

# iSkate

## Duluth Figure Skating Club

Duluth, Minnesota Issue 3  
[www.duluthfsc.org](http://www.duluthfsc.org) 218-590-1710

### Finding Our Way on the Ice

Close your eyes and remember the first day that you fell in love with skating. Okay. Now, close your eyes again. But this time remember the last time that you were on the ice. What has changed from then to now? About you? Not about your skating. About you. How have you changed? What paths have skating taken you on and do you like where you're going? Because skating, is not just about skating; it's a journey of self discovery.

Most skaters start out with dreams of Olympic glory. They very clearly see themselves on that path. And most of those very same skaters (you might be one) change their path along the way. For some the change comes early, for others a bit later. They switch paths. Top 10 at Nationals. Pass my senior free. Land my axel. Make it to final round – just once. These are not lesser goals than an Olympic gold medal. Because the journey, the path of self discovery, through those goals can be the same. You may never do a triple jump, but you can always learn about yourself and in so doing choose a higher path. A higher standard for yourself. Because, in the end, whether you land a double axel or a triple jump, will be less important than what you learned about yourself while you were learning a double axel or triple jump.

So ask yourself now: what is your path? Have you chosen the winning is everything path? The clean programs are the only thing that make me happy path? Or are you on a different path where you pursue excellence and recognize that failure, from time to time, is a part of the path of excellence? Where you have compassion for others when they struggle, which allows you then to have that same compassion for yourself when you struggle. Which path are you on. Which path do you want to be on? Choose. Now.

Dr. Carolyn Phelps  
Licensed Psychologist, Skater



Pictures  
from our  
Club Picnic  
in August



Good Luck at the Upper Great Lakes  
Regional Championships, October 23

– 27

**Annika Hall – Pre Juvenile Ladies**  
**Allison Hall – Juvenile Ladies**  
**Kjerstyn Hall – Intermediate Ladies**  
**Danielle Blascoe – Intermediate Ladies**  
**Gina Gilderman – Intermediate Ladies**  
**Ben Jalovick – Intermediate Men**  
**Carly Wittlief – Senior Ladies**  
**Berlin Sohn – Senior Ladies**



Congratulations to our skaters who participated in the following competitions!

**Minnesota State**

**Carly Wittlief** – Senior 6<sup>th</sup> place short program, 6<sup>th</sup> place long program, 6<sup>th</sup> place overall  
**Berlin Sohn** – Senior 8<sup>th</sup> place short program, 9<sup>th</sup> place long program, 9<sup>th</sup> place overall  
**Gina Gilderman** – Intermediate State Champion 1<sup>st</sup> place short program, 2<sup>nd</sup> place long program, 1<sup>st</sup> place overall  
**Kjerstyn Hall** – Intermediate 5<sup>th</sup> place short program, 3<sup>rd</sup> place long program, 3<sup>rd</sup> place overall  
**Ellie Davis** – Intermediate 12<sup>th</sup> place short program, 12<sup>th</sup> place long program, 12<sup>th</sup> place overall  
**Cale Bergerson** – Intermediate men, 4<sup>th</sup> place short, 4<sup>th</sup> place long, 4<sup>th</sup> place overall  
**Allison Hall** – Juvenile 3<sup>rd</sup> place  
**Annika Hall** – Pre Juvenile, 1<sup>st</sup> place qualifying round, 12<sup>th</sup> place Championship round  
**Alexis Horton** – Preliminary 6<sup>th</sup> place qualifying round, 9<sup>th</sup> place Championship round  
**Anissa Jones** – Preliminary 7<sup>th</sup> place qualifying round  
**Annika Voss** – Pre Preliminary 2<sup>nd</sup> place qualifying round, 9<sup>th</sup> place Championship round  
**Carolyn Phelps** – Adult Silver 3<sup>rd</sup> place

**Maplewood**

**Amy Blais** – Basic 4 freeskate 3<sup>rd</sup> place, elements 2<sup>nd</sup> place  
**Emmie Ellena** – Basic 6 freeskate 2<sup>nd</sup> place  
**Ilei Benson** – Basic 6 freeskate 4<sup>th</sup> place  
**Rachel Blais** – Freeskate 1 freeskate 1<sup>st</sup> place, elements 2<sup>nd</sup> place  
**Arianna Reynolds** – Freeskate 1 freeskate 4<sup>th</sup> place, elements 3<sup>rd</sup> place  
**Kelly Lorenz** – No test freeskate 1<sup>st</sup> place, compulsory 1<sup>st</sup> place, Interpretive 5<sup>th</sup> place  
**Lexi Cooke** – Ltd. Beginner Test track 2<sup>nd</sup> place, No test compulsory 2<sup>nd</sup> place  
**Rian Braum** – Beginner Test track 4<sup>th</sup> place, No test compulsory 4<sup>th</sup> place  
**Caitlin Gear** – Pre Preliminary freeskate 9<sup>th</sup> place, compulsory 3<sup>rd</sup> place  
**Lea Christensen** – Preliminary freeskate 5<sup>th</sup> place, Interpretive 2<sup>nd</sup> place



