



The Inside Edge

The Newsletter of the Skating Club of San Francisco, Inc.

Fall / Winter 2008

Skate SF 2008:

Success in Stormy Economic Times

By Rebecca Hurst

The economic recession has been felt by competitions across the country this year, but it didn't put a damper on Skate San Francisco 2008. Over three days of sunny skies, the event saw a strong showing of more than 400 competitive starts, with skaters representing a number of Western states and Canada.



Skate SF 2008, like many events, was smaller this year. However, once again it made a profit that will help to fund club activities throughout the year. Tremendous thanks go out to all of the tireless volunteers and club officials who helped with the hospitality, running, registration, judges, music, accounting and much more. Working together, everyone turned Skate SF 2008 into a fun and extremely well run competition.

Special thanks also go out to the rink management and staff of our beautiful Yerba Buena Ice Center (YBISC) for the

excellent cooperation and coordination. Additionally, the YBISC made a significant investment in ice improvements this fall, providing a wonderful surface for competitors to present their programs.

Since our first Skate SF event, we have worked with the YBISC rink management to create a unique concept for a competition—one that combines traditional US Figure Skating (USFS) events with those of the Ice Skating Institute (ISI). This competition brings together skaters who have started skating for recreation with those that have begun and are continuing active competitive careers. The broad, integrated platform proved popular again this year.

We also received very positive feedback on the decision to offer international judging system (IJS) scoring for more skating levels. Skaters and their coaches praised the valuable feedback it provided. Look for the SCSF to extend IJS scoring to lower skating levels in future events, as well.

Plans have already begun for Skate SF 2009, which is tentatively set around the first weekend in November. In fact, we have already locked in affordable hotel rates for competition officials and attendees.

We will have more news in the coming months. In the meantime, the SCSF board of directors would like to offer our sincerest thanks to all of you who helped volunteer at Skate San Francisco and all of you who came to skate and have fun.

CLUB NOTES

SKATE SF VIDEOS: It is not too late, you may still order your own video of your Skate SF performance by contacting Jeff Lancaster at promixaudiovideo@aol.com or 425-672-2627 Note that Jeff also did the video for the Central Pacific Regionals so you would be able to order for that event also.

PARENTS' SEMINAR: The next seminar for parents will be held on Sunday, February 15, at Belmont Iceland. Shirley Schorer has confirmed that the guest speaker will be Sarah Koszyk, a registered dietician with San Francisco-based MV Nutrition. Visit www.mvnutrition.com to learn more about Sarah. For more information on the seminar, contact Shirley at Old_Cowboy@lmi.net or at 510-853-9288.

PERSONAL BEST: Our own Dinh Tran was featured in the SF Examiner last month. You can still check out the story online at http://www.sfexaminer.com/sports/Personal_Best_7-year-old_figure_skater_has_all_the_ingredients.html.

In this issue:

Rebecca Hurst writes about getting "tanked" on page 4...Highlights from Parents' Seminar and Jr. Council on page 3...Member spotlights on page 6...Test and competition results on page 6. Enjoy!

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President's Letter

By Jessica Gaynor



Dear Membership,

This is the season to be thankful for all the gifts in your life, and I want to thank you all for the support you give to our club. With you and your volunteer spirit, our sport and our club thrive and grow in San Francisco and the Bay Area.

We have had a very busy Fall skating season, congratulations to all who have competed and to those who have yet to compete in our qualifying competitions. We look forward to more great skating to come from our membership.

Congratulations to Bruce, Shirley, Amy, and Sam for their leadership is hosting another successful Skate San Francisco. There have been overwhelming compliments from skaters, parents, coaches, and officials. With over 400 starts, we offered a high level competition at every level. A special thank you goes to Janice Freeman who organized our volunteers.

Closing the year, the club will host its annual Holiday Celebration at the Yerba Buena Ice Centre on December 20. Fun and games are planned for all, including relay races, food and drink, and an exciting raffle sponsored by our Junior Council. Please mark your calendars.

Looking forward to next year, January brings National Skating Month. Our club is planning activities at both our Yerba Buena and Belmont rinks. Look for announcements of activities for the weekends of January 10 at Yerba Buena and January 17 at Belmont. A final celebration will occur on January 24 at Yerba Buena in conjunction with the live broadcast of US Nationals.

