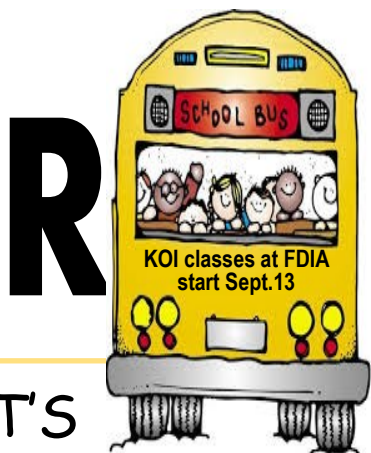


# Fort Dupont Ice Arena

The Coolest Place To Be In Washington, DC



# RinkRoundup

## IT'S BACK TO SCHOOL SKATING TIME

*A Message From the Program Director*

Welcome back families and skaters. I am looking forward to the start of another great Kids On Ice® season. Each year, after we close in March, I review outcomes from the season that just ended and plan for the next. I also survey KOI parents to ensure our programs are meeting our mission and serving our families. As a result of survey feedback, Kids On Ice P.L.U.S will start its third season as "Positive **Living** Using Skating". (Speed, Hockey, Advanced Figure and Synchronized Skating.)

Why the change from Learning to Living? Survey results show the majority of P.L.U.S. skaters are excelling in school. The revamped P.L.U.S. is similar to athletic programs in academic settings with both training and academic requirements.

In order for skaters to participate in FDIA's free on-ice specialty classes, they will be required to participate in weekly 30 minute off-ice

training sessions that focus on 1) agility, balance and coordination, 2) strength and power, and 3) flexibility with an overall goal of general wellness and injury prevention. Students must also maintain a 2.5 or higher GPA. Students who need academic support to improve their GPA will receive individualized tutoring in order to help them achieve academic success.

DC ranks in the top ten states with the highest rates of obese 10-17 year olds. In 2010, the city's rate of childhood obesity was 35%; rates in Wards 7 and 8 were 39%. Experts suggest that children should participate in at least 60 minutes of moderate to vigorous activity 5-7 days a week. Our new version of P.L.U.S. better serves this need. For more information please see the P.L.U.S. registration forms and attend the P.L.U.S. parent meeting September 4 at 6:00 pm.

LME

## Exchange Program Takes Off KOI Travels to Israel

This summer, FDIA Executive Director Ty Newberry and his wife Melissa accompanied 3 youth hockey players to an exchange program with our sister facility, Canada Israel Hockey School (CIHS) in Metula, Israel. The players, pictured right, are southeast DC residents who learned to play hockey in our KOI program.

This incredible trip started with 4 days of sight-seeing, including tours of Jerusalem, Masada, the Dead Sea, the Sea of Galilee, Nazareth and others. The history, food and people were incredible, and exceeded everyone's expectations.

*Continued on pages 2-3*



KOI skaters (front to back) Jonothan Young, Danny Mullenex and Drew Koike prepare for takeoff from Regan Airport.



## Check out the Aug./Sept. issue of Skating Magazine USFS See Excellence In FDIA Programs

Congratulations to Program Director, Leticia Moreno Enos who is recognized by the figure skating community in the current issue of the

Official USFS Publication for the "exemplary programs" offered at FDIA! Keep reading and you will see some of our KOI skaters in a photo taken at the final NCA Basic Skills Series Competition that began at FDIA last March. Good reading!



### Dates To Remember

Aug 22	Returning KOI Basic Skills Registration Deadline
Aug. 29	New KOI Basic Skills Registration Deadline
Sept 4 @ 6pm	MANDATORY KOI P.L.U.S. PARENT MEETING
Sept. 13	1st Day of KOI and KOI P.L.U.S. Classes

Visit [www.fdia.org](http://www.fdia.org) for public skating days/times



# Forming Friendships On Foreign Ice

Continued from page one

After exploring a small part of the beautiful country, the bus headed north for 6 days of hockey camp...or that's what they thought. The kids were on the ice several times each day while incredible friendships and memories were made. It took about 15 minutes for the KOI kids to fit right in, and before you knew it there wasn't a group of North American kids and Israeli kids, but rather a group of hockey players. Our new friends in Israel couldn't have been better hosts, and made sure that our kids felt right at home.

On-ice sessions were run by 14-year NHL Veteran Laurie Boschman and 2010 Canadian Olympic gold medalist Tessa Bonhomme. Our kids had the opportunity to spend the entire trip with them, in addition to Mitch Miller, Andrea Boschman and a 2 young Canadian goalies named Jack Moore and Zach Springer. They couldn't have asked for a better group to travel and experience the country with.

