

How Now Salchow ???

The Newsletter of the
Ames Figure Skating Club

January 2017

Upcoming Dates

January 7 Great to Skate Event
January 12 AFSC Board Meeting



Mission Statement: The Ames Figure Skating Club is dedicated to providing a safe, fun and supportive environment for skaters of all ages and abilities to achieve their skating goals.

Board of Directors

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PRESIDENT'S REPORT

December always seems to end the year on a crazy (but positive) note. The Holiday Gala was wonderful. I really enjoyed seeing everyone perform their numbers and it was great knowing that many of the skaters took the extra leap of faith and actually choreographed their own numbers. As a result of our fundraising efforts, we were able to purchase new lights to use around the rink. I don't know how many of you noticed them, but they are definitely brighter, they give us color choices and because they are LED lights, they are quite a bit lighter than the rope lights we have used in the past. Thank you to everyone who helped make that possible!!!

As a quick reminder, I need spring ice contracts if you have not turned them in yet. I have most of them but there are a few I am still waiting on. Feel free to scan and email them to me or you can take a picture and email me the picture. All-Ice contracts that were submitted at the beginning of the skating season are good for the whole year, so you don't need to turn anything in to me unless you want to make an adjustment to the hours you want to skate – then send me a quick email so I can record that.

We will have ice available through the holiday break time. Mondays and Wednesdays there is ice from 6 a.m. – 7:30 a.m. Tuesdays and Thursdays there is ice from 6 a.m. – 7 a.m. We will also have Wednesday nights from 6:05 p.m. – 7:45 p.m. We added the time this year because many members had asked for club ice time during the break so that the skaters could still work on their skills. There are no classes over the break, just ice time to work on your skills and have fun! Come join us if you can.

I hope everyone takes the opportunity to recharge and enjoy the holidays. I can't wait to see everyone next year at our Great to Skate event on Saturday, January 7th.

Jenny Slack

Ames FSC President

Save the Date for [Great to Skate](#) !

This year, [Great to Skate](#) will be on January 7th from 8:30-10:00 a.m. (note the corrected time) and is free and fun! This event is a great way to inform the public about the Ames Figure Skating Club.

Here are some of the activities that we have planned:

- * Games
- * Raffles- to include free skating passes and merchandise
- * An appearance from Popsicle the Penguin!!
- * Information tables on AFSC, Spring Show, Coaches/Lessons, Learn to Skate and Junior Board

Don't forget to tell your friends and family about [Great to Skate](#)! See you there!

Denise Turk

Natalie Murdoch

Birthdays

Makayla Cornelius (January 2); **Kiana Stadler** (January 2); **Alexandra Carlson** (January 4); **Emma Hood** (January 9); **Beth Modra** (January 11); **Tracy Gillen** (January 17); **Dave Flory** (January 20); **Billie Johnson** (January 25); **Kaydence Smith** (January 27).

Test Results (Official test results are sent from United States Figure Skating and then published.)