Also in January, the club will be hosting an Adult Skating Critique for all those who will be competing at Sectionals and Nationals. A video component is in the works so that there can be a more formal analysis of the scoring of program elements. Look for the date in our weekly e-mail blast.

A parent's seminar is on the books for February. This time the topic will be Nutrition For Athletes. There will be guest speaker with expertise on how to plan a healthy menu for athletes.

Finally, our club is planning a new winter competition in March. The hope is that our coaches will have some new competitive programs to debut. In addition to the traditional competitive track, there will be many new levels – including jump and spin categories. More information is forthcoming on this exciting new event.

Happy Holiday to all,

Jessica

SCSF Junior Council Pins Are Here!

By Rebecca Hurst

The long-awaited Junior Council pins have arrived! And they look fantastic. The pins feature a fun four-color "graffiti" design conceptualized by the Junior Council board and executed with the help of Taunya, an art student who works the YBISC, and SCSF parent Suzy Leung, who created the final design.



The four-color pin design is more expensive to produce, but the extra cost is worth the great results. At the same time, we have kept the Junior Council pin price the same as other SCSF at just \$8 per pin.

The Junior Council and slightly older JC sponsors wish to thank all of those SCSF members who pre-ordered pins when they didn't arrive in time for Skate SF 2008. If you haven't received your pin already, it is available for pick-up at either the YBISC or Belmont Iceland rinks. Contact Sylvia Louie at SylviaL@Pietromanagement.com or Rebecca Hurst at rebeccahurst@earthlink.net for more information.

The same logo design is being applied to t-shirts. We have received half the shirt pre-orders required to send the order to the vendor. We will be ready to place the order in early January if not sooner.

Sales of the pins and t-shirts, Junior Council items at Skate SF (this year, flowers and teddy bears from Sylvia Louie and cute leg warmers from Lilya Dukler – thanks!),

and the SCSF Holiday Party raffle tickets all help to fund Junior Council activities throughout the year.

We get a great deal of questions about just who the Junior Council is. In the broadest sense, the Junior Council is for any skater age 17 years or younger, and anyone can participate at any time. We have a group of about 30 active Junior Council members, who participate in Junior Council meetings and volunteer to create events and experiences of interest to Junior Council members.

Since forming in November 2007, the Junior Council contributed to the planning and running of the annual SCSF Holiday Parties in December 2007 and 2008, held an IJS seminar in February 2008, and hosted the first SCSF Picnic (for all members) in June 2008. At Belmont Iceland, the Junior Council is in the process of sponsoring the bottle recycling, helping the environment and providing additional revenue to support Junior Council activities.

Within the Junior Council, there are seven board members: Jordan Drexler, Jennifer Gee, Wilbur Ji, Tiffany Lam, Maddy Thornton, Phong Tran and Stephanie Yuen. They are always happy to tell you more about the Junior Council and its activities. You can also learn more from Junior Council sponsors and SCSF board directors John Macdonald and Rebecca Hurst.

The first two Junior Council meetings of 2009 will be held Saturday, January 24, at the YBISC and February 15, at Belmont Iceland. Read Bruce Bell's weekly emails for more details. We hope you can join us!

Parents' Seminar: Parents Learn to Cope at Competitions

By Shirley Schorer

The Skating Club of San Francisco held its third Parents' Seminar on September 21, 2008 at Belmont Iceland to discuss the topic, "Coping with Competition Stress". Sam Singer, Jr., SCSF's Vice-President and a national judge, hosted the seminar with Katie Peuvrelle, a sports psychologist, as the keynote speaker. More than 30 parents and skaters attended this free seminar. Katie gave tips on how to cope with the stress of competition.

Competitions can be stressful for both parents and skaters. Parents, who obviously want their skaters to do well, will unintentionally compound the skater's own fears with their own nervousness. Katie gave parents some advice and coping techniques to help them learn to support their skater in these stressful conditions.

- 1 - On the way to the event, keep the conversation light. Do not talk about the upcoming event or past events.
- 2 - Leave the skater with their coach once the family has

arrived at the competition site.

3- Find a place in the stands and enjoy the skating. If your anxiety prevents you from enjoying the skater's performance, try some deep breathing exercises.

