



News From The Edge

Newsletter of Skating Club of North Carolina

Issue 20, January/February 2004

From the Prez . . .

HAPPY NEW YEAR SCNC members!!!!!!! When I look back over the past 6 months, I'm amazed at how busy we've all been! Now that the calendar has turned to a new year, it's that time when our skaters set their new goals for the season, start learning new programs and work on new moves in the field! These winter months offer an excellent time for preparation to meet the challenges of the new skating season.

We certainly have had some proud moments as a Club in the past month! As many of you know, **Kara Vick** and **Joe Navarro** represented the Skating Club of North Carolina at the US Junior Figure Skating Championships in Scottsdale, Arizona from Dec. 2-6, 2003. They were one of 22 Intermediate pair teams competing at Junior Nationals. They qualified for final rounds and placed 15th in the final standings. After only 22 months of pair skating together, Kara and Joe are now nationally ranked in Intermediate Pairs. We as a Club are very proud of them and hope that they enjoyed their experience at Junior Nationals.

As I type this letter, two other Club Members, **Jane Bugaeva** and **Steven Elefante** are in Atlanta, Georgia competing at the US National Figure Skating Championships. Steven is competing in Novice Men and Jane in the Senior Ladies Division. Both skated extremely well at Eastern Sectionals in Lake Placid, NY this past November to qualify to compete at Nationals. They should each be very proud of their performance at Easterns.

Steven will be competing against 11 other male skaters in Novice Men. After suffering from back injuries most of the season, Steven has really "bounced" back and has shown himself to be a strong competitor! Jane has finished a remarkable year where she got to represent TEAM USA, competing on the junior level international circuit. Now moving up to the Senior Ladies division, Jane will face 20 competitors at Nationals. While some of us took a little down time during the holidays, Steven and Jane continued to practice, prepare and train for their events. We as a Club wish them *GOOD LUCK* and hope they'll have a terrific and memorable experience at Nationals!! In addition, I'm so pleased that many of our club members are going to be present in Atlanta to cheer for Jane & Steven!! Can't wait for everyone to come back and share their experiences with us!!

In reference to the holiday season, we certainly were treated by all of our talented club skaters to some marvelous group numbers and solo skating at The Garner 2003 Holiday Show on 12/19/03. This was not only fun for everyone to watch and enjoy, but gave the skaters themselves a great outlet to show their skating skills doing something fun without any judges scoring them!! What a great time! Congratulations to the skaters themselves that practiced so hard for the show, to their supportive parents, and their coaches that put together such cute numbers for the program. You really helped to jump start the holiday season and added many smiles to our faces!

For those of you that had the opportunity to come out the next morning 12/20/03 and skate with Santa Claus, it was a special treat! Santa took pictures with all the skaters, and played games on the ice like LIMBO ~ "How low can you go?" Limbo is challenging enough on land, but on ice with skates- it took a good bit of maneuvering to play the game!

The SCNC Holiday Exhibition was extremely well attended this year. I believe we had around 37 programs in the Exhibition! I was very happy to see many new skaters and young faces on the ice. The group numbers were adorable and clever. The individual skaters all did an outstanding job. I'm sure every parent, grandparent and family friend that came to watch had a wonderful time and was so proud of each of you! (Continued on p. 3)

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OFFICERS

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Cathye Banner
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Fundraising: Cathye Banner
Hospitality: Sue Gilmore
Social: Laura Navarro
Publicity: Ron Seitz
Competition: Beth Vick
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MISSION STATEMENT: Skating Club of North Carolina, Inc. is a non-profit member club of the United States Figure Skating Association (USFSA) whose mission is to promote participation in the sport of amateur figure skating by providing opportunities to participate in skating events such as, exhibitions and ice shows, and to demonstrate personal skill development through USFSA test and competition structures in an environment of support and good sportsmanship.

