



# The Bowling Green Skating Club

## Board of Governors

President: **Pat Rabb**  
Vice President: **Patti Lahey**  
Vice President: **Christine Laughlin**  
Treasurer: **Sharon Kruse**  
Secretary: **Teddi Moorman**

Members at Large  
**Melissa DeSmith**  
**Lisa Kaiser**  
**Dianna O'Bryan**  
**Patti Porter**

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April / May / June 2006 Newsletter

P O Box 566, Bowling Green. OH 43402

[www.bgskateclub.org](http://www.bgskateclub.org)

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## 2006-07 Membership Renewal

Your BGSC/USFSA membership expires June 30, 2006. Membership forms are available at [www.bgskateclub.org](http://www.bgskateclub.org) and have been emailed to club members. Several changes have been made to the membership forms so please review them carefully. Of special note are adjusted membership fees. Due to increasing expenses, the Primary membership fee has been raised to \$120. There is a \$10 discount available for Primary members who register by **July 15**. For Jr. Club & Adult Club skaters, you will receive this discount

at your September registration date. Also, the fees for Associate and Secondary memberships are now \$50. As in past years, the volunteer requirement is 10 hours per skating family. Questions regarding membership can be directed to Patti Lahey at (419) 352-2155 or Teddi Moorman at (419) 686-7707.

Note: If you are testing or competing in July, your membership forms need to be completed and sent in by July 1<sup>st</sup>.

## BGSC Basic Skills Competition

The Bowling Green Skating Club is hosting a Basic Skills competition on Saturday, August 5, 2006. The competition includes freestyle and compulsory events for Snowplow Sam through Preliminary. Events for Adult skaters are also being offered. This is a great opportunity for skaters to

compete at a local competition and have friends and family come and cheer them on. The competition announcement/entry form is available on the club's website, [www.bgskateclub.org](http://www.bgskateclub.org), or at the ice arena on the bulletin board. The deadline for applications is July 1<sup>st</sup>.

## Summer Skating School Scholarships

Each year the BGSU Ice Arena awards scholarships to skaters who have demonstrated an interest and ability in skating, attended skating sessions on a regular basis, and displayed good sportsmanship. Individuals must have passed the USFSA Pre-Preliminary Freestyle Test or the three Preliminary

Dance Tests. The award includes \$200 of ice time to be used during the summer sessions. The awards were started by the Hamilton family in appreciation for the support that Scott received in his early years. Each of the winners received an engraved plaque. Congratulations to this year's winners:

Andrea Bellman - Scott Hamilton Award  
Lexi Perrault - Kay Thurman Award  
Morgan Cheung - Dr. Fred Householder Award  
Melanie Laughlin - Ruby Grinke Award

## Dan Hollander Productions

Presents

# Perform Like A Champion

June 26-29, 2006

Bowling Green State University

Dan has learned in his skating career that the most successful skaters are the ones who are exposed to positive influences, and are able to learn from many different people. Dan has also found that people always respond to comedy and laughter, which is why he not only performs that way, he also teaches that way.

Dan has gathered together positive, knowledgeable and exceptional people to teach at his seminars. They will touch on all aspects of skating with both on and off-ice classes providing a total of 5.25 hours of instruction per day. You will not only skate away with a ton of information and new goals, but will have had a great time doing it.

Coaches for the Bowling Green Seminar are: **Gene Heffron**, World and Olympic Coach,

**Jason Dungjen**, Technical Specialist, **Yuka Sato**, International Coach, **Brooke Sloan**, National Coach, **Marci Little**, Double Canadian Gold Medallist, and of course **Dan Hollander**. Our coaches have taken skaters to the Olympics and Worlds, and we also have coaches who have competed in them too. We also encourage coaches to attend, and can observe all classes for FREE with five registered skaters.

