



Rink Link

October 2013

2013 Annual Twin City Figure Skating Association Recognition Dinner

September 22 ~ Olympic Hills Golf Club, Eden Prairie ~ hosted by the Eden Prairie FSC



2014 Minnesota State Champions

Back Row: Senior Ladies - Kjerstyn Hall, Duluth FSC; **Junior Men** - Daniel Kulenkamp, St Paul FSC;

Junior Ladies - Coco Kaminski, Starlight IDC; **Intermediate Men** - David Kaufmann, Rochester FSC;

Adult Intermediate/Novice Masters - Colleen Bloom, St. Paul FSC; **Adult Gold** - Rebecca Johnson, St. Paul FSC;

Adult Silver - Bonnie Goranski, Roseville FSC; **Adult Bronze** - Sarah Klosterbuer, Lake Minnetonka FSC

Front Row: Juvenile Ladies - Madalyne Moree, Starlight IDC; **Intermediate Ladies** - Emma Enebak, FSC of Bloomington;

Novice Ladies - Michelle Hedges, FSC of Bloomington; **Open Juvenile** - Abbie Kiwalke, Northern Blades FSC;

Open Pre Juvenile Ladies - Claire Desautels, Braemar City of Lakes FSC;

Pre Juvenile Girls - Amanda Peterson, FSC of Bloomington; **Pre Preliminary Girls** - Maddie Deets, Braemar City of Lakes FSC;

Preliminary Girls - Wren Warne-Jacobsen, St Paul FSC; **Adult Pre Bronze** - Elizabeth McClurg, Starlight IDC

Not Pictured: Pre Preliminary Boys - Jaden Schwab, St Paul FSC;

Special Minnesota State Trophies & Presentations



Wakefield Trophy
St. Paul FSC
TCFSA Club with the
most placement points



Marlys Larson Award
Team Braemar
Junior Team
highest qualifying
competition placement

TCFSA President Marlys Larson and Lisa Venne present Awards for 25 years of Judging to Anne Murphy. Nancy Bizzano was Recognized for 40 years of Judging.



TCFSA Treasurer Nancy Kaufmann presented a \$4,000 donation to Minnesota Skating Scholarship President Lori Rothmund



The Champion For Skating Award ~ 2013 Winner ~ Janet Mattson **Presentation Comments by Gretchen Wilson**



I am so pleased to introduce the 2013 Champion for Skating Award Winner, Janet Holloway Mattson, from the Rochester Figure Skating Club. Janet became a member of RFSC in 1942 and remembers skating in the 1943 "Skate Parade". In 1946 Jan passed her 1st figure test and continued skating into her teen years.

Jan graduated from Rochester High School in 1951 and went to Macalaster College where she met her husband to be, Bud Mattson a Korean War Veteran. Graduating and marrying in 1955, Jan worked



at Honeywell and Bud taught school in St. Paul. Jan and Bud had three children, Julie, Jim and Tracy and moved back to Rochester in 1962. All three children were enrolled in skating lessons at RFSC. Jan laced up her skates again and volunteered as the ice mom and so it began.....board member, Bud was also President of RFSC, costume maker...the basement was full of sequins and fabric, at one point Jan made all the costumes for the Music Man Production. In the early 1970's Jan was approached by David and Carole Shulman, they asked her to try judging and in 1974 Jan received the low test appointment. Jan was one of the originators of the Hiawathaland Competition at RFSC. Jan continued to progress and has the Gold Test, Regional Competition and Junior Synchro Appointments.

Jan has represented the RFSC as a delegate to the Governing Council about 30 times traveling all over the US and in 2014 Jan will celebrate 40 judging years.

Jan always says she has had an interesting life, and she has! Living in England for a year with husband Bud and living in Ely for 14 years, Jan judged all over the northern section of Minnesota and still maintained her strong association with RFSC. Bud and Jan now have seven grandchildren and tonight Jan's daughter, Julie Mattson Ostrow and her daughter Emily are here representing three generations of figure skaters in the family.

Please welcome our Award Winner Janet Mattson whose kind, supportive, instructive comments for forty years have helped guide young skaters and whose unselfish dedication to figure skating stands as a true model of volunteerism in our sport.



2013 The Champion For Skating Award Winner ~ Janet Mattson

Skating has always been a part of my life. As a young skater, my mother was always at the rink helping with show costumes for the summer pop concerts. So when our kids started skating, I was involved with ice shows and working on the Board of Directors for RFSC, as was my husband Bud.

When the kids decided not to skate, it was suggested that I might enjoy learning to be a judge. I've been judging now for almost 40 years. My daughter Julie is now a Gold Judge and granddaughter Emily is a Gold Medalist for Moves in the Field ~ it's a four generation involvement in skating! I have so many memories and have met so many wonderful people who are all part of my skating family!



