



Balancing Figure Skating and Family Life by Rick Breitweiser, Pres.

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Raising a figure skater or any sports active child is difficult, perhaps never more so than today. Parents feel pressure to help their kids succeed and to keep up with other parents in an increasingly winner-take-all society. Too often, parents feel that if they don't do everything for their child, they are bad parents. Some parents seem to take pride in how busy and stressed are their lives and those of their kids, as if it is a measure of how successful they are and how successful they must be as parents!

Research shows that parents intuitively know how to balance their child's development. Yet more and more parents seem to be ignoring their own intuition by over-scheduling and over-stressing their child. **The statistics are troubling.**

A University of Michigan study reports that:

- Only 30 percent of the days of school-age youngsters are "free" time, to use as they wish.
- The other 70 percent is packed with classes, part-time jobs after school, homework, and extra-curricular activities, like sports. -Structured sports time doubled between 1981 and 2001. -At the same time, unstructured outdoor activities declined 50 percent.

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Fritz Dietl Ice Skating Rink 50th Anniversary

In honor of the Fritz Dietl Ice Skating Rink 50th anniversary, they will be "spinning" their prices back to the 1958 levels!

Come to the rink on October 14, 2008. All public sessions will be \$1. All freestyle sessions will be \$2.50.

What a bargain!

Be sure to say hello to Mrs. Dietl and congratulate her on a remarkable achievement!

Light refreshments will be available. For North Jersey figure skating club members, it is a great chance for you to try out the Tuesday Night North Jersey FSC sponsored ice from 6 to 8 p.m.

The Extraordinary



Moran Competition Results

Results from the Moran Championships:

Gold Medals

Elisabeth O'Neill – Pre Juvenile FS

Anastasiya Kononenko – Junior Short

Silver Medals

Larry Loupolover – PrePreliminary FS

Victoria Petrenko – Juvenile FS

Elaine Alvarez – Freeskate 6

Monika Chung – Intermediate FS

Veronica Held – Freeskate 3

Bronze Medals

Ashley Shook- Intermediate FS

Fourth Place

Anastasiya Kononenko – Junior Long

Jessica Wai – Junior Short

Mary Rose Wernick – Freeskate 4

Other Placings

Monika Chung – Intermediate FS (final)

Jessica Wai – Junior Long

Danielle Baran – Pre Preliminary FS

Congratulations

To

All!

Coach's Corner by Cathie Baker

“Moves in the field are similar to learning your ABC's -they are the foundation to excellent skating”

US Figure Skating has replaced required figure tests with a series of tests called Moves in the Field Tests.

These tests help skaters increase power and strength. The

focus of these tests is edge quality, power, extension, and quickness. Some of the moves done in these tests are similar to

what was once done in figures. Many different one foot turns are performed along with complicated stroking and dance exercises.

In order to compete or to take certain tests, skaters must first pass the corresponding Moves in the Field test.

From the perspective of many coach's, moves in the field are similar to learning your ABC's—they are the foundation to excellent skating.

But what do I see on freestyle sessions?

Jump, jump, jump, spin, spin and very flat skating with little focus on moves in the fields edge work.

Remember: the new judging system REWARDS edges quality, wonderful moves into jumps/spins, extension and especially SPEED.

The next time you take to the ice, spend at least 20-30 minutes on improving your moves—you'll be a much better skater!

Results from the Mid-Atlantic Championships

Gold Medals

Elizabeth Quinn – Pre Preliminary Freestyle

Larry Loupolover – Pre Preliminary Freestyle

Victoria Petrenko – Juvenile Freestyle

Silver Medals

Annabel Isaacson-Willi – Pre Juvenile

Freestyle

Bronze Medals

Alanna Carragher – Novice Freestyle

Fifth Place

Monika Chung – Intermediate Freestyle

Elisabeth O'Neill – Pre-Juvenile Freestyle

Esther Pesochin – Pre Preliminary Free-

style

Other Placings:

Danielle Baran – Pre Preliminary Freestyle

Livana Koznesoff – Intermediate Short/Long

GREAT!

Balancing Figure Skating and Family Life (continued from page 1)

-Today's parents spend eleven hours less a week (about 90 minutes a day) with their teenagers than they did two decades ago.

-The average mother spends less than a half hour per day talking with her teens.

-Only six in ten fifteen and sixteen year olds regularly eat dinner with their parents.

-Family vacations are down by 28 percent.

-Sports have replaced church on Sunday for many families.