4 - Whatever the outcome of your skater's performance, avoid emotional outbursts at the rink, whether they are joyful or angry.

Similar advice was given to the skaters about performance anxiety. Ms. Peuvrelle advised skaters to remember their own skating goals before, during, and after the competition. She gave examples of some visualization techniques to help keep their goals in mind during the preparation and training process, and to carry through to the actual event.

The new SCSF Parents' Seminar series has been a huge success, and has inspired other clubs to adopt their own parent programs. These parent programs are essential in competitive skating to help promote a better working relationship between the skater, coach and parent. When all three are working as a team with a common goal, there is a better chance for a positive outcome and a longer lasting, healthier relationship.

Tanked!

Taking the Body Fat Test Dive

By Rebecca Hurst

What's my ideal weight? How much body fat should I have? For skaters, or any athletic person, answering those questions can be confounding. In many cases, athletes have a higher percentage of muscle mass and denser bones than their less active counterparts. That means simple calculations—such as those based on the ratio of weight to height—don't paint an accurate portrait.

At the same time, an understanding of body composition is important to achieving health and performance-related goals. It helps to more accurately calculate the body's resting metabolic rate (RMR) and requirement for calories. It may help with weight loss. However, it's equally important to ensure that a skater has enough body fat to support normal bodily functions and is getting the calories needed for optimal athletic performance.

Determined to get a better understanding of our body composition, three SCSF adult skating members took the dive (literally) and conducted one of the most precise body fat testing processes: hydrostatic testing. That's right, Alexei Folger, Joanna Ramberg, and I got into a water tank.

Hydrostatic testing is based on the fact that lean body mass (organs, muscle and bone) sinks in water whereas fat floats. When taking the test, you first get weighed dry to obtain a base measure. Then you get into the water tank, rest on a high-precision scale underwater, and expel all air out of your lungs to get an accurate measure of your underwater weight. This information is then used to calculate the amount of lean body mass versus fat.

In our case, we each took three readings—that meant going under three times—to average out any discrepancies. Five minutes later, we had a computerized printout showing the actual weight of our lean mass and fat, as well as the percentage each of those represented.

The news was good. We each measured in at the low end of the healthy range in the 99th or 95th percentile. Alexei came in at 11.8 percent, Joanna came in at 16 percent, and I came in at 12.9 percent body fat. We all have been conscious about combining healthy eating habits with regular on-ice and off-ice training, so it was encouraging to see that our efforts were paying off.

"I was expecting to be at a normal range because the previous readings I had were around 20 percent," Joanna recalled. "When I got back that my rating was a low 16 percent, I was a bit surprised. Then I realized that I had been going through other less accurate methods of

measuring fat. I knew then that I was at a good point to be."

At the same time, the reports provided an important checkpoint, since all of us were at or near the minimal level of "essential fat" required to be healthy. For us forty-somethings, the healthy range is 11.6 to 22.4 percent. That cute skating dress might tempt us to shed a few pounds, but now we had an idea of how low we safely could go.

Two equally important pieces of information to come out of the test were the calculation of our RMR and daily calorie requirements. I was amazed to learn that I burned 1,500 calories a day doing no activity—and on a normal workout day need closer to 2,000. Alexei was surprised as well.

"It was really informative to watch him calculate my daily calorie consumption," Alexei noted. "I knew a little about BMI and body fat before the test, but really had no clue about how it related to burning calories." That said, she wasn't so sure about his advice. "Since his focus was more on building muscle mass than, say, perfecting back inside three-turns, his advice was, 'You should eat.' It's become a running joke with my boyfriend."

So what about BMI?

The body mass index (BMI) is a reasonable measure for general health and insurance purposes. For many people, it can provide a ballpark measure of whether they have a healthy ratio of lean body mass to fat. However, BMI scores can be very disconnected from an athlete's actual body composition because of the added muscle.

To give you a sense, Alexei, Joanna and I used an online BMI calculator, so that we could compare results. Here's what we found.

Alexei: Body Fat 11.6%, BMI 18.9

Joanna: Body Fat 16.0%, BMI 21.62

Rebecca: Body Fat 12.9%, BMI 21.08

A BMI of 18.5 to 24.9 is considered healthy, but just what does that actually mean?

