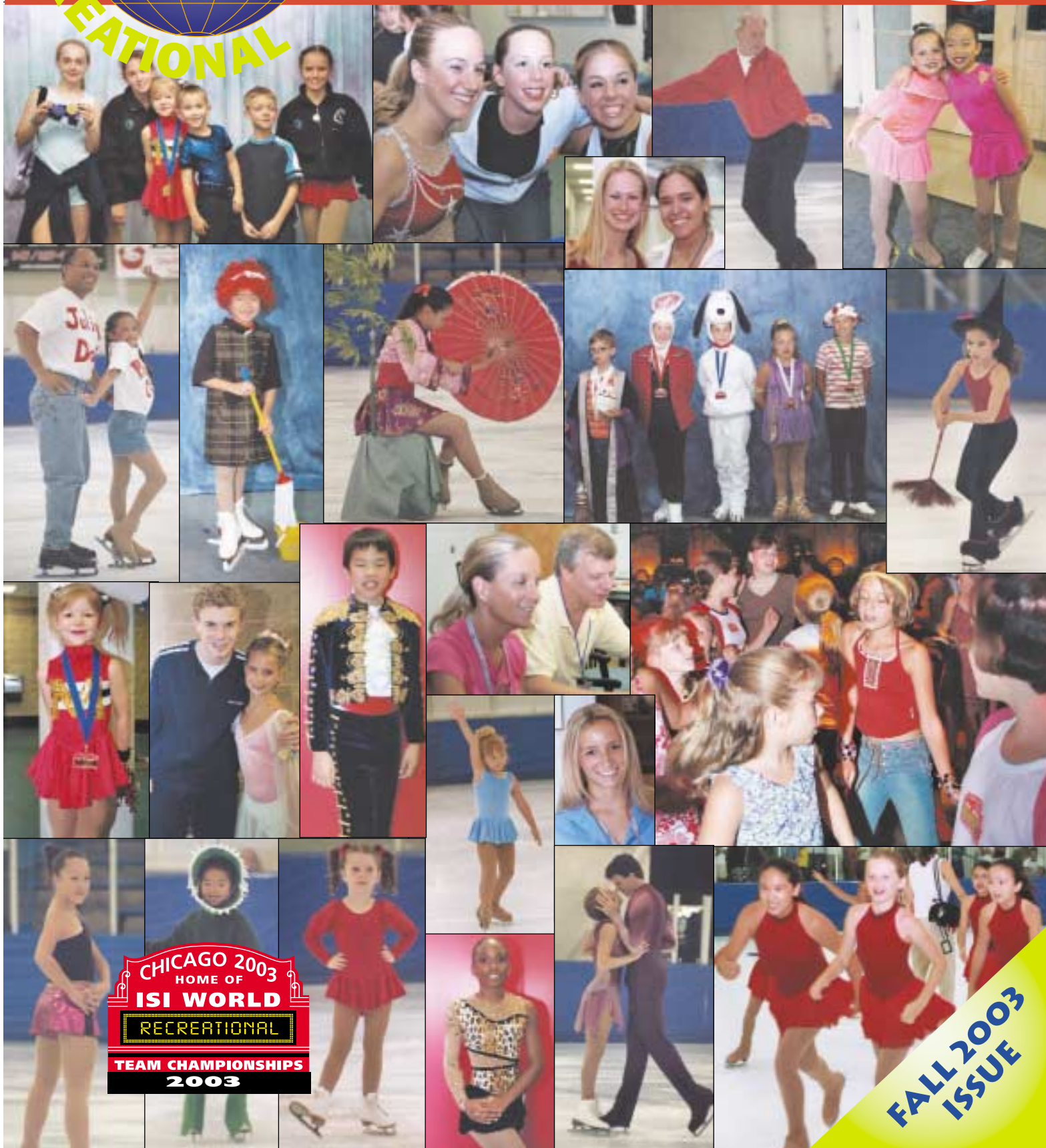


ice skating

RECREATIONAL



CHICAGO 2003
HOME OF
ISI WORLD
RECREATIONAL
TEAM CHAMPIONSHIPS
2003

FALL 2003
ISSUE



from Elite Sportswear L.P.