Test Dates

February 7, 2004 – Raleigh IcePlex
April 17, 2004 – Raleigh IcePlex
June 12, 2004 – Garner Ice House
August 14, 2004 – Raleigh IcePlex

Test applications will be available on the SCNC website.

Tentative Schedule of Events

Feb. 14, 2004 The New York Winter Classic: An Adult Open Competition, SC of New York, Sky Rink at Chelsea Piers

Feb. 19-22, 2004 Heart of Florida Open, Southwest Florida FSC, J.P. Igloo Complex

March 5-6, 2004 South Florida Challenge, Coral Springs, FL

March 12-14, 2004 Magnolia Open, Atlanta, GA

March 31-April 4, 2004 Central Carolina Skating Classic, Hillsborough, NC

April 14-17, 2004 2004 U.S. Adult Figure Skating Championships, Olympic Center, Lake Placid, New York

May 14-16, 2004 May Day Open Competition, Laurel, MD

June 4-6, 2004 Dogwood Open, Raleigh, NC

June 17-20, 2004 Atlanta Open, Atlanta, GA

July 8-11, 2004 Charleston Open, Charleston, SC

October 5-9, 2004 South Atlantic Qualifying Regional Championships, Charleston, SC

(Cont. from p. 1)

To ALL the skaters, thank you very much for participating in the holiday programs. You brought a great deal of enjoyment to your SCNC family and friends. You helped remind us what the holiday season is really all about: *Giving*. You gave a special part of yourselves each time you skated. We appreciated your smiles and laughter. Whether you went out and did your best bunny hop, or waltz jump, or landed a double jump, or stayed centered on spin combination - we were dazzled by what we saw.

I'd like to extend a special THANK YOU to Ron Seitz, our Club Publicity Chair. Ron has done an awesome job in helping to promote the Skating Club of NC by getting our skaters some much needed media attention. Thanks to Ron's phenomenal volunteer spirit, we've had some fantastic newspaper articles printed in the *News and Observer* and even had some TV coverage at The Garner Ice House and at the Raleigh Ice Plex! Way to go Ron!!

During the past couple months, we, your Board, have been laying the groundwork to provide an educational offering in the form of a seminar that we hope you'll want to participate in as part of your training at the start of this new season. We have contacted several famous coaches from around the country who have expressed an interest in coming to Raleigh to offer a seminar for our figure skaters. If you've never had the chance to attend a seminar before, I would highly recommend it. The guest speakers really help to "psych" up and motivate everyone prior to the competitive season starting. Many seminars topics focus on skill development from spins to jumps. In addition, to the on ice time, there is also off- ice skills taught to help the skaters better prepare their muscles and bodies for the work needed on the ice. As soon as we are able to get the final dates confirmed- I will be sending out a mass email with all the details to club members. This is something that I feel **very strongly** about and want to see offered locally for our Club members. Therefore in my effort to keep everyone well informed, if you have recently changed your email address or dropped email service, please be sure to make me aware of the change so that I can keep our list current. I still continue to have several email addresses that routinely "bounce back" as undeliverable. I don't want anyone to miss information that is passed along via email. Send address changes to: SCofNC@aol.com

By the way, have you visited the USFSA website lately? It's been completely reformatted and has a brand new look! It's now very easy to link from the USFSA.org website to our SCNC website. Happy surfing everyone!

It's just about time to celebrate National Skating Week January 10-18th, 2004. The Skating Club of NC is a participating club in the "It's Great to Skate" national campaign. The Cary House will be offering some USFSA skate clinics during National Skating Week January 10-18, 2004 to promote the sport of Figure Skating and to help encourage new club memberships. HINT: if you participate in the clinics, there are some pretty cool free items that you might receive! The USFSA has sent a box of goodies specifically targeted for those that sign up for the clinics. Teri Henson {Round of applause!} is our SCNC Club Member volunteer that will be organizing the clinics. If you are interested or have questions, contact Teri at the Cary Ice House.