According to the hydrostatic test counselor, I could safely lose 2 to 3 pounds of body fat, which would put me at that 11.6 percent minimum for my age group. According to the BMI chart, I could lose up to 7 pounds before getting to the minimum BMI of 18.5 percent—more than twice the loss recommended based on my actual body composition. The greater accuracy of the hydrostatic test has led to safer guidelines for maintaining health.

Alexei has tried another popular body fat test option that also falls short: "It turns out that scales, which calculate body fat based on electrical impedance (standing on the scale with bare feet), are the least accurate and give exactly the "wrong" kind of feedback; which is to say, they underestimate the body fat of heavier people (giving

them an overly optimistic reading) while underestimating that of lean people who might be in danger of having too little body fat. My home scale routinely reports my body fat at 15 or 16 percent."

To be sure, hydrostatic testing may not be for everyone. On the one hand, it just takes 15 minutes, costs less than \$50, and is available several times a year at various Bay Area locations. On the other hand, it is a strange experience to climb into a tank (wearing a swimsuit, of course), and then push every last breath out of your body as you sink to the bottom. I asked Alexei and Joanna to share their experiences.

Alexei: "Lying face down in a tub of water is just contrary to nature. So is blowing all the stored air OUT of your body while under water. I felt like I was in Navy Seal training, complete with the 'drill sergeant' yelling 'Blow, blow, blow!' from above water until he couldn't see any more bubbles. Then—after what seemed like forever—he banged on the side of the big aluminum tub to indicate it was OK to come up for (much needed!) air."

Joanna: "I haven't learned how to swim yet, and the idea of breathing all the air out of your lungs while underwater is a frightening thought at first. The guy at the tank had me do the test face UP and to have everything covered in water except for my mouth and nose, which made it a bit less scary. He also made sure that I heard him LOUD AND CLEAR when he'd gotten the reading that he needed. The test itself took at most five minutes, and we took a couple of readings just to be sure."

So is it worth it? We all thought so.

Joanna says, "If someone who can't swim was able to get through this test, anyone else can—and this is the most accurate way of measuring body fat."

Meanwhile, Alexei reminds us of why we do this in the first place: "The important thing is to focus on being healthy, not 'fat' or 'thin.' Even if you want to lose weight, don't do it at the expense of your lean muscle tissue. You need it for all those jumps and spins! Skating has helped me realize that exercise (including the off-ice kind) is even MORE important than just cutting calories. Make sure you get enough nutrients, fiber and lean protein in your diet."

For anyone interested in more information on mobile body fat testing in the Bay Area, visit www.bodyfattest.com.

SCSF Nutrition Seminar

To learn about proper sports nutrition, attend the SCSF Parents' Seminar on nutrition which will be held Sunday, February 15, at Belmont Iceland. The guest speaker will be Sarah Koszyk, a registered dietician with San Francisco-based MV Nutrition. Visit www.mvnutrition.com to learn more about Sarah. For more information on the seminar, contact Shirley at Old_Cowboy@Imi.net.

Are you ready for 2009?



Get your programs ready for the next competitive season! The Skating Club of San Francisco will be sponsoring **SCSF WINTER GAMES** on Sunday, March 8, 2009 to be held at the newly renovated Belmont Iceland.

There will be both USFS and ISI events. The ISU Judging System (IJS) will be used for Preliminary and higher Singles and Pairs events, and Adult Gold and Masters Singles and Pairs events. All other USFS events, including Dance, Test Track Free Skating, and Artistic events, will be judged under the 6.0 system. Additional events such as compulsory moves and ProAm dance will be featured!

Please visit www.scsf.org for competition updates and information. You can also contact Bruce Bell at brucebell@itv.com or Shirley Schorer at old_cowboy@Imi.net for more details.



The Inside Edge newsletter is looking for a new **EDITOR**

If you are interested, please contact Amy Kim at scsf.editor@yahoo.com

COMPETITION RESULTS

CONGRATULATIONS to our skaters who competed!

