

The North Jersey Figure Skating Club, Inc.  
www.northjerseyfsc.org

## New Skating Year: Can Goal Sets Help You?

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### COMMON ERRORS IN GOAL SETTING

The focus of this discussion will be on anticipating and safeguarding against the most common errors in goal setting. As you may recall, the Winter Newsletter discussed how goals differ from wishes, hopes and dreams by their specific, behavioral and observable nature, and the fact that they must include a specified time period for their completion. We also discussed the need for a great “off-ice” training program to help you reach your goals.


The experts describe three basic types of goals, namely: “product goals” (where the focus is on the outcome; like “becoming a Regional Competitor”), “process goals” (where the focus is on one's own performance and on factors directly under the athletes control; like “doing three run-throughs of my program per day”), and “do your best” goals (which sound positive but invariably lack specificity and detail; like “I'm just going to try my best when I work on my axle this week”).

For figure skating, we suggest that you break your goals down within the major demands of the sport: the technical skills, the artistic requirements, the physiological demands and the psychological components.

Once athletes (and coaches, for that matter) begin to set observable, measurable goals and specify the date for completion, it is not uncommon to experience increased motivation and excitement as goals are successfully accomplished. But this exuberance can also lead to some common goal setting problems.

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## NJFSC Membership Renewal is Due July 1, 2009



Yes, it is that time of year. The new USFS skating year begins on July 1, 2009!

We are happy to report that Family and Regular membership rates are unchanged from the 2008-09 year.

A couple of items to be aware:

Membership renewal forms will

be mailed (snail) and e-mailed to you.

PLEASE be sure to give us an accurate e-mail address. The club does most communication by e-mail.

PARENTS: you MUST be a full club member in good standing to have voting rights and a voice in the club. PLEASE join the club,

we need to hear from you and YES, we need you to Volunteer.

Basic Skills Members: if you plan to test/compete in standard track USFS (Pre-Preliminary and above); YOU MUST be a full NJFSC member, not Basic Skills.

Please contact Rick with any questions, at: rfb skate@optonline.net

## Morris, Darien, Ice House Competition Results

### Results from the 2009 Morris Open:

#### GOLD MEDALS

Ella Mizrahi – Pre Juvenile FS

#### SILVER MEDALS

Esther Pesochin - No Test/Pre Preliminary Showcase

Katie Kreutz, - Swing Dance/Fiesta Tango  
Kaitlyn Castelli – Novice Long

#### BRONZE MEDALS

Joey Mitchell, - Swing Dance/Fiesta Tango  
Ashley Shook – Intermediate Long  
Victoria Petrenko – Intermediate Long/  
Intermediate Short

#### OTHER PLACINGS

Francesca Timpanaro - Pre Juvenile FS  
Danielle Baran - Pre Preliminary FS  
Esther Pesochin -Pre Preliminary FS & Art.

Timmy Mitchell - Swing Dance/Fiesta Tango  
Kaitlyn Castelli – Novice Short  
Nicolette Tomasini – Novice Short/Novice Long  
Elisabeth O'Neill – Juvenile FS/Juvenile (final)

### Results from the 2009 Darien Open:

#### GOLD MEDALS

Kaitlyn Castelli – Novice Short/Novice Long

#### SILVER MEDALS

Elisabeth O'Neill – Juvenile Freestyle/  
Juvenile Girls – Spin Category  
Ashley Shook – Intermediate Short Program

#### BRONZE MEDALS

Danielle Baran – Pre Preliminary Freestyle  
Elisabeth O'Neill – Juvenile Girls – Jump Category