Skating Wear

Holiday-Winter COLLECTION

*Visit your local pro shop or
specialty store to see the complete
GK Skating Wear Collection.*

Including Great Gift Ideas



Twinks Pen



Ivory Music Box



Skate Charm Watch



Holiday
Skate Ornament

Dealers Call Toll Free
1.800.345.4087

Be sure to ask about the GK Skating TEAM Collection.

Shop Online or order your personal copy of our GK Holiday Catalog at www.gk-elitesportswear.com

WHAT'S INSIDE?

RECREATIONAL ICE SKATING

Fall 2003/Vol. 28, Number 1

COVER

6 2003 Worlds in Windy City

Story

2003 ISI World Championship Collage
Photos by Dianne Powell



Publisher ISI
Executive Director Peter Martell
Managing Director/
Member Prog. and Svc. Patti Feeney
Editor Dianne Powell
Assistant Editor Greta Massey
Art Director Cindy Winn Livingston
Print Production and
Advertising Sales Manager Carol Jackson

Recreational Ice Skating ISSN 0164-4106 (USPS 361-570) is published quarterly; Fall, Winter, Spring, and Summer; by the Ice Skating Institute, 17120 N. Dallas Pkwy., Suite. 140, Dallas, TX 75248-1187. Annual Subscription Rate is \$12.00 per year. Periodicals postage paid at Dallas, TX, and at additional mailing offices. POSTMASTER: Send address changes to Recreational Ice Skating, 17120 N. Dallas Pkwy., Ste. 140, Dallas, TX, 75248-1187. Printed in the U.S.A.

Address Subscription Requests to Recreational Ice Skating, 17120 N. Dallas Pkwy., Suite. 140, Dallas, TX 75248-1187. Extra copies are \$4.00 each (includes postage). Multiple Copies of this edition are \$3.00 each (call for postage).

©2003 by the Ice Skating Institute. Reproduction in whole or in part is prohibited unless expressly authorized in writing by publisher. All rights reserved. Opinions expressed by contributors do not necessarily represent the views of the Ice Skating Institute, the publisher or the advertisers. Submissions of manuscripts, materials, photographs, and artwork are made at mailer's risk and must include self-addressed envelope with sufficient postage for return. No responsibility will be assumed for unsolicited materials. ISI reserves the right to edit material submitted for content and space consideration.

Letters should be addressed to:
Ice Skating Institute/RIS
17120 N. Dallas Pkwy., Suite 140
Phone 972-735-8800
Fax 972-735-8815
Dallas, TX 75248-1187
email: editor@skateisi.org

Direct inquiries regarding Recreational
Ice Skating Magazine; including
Display and Classified Advertising to:
Carol Jackson
972-735-8800



FEATURES

- 10 2003 Scholarship Recipients
- 26 Three Skaters Pass ISI Freestyle 10 Test
- 30 Winter Classic Individual Team Form
- 31 Winter Classic Individual Entry Form
- 36 Benefit on Ice Showcases Stars
- 38 Volunteers Shine at Worlds

DEPARTMENTS

- 4 From the Editor
- 4 The Write Stuff
Letters from our readers
- 16 Calendar
- 17 Skate Talk
- 18 ISI Marketplace
Directory of Advertisers
- 22 Classifieds
- 32 Health & Fitness
Transformational Self-Talk
- 33 Ice Poets
- 34 Competitors Corner
- 35 News & Notes
...from around the skating world

THE WRITERS Stuff

LETTERS FROM OUR READERS

We welcome your letters, comments and suggestions. Send them to us at:
The Ice Skating Institute
Attn: Editor, RIS
17120 N. Dallas Pkwy., Ste. 140
Dallas, TX 75248-1187

Send email to:
editor@skateisi.org

Editor's Note: Some letters have been condensed due to space constraints. Brevity is appreciated. Anonymous letters are not printed.