2008 SILICON VALLEY OPEN

San Jose, CA
August 6 – 9, 2008
(placement for the Short Program and Free Skate in parentheses)

Basic Skills 3 FS Exhibition
Celeste Hsu – 1st

Basic Skills 4 FS
Sophia Thompson – 1st

Pre-Pre 1 Girls FS
Danielle DiMalanta-Kim – 2nd

Pre-Pre1 Boys FS
Dinh Tran – 1st

Pre-Pre2 Girls FS Group A
Lia Dopp – 10th
Chloe Klumpp – 11th

Pre-Pre 2 Girls FS Group B
Siena Belda – 4th
Dylan Michael – 12th

Pre-Pre 3 Girls FS Group A
Samantha Ramsey – 8th

Pre-Pre 3 Girls FS Group B
Alishah Alperin – 8th

Preliminary Girls FS Group A
Kaysie Yu – 10th
Rebecca Berger – 11th

Pre-Juvenile Girls FS Group A
Angela Case – 5th
Jasmine Chen – 8th
Ashley Chan – 12th

Pre-Juvenile Girls FS Group B
Madellena Conte Thornton – 3rd
Valerie Yermakova – 11th

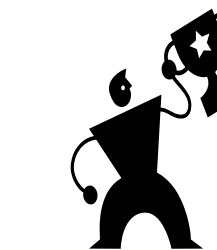
Pre-Juvenile Boys FS Exhibition
Phong Tran – 1st

Juvenile Girls
Casey Yee – 10th
Kaylin Yu – 12th

Juvenile Boys
Albert Zeng – 1st

Intermediate Ladies
Gabie Camozzi – 7th
Kayla deGroot – 8th
Alana Dopp – 12th

Intermediate Men
Wilbur Ji (1,2)
Marvin Au (3,3)



Novice Ladies
Jessica Duncan – 6th
Megan Gleason – 11th

Adult Gold Ladies
Rebecca Hurst – 1st
Celeste Kohaya – 2nd

Junior Ladies Test Free Skating
Tiffany Chen – 1st

Pixie Artistic
Sophia Tavasieff – 3rd

Advanced Artistic
Michelle Chan – 5th
Elizabeth Rivelli – 7th

Pre-Pre Artistic Group A
Dinh Tran – 4th
Lia Dopp – 5th
Samantha Ramsey – 6th
Chloe Klumpp – 8th

Pre-Pre Artistic Group B
Alishah Alperin – 9th

Preliminary Artistic Group A
Rebecca Berger – 3rd

Pre-Juvenile Artistic Group A
Angela Case – 5th
Kaysie Yu – 6th

Pre-Juvenile Artistic Group B
Valerie Yermakova – 3rd
Phong Tran – 4th

Juvenile Artistic
Casey Yee – 1st

SKATE ST MORITZ
Oakland, CA
September 12 -14, 2008

Basic Skills 3
Yasemin Ergul – 2nd

Pre Pre 1 Group C
Alyssa Scott – 2nd

Pre Pre 2 Group A
Lia Dopp – 3rd

Pre Pre 2 Group B
Dylan Michael – 5th

Pre Pre 2 Group C
Siena Belda – 1st p
Ananya Nandy – 2nd
Danielle Dimalanta-Kim – 8th

Pre Pre 2 Boys
Aditya Nandy – 1st
Dinh Tran – 4th

Pre Pre 3 Group A
Amanda Koong – 4th

Pre Pre 3 Group B
Samantha Ramsey –

Pre Pre 3 Group C
Valentina Reneff-Olson – 5th
Cipriana Love Lopez – 8th

Preliminary Group A
Kaysie Yu – 1st
Rebecca Berger – 9th
Courtney Bobo – 11th

Preliminary Group C
Ashley Chan – 4th

PreJuvenile Group A
Angela Case – 4th
Jasmine Chen – 7th

PreJuvenile Group B
Madellena Conte Thornton – 5th

Pre Juvenile Boys
Phong Tran – 1st place

Pre Juvenile Pairs
Ananya Nandy / Aditya Nandy – 2nd

Juvenile Girls
Casey Yee – 3rd
Kaylin Yu – 7th
Rachel Reisman – 11th

Juvenile Boys
Albert Zeng – 1st

Intermediate Ladies Group A
Brittany Lau – 2nd
Belinda Zeng – 3rd
Katherine Bates – 6th