What other creative ways can YOU think of to celebrate National Skating Week? Why not encourage a friend to try skating? If an opportunity presents itself at school that you can share in a writing assignment or before your class information about being a figure skater, take advantage of that moment! But, be sure to also share it with your Club! Have you ever been to the World Figure Skating Museum & Hall of Fame in Colorado? What was that experience like? What peaked your interest in being a member of the USFSA? It might have been through a Basic Skills program, or it might have been through the USFSA Adult Skating Program. It may be that you are just a huge fan of figure skating and admire the sport. National Skating Week is a great chance to stress that everyone has their "first time" on the ice. Whether you hope to be the next Sasha Cohen or you just want to be able to skate recreationally and have fun; National Skating Week is a good time to emphasize that SCNC has a place for skaters of all ages and ability levels. It also it a time that helps us remember that we are part of a bigger family, the United States Figure Skating Family!

Keep on skating!

Rob Navarro

SCNC President

**Competition
Results!**

**South Atlantics Non-
Qualifying**

Jennifer Stuart

Pre-Preliminary FS Group
E - 2nd

**Eastern Sectional
Championships**

Jane Bugaeva

Senior Ladies Short - 5th
Senior Ladies FS - 1st
Final Placement - 2nd

Steven Elefante

Novice Men's Short - 4th
Novice Men's FS - 1st
Final Placement - 2nd

**2004 U.S. Junior
Championships**

Kara Vick & Joe

Navarro

Intermediate Pairs Group
1B (QR) - 5th
Intermediate Pairs Final
- 15th

**2004 U.S. National
Championships**

Steven Elefante

Novice Men's SP - 12th
Novice Men's FS - 5th
Novice Men's Final
Placement - 8th

Jane Bugaeva

Senior Ladies SP - 11th
Senior Ladies FS - 10th
Final Placement - 9th

Test Results

Nov. 8, 2003

Pre-preliminary Moves

Jordan Forster
Sabrina Mazza
Meghan Owens

Preliminary Moves

Christina MacDonald

Pre-juvenile Moves

Jennifer Stuart

Adult Pre-Bronze

Moves

Meghan Carpenter

Adult Bronze Moves

Kelton Brown

Pre-preliminary Free

David Lenz
Ellen Huggins
Kasey Davage

Juvenile Free

Laci Stapp

Adult Bronze Free

Kelton Brown

Test Results

Dec. 6, 2003

Preliminary Moves

Kelton Brown

Pre-juvenile Moves

Katherine Kline

Adult Bronze Moves

Gail Rowland

Adult Gold Moves

Lisa Chisholm

Pre-preliminary Free

Kathrine Khvostova

Preliminary Free

Kelton Brown

Adult Silver Free

Aurora Brick

**Swing Dance - Pre-
Bronze**

Josette Seitz

**Fiesta Tango - Pre-
Bronze**

Josette Seitz

Congratulations to

Marjorie Merod

***on receiving her
appointment as a
Regional Accountant
for the USFSA!***

SCNC SKATER SPOTLIGHT

2004 US Junior Figure Skating Championships

by Joe Navarro

The 2004 US Junior National Championships were held December 2-6, 2003 in Scottsdale, Arizona at the Alltel Ice Den. The Championships were hosted by the Coyotes Skate Club and the Skating Club of Phoenix. Not only was I excited to be a competitor, but I was also looking forward to my first trip to the Western United States! Even upon landing at the airport in Phoenix, the Southwest theme and Indian heritage were apparent by the colors and murals in the airport. Driving to our hotel, we saw palm trees and lots of cactus plants. The climate in Scottsdale is very dry compared to North Carolina. All the houses we saw were adobe colored and had clay tile roofs.

