

ICE CHIPS



Fort Collins Figure Skating Club

Letter from FCFSC President

Dear Club Members,

Since our last newsletter, we have had so many events! We hosted our 33rd Fort Collins Classic in April with more registrations than we've seen in years! Then, just 34 days later we presented our 3rd club run Ice Extravaganza, "Up In Lights!" spring ice show! We had over 130 skaters in 2 shows, 10 graduating seniors, and over 700 tickets sold! I am so humbly grateful to this amazing community of figure skating coaches and choreographers, parents, adult and youth skaters, and volunteers who created, coached, practiced, and worked for weeks to make our 2 primary club events so successful! We will have the photos and videos from the show distributed very soon! I hope everyone had a lot of fun and built friendships and memories!

Thank you and a giant round of applause to our show Coach Co-Chairs, Denaysa Sizemore and Kassie Hawley for engineering and directing such a fun ice show this year and giving so many participants and show attendees such a wonderful experience! I also want to thank our volunteer chairs that helped with the key needs to produce the ice show, Juliana Schump, Stacy Morse as show co-chairs with me, Maria Miller, Stacey Knuckey, Rudy Schuster, Heidi Early, Monica Cristiani, Christa Miller and Calvin McConnell. Additionally, I'm also so very thankful to our volunteer chairs that also helped prepare and run our competition in April, including Rhonda Lund, Ruthie Lundin, Megan Goodwin, Jessica Stephens, Patricia Kuyper, Eric Anderson, Trish Brinks, Sheldrin Zhu, Denise Pozvek, Betsi Mead, Amy Aspelund, Richard Cristiani, Dane Seldin, Adriana Cohen, Stacey Knuckey, Monica Cristiani, Stacy Morse, Juliana Schump, and Heidi Early! Thank you!

Mark Your Calendar

*** All events at EPIC unless otherwise noted.*

Scheduled Test Sessions

June 7th

September 20th

October 25th

December 6th

Annual Meeting

TBD

As you can see, it takes many people to share the load of leadership to make these magical events happen! Many of these people have been volunteering for years and for some they are new. We need more helpers for our team. If you love participating in our events, making friends, and supporting your kids in this fun sport then *we want you!!* All our volunteers joined in and learned on the job. We all worked around our jobs and family life, so volunteering is easy. Volunteering is also **necessary** to keep these opportunities alive each year. Figure skating is an expensive sport and one of the ways we try to keep costs down is to run our events with our generous volunteer base. If you would like to keep your skating costs down, make new friends and have a lot of fun, volunteer to be a chairperson for one of our events! **All members who chair a job role automatically fulfill their family volunteer hour requirements.** There are so many opportunities year-round, you are sure to find a way to plug in! If you would like to be a volunteer chair just email me at Gayleen.carpenter@gmail.com and say "I'd like to help chair a role for one of the events." We can work together to find the right fit for you.

Membership renewal period runs from June 1st until June 30th, and United States Figure Skating's new membership season starts July 1st. **After June 30th renewals incur a late fee, so to avoid late fees renew your membership before the end of the month!** You must have a current membership with the Fort Collins Figure Skating Club (FCFSC) to participate in any of our events including testing, Fright Fest, all competitions at other clubs, our Winterfest exhibition, Fort Collins Classic, and next spring's ice show. Membership with FCFSC allows you to keep receiving our emails with key information regarding upcoming activities, events, and deadlines. All club members are required to volunteer 20 hours a year for a single skater household and 30 hours for a family with more than one skater. We will begin enforcing this obligation this year by tracking volunteer hours. Families will also be allowed to either buy out the obligation or the club will invoice



families who don't meet their volunteer obligations by the end of the membership year. Our Membership Chair, Stacey Knuckey, can answer any questions you may have about types of membership, the renewal process and tracking those volunteer hours. Reach out to Stacey at fcfsc.membership@gmail.com.