Intermediate Ladies Group B
Kayla de Groot – 2nd
Gabie Camozzi – 3rd
Alana Dopp – 4th
Ariel White – 8th

Novice Ladies
Stephanie Victoria Yuen – 8th
Shirley Chan – 13th

Junior Ladies
Jennifer Gee – 7th
Josie Sun – 10th
Khristine Gonzalez – 11th

Senior Ladies
Laura Lipetski – 2nd

Pre Pre Artistic Group A
Lia Dopp – 4th
Samantha Ramsey – 6th

Pre Pre Boys Artistic
Dinh Tran – 1st

Preliminary Artistic Group A
Courtney Bobo – 1st
Rebecca Berger – 2nd

Preliminary Artistic Group C
Cipriana Love Lopez – 5th

PreJuvenile Artistic Group A
Angela Case – 6th
Kaysie Yu – 7th
Madellena Conte Thornton – 8th

Pre Juvenile Artistic Group B
Phong Tran – 5th

Juvenile Artistic
Casey Yee – 1st

Novice Artistic
Jordan Drexler – 2nd

Adult Artistic
Lisa Ferguson-Walker – 3rd



CENTRAL PACIFIC REGIONAL CHAMPIONSHIPS
San Jose, CA
October 2nd- 5th, 2008

Juvenile Girls
Kaylin Yu – 5th
Casey Yee – 7th
Rachel Reisman – 14th

Juvenile Boys
Albert Zeng – 2nd
Taki Zira – 3rd

Intermediate Ladies
Alana Dopp (11,7)
Gabie Camozzi (8,8)
Kayla deGroot (10,10)
Brittany Lau (13,12)

Intermediate Men
Wilbur Ji – 3rd
Marvin Au – 8th

Novice Ladies
Laura Chavez (9,6)

Junior Ladies
Jennifer Gee (6,6)
Josie Sun (11,10)
Khristine Gonzalez (12,11)

Senior Ladies
Tashe Smith (2,1)
Laura Lipetski (8,3)

2008 SKATE SF
San Francisco, CA
November 6-9, 2008

Basic Skills 2 Girls Group A
Mikayla Goodi – 2nd

Basic Skills 2 Boys
Trieu Tran – 1st

Basic Skills 3 Boys
Ian Ramsey – 1st
Maxwell Haigney – 2nd

Basic Skills 3 Girls
Celeste Hsu – 2nd

Basic Skills 4 Girls Group A
Yasemin Ergul – 1st

Pre Pre 1 Girls FS Group B
Sophia Thompson – 2nd

Pre-Pre 2 Girls FS Group A
Lia Dopp – 2nd

Pre-Pre2 Girls FS Group B
Beata Vayngortin – 4th

Pre-Pre 2 Girls FS Group C
Dylan Michael – 1st
Siena Belda – 2nd
Esme Curran – 3rd
Danielle Dimalanta-Kim – 4th

Pre-Pre 2 Girls FS Group D
Ananya Nandy – 2nd
Alicia Freedman – 4th

Pre-Pre 2 Girls FS Group E
Alyssa Scott – 5th

Pre-Pre 2 Girls FS Group F
Sarah Rosston – 1st

Pre-Pre 2 Boys FS Exhibition
Dinh Tran – 1st

Pre-Pre 3 Girls FS Group A
Amanda Koong – 4th

Pre-Pre 3 Girls FS Group B
Valentina Reneff-Olson – 4th
Alishah Alperin – 5th
Christina Yue – 6th
Monica Cely Gomez – 8th

Preliminary Girls FS
Kaysie Yu – 2nd
Rebecca Berger – 6th

Pre-Juvenile Girls FS
Madellena Conte Thornton – 3rd

Pre-Juvenile Boys FS Exhibition
Phong Tran – 1st

Juvenile Girls
Kaylin Yu – 2nd

Juvenile Boys
Albert Zeng – 1st
Taki Zira – 2nd

Intermediate Ladies
Belinda Zeng (2,2)
Ariel White (4,3)
Katherine Bates (6,WD)

Intermediate Men
Wilbur Ji – 2nd

Novice Ladies
Stephanie Victoria Yuen (3,4)
Shirley Chan (5,WD)
Shannon Carmody (8,7)

Junior Ladies
Josie Sun (1,1)

