

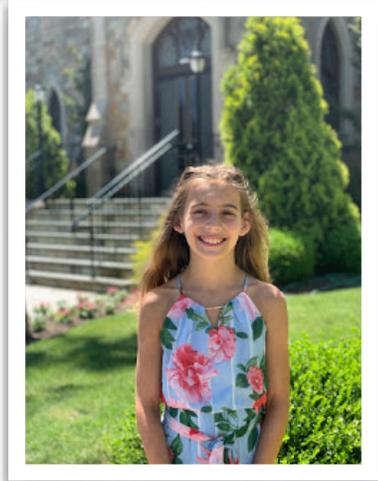
# Garden State Skating Club

Newsletter Produced by GSSC Junior Board

## Star On Ice: Portia Castellano

By Noelle Zavattieri

Portia Castellano is 12 years old and lives in Wall Township. She currently attends Wall Intermediate and is in sixth grade. She started her skating journey in the beginning of 2015. Portia happily explained, "I started skating because my dad played hockey and he saw a flyer for the 'Frozen On Ice' camp at the rink. So, my parents put me in the camp and then Learn to Skate. I just fell in love with the sport and couldn't get enough!"



Portia is coached by Aimee Rosenthal. Portia says her favorite skills are the loop and flip jump. Her current skating goals are to become a better skater overall and to land her lutz. When she isn't at the rink, she spends her time participating in competitive Irish dancing and sewing.

Portia explained that her favorite memory from skating was her first competition. The feeling of having her whole family there made her feel excited, nervous, and powerful all at once. Portia explained that it was a feeling she had never felt before and knew from that moment she was hooked on competing.

Congratulations to Portia for being this edition's incredible Star On Ice!

**Welcome New GSSC Members**  
Elayna Ambrosial, Sophia Korol,  
Joran Sisk & Jocelyn Xu



### **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 & Jocelyn Xu, Board Members

## New Freestyle Ice

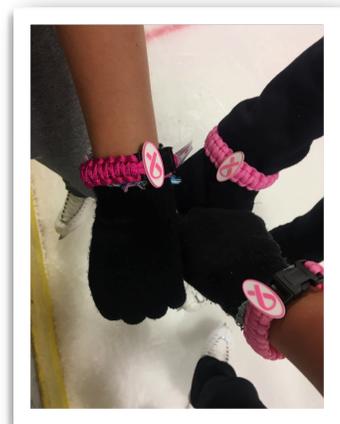
By Anna Merlino

Due to the coronavirus pandemic, it had become more difficult for our club to find time to skate. In order to get our much needed freestyle ice, GSSC has found time at Ocean Ice Palace. By relying on two rinks for our skating time, it has become much easier for our club to fit in as much skating time as needed. Ocean Ice Palace allows our club to skate on Tuesday afternoons, Thursday afternoons, and Saturday mornings. Thanks to Dr. Leon J. Dwulet, the Ocean Ice Palace was built in 1962. His vision consisted of providing a structure of opportunities revolving around figure skating and hockey in Ocean and the Monmouth Counties. Currently, public skate sessions, bumper cars on ice, homeschool skate sessions, freestyle figure skating practice ice, disco skate, and open hockey are all provided during the pandemic with a limited number of people.



## Breast Cancer Awareness

By Evelyn Jones



This year Garden State Skating Club hosted an annual Breast Cancer Awareness Booth. We sold a variety of items like paracord bracelets throughout October and pink hair accessories the rest of the season. All proceeds went to the National Breast Cancer Awareness Foundation. Thank you to all who participated and made an impact on the community.



## Competitions In The Pandemic

By William Lissauer

Competitions have changed a lot due to the pandemic. Most competitions are utilizing a virtual format. This is when a skater will send a video of their skate to judges and get judged based off of the video. This is how most competitions end up having their skaters compete. It is an alternative to competing in person. Competing in person could be a safety risk to skaters, judges, officials, and viewers. Another thing that has changed since Covid-19 hit is the number competitions that have been cancelled because of Covid. Some in the early stages, and some mid to present stages of Covid. The competition season has changed a lot since Covid started.

