



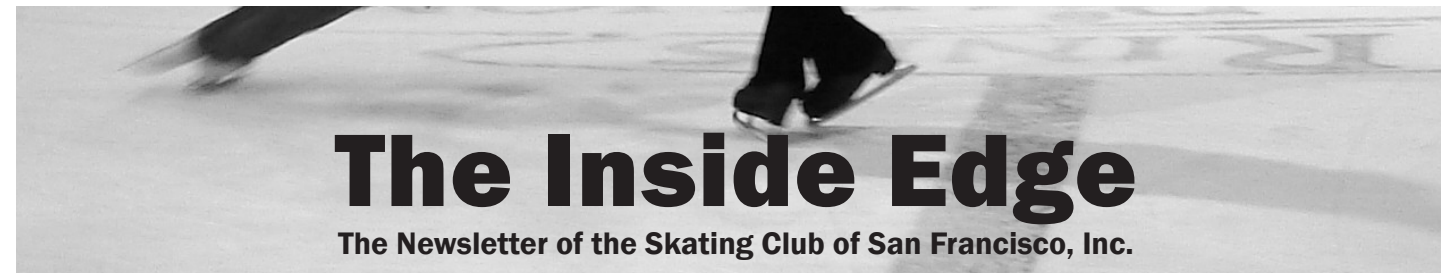
Upper left: The Tremors get a pep talk. Above: Resa Lee completes her program. Left: The Tremors perform.

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ADDRESS CORRECTION REQUESTED



Spring 2009

What Does Skating Mean to You?

By Ida Mae Dougherty



With the large number of skaters in SCSF, this question is sure to provide lots of interesting answers. You can share how you got into skating and how, for most of us, it went from a hobby to a passion. It can be an essay or just one sentence, just as long as it tells us what skating means to you. Send your answers to scsf.editor@gmail.com. Here's what skating means to me:

Skating means the world to me. It's picked me up when I've been down, it's put many a smile on my face, it's

bruised my knees and hurt my body and has proven to me that I could be absolutely mortified of something and do it anyway. Skating brings me to life.

It all started when I was 3 years old. I remember being the slowest one in class and hating how the cold would seep through my clothes each time I fell. As time passed, however, I grew to love gliding across the ice and couldn't wait to make the weekly trip down the rink's long hallway lined with skating dresses and trophies. And I even grew to love that unmistakable smell of an ice rink. At such a young age, I had already found what would remain one of the great loves of my life.

A few years later, the 1988 Olympics came and I vividly remember Brian Boitano's long program performance. "That's gonna be me one day, Mommy," I said. All the days after, I would put on a skating dress and "skate" around the living room, putting my face in my hands after my performance, just like Brian did. I would be like Brian one day, I thought.

As time passed, however, things didn't quite work out that way. When my family moved far from any ice rink, my lessons stopped. After a while, I knew my dreams of being like Brian would likely never come true. But as soon as I got my first job when I was 16, I started skating again. I started making a daily BART trip to San Francisco and soon found Angelo D'Agostino to coach me. And so the journey began again. Surely, there would be no Olympics for me, but, instead, I found glory in watching an unstable Mohawk turn into a strong one, a half loop turn into a full one and a wobbly spiral turn into my strongest move. Soon enough, a program full of requirements turned into a choreographed routine.

Sometimes though, dreams that never come true can haunt you. There were times when I thought, "What could've been?" What kind of skater would I have been if I had never stopped skating? Then one day, Thom Mullins came up to me and asked me to be in his first show. I, along with several other skaters, would skate under the big lights to a crowd full of people. My friends and family came out to watch and as I skated around, I saw them from the corners of my eyes, cheering quietly. My mom even cried. When I finished, there was a feeling of triumph that my skating had given me this very special moment. As I skated off the ice, I put my face in my hands, just like Brian. Is this what he felt like? Perhaps. All I knew was that there was no fancy medal around my neck, no crowd of a million people waving flags around and there was no championship to be won and yet, I had become the skater I was always meant to be. And again, skating had brought me to life.

