



# In the Loop

A Publication of the San Diego Figure Skating Club

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Most articles should be of interest to parents and junior/senior high school age skaters. Parents may wish to read and then discuss the content of specific articles with younger skaters. The content of some articles involves technical concepts suitable for skaters with advanced skills and coaches who are interested in a more technical analysis of the topic.

An effort is being made to find individuals who have the expertise to write articles for our publication.

**In The Loop** provides an electronic distance education educational effort to communicate information and provide an opportunity to ask questions about the world of USFS association testing and competing.

## From the Editor's Desk

The San Diego FSC wishes everyone that 2008 proves to be a year of skating progress and success.

The special photojournalism feature is our effort to recognize the efforts to produce the annual ice skating show by the management and coaches of the San Diego Ice Arena.

An extraordinary amount of time and energy goes into the creation of such a show that the audience is not aware of because of the planning and the effort of volunteers who make endeavors of this type run smoothly. Thank you for your efforts!

**In The Loop** publishing articles for our members who are interested in one or more of the various forms of figure skating –

- ✓ Moves In The Field (MITF)
- ✓ Free Skating
- ✓ Pairs
- ✓ Free dance
- ✓ Compulsory Dancing
- ✓ Synchronized Team Skating
- ✓ Theater on Ice
- ✓ Showcase

To facilitate member access to our electronic publications, the files are now being archived so individual pdf files can be downloaded.

The pdf file are now available at <http://members.cox.net/e-news/MainIndex.html>

The goal of our publication is to promote a positive and supportive environment that allows each skater to achieve their maximum potential within the skater's ability to focus on their technical abilities and presentation skills.

The desire of an individual to succeed and their raw talent affect their performance outcomes on tests and in competitions. It also doesn't hurt to be lucky and skate the best performance of their life in the competition rather than leave it on the practice ice.

The Staff of E-News and In The Loop

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## Prevention Of Injuries In Figure Skating

By Julie Ann Keen, RN

Sports injuries can generally be classified into two types: acute and overuse. Most commonly, figure skaters incur overuse injuries. These types of injuries also are considered to be the most preventable. Injuries of the overuse type seen in sports are: tendonitis, bursitis, strains, stress fractures, and shin splints.

In order to avoid overuse injuries, the figure skater can use a variety of strategies to prevent these types of injury. Those strategies are the intent of this article and are as follows:

### 1. Off-Ice Conditioning

The goals are to promote body awareness, encourage proper body alignment, eliminate muscle imbalances, and to prevent injury.

Off-ice conditioning should consist of stretching exercises, balanced strengthening of all muscle groups, and promoting overall endurance. This type of sports conditioning will encourage proper body alignment and decrease muscular imbalances that often lead to injury.

*Initially, off-ice training should be done under the direct supervision of a trained professional.*

Improperly performed exercises can lead to unnecessary injury as well. It is preferred that the exercise be as specific as possible geared for the figure skater.

Frequency of exercise should be tailored to goals, age, ability, and timed for the competitive year. Exercise should begin slow and build as the competitive year progresses. Avoid trying to do too much at one time. Listen to your body and stop when you are tired or exercise becomes painful.

### 2. Pacing Training Time & Intensity

Many injuries occur when the pace of training time is increased too quickly. Often the skater increases ice time and intensity when school is over and the summer begins.

*Be aware that a rapid intensity in training can lead to overuse injuries. It is far better to build in training intensity as the season progresses.*

Alternating training of different types of skating maneuvers on the ice can lead to better training strategies. Avoid working on difficult jumps or

tricks the entire session. It is better to work on a variety of elements and balance the workout.

### 3. Adequate Nutrition

It is imperative for the figure skater to keep dietary intake balanced and at a caloric intake designed for exercise. This would mean eating from all the food groups each and every day.

*Balanced meals provide food for muscles and other body structures.*

Your physician can provide you with an adequate caloric intake for your weight and age. In addition, fad dieting should be discouraged in the athlete as this can lead to illness or injury.

### 4. Adequate Hydration

Daily intake of fluids should be encouraged. Water is the best source of hydration. Your physician can give guidelines on the proper hydration for your weight and age.

