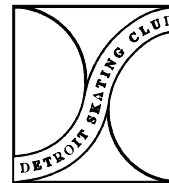


# THE DETROIT SPIN



NEWSLETTER FOR THE DETROIT SKATING CLUB

NOV/DEC 2007

## BOARD MEMO:

The holiday season is upon us once again and gives us pause to review what we are thankful for and the glad tidings of the past year. Our DSC skating family is unique as we are bound together by shared goals, hopes, expectations, personal bests and team accomplishments. We also share in the frustration, expense, disappointments and danger that accompany this sport.

For many skaters this competitive season has come to a close. The best of the best continue their season with National and International competitions upcoming. The synchro teams are just beginning their competitive performances under the Evolution banner and we look forward to an exciting inaugural year. Ice show performances are being contemplated, skaters continue to move up the ladder with testing and "I'll do better next year" commitments are made to coaches and parents.

What is it that keeps skaters in this sport, parents sacrificing and volunteers committed? Something that gets in the blood of anyone in the skating community; draws us in and won't let us go. Even when the day arrives that a skater can not continue competitively, they will always be a skater in their heart. Most will continue to be involved with skating in some form for years to come.

What should we be thankful for? That no matter how we came to discover and become involved in skating, we did. The lessons, friends, experiences and stories will stay with us for a lifetime.

Happy Holidays to all!

Matt Johnson, Secretary

DID YOU FORGET TO TURN IN YOUR ICE SHOW APPLICATION?

THE DEADLINE HAS BEEN EXTENDED TO WEDNESDAY, NOVEMBER 28.

THE \$20 LATE FEE WILL APPLY TO ALL APPLICATIONS RECEIVED AFTER NOVEMBER 28.

FOR ICE SHOW QUESTIONS PLEASE CONTACT  
RACHEL LEE AT 248-644-7199.

### ***Good Luck to our skaters at Junior Nationals!***

Allison Boike & Adam Boike (*Intermediate Dance*)  
Kaitlin Budd & Konstantin Chizhikov (*Juvenile Pairs*)  
Meghan Erikson (*Intermediate Ladies*)  
Mara Gueli (*Intermediate Ladies*)  
Madeline Koehler (*Intermediate Ladies*)  
Laura Perry (*Juvenile Girls*)  
Laura Perry & Joshua Leggett (*Intermediate Dance*)  
Jennifer Sterbenz (*Intermediate Ladies*)  
Timothy Sterbenz (*Juvenile Boys*)  
Daniel Takayama (*Juvenile Boys*)  
Anastacia Torossian & Kristopher Torossian (*Juvenile Pairs*)

### KRISTI YAMAGUCHI COMES TO DSC ON DECEMBER 11:

The Detroit Skating Club is excited to welcome Olympic Gold Medalist Kristi Yamaguchi on Tuesday, December 11. Kristi, a mother and athlete, has joined forces with the American Lung Association of Michigan's *Faces of Influenza* campaign to educate others about the seriousness of influenza this and every year.

Detroit singers Karen Newman, the Voice of the Detroit Red Wings, and LaShell Griffin, popular singer, mother of five and 2004 winner of Oprah Winfrey's Pop Star Challenge, are helping to put a "face" on this serious disease in the Detroit community and will be joining Kristi at DSC on December 11. These "faces" of influenza want to remind DSC members and their families that there is time through the winter to get immunized.

As part of this event, Kristi will be participating in a media briefing and available to sign autographs from 10 a.m. to 12 p.m. Additionally, from 10 a.m. to 4 p.m., influenza vaccinations will be available for \$25 cash or check.

In addition to the clinic, the event will feature the *Faces of Influenza* portrait gallery - a dramatic exhibition of black-and-white portraits and personal stories, featuring Yamaguchi, Newman and Griffin as well as other celebrities and everyday Americans who fall into one or more of the groups the Centers for Disease Control and Prevention (CDC) recommends for annual influenza vaccination.

Between 500,000 and 2,000,000 residents of Michigan suffer from influenza in an average year. Despite vaccination recommendations issued by health officials, influenza immunization rates fall far short every year. On average, approximately 36,000 people die and about 226,000 are hospitalized due to influenza and its complications in the US every year.

For more information on the American Lung Association of Michigan's *Faces of Influenza* event and to find a local clinic administering influenza vaccinations, please visit [www.facesofinfluenza.org](http://www.facesofinfluenza.org).

The American Lung Association's *Faces of Influenza* educational initiative is made possible through a collaboration with sanofi pasteur.