Children are being benched for missing practice to be with their families on Christmas Eve.

Yet in survey after survey adolescents lament the lack of parental attention and say they want to spend more time with their parents, not less; more free time, not less. One recent poll of children between ages 9 and 13 found that more than four in 10 feel stressed most of the time or always. **The main reason: they had too much to do. More than three fourths said they longed for more free time.**

If you feel like figure skating is taking too much of your and family's

time and money, if your child is feeling stressed, it is time to restore some sanity by finding a better balance. Creating balance in a child's life is important because, if you don't, you send your child a dangerous and erroneous message that **unstructured, un-pressured free time, fun for fun's sake and family time aren't important.**

Here are some tips on finding balance:

1. **Have the courage to say no.** Be honest with yourself and your children and, if you and/or your child are overextended, recognize the toll figure skating and other activities are taking on you.
2. **Balance figure skating and family life.** Set aside one night a week or month as family game night, when you choose a board game, play card games, make tacos, and just be together. Make it sacred time.
3. **Set limits that fit your family.** Find the level of sports and extracurricular participation that works for your child and your family.
4. **Choose a Coach who understands balancing figure skating with family life.**

5. **Find a balance between sports:**

Introduce your child to other sports such as golf, tennis, racquetball, cycling, that he/she can enjoy after their competitive career is over.

6. **Balance sports and academics.**

Schoolwork should always come first.

7. **Allow for a social life outside of figure skating.**

Figure skating can interfere with normal identity development, increasing the risk that a child will develop what psychologists call a one-dimensional self-concept in which he/she sees him/herself solely as a figure skater instead of just a part of who he/she is.

8. **Make sure your child gets enough sleep.**

9. **Provide for unstructured free time.**

It is possible to create balance within your family's everyday life, even with children who participates in figure skating. But it is up to you as the parent to make certain that your kids don't over schedule and establish the right priorities.



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Associated Rinks:

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Westwood, NJ
201-664-9812

Ice Vault Arena
10 Nevins Dr.
Wayne, NJ 07470
973-628-1500
www.icevault.com

Aviator Sports
Flatbush Ave., Just South of Belt Parkway
Brooklyn, NY 11234
www.aviatorsports.com

Skylands Ice World
2765 Hwy 23, PO Box 710
Stockholm, NJ 07460
973-697-1600
www.skylandsiceworldnj.com

NJFSC is the culmination of over 80 years of skating activities. Originally called the Figure Skating Club of Northern New Jersey, the Club was established as an unincorporated association in 1933. It incorporated as a non-profit organization in 1961 and moved to the Fritz Dietl Ice Arena in Westwood, New Jersey. Other partner ice rinks are Ice Vault Arena in Wayne, NJ and Aviator Sports Complex in Brooklyn, NY.

The club is a member of the United States Figure Skating Association, the governing body of competitive figure skating in the United States. Past club members have become Olympic, World, and National medalist and team members.

The club is governed by a Board of Directors and officers include President, Vice-President, Treasurer and Secretary. These are the key characteristics of our club:

Skating is for **ALL**. We believe the club is for both competitive and recreational skaters, young and old.

Service. The club is to serve the membership and the facilities they skate in.

Volunteerism. It takes volunteers to run the club.

Sustainable. The club must be here for another 50 years and beyond. In order to accomplish it, it must be run in a fiscally sound manner.

Good Luck to our Regional Competitors!

Best wishes to our North and South Atlantic Regional Competitors!

Kaitlin Castelli—Novice Ladies Freeskate

Monica Chung—Intermediate Ladies, Freeskate

Coralie Iroudassamy—Intermediate Ladies Freeskate

Anastasiya Kononenko—Junior Ladies Freeskate

Livana Koznesoff—Intermediate Ladies Freeskate

Shiochee Liang—Novice Men Freeskate

Ariel LaRoche—Juvenile Ladies Freeskate

Lauren Min—Junior Ladies Freeskate

Rachel Prosnitz—Intermediate Ladies Freeskate

Ashley Shook—Intermediate Ladies Freeskate

Kelly Walsh—Novice Ladies Freeskate

South Atlantic:

Paul Bellantuono—Novice Dance

Partner: Liza Branella

Upcoming Test Schedule: at Ice Vault Arena:

9/29/08

10/27/08

11/24/08

12/22/08

Test Applications are available at www.northjerseyfsc.org.

Test Chair: Ms. Kathie Imperatore

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