### 5. Physician Evaluation Yearly

An important factor in any exercise regimen or training program is physician evaluation. A physical with your doctor is advised on a yearly or as-needed basis.

*Your doctor can advise on specific needs that you may have to keep your body fit and healthy during times of exercise extremes.*

In addition, early intervention when problems arise can only be beneficial to your training program.

These tips are only a few of the ways that an athlete can use to prevent injuries during training. Listen to your body and listen to those people around you who are on your "training team."

**An ounce of prevention can go a long way in keeping you healthy and happy on the ice!!**

*Julie Anne Keen is a Certified Nurse Practitioner, Clinical Specialist, & Registered Nurse. She holds degrees as RN, MSN, CS, and AGNP.*

*She practices medicine in hospital and out-patient settings. She also is a member of the USFSA Sports Medicine Society.*

**Currently, she is a singles and pairs Sectional Level Competition and Gold Test Judge. Her son was a former national level singles and pairs competitor.**



**Profile -  
Erika Perry and Justin Schumann  
Intermediate Pair Team**



**Erika Perry and Justin Schumann**

**Erika Perry**

Hi! My name is Erika Perry. I am 14 years old and have been skating for eight years. My friend Marilyn ice skated and took me to a public session. I just fell in love with skating! I also loved watching Kristi Yamaguchi with my mom.

Started skating by taking group lessons at the SDIA; I passed my Alpha through FS 6 badges. My first private lessons were with Amy Rodriguez when I was in Alpha classes and became an ISI member. I started competing in ISI competitions at age seven and USFSA competitions when I was nine.

Susan Morison became my coach when I was seven and she helped me all the way up to Juvenile level. I have competed in singles, synchronized, and pairs events.

My favorite right now is pair skating! I have always wanted to pair skate. When I was in Delta classes, my brother started skating and we tried pair skating. Skating pairs is harder than skating alone, but when you achieve your goal and skate well it feels ten times better because you worked so hard for it. My brother and I skated pairs for one year and then my brother decided he didn't want to skate any more. I was very disappointed. I continued skating pairs two years later with Nguyen Bui passing the Preliminary pairs test.

I have passed the following USFSA tests: Intermediate Pairs, Intermediate Moves and Intermediate Freestyle tests. This year I competed

at Southwest in Intermediate Ladies. I also competed at Pacific Coast Sectionals and Junior Nationals in Intermediate Pairs with my partner, Justin Schumann. We had a blast!

My future plan is to continue skating. Justin and I hope to go to Pacific Coast Sectionals and Junior Nationals again this year, which will be held in Cleveland, Ohio. After high school I would like to go to college and become a pediatric nurse. I love teaching kids to skate and would like to be a part-time coach, and later an ice skating judge.

Skating has taught me so many things. I have learned to be dedicated, responsible, and have a good work ethic. I have so many friendships from skating. The friendships I have developed with skaters and coaches have kept me going and help me create goals I hope to attain.

**Justin Schumann**

Hi, I'm Justin Schumann. I am seventeen and started in tot lessons when I was three. I got into ice skating because my mom was an ice skater. In fact, her home club was SDFSC. She skated in Ice Capades, taught many years for Ice Capades, and eventually taught here at SDIA.

My Mom put me in two tot classes when I was three and then I stopped skating until I was six. When I was six I started group lessons and private lessons. My Mom was my first private coach and then Karen Weismeyer took over. I have competed in both ISI and USFSA singles competitions.

When I was six my Mom saw a former skating friend, Cathy Sims at the rink. Her daughter, Amy, was also skating and she was five. My Mom and Cathy thought it would be fun to put us together as a little pair team. So we started skating pairs in ISI competitions. It was a lot of fun. We got to do a lot of Christmas shows together, including Horton Plaza and we were on TV several times. We skated together for five years competing in both ISI and USFSA Competitions.

In 2002, we made it to Jr. Nationals in Lake Placid, New York. We were the youngest pair team at the Juvenile Level. It was very exciting to skate on the 1980 former "Olympic Ice" in Lake Placid.

