



www.tulsafsc.com

THE INSIDE EDGE

July/
August 2007



2007-2008 Board of Governors

Officers

President

John Martens
John@tulsafsc.com

Vice-President

Mary Anne McGivern
MaryAnne@tulsafsc.com

Secretary

Heidi Fain
Heidi@tulsafsc.com

Treasurer

Mark DeAngelis
Mark@tulsafsc.com

Board Members

Jannelle Babb
Judy Banner
Mark DeAngelis
Heidi Fain
Kathy Gibson
John Martens
Mary Anne McGivern
Renee Schmucker
Kevin Slane
Hope Wheeler
Diane Wood

Committee Chairmen

Membership

Mark DeAngelis
Mark@tulsafsc.com

Test- Singles & Pairs

Heidi Fain
Heidi@tulsafsc.com

Test-Dance

Mary Anne McGivern
MaryAnne@tulsafsc.com

Fundraising & Sponsors

Judy Banner
Judy@tulsafsc.com

Community Development

Diane Wood
Diane@tulsafsc.com

Social

Renee Schmucker
Renee@tulsafsc.com

Education & Training

Kathy Gibson
Kathy@tulsafsc.com

Professional Dev.

Kathy Gibson
Kathy@tulsafsc.com

Webmaster

Kevin A. Slane
webmaster@tulsafsc.com

Inside Edge Editor

Judy Banner
Judy@tulsafsc.com

Governance and Membership – Each Comes With Responsibility

Board of Governors Membership

We are approaching the new skating year with the opportunity to elect the next Members of the Board of Governors. The annual business meeting of the Club will be scheduled for September and the ballot for the Board election will be mailed thirty days in advance of the election.

TFSC has no staff, paid or otherwise, so the Board member is a working manager in charge of a key area of the club's business. The assignment carries accountability and responsibility for performance. The most effective Governors have a respect for team play. Serving on this Board provides club members with an opportunity to work with new colleagues, develop skills, gain experience, participate in decision making for the club and contribute to the sport of figure skating. Ideal candidates for Governor are people of principle who have integrity and open minds. Generally, the best governors are simply efficient, bright people who are willing to achieve the goals of the club. Because of the job assignments of a working board, competence is a desirable quality and enthusiasm counts for much.

Are you interested and ready for the challenge? If so, please contact one of the Board members and they can give you insight and advice about the job as well as help with the process. The slate is inclusive. Any and all can run, but only four can be elected. We have a few weeks for nominations and the slate will be finalized at the August Board Meeting, so please think it over and if you are ready, then join the slate.

Member Responsibility

TFSC is sanctioned by U S Figure Skating. Organized Figure Skating is a volunteer and somewhat expensive undertaking. One would expect to have some latitude in the types of members who belong to the throng. However, the club is a "privilege of membership" organization. We expect certain basic behaviors and respect for the institution. Rules have been codified by the United States Figure Skating Association, the National Governing Body (NGB), and those rules are binding upon each

member of the Tulsa Figure Skating Club. As you may recall, the recently renewed membership application had a paragraph that each member signed stating that they would comply with all applicable USFS rules and codes.

TFSC is a mirror image of the USFS requirements. "Members of the club shall be required to abide by, and to conduct themselves in a manner consistent with the Bylaws, Official Rules, policies, procedures, code of conduct and code of ethics and principles of ethical behavior of U S Figure Skating." In addition, the TFSC Constitution, Article I, has the purposes of the club, which binds the member to the rules of both bodies. We hope that TFSC is one of those sanctuaries where the members' actions are a reflection of integrity and respect for both the institution and other members of the club. Through positive support of the club and the institution, we can all benefit.