Senior Ladies
Laura Lipetski (3,1)

Adult Pre-Bronze Men FS
Class V Exhibition
Curt Hayashida – 1st

Adult Bronze Ladies FS
Class II
Joanna Ramberg – 3rd

Adult Bronze Ladies FS
Class III
Alexei Folger – 2nd

Adult Silver Ladies FS
Class I & II
Rachael Crim – 1st

Adult Silver Ladies FS
Class III & IV
Elizabeth Risberg – 2nd

Adult Masters Int. Nov. Ladies
Class II
Resa Lee – 2nd

Lt. Ent./Dram. Basic Skills
3/Alpha-Delta Girls Group B
Christy Lai – 1st
Trixie Ip – 2nd
Kristy Li – 3rd

Lt. Ent./Dram. Basic Skills
3/Alpha-Delta Girls Group D
Rachel Li – 2

Lt. Ent./Dram. Pre-Pre 1/FS
3 Girls Group A
Sophia Tavasieff – 4th

Lt. Ent./Dram. Pre-Pre 1/FS
3 Girls Group B
Emily Chin – 3rd
Hannah Van Aelstyn – 5th

Lt. Ent./Dram. Pre-Pre 2 &
3/FS 4 & 5 Girls Group A
Chloe Klumpp – 2nd
Lia Dopp – 3rd

Lt. Ent./Dram. Pre-Pre 2 & 3
/FS 4 & 5 Girls Group B
Alishah Alperin – 2nd
Frieda Freeman – 6th

Lt. Ent./Dram. Pre-Pre 2 &
3/FS 4 & 5 Girls Group D
Parinaz Kajouee – 1st
Sarah Mueller-Immergluck – 2nd
Nicoline Meyer – 3rd
Sarah Rosston – 4th

Lt. Ent./Dram. Pre Pre 2 & 3
Boys Exhibition
Dinh Tran – 1st

Lt. Ent./Dram. Preliminary
Girls Group A
Rebecca Berger – 1st

Lt. Ent./Dram. Pre-Juvenile
Girls
Valerie Yermakova – 4th
Leah Freeman – 8th

Lt. Ent./Dram. Pre Juvenile
Boys Exhibition
Phong Tran – 1st

Lt. Ent./Dram. Juvenile/Intermediate Ladies
Elizabeth Rivelli – 3rd
Madeleine Conte Thornton – 6th

Lt. Ent./Dram. Novice Ladies
Jordan Drexler – 2nd

Lt. Ent./Dram. Junior/Senior
Ladies
Megan Gleason – 2nd
Stephanie Victoria Yuen – 3rd
Josie Sun – 4th

Lt. Ent./Dram. Young Adult
Silver Ladies
Stephanie Cresci – 1st

Lt. Ent./Dram. Adult No Test
Ladies I & II
Braja Kishori – 1st
Christine Renee Dye – 2nd

Lt. Ent./Dram. Adult Bronze
Ladies I, II, III, V
Lisa Ferguson-Walker – 5th
Joanna Ramberg – 6th

Lt. Ent./Dram. Adult Silver
Ladies I & IV
Rachael Crim – 2nd

Lt. Ent./Dram. Adult Gold &
Masters Ladies
Rebecca Hurst – 2nd

Character - Basic Skills 3/Alpha-Delta Girls
Oceana Tavasieff – 2nd

Character - Adult Silver
Ladies
Elizabeth Risberg – 1st
Rachael Crim – 2nd

Novice Ladies Test Track FS
Exhibition
Jordan Drexler – 1st

Pro Am Pre Bronze - Canasta
Tango
Sophia Tavasieff w/ Don
Corbiell, Pro – 1st

Pro Am Pre Bronze - Rhythm
Blues
1Sophia Tavasieff w/ Don
Corbiell, Pro – 1st

Pro Am Bronze - Willow Waltz
Page Schorer w/ Jim Sun,
Pro – 1st

ProAm Bronze - Ten Fox
Page Schorer w/Jim Sun, Pro
– 1st

Synchronized Intermediate FS
Exhibition
Tremors – 1st

Member Spotlights



Alishah Alperin

Name and age: Alishah Alperin, 10 years old.

