HMFSC NEWSLETTER

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Message from the President

Happy July, HMFSC members and friends!

It has already been an exciting and rewarding summer for our club. Our Fourth of July parade float beautifully captured the spirit of our nation's 250th birthday celebration, and we couldn't have been prouder of our festive, patriotic entry. From the smiling faces on the float to our enthusiastic candy distributors walking alongside, the joy and community spirit were contagious.

A heartfelt thank you to everyone who volunteered to decorate our float, organize our parade activities, and staff our information table on the porch of the historic Irma Hotel. Your time and enthusiasm helped showcase Heart Mountain Figure Skating Club to our community.

Thank you as well to our members who volunteered during Cody Stampede Week, assisting the Cody Buckle Club with daily security and cleanup. We are grateful for this partnership and

Later this month, we look forward to participating for our second consecutive year in the Heart Mountain Foundation Annual Pilgrimage. This meaningful event honors the heritage that inspired our club's founding and reminds us that skating is about resilience, community, and bringing people together.

Enjoy the rest of your summer, stay cool, and we'll see you back on the ice soon!

Warmest regards,

Christine Castillo,
President, Heart Mountain Figure Skating Club

Featured Sponsor

CODY ★ BUCKLE CLUB ★ 1919

HMFSC partnered with Cody Buckle Club June 30-July 4 to provide security during the Stampede Rodeo. Cody Buckle Club prides itself on its commitment to supporting local youth organizations. Thank you, Cody Buckle Club, for your generous donation!



Become A Member

Now is the perfect time to join or renew your membership with HMFSC! We remain committed to keeping membership dues affordable, while continuing to offer quality ice time, clinics, events, and competitions throughout the season. Visit our website or drop us an email for more information.

Coach's Challenge of the Month

Build a Beautiful Bridge!

Many of figure skating's most elegant positions—**layback spins, Biellmann spins, catch-foot spirals, camel variations, and Ina Bauers**—depend on a flexible, strong upper back and open shoulders. This month's challenge is designed to safely improve spinal mobility while strengthening the muscles that support beautiful posture on the ice.

Complete this routine 3–5 times per week. Before stretching, warm up with 3–5 minutes of light activity such as brisk walking, jumping jacks, or jogging in place. Remember: flexibility develops gradually through consistency—never force a stretch into pain.

1. Cat-Cow Stretch
10 slow repetitions
- Move one vertebra at a time.
- Focus on smooth, controlled movement.
- Improves spinal mobility and body awareness.

2. Cobra Stretch
Hold for 20–30 sec • Repeat 3x
- Keep your shoulders relaxed.
- Press gently through your hands while keeping your hips on the floor.
- Opens the chest and improves upper back extension.

3. Wall Shoulder Opener
Hold for 30 sec • Repeat 3x
- Place your forearms on a wall or doorway.
- Step forward until you feel a gentle stretch across your chest and shoulders.
- Helps improve shoulder flexibility for layback and Biellmann positions.

4. Bridge Hold
Hold for 20–30 sec • Repeat 3x
- Lie on your back with knees bent and feet flat on the floor.
- Lift your hips toward the ceiling.
- Strengthens the glutes, core, and back muscles that support a graceful arch.

5. Superman
10 repetitions
- Lie face down.
- Lift your arms, chest, and legs slightly off the floor.
- Hold for 5 seconds before lowering.
- Builds the back strength needed to maintain elegant skating positions.

6. Standing Back Extension
Hold for 10 sec • Repeat 5x
- Place your hands on your hips.
- Lengthen through your spine before gently lifting your chest and looking upward.
- Keep your hips over your feet.
- Think about creating length—not simply bending backward.

Challenge Level: Assisted Bridge
Advanced Exercise
Only attempt this exercise if you can comfortably perform the previous stretches and have a parent, coach, or other responsible adult acting as your spotter.