John Martens
President, TFSC



Inside This Issue

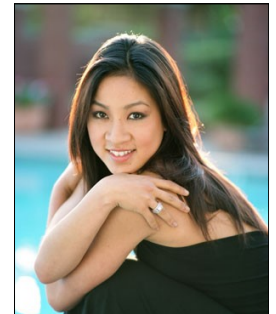
President Comments -----	1
Club Welcomes New Sponsors -----	2
Member Spotlight -----	3
Corrections -----	3
Competition Reports	
<i>Spring Spectacular</i> -----	4
<i>Wichita Mid-Continent</i> -----	5
<i>Broadmoor Open</i> -----	5
Club News -----	6
<i>Committee Reports</i>	
<i>Tests Passed</i>	
Coaches Corner -----	7
<i>"An Ounce of Prevention..."</i>	
Calendar of Events -----	8
Sponsor Listings -----	8



American Figure Skating Great Michelle Kwan Will Light The 2007 State Games of America Torch on August 2nd at Colorado Springs World Arena

One of America's greatest athletes has been selected to light the torch and open the 2007 State Games of America as part of the Opening Ceremony on August 2 at the Colorado Springs World Arena. Olympic medalist and World Champion figure skater Michelle Kwan will welcome athletes and spectators from 47 states and ignite the flame to open the fifth edition of the nation's largest Olympic-style multi-sport event for athletes of all ages and skill levels, including a record 1,100 figure skaters. Kwan joins the ranks of Olympic greats who have shared this honor at previous Games, including track and field legend Jackie Joyner-Kersey, wrestling icon Rulon Gardner, and basketball star Vince Carter.

Tulsa will have a large contingent of skaters, coaches, and family members in attendance. Sixty skaters are registered from the state of Oklahoma. Thirty-five of those are Tulsa Figure Skating Club Members. Our own MaryAnne McGivern chairs the USFS State Games of America Committee.



Tulsa Figure Skating Club Welcomes New Sponsors

The sponsor program has undergone some revision in the past few months with the development of a new sponsor information brochure and a 3 tiered system of sponsor participation. Sponsors now have the ability to choose to participate with us at a Gold, Silver, or Bronze level with annual funds of \$1000, \$500, or \$250 respectively. The main benefit to the sponsor is in the form of advertising and name recognition. Twenty percent of the sponsor money solicited by a skater is deposited into that skater's individual account and managed by the club treasurer. That money can be used by the skater to help defray personal skating costs such as coaching fees, ice time, equipment costs, competition fees, etc... It is a great program that benefits everyone, the club, the skater, and the sponsor.

The Tulsa Figure Skating Club welcomes a new Silver Sponsor **Frontier Energy Services, LLC**, secured by Claire Wood. Claire also secured Bronze level sponsorships from **Wachovia Securities; Gary Fisher, DDS Pediatric Dentistry; Freese Architecture; and Hank Tomlinson**. See photos below. Thank-you to Bob & June Guevara for renewing **American Microscope Co** at the Silver sponsor level. We welcome our new and returning sponsors and we thank you for your support. Your sponsorship helps to make the impossible possible.

If you have potential sponsors that you would like to approach or if you would like more information about the program, contact Judy Banner at judy@tulsafsc.com Judy will supply you with sponsor brochures and help getting started in the process. The Tulsa community is supportive of figure skating as evidenced by the successful sponsor drives by the Wood family, the DeAngelis family, and other TFSC members.

New Silver Sponsor



Claire & Conner Wood with Frontier Energy Services Staff & Executives

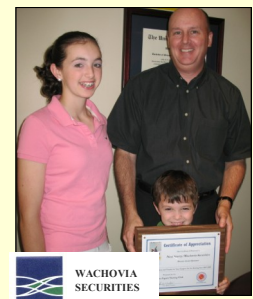


Thank-you June & Bob Guevara for renewing as silver sponsors!

New Bronze Sponsors



Claire Wood with Dr. Gary Fisher & office staff



Claire & Conner Wood with Neal Sperry of Wachovia Securities



Claire Wood & Brian Freese of Freese Architecture



Claire Wood with Ken & Hank Tomlinson

Club Members in the Spotlight

Judges Receive USFS Appointments



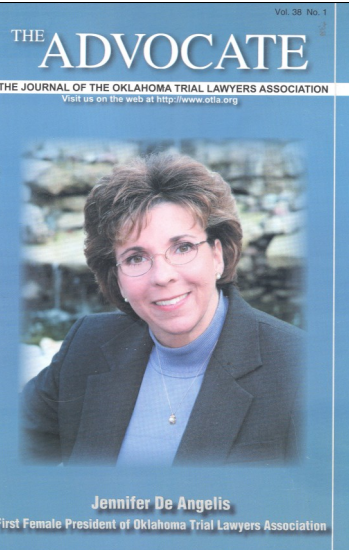
Kathy Gibson, pictured above left, received an appointment as a Bronze level test judge. **Hope Wheeler**, pictured above middle, received an appointment as an International Dance judge. **MaryAnne McGivern**, picture above right, received an appointment as a Regional Dance Referee. Judges complete requirements set forth by US Figure Skating for each appointment. How lucky we are to have club members with such high ranking judging credentials.