Dear Readers,

More wonderful letters have been sent to us requesting to participate in the Pen Pals Program! Please remember that we need both the first and last name of the pen pal being requested so that we know exactly who should receive your letter. As always, any letter that requests a specific pen pal has been forwarded to that individual. If you read a letter and would like to be that person's pen pal, send a letter for him or her to ISI. Please include your age, where you skate, and

your skating level in all letters. If you are searching for a pen pal, you should also include any special interests that you might share with another skater along with your full name, street address, city, state, and zip code so that a pen pal will know how to contact you.

Dear ISI,

I love skating. I've been skating since I was 3 years old, but I'm having trouble with my flip. Do you have any suggestions? And will you please find me a pen pal around my age? Thank you.

Caitlin Tate, age 12
Skating Club of Nevada
Las Vegas NV

Dear Caitlin,

The only way to perfect a maneuver is to practice, practice, practice.

Hey ISI,

What's up? This is my first time writing to your magazine, and it Really Rocks!!! I've been skating for 3 1/2 years. I'd like to thank my coach Stacey who is really cool!! She teaches me all kinds of stuff that's not in my level like back camels and flying sits. She's helped me a heap with my axel. Sometimes I get scared that I'll never land my axel, but that I'll be doing doubles and triples. Some people say it takes them 2 or 3 years to

FROM THE EDITOR

Dear Readers,

The 2003 ISI championships competition season is almost over. What an exciting season it has been – from the record setting number of participants at the ISI Winter Classic in Los Angeles to our upcoming Adult Championships on Cape Cod. Check out reports on the fabulous ISI World Recreational Team Championships in this issue of RIS and don't miss the profiles of our newest Freestyle 10 skaters and the winners of the ISIA Education Foundation scholarships, also in this issue.

As this competition season winds down, so does my tenure as editor of RIS. Over the last five years, it has been my privilege to spend time with many of our readers and to learn from them, their families and coaches. I've read hundreds of letters from our pen pals, taken photos of our wonderful skaters, and interviewed and written about interesting people from across the country and around the world, all experiences I wouldn't have had if it weren't for the Ice Skating Institute.

Thank you to our skaters for sharing their passion for ice skating and enthusiasm for life. Thank you to the thousands of ISI coaches who inspire, motivate and teach ice skating as a lifetime participant sport; and most of all, thank you to my friends, the staff and board members of the Ice Skating Institute and the ISIA Education Foundation. There's no better group or no better individuals anywhere. Keep up the good work.

To all of you, I ask that you welcome our new editor, Lori Fairchild, with the same openness, friendship and encouragement you have afforded me. I will continue to be an avid fan of ISI skaters and to look forward to future issues of RIS.

Happy Skating!

Dianne

land it, but there's a girl at my rink who passed it in 4 or 5 months. I feel really dumb too because she's almost 2 years younger than me. Could you please find me a pen pal who's my age and level (guy or girl)? Thanks a ton!

Dahlia Shvets, age 12, FS5
Ice Arena
Urbana IL

Dear ISI,

Hi!!! I LOVE to skate. It's so much fun! I know I already have a pen pal, but I would really like another one. I would like it if Katie Wong, Laura Klatz, and Cassie Stroman could be my pen pals. If not, could you find me a girl around my age, and possibly in a little higher level?? Thanks so much!

Kate Ferraro, age 10, Gamma
Eagan Civic Arena
Eagan MN

Dear ISI,

I have been skating for about 4 years. I would like to thank my coaches Cassandra and Christie for helping me learn to skate. I not only figure skate, but also participate in synchronized skating. I would also like to have a pen pal around my age and level.

Rebecca Hummel, age 11, FS1
Desoto TX

Dear ISI,

I love to skate! I have been skating in Silver Blades for 3 years! I would like a girl pen pal that is in FS2 or FS3 and 10 or 11 years old. Thank you!

