



## 2008 Newsletter

**Meet 2008 Sasha Cohen Award Winner Kendal Pumphrey.**

Kendal is 13 and skates at the Intermediate level. Winning the Sasha Cohen Award is a very special honor for Kendal.

Kendal and Sasha have been friends since Kendal was little. Kendal admires Sasha and has been encouraged by her. Kendal also finds it very rewarding when you push on thru the hard days and get past the tough spots, to be recognized for it. "It makes you stronger!" she says.

Kendal is also a short track speed skater and will be competing at Jr Nationals (Nov) and Nationals (Feb) this year. Kendal currently holds the National record in the short track 1000 meter distance, and is the current National champion in her age group.

Kendal finds skating to be a great opportunity to build friendships and sportsmanship. When you are competing and against your friends, you want to do your best but you wish that you all make it to the podium.

Kendal sets daily, monthly and yearly goals. While she is training she tries to keep in mind the goal for that day, and if it's a small improvement on a spin. She says it's the small steps that make the goals attainable.

I asked Kendal how she manages two demanding sports and school work, she said she often has to sacrifice hanging out with friends and going to the beach but rather than looking at it that way, she says "Skating is my enjoyment because I am doing what I love and I am hanging out with my friends." I asked Kendal about the upcoming regional competition and although she hopes to participate she is currently recovering from a broken foot. Kendal is working on flexibility and core strength while her foot is healing.

The Sasha Cohen Award program was established in 2000 when Sasha so graciously returned the support money the Orange County Figure Skating Club gave her to help offset the costs of National and International competitions. Consequently, the OCFSC initiated this award program, which is now given annually to club skaters who demonstrate exceptional achievement and improvement. In addition, each year's winner will receive \$250.00 to help cover some of their training costs and competition fees. Congratulations Kendal and best wishes for a speedy recovery!

**Written by OCFSC News Letter Chairperson, Fran Stevens.**

Filename: 2008newsletter  
Directory: S:\Noelle\My Documents\Personal\OCFSC  
Template: C:\Users\nwheeler.NANWM\AppData\Roaming\Microsoft\Tem  
plates\Normal.dot  
Title:  
Subject:  
Author: Admin SBW  
Keywords:  
Comments:  
Creation Date: 7/16/2011 7:31:00 PM  
Change Number: 2  
Last Saved On: 7/16/2011 7:31:00 PM  
Last Saved By: Noelle Wheeler  
Total Editing Time: 2 Minutes  
Last Printed On: 7/16/2011 7:33:00 PM  
As of Last Complete Printing  
Number of Pages: 1  
Number of Words: 0 (approx.)  
Number of Characters: 5 (approx.)