On the evening of December 2nd, my skating partner, Kara Vick and I attended the official Draw Ceremony and Reception. This party welcomes all the Junior National competitors. We snacked on southwestern appetizers and refreshments while we listened to different guest speakers from the USFSA. The Navaho Indians that are native to that area of Arizona performed a special dance for us, and each competitor was given a wooden hand carved Native American statue. We were told that the statue would bring us good luck in our competition. At the official Draw Ceremony, Kara drew our number that would be our random skating order for the Intermediate Pair Qualifying Round. Let me tell you, if you ever need someone to pick a GOOD number, ask Kara Vick to draw for you! She has the magic touch! Kara drew the 7th skating position for Qualifying Rounds. We were really happy with that in Group B; we'd get to skate last!

On Dec. 3rd, we had our first official practice ice at the Alltel Ice Den. It has a double sheet of ice. The practice rink was called the Moon Rink and the competition rink was the Coyote Rink. I really liked the ice in both rinks. It was fast and smooth. It was great ice for jumps. Our Coach, Scott Cudmore, wanted us to get additional practice sessions, so we drove to Chandler, AZ to the Polar Ice House. It was also a double sheet rink, one designated for hockey, and one sheet for figure skating. On Thursday evening, 12/4/03, Kara and I competed in the Intermediate Pair Qualifying Round. Our goal was to make it to final rounds. We were really surprised when the announcer stated that USFSA President Chuck Foster was in the crowd to watch our qualifying event. He was seated only a few rows away from my family!

Let me tell you, my Mom, sister, and Mrs. Vick can cheer very loudly! ☺ Kara and I had a good warm up and a great skate. When Kara landed the throw double loop in the program, I think we both relaxed and smiled the rest of the way through our skate. I was really proud of how well we did. We were surprised to receive the stuffed animals from SCNC that our parents threw onto the ice. How they snuck the animals into the rink without us seeing I'll never know! When we waited to see our placement and found out that we made final rounds, it was a great moment. Kara drew again for our skating order for final rounds and picked 18th. See, I'm not kidding, she is really terrific at drawing a good number!

We continued to practice several times each day until Final Rounds were held on Sat. 12/6/03. It was very crowded at the Alltel Ice Den, so we did our off ice practice in any spot we could find. Sometimes we practiced lifts in the hallway; sometimes we jumped rope outside! During the practice sessions and time in between we were able to see and talk to some of the other competitors and friends we've made from around the US. We saw some of the teams we'd competed against last year in Juvenile, and then hooked up with some friends we've made this year from other Intermediate teams. Everyone was very supportive and encouraging of each other. Many skaters wished us good luck.

On Saturday night we were the last team that competed in Final Rounds. We were both a little nervous because we really wanted to do our best. I think I can speak for Kara in that we
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were both relieved and very proud of our performance. It's a wonderful feeling to skate in front of a large crowd of cheering people. My family and the Vick's threw stuffed animals onto the ice after we finished. Even Coach Scott gave us both a pat on the back for our hard work and effort! Many of the teams we competed against have been at the Intermediate level for several years. In our first year at Intermediate, we did very well and placed 15th overall. To be ranked 15th in the nation is quite an accomplishment for us. Many of the judges talked with our Coach and us after our skate. They gave us pointers and suggestions for improvement, and made comments on things they really liked about our program.

That same night, Kara and I attended the Competitor's Party. We boarded a chartered bus for Tempe, Arizona and went to the Tempe Wave Pool. As you probably can guess, it was a HUGE indoor wave pool and lazy river complex. We enjoyed food, music and had lots of fun swimming with other skaters from around the country.

I wish that every skater in our Club could have the experience of competing at Jr. Nationals. It is unlike any other competition. There is still a sense of pressure and nerves associated with competing; but there is also an excitement and feeling that you are a part of something very special. It will always be a memorable experience for me. I am so proud that I was able to skate well with Kara and represent the Skating Club of North Carolina.