When I turned twelve I decided I wanted to do other things besides skate. So I quit skating for four years. I played football, went paintballing, surfing, and played basketball. In the summer before I turned 16, I decided I wanted a job. I applied at the SDIA because I knew how to skate. I was hired and have been working in customer care



for almost 18 months. I enjoy teaching kids to skate, being a skate "Hero" and doing birthday parties. I also enjoy playing hockey when the time allows.

Four months after I started working at the ice arena, I was playing football and broke my ankle. I was off the ice and work for six weeks. After I recovered, I went back to work. It was then I decided that I wanted to go back to figure skating. I had to buy new skates and break them in. (My Mom was in complete shock that I chose to go back to skating!)

I've always liked skating pairs better than singles. You always have a friend with you to push you, help you, and encourage you. Even though pairs require physically and technically demanding elements, such as lifts and throws, timing, unison and teamwork, I really love it.

### **The Making of a Pair Team**

After being off the ice for four years, you would think it felt strange to skate again. Interestingly, it felt very natural to me—just like getting back on a bike when you haven't ridden for a long time. I felt rusty, but within one month I was landing my axel again and soon after that my doubles.



I had been back on the ice for only three weeks when I was left a message at the counter to call Erika Perry's family. She was very interested in

pair skating and she knew from years past that I had been a pair skater. The rest is history-☺.

We tried out together. It seemed to be a great match, except for the height difference - I am six feet two inches and Erika is 5 feet. We have had to make adjustments in our skating for the height difference. Other than that, we are a great match.

We are best of friends and people have commented how much fun we are having on the ice because we get along so well. We like to laugh and make skating fun. Historically, coaches and judges will tell you how important it is to have a great relationship to be a team. Our friendship is definitely one of our greatest strengths and it is what makes all of the hours of hard work together easier. We are friends before partners.

### **It Was a Crazy Seven Months**

We started skating together for the first time at the beginning of April 2007. First, we had to get used to skating together as "one." We both needed to pass tests to compete at the USFSA pair level. At first, we didn't think we should even try to compete in 2007. But we "Really" wanted to compete so we worked very, very hard. I had to pass my Intermediate moves and my Intermediate Pair tests. Erika had to pass her Juvenile and Intermediate Pair tests. With the help of our great coaches we were able to accomplish this.

We were sure we could not pull a program together in the short time and have enough content to compete at Southwest. So we waited and hoped we could be ready for Pacific Coast. We got our program together, and had our costumes made. Then trouble struck! Erika sprained her ankle and had to be on crutches. She tried wrapping her ankle and that seemed to help, but it was very painful to skate.

The throw double salchow, which is one of our strongest elements together, was very painful to land and her ankle kept giving out and she couldn't land it. It was crazy. She would be on crutches, and then try to skate. As she felt better, we decided we really wanted to skate in Pacific Coast especially because it was at our home rink. Then more trouble strikes. I pulled a muscle in my back doing a lift with her.

After several Chiropractic visits, Advil and "Icy Hot" I got back on the ice. Erika wrapped her ankle and we went for it at Pacific Coast. We tried our very best. There was only one other team competing from Arizona, and we placed second.



After Pacific Coast, we had only two weeks to get ready to go to Junior Nationals in Salt Lake City Utah. We still weren't even sure if we would be able to skate. But we had a deadline. We turned in the entry form, ordered plane tickets and reserved hotel rooms for our families. Again, we REALLY wanted to go to Junior Nationals.

In Salt Lake, my back was better but Erika's ankle was still bothering her. One of Erika's greatest strengths is that she has great determination and a strong will to succeed. She did not complain, and she just "went for it."

### **Junior Nationals was a Blast**

When we arrived in SLC it was snowing! Erika, and my younger sister, Amber, had never been in snow! It was very cold. We rented a car and went to our hotel.



The next day the WORK began. We had several days of official and unofficial practice. Bob Pellaton, our coach, kept us calm and working hard. We practiced at several venues around the area.

The most exciting part was practicing at the "Olympic Oval" was the speed skaters skated in the Olympics. We did not skate on the huge oval itself, but inside the oval are two Olympic size rinks, side by side. We practiced on one of those. While we were practicing guess whom we saw from afar? Apollo Anton Ono, the Olympic speed skating champion and star of "Dancing with the Stars." We did not get to meet him as he was working out in the gym area and we were on the ice.