## Holiday Express

By Maren Vaclavik

This year, for the Holidays, Garden State Skating Club members decided to donate products like shower products, baby lotion, etc. to Holiday Express to help out. GSSC has volunteered to help in past years, but with the struggles of Covid-19 and quarantining, there were not many opportunities to volunteer. With the loss of job opportunities and staying home for school, the donations help out people who are struggling, whether it be adults or children. Holiday Express was able to give gifts to around 27,000 people this holiday season, and were able to spread lots of joy even with the current struggles around the world. GSSC members donated many toiletry items, as well as entertainment for younger kids with items such as coloring books and crayons. It was great to be able to help others during the holidays, and continue to help after doing it for many years. Everyone was very happy to donate, and hopefully next year we will do it again!

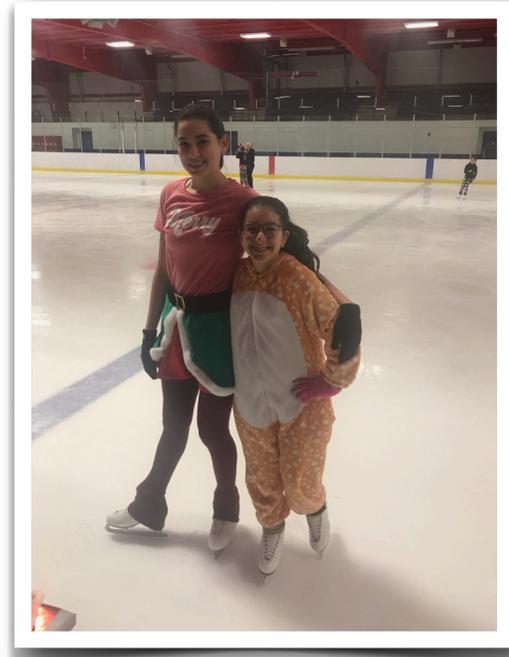


## Holiday Dress Up

By Lindsey Lissauer

Holiday Spirit was echoing around the halls during our dress-up day! On Wednesday, December 23, the skaters were lacing up their skates all dressed up for the holidays, with everyone there wearing at least one bit of clothing for that holiday spirit. There were Santa hats and leg





warmers all over, there was even a Christmas elf skirt. On top of all this, we had Francesca Olivieri rocking a reindeer onesie on the ice! All the skaters were having so much fun during the sessions, and on top of the normal practice, everyone was much more talkative than usual and everyone seemed to love it! Dressing up wasn't the only fun part of the day though, as junior board members set up a gift exchange! The older members of the club were assigned to one of the younger members to exchange holiday presents with each other. It was so much fun to share the holiday cheer with skaters of all ages! This event didn't just go by without the cameras rolling either. At one point, everyone who was on the ice came together for a group picture... with masks on of course! Even with everyone's masks up, we could still see the skaters smiling in their eyes from all the holiday fun!

## Holiday Video Montage

By Francesca Olivieri

This past year's pandemic disappointed many skaters around the globe. Due to the COVID-19 outbreak, Garden State Skating Club did not hold a holiday show. However, GSSC found a bright and fun way to continue the holiday cheer this time around. Club members came together and dressed up in fun outfits and accessories such as Santa hats, reindeer antlers, mittens, headbands, and other festive apparel. The way we captured this lively spirit of the season was by compiling videos of skaters executing their favorite jump, spin, move, or a bit of a program. Syncing videos to festive music and adding effects such as falling snow added to the piece's magic. Thank you to all who participated in making this jolly video so special and entertaining!



# Virtual Testing

By Francesca Olivieri

This year has caused many to think outside the box when holding events. A new style of testing has developed in the midst of the pandemic. USFSA introduced the idea of virtual testing in lieu of holding sessions in person. USFSA is allowing member clubs to utilize this method of testing between January 1st to June 30th, 2021. GSSC held its first virtual test session in February, 2021. Five members participated in this test session, and there were various opinions regarding this way of testing. Lila Earle, one of our members who tested, commented, "It was a different experience, definitely less stressful. It was a really nice to see all of my friends!"

