



# THE DETROIT SPIN



NEWSLETTER FOR THE DETROIT SKATING CLUB

DEC 2004

## BOARD MEMO:

Look around, there is lots happening at DSC!

This time of year DSC gets going in a lot of different directions. We have the skaters that are preparing for Sectionals and Junior Nationals. Synchro is gearing up for its first competition of the season. The newly formed High School Figure Skating Teams have started their practice and skaters are preparing to test their skating skills.

The one thing I have noticed, more so this year, is it looks as if all the skaters have a purpose when they are on the ice. In the past, after the regional competition was over, there were quite a few skaters that would drop off from their training dramatically until after the holiday season. Not so anymore at our club – reason being, we offer a lot of diversity to our skaters. With the emergence of our annual spring ice show, many skaters are preparing for the tryouts in November, not to mention our top of the line Team Élan synchronized skating teams. These skaters have been preparing all summer and fall to kick off their season in early December and continue on through early spring.

So, while all of this is going on at the club, we have another eighteen skaters preparing for their next competition. With a contingent of nine skaters getting ready to go to Nationals and another nine skaters working towards Junior Nationals, it seems that every skater at DSC has the drive and a goal to work towards.

Johnny Johns, Executive Director

## **CONGRATULATIONS TO OUR NEW NATIONAL MEDALLISTS:**

**EMILY GLASSBERG & KURT WEISS (JUV PAIRS) – JR NATIONAL SILVER MEDALLISTS**  
**ANASTASIA OLSON & GREG ZUERLEIN (INT DANCE) – JR NATIONAL BRONZE MEDALLISTS**

## CHAMPIONS ICE REVUE:

DSC's annual fundraiser "Champions Ice Revue" will be held on Wednesday evening, December 29, 2004 at 7:00 pm. See our skaters that qualified for Junior Nationals, Sectional Championships and those who will be competing at the National Championships in Portland, Oregon in January. Tickets are now on sale in the main office or by phone with a credit card. The tickets are \$10 each for bleacher seating and \$15 for center ice gold seating.

# HAPPY HOLIDAYS TO ALL OUR MEMBERS

## **TEST TIDBITS:**

**PLEASE NOTE CHANGE IN PROCEDURE:**  
**ALL APPLICATIONS MUST BE MAILED TO DONNA KRAUSE**  
**OR PUT IN THE DROP BOX LOCATED IN THE MAIN OFFICE**  
**Applications are available at the Monitor's Desk or online at [www.dscclub.com](http://www.dscclub.com)**

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 or online at [www.dscclub.com](http://www.dscclub.com). 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:***  
Jami Rodes – Senior Moves in the Field

### **Test Results from November 6, 2004**

Pre/Preliminary Moves in the Field  
Brian Johnson

Pre/Preliminary Free Skate  
Brian Johnson  
Erin Weingarten

Preliminary Free Skate  
Anna Goldschmidt  
Alexandra Panaretos

Preliminary Dances  
Lisa Smith

Adult Bronze Moves in the Field  
Debbie Pitsos

Juvenile Moves in the Field  
Cara Schooley  
Madeline Young

Intermediate Free Skate  
Robert Spenser Feller  
Meghan Quigley  
Kate White

Junior Moves in the Field  
Allison Badgero

**NEXT TEST DATES:**  
Tuesday, December 28, 2004  
Sunday, January 30, 2005  
Sunday, February 27, 2005

**THE ABOVE DATES ARE TENTATIVE  
AND SUBJECT TO CHANGE**  
Applications are now available online  
at [www.dscclub.com](http://www.dscclub.com)

## **RULEBOOKS:**

The 2005 rulebooks have arrived and are available in the main office. Rulebooks are \$12 and binders are \$6.

***Reminder: The weeks of Dec 20 and 27 are drop-in only for ice sessions.***  
***There are no off-ice classes during the holiday.***