Current skating level:
Moves Pre-Juvenile, Free-style Pre-Preliminary 3

Favorite Element: Back Camel, Toe Wally and Beillman

Most memorable skating moment: Landing an Axel for the first time.

Source of inspiration: Laura Lipetsky, my coach. She is a great skater, she always does her best, never freaks out, stays cool and is always smiling. She is a full time student at Berkley, teaches figure skating at 3 different rinks, trains and competes at a senior level and still always finds time for her friends and family.

Activities outside of skating: I go to French American school, play tennis, dance and swim. I love to spend time with my friends, play chess with my brother, play computer games with my dad, draw and read.

Ted Gradman

Name and age: Ted Gradman, 50 years old.

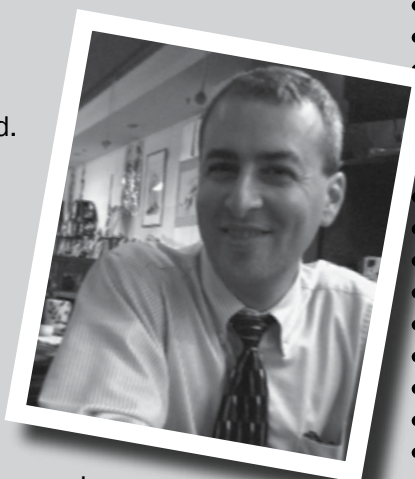
Current skating level:
Intermediate

Favorite Element:
Axel–now working on a spread eagle-axel-spread eagle.

Memorable Moment: Shortly after meeting Hilary 15 years ago I truly felt like I was skating several feet above the ice at Chabot Skate.

Source of Inspiration (and costumes): My wife Hilary.

Activities: Bikram (hot) yoga–Crazy enough to do 7 in one weekend when no ice was available. I also play piano and harp, and I enjoy my work as a psychologist specializing in anxiety and neuropsychology.



TEST RESULTS

CONGRATULATIONS to all who passed their Gold medal tests!

Senior Moves

Madallena Conte Thornton
Jordan Drexler

Adult Gold Moves

Akira Kondo

Gold Dance

Quickstep
Shannon Carmody

Pre-Preliminary Moves

Emily Chin
Valentina Reneff-Olson

Preliminary Moves

Tina Pai
Mimi Phahler
Amanda Koong
Cipriana Love Lopez
Beatrice Lipton
Dinh Tran

Hannah van Aelstyn
Valentina Reneff-Olson



Pre-Juvenile Moves

Lucy Tan
Olivia Marlinski
Samantha Ramsey
Patrick Hsu

Juvenile Moves

Katelyn Fitzgerald
Julia Sasa
Olivia Zhang
Gregory Hsu

Intermediate Moves

Brittini Blanco
Stephanie Cresci

Junior Moves

Dennis Huynh
Casey Yee

Adult Pre-Bronze Moves

Curt Hayashida

Adult Bronze Moves

Nancy Horton
Johnny Manzon-Santos
Ann Shields

Adult Silver Moves

Alan Lessik

Pre-Preliminary Freeskate

Julia Sasa
Emily Chin
Valentina Reneff-Olson

Preliminary Freeskate

Brenda Lu
Valentina Reneff-Olson

Pre-Juvenile Freeskate

Ashley Chan

Juvenile Freeskate

Rebecca Musick

Intermediate Freeskate

Casey Yee

Adult Pre-Bronze Freeskate

Johnny Manzon-Santos

Preliminary Dance

Dutch Waltz
Sophia Tavasieff
Celeste Kohaya

Canasta Tango

Sophia Tavasieff
Celeste Kohaya

Rhythm Blues

Sophia Tavasieff
Celeste Kohaya

Pre-Bronze Dance

Fiesta Tango
Holly Farkas
Celeste Kohaya

Swing Dance

Holly Farkas

Cha Cha

Holly Farkas

Bronze Dance

Willow Waltz
Nancy Horton

Hickory Hoedown

Nancy Horton

Pre-Silver Dance

Foxtrot
Brittini Blanco
Marie Palluotto

Pre-Gold Dance

Paso Doble
Lindsey Wolkin

Blues

Shannon Carmody

Did we miss anyone? Email board@scsf.org. We'll be happy to include them in the next issue of The Inside Edge.

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