**NEW - DROP-IN DAYS & A LA CARTE CLASSES HAVE BEEN ADDED!** All classes are available for drop-in. **(See the attached schedule.)**

You can find all the information and registration forms at [www.danhproductions.com](http://www.danhproductions.com). **We look forward to seeing you at the seminar!**

## Jr. Club Scholarships

The BGSC awarded four Jr. Club scholarships this year. Each scholarship consisted of a \$50 "gift" certificate to be used on BGSC items such as BGSC membership, Jr. Club, general sessions and clinics/seminars. The Jr. Club scholarship recipients were selected by the Jr. Club coaching staff based on submitted

applications, progress during the Jr. Club season, attitude and behavior on the ice, and commitment towards skating. The Jr. Club scholarships were awarded to: Tegan Moorman, Ashley Roberts, Natalie Setterberg, and Alexa St. Julian. Congratulations on your awards!

## Graduating Seniors

*(You know who are!)* The Bowling Green Skating Club would like to recognize your achievements in the next newsletter. Please send Mike Czubinski an email at [topper99@buckeye-express.com](mailto:topper99@buckeye-express.com) with your name, the name of your high school, your years/levels of skating, your future plans and your favorite skating memory.

## Annual Report

*Interesting Reading* - A report of the club's activities and programs for the 2005/2006 year is available on the BGSC's web site ([www.bgskateclub.org](http://www.bgskateclub.org)). The report includes a recap of Adult Club, Competitions, Fundraisers, General Sessions, Jr. Club, Membership, National Skating Month, Seminars, Synchronized Skating, Test Sessions, and Used Skate Sales.

## BGSC Board of Governors

On April 20<sup>th</sup>, the BGSC held its Annual meeting where Board members were elected to fill three vacancies. Melissa DeSmith, Sharon Kruse & Patti Lahey were elected to the board. Melissa and Sharon are new to the Board, while Patti is a returning board member. Amongst the three of them, they have Jr. Club, individual competitor, and synchronized skating

experiences that they will be able to share with the board. Welcome to the BGSC Board.

Thank you to Board Members Heidi Reger and Karen Rose who completed their three-year terms. Your efforts and contributions to the Bowling Green Skating Club are greatly appreciated.

Bowling Green Skate Club's [Summer Test Sessions](#) will be held on July 16 and August 19 from 8 am to 5 pm. Applications are due July 2 and Aug 5.

## BGSC Survey

*Give Us Your Feedback & Earn 1 Volunteer Hour*

The BGSC Board is looking for feedback and comments regarding the programs that were offered for the 2005-2006 season. This is your opportunity to make suggestions regarding changes that you would like to see or what additional programs you'd like to see offered. Please provide us your feedback and help the BGSC offer the best skating programs possible.

The survey will be emailed to club members and will be posted on the club's website and on the club's bulletin board. The completed survey should be returned by June 30<sup>th</sup>. Thank you in advance for your time and feedback. **By completing the survey you will earn one volunteer hour.**

## BGSC Jump/Spin Clinic

*With Julie Berlin, Dan Hollander, Garrett Krug, Amber Czisny  
And special guest Alissa Czisny*

On April 1, 2006 our club hosted a clinic focusing on Jumps, Spins and off ice stretching and strength training. Twenty skaters participated in this clinic ranging in ability from loop jumpers to Regional and Jr. National competitors. Participants came from our very own BGSC, as far east as Youngstown, OH and as far north as Detroit, MI. They ranged in ages from 7 to 16.

Participants were divided into groups based on their ability and rotated between four classes. While on ice, skaters worked with International coach Julie Berlin and Dan Hollander. Off ice classes were taught by Garrett Krug, MS, a nationally recognized off ice trainer from Chicago and International Senior competitor, Amber Czisny.

During the jump portion of the on ice classes, Julie focused on edge jumps while Dan concentrated on toe entry jumps. The lower level group worked on mastering the three basic spin positions both individually and in combination. The higher group reviewed a variety of spin variations crucial to the New Judging System along with flying and back entry spins.