**MOVES IN THE FIELD JUDGING FORM JUVENILE (JM)**

**US FIGURE SKATING**

Candidate's Name: \_\_\_\_\_ Member #: \_\_\_\_\_  
 Candidate's Club: \_\_\_\_\_ Date: \_\_\_\_\_  
 Host Club: \_\_\_\_\_ Date: \_\_\_\_\_

Candidates must skate the correct steps and turns on good edges, with good form, flow, power and precision to their steps (rule 5104)

PATTERNS	ELEMENTS TEST STANDARDS / EXPECTATIONS	MARK (2 to 10)
	<b>1. Stroking: Forward Power Circle</b> • Increasing acceleration (not slow, then fast): No toe pushing • Angle of the body becomes more acute as the move progresses • Circle size increases as skater accelerates • Skating start (COW or CW) if power progressively increasing in full speed & acceleration, from a slow but gradually accelerated pace to fully accelerated stride in the latter accelerative, circle acceleration completed, decelerated stop. 10 seconds max.	power
	<b>2. Stroking: Backward Power Circle</b> • Increasing acceleration (not slow, then fast): No toe pushing • Angle of the body becomes more acute as the move progresses • Circle size increases as skater accelerates • Skating start (COW or CW) if skater progressively increasing in full speed & acceleration, from a slow but gradually accelerated pace to fully accelerated stride in the latter accelerative, circle acceleration completed, decelerated stop. 10 seconds max.	power
	<b>3. Eight-Step Mohawk Sequence</b> • Skating start (COW or CW) if power progressively increasing in full speed & acceleration, from a slow but gradually accelerated pace to fully accelerated stride in the latter accelerative, circle acceleration completed, decelerated stop. 10 seconds max. • Quick, clear march tempo (even cadence: 1-beat/step) • 4 power strokes: Circle stroke must be maintained	quickness, power
	<b>4. Forward &amp; Backward Free Skate Cross Strokes</b> • Skating start (COW or CW) if power progressively increasing in full speed & acceleration, from a slow but gradually accelerated pace to fully accelerated stride in the latter accelerative, circle acceleration completed, decelerated stop. 10 seconds max. • Skating start (COW or CW) if power progressively increasing in full speed & acceleration, from a slow but gradually accelerated pace to fully accelerated stride in the latter accelerative, circle acceleration completed, decelerated stop. 10 seconds max. • Skating start (COW or CW) if power progressively increasing in full speed & acceleration, from a slow but gradually accelerated pace to fully accelerated stride in the latter accelerative, circle acceleration completed, decelerated stop. 10 seconds max.	power
	<b>5. Backward Power Three-Turns</b> • Skating start (COW or CW) if power progressively increasing in full speed & acceleration, from a slow but gradually accelerated pace to fully accelerated stride in the latter accelerative, circle acceleration completed, decelerated stop. 10 seconds max. • Sense of organization in repetition: even timing, equal length interval of turns • An increase of power in the last 1 turn (Control throughout) • Circles equal in size (not small)   Skater equal	power
	<b>6. Forward Double Three-Turns</b> • Skating start (COW or CW) if power progressively increasing in full speed & acceleration, from a slow but gradually accelerated pace to fully accelerated stride in the latter accelerative, circle acceleration completed, decelerated stop. 10 seconds max. • Control of arc between turns & back-back 3-turns • No toe curves after turns   Turns placed at 1/3 & 2/3 of take • Power even circle throughout   Flow maintained • Skating start (COW or CW) if power progressively increasing in full speed & acceleration, from a slow but gradually accelerated pace to fully accelerated stride in the latter accelerative, circle acceleration completed, decelerated stop. 10 seconds max.	edge quality

Only one element may be awarded at the end of the test, if necessary.

Judge's Signature: \_\_\_\_\_ Name: \_\_\_\_\_ Mbr #: \_\_\_\_\_

Three-Judge Panel (best result determined by majority)

Required	Three bronze or higher rank test judges certified to judge Moves in the Field II	Single-Judge Panel	N/A
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Although USFSA has not announced whether virtual testing will continue past June 30th, Garden State Skating Club is proud to have offered this alternative way of testing to its members during this time of opportunity.