2014 Upper Great Lakes Qualifying Rounds

 <p style="text-align: center;">2014 UPPER GREAT LAKES US FIGURE SKATING REGIONAL FIGURE SKATING CHAMPIONSHIPS CEDAR RAPIDS, IOWA</p> <p style="text-align: center;">October 19-22, 2013 Results</p>	<p>Novice Ladies Group A Juliana Welter Braemar-City of Lakes FSC - 6 Patrice Martineau Burnsville-MN Valley FSC - 7</p> <p>Novice Ladies Group B Michelle Hedges FSC of Bloomington - 3 Sarah Santee Rochester FSC - 11 Rachel Kamer FSC of Bloomington - 12 Julia Hussian FSC of Bloomington - 13</p>	<p>Intermediate Ladies Group A Isobel Schwob, FSC of Bloomington - 2</p> <p>Intermediate Ladies Group B Kirby Goodman, Starlight Ice Dance Club - 12 Molly Burmeister, Burnsville-MN Valley FSC - 15</p> <p>Intermediate Ladies Group C Eva White, St. Paul FSC - 5 Abby Richardson, Starlight Ice Dance Club - 8</p> <p>Intermediate Ladies Group D Emma Enebak, FSC of Bloomington - 3 Kelly Medd, St. Paul FSC - 5 Sophia Rothenberger, FSC of Bloomington - 13 Kenniss Knapp, Rochester FSC - 15</p>	<p>Juvenile Girls Group A Olivia Pope, St. Paul FSC - 9</p> <p>Juvenile Girls Group B Madalyn Moree, Starlight Ice Dance Club - 1 Silvia Hugec, FSC of Bloomington - 5 Sophie Leither, Elk River FSC - 11</p> <p>Juvenile Girls Group C Makenna Leik, Northern Blades NSC FSC - 3 Berit Cummings, Lake Minnetonka FSC - 8</p> <p>Juvenile Girls Group D Diana Zhu, St. Paul FSC - 2 Grace Bryant, St. Paul FSC - 3 Amanda Peterson, FSC of Bloomington - 6 Jessica Santee, Rochester FSC - 15</p>
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2014 Upper Great Lakes Championship Rounds

<p>Senior Ladies Rita Fehr, (8,8,8), FSC of Bloomington</p> <p>Junior Ladies Coco Kaminski, (2,6,5), Starlight IDC Joanna Liu, (13,7,7), St. Paul FSC Stacie Hopper (24,24,24) Three Rivers FSC</p> <p>Junior Men Daniel Kulenkamp, (4,4,4), St. Paul FSC Ryan Santee, (5,5,5), Rochester FSC</p>	<p>Novice Ladies Michelle Hedges, (2,2,2), FSC of Bloomington Juliana Welter (7,9,8) Braemar-City of Lakes FSC</p> <p>Novice Men Colton Johnson, (3,3,3), FSC of Bloomington</p> <p>Intermediate Men Grant Kulenkamp, (4,4,4), St. Paul FSC David Kaufmann, (7,5,6), Rochester FSC</p>	<p>Intermediate Ladies Emma Enebak, (9,7,9) FSC of Bloomington Isobel Schwob, (13,9,11) FSC of Bloomington</p> <p>Juvenile Girls Madalyn Moree, Starlight IDC - 1 Diana Zhu, St. Paul FSC - 4 Makenna Leik, Northern Blades NSC FSC - 9 Grace Bryant, St. Paul FSC - 16</p>
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Qualifying for Midwesterns ~ November 19-23

<p>Junior Men Daniel Kulenkamp, St. Paul FSC</p>	<p>Novice Ladies Michelle Hedges, FSC of Bloomington</p> <p>Novice Men Colton Johnson, FSC of Bloomington</p>	<p>Intermediate Men Grant Kulenkamp, St. Paul FSC</p>	<p>Juvenile Girls Madalyn Moree, Starlight Ice Dance Club Diana Zhu, St. Paul FSC</p>
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Non Qualifying Upper Great Lakes Results