Garrett's classes focused on building core strength, and general fitness. Through specific exercises, the skaters were able to become more aware of how off-ice conditioning relates to on-ice elements. Amber started with a pre-competition warm-up stretching routine. She continued with the flexibility portion of the class teaching and demonstrating how certain skating

positions can be enhanced with off-ice flexibility training.

This clinic was very well received by all who attended. Lunch was also a big hit. With the help of several club members and local businesses everyone was treated to large variety of food for lunch. If you didn't have the opportunity to participate in the clinic then we hope you will come and join in the fun this summer. Some of the comments shared with us were:

- "This was a lot of fun. We should have more clinics like this."
- "I wish our club would do something like this for their skaters."
- "My daughter had such a great time we are looking forward to the four day seminar this summer."
- "Thanks for hosting such a great seminar last weekend. Erica learned a lot and really enjoyed herself – as did my niece, Emily",
- "Thank you for making us out-of-towners feel so welcome. Everyone here has been so hospitable."
- "I can't believe all of this food was included. Our club would have never done something like this."
- "I already booked our hotel reservation for the summer camp. We'll see you again in June."

We would also like to thank our generous local businesses that made donations to the clinic. Meijer's, Jimmy Johns, Bob Evans, Cracker Barrel, Barry Bagels and Kroger's.

## We Want YOU! (Committees Are Forming)

The Bowling Green Skating Club is beginning a new fiscal year and we're looking for dedicated folks to fill positions on various committees. The BGSC committees being formed include: Membership, Music, Adult Club, Junior Club, Testing, Individual Competitors, Volunteer, Competitions, and Publicity. If you're interested in helping out on a committee, let any of the Board members know. Working on a committee provides an excellent opportunity to fulfill your volunteer hour requirement.

## Synchro Teams

There are still opportunities to participate on a Synchro team. Adult skaters should contact Barb Ridgeway at (419) 878-6604 for information regarding the Adult team. Coach Lana Mastroianni can be contacted at (419) 308-5775 for information regarding the Beginner and Open Juvenile teams as well as the Adult team.

## Volunteer Opportunities

Earn your volunteer hours early by helping with the Basic Skills competition. We are looking for Chairpersons for the Concessions, Goodie Bags, and Flowers committees. We are also looking for volunteers for the Registration Desk and the concessions table. Please contact Pat Rabb if you are interested in helping in any of these areas. We will also be requesting food donations. A signup list will be posted at the rink regarding volunteer opportunities and food donations.

## Adult Synchronized Skating Team

There will be an informational meeting on Thursday, July 13 at 7:30pm in the BGSU Ice Arena Lounge. Anyone interested in skating on the team this year should attend! Contact Head Coach Lana Mastroianni at 419-308-5775 or email Lana@woh.rr.com with questions or if you are unable to attend the meeting.

## Summer Junior Club

The BGSC Summer Junior Club is in full swing right now. At each session, participants are enjoying 30 minutes of off-ice stretching, jumping and conditioning coached by Lana Mastroianni and a full hour on the ice coached by Joy Turski and Stefanie Lopez. Summer

Junior Club runs for 7 sessions from June 5th through June 28th. [Look for more information coming your way about Fall Junior Club - YOUR BEST VALUE IN FIGURE SKATING INSTRUCTION!!](#)

## Off-ice Jump Class

Off-ice jump classes are a fun and effective way to advance your skating skills. Mastering a jump on the floor gives you a great head start towards landing it on the ice! Instruction will cover: jump technique, body control and alignment, rotation, balance, and quickness.

The class is taught by Christy Bryant, Stefanie Lopez and Lana Mastroianni. All three coaches are members of the Professional Skaters

Association. The classes are held in the Perry Field House at the Bowling Green State University from 12pm-1pm.

Registrations are currently being accepted for July and August classes. A registration form with the dates of the classes is attached to this newsletter. Contact Lana Mastroianni at 419-308-5775 or email Lana@woh.rr.com if you have any questions.