The next main club event is our Annual Meeting planned for this summer. The date isn't set just yet, but **this is a VERY important meeting for *all members* to attend! We need at least 20% of senior home club members to attend in order to have a full quorum of voting members.** All members, including junior, professional, associate, and Basic Skills members are encouraged to attend. The Annual Meeting is how the Board of Directors efficiently shares how the club has managed the past year's events. You want to know numbers? We have all the numbers you could want! You want to know why ice show registration fees are what they are? We have that information. You want to know why testing days are on Fridays? We have that information. You want to know what happened at US Figure Skating's Governing Council meeting? We have that information. We share everything with our members. We have 100% transparency about all the financials, rules, and requirements. Plus, there will be food! All senior home club members (18+ years old and have a full club membership) have voting rights to elect new board members and to approve meeting notes. **Any senior member who would like to consider serving on the club board of directors should reach out to our Board Nominating Committee directly to Stephanie Hopkins in the next month at stephhopkins1028@gmail.com.** We need new board members as we have several open vacancies and board members who are ending their terms, including myself. Serving on the FCFSC Board of Directors is a volunteer position that is very rewarding! It is the best way to know why and how things work in the skating world and for our club. Board members are involved with all the year-round club activities, we meet once a month for meetings, and we support our coaches and members with fun, enriching activities. Please, please, consider serving on our board of directors! Many hands make light work.

We are now out of school and into summer and competition season! We encourage our members to take advantage of the supplemental on and off-ice conditioning opportunities we've provided for you. You can participate in the weekly 1-hour dance class for figure skaters with our esteemed instructor, Kathy Vreeland from Studio West on Mondays beginning June 17th. The class is specifically designed for our figure skaters to incorporate the important principles of dance into their skating performance. We also have off-ice conditioning programming with Nancy Stillson-Herzog who is a Certified Athletic Trainer and teaches principles of flexibility, core strength, and plyometrics (explosive power) which prevents injuries and improves skating performance. Lastly, we have the very popular power skating class on Wednesday mornings beginning June 5th taught by former Olympic speed skater and Epic skating coach, Jondon Treveena. He normally teaches

power skating to hockey players, but he has a specialized power skating class that he has developed for figure skaters, and he offers his time in the summers for our club members. It is a tremendous opportunity to work on your on-ice strength and endurance with such an experienced coach! Register for the dance class [HERE](#) and register for the power skating [HERE](#). Registration for the off-ice conditioning with Nancy Stillson-Herzog is through the front desk at EPIC.

The rink is the best place to be in the summer! Meet your friends, beat the heat, work on your new programs for upcoming competitions and stay in shape! Read through the rest of the newsletter to get all the latest information about what we are doing for the summer. I hope to see everyone at the Annual Meeting this summer (date TBD), and I hope you enjoy all the fun of summer skating! If you participate in any summer competitions, seminars, or skating camps we want to hear about it!! Send your photos and results to Heidi Early at fcfsc.sharenews@gmail.com so we can share on social media and with our members in the newsletter! We love sharing what our skaters are doing!

Gayleen Carpenter
FCFSC President



Testing

We had 9 skaters pass tests in the April 4th test sessions. Congratulations to all our club skaters who passed their tests! Our next test session will be on Friday, June 7, 2024. After this, the next one will not be until September. Please don't forget to check your family folder in the wood filing cabinets in the green rink to pick up your certificates for your passed tests from US Figure Skating!

Tests Passed

April 4, 2024

Eric Anderson	Adult Skating Skills/Moves in the Field-Adult Bronze-Adult 50+
Quincette Bogosian	Skating Skills/Moves in the Field-Preliminary-Standard; Solo Dance Follow-Pre-Bronze-Cha Cha-Standard
Yaretzi González	Skating Skills/Moves in the Field - PreSilver/Intermediate - Standard
Quetzalli González	Skating Skills/Moves in the Field - Pre-Preliminary Standard
Calvin McConnell	Solo Dance Lead-Pre-Bronze-Fiesta Tango-Adult 21+; Solo Dance Lead-Pre-Bronze-Cha Cha-Adult. 21+
Claire Schump	Skating Skills/Moves in the Field-Preliminary-Standard; Singles/FS-Preliminary-Standard
Leo Stasevich	Singles/FS-Preliminary-Standard
Sarah Stump	Singles/FS-PreBronze/PreJuvenile-Standard
Sadie Coatman	Intermediate Freestyle

