SUMMER EDITI N (2016)

ISSUE 1

GLACIER



FALLS igure Skating Club

THEATRE - ON ICE - NATIONALS



THEATRE-ON-ICE:



Ballyhoo Ice Theater CE

Theatre On Ice (TOI) is a form of competitive figure skating that is popular in Europe where it is known as Ballet on Ice. It combines the grace of figure skating with the excitement of theater and dance.

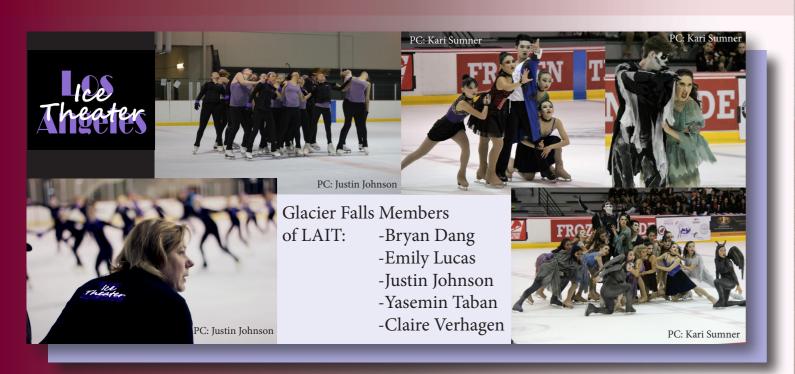
- US FIGURE SKATING



Ballyhoo Ice Theater Team Members:

- -Jasmine Allison
- -Judd Bolante
- -Keren Brown
- -Sophia Chang
- -Cindy Chen
- -Jasmine Chen
- -Arleth Estaca
- -Abigail Fang
- -Faith Fernandez
- -Jamie Foo
- -Chloe Hoff
- -Alisha Huang
- -Katherine Hwang
 - -Kiana Jam
 - -Abigail Kim
 - -Kaitlyn Li
 - -Athena Navarro
 - -Sonia Park

- -Sara Robertson
 - -Olivia Robie
 - -Trinity Siapno
 - -Abbie Springston
 - -Max Wang





Team level: Junior

Coaches: Sara Robertson, Alyssa Hatfield, & Chris Pottenger

Experience: 3 years

Rink: Paramount Iceland

Practice: Sunday mornings from 6:30-9 am



Max Wang and Athena Navarro



Ballyhoo team lunch



In the stands after competition





The humid mid-summer Alabama weather was nearly as hot as the competition. Theatre on ice teams from various states, including California, Florida, Michigan, and more, flew into Birmingham, Alabama for a week of preparation and four days of competition.

The buzz of cicadas in the late afternoon until the early hours of the morning was nothing compared to the buzz throughout the rink as parents, coaches, and over 1,200 skaters zipped

through the hallways, locker rooms, and stands.

Even with the strenuous practice schedules to cram in those last minute adjustments and occasional major changes, skaters found time to bond and enjoy their time, whether dining out, exploring the forests, or relaxing at the hotel.

From June 30 to July 3, the 9th annual Theatre on Ice Nationals was hosted by Birmingham Figure Skating Club and held in Pelham, Alabama, at the Pelham Civic Complex. For one week, the rink and surrounding hotels flooded with 71 teams of 8-24 skaters of all ages, levels (preliminary, novice, junior, senior, open, special Olympics, adult), and regions of the United States, along with their stressed but hopeful parents and coaches.

Skaters traded their program themed team pins, some filling up multiple lanyards, made new friends, supported other teams from the stands, often still in costume, and participated in an awards ceremony when all of the events were finished.

Known as Ballet on Ice in Europe where it is most popular, Theatre on Ice is the most recent and artistic addition to the sport of figure skating. Theatre on Ice combines elements of singles, pairs, dance, and synchronized skating into two programs, the Choreographic Exercise (CE) and Freeskate. Teams are judged on a 6.0 scale. Aside from following the annual theme that applies only to the CE, there are few other restrictions, and coaches have much freedom in the creative process of putting the programs together. This is why Theatre on Ice is one of the most artistic and dynamic branches of skating.

When skaters take the ice in all black, they are performing their Choreographic Exercise, which has very strict limits on costuming; skaters can wear nothing more than simple black skating attire. This is because the judges focus on the choreography and interpretation of the given theme.

