



## OFSC Third Quarter News

Wow- It's Spring Again Already! Remember the rink will be closed for maintenance the week of March 28<sup>th</sup> through April 4<sup>th</sup>.

USFS Testing - A bunch of our skaters passed their tests in March -

Jill Hicks Adult MIF Pre-Bronze  
Karen Ott Adult MIF Bronze  
Alessandra Gargiulo Pre Preliminary MIF  
Kayla Alspach Pre Preliminary FS  
Leah Blackwell Preliminary MIF  
Melanie Brecht Preliminary FS  
Kayla Church Pre Juvenile MIF  
Jake Oldenburgh Juvenile MIF  
Lauren Olinger Intermediate FS  
Elizabeth Wohlford Intermediate MIF  
Chandler McGoogan Intermediate MIF  
Chandler McGoogan Intermediate FS  
Elizabeth Wohlford Intermediate FS  
Lauren Olinger Novice MIF

Congratulations to all! Thanks to Jennifer Church, Brenda Caron and Jennifer Kelly along with the entire OFSC Board for making the arrangements. It helps our skaters keep motivated if they have definite goals. The next testing session will be in early August if enough skaters are ready to test.

Paradise on Ice - May 2<sup>nd</sup> is the AFSA competition at our rink. Remember forms are due by April 11<sup>th</sup>. Contact a coach if you need more information. It is lots of fun and you don't need to travel! Even if you don't skate this year, come out and cheer for your friends.

Elections! - OFSC elections will take place in late April. There are four Director positions open. You must be a member of the club in good standing and over 18 years old to run. If you are interested in being nominated, please contact Allison Ward-Seidel at [allirae87@conzz.com](mailto:allirae87@conzz.com) or Sarena Huffman at [unicornsk8r@hotmail.com](mailto:unicornsk8r@hotmail.com). The Board will send out an email when ballots are available with instructions on how to vote. Remember - your vote counts.

End-of-year Banquet - This year we will be having an evening event sometime after the Paradise on Ice competition. There will be food, patches, and a chance to socialize off the ice. We will let everyone know when tickets will be on sale. Anyone who would like to volunteer can contact Robin Aprea at [rkaicesk8@yahoo.com](mailto:rkaicesk8@yahoo.com). Remember the OFSC year is almost over and you need to get your volunteer hours in. If you aren't sure whether you've met your volunteer requirement, ask Robin.

ISI Winter Classic - Practice for the upcoming 2009 Ice Skating Institute (ISI) Winter Classic event was in full swing when Northwest Arkansas was slammed with a severe ice storm that ironically closed our ice rink. With only one week before the competition and no ice at the Jones Center, skaters scrambled to various rinks in nearby cities to get some last minute practice for the big event. Along with ice skating dresses neatly arranged, extra tights, and lots of glitter, several ice skaters from Northwest Arkansas hit the road to Dallas. The skaters from the Arkansas Figure Skating Association (AFSA) represented our region well. Approximately 750 skaters from ten different states, and the country of Mexico participated this year at the ISI Winter Classic.

Northwest Arkansas took part in a variety of events that showcased our talents in different ways. The different events ranged from light entertainment, rhythmic skating, couples numbers, to ice-hockey. The competition took place over a three day period and at three different rinks in order to accommodate all the participating skaters. It was a

wonderful experience to see skaters from different regions in the spirit of healthy competition. Many memories and friends were made during this amazing event. It was a wonderful weekend filled with great sportsmanship, camaraderie and spectacular performances. Congratulations to all the ice skaters from the Arkansas Figure Skating Association. They ranked 9<sup>th</sup> place for the overall competition and made us all very proud. A special note of thanks to the event organizers and the many coaches who made this trip possible.

## "Memories from the Bay"

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### ISI Adult Championships 2008

#### San Francisco, CA

Steve Bailey and Stacey Douglas represented Ozark Figure Skating Club at ISI Champs in October, 2008. It was the first time that the two members of our club went to this annual adult competition open to the skaters from all over the world. Until then Steve was the sole skater from the Ozarks persistently putting our club on the map at this event for almost a decade now. The competition was held at the beautiful Yerba Buena Skating Center right downtown San Francisco, minutes away from the busy shopping center on Market Street.

The event gathered a very diverse and interesting group of about 200 adults. Here are some interesting stats for your amusement: there were a total of 754 entries in all categories; the oldest skater was a 77-year-old man; the most events for one skater were 17; and there were several ISI 10 skaters competing. We enjoyed getting to know as many adult skaters as we could. The support and camaraderie that these skaters show toward each other is unforgettable.