Not only are these three women figure skating judges, they are also all members of the Tulsa Figure Skating Club Board of Governors. Kathy is chair of the Professional Development and Education & Training committees, She is also a competitive adult figure skater. Hope is outgoing Secretary and MaryAnne is Vice-President. Additionally, MaryAnne is chair of the upcoming USFS State Games of America committee. Thank you all for your commitment to the sport of figure skating and TFSC.

Figure Skating: More Than Just a Sport!

by Ginny Base

In 2001, Amber was diagnosed with Pulmonary Stenosis. (Narrowing of the valve that pumps the blood from the heart to the lungs.) She had no restrictions, but had to take antibiotics before dental work, surgery, and stitches. In 2003 Amber went back for a check-up and the valve had narrowed a bit more, but because of the figure skating she was doing and all the exercise she was doing there would not be any surgery or medication taken. I took her once again in 2005, the Pulmonary Stenosis had advanced again slightly. I took Amber back for a check up a few weeks ago and the doctor was shocked. There was no sign of the Pulmonary Stenosis! He told us he went over her echocardiogram several times and other test Amber had run that day. The doctor told us that he felt like it was Amber's figure skating and exercising that probably saved her from surgery. We feel that figure skating is more than a sport for Amber. It has been a life saver and has saved Amber from being on medication and having limitation. We thank God that Amber got involved in figure skating, because it has saved her health.



Jennifer DeAngelis, also known as Katherine's mom and Mark's wife, wears many hats personally, professionally and within the Tulsa Figure Skating Club. Anyone who knows Jennifer knows that she tries her best to stay out of the spotlight but we can't let her latest accomplishment go unmentioned. Jennifer was elected as the first female President of the Oklahoma Trial Lawyers Association! An accomplishment that no other

Oklahoma woman can lay claim to.

Jennifer's hard work and enthusiasm is also evident within our club. Among other things, she chaired the recent Sooner State Games Competition Committee. The competition was a huge success due in large part to Jennifer's hard work and leadership. Jennifer, you are a dedicated club member and a great advocate for figure skating. Thanks for all that you do and congratulations on your professional accomplishments.

Past Member Update

Nathan Hudson got his degree in Marketing from NSU and is currently in the middle of his nine weeks of Army Boot Camp at Ft. Jackson, South Carolina. He went in as an Army Specialist or E-4.. After boot camp he will go to Pensacola NAS to have twenty three weeks of training as a Signal Collection Analyst. Nathan, age 26, was a member of the TFSC for several years in the late 90's and is married to the former Tiffany Taber, also a former TFSC member.

Correction from the May/June issue

Madison Keitges was accidentally left off the Skate Dallas results. We are sorry for the oversight.

Following is her information:

Skate Dallas 2007

Madison Keitges - coached by *Phyllis Hudson*
2nd place Freeskiate 3 Freeskiate

Spring Spectacular - May 19, 2007

Gold, Silver, & Bronze Medalist Club Members



Pictured above: Madison Keitges (left) & Kaitlyn Parmler.

Pictured below: Carly Rooks, Kelsey Bedore, Jamie Rooks, & Brooklyn Branch



The event was hosted by the Oilers Ice Center. The Tulsa Figure Skating Club was represented by the following skaters:

Jessica Barber, Kelsey Bedore, Brooklyn Branch, Madison Brown, Kayla Castleberry, Megan Cyr, Olivia Edwards, Kate Goodwin, Julia Hendrickson, Lauren Hendrickson, Taylor Jonckowski, Chelsea Jones, Katelyn Karmuth, Hope Kelley, Madison Keitges, Peyton Lissau, Allison Lofgren, Catherine Lord, Madeline Marshall, Kaitlyn Palmer, Sara Richardson, Brooke Rogers, Jamie Rooks, Bailey Slane, Katie Smith, Amanda Sowell, R.J. Straw, Lillian Swearingen, JoBen Wilson, & Claire Wood.

