

# The Inside Edge

Official Newsletter of the International Falls Figure Skating Club



International Falls Figure Skating Club (IFFSC)  
PO Box 1129  
International Falls MN  
56649

## Meet the Coaches

The International Falls Figure Skating Club is pleased to introduce you to this year's coaches.

### Shelley Douglas *Juniors, Seniors, & Synchro*

Shelley has been coaching for 30 years. Shelley's family moved to Fort Frances when she was in 4th grade. She immediately wanted to learn how to skate. Her love for the sport grew and she naturally progressed into coaching.

Shelley started coaching with IFFSC in 1980. When she started working with IFFSC, the club was not a sanctioned club. Shelley helped the Club become sanctioned with the US Figure Skating Association. She also brought skaters to their first competition!

Shelley has always enjoyed being around children. Even as a skater she knew that teaching is what she

wanted to do. When skaters eyes light up after skating a good program or passing a test they have worked so hard for, Shelley feels that all the work is worth it. Shelley is also a teacher's aid. She works with children with physical and learning disabilities.

Shelley has two children of her own. Shelley attends many workshops and seminars to keep herself updated on new techniques. She is always willing to make herself a better coach.

### Monica Hasbargen *Snowplow Sam & Basics 1-4*

Monica is a senior at Falls High School. She has been skating for so long that she can't remember exactly when she started. She is a senior skater and a member of the synchronized skating team.

Monica began coaching in July 2009 during summer skating. She was a helper

to younger skaters for many years as well.

Monica, as well as her Mom and sister, have been involved in IFFSC for as long as Monica has been skating.

Monica loves the look of extreme glee on a child's face when she tells them that they have accomplished something that they have been working on for a long time. She loves watching children run up to their parents and say "Look what I can do!"

Having fun and working hard are her main objectives as a coach. She likes to see kids active and not standing around freezing, so she tends to keep them moving even if it is just power stroking a couple of laps to get them warmed up.

Monica brings other teaching experiences to the rink. She has been a swim instructor for two years, a camp counselor, and a Sunday school teacher. She is also a lifeguard at City Beach and FHS pool.

2009-2010, Issue 1

October 2009

### Dates to Remember:

- **Skating begins** October, 27, 2009—check the arena schedule (link at [www.iffsc.org](http://www.iffsc.org))
- **Synchro Tryouts**—weekend of November 7 (Tryouts open to any skater in Basic 7 and up. If there is enough interest there may be two teams. Skaters may still tryout even if they did not sign up at registration.)
- **Competition & Testing**—see website after October 26
- **Testing**—December 5 & 6, 2009
- **35th Annual Ice Show**—Night at the Cinema — March 27 & 28, 2010

### Inside this issue:

<i>Meet the Coaches</i>	1, 2
<i>Dates to Remember</i>	1
<i>Board of Directors</i>	2



## Meet the Coaches, continued

### **Alicia Hendrickson**

*Snowplow Sam & Basics 5-8*

Alicia is a Junior at Falls High School. She is a senior skater and a member of the synchronized skating team. She has been skating for 15 years. Alicia passed into senior level skating the summer after second grade and she started competing at the age of 4.

Alicia got her first experience with teaching other skaters when she was a helper with Snowplow Sam skaters. Since Alicia was a young senior skater, she was a good match for helping the beginning skaters.

Alicia started coaching formally during summer skating 2009. She coached Basics and private lessons. Alicia loves working with kids and feels good about helping them learn new skills. She shares in the excitement when skaters pass into new levels.

Alicia thinks that figure skating is great and wants to help skaters advance. She encourages skaters to compete because it is a great experience.

### **Darlyss Krienke**

*Basics 1-8 and Seniors*

Darlyss started skating when she was 10 years old. She attended an ice show and told her mom that she wanted to skate. Luckily, her mom signed her up and she has been hooked ever since.

As a senior skater Darlyss assisted the professional coaches. She held her first professional coaching job when she lived in St. Louis, Missouri. She taught with the ISIA (Ice Skating Institute of America), a more recreational skating program. Darlyss coached with a woman who had 40 years of experience. Although new to coaching, this mentor allowed Darlyss to incorporate her creativity into the program. While with ISIA, Darlyss learned precision skating, which is now called synchronized skating.

Darlyss has been coaching with IFFSC for 25 years. She is happy to still be involved with the Club.

Darlyss feels that skating is in her veins. If she did not coach she would want to be involved in the sport in some other way. Coaching is very rewarding for her.

Darlyss finds it difficult to describe the sense of accomplishment and excitement when a skater achieves a new element. She enjoys seeing the kids having fun while they learn something new. Seeing their faces when "they get it" gives her, as a coach, an amazing feeling of pride. She is pleased to now be coaching children of former skaters.

Darlyss encourages skaters and parents not to be concerned about her loud voice. Despite her louder voice, she assures everyone that she is very approachable. She encourages skaters and parents to talk to her if they do not understand what is going on or if they just have general questions.

**We're on the web!**  
**[www.iffsc.org](http://www.iffsc.org)**

### **2009-2010 Board of Directors**

#### **President –**

Kathleen Przybylski, 218-324-1716

#### **Vice-President –**

Leanna Hasbargen, 218-283-0713

#### **Treasurer –**

Kristen Wold, 218-286-3527

#### **Payroll Treasurer –**

Sarah Christianson, 218-283-2676

#### **Recording Secretary –**

Lisa Bacon, 218-283-3693

#### **Corresponding Secretary—**

Karina McLellan, 218-290-3929

#### **Directors:**

BriAnne Bowles, 218-283-3685

Kris Foss, 218-283-3152

Michelle Hedlund, 218-283-4013

Jill Herzig, 218-286-3366

Jan Hoopman, 218-283-3859

Dawn Lagoo, 218-377-4336

Nita Ringhofer, 218-285-2085

Erin Rousseau, 218-283-2489

Sarah Valentine, 218-324-1516

### **Coaching Staff**

#### Shelley Douglas

Junior Group, Synchro and Senior,  
Junior, and Basic Private Lessons  
bdouglas65@shaw.ca  
807-274-7167

#### Darlyss Krienke

Basic 1-8 and Senior, Junior, and Basic  
Private Lessons  
sk8coachdar@gmail.com  
807-274-9705

#### Monica Hasbargen

Snowplow Sam, Basics 1-4 and  
Basic Private Lessons  
Bearcub12@frontiernet.net  
218-349-3291

#### Alicia Hendrickson

Snowplow Sam, Basics 5-8  
and Basic Private Lessons  
218-340-6081

