

Garden State Skating Club

Newsletter

Produced by GSSC Junior Board

Stars on Ice: Lila Earle & William Lissauer

By: Emily Chang, *President and Editor-in-Chief*



CONGRATULATIONS ON QUALIFYING FOR THE 2020 EASTERN SECTIONAL ICE DANCE/PAIRS CHALLENGE!

Lila Earle (11 yrs old, Brielle, NJ) and William Lissauer (12 yrs, Marlboro, NJ) are ice dance partners who have been skating together for four years now. They practice five days a week and their coaches are Sinead Kerr, Gary Irving, Roland Burghart, and John Kerr.

Lila began skating at 5 yrs old and started ice dancing with William at 7 yrs old. She praises her partner and says, 'William is always there for me and makes sure I stay safe. He is honest, nice, and smart. Overall, he is a great partner and person'. Lila enjoys ice dancing because she 'loves learning different styles of dance and enjoys performing them for an audience'. Her skating aspiration is to earn a place on the Olympic ice dance team.

William also learned to skate at 5 yrs old and partnered with Lila at 8 yrs old. William enjoys ice dancing more than any other skating discipline and finds 'dancing with Lila helps ease my nervousness at competitions a bit. I don't like skating alone'. William 'admires how mature Lila is as a person. Also, she's a lot of fun to skate with. She makes me laugh.' William also has goals of competing in the 2026 Olympics.



**BEST OF LUCK
LILA & WILLIAM!**

2019 - 2020 GSSC JUNIOR BOARD OFFICERS

Emily Chang

President
Editor-in-Chief

Paige Ruggeri

President
Event Planning

Noelle Zavattieri

Vice President

Anna Merlino / Gwen Afanasewicz

Secretary

Camryn Aprilante

Treasurer

JUNIOR BOARD MEMBERS

Evelyn Jones, Lindsey Lissauer, William Lissauer, Sophia Newman, Francesca Olivieri, and Syena Schaad

JUNIOR BOARD ADVISOR

Christine Merlino, GSSC Secretary

CONGRATULATIONS !



CAMRYN APRILANTE
2019 National Festival
Excel Series Finalist



PAIGE RUGGERI
Double Gold
Regional Qualifier



MADISON CAMPBELL
2019 National Solo Dance
Gold/Intl Shadow
Gold Pattern



EMILY CHANG
2019 National
Solo Dance
Gold Pattern



NOELLE ZAVATTIERI



SYENA SCHAAD

2020 Regional Qualifiers

WELCOME NEW MEMBERS!

Olivia Aydin
Dana Piliere

Madison Campbell
Charlize Rizzo

Skaters Celebrate Accomplishments at Annual Awards Banquet

By: Paige Ruggeri, *President and Staff Writer*

The Garden State Skating Club's awards banquet was held on March 24, 2019 at the Waterview Pavilion in Belmar, NJ. This annual event brings members together to enjoy and celebrate skaters' accomplishments from the past year. Everyone always loves getting dressed up and seeing one another outside of the ice rink.



All the skaters received their awards and pins for their tests passed in the 2018 season. **Anthony Aprilante** received the Kuykendall Award for his endless contribution of his time and talents to the Garden State Skating Club. **Anna Merlino** was awarded the Catherine D. Morocco for her sportsmanship to members on and off the ice. The Francis Spatcher awards went to **Emily Chang** (1st), **Paige Ruggeri** (2nd), and **Syena Schaad**

(3rd). These skaters received the award based on accumulated points for their competition placements and test achievements in 2018. Also, certificates were awarded to skaters who represented our club at North Atlantic Regionals this past year in Lake Placid, New York. Our club's regional skaters were **Paige Ruggeri** and **Syena Schaad**. **Emily Chang** received a certificate and grant for representing our club and medaling at the 2018 National Solo Dance Championships in Hyannis, MA.

The Garden State Skating Club had a special presentation for **Vivian Reid**, our graduating senior from her coach, Caroline Nikola. Reid has been a member of the club for 5 years. It was great for all to hear about her skating journey and accomplishments, and we wish her all the best in the next stage of her life.

The banquet was also full of fun besides the awards! There was a fabulous basket auction for families to try to win. The DJ entertained everyone for a very fun afternoon as the event came to an end. The banquet was a success and as always, it was nice to see the club come together.