### CHAMPIONS ICE REVUE:

DSC will be presenting our annual "Champions Ice Revue" on Friday evening, January 11, 2008. Our Sectional, National and International skaters will be skating, along with a performance from Evolution Senior Team. Tickets are \$10 for bleacher seating and \$20 for gold seats and will go on sale in the main office, Monday, December 3 during regular business hours.

### EVOLUTION SYNCHRO TEAMS:

Evolution kicked off the season with its first exhibition on Friday November 16. All of the teams looked great for the first performance of the year and it was a special moment to have all seven teams together! Skaters and coaches have been working very hard as they prepare for the competitive season. Evolution is excited to compete December 1-2 in Ann Arbor, at the Dr. Porter Classic.

### WELCOME NEW MEMBERS:

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

Jazmin Haque (Jr Associate)  
Veronica Haque (Jr Associate)  
Alicia McCallum (Jr Associate)  
Lauren Messner (Jr Associate)  
Courtney Newman (Jr Associate)  
Jacqueline Williams (Jr Associate)

## COMPETITION RESULTS:

### GP Skate America - PA – Oct 25-28, 2007

Federica Faiella & Massimo Scali (Senior Dance) - 3

Meryl Davis & Charlie White (Senior Dance) - 4

### GP Cup of China, Harbin, China - Nov 8-11, 2007

Alissa Czisny (Senior Ladies) – 9

Federica Faiella & Massimo Scali (Senior Dance) – 3

### Midwestern Sectional Championships, Rochester Hills, MI – Nov 14-17, 2007

#### Juvenile

Kaitlin Budd & Konstantin Chizhikov (Pairs) - 1

Anastacia Torossian & Kristopher Torossian (Pairs) - 4

#### Intermediate

Allison Boike & Adam Boike (Dance) - 3

Laura Perry & Joshua Leggett (Dance) - 1

#### Novice

Lauren Ko (Ladies) – 12

Joe Gorecki (Men) - 7

Rachel Cole & Colin Glabinski (Pairs) - 5

Emily Glassberg & Mark Zellefrow (Pairs) – 10

Jennifer Johnson & Stephen Johnson (Pairs) - withdrew

Abby Leet & Pine Kopka-Ross (Dance) - 10

#### Junior

Sameena Sheikh (Ladies) - 7

William Brewster (Men) – 3\*

Pine Kopka-Ross (Men) - 13

Andrea Best & Trevor Young (Pairs) – 4\*

Jaylyn Kelly & Gabe Woodruff (Pairs) – 2\*

#### Senior

Ameena Sheikh (Ladies) - 11

Jonathan Cassar (Men) - 5

Ben Woolwine (Men) - 7

Jennifer Wester & Daniil Barantsev (Dance) – 1\*

\* Qualified for Nationals

### Eastern Sectional Championships, Raleigh, NC – Nov 14-17, 2007

Harmony Risca & Avidan Brown (Dance) - 6

### Pacific Coast Sectional Championships, San Diego, CA – Nov 14-17, 2007

Whitney Hansley (Jr Ladies) - 11

Megan Gueli & Grant Marron (Jr Pairs) – 2\*

Rachael Richardson & Brad Coulter (Jr Dance) – 2\*

Laura Lepzinski & Ethan Burgess (Sr Pairs) – 3\*

### GP Trophee Eric Bompard, Paris France – Nov 15-18, 2007

Meryl Davis & Charlie White (Dance) - 3

## CONGRATULATIONS TO OUR SKATERS WHO QUALIFIED FOR NATIONALS!

*William Brewster (Junior Men)*  
*Andrea Best & Trevor Young (Junior Pairs)*  
*Megan Gueli & Grant Marron (Junior Pairs)*  
*Jaylyn Kelly & Gabe Woodruff (Junior Pairs)*  
*Rachael Richardson & Brad Coulter (Junior Dance)*  
*Alissa Czisny (Senior Ladies)*  
*Laura Lepzinski & Ethan Burgess (Senior Pairs)*  
*Meryl Davis & Charlie White (Senior Dance)*  
*Jennifer Wester & Daniil Barantsev (Senior Dance)*

### MICHIGAN HIGH SCHOOL FIGURE SKATING:

The Michigan High School Figure Skating teams are in place and competition starts the beginning of December. DSC has many skaters on various teams and we wish them all good luck this season. Each high school is assigned to one of five districts and must participate in the competitions designated for their district only. If possible, teams will be assigned to the district closest to their high school location, but first priority will be given to the teams hosting competitions. DSC will host the District 1 Team Events on Wednesday, January 9, 2008. The Championship Event for team and individual skaters is scheduled for Saturday, March 15, 2008 at the Novi Ice Arena.