#### OTHER PLACINGS

Ashley Shook- Intermediate Long Program

### Results from the 2009 Ice House Basic Skills Competition:

#### GOLD MEDALS

Veronica Held – Freeskiate 3/Freeskiate 3 Compulsories

#### BRONZE MEDALS

Esther Pesochin – Pre Preliminary Freestyle

## Results from the 2009 Ice Vault Basic Skills Competition

#### GOLD MEDALS

Jacqueline Frey – Compulsories/Freeskiate 1, Freeskiate 1  
Veronica Held – Compulsories/Freeskiate 3, Freeskiate 3, Jumps 1-3, Spins, Preliminary  
McKenna Holz – Compulsories/Basic Skills 2, Basic 2 FS  
Ryann Johnson – Compulsories/Basic Skills 3  
Tiana Acito – Compulsories/Basic Skills 5, Freeskiate Basic 5  
Toni Foard – Compulsories/Basic Skills 7, Freeskiate Basic 7  
Lauren Soga – Freeskiate Basic 6  
Julia Pise – Compulsories/Basic Skills 8  
Farrah Way – Freeskiate 1  
Savannah Quiner – Basic Skills 1 Freeskiate  
Charlotte Yates – Freeskiate Basic 7  
Tom Yuz – No Test Freeskiate

Elaine Alvarez – Pre Preliminary Freestyle  
Esther Pesochin – Spins, Showcase

#### SILVER MEDALS

Farrah Way – Compulsories/Freeskiate 1  
Riley Block – Compulsories/Freeskiate 3  
Catherine Xu – Compulsories/Freeskiate 6, Freeskiate 6  
Kelly Minard – Compulsories/Freeskiate 7, Freeskiate 7  
Michelle Quiner – Freeskiate 1  
Carly Morrison – Freeskiate 1  
Ryann Johnson – Freeskiate Basic 3  
Julia Pise – Freeskiate Basic 8  
Esther Pesochin – Pre Preliminary Freestyle, Pre Pre Jumps  
Nicoletta Tachtchouck – Spins, Showcase

#### BRONZE MEDALS

Carly Morrison – Compulsories/Freeskiate 1  
Georgianne Hess – Compulsories/Freeskiate 7, Freeskiate 7  
Riley Block – Freeskiate Basic 3  
Brianna Soga – Freeskiate Basic 7  
Nicoletta Tachtchouck – Pre Preliminary Freestyle

#### FOURTH PLACE

Danielle Baran – Preliminary Freestyle

**WOW, GREAT!**

## North Jersey FSC Members Earn 5 US Adult National Medals!

Congratulations to the following US Adult National Competitors on their terrific performances!

#### GOLD MEDALS

Pamela Federbusch – Master Ladies Senior II-III

#### SILVER MEDALS

Rick Breitweiser – Master Men's Light Entertainment/Comedy Interpretative III-IV

#### BRONZE MEDALS

Tim David – Silver Men

#### PEWTER MEDALS

Rick Breitweiser – Gold Men's Freestyle III-IV

Rick Breitweiser—Master Men's Artistic/  
Dramatic Interpretative I-IV

#### 5<sup>th</sup> PLACE

Pamela Federbusch – Master Ladies Artistic/  
Dramatic Interpretative III



## New Skating Year: Can Goal Sets Help You? (Continued from page 1)

Here are two problems to consider:

- 1) **Setting too many goals to quickly.**
- 2) **Setting unrealistic goals based on one's current level of performance.**

While there is no magic formula for how many goals to set in a particular time frame, good coaches generally encourage skaters to focus on a maximum of two to three goals per week: a "goal set."

The challenge is to keep the goals meaningful, relevant and motivating.

Goals should not control your skating or become burdensome to the training regimen. Rather, they should serve as guideposts and standards of excellence that are individually significant. They should be difficult but realistic and only you can determine what that may be.

For example, if you are currently doing a single axle jump, it would be an unrealistic goal to do a double axle in one week's time.

Let's say your long-term goal is to be able to perform the double axle. Perhaps the best way to utilize effective goal setting is to make a commitment to "complete the proper lift and rotation in 10-12 double axle jumps five days per week for the next three weeks, using perfect form."

The process of getting the proper lift-off technique, followed by rotation, along with the proper training guidelines set by your coach will be behavior completely under the skater's control (barring injury or illness) and bring a skater closer to reaching their ultimate goal: achieving the double axle. (the NEXT goal is: land the darn jump—of course!)

Likewise, if your goal is to improve your spin revolutions, a realistic long term goal is a 20% improvement in three months and then devise a "goal set" plan to achieve that outcome. Specifically, you may commit to working on the proper spin entry technique for an extra 15 minutes for three months, or you may "goal set" to spin more and more revolutions as required to reach at least 8 revolutions per position.

