

THE DETROIT SPIN

NEWSLETTER FOR THE DETROIT SKATING CLUB

MARCH 2003

WELCOME NEW MEMBERS

We would like to welcome the following skaters to Detroit Skating Club and hope you enjoy training at our facility:

Kristine Bishop (Associate)
Sandra Briggs (Adult)
Esther Edwards (AM)
Nicole Erd (AM)
Stephanie Hiltunen (Associate)
Maeghan Lugosi (AM)

CHAMPIONS ON ICE, 25TH ANNIVERSARY TOUR

Tickets are now available in the main office for the Champions on Ice 25th Anniversary Tour, featuring Michelle Kwan, Sasha Cohen, Sarah Hughes, Timothy Goebel, Rudy Galindo and many more. The performance will be held Friday, May 2 at 7:30 pm at Joe Louis Arena. Tickets are \$65 each and will be sold on a first come first serve basis during regular business hours. All seats are located in the lower bowl in section 116.

REMINDERS

- Shaded sessions start again the week of March 10. These extra sessions are available on Tuesday, Wednesday and Friday. Check the board next to the monitor's office for times.
- All final ice payments are due March 15 for the fall/winter season. Please check in the main office for your final amount due as many members have had credits applied to their accounts for various reasons over the season. If you have a credit balance it may be applied towards your summer ice registration.
- Annual Membership meeting will be held on Tuesday, April 8 at 7:00 pm. All members are encouraged to attend. Notification will be sent through the mail.

GOOD LUCK

TANITH BELBIN & BEN AGOSTO (U.S.)

MEGAN WING & AARON LOWE (Canada)

AT THE WORLD CHAMPIONSHIPS IN WASH. D.C.

TEST TIDBITS

Due to the large number of skaters testing each month, all test applications must be in **14 DAYS** before the test date. Applications are available at the ice monitors desk. Late applications will not be accepted. Test Chairman is Donna Krause - (586) 263-4944.

REMINDER: Please make sure your test application is filled out completely and written clearly. Please have your coach double check it before you turn it in to make sure it is correct.

CONGRATULATIONS TO OUR NEWEST GOLD MEDALLISTS:

Dusty Brinsmade – Senior Free Skate

Test Results from February 20, 2003

Preliminary Free Skate

Sarah Daly

Preliminary Dances

Katie Root

Taylor Wiedemann

Pre/Juvenile Moves in the Field

Sarah Daly

Laura Langan

Kelsey Root

Pre/Juvenile Free Skate

Rachel Cole

Rachel Seng

Juvenile Moves in the Field

Lauren Edson

Marisa Martin

Rachel Seng

Juvenile Free Skate

Sarabeth Perry

Adult Pre-Bronze Moves in the Field

Debra Davis

Donald Ross

Bronze Dances

Meghan Quigley

Adult Bronze Moves in the Field

Don Ross

Intermediate Moves in the Field

Kara Lingenfelter

Intermediate Pairs

Caitlin Wilson

Trevor Young

Novice Free Skate

William Brewster

Pre/Silver Dances

Kelly Lamiman

Daniel Schmitz

Angela VanWiemeersch

Pre/Gold Dances

Sara Mahrt

Kim Steffey

Junior Moves in the Field

Katherine Beck

William Brewster

NEXT TEST DATES:

March 18, 2003 if needed

March 20, 2003

April 13 & 15, if needed

April 17, 2003

May 20, 2003 if needed

May 22, 2003

June 29, 2003 if needed

THE ABOVE DATES ARE TENTATIVE
AND SUBJECT TO CHANGE

WHAT'S HAPPENING IN OFF-ICE – Debbie Pitsos, Off-Ice Coordinator

When I came back to DSC following the National Championships, members asked me what skating events I saw. When I told them I got to see most of the second day of the Novice events, the Ladies short program and the Pairs long program, they looked at me like I was crazy! What was I doing there? Well, working with two different programs for the USFSA. So I thought you might like to know what else goes on at Nationals.

Sports Science & Medicine at Nationals:

The **USFSA Sports Medicine and Science Committee along with the Athlete Development Committee** put together two programs for the skaters at Nationals. The faculty for the Novice National Seminar and the High Performance Testing is comprised of doctors, physical therapists, exercise physiologists and trainers from all over the country who have a special interest in figure skating.

The first program is the **Chevrolet Novice National Seminar 2010** which is a two day educational seminar for all Novice skaters, parents and coaches. The skaters, parents and coaches are treated to a breakfast the first morning along with a guest speaker. This year's speaker was JoJo Starbuck. She talked about the commitment it takes to be successful in life whether it is in business, school or skating, and that many of the skills she and her friends learned through skating have carried them throughout life. Some of the topics for skaters, parents and coaches are judging, strength training exercises, cardiovascular training, periodization planning, sports psychology and nutrition.

High Performance Testing has been conducted at Nationals since the 1999 National Championships in Salt Lake City. The purpose of testing the top athlete at this time is to get scientific data on them while they are in top form. The top 4 Novice skaters and the top 6 Junior skaters in each discipline are tested after they finish competing. This program typically runs Thursday through Sunday.