## WHAT A DEAL!!!

**Remember** - Renew your Bowling Green Skating Club membership by July 15th to receive a \$10 discount.

**Dan Hollander Productions**

*Presents*

**Perform Like A Champion**

June 26-29, 2006

Bowling Green State University

**DROP-IN DAYS & A LA CARTE CLASSES**

*All* classes are available for drop-in.

90min classes - \$36

60min classes - \$24

45min classes - \$18

30min classes - \$12

Drop-in for the whole day for only **\$120**

Arrive 15min before the class time to sign-up.

**MONDAY, JUNE 26, 2006**

8:00am – 9:30am High Stroking/Edge Jumps  
8:30am – 9:30am Low Ballet  
9:45am – 10:30am High Theater  
9:45am – 11:15am Low Stroking/Edge Jumps  
10:45am – 11:45am High Ballet  
11:30am – 12:15pm Low Theater  
12:40pm – 1:10pm High Sport Psychology  
1:15pm – 1:45pm Low Sport Psychology  
1:15pm – 2:00pm High Spins  
2:00pm – 2:45pm Low Spins  
2:15pm – 3:00pm High Pilates  
3:00pm – 3:45pm Low Pilates

**COACHES**

**YUKA  
SATO**

**JASON  
DUNGJEN**

**GENE  
HEFFRON**

**DAN  
HOLLANDER**

**BROOKE  
SLOAN**

**MARCI  
LITTLE**

**TUESDAY, JUNE 27, 2006**

8:00am – 9:30am High Stroking/Toe Jumps  
8:30am – 9:30am Low Hip Hop  
9:45am – 10:30am High Theater  
9:45am – 11:15am Low Stroking/Toe Jumps  
10:45am – 11:45am High Hip Hop  
11:30am – 12:15pm Low Theater  
12:40pm – 1:10pm High Coaches Q&A  
1:15pm – 1:45pm Low Coaches Q&A  
1:15pm – 2:00pm High Spins  
2:00pm – 2:45pm Low Spins  
2:15pm – 3:00pm High Strength & Conditioning  
3:00pm – 3:45pm Low Strength & Conditioning

**WEDNESDAY, JUNE 28, 2006**

8:00am – 9:30am High Power/Toe Combinations  
8:30am – 9:30am Low Ballet  
9:45am – 10:30am Stretch & Flexibility  
9:45am – 11:15am Low Power/Toe  
Combinations  
10:45am – 11:45am High Ballet  
11:30am – 12:15pm Low Stretch & Flexibility  
12:40pm – 1:10pm High New Judging System  
1:15pm – 1:45pm Low New Judging System  
1:15pm – 2:00pm High Synchro  
2:00pm – 2:45pm Low Synchro  
2:15pm – 3:00pm High Strength & Conditioning  
3:00pm – 3:45pm Low Strength & Conditioning

**THURSDAY, JUNE 29, 2006**

8:00am – 9:30am Theater/Loop Combinations  
8:30am – 9:30am Low Hip Hop  
9:45am – 10:30am High Strength &  
Conditioning  
9:45am – 11:15am Low Theater/Loop  
Combinations  
10:45am – 11:45am High Hip Hop  
11:30am – 12:15pm Low Strength &  
Conditioning  
12:40pm – 1:10pm High Nutrition  
1:15pm – 1:45pm Low Nutrition  
1:15pm – 2:00pm High New Judging System  
2:00pm – 2:45pm Low New Judging System  
2:15pm – 3:00pm High Yoga  
3:00pm – 3:45pm Low Yoga