Virtual Tests

Stephanie Hopkins	Adult Gold Free Skate ; Solo Dance Follow-Fourteenstep- Adult 21+
Kara Richardson	Solo Dance Follow-Follow Solo and European Waltz

SkateSafe (also known as SafeSport)

Our membership with US Figure Skating begins a new year on July 1, 2024, and all SkateSafe certifications need to be renewed. If you have taken the Skate Safe training program in the past, please visit the USFS home website at usfsaonline.org, log in to your personal account, and follow the links for the Skate Safe online training program to renew your certification. It is free and benefits our club because members that have completed Skate Safe Training and the background check can have more volunteer opportunities to help with our club's sanctioned events including helping at competitions, ice shows and exhibitions. All FCFSC Board Members are required to be Skate Safe certified, and background checked. All club volunteers that get background checked by USFS can have that fee reimbursed to them by the Fort Collins Figure Skating Club. Please email Gayleen Carpenter with any questions you might have. Any club member over the age of 18 is encouraged to take the Skate Safe online training and back ground check, but ALL board members, coaches, officials and other participants that have close proximity to minor athletes are required to.

As always, if you suspect or know of any misconduct, abuse, bullying, harassment, hazing or inappropriate actions either online, verbal or physical, you are strongly encouraged to report it. You do NOT have to have all the facts, as that is the role of the investigators. The FCFSC has a zero tolerance to any behaviors that would intimidate, harm or otherwise jeopardize our athletes.

****ATTENTION GRADUATING SENIORS****

Don't forget to sign up for The Graduating Seniors Award Program. To apply go to U.S. Figure Skating Members Only website—"Programs"—"Graduating Seniors" page. **[Click here for details.](#)**

Application timeline:

- **Late application deadline: June 30, 2024 @ 11:59 pm MT**
- **No applications will be accepted after the 2023-24 U.S. Figure Skating membership year closes on June 30, 2024.**

Fire Crystals Synchronized Skating



Congratulations to our Aspire 1, Aspire 3, and Adult Fire Crystal synchronized skating teams! We had an amazing 2023 -2024 season filled with improving our skating skills, learning important lessons on team work, and strengthening friendships. Our Aspire 1 team participated in Fright Fest (1st place exhibition), Winterfest (exhibition), High Altitude Invitational (1st place exhibition), Denver Invitational (3rd Place), Fort Collins Classic (1st place exhibition), and the Ice Show. Our Aspire 3 team participated in Fright Fest (1st place), Winterfest (exhibition), High Altitude Invitational (1st place exhibition), Casper Invitational (1st place exhibition), Denver Invitational (1st place), performed during the 1st intermission at a Colorado Eagles game, Fort Collins Classic (1st place exhibition), and the Ice Show. We are so excited to have our Adult Fire Crystal Team back and they came back as a force to be reckoned with. Our Adults participated in Winterfest (exhibition), High Altitude Invitational (1st place exhibition), Denver Invitational (2nd Place), Fort Collins Classic (1st place exhibition) and the Ice Show. We are already getting

ready for next season and we are excited to have 3 youth teams two Aspire teams who will participate in local competitions and exhibitions and an open juvenile team who will compete in local and out of state competitions and exhibitions (sunny California is calling our names). If you or your skater is interested in synchronized skating please fill out our youth interest form here: [Synchro Interest Form](#).

Our Adult team will also be back for the 24-25 season. If you are interested in participating on the adult synchro team please fill out this form: [Adult Synchro Interest Form](#). Filling out the interest form will ensure that you are kept up to date about upcoming team placement opportunities, information sessions, and more. We hope to see you on the ice!



King Soopers Community Rewards Supports FCFSC



- **Log onto your King Soopers app.**
- **In the menu icon select rewards, then community rewards.**
- **Select Fort Collins Figure Skating Club.**
- **Enter your phone number each time you check out.**

Every purchase you make will support FCFSC!



Funds earned help all our club efforts: holding seminars with guest coaches, supporting our various teams (EPIC Productions, Fire Crystals Synchro), producing the ice show, and much more! Please take a moment to enroll now. Thank you for your support!!!!

