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# Talbot

Sept/Oct  
Issue

## FIGURE SKATING TEAM

### **A Monthly Insight into the World of Figure Skating with TFST**

## **calendar of events** ↓

9/17/11

Skate for Avery - 7 p.m.

9/18/11

Open House - 5 p.m.

9/19/11

Synchro Assessments - 7 p.m.

9/26/11

Synchro Clinic - 7 p.m.

10/2/11

Membership fee increases  
to \$75. Prior to 10/2/11 \$65

10/3/11

Synchro Practice - 7 p.m.

10/6/11

Ensemble Starts - 4:45 p.m.  
Synchro Practice - 5:15 p.m.

10/16/11

TFST Club Meeting - 5 p.m.

12/11/11

Winter Exhibition - 6:15 p.m.

2/19/12

Talbot Classic Competition  
9:00 a.m.

3/4/12

Spring Exhibition - 4 p.m.



## **about**us

Week after week we often saw each other at our Learn to Skate lessons on either Saturdays or Mondays at TCCC; perhaps even recognize each other community events, at our children's schools, or even shopping, but don't always know each other's name. By being part of the Team we hope to make everyone feel special and important as we bring together those that share a love of the sport of figure skating. The team is open to all ages and skating levels. We encourage beginners to advanced skaters to join. There is something here for everyone.

We meet at least once a month (most often the 3<sup>rd</sup> Sunday at 5:00 p.m.) during the season. Meeting topics could include: proper equipment fit/purchase and attire, ice etiquette, ice utilization and good practice habits, I.S.I. testing and competitive structure, preparation for competition, how and when to select a private coach, good eating habits, and goal setting and positive thinking -- just to name a few. Skaters usually meet with the Junior Board for the fun and parents meet with the Adult Board to cover the business of the club. Meetings typically last about 1 hour.

Membership is open and is \$65 until October 1<sup>st</sup>. After that, membership is \$75 per skater for the season and includes the skaters ISI membership, a team t-shirt, free monthly meetings and exhibition entry fees and more!

***We look forward to  
being your home  
figure skating club!***



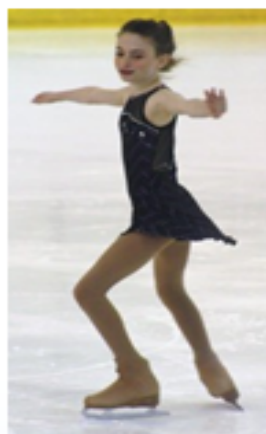
## Setting Goals: Advice from Your Coaches

It's that time of year, to get back on our home ice in Easton! The fall season is also a great time to think about what types of goals you might have for your skating accomplishments during our six month season of home ice.

When you are thinking about your skating goals, it's a great idea to ask yourself, "Are these my goals, or my mom's, or my coach's?" It's important that coaches and skaters and parents are all working together and share the same ideas about what might be a realistic goal for the season. "Is this a goal that is realistic for me to accomplish in six months of practicing on the ice?" Sometimes skaters think of great goals, but they need a little more time to accomplish them than they had originally planned. For example, landing your axel by March may or may not be an appropriate goal for you if you just started working on your loop jump. Finally, goals are easiest to reach when you choose things that are specific and measurable. Instead of "I want to have a good sit spin." (it might be difficult to decide if you have actually accomplished this or not) consider setting a goal such as "I want to be able to do a sit spin with six revolutions and my free leg as low as my skating knee, three out of four times each practice." That way, you can check this goal off your list when you do it!

As important as it is to set goals, please remember to make them realistic for the amount of time you have available for on ice practice and instruction. Are you able to take lessons? Are you in Learn to Skate, or taking private lessons, or both? Are you skating in a team event as well? How often will you be able to practice your skills during a freestyle session each week? Consider all of those questions when deciding what you would like to achieve this skating season.

Happy skating and good luck!  
Larisa Frankoski & Rebecca Crotti



### beyond learn to skate ↓

**Q:** I am interested in taking private figure skating lessons. How do I get started?

**A:** Many of the Learn to Skate coaches offer private lessons during the rinks 'advanced freestyle sessions'. Please call TCDP&R or refer to their website to contact a coach for private lessons.