Before we knew it- the big day had arrived. We skated in the Intermediate pairs division and there

were 20 pairs in the events. We skated third. We skated the BEST program we had ever skated. The biggest concern for us was if Erika's ankle would hold up on the throws. It did! She landed a beautiful throw double loop and throw double salchow! Our families and friends went wild. After only seven months together we couldn't have been happier.

We placed 15<sup>th</sup> out of 20. Now we are looking forward to next year. We will be skating at the Intermediate level again. We saw what the competition looks like and what Junior Nationals is all about. We are looking forward to the challenges of the upcoming year as we work on our individual and pair skills!

We would like to thank our great Team of coaches who helped us achieve our potential. We are grateful to each one of you for our support, knowledge, encouragement, and dedication. Our coaches are:

- Pairs; Bob Pellaton and Natasha Bobrina;
- Singles and Moves in the Field for Erika: Natasha Bobrina, Yuri Ochinnikov, and James Reamy;
- Singles for Justin: Eric Millot and Moves in the Field for Justin: Wendy Smith and Karen Weismeier.





# The Female Athlete Triad

by Sue Bowles

With dreams of World and Olympic Gold, Erica began skating at age 7 and trained hard to for 6 years. She is a beautiful, graceful and powerful singles skater. When her coach told her losing a few pounds would improve her performance, she immediately started counting calories and increased her on and off ice practice sessions. She was too busy with practices and competitions to notice that her period had stopped — she was more worried about the stress fracture in her ankle affecting her ability to land the double axel.

Although Erica, her coach and her parents think that her intense training and disciplined diet are helping her performance, her regimen may actually be putting her skating and her health in jeopardy.

Sports and exercise are part of a balanced, healthy lifestyle. The Nike foundation did a study that showed girls who play sports are healthier; get better grades; are less likely to experience depression; and use alcohol, cigarettes, and drugs less frequently than girls who aren't athletes. But for some girls, not balancing the needs of their bodies and their sports can have major consequences.

Some girls who play sports or exercise intensely are at risk for a problem called female athlete triad. Female athlete triad is a combination of three conditions: eating disorders, amenorrhea and osteoporosis. A female athlete can have one, two, or all three parts of the triad.

Female athlete triad begins when a female athlete tries to lose weight primarily to improve their performance. The “eating disorders” that go with female athlete triad can range from avoiding certain types of food the skater thinks are “bad” (such as foods containing carbs and fats) to serious eating disorders like anorexia nervosa or bulimia nervosa.

Because a girl with female athlete triad is simultaneously exercising intensely and not eating enough calories, her weight may fall too low and she may experience a decrease in estrogen, the hormone that helps to regulate the menstrual cycle. As a result, a girl's periods may become irregular or stop altogether.

Thank You All!



Sue Bowles is the Neonatal Clinical Nurse Specialist at Miller Children's Hospital in Long Beach CA, and the mother of a daughter who skated competitively for 12 years. Ms. Bowles discovered a love of the sport through her daughter's skating, is a trial judge and currently the test chair for South Bay FSC in Harbor City CA

Some girls who participate intensively in sports may never even get their first period because they've been training so hard. Other girls may have had periods, but once they increase their training and change their eating habits, their periods may stop.

Low estrogen levels and poor nutrition, resulting in low calcium, vitamins and mineral intake, can lead to osteoporosis, a weakening of the bones due to the loss of bone density and improper bone formation. This condition can ruin a skater's career because it may lead to stress fractures and other injuries.

Not getting enough calcium during your teen years can have a lasting effect on how strong a girl's bones are later in life. Drinking milk is one of the best ways to assure that you receive enough calcium. If you can't drink milk talk to your doctor or a nutritionist on how you can make sure you get enough calcium, vitamins and minerals in your diet.

Girls who develop female athlete triad have certain risk factors that are different than just worrying about how they look. Being a highly competitive athlete and participating in a sport that requires you to train extra hard is a risk factor.