<p>TT Senior Ladies CR - Final Standings 1 - Taylor Chapman, Northern Blades FSC 3 - Lauren Muench, Eden Prairie FSC</p> <p>TT Junior Ladies CR - Final Standings 1 - Hailey Walker, Braemar-City of Lakes 2 - Hailey Kauls, Eden Prairie FSC 4 - Noelle Sjoquist, Burnsville-MN Valley FSC</p> <p>TT Novice Ladies CR - Final Standings 8 - Samantha Considine, Braemar-City of Lakes 9 - Abby Boedigheimer, Eden Prairie FSC 11 - Brooke Halvorson, Burnsville-MN Valley FSC 12 - Rachel Cramer, Burnsville-MN Valley FSC 13 - Brooke Ramlo, Eden Prairie FSC 14 - Ariana Radosevich, Eden Prairie FSC</p> <p>TT Intermediate Ladies QR A 6 - Jessica Abraham, Roseville FSC 7 - Rachel Kraber, Northern Blades FSC 8 - Jocelynn Wittmann, St. Paul FSC</p> <p>TT Intermediate Ladies QR B 5 - Madison Fisher, Eden Prairie FSC 8 - Maddie Farrell, Braemar-City of Lakes 9 - Rebecca Sultany, Elk River FSC</p> <p>TT Intermediate Ladies CR - Final Standings 5 - Jessica Abraham, Roseville FSC 12 - Madison Fisher, Eden Prairie FSC</p> <p>TT Juvenile Girls QR A 4 - Emily Considine, Braemar-City of Lakes 5 - Izzy Radley, Braemar-City of Lakes</p> <p>TT Juvenile Girls QR B 11 - Jessica Jarosik, Three Rivers FSC</p> <p>TT Juvenile Girls CR - Final Standings 6 - Izzy Radley, Braemar-City of Lakes 12 - Emily Considine, Braemar-City of Lakes</p> <p>TT PreJuvenile Girls CR - Final Standings 4 - Addie Christianson, Braemar-City of Lakes</p> <p>TT Preliminary Girls QR A 7 - Danielle Dee, Braemar-City of Lakes</p> <p>TT PrePreliminary Girls QR A - Final Standings 1 - Nila Cooper, St. Paul FSC</p> <p>TT PrePreliminary Girls CR - Final Standings 4 - Nila Cooper, St. Paul FSC</p>	<p>Open Juvenile Girls QR A 1 - Lauren Swenson, Braemar-City of Lakes 4 - Laurel Smalley, Braemar-City of Lakes 5 - Courtney Freund, Burnsville-MN Valley FSC 7 - Nicole Jenn, Burnsville-MN Valley FSC 9 - Rayna Fordahl, Braemar-City of Lakes 10 - Julia Eckberg, Braemar-City of Lakes</p> <p>Open Juvenile Girls QR B 1 - Marissa Manteufel, FSC of Bloomington 2 - Claire Desautels, Braemar-City of Lakes 3 - Nicole Peterson, FSC of Bloomington</p> <p>Open Juvenile Girls CR - Final Standings 1 - Marissa Manteufel, FSC of Bloomington 2 - Nicole Peterson, FSC of Bloomington 4 - Claire Desautels, Braemar-City of Lakes 8 - Laurel Smalley, Braemar-City of Lakes 9 - Lauren Swenson, Braemar-City of Lakes 10 - Courtney Freund, Burnsville-MN Valley FSC</p> <p>Open PreJuvenile Girls CR - Final Standings 2 - Isabel Garcia, Starlight Ice Dance Club 4 - Shelby Marrs, FSC of Bloomington 11 - Brianna Westman, Lake Minnetonka FSC</p> <p>PreJuvenile Girls QR B 3 - Cora Gertjeanssen, St. Paul FSC 4 - Alison Neumann, Braemar-City of Lakes 5 - Haley Briesch, Braemar-City of Lakes 11 - Allison Pasdo, Starlight Ice Dance Club 12 - Annie Givens, Elk River FSC</p> <p>PreJuvenile Girls QR C 1 - Kylie Gibson, Northern Blades FSC 4 - Georgia Van Offeren, St. Paul FSC 5 - Liesl Schreiner, Braemar-City of Lakes 7 - Julia Olson, Elk River FSC 10 - Greta Paschke, Starlight Ice Dance Club</p> <p>PreJuvenile Girls QR D 9 - Sydney Johnson, Elk River FSC 10 - Sydney Berrier, St. Paul FSC</p> <p>PreJuvenile Girls CR - Final Standings 5 - Kylie Gibson, Northern Blades FSC 9 - Cora Gertjeanssen, St. Paul FSC</p>	<p>Preliminary Girls QR A 2 - Sunny Choi, Three Rivers FSC 7 - Justine Wittmann, St. Paul FSC 8 - Ava Raiter, St. Paul FSC</p> <p>Preliminary Girls QR B 1 - Wren Warne-Jacobsen, St. Paul FSC 2 - Caroline Bercaw, Starlight Ice Dance Club 9 - Margaret Musolf, St. Paul FSC 12 - Abigail Magnusson, Lake Minnetonka FSC</p> <p>Preliminary Girls QR C 1 - Jordan Stanke, Elk River FSC 2 - Maddie Deets, Braemar-City of Lakes 12 - Rea Banerjee, FSC of Bloomington</p> <p>Preliminary Girls QR D 7 - Haley Jostes, St. Paul FSC 9 - Isabel Bercaw, Starlight Ice Dance Club</p> <p>Preliminary Girls QR E 10 - Ellette Tong, Burnsville-MN Valley FSC 12 - Emma Clark, Braemar-City of Lakes</p> <p>Preliminary Girls CR - Final Standings 2 - Sunny Choi, Three Rivers FSC 5 - Wren Warne-Jacobsen, St. Paul FSC 8 - Maddie Deets, Braemar-City of Lakes 10 - Lucy Mayer, Starlight Ice Dance Club 11 - Jordan Stanke, Elk River FSC 14 - Caroline Bercaw, Starlight Ice Dance Club</p> <p>PrePreliminary Girls QR A 10 - Alyssa Hurley, St. Paul FSC 11 - Alexa David, Braemar-City of Lakes</p> <p>PrePreliminary Girls QR C 7 - Kathleen Martinus, St. Paul FSC 13 - Rachel Kitt, Lake Minnetonka FSC 14 - Lauren Jarosik, Three Rivers FSC</p> <p>PrePreliminary Girls QR D 1 - Grace Stoelzing, Starlight Ice Dance Club 2 - Abigail DePass, Lake Minnetonka FSC 3 - Madeline Cavalier, Lake Minnetonka FSC 5 - Payton Puerzer, Braemar-City of Lakes 15 - Michaela Andrusko, Elk River FSC</p> <p>PrePreliminary Girls CR - Final Standings 8 - Abigail DePass, Lake Minnetonka FSC 9 - Madeline Cavalier, Lake Minnetonka FSC 10 - Grace Stoelzing, Starlight Ice Dance Club</p>
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Supporting Minnesota Skaters Since 1991