Katie Logsdon, age 10, FS2/3
Silver Blades
Findlay OH

Dear ISI,

Unlike most of your readers, I am 15 years old, and I have only been skating a couple of months. When a new ice rink opened in our town, I thought it would be a fun pastime to do with my friends. Now my friends and I spend almost every

weekend there. We see advanced skaters doing jumps and spins, but it bothers us nonetheless. Gliding across the ice makes it seem like I'm flying! Even when other teenagers make fun of me for being so clumsy on the ice, I just ignore them. I hope I can be an inspiration to others who feel they are too old to try new things.

BJN, age 15, Beta
Icearium
Knoxville TN

Dear ISI,

I was wondering how a person could get one of your college scholarships. It is hard to believe that I have been skating for 2 years, and I am succeeding well. I would like to wish Team USA congratulations on winning Worlds. Is there a way to write a letter to favorite ice stars like Scott Hamilton? Also, maybe you could give updates on the progress of the Freestyle 10ers like whether they reached their goals or not! And is it possible to write to some of the new Freestyle 10ers?

Carrie Hope Haemmerle, age 17, FS2
The Jones Center for Families
Springdale AR

Dear Carrie,

Read the profiles of the 2003 ISIA Education Foundation scholarship winners on pages 10-11 to learn about their accomplishments that qualified them for their scholarships. For more information of the scholarship program and its requirements, go to www.skateisi.org or contact the ISI office at 972-735-8800. For information on Scott Hamilton, go to www.scottcares.com. If you'd like to write to any of the new Freestyle 10 skaters profiled in this issue of RIS, send mail for them to ISI and we will forward it. Thanks for the suggestion of updates on Freestyle 10 skaters. We will keep that in mind for a future issue of RIS.

Dear ISI,

Last year I wrote you a letter. I'm looking for new pen pals for me

and my brother. I have so much spare time I don't know what to do with it. I want a pen pal that is older than my brother Daniel. I don't care about my pen pal's gender or anything! I'm landing my axel and my double salchow. Thanks!

Megan Cheney, age 8, FS7/8
Miami FL

Dear ISI,

I loved reading "Skaters Donate to Locks of Love." I donated 13 inches of my hair last year to Locks of Love. I was almost six years old. I hope more skaters donate their hair to kids who need it. My hair grew back fast. It has been one year and my hair has grown 7 inches already. I love to skate. My daddy plays ice hockey and I want to skate just like him.

Mackenzi Brozovich, age 7
Hermitage PA



Mackenzi Brozovich

Dear ISI,

I love ice skating so much, and my favorite skill is the waltz jump. I also would like to thank my private coach Maria for all her hard work in helping me. Thanks Maria!

Holly Watson
Norwich Ice Rink and Skating School
Norwich CT

Continued on page 12...



2003 Worlds in Windy City

by Dianne Powell

Do you have your:

<i>Skates</i>	<i>Needle and thread</i>
<i>Skates guards</i>	<i>Hair dryer</i>
<i>Boot covers</i>	<i>Curling iron</i>
<i>Extra laces</i>	<i>Hair spray</i>
<i>Practice outfit</i>	<i>Make-up</i>
<i>Costumes</i>	<i>Hair accessories</i>
<i>Props</i>	<i>Extra clothes</i>
<i>Music for events</i>	<i>ISI membership card</i>
<i>Back-up music tapes</i>	<i>Camera</i>
<i>Sweater/jacket</i>	<i>Pins for trading</i>
<i>Extra tights</i>	<i>Snacks</i>
<i>Shoe polish</i>	

"Check list completed? Ready to roll?"

This familiar refrain rang throughout households as over 1,800 skaters prepared for the 2003 ISI World

Recreational Team Championships in Chicago, July 28 – August 2. Skaters, coaches and family members representing 123 teams from across the U.S., the Philippines, Al Nasr, Thailand, and Mexico whirled into the windy city for a week of excitement, meeting new friends, and sharing the joy of competing in the sport they love.

