



## New Year's Resolution: How about Getting in Better Shape? Mom and Dad: YOU TOO!

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It's almost a new year and many of us are looking back on the previous one, reflecting on what we've accomplished and what we want for the future. For many of you, that means learning how to incorporate an exercise program to get in better shape for figure skating. For Mom and Dad, it may be to lose some weight. If you made a resolution last year to improve your figure skating and didn't reach your goals, now's the time to consider whether an exercise program, along with your figure skating training is the key to improvement. Mom and Dad should exercise too—it can be a great family time together!

### Set Your Goals

Your first step in getting in better shape is to set some goals for yourself. Start with a long-term goal and ask yourself specifically what you want. Do you want to be stronger? Skate faster? Not get winded so easily? Lose weight? Take some time to figure out exactly what you want and exactly what you need to reach that goal. The following tips will help you set your goals for the new year:

**Make sure your goal is achievable.** Unrealistic goals will lead to frustration. Take it one step at a time.

**Make sure you have a plan.** If you want to decrease body fat mass, that means you'll be losing about a pound of fat every two weeks – but replacing it with stronger lean muscle mass. To lose a pound a week, you need to create a calorie deficit of about 500 calories per day with your diet and exercise program but

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## NJFSC/Ice Vault Arena to Hold Basic Skills Competition

On Sunday, May 3, 2009, North Jersey FSC will be the host club for the first annual Ice Vault Arena Basic Skills Competition.

The competition will feature all of the Basic Skills Levels: Snowplow Sam—Basic Skills 8; Basic Freeskate 1-6 and No-Test—Preliminary Freestyle. Basic Adult categories will be included

too! Compulsory, Jump, Spin, and Showcase events make a full day of competition!

Volunteers will be needed for this exciting event. Please Save the Date on your calendar and let the club know whether you are available to help. **Senior Level Skaters are encouraged to attend and assist the club.**



## 2009 North Atlantic Regional Results

### Results from the 2009 North Atlantic Regional Championships:

**Monika Chung:** Intermediate Ladies Silver Medalist (Qualified for Junior Nationals)

**Coralie Iroudassamy:** Intermediate Ladies Free Skate Qualification Round Group B: 13th Place

**Anastasiya Kononenko:** Junior Ladies Bronze Medalist (Qualified for Eastern Sectional in Boston, MA)

**Shiochee Liang:** Novice Men's Bronze Medalist (Qualified for Eastern Sectional in Boston, MA)

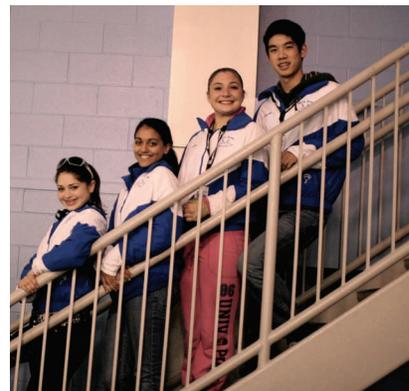
**Lauren Min:** Junior Ladies Short Program: 15th Place

**Rachel Prosnitz:** Intermediate Ladies Free Skate Qualification Round Group B: 14th Place

**Ashley Shook:** Intermediate Ladies Final Round, 9th Place

**Kelly Walsh:** Novice Ladies Free Skate Qualification Round Group B, 10th Place

**Paul Bellantuono and his partner Liza Branella** received a bye in Novice Dance to Eastern Sectional in Boston, MA



'09 North's: Rachel Prosnitz, Coralie Iroudassamy, Kelly Walsh and Shiochee Liang

Photo Courtesy of Karen Cohen-Prosnitz, Ice Vault Skating Director

## Coach's Corner by Janelle Craft, Skylands Ice World Arena Skating Director

**“Figure skaters must maintain a healthy body to help avoid injury while training”**

Figure skaters must maintain a healthy body to help avoid injury while training. Skaters should stretch before going onto the ice to train or compete to

make sure muscles are warmed up. There are several different types of

stretches that you can practice but most physiologist's suggest Static Stretching for figure skating.

Static stretching can be performed alone and involves slowly stretching the muscles. This type of stretch is performed by holding a position for 15-30 seconds, which results in slowly lengthening the isolated muscle. As the name suggests, static stretching means that the skater remains stationary during the stretch. It

is very important not to “bounce” - which may lead to injury. Also very important, the skater should feel a gentle pull or stretch, NOT pain during stretching.

The US Skating website has some great information on appropriate stretching. Please refer to [www.usfigureskating.org](http://www.usfigureskating.org). Additionally, your coach will be able to show you a warm-up routine appropriate for you and your skating level.

## Results from Eastern's, US Junior National's and International

Congratulations to the following Eastern Sectional Competitors in Boston, MA:

**Paul Bellantuono with partner Liza Branella** - 5th place Novice Dance

**Anastasiya Kononenko** - 9th place Junior Ladies

**Shiochee Liang** - 10th place Novice Men

Congratulations to **Monika Chung** for her performance at the **US Junior National Competition in Lake Placid, NY**, 16th place, Intermediate Ladies.

Congratulations to **Staci Perfetti (right)** for her performance at the **Junior Grand Prix in South Africa!**

Congratulations to **Rikki Goswell** for her performance at the **NRW Trophy in Germany!**



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replace the fat loss with muscle. Take some time to look at your diet and figure out how you can [reduce your calories](#) but gain leaner muscle for athletic gains.