CLUB NOTES

IJS WORKSHOP AND CRITIQUE: SCSF will be holding an IJS workshop and critique for skaters, coaches, and parents on Sunday July 26 at Belmont from 10:45AM to 12:45PM. Skaters will have an opportunity to work with technical panels on their spins, jumps, and footwork while parents will get a lesson on IJS scoring. There will be no cost to home club members, \$25 for Associates and \$35 for non members. For information and to reserve your place please contact Bruce at bruce.bell@itv.com.



CLUB PICNIC: Thanks to all of you who attended the Junior Council picnic. Over 75 kids and adults enjoyed a delicious BBQ, swimming, and a relaxing sunny day in stunning surroundings. It was a perfect California day! Congratulations to Tiffany Chen and Casey Yee who were presented their gold medals for their Senior tests. Thanks also to the Junior Council for their hard work in hosting this wonderful event.

In this issue:

Test and competition results on page 3...More club notes on page 3...Photos of Silver Spin 2009 on page 4. Enjoy!

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President's Letter

Dear Membership,

Summer is here and its time to spend it outdoors and in the pool! Our second annual chili-cook-off and picnic was a huge success, thanks to all who contributed their special recipes and all the fixings for the picnic.

Summer also is the time when our skaters have the ability to focus strictly on their training without their additional commitment to school. As a consequence, most skaters tend to increase dramatically the number of hours they spend on the ice. While the theory that practice makes perfect is in-place, too much practice or what the professionals call over-use, also can occur, and in some cases cause injury. So, watch carefully the increase in the number of hours of training, and do not over extend time on the ice. However, with that said, summer is the time to get in tiptop shape for competition.

Many of you will be taking tests and participating in non-qualifying competitions this summer. Work closely with your coach and listen to their message. They are the experts when it comes to preparing you for your tests and for competition.

To help our membership better understand and apply the IJS system to their skating programs, SCSF will host an IJS workshop for its members on Sunday, July 26 at Belmont Iceland. We have invited national and world level technical panel and judging officials to teach and share their knowledge. This is a great way to get your program ready for competition; we hope to see all our competitive level skaters there. Be sure to bring your questions regarding the levels of your step sequences and spins. You can get expert advice on how to improve your levels, GOEs, and program components.

As many of you may know, I have been elected as the First Vice President of US Figure Skating for the Pacific Coast. I am very excited about assuming my new responsibilities. The major focus of my tenure will be on creating an effective communication system between clubs. However, as a result of this new role, I must say good-bye for now to my presidency of SCSF. It has been truly a joy and an honor to serve you and the club that served me so well during my skating career. Hopefully I will not go very far, I plan, if elected, to continue to serve on the Board of Directors for SCSF.

So, as always, my door remains open to you and all your questions, concerns, and comments on how we are serving your needs as a club. Please do not hesitate to bring anything that is on your mind to my attention, no matter how small it may seem. Also, please know that the Board only has your very best interests in mind as we plan for the future of SCSF.

My best,

Jessica



COMPETITION RESULTS

CONGRATULATIONS to our skaters who competed!

GOLD RUSH
Roseville, CA
April 25 & 26 2009

Junior Light Entertainment
Megan Gleason - 2nd

Pre Preliminary Dramatic
Chloe Klumpp - 1st

Junior Dramatic
Megan Gleason - 3rd

Pre Preliminary Interpretive
Chloe Klumpp - 2nd

Junior Interpretive
Megan Gleason - 2nd

2009 U.S. ADULT FIGURE SKATING CHAMPIONSHIPS
Grand Rapids, Michigan
April 21-25 2009

Bronze Ladies III - A
Alexei Folger - 4th (QR)

Bronze Ladies III - B
Joanna Ramberg - 7th (QR)