2013/2014 Harris Collins Awards

Since 1991, Minnesota Skating Scholarship has awarded over \$200,000 to deserving Minnesota figure skaters in need of financial assistance.

Please Consider Making A Tax-Deductible Contribution Today: We are very grateful to the many skating families, fans, former skaters, coaches, and others who generously help us support Minnesota skaters. The Minnesota Skating Scholarship needs your *tax-deductible* support. Our skaters greatly appreciate and benefit from all donations. Please consider making a gift to remember someone who loved skating. Or consider honoring someone by making a contribution in his or her name to celebrate a special event such as a birthday or holiday or to recognize a personal accomplishment or to just say "thank you." You and your honoree will receive a personal note from us and will be acknowledged in the Twin City Figure Skating Association newsletter. Please contact Herb Morgenthaler at (612) 926-9560 or send a check to Herb at 3851 Beard Ave S., Minneapolis MN 55410-1040.

Harris Collins Awards help skaters whose Home Club is in Minnesota and who are motivated, show promise and love skating, but need financial assistance to continue in our sport. Skaters who fit these guidelines and plan to continue to skate are encouraged to apply for Awards. The Awards are intended for the reimbursement of direct expenses incurred for figure skating education and skill development.

How to Apply for a Harris Collins Award: Please read the qualification requirements carefully:

- Be an USFS member and be an USFS eligible skater,
- Be recommended by an official from his or her Minnesota Home Club,
- Have financial need (with complete supporting data shown on the Application),
- Have passed the USFS Intermediate Free, Bronze Dance, or Intermediate Pair Test by September 1, 2013,
- Have competed in USFS qualifying competitions detailed on the form, and
- Have your Application postmarked and mailed to Minnesota Skating Scholarship **by February 4, 2014.**

We look forward to considering your Application and being able to further support Minnesota skaters. For further information, please telephone Herb Morgenthaler at (612) 926-9560, Anne Klein at (952) 906-3358, or Janet Carpenter at (952) 935-0814. The 2012/2013 Harris Collins Award Application will be posted on the TCFSA website – www.tcfsa.org.

Minnesota Skating Scholarship gratefully acknowledges

Donations in Memory of:

*Marion Curry ~ Thomas & Elaine Spaeth
Marion Curry ~ James & Jane Lincoln
Marion Curry ~ Allene Burns
Marion Curry ~ Donna Catlin
Marion Curry ~ Glen & Dane Geving
Marion Curry ~ Keith & Betty Bailey
Marion Curry ~ Cecile & Bunny Peterson
Marion Curry ~ Mark & Rhonda Varney
Marion Curry ~ Sandra Brandt
Marion Curry ~ Roger Cuthbertson
Marion Curry ~ Lyle & Marlys Larson
Marion Curry ~ Shelley O'Neill
Marion Curry ~ Robert & Katherine Cass
Marion Curry ~ Neal & Mary Simonson
Marion Curry ~ Gregory John Jepson & Michele Matthews-Jepson*

Donations in Memory of:

*Marion Curry ~ Richard & Cathy Jacobson
Marion Curry ~ Gary & Julie O'Neill
Marion Curry ~ Karen Criticos & Ann Francis Symalla
Marion Curry ~ Matthew & Kristine Galligan
Marion Curry ~ Kevin Sarff
Marion Curry ~ Wayne & Kathryn Burger
Marion Curry ~ Starlight Ice Dance Club & Joe Koser
Marion Curry ~ Harriet Johnson
Marion Curry ~ Kathryn Anderson
Marion Curry ~ Lois Baker
Marion Curry ~ John & Amelia Engberg
Marion Curry ~ Ernest & Katharine Hallgren
Marion Curry ~ Susan Humphrey
Marion Curry ~ Laurie Benson*

