

## September 2024 Newsletter

### Knoxville Figure Skating Club

[KnoxSkating@gmail.com](mailto:KnoxSkating@gmail.com) Knoxvillefigureskatingclub.org

Dear KFSC member,

Happy Fall!

We have several events planned this Fall, including Club Ice and a sports Psychology Seminar.

Registration for the rest of the Show will come out after the Solo Auditions.

Please consider joining a committee. The Fundraising, Competition, and Show Committees are all in need of members.

If you are having trouble logging your hours into Entryeeze, please email [knoxskating@gmail.com](mailto:knoxskating@gmail.com) and we can assist in logging your hours. All club members must meet a minimum number of volunteer hours to be considered in good standing.

Thank you to everyone who sent us photos. If you have any pictures, especially competition or testing, or member recognitions, or event ideas please submit them to the club email. It is very much appreciated that more people are submitting photos for the newsletter and social media.

Thank you,  
The KFSC Board

Do you know your board members?

Lori Clark (President)

Jenny Payne (Vice President)

Robert Darby (Secretary)

Kami Potts (Treasurer)

Amanda Olig

Abby Pace

Elizabeth Robinson

Vanessa Caja

Please see [Knoxvillefigureskatingclub.org](http://Knoxvillefigureskatingclub.org) for more information and for KFSC forms. Documents on the website include by-Laws, Financial Statements, Board Meeting Minutes, Junior Board application, Testing Handbook and blank Skater Resume forms.

Do you like seeing photos in the newsletter? Please submit your photos to [knoxskating@gmail.com](mailto:knoxskating@gmail.com)

### Upcoming Events:

**Virtual Testing- The 1<sup>st</sup> of every month (except July and August) (video within 14 days)**

**Sept. 7 – Club Ice**

**Sept 14 – Mental Performance Seminar**

**Sept 15 – Deadline to register for a solo and to submit audition video**

**Sept 28 – Jr Board Volunteer at Young Williams - open to Middle and High School Students.**

**Oct. 15 – submit interest in running for the KFSC Board**

**Oct 20 – Autumn Leaves Compete USA**

**Oct 25 - HallowSkate**

**Nov. 1 – Ballot sent out**

**Dec. 1 – Board Election**

**Dec. 14 - Christmas Show**

**Jan. 4 - Skater Resumes are due**

**Feb. 23 – Banquet**

#Knoxvilleloudandproud





## CONGRATULATIONS ALTAIR ON QUALIFYING FOR THE NATIONAL SOLO DANCE FINAL!



Per the USFS website - The Solo Dance Competition Series was launched in January 2011. This program serves as a membership and dance discipline development tool, and is open to individual skaters within the Eastern, Midwestern and Pacific Coast sections. Skaters can choose to register for the Solo Dance Competition Series where they have the opportunity to qualify for a national final based off their IJS scores at designated solo dance series competitions. The Solo Dance Competition Series provides an avenue for ice dancers at the standard levels to qualify and compete at the National Solo Dance Final.

Created to be a fun, nationwide competitive program, the solo dance series allows skaters to expand their competitive opportunities and encourages those new to ice dancing to give it a try.

Skaters must register for the series April 1 or prior to the skater's first approved series competition, whichever comes first. A skater's level is based upon their test level as of the series deadline of April 1 or when the skater submits their registration to participate in the series, whichever date is earlier.

Skaters must compete in at least two competitions and will be ranked based on their highest IJS score. Top finishers in each section for each event will be invited to participate in the National Solo Dance Final.

The 2024 National Solo Dance Final: Wesley Chapel, Florida - September 12-15, 2024

**Congratulations to our skaters who competed.**  
**Scott Hamilton Invitational Nashville, TN**  
**August 1-3, 2024**









The poster features a central blue globe with a grid pattern, surrounded by pink and white bunting flags, stars, and plus signs. The background is a soft gradient of pink and purple. At the bottom, there are white silhouettes of five people in various dance poses.

# CLUB ICE

Join us for Disco Club Ice! Open to all club members. Bring your best dance moves and dress in your most fabulous disco attire!