### DATES TO REMEMBER:

**Nov 22** – Thanksgiving (Rink closed)  
**Nov 23** – Main office closed for holiday  
**Nov 27** – Special Election  
**Nov 28-Dec 1** – Junior National Championships  
**Dec 1-2** – Evolution synchro competition (Ann Arbor)  
**Dec 3** – Metro Council Meeting  
**Dec 11** – Kristi Yamaguchi at DSC  
**Dec 17** – Board Meeting  
**Dec 24 – Jan 5** – Drop-In skating only  
**Dec 25** – Christmas Day (Rink closed)  
**Jan 1** – New Year's Day (Rink closed)  
**Jan 9** – District 1 High School Team Competition  
**Jan 11** – Champions Ice Revue

### ANNUAL ICE SHOW:

Detroit Skating Club's 9<sup>th</sup> annual ice show will be held June 5-8, 2008. This year's theme is "Jungle-Zoo on Ice". Any questions regarding the ice show should be directed to Rachel Lee at 248-644-7199.

### "THE BLADE" FIGURE SKATING MAGAZINE:

The Blade Figure Skating Magazine out of Clinton Township has been sending their magazine to local clubs at no charge for the last year. Their stories of local skaters and clubs have captured the interest of many. To keep the Blade going they need your help. They are promoting business ads for \$25 each for a business card size and \$20 for classified ads. They are also selling subscriptions. Please call (586) 466-5942 or email [bladewspaper@aol.com](mailto:bladewspaper@aol.com) for information.

### RESIDENT MEMBERSHIPS:

At this time we have several spots open for Resident Membership. If you are interested in upgrading your membership please contact Debbie Johns in the main office to set up an appointment.

## FUNCTIONAL OVERREACHING vs OVERTRAINING

By Kim Brown NSCA-CPT

Overreaching is an intentional period of short term, highly vigorous activity that is based on the overload principle. The overload principle is utilized by training the skater at an increased volume and workload for a short period of time. This brief duration of intense training will generally result in an expected, temporary decline in performance accompanied by various other signs and symptoms of overreaching. These performance changes should be reversed via a recovery period in which the skater may return to the ice stronger. Overreaching is a viable tool used to obtain positive results. However, if the skater is not given the opportunity to rest, they may be pushed to overtraining.

Overtraining occurs when overreaching continues for a prolonged duration with no time allotted for rest and recovery. The signs and symptoms of overtraining are similar to overreaching but are exaggerated and do not disappear when a prolonged rest period is given. Overtraining can take a significant amount of time to develop and its consequences are severe to a skater and their performance. Diagnosing and treating overtraining can be extremely difficult which makes the early detection of signs and symptoms very important.

Functional overreaching will generally occur when early signs of short-term overload are present. The early signs of overreaching are most noted by decrements in performance, which can be reversed via pre-planned recovery periods. Recovery periods of absolute rest generally include 1-2 additional days off. Active rest may be incorporated as well. This is when the skater heavily decreases their on ice work load or participates in activities outside of the rink. It is important to note that each skater is different and responds differently to increased workloads as well as to rest periods. Therefore, rest periods need to occur at varying times for each skater and may not always happen on a pre-planned schedule. Rest periods may also need to be extended, shortened, or be combined with various other activities to most benefit the skater. Functional overreaching is perhaps most effective when communication with the skater and parent as well as with any other coaches involved is continuously ongoing. By coupling overload with rest, the skater should return to the ice rejuvenated both physically and mentally while demonstrating an enhancement in energy level and performance.

If returning to the ice following a rest period does not result in an improvement in performance or complete recovery from overreaching symptoms, the skater should return to absolute rest and see a doctor.

Early signs and symptoms of functional overreaching can include irritability, lack of motivation, lack of concentration, muscle soreness, fatigue, and performance errors. Long term overtraining symptoms can include the above as well as depression, persistent fatigue or disordered sleep, decrease in immune function, an increased resting heart rate and blood pressure as well as persistent underperformance on the ice. It is important to note that although the presence of the signs and symptoms listed are important to monitor, their existence does not definitively diagnose the skater as overreaching or overtraining.

Treatment for the signs and symptoms of both overreaching and overtraining primarily focus on rest. In addition, exercising at leisure, massage, and hydrotherapy are complimentary treatments that can aid in a skaters recovery.

