HMFSC NEWSLETTER

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Message from the President

As we celebrate the first anniversary of the Heart Mountain Figure Skating Club, I find myself reflecting with immense pride and gratitude on everything we have accomplished together in just one short year.

What began as a vision to create a positive, high-quality skating community has grown into a thriving regional organization spanning four states- Wyoming, Montana, Colorado, and California- with a membership of 32 skaters and supporters united by a shared passion for skating, personal growth, and community.

Over the past twelve months, HMFSC has hosted two Champion Series clinics and one Inspiration Series clinic, offered regular group lessons and workshops for skaters from beginner through advanced levels, and also established a competitive team and adult skating program.

Beyond the ice, we have worked hard to foster a true sense of community and service. Together, our members and families have participated n volunteer efforts with WYDOT Adopt-a-Highway, the Heart Mountain Wyoming Foundation, and the Park County Library. Through fundraisers, sponsorships, donations, bingo nights, and our Diamonds on Ice Raffle, we have raised critical support to help build and sustain our organization.

Just as meaningful have been the friendships and memories created along the way from paint-and-sip nights, bowling outings, skating trips to Red Lodge, swimming in Powell, BBQs and rodeos, to our Christmas party, recitals, and countless impromptu gathers that have strengthened the bonds within our club family.

One of our proudest milestones this year was submitting our application to become an official U.S. Figure Skating member club after only seven months of operation; a reflection of the dedication, professionalism, and momentum that this community has built together.

Most importantly, however, we have created something far greater than programs and events. We have built a nurturing, supportive, inclusive, and family-centered community where skaters of all ages and levels feel encouraged to pursue their goals, challenge themselves, and belong.

To our members, Board of Directors, coaches, families, volunteers, sponsors, and supporters: thank you for your belief in HMFSC and for the countless hours of hard work, energy, and heart you have poured into this organization. Together, we have built something truly special, and I firmly believe the best is still ahead.

With gratitude,
Christine Castillo

Coach's Challenge

As we head into summer, regular ice time may pause for a couple of months, but that doesn't mean our skating training has to stop! Staying active off the ice helps maintain strength, balance, flexibility, and skating-specific conditioning, while also keeping you energized for all of your summer activities.

To help everyone stay in the groove, here is our **HMFSC Summer Conditioning Series**- a simple 15 minute daily routine you can do at home with minimal equipment.

HMFSC Summer Conditioning Series 15 Minutes a Day to Stay Strong, Balanced, & Skating Ready
What You'll Need

- Athletic Shoes
- Yoga mat or carpet
- Optional: jump rope

1. **Dynamic Warm-Up** (3 min.)
30 seconds each
- Jog in place
- High knees
- Butt kicks
- Arm circles
- Walking lunges
- Toy soldier kicks

Purpose: Increase heart rate, activate muscles, and improve mobility before jumping and balance work.

2. **Core + Stability Block** (5 min.)
30 seconds each exercise
- Plank
- Side plank (right)
- Side plank (left)
- Glute bridges
- Dead bugs

Why It Matters For Skating

- Better air position
- Stronger checking
- More stable landings
- Improved posture and edge control
- Protection for backs and hips

3. **Jump + Power Block** (4 min.)
30 seconds each
- Repeat circuit twice
- Exercises
- Squat jumps
- Skater hops
- Single-leg landing holds (right)
- Single-leg landing holds (left)

Focus On:

- Quiet landings
- Proper knee alignment
- Engaged core
- Controlled balance

These exercises help develop:

- Jump height
- Landing control
- Explosive skating power
- Edge security

4. **Flexibility + Cool Down** (3 min.)
Hold each stretch for approximately 20-30 seconds

Stretches

- Hip flexor stretch
- Hamstring stretch
- Butterfly stretch
- Cat/cow back stretch
- Shoulder stretch

Benefits:

- Improved extension
- Better spirals and split positions
- Reduced tightness during growth spurts
- Faster recovery between training days

Consistency is key! Even 15 minutes a day can make a tremendous difference in maintaining skating fitness and preparing for a strong return to the ice this fall. Stay active, stay healthy, and enjoy your summer! ~ Coach Christine



Skater Spotlight:

Skylar

Favorite skating moment or proud achievement: Landing my axel again as an adult!

A challenge you've faced: Coming back as an adult skater has been humbling. My brain remembers what things used to feel like, and my body sometimes disagrees. Learning to be patient withthe process has been the hardest part- and spinning is a lot more difficult now that I get dizzy so fast.

Upcoming Events

- **HMFSC Annual Meeting**
June 18, 2026, 5:30-7:30 p.m.
Location: Governor's Room in the Irma
Join us for food and beverages as we annouce the results from Board of Directors election

- **Float Decorating and Parade**
Date: Decorating TBA (late June), Parade on July 4th
Help us celebrate America's 250 birthday!

Recipe of the Month

Summer Treat: Frozen Berry Greek Yogurt "Ice Cream"

As the days heat up and we're looking for something sweet, cool, and fun for our taste buds, here's a refreshing treat that tastes like ice cream, but comes with the added benefits of less sugar, more protein, and all the good stuff that helps keep skaters healthy and energized. This recipe is easy to make and provides a combination of carbohydrates and protein that can help replenish energy after training, skating or any summer time activity!

Recipe
Yield: 4 servings
(approx. 3/4 c. each)

Ingredients:

- 2 c frozen berries (blueberries, blackberries, strawberries, huckleberries, or a mix)
- 1 c plain whole milk Greek yogurt (Tillamook preferred- this brand includes both milk and cream)
- 3 tbsp honey
- 2 tsp vanilla extract
- Squeeze of lemon juice
- Optional: 1-2 tbsp milk if needed for blending

Directions:
Let frozen fruit is for 3-5 minutes to soften slightly. Add fruit, yogurt, vanilla, lemon juice, and sweetener to a food processor or high-speed blender. Blend until thick and creamy. Add milk one tablespoon at a time only if needed, as too much milk makes the texture too hard and icy. Serve immediately for soft-serve texture, or freeze 30-60 minutes in a 4 cup oblong container for a firmer scoop.

Substitutions for berries: Peaches, mangoes, cherries

Celebrations



HMFSC and the Riley Arena partnered together to offer a Valentine's Day skate for the community. The music, ice cream, and raffles were a big hit at the event!



HMFSC presented, "Stars, Skates, and Stripes" on ice for their first annual spring recital. Attendees also enjoyed skating with performers after the event.



Congrats to all of the HMFSC skaters who competed in the Big Sky Games competition in Billings, MT in May. Their hard work paid off!



The HMFSC "Adopt a Highway" spring clean up was a huge success, thanks to the hard work of club members and volunteers.

HMFSC Featured Progam: Junior Ambassadors

The HMFSC Junior Ambassador program is comprised of skaters under the age of 18 who help welcome new youth members and make them feel included, both on and off the ice. Whether it's introducing them to warm-up routines, explaining freestyle etiquette, or simply offering a smile and a new friend, Junior Ambassadors play a vital role in building the inclusive and encouraging community that make HMFSC special.



Get Involved!

Interested in joining our club, making a donation, or just want more information? Check out our website or drop us an email. We'd love to hear from you!