



Dear Skating Friends:

Welcome back to News From The Edge, the official newsletter from the Diamond Edge Figure Skating Club. It's been a while for our club to have a newsletter. A huge THANK YOU goes to Angelina Bardin for taking on this task. Our club has been busy and our skaters have been busy. We just haven't told everyone about it.

First of all, congratulations go to Jonathan Lim for achieving his gold medal in Adult Moves in the Field in June! And now, as of the August test session, we have THREE brand new gold medalists in dance! Dawn Talkington received her gold medal in Senior Free Dance. Both Monica Jackson and Rose Johnson received gold medals in Senior Solo Free Dance. You should see their names on our banners very soon. Just waiting for the decals to be finished. We are so proud of all of you!

The big issues this year in U.S. Figure skating are Safe Sport along with many changes to the organizational structure of the test sessions and competition series. You will continue to hear more about all of these in Skating magazine. The board is addressing the Safe Sport policies and will put them on the website once they are completed. The most urgent change that will impact our club is called Test Refresh. Last year, the testing structure was re-designed to align the free skate tests with well -balanced programs. Effective September 2, 2018 tests will now be judged on +3 to -3 for each element. The passing average when the pluses and minuses are added must be zero or above. So, now skaters will see results that say Pass, Pass with Honors or Pass with Distinction. We will use this at the November test session. The coaches are busy preparing you for this and the judges are busy preparing for the changes.

There will be changes to the competition structure as well starting in the spring of 2019. We can discuss that at a later date.

We are in the throes of planning our mid-year meeting to be held at Corky's restaurant for lunch on Dec. 9 at 1:00. Bring a "dirty Santa" gift if you want to participate. One of our major goals for the club this year is to improve our communications with you. Let me know how we can get better.

Until next time,

Sandy Bowen, President

Board of Directors:

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Sandy Bowen

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April Bardin

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Angelina Bardin

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Editor: Angelina Bardin

2018-2019 Competitive Schedule

The 2018-2019 competitive skating season has begun, so let's get ready to cheer on our favorites!

Skaters who have performed on our Little Rock ice in recent years will be representing USFS this season, including Poojah Kalyan, Hanna Harrell, and Amber Glenn.

Poojah skated in our 2017 Spring Show All About Oz, and wowed us all with her stunning presence on the ice, as well as her humble and gracious manner. Her roots are in the Ozark FSC, and she trains in Glen Ellyn, IL. She recently placed 8th overall in the Junior Grand Prix event in Bratislava, and got bronze at the Bavarian Open. She is on Team C for USFS, along with Amber Glenn.

Amber performed for us at our last Skate for the Cure, benefitting Susan G. Komen Arkansas. She skates for the Dallas FSC, and is a beautiful skater to watch. She has skated to choreography by our frequent guest dance partner and coach Nick Traxler of Dallas. Watch out for this girl!

Hanna Harrell skated in Little Rock as a tiny little girl with a huge presence on the ice! She competed in gymnastics before dedicating herself to skating, and placed 1st at Midwesterns in Jr. Ladies last year, 4th at Nationals, and 2nd at the Egna Spring Trophy this season. She now skates in Plano, TX, and is on Team D for USFS.



Pictured above: Poojah Kalyan, Amber Glenn, and Hanna Harrell

Below is the broadcast schedule for upcoming 2018.

Date	2018 ISU Grand Prix of Figure Skating Series	Time (ET)	Network
Saturday, Oct. 20	Skate America	6 - 8 p.m.	NBCSN (Live)
Sunday, Oct. 21	Skate America	12:30 - 1:30 p.m.	NBC
Sunday, Oct. 21	Skate America	4 - 6 p.m.	NBCSN (Live)
Saturday, Oct. 27	Skate America	3 - 6 p.m.	NBC
Sunday, Oct. 28	Skate Canada International	4 - 6 p.m.	NBC
Sunday, Nov. 4	Grand Prix Finland	1 - 3 p.m.	NBC
Sunday, Nov. 11	NHK Trophy	12 - 1:30 p.m.	NBC
Sunday, Nov. 18	Rostelecom Cup	12 - 1:30 p.m.	NBC
Sunday, Nov. 25	Internationaux de France	4 - 6 p.m.	NBC
Friday, Dec. 7	Grand Prix Final	11:30 p.m. - 1:30 a.m.	NBCSN
Saturday, Dec. 8	Grand Prix Final	8 - 9:30 p.m.	NBCSN
Sunday, Dec. 9	Grand Prix Final	4 - 6 p.m.	NBC



USFS Tests Completed

August 2018 Test Session

Pre-Pre MIF:	Lucy Cui Natalie George Anna Gossett
Preliminary MIF:	Sydney Smith
Pre-Juvenile MIF:	Mackenzie Nelson
Intermediate MIF:	Ava Kate Lowery
Adult Pre-Bronze MIF:	Panipak Kumgade
Swing Dance:	Ava Kate Lowery Hayden Chang Jack Liu
Fiesta Tango:	Ava Kate Lowery
Cha Cha:	Ava Kate Lowery
Novice Solo Free Dance:	Daniel Block Jules Gaddy Anne Eden (Masters)
Starlight Waltz:	Monica Jackson

Huge Congratulations to the following skaters on passing their GOLD level tests:

Dawn Talkington – Senior Free Dance
Rose Johnson – Senior Solo Free Dance
Monica Jackson – Senior Solo Free Dance
Jonathan Lim – Adult Gold MIF, June 22nd in Memphis, TN

****NEXT TEST SESSION IS NOVEMBER 11TH****

Congratulations to our recent GOLD Medalists!

Monica



Dawn



Jonathan



Rose



****COMING UP****

USFSA Test Session, November 11th

**Holiday On Ice Show - "Tis the Season to be Freezin", December 8th @ 12pm & 6pm
(Be sure to invite everyone you know and tell them to dress for the freezin season!)**

**Mid-Year meeting / Christmas party, December 9th, 1:00pm @ Corky's Restaurant
(If you would like, bring a "Dirty Santa" gift and prepare for the fun of stealing other people's gifts!)**

From a Skater's Perspective:

I had a "moment" on ice today and had to step off to compose myself. I've been injured, and I'm frustrated that I'm still hurting and limited. While I am improving, I'm still not healing as quickly as I'd like. It also creates fear of making it worse, which competes with wanting to go "all out" in practice to work on stamina and consistency.

Today, after my "moment", I got back on the ice to just "skate through" programs without jumps or spins. After

repeatedly making mistakes on what should be easy things to do, I had a mental check. I can do those steps and do them well. It was my emotions controlling my mind and body. I stopped, refocused, verbally said "I can do this", and focused on letting my body do what it knows how to do. Then I went on to perform those same moves without a problem.

The same tactics I used in practice today can be used in life as well. Often, we let our emotions control what we say, what we think, and even what we do. It takes time and effort to master standing still for a moment so we can reevaluate and refocus. We often don't even recognize that it is needed. Sport is a great way to learn and practice these lessons so we can improve on them in our day-to-day lives as well. It's just another reason that I love our sport!

Written by: April Bardin