Note: If you were not a member at the time of the competition, your name will not be listed

Jessica Barber - coached by Jessie Hudson
2nd Freeskate 2 Grp A

Kelsey Bedore - coached by Amanda Josserand
1st freeskate 5 CM
2nd High Freeskate Grp A Jumps
3rd High Freeskate Spins

Brooklyn Branch - coached by Amanda Josserand
1st Freeskate 6 FS
1st Freeskate 6 CM
1st High Freeskate Grp A Jumps

Madison Brown - coached by Jane Wilson
1st Preliminary CM
1st Preliminary Grp A FS
1st Preliminary Grp A Jumps
3rd Preliminary Spins

Megan Cyr - coached by Martina Watkins
2nd Basic 2 CM
3rd Basic A Freeskate

Olivia Edwards - coached by Jessie Hudson
1st Basic C Artistic
3rd Basic C Grp B Freeskate

Kate Goodwin - coached by Kim Borgos
1st High Freeskate Grp B Jumps
2nd PrePreliminary CM

Julia Hendrickson - coached by Jane Wilson
3rd Freeskate 4 CM
3rd Freeskate High Artistic
3rd High Freeskate Grp B Jumps

Lauren Hendrickson - coached by Martina Watkins
3rd Basic 7 CM
3rd Basic D Artistic

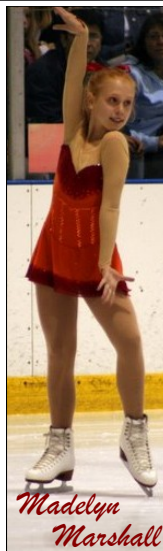
Taylor Jonckowski - coached by Jane Wilson
3rd Preliminary CM
3rd Preliminary Grp A FS
3rd Preliminary Grp B Jumps
1st Preliminary Spins

Chelsea Jones - coached by Kim Borgos
2nd PreBronze Solo Dance Cha Cha
2nd PreBronze Solo Dance Fiesta Tango
1st PreBronze Solo Swing Dance
1st PrePreliminary Canasta Tango Couples Dance
1st Preliminary Dutch Waltz Couples Dance
1st Preliminary Rhythm Blues Couples Dance

Katelyn Karmuth - coached by Jane Wilson
1st Freeskate 2 CM
1st Freeskate 2

Madison Keitges - coached by Phyllis Hudson
2nd Freeskate 3
1st Freeskate 3 CM
3rd Freeskate Low Grp B Artistic

Hope Kelley - coached by Amanda Josserand
2nd Basic 6 Grp B CM
2nd Basic C Artistic
2nd Basic C Grp B Freeskate



Peyton Lissau - coached by Phyllis Hudson
2nd Basic 6 Grp A CM

Allison Lofgren - coached by Martina Watkins
3rd TIE Freeskate 2 Grp A

Madelyn Marshall - coached By Martina Watkins
2nd Freeskate 6 FS
2nd Freeskate 6 CM
1st Freeskate High Artistic
2nd High Freeskate Spins

Kaitlyn Palmer - coached by Amanda Josserand
1st Freeskate 3
2nd Freeskate 3 CM
2nd Freeskate Low Grp B Artistic
3rd Low Freeskate Jumps
1st Low Freeskate Spins

Sara Richardson - coached by Jane Wilson
3rd Freeskate 1

Brooke Rogers - coached by Kim Borgos
1st Beginner CM
3rd High Freeskate Grp A Jumps
3rd PreBronze Solo Dance Cha Cha
3rd PreBronze Solo Dance Fiesta Tango
3rd PreBronze Solo Dance Swing Dance

Jamie Rooks - coached by Amanda Josserand
1st PrePreliminary Artistic
1st PrePreliminary CM
1st PrePreliminary Grp A FS
1st PrePreliminary Spins
2nd Preliminary Grp A Jumps

Bailey Slane - coached by Jane Wilson
2nd Preliminary Grp B Jumps

Katie Smith - coached by Phyllis Hudson
2nd Basic 3 CM
1st Basic B Grp B Freeskate

