

EXCITING THINGS COMING UP

The month of January, which is next month, is National Skating Month!

A few benefits of skating:

- Improves balance and coordination
- Helps build muscle
- Increases cardiac health and endurance
- Stress relief
- Happiness and self confidence boost

Share your love of skating with friends, family, coworkers, neighbors ... Invite them to come skate with you. Interest others to the sport. What better time to promote skating than the Holiday season?



We have exciting news! Our club will now be offering virtual testing. Be on the look out for more information.

Congratulations!

Upcoming USFS Webinar!

the following skaters have recently passed a test:

Adel Grant – Intermediate MITF

Italia Montuori on landed her double salchow!

Caroline Yi on landed Z



REGISTER

HERE

When: Thursday Dec 1st, 2022 at 8pm E.T What: Review critical updates for the 2023-2024 season

If you are unable to attend the live webinar, it will be recorded!

HAPPY HOLIDAYS!

Wishing everyone a Merry Christmas and a Wonderful New Year ahead. Stay safe during the Holidays!

Christmas Recipe

Poet: Gay Dowling

A pound of fun And a pound of joy Make a nice present For a girl or boy.

A cup of goodness And a cup of love Really are gifts From heaven above.

A pinch of holly And a pinch of pine -Now, we know It's Christmas time.

INSPIRATIONAL QUOTE

"Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come. ~Dwayne Johnson



Member Spotlight



Adel started skating when she was 3 years old. She wanted to play hockey like her cousin. With time she found herself drawn to figure skating instead. She works with Coach Mark and Coach Tamara. She is currently working on her novice moves in the field and her double toe loop jump. She competes at the preliminary level. Her favorite thing about skating is the excitement of performing her very best at a competition. She enjoys working on moves and edges. Her skating goal is to compete for Team USA and maybe go to the Olympics.

Adel is 11 years old and a 6th grader at Meadow Glen Middle School. Her favorite subject in school is math. This year, she is taking a drama class and surprisingly loves it! In the future, she would like to become a lawyer or a teacher as well as an ice-skating coach. She has taken to music and is currently learning to play the clarinet; she plans to learn the drums next year. An interesting fact is that she is the vice president of a group at school called "Friends of the Glenn"; their goal is to encourage students to seek out other students who are alone at lunch and plan school-wide bullying prevention programs.



SOUTH CAROLINA FIGURE SKATING CLUB MONTHLY NEWSLETTER

Home Rink/ Headquarters: 1019 Broad Stone Rd, Irmo, SC 29063 Website: <u>www.sc-fsc.com</u>