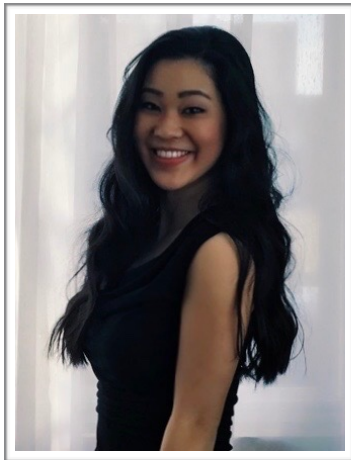


# Garden State Skating Club

## Newsletter

Produced by GSSC Junior Board

### Stars on Ice: Emily Chang



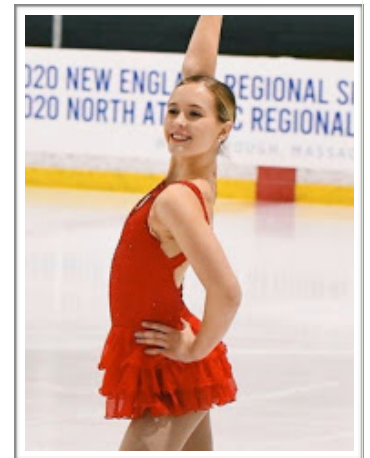
Emily Chang, 18-year old senior at Ranney School, has been skating for over 12 years. She is coached by Kenneth Foster, Sinead Kerr, Stephanie Roth, and Lynn Massone.

Chang competes in both freestyle and solo ice dance, dedicating much time and effort to balancing both disciplines. Although this is a lot of work, she finds it very rewarding as she has gained many valuable skills that have made her a stronger skater, mentally and physically. While she initially disliked ice dance because she found it boring without jumps, she now realizes how beneficial it has been to her skating career.

Chang's biggest accomplishments include being a Triple-Gold Medalist and winning four National Solo Dance medals. She is grateful for all the places she has traveled and people she has met as a result of the sport.

### Paige Ruggeri

As my mom laced my skates, my feet were hugged into the shiny white boots with thin, silver blades. I was six years old and could not



take my eyes off the ice: vast, glistening, unmarked -- perfect. When the coach gave us the go ahead, I stepped over the barrier and cut into the ice for the first time with my very own blades. As I pushed forward and felt my two feet glide, I felt free. I could hear the steel of the blades gripping into the ice, cutting patterns into the ice like a brush on a canvas, painting a picture with my skates. This was my first marking on a clean-cut sheet of ice that I would make millions of marks on over the next decade.

#### 2019 - 2020 GSSC Junior Board Officers

**Emily Chang**, President & Editor-In-Chief

**Paige Ruggeri**, President & Event Planning

**Noelle Zavattieri**, Vice President

**Anna Merlino**, Secretary & Newsletter Editor

**Gwen Afanasewicz**, Secretary

**Camryn Aprilante**, Treasurer

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

## Stars on Ice (cont'd)

### Emily Chang

Chang is also a Learn-to-Skate instructor, teaching group classes and private lessons. She enjoys imparting her knowledge and inspiring the next generation of skaters.

Outside of skating, Chang enjoys writing, traveling, listening to music, and spending time with friends and family. As skating is such a major part of her life, Chang plans to continue the sport into adulthood. She looks forward to going to college in the fall and beginning the next chapter of her life.



### Paige Ruggeri

There was never a time that I didn't want to skate. I have always loved going and learning more and more. All of the hard training days in and out had led to competitions, to testing. I was able to compete at my first USFS North Atlantic Regionals when I was in 5th grade and 7 more after. I became a pair skater and competed at 4 USFS Eastern Sectional Championships and 4 USFS Championships. Skating is not always easy and can be a very frustrating sport, but it teaches one an incredible work ethic of always going after things and to never give up. Such perseverance can carry you far in skating and in all aspects of your life.

In our basement, there are 16 boxes of skates, worn over the last 13 years, that have led me on a journey not just in skating, but life. I can open each of the boxes and remember the tracks and grooves I made on the ice with each pair. Each pair of skates brought about a new year with learning new skills and new goals, but some pairs in particular hold special memories of spins and landing jumps that took years to accomplish.

Memories of landing my single axel and my double axel, memories of great skates and skates that I was at the bottom. Memories of my coaches and friends, of my music and my dresses. My skates taught me to never give up, how to work hard, sportsmanship and friendship, and to always love what you do. I thank my coaches, parents, and friends for the incredible opportunities they have given me through my skating and I will always be grateful. I thank my skates for teaching me so much on the ice, but at the same time they were preparing me for the next big steps in my life.