Competing at the Inaugural Excel National Festival

by: Camryn Aprilante, *Treasurer and Staff Writer*



My name is Camryn Aprilante. I am 14 years old and I have been skating for 6 years. This season, I competed in Excel Pre-Juvenile Plus and I skated to *Someone in the Crowd* from La La Land. The Excel Series was a new series that started this year and consequently, I had no idea what to expect. With a new scoring system and a new goal to qualify for nationals, I was very excited to compete. This year's Nationals was held at the Panthers Ice Den in Coral Springs, Florida. In order to qualify for the Excel Series Nationals, I had to compete in two qualifying competitions and place within the top 6 of my Eastern Section.

I skated two qualifying competitions for Excel Nationals. The first was at Morris Open and the other was at Southern Connecticut Open, which placed me 3rd in the Eastern Section. I was super excited to qualify for Nationals because my practices leading up to

nationals were filled with many run throughs of my program and I worked on getting it consistent every time. The week before I left for nationals my practices were inconsistent but overall, I left feeling ready to skate in Florida.

Getting to Florida was very exciting! The first day, there was a camp for all of the skaters that qualified. There were 3 different classes that I attended. The first one was an on-ice class to help with presentation skills while skating. This class was taught by 3 members of Team USA. Next, there was an off-ice hip hop choreography class, and finally a ballet and stretching class. All of the classes were a lot of fun and gave the competitors a chance to get to know each other.

Competing at the Inaugural Excel National Festival (*cont'd*)

by: Camryn Aprilante, *Treasurer and Staff Writer*



Finally, it was the day of the competition! I had to wake up super early to get on the practice ice and then compete. Before my practice ice, I was very excited but still, a tiny bit nervous. But after my practice, I felt ready to put out a good program. When my turn came to do my program, it was not perfect, but I was still happy with how I skated.

Although I missed points on

important elements in my program, I now I know what I need to work on and fix for my next competitions. In the end, I placed 14th out of 18 girls.

From start to finish, the opportunity to participate in the first US Figure Skating Excel National Festival was something I will never forget. Getting to meet skaters from all over the country and learn from members of Team USA were some of my favorite moments of the trip. It took a lot of hard work to get there, but it was all worth it!



GSSC Raises Over \$10K for Sk8 To Elimin8 Foundation

by: Noelle Zavattieri, Vice President & Staff writer

GSSC's inaugural Sk8 To Elimin8 Cancer Fundraiser was a huge success, raising \$10,475 to support cancer research and clinical trials. Sk8 to Elimin8 is the nationwide fundraiser for the Scott Hamilton CARES Foundation. Scott Hamilton, an Olympic gold medalist and cancer survivor, has been inspired by his life experiences to make a difference with his love for figure skating. Hamilton was plagued by a childhood disease that stunted his growth and later in life, battled testicular cancer which was treated and cured but only to be diagnosed with a benign pituitary brain tumor on three separate occasions. He fought hard and eventually overcame his many medical issues. Just like his signature black flip move, Hamilton wants to "Turn Cancer Upside Down."



Emily Chang, Junior Board President, organized and led GSSC's Sk8 To Elimin8 fundraiser event. She has been closely involved with this charity for the past few years. It's an important charity for her as she lost her grandmother against gallbladder cancer three years ago. Chang is 'very grateful for the support of [her] skating club members and excited to have the club participate and join the Scott Hamilton CARES Foundation family in their efforts to raise funds for cancer research'.

GSSC Raises Over \$10K for Sk8 To Elimin8 Foundation (*cont'd*)

by: Noelle Zavattieri, Vice President & Staff writer

On August 14, Chang along with her Junior Board members came together to celebrate their successful fundraising efforts with a Sk8 to Elimin8 event in which they challenged themselves to skate a Frozen 5K (33 laps around the rink).

Our members took much pride in this event and loved the program and its benefits to the community. **Anna Merlino**, GSSC Junior Board Secretary, is happy with what she has done for Sk8 to Elimin8 so far. She says, “My favorite part of Sk8 to Elimin8 is spreading the word so people I know can consider donating. I also like how all of the money that you donate goes straight to the cause.” **Camryn Aprilante**, GSSC Junior Board Treasurer, feels the same way. She explained, “The best part about raising money for Sk8 to Elimin8 is that we are helping people that are probably suffering and now more people can help support the cause because of us promoting it.”