December 10, 2016 Des Moines Figure Skating Club

Helena Appau: Pre-Preliminary Moves in the Field

Lucy Ching: Juvenile Moves in the Field

Grace Forret: Intermediate Moves in the Field

Claire Maifield: Novice Moves in the Field

Aileen Murphy: Pre-Preliminary Free Skating

Joslyn Waelti-Johnson: Intermediate Free Skating

Outdoor Skating

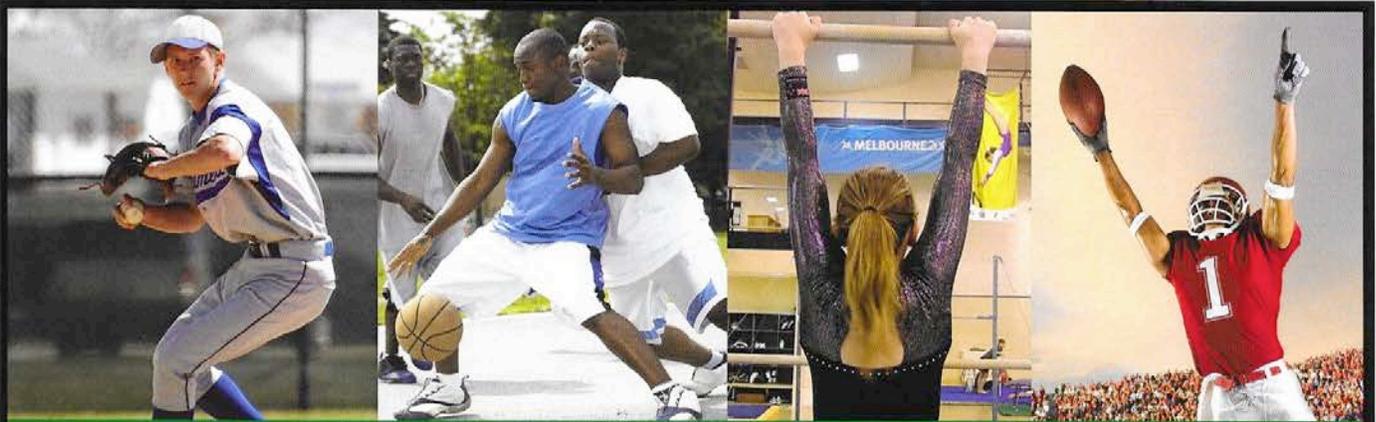
The City of Ames has had an outdoor ice rink at the North River Valley Park (near the Cottonwood Shelter) that has been used primarily for hockey. This year there will also be an outdoor ice rink in the parking lot of the Homewood Golf Course that will be for recreational skating. Both of these will be available once the weather is below freezing.

Skaters are reminded that skating on outdoor surfaces will have more dirt/grit and can dull blades. So if you skate in the skates you wear in the indoor arena you may need to have them sharpened before returning indoors.

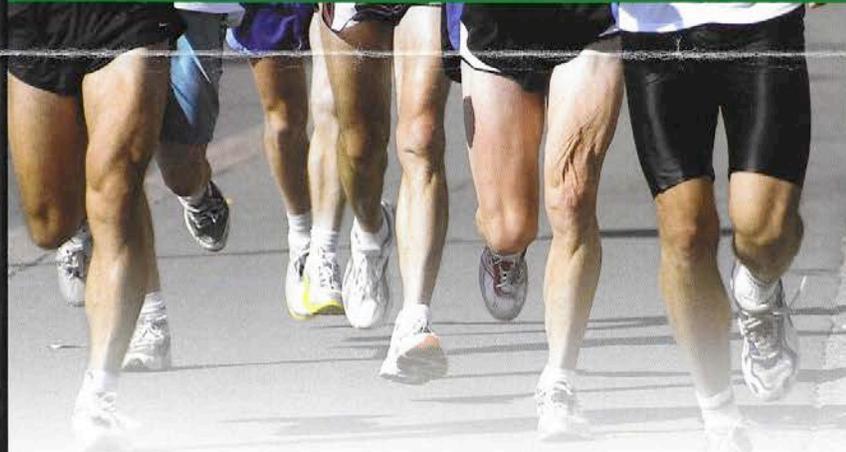
AFSC Board Meetings

AFSC Board meetings are held on the second Thursday of each month at 6 PM in the Igloo Room at the Ice Arena. The meetings are open to all club members wishing to attend.

Maybe we will see you at one this year?



COMPLIMENTARY INJURY SCREENINGS



- Sports Injury Evaluation
- Muscle and joint injury Evaluation
- Knee, shoulder and lower back injury prevention exercises
- Physician referrals
- Flexibility Assessments
- Strength Testing
- Exercise Recommendations

**Available Walk In
Screening Hours at
McFarland Clinic
Physical Therapy**

Somerset Office

Monday 7:30-9:00 am
Wednesday 4:00-6:00 pm
2707 Stange Rd
Suite 2012
515-956-4014

North Ames Office

Monday 12:00-2:00 pm
Wednesday 7:30-9:00 am
3815 Stange Road
515-956-4970



McFarland Clinic PC

www.mcfarlandclinic.com

If you are interested in the above injury screenings contact Jake Moore, DPT with McFarland Physical Therapy Somerset at 515-956-4014 or email jmoore@mcfarlandclinic.com for more information.