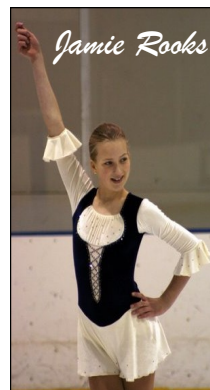
Amanda Sowell - coached by Kim Borgos
2nd Preliminary CM
1st Preliminary Grp B Jumps

RJ Straw - coached by Matt Hudson
3rd Freeskate 1 CM
3rd Freeskate Low Grp A Artistic

Lillian Swearingen - coached by Jessie Hudson
3rd Basic 6 Grp A CM
1st Basic C Grp A Freeskate

JoeBen Wilson - coached by Gretchen Bashforth
2nd PrePreliminary Canasta Tango Couples Dance
2nd Preliminary Dutch Waltz Couples Dance
2nd Preliminary Rhythm Blues Couples Dance

Claire Wood - coached by Kim Borgos & Gretchen Bashforth
1st PreBronze Solo Dance Cha Cha
1st Pre Bronze Solo Dance Fiesta Tango
2nd PrePreliminary Canasta Tango Couples Dance
2nd Preliminary Dutch Waltz Couples Dance
2nd Preliminary Rhythm Blues Couples Dance



Wichita Mid-Continent - June 9-10

Skaters listed below captured first, second, or third place medals in their events. TFSC was represented by the following club members:

Amber Base, Madison Brown, Abby Fain, Kate Goodwin, Taylor Jonckowski, Chelsea Jones, Allison Lofgren, Charles Meadows, Brittany Schmucker, Alexandria Sipes, Bailey Slane, Paige Westmoreland, & Claire Wood.

Amber Base - coached by Kim Borgos

- 2nd Intermediate spins
- 2nd Open Juvenile FS
- 1st Open Juvenile Jumps

Madison Brown - coached by Jane Wilson

- 1st Pre-Juvenile CM
- 2nd Pre-Juvenile Jumps
- 1st Preliminary Grp. A FS

Kate Goodwin - coached by Kim Borgos

- 1st Pre-Preliminary Grp. A Spins
- 2nd Pre-Preliminary Grp. B CM
- 2nd Pre-Preliminary Grp. B FS
- 2nd Pre-Preliminary Jumps

Taylor Jonckowski - coached by Jane Wilson

- 2nd Pre-Juvenile Spins

Chelsea Jones - coached by Lisa Jones

- 2nd Open Juvenile Artistic—Dramatic
- 3rd. Solo Dance - Fiesta Tango

Allison Lofgren - coached by Martina Watkins

- 3rd Freeskate 2 FS

Charles Meadows & Brittany Schmucker - coached by Kim Borgos

- 1st Juvenile Partner Dnace CM
- 1st Juvenile Partner Dance 1st Dance
- 1st Juvenile Partner Dance 2nd Dance

Charles Meadows & Alexandria Sipes - coached by

Kim Borgos

- 1st Juvenile Pairs

Brittany Schmucker - coached by Kim Borgos

- 1st Juvenile Partner Dance Free Dance
- 1st Solo Dance Fiesta Tango

Alexandria Sipes - coached by Kin Borgos

- 2nd Solo Dance Cha-Cha

Bailey Slane - coached by Jane Wison

- 2nd Pre-Juvenile CM
- 1st Pre-Juvenile Jumps
- 3rd Pre-Juvenile Spins
- 3rd Preliminary Grp. B FS

Paige Westmoreland - coached by Kim Borgos

- 1st Open Juvenile FS
- 1st Open Juvenile Artistic—Dramatic
- 1st Open Juvenile CM

Claire Wood - coached by Kim Borgos

- 1st Solo Dance Cha-Cha
- 2nd Intermediate FS
- 3rd Intermediate Final (FS & SP combined)
- 2nd Intermediate Jumps