To make your tax-deductible donation to Minnesota Skating Scholarship, contact Herb Morgenthaler at 612-926-9560 or Herbmn61@usiwireless.com ~ or mail to MSS %Herb Morgenthaler, 3851 Beard Ave S, Minneapolis MN 55410



RECENT OFFICIALS APPOINTMENTS

Sectional Singles/Pairs Competition Judge: Lynne Maker Kuechle, St Paul FSC Wendy Meck Poland, St Paul FSC	Regional Singles/Pairs Competition Judge: Jill Cummings, Lake Minnetonka FSC	Gold Singles/Pairs Test Judge: Stephanie Pusch, Lake Minnetonka FSC
Silver Singles/Pairs Test Judge: Alyssa Kyllonen, St Paul FSC Anne Pappas-Owen, Rochester FSC	Bronze Singles/Pairs Test Judge Jennifert Kurtz, FSC of Minneapolis	NQ Video Replay Operator Kenneth Riely, Braemar City of Lakes FSC

*Twin City Figure Skating
Association
presents
Celebration
of
Champions*

*Sunday, February 16, 2014
featuring
Minnesota State Champions
Sectional, National
& International Competitors
Tickets available at the door*

*Bloomington Ice Garden
3600 West 98th Street,
Bloomington MN*

*Sponsored by TCFSA
Sanctioned by US Figure Skating*

TCFSA CALENDAR

NOVEMBER

2-3 Autumn Skate Fest Competition BMVFSC
5 Eden Prairie FSC Testing
6 FSC of Minneapolis Testing
7 FSC of Bloomington Testing
7 St. Cloud Testing

8 & 9 Granite City Competition

11 TCFSA Meeting
12 Rochester FSC Testing
12 Northern Blades FSC Testing
13 Eagan Ice Crystal FSC Testing
13 Braemar FSC Testing
14 BMV FSC Testing
15 Elk River FSC Testing
30 St. Paul FSC Testing

DECEMBER

5 Eden Prairie FSC Testing
5 Lake Minnetonka FSC Testing
6 Three Rivers FSC Testing
10 FSC of Minneapolis Testing
11 Braemar FSC Testing
14-15 Maplewood Synchro Classic/Mariucci
17 Eagan Ice Crystal FSC Testing
28 St. Paul FSC Testing

JANUARY

10 Mankato FSC Testing
11 Bend in the River Competition/Mankato FSC
15 FSC of Minneapolis Testing
20 New Prague FSC Testing
25 St Paul FSC Testing

FEBRUARY

6 Lake Minnetonka FSC Testing
7 BMNV FSC Testing
12 FSC of Minneapolis Testing
16 Celebration of Champions
17 Eagan FSC Testing
19 Braemar FSC Testing
19pm Roseville FSC Testing
22 St Paul FSC Testing

MARCH

12 FSC of Minneapolis Testing
13 Lake Minnetonka FSC Testing
22 St Paul FSC Testing

APRIL

9 BMNV FSC Testing
16 Eagan FSC Testing
17 Lake Minnetonka FSC Testing.

MAY

14 FSC of Minneapolis Testing
15 Roseville FSC Testing
20 Braemar FSC Testing

JUNE

1 June Bug Competition St Paul FSC
12 Eagan FSC Testing
18 FSC of Minneapolis Testing
20 St Paul FSC Testing
25 BMNV FSC Testing

JULY

16 Eagan FSC Testing
17 St Paul FSC Testing
18-20 Skate St Paul Competition
23 Braemar FSC Testing
23pm Roseville FSC Testing

AUGUST

13 BMNV FSC Testing
19 Eagan FSC Testing
20 Braemar FSC Testing
**22-24 Minnesota State Championships
Charles Schultz Arena - St Paul**
28 St Paul FSC Testing

SEPTEMBER

18 MFSC Testing
19-21 MFSC Fall Classic
21 Officials Dinner
23 BMNV FSC Testing

OCTOBER

1 Braemar FSC Testing
5-8 Upper Great Lakes - Richfield Arena
15 Eagan FSC Testing
22 Roseville FSC Testing



2014 GRADUATING SENIORS PROGRAM

The Graduating Seniors Program was developed to recognize the achievements of those individuals graduating from high school who have made the commitment to continue their training in figure skating while pursuing their academic studies.

The purpose of this program is to honor and credit those qualified graduates for their achievements during their high school years through the presentation of a certificate to the skater during a school function or recognition opportunity.

To further applaud the achievements of the individuals awarded, U.S. Figure Skating will publish the names of the recipients on both the U.S. Figure Skating Graduating Seniors Program webpage, as well as in SKATING magazine.

