



Colonial Figure Skating Club

The Colonial Blade

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The Colonial Blade:

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The Colonial Blade is your source for club news, useful articles and more! If you are a member and would like to contribute articles, photos, or other pieces of information, email us at:

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Don't forget to visit the club on the web:

www.colonialfsc.com

Would you like to become a member of the Newsletter Committee?
Please share your talents with us!



President's Note...

2007 Recap & Look toward 2008

The club got off to a busy start this year with the Regional Send-Off. Bobby Martin was gracious enough to organize the send-off again this year, and several members of the professional staff pitched in throughout. And what would an event like this be without food? Deb Schwiegershausen provided a delicious spread for all to enjoy. Christine Terranova and Lisa Harris ran around all night making sure our members, families, and friends never ran out of food or drink.

The Colonial FSC was honored to host the 2008 New England Regional Championships. Kathy Boucher and Diane Grogan spearheaded the planning for this event for months and spent countless hours reviewing every detail. Numerous volunteers donated their time to ensure the competition ran impeccably. I wish there was time and space to thank everyone. This club is indebted to its volunteers who step up time and time again.

For those of you, who have not had an opportunity to get in any of your volunteer hours, don't worry. There are plenty of events left including Synchro Nationals, Colonial Open, the Ice Crystals show, and Test sessions, etc. All of these events need plenty of volunteers, so please do get involved!

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CFSC Basic Skills

CFSC Professionals Nancy Schricker and Felita Carr work with young skaters in the CFSC Basic Skills Program. With the cold weather approaching, the program is enjoying growth as many skaters lace up to take their first glides of the season.

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Colonial Synchronized Skating Teams Kick Off Season By Carol Marine

As snow, sleet and freezing rain pounded Ann Arbor, MI, those who made it to the Ann Arbor Ice Cube on December 1st and 2nd for the annual Dr. Richard Porter Synchronized Skating Competition were privy to some outstanding synchronized skating and great team camaraderie. The Colonial Synchronized Skating Teams of Acton, MA were well represented, with the Senior, Junior and Intermediate lines all attending. The Senior and Junior teams each skated two demanding programs. The Senior Short, set to High School Musical 2, was a real crowd pleaser. The Junior free skate, notable for the quality of its edge work, was set to 80s Rock Music, while the Junior short was a contemplative program choreographed to music from the Disney classic, Pocahontas. The Intermediate line skated to Michael Jackson selections including all-time favorites, Thriller and Beat It, and took fourth place out of a strong flight of fourteen teams. All three teams faced strong competition from across the United States and Canada.

The Juvenile line opened their season in early November at the Thanksgiving Classic in Plymouth, MA skating to a medley of songs with the theme “Good Day/ Bad Day” including music from Hannah Montana. The Juvies had a strong, energetic showing and earned a silver medal. The Intermediate line also earned a silver medal at the Thanksgiving Classic.

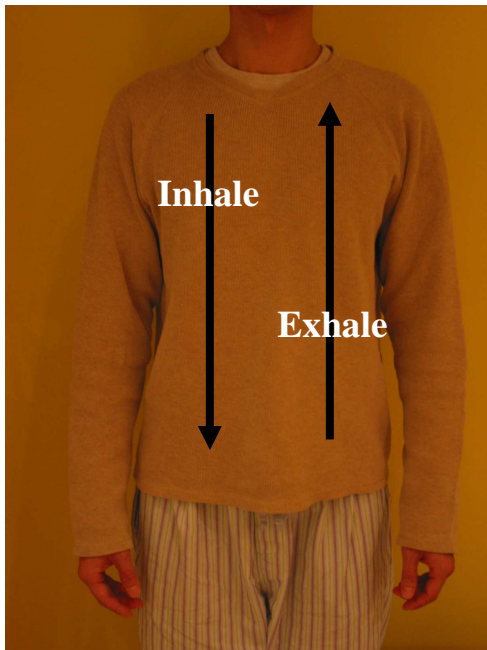
Merita Mullen, the Director of Synchronized Skating, choreographed the programs for each line, combining in every case fast moving elements, intricate transitions and complicated footwork sequences. All of the routines are dynamic, graceful, and technically demanding. Merita is joined by Nancy Schricker, Assistant Coach and Jane Gruber, Physical Therapist and Fitness Coach.