- Stand with your feet shoulder-width apart.
- Engage your core and glutes.
- Slowly arch backward while your spotter supports your mid-back and shoulders.
- If you comfortably reach the floor, hold for **5–10 seconds**.
- Return to standing with your spotter's assistance.
- Repeat 2–3 times.

Important: You should feel a stretch through your chest, shoulders, and upper back—not pain or pinching in your lower back. Never force the movement.

Challenge Levels

Bronze Challenge
- Complete Exercises 1–6 at least **4 times** this week.

Silver Challenge
- Complete the routine **5 times** this week while holding each stretch for the full recommended time.

Gold Challenge
- Safely perform the **Assisted Bridge** with a spotter and submit a photo of your best bridge to HMFSC. We'd love to celebrate your progress in a future newsletter or on our social media!

Coach Christine's Tip
Beautiful layback and Biellmann positions don't come from flexibility alone. The strongest skaters combine flexibility with excellent core strength, glute strength, and posture. Before beginning any back bend, think about **lengthening upward through your spine** first—quality of movement is always more important than the depth of the bend.
Remember, every champion builds success one small step at a time. Stay consistent, be patient, and enjoy watching your strength and flexibility grow!

Recipe of the Month

From Coach Christine's Kitchen: Summer Bounty Chicken Salad

One of my favorite ways to enjoy summer produce is in this colorful salad. It's fresh, satisfying, and easy to prepare after a busy day at the rink or the ranch. Serve with fresh sourdough bread and feel free to adjust seasonings or substitute your favorite ingredients.
Serves: 4–6

Dressing:
- 2 tbsp fresh lemon juice
- 2 tbsp rose balsamic vinegar (or white balsamic vinegar)
- 2 tsp Dijon mustard
- 1 tsp honey
- 1 tsp Herbes de Provence
- ¼ cup extra-virgin olive oil
- Salt and freshly ground pepper to taste

Whisk together until smooth and emulsified. Allow 10-20 minutes for flavors to meld and adjust seasoning as needed.

Salad
- 5 oz spring baby greens (1 package)
- 1 cup cooked orzo
- 2 cups shredded roasted or store bought rotisserie chicken
- ¾ cup cherry tomatoes, halved
- 1 fresh peach, diced
- Kernels from 2 ears fresh corn
- ½ English cucumber, thinly sliced
- ¼ cup crumbled blue cheese (optional)
- ⅛ cup chopped fresh cilantro (optional)
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Place the spring greens in a large serving bowl. Add the remaining salad ingredients and toss gently with the dressing until evenly coated. Finish with flaky sea salt and freshly cracked black pepper to taste. Serve immediately.

Nutrition (Approximate, per serving—6 servings)
(Including blue cheese; cilantro contributes negligible calories.)
Calories: ~340, **Protein:** 21 g, **Carbohydrates:** 21 g , **Fat:** 20 g , **Fiber:** 4 g, **Sugars:** 7 g , **Sodium:** ~425 mg *(varies with rotisserie chicken and blue cheese)*

Healthy Highlights: Packed with lean protein, colorful seasonal produce, whole-food carbohydrates for sustained energy, and heart-healthy monounsaturated fats from extra-virgin olive oil. This refreshing salad is perfect for active skaters and the whole family.

Celebrations



HMFSC members enjoyed celebrating the 4th of July at the Cody Stampede Parade by riding on the float that they decorated, passing out candy, and selling treats at their lemonade stand.



Skaters enjoyed a day of rock climbing and hiking at the June social event, which was held at the Sieg's scenic new property just outside of Cody.

Upcoming Events

- **July 23 from 10:00-12:30 at Heart Mountain Interpretive Center**
  Join HMFSC at the annual pilgrimage to assist with crafts and activities during this family event.
- **August 10 from 10:00-10:45 at Cody Public Library**
  Join the fun as HMFSC hosts children's story time!
- **August 21 from 5:00-10:00 at the Castillo's and Stampede Park**
  It's time for the annual HMFSC BBQ and rodeo! We'll start the evening at the Castillo residence, then head to Stampede Park to watch the rodeo.