# Virtual 5k

By Syena Schaad

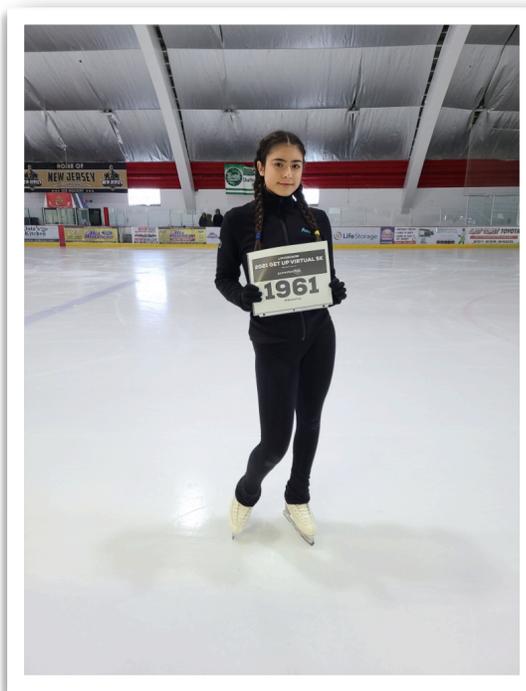
The first of February in 2021 marked the fifth annual National Get Up Day. On this day it is important for everyone to try to participate in getting up. This year, due to the pandemic, U.S. Figure Skating hosted the first-ever Get Up Virtual 5k. The event took place virtually and participants could skate, walk, run, bike, etc. to complete the 5k distance. Registration opened on Friday, January 15. Once registered, the participants received a printable bib, and they had the entire month of February to complete the 5k and submit a photo of themselves wearing their bib. After submitting the photo, the participants received an official Get Up 5k T-shirt, and a certificate of recognition within the Get Up Virtual 5k finishers list. All of the donations this year went to the Memorial Fund. The Memorial Fund was established after Flight 548 crashed in Berg-Kamphenout carrying the 1961



U.S. World team to the World Figure Skating Championships. Every bib the participants received had the number 1961, honoring the individuals that died in the plane crash.

The Get Up campaign was launched by U.S. Figure Skating in 2017. The Get Up campaign is a celebration of the strength and determination it takes to be a figure skater. People are getting up every day at the rink and outside the rink. When falling on the ice it is important to get up and be determined to do better next time. When having a bad day at the rink, remember there's

always tomorrow to do better! Several members of the Garden State Skating Club participated in Getting Up by doing the virtual 5k. Some of the members completed the 5k distance by skating 34 laps around the rink. It was fun to skate around the rink and remember to always get up. No matter what, always get up and be proud!



## Coach Interview

By Lindsey Lissauer



In the skating world, there are so many different skaters, as well as there are different coaches. When you turn on the tv and find a competition, there are often interviews of some of the more well known skaters there. While skaters are often put under spotlights like this, you don't usually see as many interviews centered around the coaches of said skaters. With that said, I bring you a few interview questions from coach Sinead!



How long have you been coaching skaters?

"I've been coaching skaters since I retired from competing in 2011, but more full time from 2014 when I started doing less shows."

What is your favorite exercise to do with your students and why?

"My favorite exercise to work with my students is crossovers because they can always be improved!"

What is your favorite part about coaching?

"My favorite part of coaching is passing on my joy of the sport to skaters. I also love doing choreography."

What was one of the craziest moments from your coaching career?

"I think there will always be many crazy moments in the career of a skating coach so I don't think I can pinpoint one particular moment. What I can definitely say is this job is never boring and is different every day!"



# Axel Club

By Jocelyn Xu



The Axel Club, approved by both Learn to Skate USA and U.S. Figure Skating, is a free program that aims to recognize skaters for landing their first axel. To celebrate this monumental accomplishment, skaters can apply to the program under "Skating Opportunities" on the U.S. Figure Skating website and afterwards, share a video on social media with #AxelClub for a chance to be featured by Learn To Skate USA or U.S. Figure Skating.

Landing one's first axel is doubtlessly a feat that requires immense hard work and dedication, and the Axel Club was created to honor just that.

Being a free program, there is no membership fee to apply. Once accepted into the program, new members receive an official Axel Club membership certificate, recognition gift, and various opportunities to be featured by Learn To Skate USA, U.S. Figure Skating, and the Axel Club itself.

Apply today and join the Axel Club community!



# Save The Date!

Garden State Skating Club Banquet  
Thursday, July 1, 2021 4:00 - 7:30 pm  
Jumping Brook Country Club