# The GSSC DIARIES

by: Francesca Olivieri

The Garden State Skating Club (GSSC) was established in 1954, and Carl DeAngelis has been a member of the club since its early years. I had the pleasure of meeting Mr. DeAngelis and listening to his wisdom and perspective on the club's history. He began skating around the age of 7 on a lagoon off of the Navesink River, known as the Fourth Creek. Many of his neighbors came to skate on this lagoon as well. One of those neighbors happened to be Evelyn Chandler, National Champion and star of Ice Follies. She was a pro, coach back then. Evelyn Casino Ice Palace skating Park Boardwalk. It was there GSSC and learned school levels and also qualified GSSC was among the top the East Coast during this holiday shows, GSSC boasted World Champion and Dick Championships, 5 World National Championships. skaters were Harry Stafford Lussi, who has a rink in Lake was during Mr. DeAngelis' also introduced to ice partner Gayle Delaney. After



which was another term for Chandler brought Carl to rink, located on the Asbury that Mr. DeAngelis joined the figures, which determined skaters for competitions. four figure skating clubs on era. Between pros and skaters such as Megan Taylor, Button, winner of 2 Olympic Championships, and 9 Among other well-known and Dick Button's coach, Gus Placid named after him. It time in the club, that he was dancing with his dance having competed in the 1959

North Atlantic Bronze Dance Championships with Gayle (placing third after the initial round against much older couples), Carl pursued his individual figures and freestyle skating, but more intermittently. Although still skating through high school "less seriously," Carl pursued other activities and was a varsity gymnast performing axels and other skating moves in his floor routine. In his 20's he spent some months in northern India, in the town of Simla, finding himself skating again on an outdoor rink in the Himalayas. After his time in India, Mr. DeAngelis traveled back to New Jersey, reuniting with GSSC at the Ocean Ice Palace in Brick, passing his third figure level to qualify himself

for the Masters category in Adult Competitions. He became head pro and assistant manager at New Shrewsbury Ice Rink, coaching students and champions, all while studying at NYU, working towards earning a degree in Social Sciences. He later earned a law degree, got married and started a family. While in his early 30's, he was busy with work commitments and raising a young family, not allowing the same involvement in the club. However, he did pass two of his Silver Level Ice Dances during that time. As his three children grew, he introduced them to the world of figure skating through GSSC in Wall. Later on, he also entered into adult figure skating competitions throughout NJ and the U.S.A. In his late 50's he competed against much younger men, qualifying for Adult Nationals in Lake Placid. One of his competitors was Larry Holliday, who was doing triples, yet Mr. DeAngelis received a standing ovation as the eldest competitor present at that time. He went on to Nationals in Kansas City the next year, and all of this was accomplished while representing GSSC as an active member. He was invited to be a board member in an advisory role, where he helped rewrite club By-laws and so much more. Through all of Carl's life and skating experiences, his advice is to "always be kind and encouraging to your fellow skaters." Mr. DeAngelis, we thank you for being an integral part of our club and keeping all of the memories and history alive.







*The GSSC Junior Board held its annual essay contest for its full members, ages 13 years old or younger. Submissions were in response to the question "What drives you to skate?".*

*We are excited to announce this year's essay contest winner;*

**Sophia Cipriati**

*Please enjoy Sophia's winning essay below!*

**Congratulations!**



*Sofia loves to perform. When she's not on the ice she does acro, dance, theater and singing! She is a huge Disney fan and Star Wars lover and in her "spare" time she loves to just chill with her sister and her best friends.*

## **Skating with Motivation!**

by: Sophia Cipriati

Do you like figure skating? Well I do! Today I am going to be talking about what motivates me to skate. When I started skating, I was only four years old. When I was four, I joined the Learn to Skate program. I did Learn to Skate for two years. When I was six years old, I got a letter asking me to join the Garden State Figure Skating club. Ever since the age of six, I have been competing. In my first year of competition, I skated to the song Under the Sea. Do you ever feel like you are in another world? Well, when I skate, I feel like I am in another world and all I can see is the pure white ice in front of me. I can hear my sharp blades gliding across the ice. Swish, swish! My coaches motivate me to skate because they know what I need to do to help me improve. They are always there to help when I am confused and don't know how to do something. Another reason I love skating is that when I am on the ice, I am free to do what I want and to let my heart shine out to the crowd and people around me. Finally, skating is a sport that requires strength and creativity. I love feeling strong and challenging myself to work hard. Figure skating is my absolute favorite thing to do!





## GSSC Holiday Show

by: Lindsey Lissauer

The 2019 Garden State Skating Club Holiday Show was most certainly one to remember! With all the solo and group acts and their sparkling performances, how could anyone miss it? All the holiday-themed programs really got the crowd into the holiday spirit (along with some hot cocoa) and the skaters poured their hearts out onto the ice for the audience to enjoy.