**Low Classes**

**Up to Axel**

**High Classes**

**Axel and up**

**Bowling Green State University Ice Arena  
417 N. Mercer Road Bowling Green, OH 43403**

# Competition and Testing Results

TSX Invitational 2006 / Apr 8 2006			
Last	First	Place	Event
Bakies	Angela	6	Preliminary CM
Bakies	Angela	4	PrePreliminary B FS B
Haylett	Charity	2	Preliminary CM
Haylett	Charity	2	PrePreliminary B FS A
Ingraham	Megan	4	PrePreliminary CM
Ingraham	Megan	3	Beginner FS
Peterson	Drew	2	Beginner CM
Peterson	Drew	3	Limited Beginner FS A
Roberts	Ashley	3	Beginner CM
Roberts	Ashley	3	Limited Beginner FS B
Sell	Abby	2	PrePreliminary CM
Sell	Abby	6	PrePreliminary A FS A

TriStates FS 2006 / Apr 21-22 2006			
Last	First	Place	Event
Cheung	Morgan	1	Open Juvenile FS A
Cheung	Morgan	2	Juvenile SP - B
Desko	Lauren	5	Novice SP - B
Haylett	Charity	4	Preliminary Ltd FS - A
Haylett	Charity	3	Preliminary CM - A
Laughlin	Emily	6	Intermediate SP - B
Laughlin	Emily	8	Intermediate FS
Laughlin	Melanie	1	Preliminary FS - A
Laughlin	Melanie	5	PreJuv CM - A
Lui	Edith	1	PrePrelim CM - B
Lui	Edith	2	PrePrelim A FS - A
Mian	Natalya	1	Preliminary FS - B
Mian	Natalya	5	PreJuv CM - B

Springtime Spectacular 2006 / Apr 28-29 2006			
Last	First	Place	Event
Barman	Larissa	4	Basic FS 1 & 2 - B
Cano	Carmen	4	Basic FS 3 & 4 - B
Cano	Christina	3	Basic 6 - B
Erskine	Sophia	2	Basic 3 - B
Greer	Jordyn	1	Basic 7 - A
Hammond	Grace	1	Preliminary MIF
Hammond	Grace	5	PrePrelim FS - B
Kreinbrink	Mackenzie	2	Basic 4 - A
Lahey	Kelsey	2	Intermediate MIF
Lahey	Kelsey	3	PreJuv CM
Lahey	Kelsey	2	Preliminary B FS
Logsdon	Katie	2	PrePrelim Spins
Logsdon	Katie	3	PrePrelim FS - B
Masell	Katie	1	Basic 4 - A
Masell	Kylea	5	Basic 1 - B
Moorman	Tegan	3	Low Beginner FS - B
Rabb	Michelle	3	Preliminary CM - B
Rabb	Michelle	2	PreJuv Spins
Rabb	Michelle	3	Preliminary B FS
Rose	Megan	1	Basic 7 - C
Salloukh	Sydney	2	Basic FS 1 & 2 - D
Scherreik	Emily	1	Basic FS 1 & 2 - A
Smith	Sabrina	2	Basic FS 1 & 2 - C
Snyder	Melissa	2	Basic 7 - B
VanHorn	Courtney	2	Juvenile SP
Wenner	Scott	2	Basic 8

Ann Arbor Spring Invitational 2006 / May 18-22 2006			
Last	First	Place	Event
Caragiu	Alyxia	3	PreJuv CM - D
Caragiu	Alyxia	8	PreJuv FS - G
Cheung	Morgan	1	Open Juvenile FS - A
Cheung	Morgan	1	Open Juvenile SP - B
Haylett	Charity	7	Preliminary Ltd FS - A
Haylett	Charity	4	Preliminary CM - A
Hunt	Danielle	2	Basic Beginner CM - B
Kruse	Savannah	5	High Beginner CM - A
Kruse	Savannah	2	High Beginner FS - A
Lahey	Kelsey	7	PreJuv CM - C
Lahey	Kelsey	1	Preliminary FS - C
Laughlin	Emily	13	Intermediate FS - C
Laughlin	Emily	6	Intermediate SP - C
Laughlin	Melanie	6	Preliminary FS - B
Laughlin	Melanie	6	PreJuv CM - A
Lui	Edith	1	PrePrelim Ltd FS - A
Lui	Edith	3	PrePrelim CM - A
Marlowe	Debbie	3	Adult Pairs FS
Marlowe	Jim	3	Adult Pairs FS
Perrault	Lexi	2	Preliminary Ltd FS - F
Perrault	Lexi	5	Preliminary CM - E
Peterson	Taylor	7	Open Juvenile SP - A
Peterson	Taylor	7	PreJuv FS - G
Smith	Fiona	7	PrePrelim CM - C
Smith	Fiona	9	PrePrelim Ltd FS - E
VanHorn	Courtney	3	PreJuv FS - A
VanHorn	Courtney	6	Juvenile SP - D