The theme for the 2016 season was wind, so skaters had to portray wind through their movement and storyline. In the event program, descriptions of the CE performances reflected the theme of wind:



"A hurricane lamp never goes out, no matter how strong the wind. Watch as the wind tries to darken the hurricane lamp. The same as a beating heart, the lamp shines on."

-Ballyhoo Ice Theater (Junior level)

"Sometimes we're simple leaves at the mercy of the wind trapped in a game of call and response. But someday we will break free. We must accelerate towards our true destiny before it's too late so we can finally welcome the wisp of death in peace."

-Los Angeles Ice Theater (Junior level)

"Just walking on a blustery day, letting the wind have its way; not fighting it but joining in as it dances and plays."

-Los Angeles Ice Theater (Senior level)

Wind was interpreted differently by each team, allowing for a fun-to-watch and diverse selection of programs even with the thematic restrictions.

When skaters take the ice in elaborate makeup and costumes ranging from African animals and vampires to flames and flappers, they are performing their freeskate, where generally the only restriction is time. In the midst of these at first glance seemingly busy programs, judges seek a story, complex or abstract as it may be. They also look for strong group choreography and quality skating skills.

Ballyhoo's Junior team performed a romantic rendition of Firebird with Arleth Estaca conducting the symphonic skate. As the music evolved, so did the members of the orchestra into firebirds themselves, Max Wang and Athena Navarro's firebirds falling in love. The skating was as beautiful as the music.

Los Angeles Ice Theater's Junior team performed Charley Chaplin, Glacier Falls' Claire Verhagen acting as a cameraman in the upbeat program. Their Senior team performed Guardians of the Night. Glacier Falls member roles included Bryan Dang as a vampire, Emily Lucas and Yasemin Taban as lost souls, and Justin Johnson as the grim reaper.

Next year will mark Ballyhoo's fourth year competing at Theatre on Ice Nationals, which will be held in Evansville, Indiana from June 21st-25th.



FEATURED SKATER

Sean Rabbitt: Senior level, Team USA, International Medalist

What's one thing you've loved about skating from the beginning?

This is actually a difficult question that I am asked often, and I still haven't been able to find a single answer to this question. I think it encompasses a lot of different things to be honest. To start, I am a very independent person and don't do well with team sports so I think I like the fact that everything I do out there is all on me. Another thing I feel like has played a large part in my love of skating from the start is I like seeing people happy and smiling, and whenever I skate I see that kind of reaction from people and it just makes me want to do that more and more! The world can always use more smiles.

How do you approach the higher level jumps you need to stay competitive in this sport? What jumps are you working on currently?

Currently I am working on making my triple Axel more consistent and also trying to add quad into the mix. Approaching these jumps can be a somewhat scary task when you first start them, but honestly after the first attempt or two you kind of get a feel for it and can really go for them. But that being said there is a lot of mental training such as visualization that goes into it and this is very helpful when first trying to do the jumps.





Sean Rabbitt (Right) placed third at his first international competition, the 2015 Skate Canada Autumn Classic, representing Team USA. Here he stands on the

podium with skaters Nam Nguyen (Left) and Yuzuru Hanyu (Middle).





What are some of your goals for this season? (Glacier, other competitions, regionals, sectionals, nationals, international).

This season my goals are just to enjoy skating! I have set some competition goals such as to skate clean or to achieve a certain score at a particular competition, but I learned something last year. The times that I was less worried about a specific goal and just enjoyed my hard work and performance, are the times that I did the best and met those specific goals. I would like to create a new personal best internationally as well as domestically. 75 or 80 points for the short and 145 points for the long would be ideal! But again to get those, I have found the secret is doing the hard work at home and then just enjoying the competition!



What do you tell yourself when training and competing to keep yourself going?

When I am training, there are days where I am super motivated and all I have to do is tell myself to do one more jump or one more spin, but then there are days when I don't feel like going to practice or the gym. These are the most important days of training in my opinion. These days I tell myself: maybe I won't do as much repetition, but whatever I do I need to make it the best possible that day. So instead of five or six triple lutzes I will do two and make them the best two I can. This flows into competition readiness. In competition I tell myself one key word before every element. The hardest days at practice are the best because sometimes things don't feel right in competition and I have to override the autopilot and use the tough day's training and force myself to make something happen...and make it happen well!

