



The Miami Figure Skating Club would like to present the second official newsletter for all club members. This issue includes recent activities, future ideas, recent competitions and skater spotlight. Look forward every month for a new newsletter!



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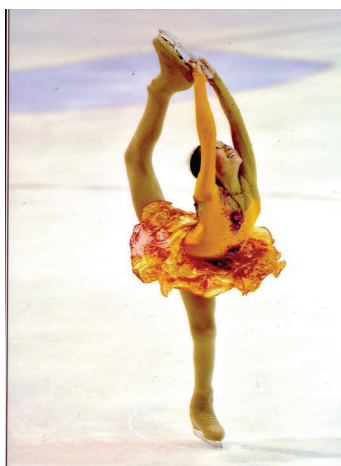
MIAMI FIGURE SKATING CLUB In the Loop

Success at Junior Nationals

Since the day Avyane Lee took a glance at the world of figure skating on TV, she knew exactly where she wanted to succeed. Living up to her dreams since she was five, she sure has come a long way.

This past December, 11 year-old Avyane competed in the 2009 Junior National Championships, located in Lake Placid, NY. This event is for skaters who qualify at the Juvenile and Intermediate level. Placing 18 out of 42 girls in the Juvenile Division, Avyane stated, "I was shocked that I made it there, and that I was able to see snow for the first time!"

A couple months prior, she competed at the South Atlantic Regionals which allowed her to qualify for Junior Nationals by placing 6th in the final round. "My experience on the ice was exciting, no pressure, I got used to the ice quickly, and was able to try my best" Avyane said.



Avyane Lee skating at the Junior National Championships in Lake Placid, NY.

She has dedicated a lot of her time towards focusing on these two competitions.

"I was shocked that I made it there, and that I was able to see snow for the first time!"

"I love the sport because I'm good, it keeps me busy and it's something I can focus on and am determined in" she says. Avyane wants to keep working on her flexibility and to be able to land her double axel. In addition, she wishes to continue her skating career and to try to achieve her goal of making it to the Olympics. She understands it is going to take a lot of hard work and dedication, but she is willing to give it her all. Asked what advice Avyane would want to give to anyone who reads this: "Don't give up and try your best".



MIA June Test Session

On June 6, the Miami Figure Skating club hosted another successful test session. Congratulations to the following skaters for Moves in the Field tests passed. Max Fernandez, Pre-Preliminary. Nicole Altamirano, Antonella Diaz, Delaney Harrington, and Isabella Zamora, Preliminary. Tiffany Racz and Carolina Rodriguez,

Juvenile. Amber Martinez for Intermediate.

Luiz Manella for Novice. Congratulations to the following skaters for Freeskating test passed. Max Fernandez, Nicole Altamirano, Isabella Zamora, Pre-Preliminary. Morgan Duell, Preliminary. Jazz Miyares, Pre-Juvenile. Anastasia Cubas, Katrina Hosein, Juvenile. Genevieve Federhofer, Intermediate. Great job skaters!

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DVD Exchange Program

Miami FSC will be starting a new project headed by Daniella Fernandez. For Daniella's community service school project she came up with the idea of a DVD exchange program for club members. Her idea is that members will donate a DVD to the project and a catalog will be compiled listing all the movies available for Miami FSC members to exchange. The catalog book will be kept in the skaters locker room at the rink and a list will also be available on the Miami FSC website.

When you would like to exchange a DVD, you will need to bring in a DVD and \$1.00 to the office at Kendall Ice Arena or directly to Daniella. Then you may pick out your DVD of choice or if you requested one it will be in a white envelop waiting for you. Your Donated DVD will then be entered into the catalog and be available for exchange.

If a DVD "Series" is donated to the catalog, it will be available for exchange at \$5.00

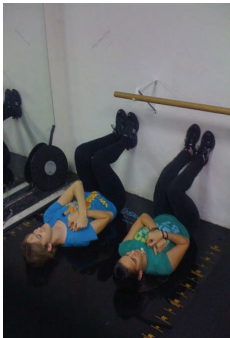
If you do not own a DVD Series that you can donate to the program a \$25.00 deposit is required when you rent a DVD series, however, \$20.00 will be returned once you return the series.

Daniella will receive 1 hour of community service for each dollar she creates for the club.

If you have any DVD's at home that you are not using or have lost interest in, please feel free to donate them to our project and help create a nice DVD catalog for everyone to enjoy!



KIA Summer Camp Highlights



If its summertime it must be time for the KIA Training Camp! This year at camp, a new piece of equipment was introduced which is receiving a lot of positive feedback. Our new G1 Slide Board is an effective, low impact board, used to increase power, strength and endurance. It has been added into the off ice classes and many of the skaters have already began seeing results from using it! With all the skaters working hard on multiple freestyles, off ice, ballet, and agility classes, as well as power, artistry,

and other on ice classes, the skaters were given a day to participate in our "Wacky Olympics." The skaters were broken up into 5 groups and were allowed to create team names, posters, and chants. The Olympics consisted of a series of five different games ranging from balloon bottom pops, to marshmallow spoon races. Once all groups had completed the events, the results were totaled and announced at the end of the day. Each group member received a medal or ribbon for how their group placed over all. Congratulations to

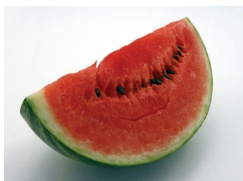
team "Kick Ice Spice" for placing first overall and winning four out of the five "wacky" games!