**Gina Gilderman – 2010 MN State  
Intermediate Ladies Champion!**

**Congratulations Gina!**

## DFSC Featured Skaters

### **Marissa Jensen**

**Age:** 11

**Skating Level:** Pre Preliminary

**School/grade:** 6<sup>th</sup> grade at Holy Rosary School

**Favorite Skaters:** Mirai Nagasu, Kimmie Meissner, Sasha Cohen, Molly Oberstar, Angie Lien, and all of the DFSC skaters!

**Favorite jumps/moves:** Sit spin, flip jump, and back spin

**Other activities you enjoy:** School, dance, reading, playing with my cat, talking with friends, tubing, fishing, Girl Scouts and 4-H

**Favorite food:** Grilled salmon and mashed potatoes!

**Favorite movie:** 13 going on 30

**Anything else you want to share:** If you want to do something do it! It's always worth a try!



Coach Kathryn and Marissa '08



Marissa at Northland '08

# JeAnna Holcombe

**Age:** 20

**Skating Level:**

Moves – Junior

Freestyle – Novice

**School/grade:** Sophomore at  
St. Scholastica

**Favorite Skaters:** Kristi Yamaguchi  
and Evan Lysacek



**Favorite jumps/moves:** Double Toe, split Jump and Layback

**Other activities you enjoy:** Coaching and Shopping

**Favorite food:** Anything with Chicken

**Favorite movie:** The Cutting Edge and The Proposal

**Anything else you would like to share:** If you fall while skating, get up with a smile and try again!

In May, JeAnna was awarded our Traveling Trophy at our Spring Banquet. This award is voted on by the members of the skating club and given to someone who has strong leadership skills, has an optimistic attitude and represents the DFSC in a positive way, challenges their intellect, takes care of their body and is thankful for having the opportunity to skate. JeAnna represents all of the characteristics and is a wonderful role model for our skaters!



We will hopefully learn soon whether or not we have been accepted into the Christmas City of the North Parade which will be held on Friday, November 20. If we are accepted, we will need many hands to decorate our float. More information will be sent out as soon.

**Look who passed their test on August 31<sup>st</sup> – Great Job!**

<b>Jennifer McLachlan</b> – PrePreliminary Freeskate	<b>Bailee Coughlin</b> – PrePreliminary Freeskate
<b>Lea Christensen</b> – PreJuvenile MIF	<b>Salena Haynes</b> – Juvenile MIF
<b>Annika Hall</b> – Intermediate MIF	<b>Mollie Steinback</b> – Intermediate MIF
<b>Nikki Feehery</b> – Novice MIF	<b>Ellie Davis</b> – Junior MIF
<b>Mickayla Lindberg</b> – Senior MIF	<b>Kjerstyn Hall</b> – Senior MIF

**We would like to get a Duluth Figure Skating Club group picture (coaches included) sometime in November. Please watch your emails for more information.**

**Upcoming Events**

October 23 – 27 ~ Upper Great Lakes Regional Championships  
November 8 ~ Burnsville Competition  
**November 19 ~ Christmas City of the North Parade, Duluth**  
December – Duluth Figure Skating Club Test Session, date to be determined  
December 19-20 ~ Synchronized Skating Classic Maplewood Figure Skating Club  
January 9-10 ~ Bend of the River Competition Mankato Figure Skating Competition  
January 14 ~ US National Figure Skating Championships Spokane, WA  
**January 28 – 31 ~ Northland Figure Skating Competition, Duluth** – Registration due  
December 7

**Buy a season pass to icenetwork and watch our skaters compete at the Upper Great Lakes Regional Championships October 23 - 27. We may not be able to travel to Illinois to cheer our skaters on, but we can do it from home! It's easy, fun and you are able to watch events from around the world. Go to [www.icenetwork.com](http://www.icenetwork.com) and click on subscribe (there is a yearly fee).**

**HAPPY BIRTHDAY**

Ben Jalovik	November 1	Sarah Stubbs	November 1
Rian Braun	November 3	Jade Ojard	November 4
Elsa Wambach	November 5	Alyssa Reder	November 22
Kalli Manion	November 24	Jessica Martinelli	November 25
Katie Bressler	November 28	Heather Seyfer	December 2
Jamie Kragseth	December 4	Ellyse Hynes	December 6
Annika Britton	December 11	Kaitlyn Snyder	December 18

## Northland News

We are 3 months away from our Annual Northland Figure Skating Competition and now the hard work will begin. We hope to have over 400 skaters participate in our competition which means we will need everyone's help throughout the weekend to ensure our event is a success! We are all volunteers who lead very busy lives, but we ask that during that weekend you try to give as much time as possible.