The Colonials Adult Masters team looks forward to opening their season as all Colonial teams host the Colonial Classic at the Tsongas Arena in Lowell on January 4th – 6th. Please visit the Colonial website at www.ColonialSynchro.org for up-to-date information on each competition and the upcoming schedule.

`Yoga'ing with Justin! By Justin Chien

Welcome to the second article for skaters and their friends who would like to incorporate Yoga into their practice and life!

Let's talk about breathing! It is important to breathe properly. It draws energy into you and creates a proper rhythm for your Yoga practice...and certainly for skating, too! Let's start with the 3-part breathing pattern:



1. Begin breathing normally.
2. Gradually transition to slower breaths.
3. Start to breathe through your nose.
4. Gradually lengthen your breaths, one breath at a time, to create a longer and calmer breathing rhythm. Take your time transitioning to this slower pattern.
5. Next, on an inhalation, slowly draw the air deep into your belly, mid-section of your body, and top of your lungs.
6. Then, on an exhalation, slowly bring the air out from the top of your lungs, mid-section of your body, and your belly.
7. Pause at the end of each inhalation. Usually, there is a natural pause at the end of each exhalation.
8. Bring awareness to yourself and observe the sensation of the breaths. Feel your nostrils, the back of your throat, and your lungs throughout each cycle of breaths.
9. Relax your face, including your teeth, lips, nose, and eyes.
10. Do not judge, criticize, or over-analyze your sensation of the breaths or any poses; simply feel and observe.

Try incorporating this 3-part breathing pattern into the Pigeon pose that was introduced in the first article, and see if you can feel or observe the difference.

Please let me know if you have any suggestions for future articles or any questions. See you next time and have a good holiday season!

Justin Chien

Email: justin.chien@gmail.com

Home page: <http://yogainlancaster.home.comcast.net/>

About Justin Chien: Justin is an adult member of the Colonial Figure Skating Club. He is a full-time computer engineer and enjoys facilitating Yoga practice. Don't forget to say hello to Justin when you see him on the ice!



Colonial FSC 2007 Calendar December '07—April '08

December 2007

December 7 - 8 -- The 2007 13th Annual Cape Cod Classic Synchronized Team Skating Competition at the Gallo Ice Arena in Bourne Massachusetts. The I.J.S. Scoring System will be used for senior, junior, novice, open junior, collegiate, adult and intermediate events.

December 9 – CFSC Last Day to Drop Ice

December 10 – CFSC New Session Starts

December 30 -- 2007 North Atlantic Open Hosted by the North Atlantic FSC.

December 30 -- Basic Skills Competition North Atlantic FSC Snowflake Skate Basic Skills Competition, Falmouth, Maine

January 2008

January 4-6 -- 2008 Colonial Classic Synchronized Team Skating Competition, Hosted by the Colonial Figure Skating Club, will be held at the Tsongas Arena, Lowell, Mass. Housing Information is available at: www.colonialclassic.org or by sending an email to lberko1999@aol.com.

January 10 – Test session Colonial FSC - Moves/Free Contact: Colonial FSC 978-263-3450 - Applications at www.colonialfsc.com

January 12-13 -- Mid-Winter Classic Hosted by Greenfield Area FSC. Basic 1 - Senior, Adult. Competitive Test Track included throughout. ISI event on Sunday. Deadline is December 15, 2007. Contact Paula Brault at brault@tscne.com or go to our website at www.skategreenfield.org.

January 17-19 -- 2008 EASTERN SYNCHRONIZED SKATING SECTIONAL FIGURE SKATING CHAMPIONSHIPS Richmond FSC - Richmond, VA

January 20-27 -- 2007 STATE FARM U.S. FIGURE SKATING CHAMPIONSHIPS St. Paul FSC, St. Paul, MN

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January 20 -- Basic Skills Competition *Great Winter Chill Basic Skills Competition*, Contact Jen Hurley at 603-270-1022 E-mail: skate-gfsc@hotmail.com, and visit our website www.granitestatefsc.com to download applications.

