HMFSC NEWSLETTER

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Message from the President



As we say goodbye to summer, we welcome cooler temperatures and the glorious colors of fall in Cody. I want to thank all of our members for making HMFSC such a warm and welcoming community for those who love to skate.

We really have become quite a family. That shows in the wonderful turnout and willingness to lend a hand at Brewgards Lounge and the Park County Library's card-making event for Cody senior citizens. I look forward to seeing that same spirit at our Adopt-a-Highway cleanup later this month.

I love what we are accomplishing together for skaters in our community. From weekly group lessons on HMFSC ice to our Champions and Inspiration Series clinics, we are creating opportunities for skaters of every level to learn, improve, and enjoy being on the ice.

I'm super proud of what we have built and what we continue to build together. Thank you for being part of it!

Warmest regards,

Christine Castillo,
President, Heart Mountain Figure Skating Club



Meet Our Newest Members

Apryl Poulsen
Apryl started skating between 2001 and 2003 and recently decided to get back on the ice. Her goals include developing and mastering the fundamentals, continuing to improve skills, and eventually work toward competing. When she's not skating, Apryl loves spending time outdoors, hiking, golf, reading, and traveling.

Lochlyn (Lo) Mast
Lochlyn has only been skating for two weeks! Her goal right now is to be more comfortable on the ice. Lo enjoys biking with friends and playing with her crazy orange kitten named Wonie. She listens to music ALL the time. Lochlyn is so happy to have met the girls in HMFSC and is looking forward to skating more!

Tiffany Mast
Tiffany has also only been skating for two weeks, but skated periodically in fourth grade when her family moved to a town with an ice rink. That was short lived, though! Her goal is to learn to skate backwards. When she's not on the ice, Tiffany loves to travel with her family.

Coach's Challenge of the Month

Picture Perfect Spirals!

Build balance, control, and beautiful lines! Our September/October challenge focuses on developing and holding a proper spiral position off the ice-skills that carry over to more beautiful spirals on the ice.

Focus on form: Keep your supporting leg straight and your free leg straight and lifted above hip level. Your free foot needs to be turned out with toes pointed (see pictures). Hold your position steadily without putting your free foot down. To earn your stars, complete the required hold **on each side**! Send a video to the #coaches-challenge on Slack or demonstrate in person to Coach Christine.

⭐ **1 Gold Star — Find Your Balance**
Hold your spiral on the floor for **30 seconds on each side**.



⭐⭐ **2 Gold Stars — Rise to the Challenge**
Hold your spiral on a yoga block for **40 seconds on each side.**



⭐⭐⭐ **3 Gold Stars — Master Your Control**
Hold your spiral on a BOSU ball for **40 seconds on each side**.
Start on the floor and progress to the yoga block or BOSU ball.
Remember: beautiful form comes first!
Practice with purpose, celebrate your progress, and let your spirals shine!



July/August Coach's Challenge
Congratulations to Charlotte, Liza, and Ayla for earning a Gold Star for the backbend Coach's Challenge!



Breathe & Balance

HMFSC has once again partnered with Breathe & Balance to provide a customized program designed to enhance skater success both on and off the ice. Benefits include flexibility, balance, posture emotional preparedness, mindfulness, nervous system awareness and much more! Sessions are $12/ea. and will be held at the Breathe & Balance Studio on Oct. 26, Nov. 9, Nov. 23, Dec. 7, Dec. 21. Studio address is 814 19th St. in Cody.

Recent Clinics



The first weekend of October, HMFSC hosted a Championship Series clinic, featuring Coach Michael Chack, and Inspirational Series clinic, featuring Coach Christine Castillo. HMFSC is so very thankful to Mike Darby, owner of the Irma Hotel, for his generous donation to sponsor the clinics.

Coach Michael focused on strengthening jumps, spins, technique, power, edges, and skating skills, allowing each participant to work at their individual level. Skaters also learned and performed a short syncho program, choreographed by Coach Michael.

Coach Christine worked with low beginner to high beginner skaters to strengthen foundational skills, as well as confidence, movement, and imagination. In addition, all skaters from both clinics received off-ice training together.

In true HMFSC spirit, family, friends, and members provided lunch, drinks, and snacks for both days of the clinics. Everyone was well fed, worked hard, and had a lot of fun learning new skills!



Recipe of the Month

Coach Christine's Breakfast of Champions

An easy, delicious start to a busy day!

This is one of my favorite go-to weekday breakfasts. It's yummy, nutritious, easy to make and keeps me satisfied until lunch!

Prep time: 5 minutes

Makes: 1 serving

Ingredients

- ¼–⅓ cup granola, any variety
- ¼ cup chopped fruit, such as strawberries, apples, or blueberries
- ¼ teaspoon cinnamon or ground ginger (optional)
- ½ cup milk, dairy or any unsweetened nondairy variety
- ¼ cup plain Greek yogurt (nonfat)
- ½ medium banana, sliced
- ½ teaspoon honey (optional)

Directions

1. Place the granola, chopped fruit, and optional cinnamon or ginger in a medium cereal bowl.
2. Add the milk, Greek yogurt, and sliced banana.
3. Drizzle with honey, if desired, and enjoy!

Estimated Nutrition Per Serving

Nutrition per bowl: Calories310–360, Protein15–17 g, Total carbohydrate 41–47 g, Dietary fiber5–6 g, Total fat 10–13 g

Adding honey contributes approximately 10 calories and 3 g carbohydrate. Nutrition varies with granola brand, fruit, milk, and yogurt choices.

Try a fall twist: Choose chopped apples and cinnamon for a cozy September–October flavor!

Upcoming Events

- **October 17 from 2:00-4:00 Adopt A Highway, meet at Coach Liz's**

It's time for the fall clean up on Hwy 120 along the 2 mile stretch of HMFSC's Adopt A Highway!

- **October 22 fundraiser at Pizza Ranch in Billings from 5:00-8:00**

Join HMFSC as we earn donations by bussing tables and selling baked goods!

- **October 26 The first Breathe & Balance session from 3:45-4:45**

All HMFSC are invited to join this exciting new opportunity at the Breathe & Balance Studio.

- **November 7 Social gathering at Sips from 9:30-10:30**

Join us for a laid back gathering following club ice that's sure to be filled with laughter and fun!

- **December 4 Story Time at Park County Library from 2:00-2:45**

HMFSC members are invited to read a story and make a craft with children at the library.

Celebrations



Everyone had a great time at the annual HMFSC BBQ and rodeo!



HMFSC connected with the Powell community during Paint the Town Red.



HMFSC members made cards for local senior residents.



HMFSC members hosted story time at Cody Children's Library.



HMFSC had another successful fundraiser at Brewgards!



HMFSC members were proud to volunteer at the annual Heart Mountain Interpretive Center's annual pilgrimage.