

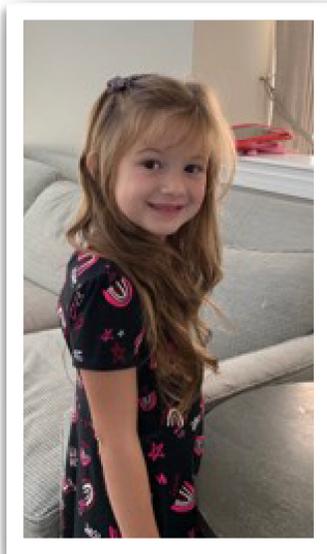
# Garden State Skating Club

Newsletter Produced by GSSC Junior Board

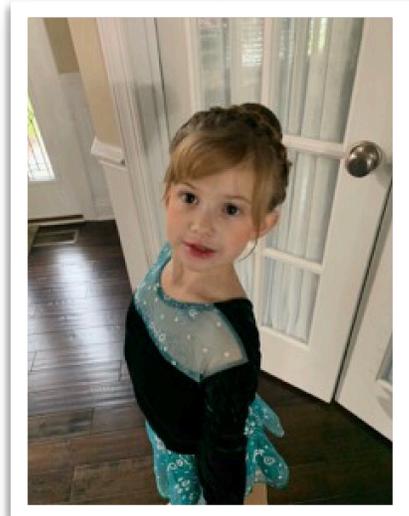
## Star On Ice: Charlize Rizzo

By Sophia Newman

Charlize Rizzo is 7 years old and lives in Howell. She is a second grader attending Adelpia Elementary School. This young skater started her journey Fall of 2018, with the Learn to Skate program. Originally, she joined because she wanted to be like her mother—who skated when she was younger - but learned quickly



how much she loves being on the ice and this is where she wants to be. Charlize trains with her coach Caroline Nikola twice a week on her Freestyle moves. Currently, this motivated young skater already mastered her two-foot spin and is now working on her scratch spin. When I asked Charlize what was one of her goals, she said “Is to have the best sit spin!” Now that the rink is back open, due to the close of the pandemic and quarantine, Charlize mentioned that she is extremely happy to be back on the ice and to do what she loves...SKATE. This confident young girl loved skating at the 2019 Holiday Show to her program “My Favorite Things”. GSSC cannot wait to see what Charlize achieves this skating season!



**Welcome New GSSC Members**  
 Lauren Ramirez  
 &  
 Isabella Soto



### **2020 - 2021 GSSC Junior Board**

#### **Junior Board Officers**

Noelle Zavattieri, President

Camryn Aprilante, Vice President Anna Merlino, Vice President & Editor-In-Chief

Evelyn Jones & Syena Schaad, Secretaries

Lindsey Lissauer & Sophia Newman, Treasurers

#### **Junior Board Chairs & Members**

Francesca Olivieri & Maren Vaclavik, Hospitality Chairs

William Lissauer, Board Member

# Staying Active Off The Ice

By Lindsey Lissauer

Ah, quarantine; being stuck at home for months on end. The skating rinks were closed down, all the gyms had closed, the coaches were staying at home and the skaters were left without their ice rinks. “How am I supposed to stay in shape for skating?” you might have asked. There were many things we did to stay fit so we’d be raring to go when the rinks opened back up. Here are just a few of them:

First, there’s the workout video. It’s as simple as going on Google or YouTube and searching for any specific workout that you were looking for. These videos are designed to keep your body in a healthy condition for whatever you’re doing. Doing these during quarantine definitely would have kept your muscles in shape so when you stepped back out onto the ice, it would be almost as if you never left in the first place.

There were also off-ice Zoom lessons that coaches and high-level skaters were hosting during the quarantine. Different forms of off-ice training from Olympic-level skaters and all different coaches were suddenly right on your computer screen. For example, there were dance classes being hosted by Zachary Donohue and Jean-Luc Baker, both Olympians, while the rinks were closed down.

Other ways to keep your skills sharp were practicing twizzles and spins on a spinner, working on your spirals and leg lifts, as well as walking through step sequences.

Staying active and engaged in figure skating during the quarantine could have even been as simple as going for a jog or run through the neighborhood or on a treadmill once per day, or looking into a specific Zoom session with a certified trainer or professional. There really are many ways to stay fit for skating, even without being on the ice.

## Off Ice Home Workouts

By Anna Merino

Throughout the course of the Coronavirus pandemic, GSSC skaters have been compelled to guide they’re own workouts off of the ice. Not having the ability to continue training in the rink, many figure skaters are compiling their own workouts that target areas of their body that are used in figure skating. These exercises consist of leg workouts, arm workouts, and core workouts. Below is an example of listed workouts you can do at home to enhance your strength and to lessen your limits. These workouts can apply for figure skating, however they are beneficial for other purposes as well.

