

April 2014. My first newsletter!

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## My First Newsletter - April 28, 2014

**Thank you EVERYONE for your help and support!!**



**My name is Layla Karnes. I am eight years old.  
I want to be a champion figure skater.**



My Website

# My History

My mom and dad took me skating in Oxnard when I was 3 years old. I wanted to skate forever and I cried when they tried to take me home. I love the feeling of gliding on the ice, especially when the music was playing. It feels like I am flying and anything is possible.

I started taking lessons once a week, then twice per week, then three times per week with coach Wendy. When I did my first competition and heard everyone cheering for me, I knew I wanted to be a champion figure skater!

When I was 4, my mom started taking me to Valencia so I could skate with coach Susan. Then, my mom and dad took me to the Ice Castle Figure Skating Camp in Lake Arrowhead and I started working with coach Larisa, coach Mary, and coach Vonne. We stayed there so I could skate with them every day. I got to meet many famous skaters and coaches including Sasha Cohen, Tara Lipnski, Evan Lysacek, Denis Ten, Jason Brown, and coach Frank Carroll. It was hard being away from my dad but he took the train from Santa Barbara to watch me skate most weekends.

My mom and I moved to Los Angeles when I was 6 and I started working with coach Faye, coach Marina and coach Kelly. My dad missed me so much that he changed his work and we all moved to Irvine. Now we're all together again!

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## It's Hard Work!

To be a champion is super hard work. I skate every day for 3-4 hours. I also do Ballet, Lyrical Dance, Ballroom, and Pilates. My dad helps me with off-ice training and hard stretching for 2 hours every night. Last week I improved my mile run to 6:42 minutes! On Saturdays I work off-ice with Tyrone.

Sometimes I get frustrated when I can't get something right. But I never quit! I know I will get it if I keep working at it.

I do my schoolwork when I'm not skating. I am a 4<sup>th</sup> grader in Laurel Springs School and my teacher is Mrs. Mills. My favorite subjects are Science, Art, and History. I'm getting straight A's.



Off-Ice with Tyrone

## My Coaches

I have lots of great coaches. They are all the best and I love them very much! Coach Sondra is my jump coach. She expects the best out of me every time. When my jumps are super high, tight and clean, I can make her cry with happiness. Coach Mary is my spin coach and is simply amazing. She gives me great high level spins. Coach Christine is my ice dance coach and is helping me develop mature posture and precise edges. Coach Jacqui and Marina help me train daily and are constant goal setters!

Recently, I had the amazing opportunity to take a lesson from the 2006 U.S. Olympic Silver Medalist in Ice Dance, Tanith Belbin (that's us on the right). She was so helpful and helped me improve some of my dance steps.



But my best coach of all is my Mom! There are never excuses!!

## My Progress

Last October, I qualified to compete in the National Solo Ice Dance Championships at the Juvenile level. My coaches, Christine and Marina, came with me. I came in 6th and 9th. There were 26 girls. I was sad that I didn't podium. Coach Christine told me I was still too little to cover the ice like the big girls.

This year has been amazing and it is only April!!! I passed my Junior Moves in the Field Test as probably the youngest skater in U.S. history to do it! I have a consistent double salchow jump, a Biemann spin (which I have wanted since I was 4 years old!), and double whips with the jump rope. I passed my last pre-silver pattern dance, the European Waltz, at both the solo and partnered level. In my first competition at San Diego this year, I placed first for the European Waltz and second in the Foxtrot.

I also competed in pre-preliminary freestyle (with Axel combination) in San Diego and I won a gold medal in a group of seven girls. Coach Sondra will let me move up to a higher level when all my double jumps are clean every time.



On the podium in San Diego for Ice Dance and Free Style

# My Future

My goal is to win Nationals, and beyond. I still can't decide between ice dance and freestyle skating. I love them both. To be in the Olympics for Ice Dance, I need a partner. All of the good ones are thousands of miles away. There are lots more girls than boys in ice dance, so girls have to move where the boys are. If I grow to be tall, ice dance is the best choice. If I grow to be less than 5'7", freestyle will be best. My growth chart says I'll be 5'6". But who knows??

In my next newsletter I will tell you about my competition schedule and anything new and special. Please email me with questions or ideas. Thank you all!!



My website



Email