Our Couple Entertainment Spotlight number called "Pink Panther" was received with a genuine laughter and applause where quite a few skaters and even fellow competitors in the same category came up to us and said how much they enjoyed our program. We could

even see smiles on judges' faces! We got first place but did share the title with another team because we had a freak fall in our program. We all have one of those moments from time to time, don't we? ☺

Another highlight of the trip was the San Francisco segway tour that we decided to undertake. We figured that since we were able to hold our balance on the ice, we could easily master something that has only 2 wheels and moves at the speed of 5 to 10 mph. Well, it took some practice in the tour company's parking lot before we could venture out on the streets. However, our tour guide was great and very patient with us. Towards the end we were spinning around on our segways, taking sharp turns and racing each other. However, we had to leave our segway racing aspirations behind when our tour guide reminded us about the damage and financial liability form that we had signed just prior to this. We decided that our true calling was figure skating after all.

We cannot wait for the next ISI Champs at Lake Placid this year and we truly hope that the OFSC club will continue to be represented by more than one skater at this prominent event from now on. We encourage all adult skaters in our club to consider putting this event on your fall competition schedule. The experience of competing, sharing skating tips, making acquaintances and even establishing lasting friendships with fellow adult skaters will most certainly make wonderful memories that you will not soon forget.



## COACHES CORNER

By Katt Parsons

There is no doubt that one of the best things about my job is getting to interact with the parents of the skaters or as I like to call it "adult interaction". Through all of the time spent together, the relationship, especially in the eyes of the skater, becomes a family with skaters having invited me to the birth of their siblings or family vacations. After having worked with and met parents from the eccentric to neurotic and quiet to boisterous, I truly believe that I have become a better mother to my own children having had the pleasure to preview what "works" and what definitely "doesn't work". It is our nature as parents to want the very best for our children and to want them to succeed. There are many ways to accomplish this, but there are also those ways that are certainly counterproductive. Hence, for the viewing pleasure of all, I am passing along the TEN COMMANDMENTS FOR FIGURE SKATING PARENTS, a list I received at one of our informative coaching seminars to guide parents in the do's and don'ts of skating-dom.

- I. **Thou shalt not impose your ambitions on thy child.**  
Remember that figure skating is your child's activity. Improvement and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing.
- II. **Thou shalt be supportive no matter what.**  
There is only one question to ask your child- "Did you have fun?" If competitions, shows and practices are not fun, your child should not be forced to participate.
- III. **Thou shalt not coach your child.**  
You have taken your child to a professional coach - do not undermine that performance by trying to coach your child on the side. Your job is to support and love your child no matter what, and the coach is responsible for the technical part of the job.
- IV. **Thou shalt only have positive things to say at a competition.**

If you are going to show up at a competition, you should cheer and applaud, but never criticize your child, other children, the judges, coaches or officials. Always strive to set a good example for your child.

**V. Thou shalt acknowledge thy child's fears.**

A first competition (or every competition) can be a stressful situation. It is totally appropriate for your child to be anxious. Don't yell or belittle, just assure your child they are ready for it.

**VI. Thou shalt not criticize the judges**

If you complain about the judging or results, don't be surprised when your child models your behavior and acts out against other authority figures in his/her life. They learned it from you.

**VII. Honor thy child's coach.**

The bond between coach and skater is a special one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

**VIII. The child shall have goals besides winning.**

Giving an honest effort regardless of the outcome, is much more important than winning. An Olympic swimmer once said, "My goal was to set a world record. Well, I did that but someone did it too, just a little faster than I did. I achieved my goal and lost. That does not make me a failure. In fact, I am very proud of that race."

**IX. Thou shalt place your child first above everything.**

Ask yourself this question - Are your child's goals more important to you than they are to your child? Remember that the focus of youth sports should be fun. Children are constantly changing and their goals, interests and participation in activities will change as well. Parents should remain flexible, patient and always supportive while their children strive to find their niche in life.

**X. Thou shalt not expect thy child to become an Olympian.**

There are more than 100,000 skaters registered with ISI and USFS. The odds of your child making the Olympic team are less than one in 33,000. Figure skating is much more than just the Olympics. Ask your coach why he/she coaches. Chances are he/she was not an Olympic skater, but still got enough out of skating that they want to pass that love for the sport on to others. Figure Skating teaches self-discipline and sportsmanship. It builds self-esteem and

fitness. It provides lifelong friendships and much more. Figure Skating builds good people and you should be happy that your child wants to participate.

\*Please note that these are the sole opinions of the author and the author only and not necessarily that of the OFSC, AFSA, Jones Center or other coaches\* ☺