## Leg Day

- Squats (3 sets of 10 reps)
- Lunges (10 reps on each leg)
- Pistol Squats (10 reps on each leg)
- Donkey Kicks (10 reps on each leg)
- Side Lunges (10 reps on each leg)
- Calf Raises (3 sets of 10 reps)
- Glute Bridges (3 sets of 10 reps)

## Arm Day

- Tricep Dips (1 set of 10 reps)
- Shoulder Taps (10 reps on each side)
- Tricep Dips (1 set of 10 reps)
- Punches (10 reps on each side)
- Raised Arm Circles (1 set of 10 reps)
- Punches (10 reps on each side)

## Core Day

- Elbow Plank (20 seconds)
- Raised Leg Plank (40 seconds on each side)
- Side Plank (40 seconds on each side)
- Raised Leg Hold (20 seconds)
- Leg Raises (20 seconds)
- Slow Kicks (20 seconds)
- Raised Leg Circles (20 seconds in each direction)
- Side-To-Side Tilts (20 seconds)
- Side Leg Raises (40 seconds on each side)

## 2020 Awards Banquet

By Camryn Aprilante

This year the Garden State Skating Club held their annual award banquet on March 8th at The Colts Neck Inn. At the banquet we celebrate all the accomplishments that the skaters have accomplished and their hard work they have put in throughout the year. Skaters get recognized for things such as passing tests, competing at regional, sectional, or national competitions, being a part of the junior board, and much more. This year Syena Schaad won the Catherine D. Morocco award because she always shows great sportsmanship at the rink. Skaters earn points throughout the season



when competing and testing, the Francis Spatcher Award is given to the skaters that had earned the most points during their season; first place was given to Emily Chang, Lindsey Lissauer got Second, Camryn Aprilante got third, and Paige Ruggeri got fourth. Finally, we had to say goodbye to our high school seniors Paige Ruggeri and Emily Chang as they moved on to college. All in all, the banquet is always a fun time for all the skaters to socialize while outside of the rink and celebrate their successes.



## Beach Cleanup

By Syena Schaad

On August 24, the Garden State Skating Club Junior Board participated in a beach cleanup at Bay Shore Waterfront Park. There were six participants at the event. The beach cleanup lasted approximately an hour and a half. At the beach cleanup, the participants walked around wearing their masks, gloves, and carrying garbage bags. They picked up trash that was all over the beach. There were many plastic items on the beach, such as candy wrappers, bottles, straws, and bags. Picking up the trash on the beach made the environment cleaner and safer for wildlife and people who visit the beach.



It is sad to know people are polluting such beautiful landscapes and places. A member of the junior board that participated, Noelle, states, “It made me feel sad because there were so many full bottles that were just crushed and just thrown on the beach”... “It was very quiet, and it seemed like

such a nice place just to come and sit, and to see all the garbage was just very disappointing...” The junior board participants improved the environment to help our earth. Noelle states, “I felt good knowing that we were helping the environment.” Not only was this a fun event to help the environment, but it brought the participants closer together in an activity outside of the rink.

## Get Up Awards

By Noelle Zavattieri

The “Get Up Champions” program honors nominated skaters all over the nation for grit and passion they put into the sport of figure skating. It celebrates dedication skaters have for the sport. The U.S. Figure Skating website explains, “Our goal is to attract new skaters to the sport, grow our fan base and empower our members to take pride in who they are as figure skaters while making a positive difference in their communities.” The program has been running for the past four consecutive years, and is as strong as ever.



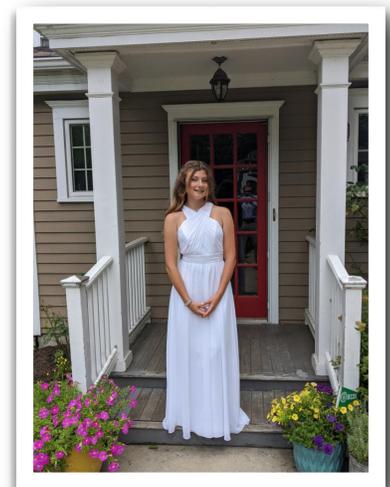
This year, Garden State Skating Club has nominated five skaters to be named Get Up Champions. The skaters are: Evelyn Jones, Layla Gramiccioni, Portia Castellano, Sophia Cipriati, and Sophia Newman. These skaters have shown the grit, passion, and dedication that the Get Up award embodies. Typically, our club would hold a small celebration to award the skaters with their medals and certificates, however unfortunately because of COVID-19, we were unable to do this, this year.



