have a list and tips to help you prepare.



SKATER SPOTLIGHT



Meet Mikayla (Mik) Nelson

Mikayla started skating at the Champlin Ice Forum in March 1998. It was in August 2003 when she teamed up with Nancy Reitan as her coach. Today, both Nancy and Cassie Joyce coach this Champlin Park Junior who has skated on rinks all over the state and as far away as Chicago.

Her first competition was in November of 2003 in St. Cloud. Since then, she has competed in over 50 competitions! When asked what her favorite competition has been, Mikayla said, "Duluth! It offers the chance to bond with other skaters, cheer them on, hang out at the hotel, go to restaurants, there's

site-seeing and Secret Skater." She also loves competing in the Artistic programs.

Talk about numbers, she has also participated in 11 ice shows, skating her first one in 2000 with Who Let the Dogs out and 101 Dalmatians setting the stage.

You will also find Mikayla on the ice as a BP Ice Guard and Skating School Substitute Instructor. Off-ice, she is involved in CPHS dance team, soccer, orchestra, snowboarding, Servant of Christ Youth Group and is a 2nd Grade Sunday School Teacher.

Mikayla loves all music (except

country!), loves pizza rolls and fried rice, and things just don't seem right if she doesn't start her weekday mornings on the ice with coach Nancy!

She is a familiar face at the rink, is focused, has fun, and excels at the sport of skating. When asked, what's one thing we don't know about you, Mikayla responded, "you would be surprised to know that I never wear socks under any circumstance except in soccer because you have too."

Finally, her advice to younger skaters, "Don't worry about the small stuff and HAVE FUN."

TEST PASSED

Congratulations to members passing USFS test in the Fall 2011

Selina D. – Pre-Preliminary Free Skate

Bailey F. - Preliminary Moves & Pre-Preliminary Free Skate

Kylie F. - Pre Preliminary Moves & Free Skate

Megan G. - Pre Preliminary Moves

Nicole G. – Preliminary Free Skate

Jillian H. – Preliminary Moves & Pre Preliminary Free Skate

Stacie H. – Novice Moves

Rachel K. – Preliminary Free Skate

Hannah L. – Preliminary Free Skate

Sophie S. – Preliminary Free Skate

Hannah S. – Pre-Preliminary Moves

Kassandra V. – Pre-Preliminary Moves & Free Skate

Kassi T. – Juvenile Free Skate

Sarah W. – Juvenile Moves

NEW MEMBERS

A shout out to the newest members to TRFSC!

August 2011

Eliza Lister
Arwen Baer
Kira Gifford
McKenna Cody
Gretchen Wolf

September 2011

Kylie Flandrick
Megan Giffakis
Katie Kasprovicz
Stacee Sylvester
Alyssa Sylvester

October 2011

Denise McNeff
Keri Beck
Denette Moser

We are excited to have you as a part of TRFSC club and look forward to getting to know all of you! Welcome!!

HANDBOOK UPDATE

In order to maintain TRFSC club standards, and in consideration of the age range of skaters and varied personal preferences, **music played** on TRFSC Club Ice must be chosen carefully. Music containing profane, obscene or inappropriate lyrics will not be played. Anyone (including skaters, coaches, parents or board members) has the right to stop or switch the music selection if it is deemed inappropriate. "Mix" CDs will be removed from the audio cart if they contain inappropriate lyrics. Only edited versions of popular songs may be played on club ice.

See all the latest TRFSC news...

"Like Us" on facebook

facebook

Looking for your talent!

The following TRFSC opportunities are available. If you are interested in helping out contact a board member today.

- ▶ Volunteer Chairperson
- ▶ Fundraising Chair & committee members
- ▶ Banquet Chairperson
- ▶ Ice Monitors
- ▶ Skate in the Park volunteers

EARN VOLUNTEER HOURS

TRFSC BOARD MEMBERS

Welcome! Keri Beck as a new member of the TRFSC Board!

JULIE Schulte, President
julieaschulte@comcast.net

MIKE Itzin, Vice President
Mike@itzin.com

ALICJA Nelson, Treasurer
creekviewacm@earthlink.net

CONNIE Mattson, Secretary
mattson3801@comcast.net

LORI Nelson
Lori.Nelson@comcast.net

KIM Greninger
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KAREN Walters
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KERI Beck
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Upcoming Events...Dates...and more!

• Skate in the Park

Mark your calendars for the 7th annual Skate in the Park Competition hosted by TRFSC on February 26, 2012. From skaters to spectators or volunteering this is a great event to be a part of.

• Annual Ice Show

April 13 & 14, 2012 – “So you think you can Skate” Brooklyn Park annual ice show.
April 21, 2012 – “See You At The Skate Fair!” Maple Grove annual ice show.

• Membership Banquet: May 3, 2012, Edinburgh Golf Course

• Competitions

- ▶ 2011 Granite City Classic, St. Cloud, MN, November 10-13, 2011
- ▶ 2012 Northland Competition, Duluth, MN, January 26-29, 2012
- ▶ 2012 Skate in the Park, Brooklyn Park, MN, February 26, 2012



COMING SOON: TRFSC Merchandise...just in time for holiday giving (and receiving!)

More information to come. **Show your TRFSC Pride!**

THREE RIVERS FIGURE SKATING CLUB

About: Three Rivers Figure Skating Club is dedicated to teaching, promoting and showcasing the art of figure skating. TRFSC is a member of US Figure Skating.

Membership: TRFSC currently has **137 Active Members**

Fundraising: TRFSC holds a variety of fundraisers that raise funds for different purposes. Some provide an opportunity to the individual skater to raise funds to offset ice costs. Others raise money for a specific need such as an ice harness or provide supplemental funding of contract ice costs to keep the existing ice sessions available and to keep ice cost to members lower. Finally, these funds may cover administrative, banquet and award costs that member fees do not fully fund.

Past fundraisers include Skate in the Park Competition, Ice Show, Poinsettia sale, Spring Flower sale and most recently Steak Fry.

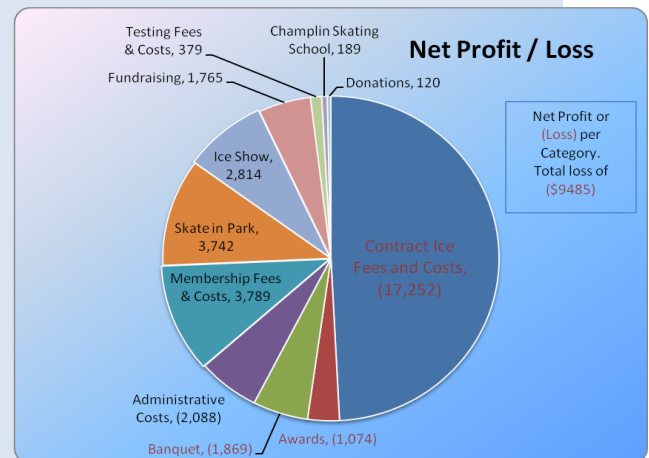


Chart shows fundraising dollars PLUS gives you an idea of where our funds come from...and go to!

As of 9/30/2011