## **COMPETITION RESULTS:**

### **Smart Ones Skate America – Pittsburg, PA, October 21-25, 2004**

Alissa Czisny (Ladies) 4

### **Western Ontario Sectional Championships (Canada) – November 13-16, 2004**

Megan LeBouef (Novice) 7

Dan Miller (Junior) 3

Jordyn Thompson (Juvenile) 5

### **Midwestern Sectional Championships – Fargo, ND, November 17-20, 2004**

#### **Novice**

Julianna Bilowus (Ladies) 9

William Brewster (Men) 2\*

Amanda Hrbacek/Trevor Young (Pairs) 4\*

Trevor Young (Men) 8

#### **Junior**

Jonathan Cassar (Men) 9

Meryl Davis/Charlie White (Dance) withdrawn

Theresa LoRusso (Ladies) 13

Melissa Telecky (Ladies) 4\*

Katelyn Uhlig/Colin Loomis (Pairs) 1\*

Charlie White (Men) withdrawn

Ben Woolwine (Men) 8

#### **Senior**

Luke Capizzo (Men) 7

Alissa Czisny (Ladies) 2\*

Marcy Hinzmann/Aaron Parchem (Pairs) 1\*

Michelle Rosinski (Ladies) 8

Kristen Roth/Steve Hartsell (Pairs) 4\*

#### **Skating other Sections**

Colette Appel/Lee Harris (Senior Pairs) 2\*

\* Qualifies for National Championships in Portland, Oregon – January 2005

### **Bofrost Cup - Gelsenkirchem, Germany, Nov 25-28, 2004**

Marcy Hinzmann/Aaron Parchem (Pairs) 6

### **Junior National Championships – Jamestown, NY, December 1-5, 2004**

#### **Juvenile**

Mikenzie Frost (Girls) 15

Emily Glassberg/Kurt Weiss (Pairs) 2

Lauren Ko (Girls) 17

Brielle O'Connor/Daniel Eaton (Dance) 11

#### **Intermediate**

Regan Alsup (Ladies) 13

Anastasia Olson/Greg Zuerlein (Dance) 3

Allyse Reiners (Ladies) 18

### **Dr. Richard Porter Synchronized Competition, Ann Arbor, MI – Dec 4-5, 2004**

Team Élan Preliminary 3 Team Élan Junior (Short Prog) 5

Team Élan Juvenile 1 Team Élan Junior (Long Prog) 2

Team Élan Novice 3 Team Élan Senior (Short Prog) 2

Team Élan Adult 1

## **TEAM ÉLAN:**

Team Élan had their send off exhibition to benefit the Open Door Outreach Center and Orchards Children's Services on Friday, December 3, 2004. All teams participated and are enthusiastic to start their competitive season. They have a very full competitive schedule starting with the Dr. Porter Competition in Ann Arbor (*see results*). The following weekend, Junior and Senior compete in Cape Cod, Massachusetts and the Preliminary, Juvenile and Novice teams compete at "Skate for the Cure" in Plymouth, MI. After the Christmas holiday all teams will compete at the Mid-America Competition, January 15 and 16 in Fraser, Michigan. The Sectional Championships are in Dallas, Texas the end of January. Junior and Senior are then off to international competitions in Prague and Berlin the beginning of February, with the U.S. National Synchronized Championships in Boston the end of February.

**We wish all teams the best of luck for this competitive season!**

## **NATIONAL CHAMPIONSHIPS:**

Congratulations and Good Luck to our skaters who will be competing at the National Championships in Portland, Oregon – January 9-16, 2005:

**William Brewster (Novice Men)**  
**Alissa Czisny (Senior Ladies)**  
**Lee Harris (Senior Pairs)**  
**Steve Hartsell (Senior Pairs)**  
**Marcy Hinzmann (Senior Pairs)**  
**Amanda Hrbacek (Novice Pairs)**  
**Aaron Parchem (Senior Pairs)**  
**Kristen Roth (Senior Pairs)**  
**Melissa Telecky (Junior Ladies)**  
**Katelyn Uhlig (Junior Pairs)**  
**Trevor Young (Novice Pairs)**

## **NEW RESTROOMS:**

The new ***ladies*** restrooms at the end of "C" arena are now open.

## **PARTNER SEARCH:**

DSC skaters that are interested in a pair or dance partner can fill out the form that is located on our website at [www.dscclub.com](http://www.dscclub.com). We will have a page of only DSC skaters that are looking for partners.

## **LEARN TO SKATE APPRENTICE PROGRAM:**

The Learn to Skate program is accepting applications for the apprentice program (instructor training). Skaters must be 17 years old and have a test level of novice free skate or moves. For more information please contact Barb Elenbaas or Elaine Budd at the rink, or at [learntoskate@ameritch.net](mailto:learntoskate@ameritch.net).

## **2005 CLUB ROSTERS:**

The 2005 DSC club roster is now available for you to pick up in the main office.

## **WELCOME NEW MEMBERS:**

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

Joe Crippen (AM)  
Laura Dallacqua (Adult)  
Gillian Drutchas (Synchronized)  
Douglas Mercadante (Out of Town)  
Kenzee Schroeder (AM)

## **POWER OUTAGES:**

It's that time of year again when the Michigan weather is very unpredictable. If ever there is a power loss to the facility and we have to close, you can make up lost sessions on any other session (*at your level*) for the remainder of the skating season. The holiday weeks are all drop-in and your credits can also be used at that time.