***Note: The rewards are separate from your fuel points. Your fuel points **won't be penalized** by enrolling in this program!

Coaches' Corner

USFS recently recently restructured to include its professional coaching organization under the larger umbrella. In this change, they introduced the new "Coaching Standards of Professionalism". Please click on the link below to see what standards our coaches should now be following:

USFS Coaching Standards of Professionalism

Membership

The 2023-24 skating season will end on June 30, with the 2024-25 season beginning on July 1. Renewals start on June 1 through Entryeze. To ensure a seamless transition, we strongly encourage all club members to renew their memberships between June 1 and June 30. Please be aware that renewals after this date will be subject to a \$25 late fee. This includes all LTS memberships for the Ice Show.

Membership prices have increased this year. The USFS Single Skater membership has increased by \$7.00 to \$77, and all other USFS memberships have increased by \$5.00. Our club membership fees have also increased by 10%. Please refer to the website for more information and pricing: <https://fortcollinsfsc.org/membership>

We have also added two new memberships this year. The first is the Adult Aspire Membership, an upgrade from the Basic LTS Membership. This membership gives the member a full USFS Membership, voting privileges, and the opportunity to serve on the board. The second is an LTS Additional Membership. Our club will only offer the Aspire Membership for minor skaters once EPIC has created its Aspire Program. Please stay tuned for that.

USFS would like all members, including parents, to log into their accounts and update their personal information, including race and ethnicity, gender, disability status, and veteran status. This data is valuable for USFS internal purposes and crucial for compliance with the United States Olympic & Paralympic Committee's requirements. Please complete this while you are renewing your memberships. Use this link to log into your USFS account: <https://www.usfsaonline.org/>

Once you log in, click on the person icon to the right of your name to access your account. Please update your demographic information and the information for your children.

Senior Spotlight

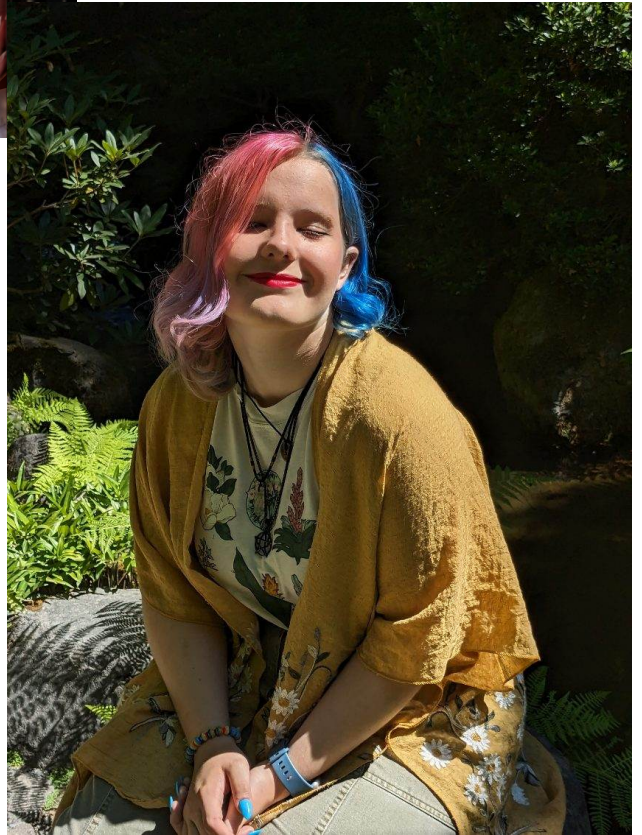
Graduating seniors, we've loved having you as a part of our club and wish you success in the years to come. We also wish you many years of skating in your future! Our best to you!!! Congratulations and please stay in touch!



Clockwise from Top Left: Colten Allen, Eden Bald, Merritt Cramer, Fiona Carpenter



Clockwise from Top Left: Katherine Hicks, Melina Miller, Addison Mitchell, Winton Miller
FCFSC Newsletter



Clockwise from Top Left: Harper Morse, Emily O'Connell, Kara Richardson