To help prevent overtraining, athletes and coaches should use the functional overreaching method by alternating overload with timely recovery periods to optimize performance. Maintaining an active line of communication amongst all parties involved helps ensure that adequate rest periods are timed suitably. By utilizing functional overreaching appropriately skaters can become stronger and potentially maintain good health throughout the season.

## TEST TIDBITS:

### Congratulations to our newest Gold Medalists:

**Kara Lingenfelter - Senior Moves in the Field (Lakeland)**  
**Kara Lingenfelter – Gold Dance (Lakeland)**  
**Alexandra Panaretos – Senior Moves in the Field**  
**Taylor Wiedemann – Senior Moves in the Field**

#### Test Results from November 13, 2007

##### Pre/Preliminary Moves in the Field

Sabrina Brogniart  
Elena Cleghorn  
Ashley Lustig

##### Pre/Preliminary Free Skate

Elena Clegorn  
Madison Scheessele

##### Preliminary Moves in the Field

Hayley Cyrocki

##### Pre/Juvenile Moves in the Field

Jacquelyn Green

##### Pre/Juvenile Free Skate

Meghan Schooley

##### Pre/Bronze Dances

Elizabeth Weber

##### Juvenile Free Skate

Megan Haase (Arctic FSC)  
Tessa LeWitt  
Alexandra Zazula

##### Bronze Solo Dances

Rachel Taylor

##### Intermediate Moves in the Field

Megan Haase (Arctic FSC)

##### Intermediate Free Skate

Kelsey Walton

##### Novice Moves in the Field

Tessa LeWitt  
Kelsey Walton

##### Novice Free Skate

Bethany Bonenfant  
Kaitlyn Shariak

Applications are available at the Monitor's Desk or online at [www.dscclub.com](http://www.dscclub.com)

Our congratulations to Mina Yamane on passing her Preliminary Moves in the Field test on October 13, 2007. Her name was mistakenly omitted from the previous newsletter.

Our test Chairs are Dawn Anderson and Andy Glassberg. They can be reached at [testchair@dscclub.com](mailto:testchair@dscclub.com). We would especially like to thank our test committee volunteers – Don Ross, Nancy Vetur, Amy Sheikh, Esther Mueller, Jan Kalil, Martha Newcomer, Cheryl Leggett, Linda Kmit, Betsy Capizzo and Barb Martin. We could not have the successful test sessions we experience every month without you!!!

#### NEXT TEST DATES

**Friday, December 14, 2007 - applications due no later than Nov 30 at 5:00 pm**  
**Monday, January 21, 2008 (MLK Day) - applications due no later than Jan 7 at 5:00 pm**  
**Monday, February 18, 2008 - applications due no later than Feb 4 at 5:00 pm**  
**Monday, March 17, 2008 - applications due no later than Mar 3 at 5:00 pm**  
**Thursday, April 17, 2008 - applications due no later than Apr 3 at 5:00 pm**  
**Tuesday & Wednesday, May 20 & 21, 2008 - applications due no later than May 5**  
**Sunday, June 22, 2008 (Dance only) - applications due no later than June 6 at 3:00 pm**  
**Sunday, July 13, 2008 - applications due no later than July 3 at 3:00 pm**  
**Sunday, August 10, 2008 - applications due no later than July 25 at 3:00 pm**  
**The listed dates are tentative and subject to change**

Due to the large number of skaters testing each month, all test applications must be in 14 DAYS before the test date. Late applications will not be accepted. REMINDER: Please make sure your test application is filled out completely, written clearly and have your coach double check it before you turn it in to make sure it is correct. DO NOT use your nickname. Put your proper name that is registered with US Figure Skating.

If skating elsewhere or testing out of club, you must have test permission. This is available by calling the main office. If you are a DSC 2<sup>nd</sup> club member, you need to request permission from your Home Club Test Chair. Test Credit: Only in the event of serious injury or illness that keeps you from skating for a period of time or the death of an immediate family member, will a credit be given with doctor documentation.

E-MAIL ADDRESS: If at any time throughout the year your email address changes, please make sure you give the new information to the main office so you can continue to receive the newsletter and other club mailings without interruption.

CONDOLENCES:

To Jane Warkentin and Karin Hostettler on the passing of Jane's mother, Wilda Warkentin, on November 17. They are Associate members at DSC.

To Cindy Silk on the passing of her mother, November 21, 2007. Cindy is on staff at DSC in the off-ice department.