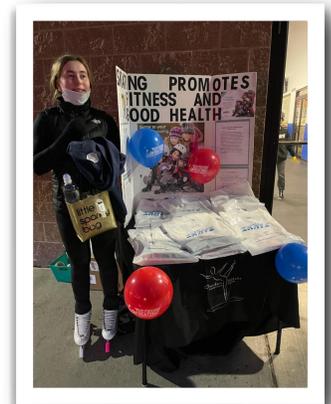
## National Skating Month

By Camryn Aprilante



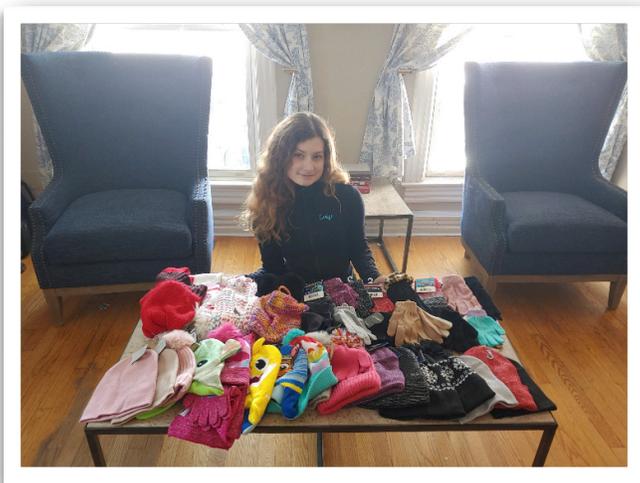
Every year, National Skating Month is celebrated throughout January. National Skating Month is an annual campaign held by U.S. Figure Skating to encourage people to try ice skating for the first time. This year, because of Covid-19, the Garden State Skating Club was not able to do our normal celebration for National Skating Month which is teaching people how to skate on a public ice session. Instead, we made gift bags filled with U.S. Figure Skating items and handed them out to

the children in Learn To Skate. In the bags there were pamphlets with information about skating and little things for the kids to enjoy that promote skating.



## Winter Drive

By Evelyn Jones



Every year, the Garden State Skating Club contributes to several organizations and charities. This year, the club had a drive led by Evelyn Jones, to gather a selection of winter necessities. We contributed a collection of over 60 hats, gloves, and scarves. These winter items were donated to Horizons. This amazing group focuses on enriching under-resourced student's educations through donations, free-of-charge academic programs, and tuition-aid. Horizons works with groups across the nation to not only provide for education but give students the opportunity and access to thriving education. Thank you to all that contributed!

# Covid Update

By Sophia Newman

What are the current COVID requirements and updates for Indoor Ice Rinks?

When entering the rinks every skater, coach and spectator's temperature is taken. Some arenas require skaters' to wear masks and gloves on the ice. Ice rinks are also using precaution by constantly wiping down the boards using antibacterial sprays and wipes. As we all encourage social distancing and Governor Murphy continues opening up more of the State, more arenas are opening which means more family and friends are welcomed into the arenas to watch their loved ones skate.

Gathering Limits for Sports Practices and Competitions

Practices and competitions are currently limited by the general indoor gatherings limit of 25 people and the general outdoor gatherings limit of 50 people but there are exceptions, described below:

For non-collegiate, non-professional sports in venues with fewer than 5,000 seats, the general gathering limits can be exceeded if the only people present are those necessary for practice and competition, such as athletes, coaches, and referees, as well as up to two parents or guardians per athlete under the age of 21. No other spectators may attend. The total number of people for indoor events is capped at 35 percent of the room's capacity, but no more than 150 people.

Stay Safe!!

# CONGRATULATIONS

## Tests Passed

Camryn Aprilante -- Novice Moves In The Field & Intermediate Free Skate (December 2020)

Lila Earle -- Pre-Silver European Waltz, Pre-Silver Foxtrot, Pre-Silver Dance Test, Intermediate Free Dance (December 2020) & Intermediate Moves In the Field (February 2021)

Layla Gramiccioni -- Preliminary Moves In The Field (December 2020)

Evelyn Jones -- Pre-Juvenile Moves In The Field & Preliminary Free Skate (December 2020)

Lindsey Lissauer -- Pre-Gold Dance Test (August 2020), Gold Quickstep, Gold Argentine Tango (December 2020) & Gold Westminster Waltz (February 2021)

William Lissauer -- Silver Rocker Foxtrot & Intermediate Free Dance (December 2020)

Anna Merlino -- Juvenile Free Skate (December 2020) & Intermediate Moves In The Field (February 2021)

Sophia Newman -- Intermediate Moves In The Field & Pre-Preliminary Free Skate (December 2020)

Francesca Olivieri -- Pre-Juvenile Moves In The Field (December 2020)

Dana Piliere -- Gold Quickstep & Senior Solo Free Dance (December 2020)

Maren Vaclavik -- Pre-Juvenile Moves In The Field (December 2020)