Do you think higher level jumps such as quads are necessary to be competitive?

Personally, and I think this answer is very subjective depending on who you are talking to, but in my opinion, no I don't feel they are necessary. Now, let me back this up with why. Skating is a sport that showcases the following: athleticism, musicality, emotion, flexibility, endurance, and so many other things. So to be the best skater in the world I think you need to have balance. Having the higher level jumps like quads are great and all, and we all, no matter what our strengths strive for them. However I personally would rather watch a skater only do a triple Axel or two, and have a more complete and balanced program. That being said you do all that and work the points correctly (it's a math game) and you can definitely be competitive.

What is one long term goal you have in skating?

My first coach, Wendy Burge, used to tell us that skating is a life sport, and that you don't just learn the elements, you learn hard work, focus, and how to think quickly on your feet. You learn to lose, to win, and most of all you learn to be compassionate about your work. This is her motto, her legacy and to this day I tell my kids that. I was never one of the little 13-year-old prodegies or even just your average skater. In fact, there were many years when I would place dead last at competitions and never even think of standing on a podium. It took me until I was 18 to get my first triple. In 2008 as a Junior, I placed last and didn't make it past regionals. In 2010, I competed at my first nationals. Then, in 2015 at age 25, I competed at my first ever international competition and stood on the podium with the Olympic Gold Medalist Yuzuru Hanyu; in 2016 I had my first top 10 finish at US Nationals (9th). These are things that people expect at a much younger age. So I think my long term goal in this sport is to create the idea that it's okay to bloom late, or start late; everyone is different. You do not have to be amazing and be on the international circuit by 13 or 14 or Olympic champion by 16. There is a time for everyone and sometimes it just takes time! I want to leave the legacy that Sean Rabbitt was a very successful late bloomer, and that it's okay to be a late bloomer. In the end, all that matters is that you just keep working hard and never give up!

What is one long term personal or life goal you have?

One long term personal goal is to travel to all the continents (I am missing the A's: Australia, Antartica, and Africa) and maybe even live in Japan for a short time. A life goal is I want to become successful as a coach in skating, to teach young kids to become successful human beings like my coaches and parents taught me.

What is your favorite skating move?

Definitely a Russian split jump or spread eagle!



What is your favorite food?

Favorite food...hmmm....this is a difficult because I am a huge foodie and just love food! But I guess it's a toss up between Sushi and Korean BBO.

What is one of your hobbies?

Can traveling be a hobby? I love to travel and learn about different cultures, their food, their language, and their daily lives. I also am pretty fluent in Japanese and study it daily through the use of social media and listening to Japanese podcasts.

Three words of encouragement for younger skaters?

DON'T GIVE UP

and

Enjoy Every Moment!



2016 GLACIER FALLS FSC



Where: The Rinks Anaheim Ice

When: July 28th - July 31st, 2016

Please sign up to volunteer here:

See complete schedule here:

SANCTIONED BY:





Each year, hundreds of participants flock to The Rinks Anaheim Ice, home of the Anaheim Ducks, to participate in the Glacier Falls Summer Classic. First held in 1994 at a rink that no longer exists, the competition was called the Glacier Falls Open. This year, over 600 skaters will be participating over the course of four days. The rink will, as always, be packed with skaters from all over the U.S. The competing athletes also include international competitors from Canada, Hong Kong, Australia, Japan, Mexico, Israel, and some recent World competitors and Olympic medalists. The Summer Classic is one of three "Team USA mini-camps" used to observe Junior and Senior level skaters' competition readiness.

Each year much work goes into planning and implementing this competition, mostly by the Glacier Falls Board members with the help of volunteers. Board member Donald Rabbitt explained that, "there is much to do; inviting officials, transportation for out of town officials, setting up hotels, planning meals, setting up EntryEeze (for entering the competition), scheduling the competition, getting volunteers for the competition itself, working with vendors, etc. The list can be endless."

As a club we appreciate our board members and volunteers, as many things including this competition would be impossible without them; remember to volunteer to help make this competition a success.