"My favorite part of camp was when we were decorating cookies and the frosting spilled everywhere!"

-Monica Bermudez

Watermelon is the Answer!



"You have the power to create and change events by what you believe."

For every skater, there comes a time when things get a little rough. However, there is a word that can help you though these tough times ...**WATERMELON!**

W- Whatever you believe creates your reality. Believe that life is a positive experience and it will be.

A-Attitude is the magic word. Your greatest asset is your attitude. Be positive regardless.

T-Together everyone achieve s more. There are no limits to what we can

accomplish together. I am more than I am but less than we are.

E-Enthusiasm is the wellspring of life. There is no limit to what can be accomplished with enough enthusiasm.

R-Respect yourself, as well as others. When you begin to respect yourself, your whole world changes.

M-Make commitments, not excuses. There is overwhelming power in the words "Yes I will!"

E-Everyday can be a fun day. Fun is the lubricant that keeps life moving

forward. Laugh a lot.

L-Love is the answer. Whatever the question, love is the answer. It's the greatest force in the Universe.

O-One day at a time. All of life happens in increments of one.

N-Never give up or become a victim. Winston Churchill was right, "Never, never, never give up."

Watermelon is FUN, inspirational, and a great reminder for us to always live life from our highest self.



WHAT OUR MEMBERS DID THIS SUMMER by "Cassandra"

Alexis Cruz and family went to Colorado and did Hang Gliding.

Sheila Romanus and **Cynthia Pintado** went to Sanibel, boating, fishing and kayaking.

Karina Johnson went to Sun Valley Idaho and skated in the Outdoor rink.

Julia Stavridis moved to Belgium with her family because her dad got nominated to become the new "Commander of NATO" and she will start College in Austin Texas in the fall.

Stana Nickolich went to Holland to visit family and proceeded on to Belgium to visit Julia.

Nicole Hartman went to the Keys and Orlando.



A nice group shot of our Competitors at Florida open in Orlando

Eyvana Bengochea went to debate camp and New York.

Madison Duell spent the summer "watching" camp because she had an accident and broke her arm. Her sister **Morgan Duell** enjoyed the Summer Camp to the fullest.

Kristen Alberico took a family vacation to Argentina.

Sabrina Pereira and family headed off to Brazil.

Isabella Zamora is relaxing in Costa Rica

Kaitlyn and **Kristen Rodriguez** enjoyed a cruise in the warm seas.

Avyane Lee is relaxing in Pennsylvania.

Antonella Diaz cooked the heat of Las Vegas

If you had a fun and exciting Summer away from the rink, let Gaby know so she can put you in the next newsletter.

Upcoming Events and Ideas

We are in the process of planning an "Open Competition." Anyone who is interested in helping out with the arrangements of this very special event are welcome to attend the Competition meetings which are held every first Tuesday of the month at 6:00pm in the Ballet Room.

So far we have just had one meeting where we discussed the possibilities of hosting this very intense event.

There is no need to sign up for this event, just show up on the designated meetings and you will be advised on duties that are needed to be filled.

The following people are already part of the committee:

Jane Johnson

Josie Rodriguez

Rosi Duell

Please join us, we can really use your help!



Kendall goes to Fort Myers



Last month many of our skaters of all levels went to Fort Myers for the Annual 2009 Summer Chiller and the last Basic Skills Competition.

They all competed at their best with a mid summer treat at the beach after their events. Congratulations all the skaters who participated in this very special event.

Kudos to Daniella Fernandez for designing and Sewing her own dress for this competition!

After a busy and hard weekend of skating some skaters took a vacation at Sanibel beach.

Congratulations to all!

MIAMI FIGURE SKATING

Primary Business Address
10355 S.W Hammocks Blvd,
Miami Florida 33196

Phone: 305-386-8288
Fax: 305-386-6112
E-mail:

BUSINESS TO BUSINESS ADVERTISING

This space is available for YOUR business advertising. The cost is \$20.00 and the funds go to help the club cover the expenses for printing copies of the newsletter.

Your business advertisement will help our members when they need services done.

If you would like to advertise your business here, please contact Gaby Cardenas at 305-484-1464


Your Logo Here

IF YOU WOULD LIKE TO PURCHASE A CLUB JACKET, PLEASE CONTACT JANE JOHNSON IN THE OFFICE. THE PRICE IS \$78.00

VISORS WITH CLUB LOGO'S ARE AVAILABLE IN THE PROSHOP



Need Service hours?

If you are in need of community service hours to graduate, for school purposes or other reasons please contact Jane Johnson. Jane will find a project or a volunteer job in order for you to receive the hours you desire. You can reach her at the Kendall ice arena main phone number at 305-386-8288.