**Saturday September 7th @ 2:45PM**



Knoxville Figure Skating Club invites you to join us for an afternoon with mental performance coach Kelly Hobbs. This seminar will share practical tips for staying motivated, overcoming mental blocks, and developing effective goal setting skills. Kelly's fun and engaging workshop will equip your skater for success both on and off the ice!

Tickets are only \$25 for club members (\$30 for non members) and include all sessions and activities. Discounted tickets are available to siblings for \$10. Parents are invited to return for a complimentary Q&A session at the end of the seminar. For additional information or to purchase tickets, please contact Elizabeth Robinson at [erobinson72914@gmail.com](mailto:erobinson72914@gmail.com).

## SPORT & PERFORMANCE PSYCHOLOGY SEMINAR

KNOXVILLE FIGURE SKATING CLUB

### TRAIN YOUR BRAIN!

*Discover Tools for Longevity in Sports*



**SEPT. 14 // 12:30 - 5 PM**

**FAIRFIELD INN & SUITES // FARRAGUT**

### KELLY HOBBS

MENTAL PERFORMANCE COACH



- MASTER'S IN SPORT & PERFORMANCE PSYCHOLOGY
- TRIPLE U.S. FIGURE SKATING GOLD MEDALIST (ROCKFORD NATIVE!)
- PROFESSIONAL FIGURE SKATERS ASSOCIATION MASTER RATED FIGURE SKATING COACH
- FOUNDER AND CREATOR OF CAMP ULTRAVIOLET

EXPECT A FUN AND ENGAGING WORKSHOP THAT INCLUDES JOURNAL PROMPTS, DISCUSSION, APPLIED TRAINING STRATEGIES AND MORE! DON'T MISS THIS OPPORTUNITY TO LEARN AND GROW!

**12:30 - 1:00**

**ICE BREAKER & ACTIVITY**

**SESSION #1 // 1:00 PM**

**GOT GOALS?**

**BREAK**

**SESSION #2 // 2:15 PM**

**EMOTIONS IN SPORTS**

**ACTIVITY**

**SESSION #3 // 3:15 PM**

**MENTAL BLOCKS - LET YOUR BRAIN BE YOUR SECRET WEAPON!**

**4:00- 4:30 - Q and A for Athletes**

**4:30 - 5:00 - Q and A for Parents**

For more information and to Register:  
Elizabeth Robinson [erobinson72914@gmail.com](mailto:erobinson72914@gmail.com)

Learn more about Kelly Hobbs  
[www.kellyhobbs.com](http://www.kellyhobbs.com)

**SafeSport Certifications must be renewed each membership year.**



**The USFS program is called Skate Safe but the certification is still SafeSport.**

The renewal is shorter than the initial certification. Current certifications and memberships expire in June.

**Every adult member must be Safe Sport certified. If the member is under 18, an adult family member must be Safe Sport certified.** You must login to <https://usfsaonline.org/> and click on the Skate Safe Logo

We are interested in keeping our children safe both physically and emotionally.

<https://www.tn.gov/content/dam/tn/education/students/Physical-Activity-Should-Not-Be-Used-as-Punishment-and-or-Behavior-Management.pdf>



Are you interested in KFSC apparel?

<https://www.personaliteez.com/Knoxville-FSC-s/2310.htm>





## Junior Board

Abby, Catey, Janie, Jessie, Kenli, Kylee, Marlee and Sora,.

### Elected officers of the 2024-2025 Junior Board!

President: Catey

Vice President: Abby

Secretary: Kenli



### **Jr Board has several events planned. Let us know if you need service hours.**

The Junior Board has been established to create a voice for the skating members of KFSC and to connect the skaters to the Board of Directors, coaches and parents. Members of the Junior Board, will share a passion for skating and serving the KFSC community. Members of the Junior Board, will help foster a fun, positive, welcoming, and supportive environment. All high school students are encouraged to submit an application.