Senior Ladies

-Christina Arens-Poisson -Kristine Levitina -Mariah Bell -Samantha Lew -Carly Berrios -Bailey Melton -Karen Chen -Christina Cleveland -Sofia Del Rio -Heidi Munger -Polina Edmunds -Cailey Olono -Vanna Giang -Rebecca Peng

-Victoria Giang -Julia Gretarsdottir -Courtney Hicks

-Claire Hunt -Nakira Kreofsky

-Katarina Kulgeyko

-Vivian Le

-Lydia Menscher

-Hannah Miller

-Tyler Pierce

-Paige Rydberg

-Olivia Serafini

-Livvy Shilling

-Ashley Shin

-Megan Wessenberg

-Caroline Zhang

Senior Men

-Jason Brown

-Sean Conlon

-Timothy Dolensky

-Grant Hochstein

-Ben Jalovick

-Brendan Kerry

-Alexander Lawrence

-Jimmy Ma

-Ross Miner

-Jordan Moeller

-Alexander Newman

-Shotaro Omori

-Romain Ponsart

-Robert Przepioski

-Sean Rabbitt

-Vincent Zhou

Friday, August 29th: 4:45 - 6:52 pm (Senior men); 7:12 - 10:45 pm (Senior ladies)

Tøsts	Passe	d:
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Tøsts Passød:			3
		Dang, Bryan	
Pre Juvenile Free Skating Juvenile Free Skating Senior Moves In The Field	1/12/2016 1/12/2016 4/19/2016	Dutch Waltz Canasta Tango Rhythm Blues	3/26/2016 3/26/2016 3/26/2016
Alford, Bailey		Fiesta Tango Cha Cha	3/26/2016 3/26/2016
Pre Juvenile Free Skating An, Kaci	1/30/2016	Swing Dance	3/26/2016
Preliminary Moves In The Field Preliminary Free Skating Andres, Rochelle	2/20/2016 6/4/2016	Preliminary Dance Test Pre Bronze Dance Test Hickory Hoedown	3/26/2016 3/26/2016 4/17/2016
Adult Gold Moves In The Field Aranda, Melissa Elizabeth	5/15/2016	Willow Waltz Ten Fox	4/17/2016 4/17/2016
Pre Preliminary Free Skating Intermediate Moves In The Field	3/15/2016 3/15/2016	Bronze Dance Test Fourteenstep	4/17/2016 5/29/2016
Bedoy, Anahi Pre Preliminary Moves In The Field	6/23/2016	Juvenile Free Dance Intermediate Free Dance Estaca, Arleth Joy	6/23/2016 6/23/201
Bobkowski, Taylor Novice Moves In The Field Bolante, Judd	3/15/2016	Junior Free Skating Senior Moves In The Field	1/30/2016 5/15/2016
Junior Moves In The Field Bozanic, Taleah	5/15/2016	Senior Free Skating Fagu, Hina	5/15/2016
Intermediate Moves In The Field Preliminary Free Skating	3/26/2016 6/15/2016	Adult Pre Bronze Moves in the Field Fang, Abigail	1/30/2016
Brown, Keren Preliminary Moves In The Field	2/16/2016	Pre Preliminary Moves In The Field Preliminary Moves In The Field	1/30/2016 1/30/2016
		Feicht, Devon	1/10/2016
Intermediate Moves In The Field Pre Juvenile Free Skating	2/20/2016 2/20/2016	Junior Moves In The Field Feicht, Katelyn Dra Lyvanila Mayes In The Field	1/12/2016
Chen, Jasmine Pre Juvenile Moves In The Field	4/19/2016	Pre Juvenile Moves In The Field Fernandez, Faith	1/12/2016
Pre Preliminary Free Skating Chin, Stephanie	4/19/2016	Intermediate Moves In The Field Preliminary Free Skating	4/19/2016 4/19/2016
Pre Preliminary Free Skating	3/28/2016	Fiordalisi, Chloe	
Preliminary Free Skating Pre Juvenile Moves In The Field	3/28/2016 6/27/2016	Intermediate Moves In The Field Novice Moves In The Field	3/18/2016 6/4/2016
Juvenile Moves In the Field Intermediate Moves In The Field	6/27/2016 6/27/2016	Fung, Madison Preliminary Moves In The Field	7/1/2016
Chinnock, Laura		Ha, Caitlin	1/20/2017
Solo Hickory Hoedown Solo Ten Fox	1/30/2016 1/30/2016	Junior Moves In The Field Haynes, Theodora	1/30/2016
Solo Willow Waltz Solo Bronze Dance Test	3/15/2016 3/15/2016	Solo Swing Dance Solo Cha Cha	1/12/2016 1/12/2016
Coronado, Katerina	3/13/2010	Solo Fiesta Tango	1/12/2016
Junior Moves In The Field Coronado, Nastazia	3/26/2016	Solo Presta Tango Solo Pre Bronze Dance Test Huddleston, Anastasia	1/12/2016
Junior Moves In The Field Dailey, Isabella	3/26/2016	Junior Moves In The Field Hurst, Hailey	1/30/2016
Swing Dance	2/9/2016	Intermediate Moves In The Field	1/30/2016
Cha Cha	2/9/2016	Pre Juvenile Free Skating Johnson, Justin	5/15/2016
Fiesta Tango Pre Bronze Dance Test	2/9/2016 2/9/2016	Novice Moves In The Field	2/16/2016
Preliminary Free Skating	4/12/2016	Novice Free Skating	6/4/2016
Pre Juvenile Free Skating Juvenile Solo Free Dance	4/12/2016 5/17/2016		