Ann Arbor Basic Skills 2006 / June 10 2006			
Last	First	Place	Event
Black	Johanna	3	PrePrelim CM - B
Erskine	Sophie	1	Basic Skills Spins - A
Erskine	Sophie	1	Basic B (3-4) FS - C
Erskine	Sophie	2	Basic 3 Elements - C
Peterson	Drew	1	Ltd Beginner FS - A
Peterson	Drew	2	Beginner CM - A
Ryutov	Dasha	2	Beginner FS - B
Ryutov	Dasha	1	Beginner CM - B
Ryutov	Liza	2	Basic B (3-4) FS - B
Ryutov	Liza	2	Basic 3 Elements - A

Test Sessions / Various - Out-of-Club			
Last	First	Test Passed	
Bakies	Angela	MIF	Juvenile
Bellman	Megan	FS	Junior
Black	Johanna	Dance	Pre-Bronze - Swing
Black	Johanna	Dance	Pre-Bronze - Fiesta Tango
Hammond	Grace	MIF	Preliminary
Laughlin	Emily	Dance	Silver - Rocker Foxtrot
Laughlin	Melanie	Dance	Pre-Silver - Foxtrot
O'Bryan	Kelli	MIF	Preliminary
Perrault	Alexandra	Dance	Pre-Bronze - Fiesta Tango
Rabb	Michelle	MIF	Intermediate
Smith	Fiona	MIF	Pre-Juvenile

Visit [www.bgskateclub.org](http://www.bgskateclub.org) for the latest club info!!

# Off-ice Jump Class

Off-ice jump classes are a fun and effective way to advance your skating skills. Mastering a jump on the floor gives you a great head start towards landing it on the ice! Instruction will cover: jump technique, body control and alignment, rotation, balance, and quickness.

This class will be taught by Christy Bryant, Stefanie Lopez and Lana Mastroianni. All three coaches are members of the Professional Skaters Association.

Place: Perry Field House  
Bowling Green State University

Time: 12pm-1pm

Price: \$10 per skater (contract)  
\$12 per skater (drop-in)

**\*\*Please wear supportive athletic shoes\*\***

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Skater's Name \_\_\_\_\_ Phone # \_\_\_\_\_

Email address \_\_\_\_\_

Current Freestyle level \_\_\_\_\_ Highest jump working on \_\_\_\_\_

Please circle the sessions that you are pre-paying for. Please note registration deadline.

<i>Registration Deadline:</i>	<b>July</b> June 26 <sup>th</sup>	<b>August</b> July 24 <sup>th</sup>
	July 11 <sup>th</sup>	August 1 <sup>st</sup>
	July 18 <sup>th</sup>	August 3 <sup>rd</sup>
	July 20 <sup>th</sup>	August 8 <sup>th</sup>
		August 10 <sup>th</sup>
		August 15 <sup>th</sup>
		August 17 <sup>th</sup>

# of sessions \_\_\_\_\_ x \$10 per session = \$ \_\_\_\_\_

Please make checks payable to: Lana Mastroianni  
220 Napoleon Road #A5  
Bowling Green, OH 43402