



January 2017

News From The Edge



Diamond Edge Figure Skating Club

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The President Says:

I hope all of you had a very Happy Holidays!!!

I would like to thank everyone who supported Lucie's House this Holiday Season. The DEFSC is grateful for the generosity of our Members and looking forward to opportunities to support Lucie's Place and other organizations in the future.

As the saying goes... New Year, New Things.

We are very excited to announce The DEFSC Spring Show, "All About Oz", featuring music from and inspired by The Wizard of Oz, Wicked and The Wiz. This year's show will be directed by Jen Boyer and coached and choreographed by Jen Boyer, Anne Eden, Sharon Sanders and Laure Shutze.

Sign up forms are now available at the Rink. The deadline to register is **January 24**, and the cost of registration is \$225. Practices will be held Thursday evenings from 5-6 p.m. beginning January 26. Show times are April 8 and 9 at 6 p.m. Please contact either Jen Boyer or myself with any questions. Hope you all and your skaters will join us in telling the story



of "All About Oz".

I hope that everyone will enjoy the USFS Championships this coming week. Championship competition begins January 19, with the pairs and ladies short programs. NBCSN will air live coverage of the event, beginning with the pairs short program January 19, at 4:30 p.m. NBC begins its live coverage on January 21, at 2:00 p.m. with the pairs free skate. Live coverage begins at 3 p.m. on January 22 with the men's free skate.

We are excited for all the competition opportunities for our skaters in the New Year. In 2017 The Skate Games of America will be held in Grand Rapids, Michigan, with the Figure Skating Competitions on August 2-6. **The State Games of America** is a biennial [multi-sport event](#) for amateur athletes in multiple events, from track and field and swimming to figure skating. To Qualify for the State Games, a skater must have been a gold, silver and bronze medalists in a State Games State Competition between July 2, 2015 and July 1, 2017 or a medalist from the 2015 National State Games in Omaha, NE. A qualifying competition will be held in Oklahoma City on February 24 - February 26, 2017. Additional qualifying

competitions will be held across the county in the next several months. Please contact, Jonathan Lim for additional information as to qualifying competitions. Arkansas does not hold a Qualifying Competition, but we have petitioned the State Games Board to allow our Skaters to compete. Please contact me, if you would be interested in representing Arkansas and the DEFSC at the State Games of America.

The Diamond State Open will be held on June 3. Please look for more information in the upcoming weeks and months.

Finally, January is National Skate Month. We are working with the rink to establish a date this month for a "Learn to Skate/Bring a friend" event. Details regarding date and time and volunteer opportunities will follow. I hope all of you can join us at this event as we share our love for skating with others.

Wishing all of you a wonderful 2017.

Kynda



Young At Heart by Anne Eden



Gracie Gold Skating to Firebird™



Maya and Alex Shibutani

Every day that we live, we make memories to look back on. 2016 holds a lot of fun skating memories for me, starting with the 2016 US Figure Skating Championships. Gracie Gold's stunning interpretation of Stravinsky's "Firebird" stands out in my mind as one of my all-time favorite programs. I was also impressed by the Shibutani's fluid, expressive, and incredibly fast and intricate free dance to Coldplay's "Fix You".

US Figure Skating launched the "Learn to Skate USA" program, bringing together figure, speed, and hockey skating for the basic skills program, then branching off with specialty classes for Hockey, Free Skate, Dance, Artistry in Motion, Synchro, Theater on Ice, Therapeutic Recreational, Speed, and Pairs skating.

In February we enjoyed sweet, fun, and romantic numbers skated in our annual Valentines on Ice program. Valentine's Day is one of my favorite holidays - I love all the hearts and romance!

March brought World Championship medals to two US dance teams: a silver medal for the Shibutanis, and a bronze medal for Chock & Bates. Again, the dance competition was a joy to watch. Diamond Edge's Spring Show "Circle of Life" featured really inspiring music, great props and costumes, and lots of good skating by our club members, many of them skating in their first show. Our Diamond State Open came together thanks to a lot of hard work by many DSD members. The judges and officials complimented us on our hospitality, and some of the judges remarked on how many creative Show skate programs there were. I was so proud of my students who competed in their first competition!

I had fun working on a free dance program via long-distance with Nick Traxler. He sent me a video and music to practice solo until he got here test weekend to practice

the partnering with him. We tested, and it passed!

In October, we had another fun show "Halloween on Ice", featuring all kinds of skating creatures both creepy and cute. I do love Halloween, and those who know me know I love any excuse to wear a costume!

Wrapping up 2016 was our Christmas show, with a lot of our Learn to Skate students participating. It was great to see a new crop of soloists this year, showing so much improvement and showmanship.

I'm sure all of us remember the first time we set foot on the ice, the first time we were able to spin and jump, and first performances and competitions. I have wonderful memories of skating with friends I'll never forget; memories of places I've traveled to for skating events; and memories of landing jumps I'll probably never land again. I hope all of you have special memories of skating that you treasure, and that you're all ready to make new memories in 2017.