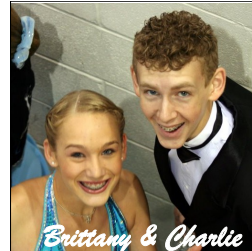
Paige Westmoreland



Amber Base



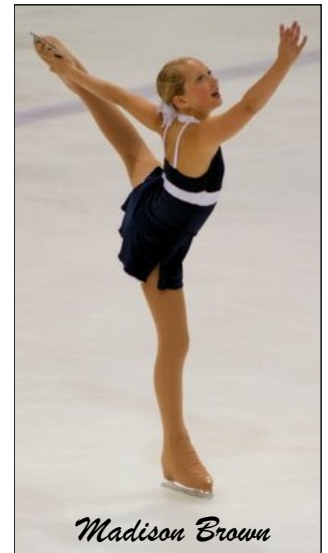
Chelsea Jones



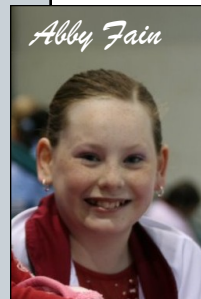
Brittany & Charlie



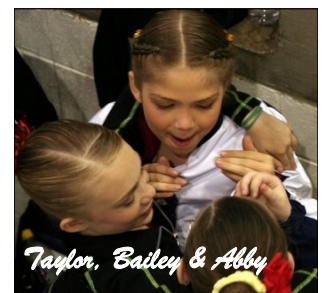
Taylor Jonckowski



Madison Brown



Abby Fain



Taylor, Bailey & Abby

BROADMOOR OPEN - June 18-24

The Tulsa Figure Skating Club was represented by Danika Burtin and East McMillan at the Colorado Springs Competition. Danika and East competed against top skaters from around the Southwestern Region and across the United States. They placed well among stiff competition.

East Mcmillan - coached by Boyko Alexiev

- 3rd Intermediate Short Program
- 5th Intermediate FS

Danika Burton - coached by Boyko Alexiev

- 1st Juvenile Jumps
- 8th Juvenile FS
- 8th Juvenile SP

Club Activities & Committee News

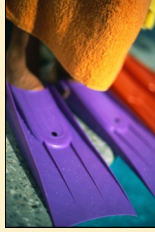
TFSC Pool Party - Don't Miss the Fun!

Place: Philcrest Hills Tennis Club
10900 S. Delaware

Date: Monday, July 23, 2007

Time: 6:00 - 8:00 p.m.

*Food provided by club members.
Meet new members and visit with friends!!*



Important Changes to 2007 - 2008 Qualifying season

The USFSA has issued rule changes for this year. The changes involve: online registration requirements, sectional entry fees, novice pairs and dance, juvenile & intermediate pairs and dance, & competition music information requirements. Check the club website for a complete description of the rule changes.

Membership Update



Mark DeAngelis
Membership
Chair

It's a busy time for the Membership Chairman. Membership renewal is going strong and I want to thank all those who have sent their Membership renewal in prior to the July 1st dead line. All 2006-2007 Memberships expired on July 1st, 2007. In order to be eligible to Skate in a USFS Sanctioned event or Tulsa FSC event (Test, Competition or Exhibition) you must renew your membership prior to the event. Prior to an event such as a Test, I forward a list of Members in Good Standing to the Chair of the event. If you are not on the list as a current 2007-2008 TFSC Member, you can be withdrawn from the event.

Membership packets were handed out at the Awards Banquet on May 20th. Those not in attendance at the Banquet were mailed the packet shortly afterwards. If you still need to renew and have misplaced your packet you can go to the Club website and download it. Look under "Club Info" then under "Membership". Please make sure that you send in one application for each Member along with the Family Contract. Since the July 1st deadline has passed there is a \$10 late charge (one per family, not per member) that must be added.

All Memberships must be MAILED to the PO Box address at the bottom of the Membership form. Please allow a few days for the mail to make it to the Membership Chair. DO NOT hand your Membership to anyone at the rink, including a Board Member. This will only delay your membership from being processed through to USFS and could cause you problems when it comes time to Test or Skate in a competition.

We have several new members joining the Club. Please welcome them when you see them. Don't forget to fill out your Mentor / Junior Board Forms that are in the membership packet. You can send it in with your Membership renewal and I will make sure that Renee Schmucker gets them.

Good luck to all our Members who will be testing this month and competing in State Games of America and other competitions.

If you have any questions about your membership please feel free to call me at 808-8022 or email me through the web site.