Pre Preliminary Free Skating	3/18/2016		Intermediate Moves In The Field	4/19/2016
Preliminary Moves In The Field Kenton, Jeanette	3/18/2016		Intermediate Free Skating Emily	4/19/2016
Preliminary Moves In The Field	4/19/2016		Solo Fourteenstep	5/17/2016
Kim, Hannah Intermediate Moves In The Field	2/16/2016		Solo European Waltz Solo FoxTrot	5/17/2016 5/17/2016
Juvenile Free Skating	2/16/2016		Solo Pre Silver Dance Test	5/17/2016
Kimura, Saya	1/10/2016		ch, Ella	
Novice Moves In The Field Kostura, Tiana	1/12/2016		Pre Preliminary Moves In The Field , Morgan	6/4/2016
Preliminary Moves In The Field Pre Preliminary Free Skating	3/18/2016 7/1/2016		Pre Juvenile Moves In The Field ws, Victoria	5/17/2016
Kulik, Elizaveta			Pre Juvenile Moves In The Field	6/4/2016
Junior Moves In The Field	3/26/2016		Pre Juvenile Free Skating	6/4/2016
Junior Free Skating Kuneshita-Dowzall, Mia	6/15/2016		han, Ashley Intermediate Moves In The Field	3/18/2016
🚖 Senior Moves In The Field	4/19/2016			
Kuwahara, Michelle	E/1E/2016		Solo Hickory Hoedown Solo Willow Waltz	5/17/2016
Junior Moves In The Field Lansdell, Kelly	5/15/2016		Solo Ten Fox	5/17/2016 5/17/2016
Junior Moves In The Field	1/12/2016		Solo Bronze Dance Test	5/17/2016
Pre Preliminary Moves In The Field Lemus, Claire	2/16/2016		Pre Preliminary Moves In The Field	3/26/2016
Pre Preliminary Moves In The Field	3/18/2016		Preliminary Moves In The Field	1/30/2016
Preliminary Moves In The Field Li, Chloe	7/1/2016		Pre Preliminary Free Skating	1/30/2016
Novice Moves In The Field	2/20/2016		Intermediate Moves In The Field	3/15/2016
Intermediate Free Skating	2/20/2016		ochelle	
Li, Kaitlyn Pre Preliminary Free Skating	4/19/2016		Preliminary Free Skating ann, Megan	4/12/2016
Juvenile Moves In the Field	4/19/2016		Pre Preliminary Moves In The Field	5/17/2016
Liao, Cindy Preliminary Moves In The Field	1/30/2016		Ao Pre Juvenile Moves In The Field	5/15/2016
Liebermann, Lauren	1/30/2010		Pre Preliminary Free Skating	5/15/2016
Junior Moves In The Field	6/15/2016			11001001
Preliminary Free Skating Lin, Aria	6/15/2016		Preliminary Moves In The Field Preliminary Free Skating	1/30/2016 5/15/2016
Pre Preliminary Free Skating	5/26/2016		,	0,10,2010
Lin, Iana	2/20/2016		Pre Juvenile Moves In The Field	3/26/2016
Novice Moves In The Field Pre Preliminary Free Skating	2/20/2016 5/26/2016		pratum, Amy-Grace Novice Moves In The Field	5/17/2016
Lindsey, Amanda	3/20/2010		Juvenile Free Skating	5/17/2016
Pre Juvenile Moves In The Field	4/19/2016		, Nicole	
Pre Juvenile Free Skating Little, Emily	4/19/2016	Robert	Pre Preliminary Moves In The Field son, Sara	3/26/2016
Pre Juvenile Free Skating	6/4/2016		Dutch Waltz	1/30/2016
Juvenile Free Skating	6/4/2016		Preliminary Dance Test	1/30/2016
Liu, Carissa Intermediate Moves In The Field	2/19/2016		Ashley Preliminary Moves In The Field	2/16/2016
Intermediate Moves in The Field Intermediate Free Skating	2/19/2016 2/19/2016		om, Kirstin	
Novice Moves In The Field	4/15/2016		Pre Juvenile Moves In The Field	4/19/2016
Lu, Allison	1/20/201-	Scott,]		4/10/2016
Juvenile Free Skating Novice Moves In The Field	1/30/2016 6/15/2016		Senior Moves In The Field Pre Juvenile Free Skating	4/19/2016 4/19/2016

