

FIGURE SKATING CLUB OF SOUTHERN MARYLAND - FSCSM



Welcome to December

For many, December brings about a festive end to the year – a time for relaxation, celebration, and spending time with loved ones. December is also an opportunity to prepare for a fresh start in the year ahead. The Figure Skating Club of Southern Maryland wishes all past, present, and future members and supporters a restful holiday season, an opportunity to reflect on the past year, and a chance to embrace all that 2023 will bring. Happy Holidays!



FSCSM Shout-outs!

Happy Birthday to our club members!

Abbagail - December 10

Anna - December 13

Congratulations to Elanza for passing her Pre-juvenile Freeskate test.
Way to go Elanza!

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Looking for a club home? Join us! Visit [fscsm.org/join](https://www.fscsm.org/join) for more information.



UPCOMING EVENTS

Please take note of our upcoming events, as we have several taking place before our January newsletter is released.

December 2022

12/16: Photos with Santa 8:00-8:30pm, Skate with Santa 8:30-9:50pm @ Capital Clubhouse - [Must register in advance](#)

12/18: [Annual Holiday Spectacular on Ice Show](#), 5:00pm @ Capital Clubhouse

January 2023

1/1: Outdoor Ice Rink Outing @ Canal Park Ice Rink - [Sign up](#) by 12/28

1/1: Registration opens for Skating Through the Decades Spring Ice Show - *link and details will be shared by FSCSM via email*

1/8: [January Critique Session](#), 5:25-6:45pm @ Capital Clubhouse

1/16: Test session 7:00am-12:00pm @ Capital Clubhouse - *link and details will be shared by FSCSM via email*

1/16: [2023 Winter Open](#) (Gardens Competitive Series) @ Gardens Ice House, Laurel, MD - Entry deadline 12/23

Movie Night and Food Drive, 6:00-9:00pm @ Capital Clubhouse (TBC)

February 2023

2/10: Sweetheart Skate @ Capital Clubhouse (TBC)

April 2023

4/27 - 4/30: Skating Through the Decades Spring Ice Show @ Capital Clubhouse



SkateSafe is a U.S. Figure Skating (USFS) program that outlines the organization's commitment to athlete safety. In November 2022, USFS shared policy reminders and updates around the Gifting Policy, Quick Change for Ice Shows, and Synchronized Skating Locker Rooms. We encourage you to review the [updates](#). The information on Quick Change for Ice Shows is especially timely considering our upcoming holiday show on December 18. **Adults are NOT permitted in locker rooms where minors may be undressing, even if they have completed SafeSport training and background checks.** Review more of the changes [here](#).

Club Membership Prices to Increase

In January, FSCSM will introduce new club membership prices. The price increases reflect recent market trends and also allow us to improve services and offerings to our members. If you've been on the fence about joining FSCSM, there is no better time than the present! Learn more about our membership types and benefits [here](#).

Did You Know?

"Figure skating's first star of the 20th century was Sweden's Ulrich Salchow, who won a record 10 men's world championships between 1901 and 1911. He first performed the jump that now bears his name in which skaters take off on the back inside edge of one foot and land on the back outside edge of the other foot."



Source: [History.com – How Figure Skating Originated—and Became a Winter Olympics Favorite](#)

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Do You Know Your Figure Skating Jumps?



Photographs and composite image by Weiyi Cai for [The New York Times](https://www.nytimes.com)

Jumps are among the most exciting – and technically-challenging – parts of figure skating. New skaters cannot wait to learn to jump and are so proud when they master one. But for many observers, it can be difficult to differentiate the various jumps.

While there are several jumps in figure skating, only six are recognized in the competitive circuit: toe loop, Salchow, loop, flip, Lutz, and Axel (the capitalized jumps are named for their individual creators). Each jump can be completed as single, double, triple, or quadruple. Jumps are divided into two groups. “Edge” jumps – loop, Salchow, and Axel – mean the skater is on an edge (one side of the blade) as they enter the jump. The skater generates speed and power by bending the knee prior to jumping. Alternatively, skaters performing “toe” jumps – toe loop, flip, and Lutz – launch themselves off the ice by using the toe pick on their ice skate.

Edge jumps are generally more challenging than toe jumps, so they have a higher point value in competition. However, jump combinations – two jumps performed back-to-back – can help a skater earn additional points in competition, depending on the jump difficulty and execution. The jumps, in order of difficulty from easiest to hardest, are toe loop, Salchow, loop, flip, Lutz, and Axel. Coincidentally, the most difficult jump, the Axel, is also the oldest jump in figure skating.

In the article, “A Guide to Figure Skating Jumps at the Olympics,” author Amber Sayer (2022) describes each of the six jumps as follows:

Toe Loop: The toe loop is differentiated by the loop jump by the use of the toe pick. In the toe jump, the skater approaches the jump by skating backward on the back outside edge of one skate, then uses the free foot to plant the toe pick into the ice and launch the jump, and lands on the same back outside edge of the skate they took off from.

Flip: The flip is one of the toe jumps in figure skating because the skater uses the toe pick on their free foot to help propel their body into the air. With the flip jump, the skater takes off from the back inside edge of one of their skates and lands the jump on the back outside edge of the other skate.

Lutz: The Lutz is a toe-pick-assisted figure skating jump named after Alois Lutz, the Austrian figure skater who invented the jump and first performed it in 1913. The skater approaches the jump by skating backward forming a wide curve, then takes off from the back outside edge of one of their

Do You Know Your Figure Skating Jumps? (continued)

skates, planting the toe pick into the ice, and launching into the air, rotating in the opposite direction from the lead-up backward curve they had skated prior to take off. The skater lands the Lutz on the outside edge of the skate on the opposite foot from the launching one.

Loop: The loop is the simplest figure skating jump. It is performed by taking off from the back outside edge of either skate and landing on that same edge on the same skate. The basic loop jump in figure skating is an edge jump because the toe pick isn't used, but there is also a toe loop in which it is.

Salchow: Named after 10-time world champion Swedish skater, Ulrich Salchow, the Salchow is an edge jump in figure skating that involves taking off from the back inside edge of one skate and landing on the back outside edge of the other skate.

Axel: The Axel is a forward-facing jump and the only figure skating jump in which skaters launch from a forward outside edge of their skate. It is named after its inventor, Norwegian figure skater Axel Paulson, who first performed it in 1882. The Axel is always a minimum of 1.5 rotations because it involves landing on the back outside edge of the skate on the foot that's opposite from their launching foot. In other words, if the skater takes off from their right foot, they must land the Axel on their left foot. As such, a double Axel is 2.5 rotations, a triple Axel is 3.5 rotations, and a quadruple Axel is an impressive 4.5 rotations.

If that all still sounds like gibberish to you, don't worry! It can take some time to learn the differences in the various jumps. Keep watching and following along to learn what to look for in each jump. Videos, such as [How To Tell Apart The Figure Skating Jumps](#), may also be helpful. And of course, you can always ask a FSCSM skater to demonstrate for you!

References:

Sayer, A. (2022, February 7). *A Guide to Figure Skating Jumps at the Olympics*. The Manual.
<https://www.themanual.com/culture/figure-skating-jumps/>



A multiple exposure image shows a portion of the free skate by Japan's Yuzuru Hanyu, the first man to repeat as Olympics figure skating champion since 1952. | Mladen Antonov/AFP/Getty Images/[NPR.org](https://www.npr.org)