Jonathan's Notepad



The One Voice Children's Choir (<http://onevoicechildrenschoir.com/>), an ages 4-17 choral ensemble from Salt Lake City, Utah that appeared on *America's Got Talent*, has a few interesting figure skating connections. First and foremost, it was formed by Masa Fukuda to perform "It Just Takes Love", a song he authored for the 2002 Winter Olympics held in that city.

In 2014 the group volunteered one of its members, Lexi Walker, to perform the Africanized Tribal Cover of "Let It Go" from *Frozen* alongside YouTube sensation Alex Boye, while the rest of the group provided the background vocals. The music video (<https://youtu.be/DAJYkiQhzk>) was filmed at the seasonal Ice Castles in Midway, Utah (<http://icecastles.com/midway/>) complete with an ice skating scene at around the 2:30 mark. (I

should also mention that this was the music used for the closing number in our 2014 *Frozen*-based Christmas show.)

Last but not least, another member, Lydia Oakeson (<http://www.lydiaoakeson.com/>) is a figure skater herself, a member of the Murray Silver Blades FSC (<http://www.murraysilverblades.org/>).



Resolutions by Laure Catherine Schutze

Happy 2017!

With the start of the New Year comes a lot of the traditional "resolution" talk. I've already been bombarded with gym membership ads, ha! January is a new start and it's a great time to look at the upcoming year and start thinking about your hopes and goals. This is also true for your skating. In fact, I'd say goal setting is as important as having a coach! Goals are helpful to determine where you as a skater want to go and help map out your plan to get there. Most importantly they give you a plan to follow. They are also great ways to check in on your progress and can motivate your skating.

US Figure Skating suggests skaters set their goals using the acronym S.M.A.R.T. and I happen to

think it's perfect for looking forward to 2017.

S= Specific: How and when will you achieve your goal

M= Meaningful: Make sure it's a goal that's valuable to you

A= Achievable: Set a goal you know can be achieved (hey, we aren't all going to the Olympics!)

R= Relevant: Why it's important to you personally to succeed

T= Task-oriented: The goal should be clear and tell the skater what they need to do

I find it helpful to set long-term, short-term, and immediate goals. An example would be with one of my recreational skating students. The long-term general goal might be to improve and enjoy their skating while working towards completing all of their USFS tests. The short-term goal would be testing Intermediate field moves by their sophomore year in high school.

The Immediate goal would be to test in February. Beyond the more general plan, it's great to set individual goals per freestyle practice session. We all know that sometimes freestyle practice gets de-railed with all sorts of distractions and temptations. Having a plan for your practice time can help keep you on target. If you like to keep track of your practice progress, bring a notebook rink-side to take notes or tally how many repetitions you've done. Once a month, have a friend take a video of that stubborn move you've been working to improve. There's nothing more satisfying than visual proof that you've improved that sit spin! Just make sure your friend isn't in a lesson when you ask them to record.

It's really easy to get caught up in our day-to-day routine and that goes for skating too. Even if your aim is as simple as stretching more or getting to the rink a few minutes earlier, set those goals. It feels great when you can mark them off your list!



Spring Ice Show Takes Us Down the Yellow Brick Road on April 8 and 9

The annual Spring Ice Show, "All About Oz," under the direction of Coach Jen Boyer, will take us down the Yellow Brick Road to the land of the Great Oz. Lions and Tigers and Bears, Oh My!! Rehearsals will start January 29 and will conclude with the dress rehearsal on April 7. Shows will be held Saturday

April 8 and Sunday April 9.

The Club is adding a guest skater this year. Pooja Kalyan, a member of the Ozark Figure Skating Club in Springdale, will join skaters from Diamond Edge. Pooja is the current Midwestern Sectional Novice Ladies Champion. We know that DEFSC will

give Pooja a very warm welcome!

There will be parts for all levels and all ages of skaters. There will be group numbers as well as solos. As always, the entry fee includes one costume. Be sure to sign up before Jan. 29



Did you know...?

If you sign up for Amazon smile and designate Diamond Edge FSC as your charity, every purchase you make, Amazon will donate money to DEFSC!!!



Diamond Edge Figure Skating Club

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Upcoming Competitions



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U.S. Championships, January 14-22, 2017 Kansas City

Skate Dallas, April 28-30, 2017, Plano, TX

Oklahoma State Games, February 24-27, 2017, Oklahoma City, OK

Diamond State Open, June 3, 2017, Little Rock, AR

Showcase, March 5, 2017, Farmers Branch, TX

Bluebonnet Open June 8-11, 2017, Austin, TX

Pigtail Classic, April 22-23 2017, Springdale, AR

Skate Memphis, June 23-24, 2017 Olive Branch, MS