Good luck to all skaters who

will be representing the

Tulsa Figure Skating Club

on a National level at

**State Games of America in
Colorado Springs**

August 1-5, 2007 and/or at

National Showcase in Fort Collins

August 9-11, 2007

Local Laurels

Submitted by Heidi Fain, Test Chair

Tests Passed June 12th, 2007

Pre-Preliminary Moves

Kate Goodwin

PrePreliminary Freeskate

Kate Goodwin

Preliminary Moves

Jamie Rooks

Preliminary Freeskate

Jamie Rooks

Preliminary Pairs

Chelsea Jones

Juvenile Moves

Chelsea Jones

Juvenile Freeskate

Chelsea Jones

Intermediate Moves

Amber Base

Laura Wilhelm

Junior Moves

Kelly Fakour-Safa

Brittany Schmucker

Juvenile Free Dance

Brittany Schmucker

Charles Meadows

Adult PreBronze Moves

Shelley Kinion

Adult PreBronze Freeskate

Shelley Kinion



Tests Passed June 29th, 2007

Standard Cha-Cha

Charles Meadows

Standard Fiesta Tango

Charles Meadows

Alexandria Sipes

Standard Swing Dance

Alexandria Sipes

Standard Willow Waltz

Brittany Schmucker

Standard Fourteen Step

Brittany Schmucker

Solo Dutch Waltz

Martina Watkins

Solo Canasta Tango

Martina Watkins

Solo Rhythm & Blues

Martina Watkins

Solo Swing Dance

Martina Watkins

Alexandria Sipes

Chelsea Jones

Solo Cha-Cha

Martina Watkins

Claire Wood

Solo Fiesta Tango

Martina Watkins

Alexandria Sipes

Chelsea Jones

Claire Wood

Solo Willow Waltz

Brittany Schmucker

Solo Fourteenstep

Brittany Schmucker

Tulsa Figure Skating Club Members Attend Frank Carroll Seminar Oklahoma City, June 9th



TFSC skaters (pictured at left with Frank Carroll) Megan Banner, Katherine DeAngelis, Spephanie McKay, and (not pictured) Natalie Wegenka received hands on instruction from Olympic Coach, Frank Carroll at the recent Oklahoma City seminar.

Some of the famous skaters Frank Carroll has coached include Linda Fratianne, Michelle Kwan, and Evan Lysacek. He also coached Timothy Goebel, Christopher Bowman, Mark Cockerel, Jennifer Kirk, and Tiffany Chin. Linda Fratianne was a world figure skating champion and won the silver medal at the Winter Olympics in 1980. Michelle Kwan is considered a figure skating legend. Frank Carroll did much to mold both of these famous skaters

Visit Our New Online Store

Get Your TFSC Logo
Wear & Accessories

Log onto the TFSC
website

www.tulsafsc.com and

click the

“online store” link



Check out these Items and
much More

“An Ounce of Prevention...” Why and How Skaters Should Stretch

by Gretchen Bashforth



Gretchen Bashforth
Professional
Figure Skating
Coach

You may have heard the old saying, “An ounce of prevention is worth a pound of cure.” Well in the sport of figure skating, nowhere is that more true than when it comes to stretching. Figure skating is a physically demanding sport, so skaters need to use every tool at their disposal to keep their bodies fit and healthy. Stretching is one of those tools. Muscles cannot perform at their peak if they are cold and stiff. They are more prone to injury, and are less responsive. So, to get the most out of practices and lessons, it is essential that skaters of

all levels warm-up and stretch their muscles before taking the ice. But, if a skater wants to be truly limber, stretching before every practice is not enough! To achieve or maintain a high level of overall flexibility, stretching should also be done *after* every practice (while the muscles are still warm), and on a daily basis at home. Muscles tend to lose flexibility over time if they are not stretched consistently, so daily stretching is key to both achieving and maintaining maximum flexibility.

Most coaches will agree that a good, off-ice conditioning routine enhances a skater’s progress on the ice, no matter what the skater’s level. Stretching should be a core component of that routine. Skaters should include stretches that address overall flexibility, as well as others that target specific problem areas. The stretches should always be done after a brief aerobic warm-up...NEVER stretch cold muscles! Think of what happens to a cold, stiff rubber band when it is stretched. And, in general, a stretch should be held for at least 30 seconds to be really effective.