***Note: When threatening weather occurs; please call the rink to see if we have power. Our phone system does NOT work if the power is out. If the phone just rings and rings and the recorded welcome message does NOT come on, we DO NOT have power. If the recorded welcome message comes on, power has been restored.***

## **THANK YOU:**

A big **THANK YOU** to Esther Mueller, Don Ross, Martha Newcomer, Betsy Capizzo, Edna Shin, Matt Johnson, Linda Lange, Ed Kmit, Steve Crosby, Linda Gardner, Andrea Powell, Sue Cassar, Laurie Leet, Larry Hartsell, Dewey Reese and the Beaumont Sports Medicine medical staff and everyone else who volunteered to help with the World Cup of Figure Skating at the Palace of Auburn Hills on Friday, December 3, 2004. We really appreciate all your help!

## **RAFFLE – WIN A CAR!:**

Win a Chevy Aveo. Tickets are \$25 each or 5 for \$100. Winner is responsible for tax and destination charges on the vehicle. If less than 476 tickets are sold, 1<sup>st</sup> prize will be 50% of all sales prior to the drawing. Drawing is at 6:00 pm on 12-11-04 at DSC and is sponsored by the Sylvan Community Center. You need not be present to win.

## **WHAT'S HAPPENING IN OFF-ICE:**

### **Preparing for the 2005-06 Season**

If your season is finished for the 2004-05 season, now is a good time to start planning for the next competitive year. In **Periodization Planning** we call this the **Active Rest Season** and it should last between two to four weeks, depending on the skater's physical and mental condition. This is the time the skater's training should be of light intensity so he/she can stay physically active, yet allow for time to heal any injuries and become mentally refreshed. Off the ice the skater needs to train the long-term energy (aerobic) system. This type of cardio conditioning should be performed at a moderate level for 20-30 minutes 2 to 3 times per week. The objective for strength training is to work on muscular endurance and with light intensity 1 to 2 times per week. Of course *balance, core strength and flexibility training need to be worked on throughout the year*. On ice, the skater will be working on maintaining technique, begin to work stroking technique for speed, set goals for the new season and search for new music.

Following the Active Rest Season is the **Early Off-Season**, which will run for the next 6 to 8 weeks. The objective for this season is to improve muscular strength, increase cardiovascular endurance, continue to work on balance, core strength and improve flexibility. Strength training is recommended for 3 days per week, and aerobic conditioning is 3 to 5 days per week.

The **Late Off-Season** immediately follows and can last from 8 to 12 weeks. This season is spent on gaining maximum strength and aerobic conditioning 1 to 2 times per week. It is also in this season that we begin to train the immediate & short term (anaerobic) energy systems 3 times per week. Over the course of this season the aerobic conditioning is phased out and the anaerobic conditioning is phased in. Strength training can be performed 2 to 3 days per week, aerobic conditioning 1 to 2 times per week, anaerobic conditioning 3 times per week, and introduce plyometric or jump training.

The **Pre-Season** follows with the focus on maximum strength and power 2 times per week, and anaerobic endurance 3 to 5 times per week. Again, flexibility, core strength and balance are addressed throughout the year.

The **In-Season** is designed to maintain all gains, strength, aerobic and anaerobic, flexibility, core and balance that have been made throughout the previous months of training. Strength training can be performed 1 to 3 times per week and anaerobic conditioning 3 to 4 times per week. At this point in time, if the skater is running back-to-back programs with a 60 second break this would suffice for an anaerobic workout.

For more information on Periodization Planning for a successful 2005-06 season please see your off-ice trainer.

### **Exercise of the Month – by Gayle Eubanks**



### **SEAL**

**Target Muscles** – Rectus Abdominis, Transverse Abdominis

**Objective** – Application of core strength.

Begin seated just back of the sit bone, with your spine in a “C” curve. Legs are lifted, knees bent with the soles of your feet together. Your hands reach between your legs and wrap around your lower leg to hold your calves.

Initiate the exercise by engaging you’re pelvic to the floor and pulling your abdominal muscles inward. Inhale and try to move the hipbones away from your thighs and as you do, roll back along the center of your spine, only as far as the shoulder blades. Do not roll onto your neck or head.

Return to the starting position by exhaling and engaging your abdominal muscles.

When you become proficient at the exercise add 1 to 3 claps of your feet as you roll onto your shoulders and again as you roll to the starting position.

It’s even more fun to add “seal-like” noises as you clap. Believe it or not, making noise helps to engage the abdominals.