One of our champions, Evelyn Jones, said, “It feels really amazing to win

this award. I have a really fun time skating with all my friends, that falling doesn’t even matter to me anymore. I hope the younger kids in the club can learn from my experiences. Go Garden State Skating Club!”

Congratulations to these beautiful skaters! You all deserve this award and all of your achievements in the sport.



# Skating Safety

By Evelyn Jones



I am Evelyn Jones and I have been a part of the Garden State Skating Club for five years. Since the Garden State Skating Club has returned back to our home rink in Howell, many things have changed. It is no secret that COVID-19 has changed our lives in many ways, including skating. The rink has implemented various safety measures such as getting our skates on outside of the rink. This allows the skaters to safely get their skates on while being socially distanced and in an open area. We have also taken other measures like having our temperature taken before skating and wearing masks in and out of the rink.

I interviewed Francesca Olivieri about the rink opening with new safety precautions and this is what she had to say, “Hm, I feel pretty okay about it. I’m very happy to be back but glad we’re still taking precautions and being safe.” Although skating won't be back to normal for a while, I think I can speak for the whole club when saying we are at least happy we can still skate safely. Healthy and happy wishes to everyone!

## Coach Interview: Aimee Rosenthal

By Francesca Olivieri

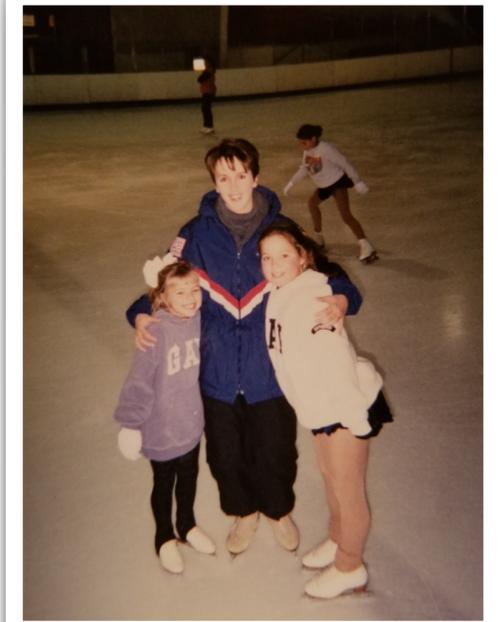
Questions:

What inspired you to begin skating and what age were you when you started?

My first time being on figure skates was for a family friend’s birthday party when I was four years old. Immediately my sister and I fell in love, and my mom knew she needed to sign us up for lessons. I began that same year!

What do you like most about skating?

I always loved skating, it’s a unique sport that is equally challenging and inspiring. It’s up to you, and only you, to show up, and give it your all. I loved learning new jumps, spins, and



all the friends I made along the way.

Do you have a favorite program or song that you skated to in the past?

This is a tough question, I loved a lot of my programs. One that stands out to me is the program where I skated to music from Peter Pan. I remember I wore an ombre blue dress, and the skirt was wispy. It was one of my favorites. I think my other favorite program, would have to be when Stephen Rice choreographed an exhibition number for me to I'm a Barbie Girl!

How did you hear about Garden State Skating Club and why did you join?

When I started group lessons, I was introduced to the Garden State Skating Club. Shortly after I began skating, I started lessons with Adrianna Ryan, and the rest is history!



Do you have a favorite spin or jump?

Since growing up my screen name and email was AxelAimee, it would be foolish of me not to say my favorite jump was the axel. There is nothing like the feeling you get when you land an axel for the first time.

Why did you become a coach and what do you like most about coaching?

I became a coach because I was inspired by my own coaches, they gave me the passion to skate, and want to continue it as a career! I have also always loved teaching, the sport, and I couldn't imagine my life without having figure skating in it. I love coaching because I get to put my skates on every day, and inspire others to love the sport, challenge themselves, and to be the best they can be every time they try.

GSSC's

# Pink in the Rink

campaign

Purchase Pink Paracord Bracelets  
during the Garden State Skating Club's freestyle sessions throughout October

Skate and show your support during Breast Cancer Awareness Month

# CONGRATULATIONS

## Tests Passed

Anna Merlino, Juvenile Moves in the Field, February, 2020

Lindsey Lissauer, Paso Doble & Starlight Waltz, August 2020

## Good luck in the 2021 U.S. Figure Skating Championship Series

Lila Earle & William Lissauer

&

Syena Schaad