The electrifying flurry of the event was notable as skaters in colorful attire representing all ages and sizes swirled through arenas pulling skate bags and towing props. Families congregated; skaters giggled; and laughter, hugs and smiles permeated the environment. Skaters dispensed good luck wishes; congratulations were everywhere; and participants exchanged pins and e-mail address in an effort to stay connected. The bonds were real, the congratulations sincere, and the experience undeniably unique.



With 2,800 entries in 700 exciting events, there was something for everyone at Worlds. Individuals, pairs and teams took full advantage of the vast array of ISI competition events to amass points for their teams. Some were seasoned veterans having skated since they were toddlers and others were newbies recruited for massive production numbers that left the audience in

awe. Time, work and effort were apparent as individuals and teams showcased their skills with pride and enthusiasm. On and off the ice, skaters and their families had fun.

Two highlights of the week stand out – the Freestyle 10 tests passed by skaters Heather Aseltine and Kelsey

Continued on page 8...



Photos by Dianne Powell



Photos by Dianne Powell

...Continued from page 5

Drewel and the appearance of Chicago area native and Olympic Silver Medallist Timothy Goebel in the ISIA Education Foundation Benefit on Ice. To read about our newest Freestyle 10s, see pages 26-28.

The Friday night Benefit on Ice, see pages 36-37 for additional coverage, was spectacular. Guest stars Timothy Goebel and Grand Prix Gold Medallists Tatiana Totmianina and Maksim Marinin awed the

audience and then graciously stayed to pose for pictures and to sign every autograph requested.

At the end of the week-long competition that is Worlds, team points were computed and an overall team champion named, but clearly all who participated are winners. The 2003 team champions ably and graciously represented Northbrook Sports Center. The top 20 teams are as follows:

Place	Arena	Points
1	Northbrook Sports Center, Northbrook, IL	522.5
2	Grand Oaks Ice Arena, Howell, MI	345.5
3	Downers Grove Ice Arena, Downers Grove, IL	345.0
4	Ice Zone, Boardman, OH	321.5
5	Joliet Park District, Joliet, IL	295.0
6	SM SouthMall, Philippines	291.5
7	City of Southgate Civic Center, Southgate, MI	291.0
8	Oakton Ice Arena, Park Ridge, IL	276.0
9	Robert Crown Ice Center, Evanston, IL	257.0
10	Athletic Arts Academy, Las Vegas, NV	231.5
11	Glenview Ice Center, Glenview, IL	200.0
12	Owens Recreation Center, Peoria, IL	188.5
13	New England Sports Center, Marlboro, MA	187.0
14	Rocket Ice Arena, Bolingbrook, IL	177.0
15	Galleria Ice Skating Center, Dallas, TX	173.0
16	Franklin Park Ice Arena, Franklin Park, IL	172.0
17	Capitol Gateway East Ice Pavilion, Des Moines, IA	168.0
18	World Ice Skating Center, Bangkok, Thailand	166.0
19	McMillen Ice Arena, Fort Wayne, IN	159.5
20	White Bear Lake Sports Center, White Bear Lake, MN	141.5

Congratulations to all the competitors and coaches for outstanding performances and excellent displays of good sportsmanship and camaraderie. Special thanks and congratulations on a very successful event go to the host facilities and the fabulous staffs and volunteers at Northbrook Sports Center, Glenview Ice Center and Twin Rinks Pavilion.

I have dreamed of skating to Olympic Gold for as long as I can remember. But dreaming only takes you so far. You also need determination, great coaching and the right equipment to reach your full potential. That's why I depend on my Riedell skates. They help me perform my best every time I step on the ice.

Nothing compares to the fit and feel I get when I lace up my custom Riedells. Light weight yet supportive, I feel like I can land any jump in the book in my skates. I skated to the 2001 National Junior Men's Championship in my Riedells, and I continue to wear them every day as I work towards my Olympic dream.

-Parker Pennington, Age 18

MAKE IT REAL

Our goal is to be the best. WHAT'S YOURS?