February 2008

February 20-23 -- 2007 U.S. SYNCHRONIZED TEAM SKATING SKATING CHAMPIONSHIPS
- Providence RI hosted by CFSC at the Dunkin Donuts Center.

March 2008

March 2nd – Colonial Figure Skating Club Banquet at the Holiday Inn, Boxborough Woods
Save the date for an afternoon of fun for CFSC members and their families! Meet all your CFSC friends and celebrate the year with food, contests, raffles, music, and dancing with a DJ. Don't miss the opportunity to socialize with CFSC parents, coaches, and skaters in a review of the skating season. If you would like to become involved in the planning of this event, please contact Debi Leeming to volunteer your talents to making this a special event.

March 13 – Test session Colonial FSC - Moves/Free Contact: Colonial FSC 978-263-3450 Applications at www.colonialfsc.com

April 2008

April 8 -12th – 2008 US Adult Figure Skating Championships, Lake Placid, NY. See announcement on www.usfigureskating.org

April 17 – Test session Colonial FSC - Moves/Free & Dance Contact: Colonial FSC 978-263-3450 - Applications at www.colonialfsc.com

April 25, 26, 27th – Colonial Open hosted by Colonial FSC at the Nashoba Valley Olympia.

April 27th - Colonial Basic Skills Spring Skate hosted by Colonial FSC at the Nashoba Valley Olympia.

April 27th— High School Team Open Competition hosted by Colonial FSC at the Nashoba Valley Olympia.



Congratulations to our CFSC Competitors!

**Kylie Duarte & Colin Grafton -US Junior Championships Intermediate Pairs-1st
Caitlin Yankowskas & John Coughlin - Midwestern Sectional Championships -Senior Pairs 1st
Marissa Castelli & Simon Shnapir -Eastern Sectional Championships -Novice Pairs 1st
Kylie Duarte & Colin Grafton—Eastern Sectional Championships -Intermediate Pairs - 1st**



CFSC Basic Skills Program Welcomes Young Skaters

Did you know that we have a Beginner Basic Skills class on Thursdays from 1:30 to 2:30? The session has just begun and we are still registering skaters. The levels are Snow Plow Sam, Basic skills 1 through 6. The children must be at least 3 years old to participate in the class. If interested, please stop in the CFSC office and speak with Eleanor Hirl, Basic Skills Coordinator for an application.

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Each month the Board of Director's meets to discuss various topics that pertain to the day-to-day operation of the club. One of the board's most important tasks this year was to locate a Treasurer. Jack Purdy has graciously accepted this position and is hard at work fine tuning the club's finances with assistance from Eleanor and Mary. Jack has also begun meeting with committee chairs and working on budgets for this year.

Another important part of the Board's job is to ensure the membership knows what is going on with our club. To that end, we have begun improving communications. As many of you know, the website has been updated. On the website you can find the latest news and minutes from the previous month's board meetings. We will also be using email to periodically send club members information about upcoming events. In addition, we are endeavoring to keep the bulletin board in Rink 3 updated. Please feel free to ask the office any questions you may have, email a board member, or speak to us when we are at the rink.

Thanks for your time and Happy Holidays!!
Scott C. Rooney

CFSC REGIONALS SEND-OFF COMPETITORS



Volunteers Needed for Synchronized National Championships

Synchro Nationals in Providence, RI, is fast approaching (February 21-23, 2008)! As you know, our club is hosting this event. We will need volunteers to assist at the event from Tuesday, February 19 through Saturday, February 23. Volunteer forms will be available in the Colonial office in early January.

Depending upon the volunteer assignment, some adult volunteers may also need to complete a CORI form prior to the competition. Since it takes several weeks to get this form processed, it is recommended that adult volunteers check to see if a form is needed and complete the form in early January if required. Deanne Benson is the Synchro Nationals Volunteer Coordinator, and you may contact her directly at dbenson@sfcinc.org.