Both of these goals would be excellent means to bring you closer to achieving your long-term goal of performing the double axle and holding your spins for longer resolutions.

The key point to emphasize is that it is better to design fewer, high quality goals and commit to their successful accomplishment than to set too many goals and hope that several will be accomplished. Decide what aspects of your performance are most important to you and which skills you want to focus on for a particular week.

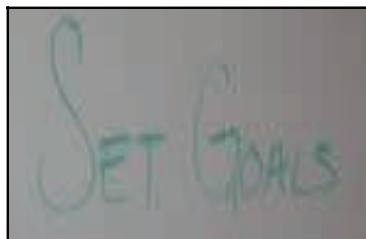
Once you've made that determination, you are then ready to create your weekly "goal sets."



Alissa Czisny: she set her goals, worked hard and is now US Champion

Did you know Scott Hamilton said:

"If you have a specific lofty goal, it's going to take time to get there. But you're going to have to hit a lot of short-term goals on the way. And so, anything I tell young people, especially skaters is, "Worry about Sunday. Worry about next month. Don't worry about five years from now. Don't get into skating your first day thinking you're going to win an Olympic gold medal, because the odds are you're going to be heartbroken."



## The North Jersey Figure Skating Club, Inc.



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### Associated Rinks:

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

Floyd Hall Arena  
One Hall Drive  
Little Falls, NJ 07427  
973-746-7744  
www.floydhallarena.com

Fritz Dietl Ice Rink  
639 Broadway  
Westwood, NJ 07675  
201-664-9812

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 Skylands Ice World in Stockholm, NJ

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 this, it must be run in a fiscally sound manner.

## Congratulations for Tests Passed!

### Congratulations to the following skaters for passing recent tests!

#### JANUARY 2009

Laura Morrell - Pre Preliminary MIF  
Alexey Tataikov - Pre Preliminary MIF  
Taylor Ricca - Preliminary MIF  
Jessica Reimertz - Junior MIF  
Alexandra Bellotti - Juvenile FS

#### FEBRUARY 2009

Chloe Stein - Novice MIF  
Jessica Whiteside - Intermediate MIF  
Francesca Timpanaro - Pre Juvenile FS  
Savannah Beck - Preliminary MIF  
Melanie Migliorato - Preliminary MIF  
Benjamin Kogos - Preliminary MIF  
Jennifer Levy - Preliminary MIF

#### MARCH 2009

Phoebe Jerry - Pre Preliminary MIF  
Eugene Osetskyy - Pre Preliminary MIF

Jenna McKlusky - Pre Preliminary MIF  
Kayla Magee - Pre Preliminary MIF  
Danielle Baran - Pre Preliminary Freestyle  
Esther Pesochin - Pre Preliminary Freestyle  
Lisa Marie Zazi - Preliminary MIF/  
Preliminary Freestyle  
Alexey Tatamikov - Preliminary MIF  
Kelly Shannon - Pre Juvenile MIF  
Cathi Guterrez, Bronze Dance Hickory Hoedown

#### APRIL 2009

Aaron Gillespie - Senior MIF/Senior FS  
Coralie Iroudassamy - Senior MIF  
Kelly Walsh - Junior MIF  
Ashley Shook - Novice MIF  
Victoria Petrenko - Intermediate FS  
Ella Mizrahi - Intermediate MIF/Pre Juvenile FS  
Annabel Isaacson-Will - Juvenile MIF/

Pre Juvenile FS  
Elisabeth O'Neill - Juvenile FS  
Francesca Timpanaro - Juvenile FS  
Esther Pesochin - Pre Juvenile MIF  
Maria DeSilva - Preliminary MIF  
Josh Lidberg - Pre Preliminary MIF/Pre Preliminary FS

### Upcoming Test Schedule: See [www.northjerseyfsc.org](http://www.northjerseyfsc.org)

Test Applications are available at [www.northjerseyfsc.org](http://www.northjerseyfsc.org).

Test Chair: Ms. Kathie Imperatore

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