Girls with female athlete triad care so much about their skating that they would do almost anything to improve their skating. Many coaches and parents encourage the skater to lose a few pounds thinking it will help their performance so focusing on weight becomes an important part of the training program and can put a girl at risk for an eating disorder.

Participation in sports where a thin appearance is valued can also put a girl at risk for female athlete triad. Coaches or judges may even tell some girls that losing weight would improve their scores.

The truth is, though, that losing those few pounds generally doesn't improve performance at

all. A highly competitive athlete needs to eat more food not less than her sedentary peers.

In addition, for some competitive female athletes, problems such as low self-esteem, a tendency toward perfectionism, and family stress place them at risk for an eating disorder.

Here are a few tips to help skaters stay on top of their physical condition:

Girls who are constantly on the go between school, practice, and competitions may be tempted to skip meals and snacks. But eating now will improve performance later, so stock your locker or bag with quick and easy favorites such as bagels, string cheese, unsalted nuts and seeds, raw vegetables, granola bars, and fruit.

If you need help with an eating plan visit a nutritionist who works with athletes especially skaters. He or she can determine if you're getting enough key nutrients such as iron, calcium, and protein. They can also help you with a balanced eating plan that fits into your schedule. And if you need supplements, a nutritionist can recommend the best choices.

Keep track of your periods. It's never normal not to have your period because you are "training hard". If you are a skater and are older than 16 and have not yet started your period tell your doctor!

Skate for you. Pressure from parents, coaches or judges can turn a fun activity into a terrible experience. If you're not enjoying your skating, make a change. Remember: It's your body and your life. You will have to live with any damage you do to your body now.

For more information on Female Athlete Triad try the following links

- <http://www.femaleathletetriad.org/faq.html>
- <http://www.aafp.org/afp/20000601/3367ph.htm>
- <http://www.emedicine.com/sports/topic163.htm>

**References:**

- [http://www.kidshealth.org/teen/food\\_fitness/sports/triad.html](http://www.kidshealth.org/teen/food_fitness/sports/triad.html)
- Tortora, G.J. and Derrickson B. (2007). Introduction to the Human Body: The Essentials of Anatomy and Physiology (7<sup>th</sup> Ed.). Hoboken, NJ: John Wiley & Sons, Inc.



# Specific Athletic Demands of Figure Skaters

by Edna Chang Grant

Parents Essentials Seminar  
2006 Governing Council

- 500 jumps = 2 – 2.5 seconds of 160 tons of cumulative weight for 100 pound skater

USFS programs address these issues for athletes and incorporate training in flexibility skills, symmetrical development, strength training, anaerobic and aerobic conditioning, plyometrics, and periodization.

## Supramaximal Effort in a Cold Environment

1. Heart Rate during a skating program is normally 195 beats/minute. At its maximum is 200 beats/minute. Skaters will sustain this heart rate in a 3 – 4 minute skating program equal to an 800-meter runner.
2. VO2Max + measurement of oxygen consumption. A skater during this program will reach lactate at peak respiration and consume 40 – 50 units of oxygen. This equals maximal effort of a marathon runner (1 mile + 4 minutes).
3. Lactate in the blood measures the energy produced. A skater during the program, at their peak, will reach lactate and produce 7 – 15% or the same as a long distance runner at the end of a long distance run.

## Athletic Demands

- Spins/jump rotation = 2 – 300 pounds of centrifugal force to hold your arms and legs in position.
- Jump force = 2-4 times the body weight (power to lift off of ice)
- Landing force = 8 – 14 times the body weight (impact on landing)
- Stroking force = 1 times the body weight

## Jumping Facts for triples

- Air time is .6 - .7 of a second
- Turn rate in air 5 times per second
- Arms pull in at .1 of a second
- Feet cross at .08 of a second
- Jump height 22 – 32 inches
- All jumps landed on one leg as opposed to two legged landing in other sports
- All jumps land backward on a blade that is 1/8 inch wide

## Example of volume of jumping

- 20 – 100 jumps/day = 500 jumps/5 day week
- Maximum force for .04 -.05 seconds/jump.