Skaters Support Cardiac Screening For Athletes

by: Anna Merlino, *Secretary and Staff Writer*

Nicole's Heart Foundation's mission is to raise awareness and educate the community about the importance of cardiac screening for high school students and athletes. This non-profit organization provides free cardiac screenings for local high schools. Our Garden State Skating Club has helped this foundation by volunteering at their annual 5K Run/Walk. The event is in honor of Nicole Trott, who passed away at the young age of 18 due to a sudden cardiac arrest from an undiagnosed congenital

heart defect called Anomalous Left Coronary Artery from the Pulmonary Artery (ALCAPA). Like our skaters, Nicole was an athlete. She was a gymnast, a varsity cheerleader, and pole vaulter. Nicole was also a member of the National Honor Society.



This year's 5K Run/Walk was actually the foundation's third annual run, and the third year that the Garden State Skating Club has helped out. During their first and second annual runs, the weather was rainy so it was more difficult to complete the run, however it seems that the third time's the charm because the weather was amazing this year! Our skaters helped by handing out Nicole's Heart wrist bands and information pamphlets to the runners as they arrived. They also helped out by handing out cups of water to the runners at the halfway point in the run, and even as the runners passed by the finish line. This year, the skaters even helped by handing out the gifts to people who won the raffles that were set up for the event. Not only was our volunteer support helpful towards the Nicole's Heart Foundation, it also promoted skating and our club to the community. Our time and efforts gave off positive vibes about our club's willingness to help as we support their cause of the importance of cardiac screenings for students and athletes.

Skaters Showcase Their Programs at Summer Exhibition

by: Sophia Newman, Staff Writer



On August 14, family and friends filled the bleachers at Howell Ice Arena to watch 14 skaters perform at the 2019 GSSC Annual Summer Exhibition. During the exhibition, skaters ranging from Snowplow Sam up to Senior level, showed off their personalities and exquisite moves and skills throughout the programs. **Emily Chang** introduced the skaters throughout the show which was opened with **Paige Ruggeri** skating to 'Never Stop Falling in Love' and closed with **Camryn Aprilante** skating to "La La Land".

This year's exhibition was to also celebrate the funds raised by the GSSC Junior board for the Scott Hamilton Cares Foundation, Sk8 to Elim8 Cancer Campaign. The event ended with a 5K lap challenge in celebration of exceeding our fundraising goal.

Thank you to our coaches for your support and commitment. We all would not be able to do this without each of your support. Looking forward to GSSC Summer Exhibition 2020!

2019 Summer Exhibition Skaters

Paige Ruggeri	"Never Stop Falling in Love"
Valentina Cipriati	"The One That I Want"
Portia Castellano	"Safe to Shore"
Noelle Zavattieri	"Fix You"
Anna Merlino	"Me & My Girl"
Sofia Cipriati	"A Thousand Years"
Maren Vaklavik	"Implicit Demand for Proof"
Elizabeth Richardson	"Take on Me"
Racheal Gaynor	"Ride"
Layla Gramiccioni	"Delicate"
Francesca Olivieri	"Beauty and the Beast"
Evelyn Jones	"Alice In Wonderland"
Syena Schaad	"Don Quixote"
Camryn Aprilante	"La La Land"

Learning to Compete

by: Syena Schaad, *Staff Writer*

Sometimes do your nerves affect your skate at a competition? I have been competing for about 5 years and I still get nervous about competitions. Depending on who you are, you can be very, just a little, or not nervous at all. Dealing with your nerves is very important. Many strategies can help calm your nerves. Breathing is a good strategy. When your breathing, it helps to take deep breaths and imagine yourself trying to blow up a big balloon. Another strategy is listening to music. I like to listen to music as it puts me in my zone and helps me stay calm. It is good to be nervous before you compete because it makes you stay focused and keeps your adrenaline going.