Muscular/Skeletal Testing – The skaters are tested for bone density, muscular strength and flexibility (imbalances).

Strength – Lower body strength and power, upper body and power are tested along with core strength.

Balance – On ice and off-ice. Off-ice balance testing has been included in the camp for several years. However, this year we started testing the skaters' balance on the ice as a way to cross check the off-ice test. The test was very well received by the skaters and coaches and the results were similar to the off-ice balance test.

Physiology On Ice – This test is conducted on the ice to test the skaters' cardiovascular and pulmonary fitness. The skater's maximum heart rate is measured along with their Max VO₂ (oxygen consumption rate and volume). Theoretically, the higher the Max VO₂ the longer the skater will be able to skate at high intensity before lactic acid sets in and causes technical mistakes.

Periodization Planning for the 2003-04 season. The last step of the High Performance Testing is to interpret the test results to the skaters and their coaches. This is done individually with each skater or team along with their coach. At that time, the trainers review the results of all the testing and put together an individual plan for each skater to follow for the first few months of the new skating year. The purpose of periodization planning is to help the skater and coach to stay injury free and to peak for the most important competitions of the new skating year.

The follow up camp, for all the athletes participating in the High Performance Testing at Nationals, will be held in April. At this time, the athletes are retested and meet with the trainers to plan the rest of the training year on and off the ice.

If you are interested in having a Periodization Plan set for your skater, please talk to your coach and see one of our off-ice trainers.

Ballet Evaluations – all ballet students will be evaluated within the month of March. Please watch for your skater's evaluation to arrive in the mail by the beginning of April, and please take that form with you when you register for summer ice and off-ice ballet classes. Please contact Debbie Pitsos if your skater needs to be evaluated for class.

COMPETITION RESULTS

Four Continents - Beijing, China – Feb 10-15, 2003

Tanith Belbin & Ben Agosto (Dance)	2
Megan Wing & Aaron Lowe (Dance)	5

Spring Cup - Milan, Italy – Feb 12-15, 2003

Team Élan Junior	1
Team Élan Senior	2

Swan Invitational - Beaver Dam, Wisconsin – Feb 14-16, 2003

Team Élan Preliminary	3
Team Élan Juvenile	3
Team Élan Intermediate 3	
Team Élan Adult	1

World Junior Championships, Ostrava, Czech Republic – February 24-March 3, 2003

Kristen Roth & Mike McPherson (Pairs)	8
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Sectional Adult Championships, Wyandotte, MI – March 1-2, 2003

June Banasik (Adult Masters Ladies)	9
Michelle & Paul Harvath (Championship Dance)	1

U.S. Synchronized Team National Championships, Huntsville, AL – March 3-9, 2003

Team Élan Juvenile	6
Team Élan Intermediate 4	
Team Élan Junior	2
Team Élan Senior	3
Team Élan Adult	2

***CONGRATULATIONS TO TEAM ÉLAN JUNIOR ON QUALIFYING FOR THE WORLD
JUNIOR SYNCHRONIZED TEAM CHAMPIONSHIPS BEING HELD IN
KUNGSBACKA, SWEDEN, MARCH 12-15, 2003***

COACHES CORNER

Team Coaching and The Primary Coach

We have a very good cohesive group of coaches on staff at DSC. We strive to work together as a team or groups of teams to further the progress of the skaters that we service. Team coaching, like any good business should work as a pyramid with one person leading the effort. Your main coach functioning as the CEO. Parents, specialty coaches, off-ice training, should all be coordinated through the primary coach. This allows everyone in the "team" to stay on task and do the job required of them. We as coaches like to know which role we play in the skaters training. The primary coach is the one who gives us our role. When parents come to us asking questions and we are not the primary coach, sometimes it can put us in an awkward position. A couple of examples would be because coaches haven't yet conferred or you ask a question that does not pertain to the area that we are working on. As parents, you should have questions concerning your child's development, and those questions should be directed to your primary coach. Your primary coach is the one that you put your trust in to best groom your child. Your primary coach should choose the specialty coaching that you and they feel would aid your child to further their development. There are a lot of aspects involved in grooming a skater to meet their needs. Allow your primary coach to handle these needs.

Allen Schramm
& Mitch Moyer

BLOOMFIELD HILLS UNITED HIGH SCHOOL FIGURE SKATING TEAM

Congratulations to the Bloomfield Hills High School Figure Skating Team. In February, the team placed second in their district to qualify for the State Championships in March. The State Championship competition will take place on Saturday, March 22nd at the Novi ice arena. Many of the skaters qualified individually to compete at the State Championships as well. The team consists of the following DSC skaters and is coached by Jennifer Kluesner.

Luke Capizzo
Sarah Capizzo
Amy Kamin
Melissa Kamin
Elyse Knudsen
Emily Krol

Jennifer Kron
Brandyn Dior-McKinley
Therese Mellerowicz
Cristina Ordonez
Amanda Shin
Trevor Young

CONDOLENCES

To the family of Jay Messer who passed away March 3, 2003. Mr. Messer was a past board member and Resident member of Detroit Skating Club.

To the family of Lauren Williams on the passing of her grandfather. Lauren is a Resident member of Detroit Skating Club.

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March 2003

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
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