### Member Tidbits ↓

"I'm excited to start skating regularly again! I hope to be on a Jump & Spin team again this season because it's so much fun. I'm also looking forward to hanging out with the new friends I've made on TFST."

Sophie, Age 10

BIG "THANKS" to everyone that attended the "Skate for Avery" Benefit on Friday, September 17<sup>th</sup>. We are happy to share the event was a HUGE success and we are so pleased to support the family and Living Legacy with increasing awareness during our 2011-2012 season.



# *TFST Members Place at National Competition*

Members are celebrating the success of teammates Hailey Moore, Corynne Smith, and Savanna Smith (shown right). In early August, the three TFST skaters competed and placed at the National Congress of State Games in San Diego, CA. Corynne took silver in Freestyle 3 and bronze in Freestyle 3 Interpretive, then earned 4<sup>th</sup> place in Freestyle 3 Artistic. Savanna won gold in Freestyle 3 Artistic and tied for bronze in the Freestyle 3. Hailey placed 6<sup>th</sup> in Pre-preliminary Bronze Freeskate and 5<sup>th</sup> in Pre-preliminary Bronze Solo Showcase. Congratulations to our three skaters!



The three champions qualified for the national competition during the Keystone State Games in York Pennsylvania last year. They placed 3<sup>rd</sup> and above in all of their events at the Keystone State Games to qualify for the national games. In addition to competition, the athletes were treated to an Opening Ceremony Show and Parade at the San Diego Chargers Stadium as well as an Athlete Party at a Coronado Beach Park. Hailey carried the Delaware state flag during the opening ceremony. All three of the skaters look forward to the January 2012 Keystone Games and invite fellow TFST skaters to register for the competition too! The National 2013 State Games of America will be held in Hershey, PA. 2011 State Games of America, a property of the National Congress of State Games, is a national multi-sport event, held biennially, for athletes of all ages and skill levels. Medal winners from 45 State Games nationwide earn the right to compete against other winners and match their skills and competitive desire in a national arena. More than 12,000 athletes competed in 19 sports including both USFS and ISI figure skating competitions.

*in sync* ↓

## *What is synchronized skating?*

*Synchronized Skating is a fun and rewarding experience for all ages!*

It involves eight to twenty two skaters performing various formations in unison to music. The objective is for the skaters to perform as one unit rather than individually.

### **Team Spirit**

To be successful, the team will need to form a strong bond, so skaters will be expected to be committed to the team for the entire season. Synchronized skating allows skaters a chance to succeed and, at the same time, participate in a social activity and make friends with people who share a love of skating.



*Talbot*  
SYNCHRONIZED SKATING TEAM

# final thoughts...



Talbot Figure Skating Team's mission is to create unity amongst Talbot County Skaters. This team will educate parents & skaters on the fundamentals of skating and establish an identity to positively represent Talbot County Community Center. Social activities and team bonding will be shared while providing its members the opportunity to build lasting friendships. We look forward to you being a part of this Team!

coming soon ↓

- winter exhibition
- can anyone compete?
- jump & spin teams
- & more.....



## Proud Member of ISI

Individual ISI membership is included with your membership with Talbot Figure Skating Team!



ISI was founded in 1959 as a nonprofit organization for owners, operators, and developers of ice skating facilities. ISI encourages participation in ice skating as a recreational sport providing ice skating programs for skaters of all ages and abilities. The Ice Skating Institute is our chief advocate and number one source of leadership, education, and services. For more information go to [www.skateisi.com](http://www.skateisi.com)

Happy Birthday  
TFST Members!  
**September:**  
Olga & Rachel C.

**October:**  
Peyton & Brianna

Coming Soon!

**YOUR SPIRIT WEAR  
FOR ICE SPORTS & BEYOND**

Apparel to show your TFST spirit and pride!

We are excited to present ...

**Talbot**  
FIGURE SKATING TEAM

**ENSEMBLE**



Practice begins on Thursday, October 6<sup>th</sup> at 4:45 p.m. and continues for 8 weeks. All participants will perform in the December 11<sup>th</sup> exhibition. The group is looking for skaters of all ages, genders, and skating abilities. Registration forms are available via the website.



We encourage all of our members to enroll in Learn to Skate lessons.

For more information go to:

<http://www.talbotcountymd.gov>