At Riedell, we continually strive to produce the finest, most technically advanced figure skating boots in the world. Every Riedell skate is engineered using the latest technology for superior performance and beauty. And each competitive boot is Heat-Activated for individual fit. Choose Riedell for the widest selection of boots and blades for every skater—from beginners to Olympic champions.

Do you have what it takes to be the best? If you do, we'd like to hear about it. Visit www.riedellskates.com and tell us what you've achieved in your Riedells.

*Parker Pennington,
2001 National Junior Men's Champion*

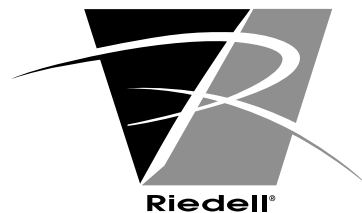


Image Courtesy of Michelle Harvath



*Make your dreams become a reality.
Make it real in Riedell.*

www.riedellskates.com



2003 Scholarship Recipients

The ISIA Education Foundation is proud to announce the recipients of the 2003 Scholarship Awards. Congratulations to Rebecca Ford Blosser and Michael Andrew Ferlic. Each has been awarded a \$4,000 college scholarship.



Rebecca Blosser
Jefferson City, Missouri

ISI Activities and Competitions:

- ISI member (8 years)
- Freestyle 7
- ISI World CHAMPS 1998-2002
- Synchronized skating team (9 years)
- Member Jefferson City Figure Skating Club (12 years)
- Participated in 13 ice shows with 7 solos
- Skating instructor (5 years)
- Performed 275 hours of service at Washington Park Ice Arena

Scholastic and Community Activities and Achievements:

- Student Council (11, 12)
- Prom Committee (11)
- National Honor Society (10, 11, 12)
- Fellowship of Christian Athletes (11, 12)
- Spanish Club (11, 12)
- Philosophy Club (12)
- Powder Puff Football (12)
- Senior Sing (12)
- Volleyball (9, 10)
- Tennis (11, 12)
- Honor Roll (9, 10, 11, 12)
- Who's Who Among American High School Students (9)
- Exchange Bank Award for highest GPA (10, 11)

- Homecoming Top 10 (12)
- Presidential Fitness Award (11)
- AP Scholar Award (12)
- Outstanding Students of America (12)
- National Honor Roll (12)

Rebecca (Becca) Blosser graduated from Jefferson City High School in Jefferson City, Missouri with a 4.111 grade point average based on a 4.0 system. She plans to attend Furman University and to major in Mathematics.

Becca's busy high school years involved academics, athletics and a wide array of extracurricular activities. She's also active in her church and community. She's been a member of ISI for eight years and a skating instructor since 1997. She performed 223 hours of voluntary service at Washington Park Ice Arena.

Becca's volunteer service extends beyond her home arena. She's participated in mission trips to Houston, Nashville, Chicago and Washington D.C. and also raked leaves (10 hours) for the United Way and performed other community service.

In sports, Becca skates both ISI and USFSA and has participated in over 20 competitions earning 20 gold medals, 15 silver medals and 14 bronze medals. She's been a member of a synchronized skating team for nine years and has performed in 13 ice shows. She also played high school volleyball and tennis, racking up awards and recognition in both. Her other athletic interests include water and snow skiing, running and weight lifting. She also enjoys cooking and sewing.

Washington Park Skating Director Wendy Lentz has known Becca for 10 years and describes Becca as a very talented teacher and mentor to younger skaters. "Becca's commitment to excellence and excitement

for the sport of ice skating are unmatched," says Wendy. "I look to Becca to educate, comfort and nurture our smallest participants yet she can flawlessly step into leading a higher level class. She makes every class member feel important. Her dependability and leadership make her an important volunteer. I know that we will miss Becca when she leaves for college but take comfort in knowing that she will certainly be an achiever wherever she goes. Her great work ethic, compassion for others and ability to be a strong leader will ensure that Becca will find success in all her future endeavors."