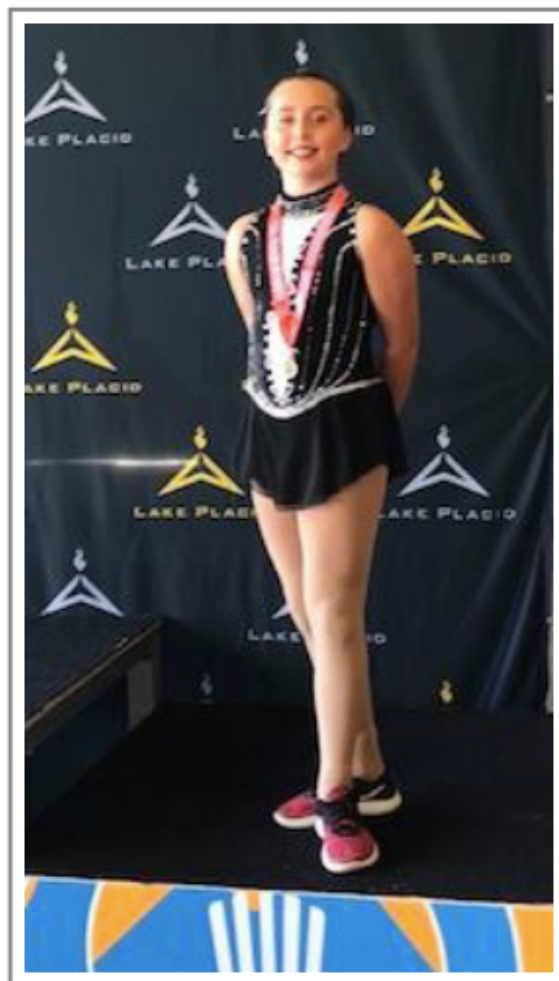


Before you compete, it is important to set a goal or goals, for yourself. A goal is the objective of a person's ambition or effort or an aim or desired result. Goal setting is a good strategy. I had a goal to do a good sit spin in competition. I didn't skate my best but I accomplished my goal and I was proud.

When it is time for you to skate your program, it is important to have confidence in

yourself. Before stepping onto the ice, it helps to take deep breaths to stay calm. At the end of your program, even if it wasn't your best skate take a bow. Having a positive attitude is always important. Instead of being angry and upset, try to learn from your mistakes to improve your skate next time. There's always room for improvement in your program.

Having good sportsmanship is crucial. If you don't skate to the best of your ability you should stay positive and try to look on the bright side. There will be more competitions ahead. Don't be discouraged. Try to set a goal of doing one thing better next time and always persevere. If you end up in 5th place or even last place, remember to stay strong and congratulate your other competitors.



Five GSSC Members Recognized For USFS Get Up Award

by: Evelyn Jones, *Staff Writer*



This year five skaters from Garden State Skating Club won the Get Up Award. These skaters who won the award truly demonstrated positive thinking and motivation and never giving up in face of struggles. **Noelle Zavattieri** noted that she ‘felt really great to win the award and it was an honor and [she] hope[s] to influence younger skaters’. Zavattieri loves skating with all the younger members and teaching them about skating.

Gwen Afanasewicz, Camryn Aprilante, Emily Nesson, Syena Schaad, and Noelle Zavattieri are true role models for the younger members in the club.

“Don’t Give Up, Get Up”

CONGRATULATIONS!

Tests Passed

April 2019 - August 2019

Camryn Aprilante - Juvenile Free (August 2019)

Lindsey Lissauer - Silver Dance (June 2019)

Noelle Zavattieri - Intermediate Free (July 2019)



2019 National Solo Dance Final

September 4-7, 2019

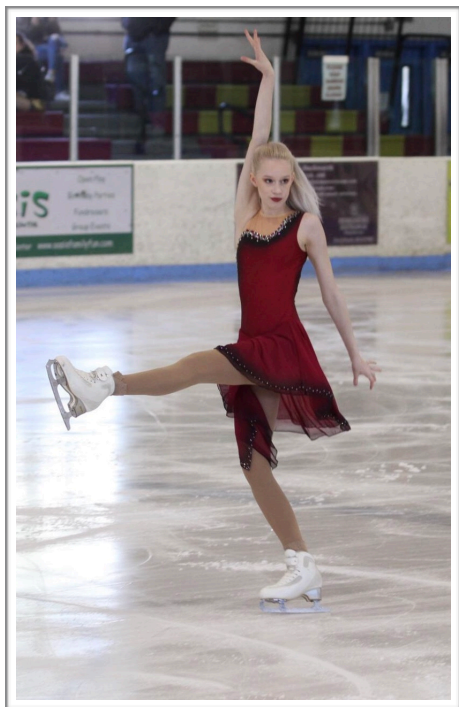
Peaks Ice Arena

Provo, Utah

MADISON CAMPBELL

12th Place, Gold Pattern Dance

Pewter Medalist, Gold/Intl Shadow Dance



EMILY CHANG

9th Gold Pattern Dance



PINK in the RINK

at the Howell Ice Arena



Purchase Pink Scrunchies & Hair Ties

during the Garden State Skating Club freestyle sessions throughout Oct

Skate to Show Your Support During Breast Cancer Awareness Month