The Graduating Seniors program was reintroduced in 2011, with the goal of encompassing a greater spectrum of athletes deserving of this honor. Recognition is proudly awarded on behalf of the Program Development Committee of U.S. Figure Skating to those high school graduates who meet the necessary application criteria.

In late spring following the application deadline and review process by U.S. Figure Skating, the Graduating Seniors certificates and award materials will be mailed directly to the applicant's house. At the same time, an e-mail describing the award and distinction will be sent to the listed point of contact at the athlete's school. Once the student receives his/her award materials, they are encouraged to take them to their point of contact at their school so that the award may be presented to him/her at an appropriate school function.

The Graduating Seniors Program consists of four level designations awarded within the program. Certificates will be awarded to individuals based upon their highest skating achievement (test or completion) during high school as noted on their application.

Questions regarding this program can be directed to Brenda Glidewell, U.S. Figure Skating programs Director, at bglidewell@usfigureskating.org or 719.635.5200 x 436.

2014 GRADUATING SENIORS PROGRAM CERTIFICATE LEVEL CRITERIA

PLATINUM LEVEL:

- ★ International competitor in singles, pairs, ice dancing, synchronized skating
- ★ U.S. Championships competitor in singles, pairs, ice dancing at the novice, junior, senior levels
- ★ U.S. Synchronized Skating Championships competitor at the novice, junior, senior levels

GOLD LEVEL:

- ★ U.S. Championships competitor in singles, pairs, ice dancing at the juvenile or intermediate level*
*(*Formerly the U.S. Junior Figure Skating Championships)*
- ★ Sectional championships competitor in singles at the novice level or above
- ★ U.S. Synchronized Championships competitor at the intermediate level
- ★ Gold medalist in free skate, pairs, ice dancing and/or moves in the field

SILVER LEVEL:

- ★ Nation's Cup Theatre On Ice competitor
- ★ Sectional competitor in pairs, ice dancing, synchronized skating at the intermediate level or above
- ★ Regional championships competitor
- ★ Dance tests passed at the silver through pre-gold levels
- ★ Free skate, pairs, moves-in-the-field tests passed at the juvenile through junior levels

BRONZE LEVEL:

- ★ National Showcase competitor
- ★ National Theatre On Ice competitor
- ★ National Solo Dance Series Championships Competitor
- ★ Dance tests passed at the preliminary through pre-silver levels
- ★ Free skate, pairs, moves-in-the-field tests passed at the pre-preliminary through pre-juvenile levels

Graduating Seniors Program Application

To be considered for this award, applicants must complete an online application on or before March 1, 2014.

The application is available at:

<http://fs12.formsite.com/USFSAIT/2014GraduatingSeniors/index.html>.

Application will be completed electronically, with final submission to:

Brenda Glidewell, U.S. Figure Skating programs director ~ bglidewell@usfigureskating.org

DEADLINE FOR APPLICATION SUBMISSION IS MARCH 1

Twin City Figure Skating Association President Marlys Larson



Marlys passed away on October 5, 2013 in Sioux City, Iowa after emergency aorta dissection surgery and a subsequent stroke; survived by her husband of 51 years, Lyle, children Loni (Darren) Keenan and Lynette Barba, and grandchildren Kendra Keenan, Alexandra and Andrew Barba. Marlys was an incredible woman who exemplified the finest qualities of volunteerism. She made so many outstanding contributions to our sport, always with great integrity and with her quiet controlled style of leadership

Marlys was a USFS Figure Skating Judge for 30 years, and President of the Twin City Figure Skating Association serving multiple terms. She was the chairperson of several major skating events held in the Twin Cities. Marlys co-chaired the first World Synchronized Skating Competition in 2000 and TCFSA honored her by creating the Marlys Larson Award to be awarded annually to the Team placing the highest in qualifying competition.

She was the chair person for the first Minnesota State Skating Competition in 1977 and she co-chaired the US Synchronized Skating Championship in 2010. Marlys was a mentor to many in the skating community. She was also very active in the dog training community, raising and training several St. Bernard dogs starting in 1969. Marlys and her husband Lyle had a beautiful 51 year marriage. They shared and supported each other in their business and many hobbies. They also traveled extensively throughout the United States and Europe.

Memories of Marlys

.....the treats, flowers and a car full of judging friends she brought to an injured fellow judge..... walking and talking about ideas and solutions (me having to walk as fast as I could to keep up with the little lady with the giant stride).....2013 Nationals in Omaha where Marlys started her special notebook for 2016 Nationals and was busy collecting information and interviewing vendors.....Marlys respected every skater from no test skaters to senior level skaters, and every judge from trial judges to Olympic judges, and received their respect in return.....no matter what she was asked to take on, she said YES.....I always felt most fortunate to work with her, knowing her involvement insured the highest level of success.....I walked away after each event learning so much, she was a wonderful teacher.....Marlys always listened, made you laugh, think, question yourself, and helped you grow as a person.....she was such an amazing woman.....she was such a positive personMarlys was so generous with her figure skating knowledge and such a gracious person as well.....she was always a joy to watch with her St. Bernard Linus.....Marlys was a beautiful and compassionate spirit, whose contribution to the skating community was huge.....she will be greatly missed in the skating world.....I will remember the things she did, and when I ask myself "what would Marlys do?", I know she would simply 'figure it out and get on with it'.....Marlys was the best of the best and will be fondly remembered.....thank you making my judging better than I could have ever imagined.....Marlys, you will be missed, though never forgotten you touched many hearts.....