Despite western media reports of in-country unrest and violence, our group felt entirely safe and at ease during their stay. Except for an airline delay due to mechanical problems that extended their stay by 24 hours, the group experienced not a single moment of anxiety or concern for their safety.

FDIA is incredibly grateful for all the financial support that made this trip possible. This once in a lifetime opportunity was a glorious one that these young men (and one old guy) will never forget. We look forward to expanding the exchange next year, taking new and more players. Look for news on our plans to be announced later this year.

Clockwise from top left: canoeing in the Sea of Galilee; visiting the Wailing Wall in Jerusalem; exploring the ancient City of Jaffa; breathtaking view from the top of Haifa; hockey practice in Metula; the best travel team ever pauses for a photo op in Israel; all for one and one for all, hockey is unifying regardless of who you are or where you are from.



MAKING FRIENDS AND MEMORIES

## VOLUNTEER NEWS

### Annual Day of Service Has Huge Impact

### Deloitte Volunteers Tackle Wide Range of Tasks

On June 6 more than 100 volunteers from Deloitte Consulting LLC spent the day mopping, painting, raking, weeding, and constructing a medal stand and PVC walkers at Fort Dupont Ice Arena. Back for their 5th consecutive year of service, the ever determined group even reinforced the hillside out front with new plants and retaining boards. We appreciate the steadfast support of such diligent volunteers. Many thanks to everyone who helped. In one day you accomplished more than we thought possible!



## FUNDRAISING NEWS

We are grateful for the tremendous outpouring of support resulting from our summer programs appeal which made the Israeli Hockey Exchange Experience possible. In addition, we raised funds for the Terri Ann Lowenthal Kids Love To Skate Scholarship Fund, which summer camp participants are benefitting from on a needs basis. The United Way DoMore24 campaign raised over \$2500, also used to fund the exchange program and scholarships.

Since the start of this fiscal year, we have received funding from Bridgestone, Maximus Foundation, the DC Office of the State Superintendent, Bloedorn Foundation, Capitol Hill Community Foundation, Capitol Skating Fund, Luther I. Replogle Foundation, and George Preston Marshall Foundation.

### DONOR SPOTLIGHT

Special thanks to St. Albans School for their continued support of FDIA. In addition to supporting us by renting ice for their hockey team practices and games each season, this summer they made a separate, generous contribution towards the Israel Exchange Program. And St. Albans' support isn't only financial. On the recommendation of Head Coach Dan Ryan, senior Thomas Davidson volunteered as a summer camp counselor, sharing his knowledge and experience of ice sports with more than 60 campers. We so appreciate your sharing of time, talent, and of course funds. St. Albans rocks!

### Have Your Party Here!



If you're looking for a fun, affordable, and COOL way to celebrate a birthday, anniversary or special occasion, reserve our party room for the event. Available most Saturdays

September—March., first come first served. A non-refundable fee of \$125 is required to make a reservation. The fee includes use of the party room for 4 hours, as well as admission and skate rental for 12 people to skate during the public skating session. Additional skating guests cost just \$5.00 each. There is no charge for non-skaters. Call 202-584-5007 or e-mail [jrrossi@fdia.org](mailto:jrrossi@fdia.org) for more information.

**NOW ACCEPTING RESERVATIONS FOR 2014-15 SEASON**

### The Staff

- Ty Newberry—Executive Director/General Manger
- Leticia Moreno Enos—Program Director
- Janet Rossi—Business Office Manager
- Ron Slomski—Director of Fundraising
- Raymond Norman—Facility Manager

#### Facility Staff

- Jermaine Stewart
- Randy Cheek
- Mike Mullenex
- Mike Gunn
- Frank Mobley
- Sharon McKay
- Waddell Murden





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# 18839

**FORT DUPONT ICE ARENA  
 AUGUST NEWSLETTER**

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**REGISTRATION OPEN FOR FALL SKATING LESSONS !**

Forms available in the lobby and online at [www.fdia.org](http://www.fdia.org) ♥ All Classes on Saturdays.



Basic Skills

Advanced Figure Skating



Synchronized Skating

Learn To Play Hockey



Speedskating

All Kids On Ice® Classes Start September 13, 2014

**Help Support Kids On Ice® With Your Tax-Deductible Contribution**



- \$50 Sponsors one child for an 8 week Learn to Skate session
- \$250 Sponsors two children for a year of KOI P.L.U.S.
- \$500 Sponsors for 60 students in our Schools Skate For Fitness Program
- \$1000 Covers the cost of 10 new pairs of skates
- \$\_\_\_\_\_ Any amount you can send today helps keep our programs going!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Yes, please add me to your mailing list!

Please make checks payable to Friends of Fort Dupont Ice Arena and mail to 3779 Ely Place SE, Washington, DC 20019. Or, make a secure donation online at [www.fdia.org](http://www.fdia.org).