### **Remember to check out [Knoxfigureskating](#) on Instagram.**

Junior Board will be volunteering at Young Williams Animal Shelter again. All skater 12 and up are invited to volunteer. Please tell a board or Jr board member if you are interested.

They made treats and toys and interacted with some of the animals up for adoption.

## Registration links

Cool Sports Classes Register on the Cool Sports website -  
<https://coolsportstn.com/>

Learn to Skate

Aspire

Power and Edge - Saturdays August 17- October 5<sup>th</sup> drop in for \$18 per session



To search for competitions

Entryeze - <http://www.entryeze.com/>

USFS EMS - <https://m.usfigureskating.org/account/login?url=%2Fems%2F>

USFS Competition information, including program requirements - [Compete | U.S. Figure Skating \(usfigureskating.org\)](https://www.usfigureskating.org/Compete)

## Competitions

September 6 2024 – John Smith Memorial – Indian Trail, NC

September 13, 2024 - September 15, 2024  
Southern Indiana Ice Classic - Greater Evansville

October 20, 2024 – Autumn Leaves - Compete USA – Knoxville, TN

**The full U.S. qualifying season and domestically held international events calendar can be viewed below:**

**2024 Skate America**

Dates: October 18-20, 2024

Location: Allen, Texas

Venue: Credit Union of Texas Event Center

Host: U.S. Figure Skating

**2025 Eastern Sectional Singles and U.S. Pairs Final**

Dates: Nov. 11-17, 2024

Location: Norwood, Massachusetts

Venue: Tenley E. Albright Performance Center

Host: The Skating Club of Boston

**2025 Pacific Coast Sectional Singles Final**

Dates: Nov. 11-17, 2024\*

Location: Ogden, Utah

Venue: The Ice Sheet

Host: Wasatch FSC

**2025 Midwestern Sectional Singles & U.S. Ice Dance Final**

Dates: Nov. 18-24, 2024\*

Location: Plano, Texas

Venue: Children's Health StarCenter

Host: Dallas FSC

**2025 Prevagen U.S. Figure Skating Championships**

Dates: Jan. 20-26, 2025

Location: Wichita, Kansas

Venue: INTRUST Bank Arena

Host: U.S. Figure Skating/Visit Wichita

**2025 Eastern Synchronized Skating Sectional Championships**

Dates: Jan. 20-26, 2025\*

Location: Hershey, Pennsylvania

Venue: Giant Center

Host: Hershey FSC

Dates: Jan. 27-Feb. 2, 2025\*

Location: Kalamazoo, Michigan

Venue: Wings Event Center

Host: Greater Kalamazoo Skating Association

**2025 Pacific Coast Synchronized Skating Sectional Championships**

Dates: Jan. 31-Feb. 2, 2025

Location: Irvine, California

Venue: Great Park Ice and FivePoint Arena

Host: All Year FSC

**2025 U.S. Synchronized Skating Championships**

Dates: Feb. 26-March 1, 2025

Location: TBD

**2025 Eastern Adult Figure Skating Sectional Championships**

Dates: March 14-16, 2025

Location: Indian Trail, North Carolina

Venue: Extreme Ice Center

Host: Carolinas FSC

**2025 Pacific Coast Adult Figure Skating Sectional Championships**

Dates: March 14-16, 2025

Location: Paramount, California

Venue: Paramount Iceland

Host: Los Angeles FSC

**2025 Midwestern Adult Figure Skating Sectional Championships**

Dates: TBD

Location: TBD

**ISU World Figure Skating Championships 2025**

Dates: March 23-30, 2025

Location: Boston, Massachusetts

Venue: TD Garden

Host: U.S. Figure Skating/The Skating Club of Boston

Tickets: Available at [www.isuworlds2025.com](http://www.isuworlds2025.com)

**2025 Prevagen U.S. Adult Figure Skating Championships**

Dates: March 31-April 5, 2025

Location: St. Louis Park, Minnesota

Venue: The Rec Center

Host: Twin City Figure Skating Association

\*The dates of this event will occur within this date range. Exact dates will be finalized closer to the registration deadline.