Marlys received the 25 year judging award from USFS President Pat St Peter in 2011

Memorials preferred to the Marlys Larson Minnesota Gold Scholarship Fund at Wells Fargo Bank



2013 Marlys Larson Award Winner



2012 Marlys Larson Award Winner



2011 Marlys Larson Award Winner



2010 Marlys Larson Award Winner



2009 Marlys Larson Award Winner



2008 Marlys Larson Award Winner



2007 Marlys Larson Award Winner

Reflections

Words Worth Sharing; *Eating Disorders: Starting the Conversation*

I want to start by saying that **I am by no means an expert in the psychological struggles caused by eating disorders.** I defer to the trained professionals for any advice. I am merely one voice of many, but I want to share my story.

All too often, the signs of an eating disorder go unnoticed, or people don't talk about them, fearing they'll say something wrong. My hope is to ease the fear from uncertainty surrounding these disorders that plague our beautiful sport. Maybe by starting the conversation, we can support each other and develop a community where no struggle goes unnoticed.

I, like many of you or your children, **fell in love with skating at a young age.** For those of you who know me, it comes as no surprise that the only reason I returned to skating after miserably suffering through my first six week Learn to Skate session, was because I saw our local skating show and wanted to be in the spotlight. I loved all performing art, participating in community theatre productions, dance shows, choir concerts, and even orchestra and band. My main passion was performing, and my dream was to become a movie star.

The summer before high school, I moved from my small town in Indiana to just outside Indianapolis. I was excited – more theatre and performing opportunities! **But my idyllic and naïve bubble was about to shatter.** I think a number of factors contributed to my desire to change my poor eating habits that summer. I was by no means overweight for my age, but I was very aware that getting older meant my metabolism would slow down, and the food I ate would have more of an effect on my skin – acne in high school seemed *dreadful*. My father always thought that the public school's version of teaching about eating disorders triggered something. In Home Economics class, we calculated how many calories we consumed and burned each day, and I remember thinking that my number was astonishingly high. My mother had struggled a lot with her weight after having me, and I wanted to avoid that kind of suffering after my metabolism slowed.

It started as a desire to “develop healthy eating habits”. At first my parents were pleased that I no longer requested Taco Bell every night and cut back on my tendency to cover everything with cheese. I learned a lot about nutrition that year, and I started to grocery shop with my mother and even cook from time to time. I'd slimmed down a bit, as many children do in the transition from childhood to adolescence, and I started my freshman year of high school. **I felt good and attractive, and everyone told me how great I looked.**

So I had to keep going. **My fascination became an obsession.** Instead of balanced moderation, I eliminated what I saw as “bad foods” completely. I had the same lunch every day, which was just enough to trick my stomach into thinking I was full, but nothing superfluous. Many people cut out breakfast to diet, but I never did this. I knew I would be grumpy without at least something in the morning. I chewed gum to trick my body into thinking I was eating even though I wasn't. My definition of hunger changed such that I wasn't actually hungry unless my stomach growled when I pushed it out. If it didn't, I wasn't hungry.

My saving grace was my coach, Liz Fernandez. She'd been with me since that first six-week Learn to Skate session. Though I had moved over an hour away and started training with a coach in Indianapolis, I still went to my old rink from time to time to skate with old friends and be in the annual spring ice show. She watched me get thinner and thinner during my periodic visits until she worried I'd gone too far. She mentioned her concerns to my mother, who probably broke down on the spot. **When you're living with someone who develops anorexia, it's much harder to see the signs** – the weight loss, the behavior changes. It's such a gradual disease, that everything seems normal until someone forces you to stop and compare the current state to a couple weeks or months ago. Liz did that for my family, and thanks to her, I went into treatment less than a year after the behaviors started.

Anorexia: Eating disorders manifest themselves differently in each person, and I strongly want to emphasize that the behaviors associated with them are not the disease; those are the symptoms. **The thoughts that drive certain behaviors are the disease.** This is why a friend or a family member with an eating disorder is so difficult to recognize initially and then support during treatment. No one can understand what someone is thinking but themselves, and loved ones have a hard time comprehending why patients can't simply change their behaviors. My friend likens this distinction to the flu: the virus is the *disease*, and fever, nausea, achiness, and so on are the *symptoms*. You can take ibuprofen to lower the fever, but the flu, the actual virus causing the symptoms, doesn't go away until your body successfully fights it. Similarly, someone can alter eating behaviors and patterns, but this is simply addressing the symptoms. To successfully fight the disease, the person must change her relationship with and perception of food. It's a much harder and longer battle than simply eating more or gaining the weight back.