Here are some examples of good general stretches for skaters of any level:

Body Isolations: Head Rolls, Shoulder Rolls, Body Circles, Leg Swings, etc. These isolate different body areas and loosen tight joints.

Floor Stretches: Pike, Straddle, Butterfly, etc. These stretch large portions of the body all at once, especially the back, hips, and legs. Good for creative Sit Spins!

Splits: Right, Left, and Center. These increase hip and leg flexibility in relation to the torso. Great for getting the leg higher in a Spiral!

Bridges (Back Bends): From the floor or standing. These stretch the arms, shoulders, abs, back, hips, and legs. Super for achieving Layback and Biellman spins!

Skaters who want to incorporate more targeted stretches into their off-ice conditioning routine should first talk to their primary coach to find out what their unique problem areas are. Their coach should then be able to suggest specific stretches that suit their needs.

Incorporating consistent stretching into a well-rounded, off-ice conditioning routine will not only decrease the chance of injury and increase flexibility; it will also make skating more fun in the long run by expanding the creativity and number of skills that a skater can achieve. So, stretch before, stretch after, stretch every day, and watch those spiral legs go higher and higher!

Competition forms can be
signed by any club Officer

Please submit newsletter items to Inside Edge Editor, Judy Banner at judy@tulsafsc Including pictures and member news both on and off the ice. Deadline for submission to the next issue is September 1st.

Mark Your Calendars

July 17th, 2007	<i>Exhibition SGA and National Showcase Skaters</i>	5:30pm Oilers Ice Center
July 20-22, 2007	<i>Cannon Texas Open</i>	Dr. Pepper StarCenter; Farmers Branch, TX
July 23, 2007	<i>Club Pool Party</i>	Philcrest Hills Tennis Club
July 24, 2007	<i>Test Session</i>	5:30pm; Oilers Ice Center, Tulsa
August 1-5, 2007	<i>State Games of America</i>	World Arena; Colorado Springs, CO
August 4, 2007	<i>Springfield Invitational (Basic skills - Preliminary)</i>	Springfield, MO
August 9-11, 2007	<i>National Showcase</i>	Fort Collins, CO
August 17-19, 2007	<i>DuPage Open</i>	Chicago, IL
August 24-26, 2007	<i>Jordan Valley Invitational</i>	Jordan Valley Ice Park; Springfield, MO
August 25-26	<i>Cup of Colorado</i>	Centennial, CO
August 28, 2007	<i>Test Session</i>	5:30pm; Oilers Ice Center, Tulsa
Aug. 31 - Sep. 3, 2007	<i>Houston Fall Invitational</i>	Houston, TX
Sept. 20-23, 2007	<i>Pony Express Championships</i>	Bode Ice Arena; St. Joseph, MO
October 16-20, 2007	<i>Southwestern Regional Championships</i>	Dr. Pepper StarCenter; Grapevine, TX

Club jackets are a great way to represent the Tulsa Figure Skating Club. If you have a jacket we encourage you to wear it to competitions. Contact Kathy Gibson at Kathy@tulsafsc.com if you want to order a jacket.

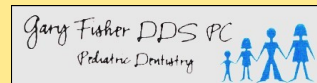
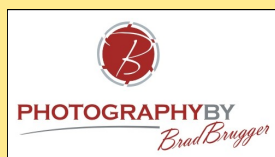
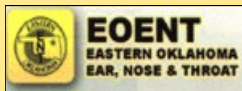
If you know of a company or individual who might want to help sponsor our club, please contact Judy Banner at judy@tulsafsc.com for a sponsor packet. For every sponsor you recruit, you keep 20% of the sponsorship money to help defray your personal skating expenses.

We Thank Our Sponsors

Silver Level



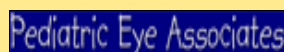
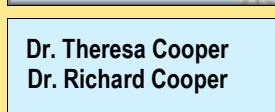
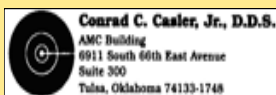
Bronze Level



Hank Tomlinson



Mark D. Welty



For more news and competition information visit our website at www.tulsafsc.com
Click **Club Info** and then **newsletter** to download a copy of this publication.