Sep	ulveda, Alyssa		Wetzstein, Natalie
	Pre Juvenile Moves In The Field	2/20/2016	Preliminary Moves In The Field 7/1/2016
	del, Amelia Preliminary Moves In The Field	5/17/2016	Wright, Alexandria Junior Moves In The Field 6/23/2016
	del, Eleanor	3/17/2010	Wylde, Clarissa
	Pre Preliminary Moves In The Field	4/19/2016	Adult Pre Bronze Free Skating 6/15/2016 Adult Pre Bronze Moves in the Field 6/15/2016
	Intermediate Free Skating	6/23/2016	
	oton, Leila Draliminary Moyos In The Field	3/26/2016	Pre Preliminary Moves In The Field 5/15/2016
	Preliminary Moves In The Field	3/20/2010	
	Juvenile Moves In the Field	2/16/2016	
	Solo Hickory Hoedown	5/15/2016	
	Solo Willow Waltz	5/15/2016	
	Solo Ten Fox	5/15/2016	
	Solo Fourteenstep	5/15/2016	
	Solo European Waltz	5/15/2016	
	Solo FoxTrot	5/15/2016	
	Solo Bronze Dance Test	5/15/2016	
	Solo Pre Silver Dance Test	5/15/2016	
	Solo American Waltz	6/23/2016	
	Solo Tango	6/23/2016	
	Solo Rocker Foxtrot	6/23/2016	
	Solo Silver Dance Test	6/23/2016	
	itilli, Eliana	2/1//201/	
	Preliminary Moves In The Field	2/16/2016	
	el, Mia Preliminary Moves In The Field	6/4/2016	
	hagen, Claire	0/4/2010	
	Intermediate Free Skating	3/26/2016	
	Intermediate Moves In The Field	1/30/2016	
	hagen, Kyle	1,00,2010	
	Intermediate Moves In The Field	3/26/2016	
	Preliminary Free Skating	3/18/2016	
	Intermediate Moves In The Field	3/18/2016	
	ng, Amanda		
	Juvenile Moves In the Field ng, Max	3/26/2016	
	Junior Moves In The Field	3/26/2016	
	Novice Free Skating	3/26/2016	
	ng, Sonja		
	Pre Preliminary Moves In The Field	5/26/2016	
	Pre Preliminary Free Skating	5/26/2016	
	ngyal, Neema		
	Juvenile Moves In the Field	3/18/2016	
	infurter, Ashley	2/10/2016	
	Pre Juvenile Moves In The Field	3/18/2016	
	Juvenile Moves In the Field	6/4/2016	
	infurter, Lily	2/10/2016	
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	Preliminary Moves In The Field	7/1/2016	
	ston, Emma	F/17/2016	
	Pre Juvenile Moves In The Field	5/17/2016	

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Glacier Falls website:

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If you are interested in joining the Glacier Falls FSC Junior Board, send an email to one of the following Junior Board officers:

Emily Little - emilymlittle@gmail.com Devon Feicht - devfeic9@hotmail.com Justin johnson - johnson.justin.scott@gmail.com Advisor: Sue Fernandez - ssilva7728@aol.com

> Newsletter Created by: Justin Johnson Any ideas or content including photographs, text, quotes, etc. are welcome.

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SUMMER EDITI N

GLACIER PALLS

FSC

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