## Joint forces in Triple Toe loop Landing Joint Loading and Torque (stress on body)

	Ankle	Knee	Hip
Force (body weight)	7 – 14 times	8 – 14 times	8 – 14 times
Momentum (N-m) (Torque)	76	388	501

**Injuries** (High levels of force can cause injuries)

Effect is overuse injuries in 90% of cases due to muscle fatigue and increased loads.

## Figure Skating Injury Type:

Acute	50%	vs	Chronic	50%
Non-serious	90%	vs	Serious	10%
Overuse	90%	vs	One-Time	10%

## Cost of Injury:

Type	Off-ice	Full Skating	Competition Compatible
Strain	0 – 2 weeks	1 week	Yes
Tear	2 – 4 weeks	2 – 3 months	Yes/No*
Bone Contusion	0 – 2 weeks	1 – 2 months	Yes
Stress Fracture	2 – 4 weeks	2 – 3 months	Yes/No
Fracture	2 – 3 weeks	3 - 4 months	No

- Tear can be 2-3 months before they can compete

Purpose of training enables athlete to tolerate skating demands, i.e. jump forces, Max HR, VO2 Consumption, and High Lactate, and perform skills at maximal efforts.

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## SDFSC 2008 Adult Skating Team



Debbie Martin, April Chiang, Jessica Sciezinski, Patricia Graves, Carolee Purdie, Kathleen Powers, and Hayley Skousen.

Photos of the Feb 17<sup>th</sup> exhibitions are available at <http://members.cox.net/e-news/MainIndex.html>



# **Congratulations to our Synchronized Team skaters**

**2008 Intermediate Team del Sol placed 2<sup>nd</sup> in the National  
Synchronized Team Skating Championships**

*Choreographed by Karen Wiesmeier Sara Lovejoy & Yuri Ovchinnikov*

*Dana Bencivengo, Lauren Bencivengo, Juliette Birch, Skylar Economy, Melissa Farin, Alexa Finzi, Nicole Finzi, Courtney Heck, Katie Handfelt, Rachel Kao, Dalenna Kessler, Rachel Robinson, Alice Schukin, Erin Winslow, Megan Winslow, and Michelle Xie*



**Photos of the Feb 17<sup>th</sup> exhibitions are available at  
<http://members.cox.net/e-news/MainInded.html>**



## **2008 Juvenile Team del Sol placed 5<sup>th</sup> in the National Synchronized Team Skating Championships**

*Choreographed by Karen Wiesmeier Sara Lovejoy & Yuri Ovchinnikov*

*Carolyn Bai, Chantal Bilo-Goldmann, Cassie Bishop, Helen Brehm, Marissa Camarda, Katie Gerstenberg, Arianna Kessler, Hannah Klopstock, Jessica Lee, Kate Liang, Katie Luszcz, Layla Mazdyasni, Julia McDonald, Alexa Parker, Leela Robinson, McKenna Rudy, Piper Rudy, Sophie Solar, Nikki Tayac, Samantha Tran, and Alice Zhaoli Xie*



**Photos of the Feb 17<sup>th</sup> exhibitions are available at <http://members.cox.net/e-news/MainIndex.html>**



## Recipients of Team Jackets awarded after Feb. 17<sup>th</sup> Exhibitions



April Chiang, Debbie Martin, Jessica Sciezinski, Hayley Skousen, Kathleen Powers, Carolee Purdie, and Patricia Graves

## Reference Articles are available at

<http://members.cox.net/e-news/MainIndex.html>

**On Top of Mount Olympus**  
**Exercise Burnout**  
**Exercise and Bone Health**  
**Head Injury Risks**  
**Potential Training Difficulties**  
**Off-ice Training**  
**Overtraining in Youth Sports**  
**Choreography**  
**The Choreographic Process**  
**Creative Movement**  
**Interpretive Skating**  
**Amateur Ice Shows**

**Goal Setting – Plan for Success**  
**Sleep Deprivation Affects Performance**  
**What Happens When We Sleep?**  
**Knee Injuries and the Female Athlete**  
**Physics of Ice Skating**  
**Why Skaters and Pucks Slide on Ice**  
**Female Athlete Eating Problems**  
**Figure Skating Spins**  
**Common Foot Problems**  
**Shin Splints**  
**Sports Nutrition Corner**