Starting off the night we had Lila Earle and William Lissauer, ice dancing along the ice to “White Christmas,” followed by soloist Paige Ruggeri to “River.” Sofia Cipriati skated next, performing to the Christmas classic, “Where Are You Christmas?” Then Maren Vaclavik to “Sweet Holidays,” Portia Castellano to “Underneath the Tree” and Camryn Apilante to “Baby, It’s Cold Outside.” Natalie Abadir performed to the iconic “Let it Go” and O’Hara Kane-Assalty skated to the delicious-sounding “Hot Chocolate Song.” Francesca Olivieri skated to “I Saw Three Ships,” followed by Evelyn Jones who skated to “Mr. Grinch.” Portia Castellano and Sofia Cipriati skated a duet, “Rocking Around the Christmas Tree,” and Anna Merlino burned it down with “Fire on Fire.” Camryn Aprilante and Syena Schaad performed in a duet next, followed by Seanna Haar skating to “Jingle

Bells” and Shea Haar who brought us the timeless “Nutcracker Suite.” Noelle Zavattieri skated to “Please Come Home for Christmas.” Charlize Rizzo skated afterward to “My Favorite Things” and Syena Schaad gave “The Grinch” a second chance for all to enjoy. Layla Gramiccioni skated to “All I Want For Christmas,” followed by Rachel Gaynor, Elizabeth Richardson and Olivia Aydin with spirited holiday songs. Camryn, Evelyn, Anna, Syena and Noelle all came together and lit up the ice when they skated together to “Holly Jolly Christmas.” The show concluded with a solo by skater Emily Nesson who skated so beautifully to “The Prayer.” After everyone performed, the skaters were met by the one and only Santa Claus! Friends and family were able to get pictures with Mr. Claus on the ice, all while enjoying tasty dessert treats. All in all, the evening was truly a wonderful night to remember. We can’t wait to start planning for next year’s Holiday Show!



## SAVE THE DATE !

**2020 Holiday Show Spectacular**  
**Saturday, December 12th**  
**5:00- 8:00pm**

### Junior Board Volunteers at Holiday Express

by: Syena Schaad

Holiday Express is an organization that was founded by Tim McLoone in 1993 that brings hope, joy, and kindness to those in need and often forgotten. “The Holiday Express mission is to





deliver music, food, gifts, financial support and friendship to those in need for the gift of human



kindness during the holiday season and throughout the year.” Holiday Express travels and brings a holiday celebration including music and friendship to places such as soup kitchens, shelters, special needs programs, schools, children, and psychiatric hospitals. These places have people who are in need, less fortunate, or lonely. Holiday Express loves helping people and spreading kindness. The organization holds charity and fundraising events and reaches out to those in need all year long. This year, members of the Garden Skate Skating Club had the chance to volunteer at Holiday Express. The skaters helped by packing soap and gift bags into boxes. These items would later be distributed to guests at Holiday Express events. This was my first year volunteering at Holiday Express, and it made me feel delighted, knowing that I was helping many people in need. It was a fantastic and rewarding experience, and I hope to volunteer again at Holiday Express. The members of the Garden Skate Skating Club were proud to help contribute to the needs of the less fortunate and had a wonderful time volunteering at Holiday Express.





## GSSC Supports Operation Sleigh Bells

by: Evelyn Jones

This year, the Garden State Junior Board took part in helping Operation Sleigh Bells. Operation Sleigh Bells is a program that helps give to families in need around the holidays. We collected over 10 pairs of pajamas and hand delivered them to their warehouse. We also took part in helping them with their holiday care packages. We helped package toiletry kits and candy bags. One of our oldest members, Noelle Zavattieri, said “it felt great give back and know that what I was doing was going to a good cause!” One of our younger members, Francesca Olivieri, said “it

was an honor to volunteer for such an amazing organization that does so much for the community and it’s nice knowing all those items go to people in need!” Overall, the whole board had a great time working for this amazing organization that really dedicates their time to an amazing cause. We all really had fun and we hope to work for Operation Sleigh Bells in years to come.



## Paint the Rink Pink

by: Anna Merlino



According to the National Breast Cancer Foundation, about one in eight women will develop breast cancer in her lifetime. In order to increase breast cancer awareness, the Garden State Skating Club’s Junior Board put together small bags containing pink scrunchies and sold them at the Howell Ice Arena. Our scrunchie sales lasted throughout the whole month of October, which is dedicated to breast cancer awareness. This year, the Garden State Skating Club also partnered with the Howell Ice Arena in their “Paint the Rink Pink” event held from October 25-27 in their efforts to raise awareness and fundraise for breast cancer awareness. GSSC supported the rink by selling chocolate breast cancer awareness lollipops during their event. GSSC members, friends, and

families attended the event wearing pink and skated to show their support. It was especially fun to see all of our skaters wearing the pink scrunchies, as we all came together for the same cause. All of the money raised by the Garden State Skating Club went to the breast cancer awareness foundation.