Registration information is now available online at our website; all registrations will be done online this year. Please talk to your coaches and make sure you sign your skaters up for the correct levels/events.

Give some thought as to where you would like to volunteer your time. We will have an online volunteer sign up website up and ready to go soon, more information will be sent out on that soon.

If you know a business that would be interested in placing an ad in the program, a form is available in the Northland Competition Information on our website.

Accounting – Diane Ruhl

Advertising – Mike Seyfer

Announcers/Music – Angie Grimsbo

Awards – Jodi Lorenz

Hospitality – Heidi Voss

Ice Monitors – Kevin Lott

Judges, travel & gifts – Becky Hall

Practice Ice – Darlene Blascoe

Program – Denise & Steve Haynes

Registration – Karmen Sanko and Kim Gear

Runner – Kathy Jensen

Synchro – **We are still in need of someone to chair**

Test Session – Kim Kaz

Transportation – June & Rob McLachlan

Vendors – Carol Reimer

Volunteers – Carol Reimer and Kathy Jensen

Clean Up – Terra Ojard

Dietitian Dayle Hayes, a former board member for the American Dietetic Association, answers questions about how to keep your body healthy and in top shape for competitions. (from usfigureskating.org)

**Q: I have a problem with eating junk food and eating all the time. How can I control myself and still be healthy for figure skating? Jamie, 13, Saskatoon, Saskatchewan**

DH: I have some good news for you, Jamie. There is no such thing as “junk food.” You can eat any food and stay “in control” — the key is balance. To avoid that starving feeling and to keep from “eating all the time,” eat a balanced meal or snack every time you eat. Balance means:

- Some high-energy carbohydrates (bread, cereal, pasta, rice or fruit)
- Some nutrient-rich protein (meat, poultry, fish, dairy, nuts, seeds or eggs)
- Some fat for taste and satisfaction (most protein foods come with some natural fat, so you may not need to add any more)
- Some essential vitamins, minerals and fiber (fruits and vegetables)

**Q: How do diet and nutrition fit in with skating? Elizabeth Tran, 12, San Jose, Calif.**

DH: Eating right is essential for success in skating, Elizabeth. Food is the fuel for strong skating — and for all the other things you want to do in life. Coaching, practice, attitude and equipment are all important, but without the right fuel, you may never reach your full potential as a skater. As a growing athlete, nutrition gives you a competitive edge with:

- Carbohydrate energy (from foods like bread, pasta and rice) to skate strong, study hard and have fun with your friends,
- Protein (from foods like hamburgers, chops, peanut butter, steak and stir-fry) and other nutrients to grow and maintain powerful muscles,
- Vitamins and minerals contained in foods that help you look beautiful from the inside out

**Q: I will be skating at the novice level next season, and I train in the morning and after school. What types of food combinations will give me the most energy for my training? Are any of the sports energy drinks good for somebody my age? Felicia Gostisbehere, 11, Margate, Fla.**

DH: For skaters on the go, smart snacking becomes more important than ever. The right food combinations and enough fluids will help you keep up with your busy schedule. Even when you are eating on the run, you need to get some protein, carbohydrates and fat every time you eat. For nutrition-to-go, try these snack combinations:

- Your favorite bagel with peanut butter
- A tortilla wrap with slices of lean roast beef and Swiss cheese
- A carton of yogurt, a granola bar and juice

Sports drinks can be a refreshing way to rehydrate and get a short-term boost, but they won't work for long-term, sustained energy. You need to eat a variety of foods for that ... and don't forget to drink plenty of water, too!

**Q: I am not a kid, but a coach who teaches a lot of kids. I try to watch out for the general health and well-being of my skaters. If I could give them three or four simple tips about eating right that they will remember, what would they be?**

- Skip the silly stuff. Extreme diets, fads and supplements do not work over the long-term.
- Go for balance. It's as important at the table as it is on the ice. Eating smart means enjoying all foods — just don't overdo it.
- Eat and drink regularly. Skipping meals leads to pigging out later, and getting dehydrated makes you feel like a wet noodle.
- Make snacks count. Busy skaters need power snacks. Make sure that every snack includes some protein, like beef jerky, peanut butter or yogurt.