**Set short-term goals.** While your long-term goal might be to skate back to back programs without being winded, that's a long way off. What are you going to do to keep yourself motivated from day to day? Setting weekly goals (i.e., I'll workout at the gym at least 3 times this week) can help you stay on track and have something to be proud of even if you're not doing back to back run throughs' just yet.

**Be realistic.** Improvement doesn't happen overnight...for some of you, it may not happen for a while. Think of the first 3 months of your exercise program as a learning period. You're teaching your body how to eat healthy and exercise regularly and your goal should be making exercise a habit. If you can do that, the skating gains will follow.

**Be flexible.** You may find that the goal you set in January isn't working for you come March or April. If you're not able to reach your original goal, whether it's because you don't have the time or the commitment, don't be afraid to lower your standards a bit and set a goal you *can* reach.

### Nitty-Gritty

Now that you have some idea of what you want to accomplish, you need to

figure out how to get there. How much exercise do you need? How much will you realistically do? Setting up a program can be as simple or as complicated as you want it to be. At it's most basic, it's as simple as sitting down with your calendar and deciding when you're going to exercise.

**Figure out where you're going to exercise.** You can workout at the gym, at home or at the ice rink. You can get a personal trainer, set up your own program or use [videos](#). Look at your schedule, your calendar and your budget and map out your plan before you get started.

**Educate yourself.** Before you jump into something, take some time to learn the basic guidelines for exercise.

**Set up your [cardio](#).** If you're a beginner, start with about 3 days a week for 20-30 minutes (or however much you can handle) of your favorite exercise. Sit down with your calendar and plan what you'll do, how long you'll do it and where you'll do it.

**Set up your [strength training](#).** It's easiest to start with a [full body program](#) about 2 non-consecutive days a week, targeting all the muscles of the body.

**Change your workouts regularly.** To build muscle and lose fat, you need to be challenging your body. That means going faster or longer, adding weight, reps and/or sets to each workout and finding new

activities to keep from [hitting plateaus](#) or getting bored.

**Start where you are.** The biggest mistake is taking on too much too soon. That can lead to injury or burnout and you may find yourself struggling to keep up the pace. Start slowly--if you can only exercise for 10 minutes, start there and work your way up. You'll enjoy exercise a whole lot more if you ease into it and gradually work your way up.

**Did you know** that on August 17, 2008 at the age of 41 years and 125 days, Dara Torres won silver at the Beijing Olympics in the women's 50 meter freestyle race finishing in an American record time of 24.07. 0.01. About 35 minutes later, she won another silver medal as part of the American 4x100 m medley relay team. **How did she do it?** Working hard both in and [OUT OF THE POOL](#). Her superior athletic shape enabled her to perform with 19 year olds! We can learn from Dara's incredible achievement, even though in liquid water—not the frozen type we all prefer!

### Can you do this?



**Rosi Tovi** still working hard off ice: we can all learn from her commitment to stay in top shape!

## The North Jersey Figure Skating Club, Inc.



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www.northjerseyfsc.org

### Associated Rinks:

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

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

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

**Volunteers Needed: We Need YOU  
for Numerous Events, Committees,  
and the Club's Board of Directors,  
contact Rick for details.**



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!

#### JULY 2008

Elizabeth Quinn – Dutch Waltz, Rhythm Blues, Canasta Tango  
Valerie Jahn – Fourteenstep, Fox Trot  
Ashley Shook – Intermediate FS  
Mary Rose Wernick – Pre Preliminary MIF/Pre Preliminary FS  
Brenda Lau – Preliminary MIF  
Alicia Delalio – Adult **Gold** MIF  
Lisa Zazi – Pre Preliminary MIF/Pre Preliminary FS  
Elaine Alvarez – Pre Preliminary FS  
Preliminary MIF

#### AUGUST 2008

Michelle Padreza – Junior FS  
Lauren Min – Junior FS  
Elizabeth Quinn – Intermediate MIF  
Nicoletta Tachtchouk – Pre Preliminary MIF  
Kelly Shannon – Preliminary MIF

Ella Mizrahi – Juvenile MIF  
Christiana Cacciapuoti – Juvenile MIF  
**SEPTEMBER 2008**

Savannah Beck – Pre Preliminary MIF  
Taylor Ricca – Pre Preliminary MIF  
Melanie Migliorato – Pre Preliminary MIF

#### OCTOBER 2008

Benjamin Kogos – Pre Preliminary MIF  
Rochelle Sadhkin – Preliminary MIF  
Nicholle Sadhkin – Preliminary MIF  
Carlina Ramirez – Intermediate MIF  
Margot Dayton – Pre Juvenile MIF  
Elizabeth Quinn – Cha Cha, Fiesta Tango

#### NOVEMBER 2008

Jennifer Levy – Pre Preliminary MIF  
Joey Mitchell – Pre Preliminary MIF  
Tom Yuz – Pre Preliminary MIF  
Danielle Baran – Intermediate MIF

#### DECEMBER 2008

Katie Kreutz - Preliminary MIF  
Larry Loupolover - Pre Juvenile MIF

Jessica Reimertz - Intermediate MIF  
Kelly Shannon, Pre Preliminary and Preliminary FS

### Upcoming Test Schedule: at Ice Vault Arena:

**1/26/09**

**2/23/09**

**3/30/09**

**4/27/09**

Test Applications are available at  
www.northjerseyfsc.org.

Test Chair: Ms. Kathie Imperatore

kathieim@optonline.net 201-358-2643

www.northjerseyfsc.org