So I mention these common behaviors only as a list of symptoms, ones that I showed when I was first diagnosed. It is always possible for someone to exhibit these behaviors without suffering from the disease, much like a sore ankle doesn't always mean that it's broken. **The key is awareness and conversation.**

- Severe weight loss – My mother still remembers hugging me my freshman year of high school and only feeling bones.
- Talking about food constantly – I used to show off my knowledge of nutrition and revel in the feeling of superiority I got from it.
- Not eating in front of people – If I were meeting up with friends at their houses or at a party, I told my parents I'd eat with my friends. Then when I met my friends, I'd tell them that I'd eaten at home.
- Playing with the food - I'd read somewhere that people gained weight from eating too quickly, so I pushed my food around my plate and tore it to pieces to make it last longer.

Bulimia without purging: When I went off to college, I thought I was over it. I thought that four years of treatment had gotten me through the worst of it, and I was free to live my life. But I had only fixed the symptoms, not the disease, which appeared in full force again my freshman year of college. Only this time, they called it bulimia without purging. Out of boredom or loneliness, I would sit in my room and eat while watching TV or doing homework. Then, feeling guilty about bingeing, I'd severely restrict my intake for the next couple of days. Since that sort of restriction isn't sustainable, I'd fall back into a binge, and **the cycle would continue.**

I went back into treatment, but **I continued to suffer alone.** I never cooked because I was afraid of being triggered. As a college student, that left me with restaurants and microwavable food as my only sources of intake. I knew the right nutrition and behaviors, but I couldn't change my thoughts about food. I held onto the idea that I could get through treatment and get back to losing weight my own way.

Ednos: Our culture has stereotyped the idea of eating disorders into anorexia and bulimia. Maybe those were the first two to be recognized as identifiable disorders, but they certainly aren't the only two. One of the most destructive things someone can say to me when I open up about my past and my struggle is that I look healthy now or that I must have recovered because I look normal. **Eating disorders, as a mental disease, are not recognizable from appearance.** Yes, to be clinically diagnosed as anorexic, a girl must be below a certain weight for her height, but otherwise, she is lumped in with all the others diagnosed with EDNOS – Eating Disorder, Not Otherwise Specified.



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What I want to emphasize is that eating disorders aren't just anorexia or bulimia. Mine started with anorexia, became a form of bulimia, and morphed into EDNOS from there. Don't rule out an eating disorder simply because someone doesn't fit the description of an anorexic or bulimic. I would bet that more eating disorders go undiagnosed because of this mistake than any other reason, but again, I'm not an expert.

And they don't discriminate by age or gender. Unfortunately, children develop this destructive thinking at younger and younger ages, some even before they turn ten. On the other end, people can suffer from eating disorders through their entire adulthood. It's hard to imagine a grandparent struggling with an eating disorder, but it does happen. Finally, these diseases don't only affect women. For a multitude of reasons, men are just as prone to struggle as women, often more silently because of the cultural pressure to be "macho".

How You Can Help

Say something. I stayed out of the hospital and got treatment because my coach spoke up to my mother about her concerns. If you:

- Worry that you, a fellow skater, a family member, or a friend might have an eating disorder
- Don't know what to say or how to support a loved one with an eating disorder
- Don't understand eating disorders or how they might affect someone
- Feel ill-equipped to handle any part of an eating disorder

Please say something. Whether you are a skater, parent, coach, or some combination of the three, you can help bring someone out of a really dark place. Many people feel that an elite training facility can harbor and even encourage eating disorders, and sadly, this is often the case. But we have an opportunity to be different, to not only

promote the physical health necessary to compete on a national and international level, but also to promote the mental health that must accompany an elite skater to ensure success. It was my coach who spoke up to stop my struggle, and I think anyone and everyone could do that for our skating community.

I work with **The Emily Program** right now, and it is such a great resource not only for patients, but also friends and family of those suffering. To learn more, explore: <http://www.emilyprogram.com/>.

Locally, there is also the Park Nicollet **Melrose Center**, which has specialized treatment facilities for those suffering from eating disorders and their families. Their website is here: <http://www.parknicollet.com/SpecialtyCenters/Melrose-Center>.

Another great resource is the National Association of Anorexia Nervosa and Associated Disorders (ANAD). My friend recommended I include this resource, so check it out here: www.anad.org.

If that feels like too big of a step for you, please reach out to me. I want to be a supportive friend and confidante to anyone who needs help. If you aren't ready to get treatment, we can simply talk, or I can simply listen. I'm not a trained therapist, but I will give you all the moral support of someone who has also struggled. As I said at the beginning, we need to have these conversations so we can feel confident and comfortable helping our fellow team members.

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Mdshots