## Interview with Adriana Ryan

by: Noelle Zavattieri

Adriana Ryan is a long-time coach and member of Garden State Skating Club. Before she started coaching figure skaters in 1991, she began skating at the age of seven years old. Adriana says that her biggest achievement as a skater is being awarded the silver medalist at Eastern Sectionals in the Junior Ladies event. Some of her favorite skating elements are double flip, layback spins, and Ina Bours. She loves teaching all figure skating levels, from Snowplow Sam to the elite levels. She is in charge of the Learn to Skate program at Howell Ice Arena. She inspires skaters of all ages. As a student of Adriana, I constantly see her as not only an inspiration to myself, but to all skaters. Not only does she teach me to be the best skater I can be, but she teaches me how to teach other young skaters as well. As I have progressively gone from coaching groups to private lessons, Adriana has been there to help me be the best coach I can be. She also helps me get over all my mental struggles and blocks. Whether I'm popping my double toe or just nervous in general, she helps me get over it and realize that I can do anything. She is one of the most inspiring people I have ever met. Anna Merlino, a student of Adriana, says, "I like being coached by her because she is able to get me to understand that I am capable of doing things, even if at the moment I don't feel like I can. I like how she believes in everyone at the rink and is able to get her skaters to realize that they can do it."





Emily Nesson, a collegiate member, includes, “There are many things that I love about Adriana both as a coach and as a person. She has been my coach since 2006, when I was five years old. Adriana has always made me feel cared for and important by not only encouraging and guiding me in accomplishing my goals, but also listening to me with great understanding and patience when I was struggling. Her commitment to me and my skating never wavered, whether I was standing on the podium at Regionals or beating myself up for not completing a clean program. As I've gotten older, I now see Adriana not only as my former coach but as a trusted friend and confidant.” Thank you Adriana for being an amazing coach and mentor to every single skater on the ice!

# GSSC & Howell Ice Arena Celebrate National Skating Month - January 2020

By: Camryn Aprilante

While most people know that January marks the start of a new year, many would be surprised to learn that January is also “National Skating Month.” According to [usfigureskating.org](http://usfigureskating.org), the goal of this month is to “launch a large-scale annual campaign to get families across the country to try ice skating for the first time.” On January 25, the Garden State Skating Club hosted its second annual “National



Skating Month” event. During a public skate session, a total of eight skaters and two coaches from the Garden State Skating Club participated. They showed off their skills while wearing their club jackets that promoted Garden State Skating Club. Club members also provided free lessons to people of all ages during the public skating session. The lessons were so successful that the ice was filled with individuals learning a new skill. Whether it was skating backwards for the first time, attempting a bunny hop, or simply learning a basic glide, everyone who participated in the lessons were challenged to try something new. Club members also promoted the Garden State Skating Club by providing information to anyone interested in signing up for Learn to Skate lessons. Everyone who participated in this event also received giveaways that promoted U.S. Figure Skating and the Learn to Skate program. “National Skating Month” helped people learn more about skating and try a new skill for the first time. Judging by the smiles on the faces of all the participants, this event was a huge success!

## Tests Passed

September 2019 - January 2020

# CONGRATULATIONS!

Natalie Clark, Juvenile Moves in the Field, September 2019

Sophia Newman, Juvenile Moves in the Field, November 2019

Layla Gramiccioni, Pre-preliminary Moves in the Field, January 2020

Francesca Olivieri, Pre-preliminary Free Skate, January 2020

Maren Vaclavik, Preliminary Moves in the Field & Pre-preliminary Free Skate, January 2020

Syena Schaad, Intermediate Free Skate & Junior Moves in the Field, January 2020



## Upcoming Competitions & Test Sessions

By: Sophia Newman

Competition	Place	Date
2020 20th Annual Ice House Basic Skills Competition	Hackensack, NJ	Sunday May 3rd
2020 SCOSNJ Spring Invitational	Mt Laurel, NJ	Fri May 15 - Sat May 16
2020 Nassau County Figure Skating Championship	Hicksville NY	Fri May 15 - Sun May 17
2020 SCOCNJ Memorial Skate	Somerset, NJ	Sunday June 21
2020 Garden State Games	Westwood, NJ	Fri June 12 - Sun June 14

## Test Sessions

Club	Place	Date
Essex Skating Club of New Jersey	Summit, NJ	Wed, May 13 Deadline: Thu, Apr 30
Essex Skating Club of New Jersey	Summit, NJ	Wed, Jun 10 Deadline: Wed, May 27