Bronze Ladies III
Alexei Folger - 8th

Silver Ladies III
Elizabeth Risberg - 7th
Beth Bilka - 11th

Gold Ladies II
Celeste Kohaya - 5th

Gold Ladies III
Rebecca Hurst - 6th

Championship Gold Ladies
Resa Lee - 7th

Gold Men III-IV
Gary Klingbergs - 5th

Championship Gold Men
Gary Klingbergs - 10th
Will Lay - 5th

Masters Men Int. Nov. I-IV
Ted Gradman - 4th

Championship Masters Int.
Nov. Men
Ted Gradman - 4th

Ladies Lt. Ent. Interp. III - A
Alexei Folger - 3rd

Ladies Lt. Ent. Interp. III - B
Elizabeth Risberg - 1st

Masters Ladies Lt. Ent. Interp. III
Rebecca Hurst - 7th

Ladies Art./Dram. Interp. III - A
Joanna Ramberg - 9th

Masters Ladies Art./Dram. Interp. III
Rebecca Hurst - 10th

Masters Men Art./Dram. Interp. I-IV
Ted Gradman - 3rd
Will Lay - 6th

Pre-Gold Dance
Will Lay - 3rd

Bronze Solo Dance
Celeste Kohaya - 5th

Silver Solo Dance
Will Lay - 1st

TEST RESULTS

CONGRATULATIONS to all who passed their Gold medal tests!

Senior Moves
Brittany Lau

Senior Freeskate
Tiffany Chen

Pre-Preliminary Moves
Katherine Gray
Mareya Becker
Annalise Mahoney

Preliminary Moves
Jane Lange
Frieda Baldonado
Monica Cely Gomez
Emily Chin

Pre-Juvenile Moves
Summer Weaver
Sarah Mueller-Immergluck

Juvenile Moves
Ananya Nandy
Parinaz Kajoyee
Alishah Alperin
Sarah Mueller-Immergluck
Aditya Nandy

Intermediate Moves
Phong Tran
Olivia Zhang
Valrie Yeakovarm
Taki Zira

Novice Moves
Gabriel Chan

Junior Moves
Casey Harper
Wilbur Ji

Adult Pre-Bronze Moves
Christine Renee Dye

Adult Bronze Moves
Curt Hayashida*
Lisa Ferguson-Walker

Pre-Preliminary Freeskate
Katherine Gray
Mareya Becker

Juvenile Freeskate
Madellena Conte Thornton

Intermediate Freeskate
Gabriel Chan

Junior Freeskate
Jessica Duncan

Preliminary Dance Dutch Waltz
Alishah Alperin
Erin Butler
Beatrice Lipton
Gregory Hsu
Patrick Hsu

Canasta Tango
Alishah Alperin
Erin Butler
Gregory Hsu
Patrick Hsu

Rhythm Blues
Alishah Alperin
Erin Butler
Gregory Hsu
Patrick Hsu

Bronze Dance Willow Waltz
Holly Farkas

Ten Fox
Holly Farkas

Pre-Silver Dance European Waltz
Brittni Blanco

Silver Dance Willow Waltz

Pre-Gold Dance Kilian
Lindsey Wolkin

*In the Winter 2009 issue, the editors erroneously indicated that Curt Hayashida passed his Pre-Bronze Moves. He actually passed his Bronze Moves. We apologize for the error.

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

MORE CLUB NOTES

GOVERNING COUNCIL NEWS: This year's US Figure Skating's annual Governing Council meeting was held in Buffalo, NY. It was an outstanding meeting for SCSF. Here are few highlights:

- Jessica Gaynor, SCSF President, was elected First Vice President of US Figure Skating for the Pacific Section

- SCSF was awarded a special 75 Year plaque honoring the club's long history in the sport

- New Moves in the Field were approved and will be become effective September 1, 2010

- The age limits for a Novice level Synchronized Skating team have been expanded

The complete Report of Action from the meeting including rule changes is available to download on the club's website at www.scsf.org.



SURVEY

Each newsletter, you will see a survey about various topics concerning our club and figure skating in general. This issue's topic: club productions!

In the past, SCSF has seen a few non-holiday ice skating productions that have allowed competitive and non-competitive members to show off their skills in a more relaxed and fun environment. Would you like to see another production sometime in the future and, if so, what are your ideas for themes? Please send your answers and ideas over to the new editor e-mail address at scsf.editor@gmail.com. Let's share our ideas!