Gold Medal Recipe

Sylvia Toler's

Slow Cooker Country Steak

2 to 2 1/2 pound of cube steak (about 8 pieces)
1 tbsp. cooking oil
1 can cream of mushroom soup
1 can French Onion soup

Heat cooking oil in frying pan and brown the cube steak on both sides. Spray slow cooker with Pam. Whisk together the cream of mushroom soup and the French Onion soup. Spread about 1/2 cup of soup in the bottom of cooker. Add half the browned steak to cooker and top with half the soup. Add remainder of steak and top with other 1/2 of soup. Cook on High for 4-6 hours or until meat is cooked through and tender. Makes a good "gravy" for rice or mashed potatoes.

Welcome to Our SCNC Family!

Coach Ann-Morton and Rob Tice
announce with great joy the
arrival of Ryan's little sister:

"Emilie"

Born: 03-07-02

Adopted: 11-13-03

From Belarus

Coach Valerie and Rik Knopp
announce with pride and joy the
birth of their daughter:

"Alyssa"

Born: 12-22-03

Weight: 6lbs., 2oz.

Length: 19 inches

We rejoice with both families and wish them happiness with their new daughters!

Social Scene

Holiday Events a Success!

The Holiday exhibitions at both the Garner Ice House and Raleigh IcePlex were well attended. Thank you skaters and coaches for making them a success!

A big "Thank You" to Marilyn Irish, LuAnn Lenz, and Mary Wehbie for all their help with the Skate with Santa and SCNC Holiday Exhibition. Thank you to Michele Alias and Phyllis O'Hara for being our club photographers. Kudos to Margie Merod, Jr. for organizing and running the skate swap. Thanks also go to Coach Scott Cudmore for providing the giant tin of popcorn for the skaters.

Good Luck Jane & Steven!

A surprise reception was given on Dec. 20th to Jane Bugaeva and Steven Elefante to wish them "Good Luck" at the U.S. National Figure Skating Championships. Thanks to everyone for keeping the cake a surprise! Jane and Steven were both presented cards from SCNC.

Birthdays!

January

Jane Draovitch 1/1
Judy Tseng 1/1
Marjorie Merod 1/4
Tara Mann 1/6
Elena Betchke 1/7
Amy Smith 1/10
Miriam Clarke 1/15
Ron Seitz 1/15
Randi Munns 1/17
Meg Deal 1/20
McKenzie Jackson 1/22
William Pecic 1/24
Dee Flaten 1/25
Brenda Lewis-Flowers 1/25

February

Rob Navarro 2/4
Karen MacDonald 2/6
Lauren Grow 2/8
Angela Hanson 2/9
Barry Munns 2/12
Jennifer Stuart 2/14
Kathie Kader 2/15
Valerie Knopp 2/17
Ayse Gurel 2/19
Lauren Paxton 2/19
Natalia Efimova 2/23
Daria Draovitch 2/27

Skating Club of North Carolina
P.O. Box 41324
Raleigh, NC 27629

Volunteers Needed!

**Help is needed to work at the SCNC
Beer Carts at the Hurricanes games.**

Requirements: Must be 21 years of age
Must be able to have fun!

Benefits: See a hockey game!
Meet new people!
Fulfill Club Support hours!
Help out the Club!!!!!!!!!!

Where: RBC Center

Time: 5:45 pm on game nights

Contact: Cathye Banner
Cathye.b@cardinalrvl.com
Home: 919-787-1613
Work: 919-787-9212

Dates and Games

January: Tues., 20th – Canes vs. Ottawa
Fri., 23rd – Canes vs. NY Islanders
Thurs. 29th – Canes vs. Washington

February: Mon., 16th – Canes vs. Florida
Thurs., 19th – Canes vs. Toronto

March: Tues., 2nd – Canes vs. Columbus
Wed., 10th – Canes vs. Tampa Bay
Tues., 23rd – Canes vs. Philadelphia
Thurs., 25th – Canes vs. Florida
Tues., 30th – Canes vs. Boston

April: Fri., 2nd – Canes vs. NY Islanders