Robert Roling, Becca's Spanish teacher, describes her as highly intelligent, wholesome and kind. "She is conscientious with her work and consistently prepared and eager to learn," says Robert. "Of the thousands of students in this school, she is the best. Her potential is limitless."

Becca's high school transcript lists numerous honors and advanced placement courses. She took advanced placement statistics as a junior; the majority of her classmates were seniors. "She exhibited a high caliber of maturity and displayed a tremendous work ethic," says instructor Elisabeth Miller. "In small group work, Becca would take on a leadership role. She kept her group members on task and showed an unusual amount of patience with students who were not as quick to understand the concepts. I know she will be a success in the endeavor of her choosing, as she has shown perseverance and dedication to any task at hand."

In her scholarship winning essay, Becca says, "Everyone begins with similar aspirations: to reach the highest, to soar the farthest. Those who succeed prepare for the risk.... For some, risk taking is an exhilarating display of preparation; for others, it becomes a devastating leap of faith." She describes her daily 6:00

a.m. on-ice practice sessions as the preparation that allows one to successfully compete, "entering the program with the confidence of repetition" and to exit "in perfect form: head high, arms raised, smile spread from cheek to cheek."

"My experiences in skating have taught me the concentration and focus to maintain high academic standards while participating in numerous high school extracurricular activities and athletics," says Becca. "I will use the concentration and focus I have gained from my figure skating to transform the leap of faith that college can be into a well-focused journey.... I hope to enter college with my smile stretched from cheek to cheek."



Michael Ferlic
Pittsburgh, Pennsylvania

ISI Activities and Competitions:

- ISI member (9 years)
- Freestyle 9
- ISI World CHAMPS 1997
- ISI Good Sport Award, 1997
- ISI District 2 Championships, 1995-1998, 2000
- C. Vance and Bonnie Dei Cas Award: Recognizing Excellence in Academics and Skating
- Learn to Skate Instructor
- Performed 296 hours of service at South Park Ice Rink and Bladerunners Ice Complex

Scholastic and Community Activities and Achievements:

- National Honor Society (10, 11, 12)
- Distinguished Honors Award, 1997-1999

- Stephanie Petitt Award for Scholarship, 1999
- Presidential Award for Academics, 1999
- Advanced Placement Scholar Award
- Class Marshall, 2002
- Interact: Community Service Club
- Slippery Rock University World Language Competition: French, 2001, 2002
- National French Exam, 2002
- Concert Band
- Marching Band: Special Events Coordinator, Treasurer, Section Leader, Squad Leader
- Symphonic Band
- Student Government Representative
- Special Olympics Volunteer

Michael Ferlic graduated from Bethel Park Senior High School in Bethel Park, Pennsylvania with a 4.35 grade point average based on a 4.0 system. He plans to attend Miami University with an interest in the Pre-Law program and in continuing his skating career.

Michael describes skating as his passion in life. He started skating at age 10 after watching the 1992 Lillehammer Olympics. He trains five or six days a week, averaging 20 hours on the ice plus strength and conditioning work with a personal trainer. He's a Freestyle 9 skater who combines his skating with a rigorous academic load and extracurricular activities. He hopes to add Freestyle 10 to his list of accomplishments. He also competes in USFSA and hopes to qualify for the USFSA National Championships in 2004.

In addition to volunteering 296 hours as a group lessons instructor at South Park Ice Rink and Bladerunners Ice Complex, Michael also served as a Special Olympics volunteer in figure skating and bowling. He also took part in his high school's blood drive and volunteered with senior citizens and the St. Germaine Parish Festival.

Jack Doyle, Manager of South Park Ice Rink, describes Michael as one of the most talented skaters we have ever seen at our facility. "His work ethic is unequaled," says Jack.

Carrie Smilowitz, one of Michael's coaches, says, "His start in skating was with ISI where he developed not only the fundamentals of the sport but an appreciation for his own personal growth through hard work, discipline and lasting friendships. Michael's sincerity made him an instant role model to friends and competitors alike. His commitment to the grassroots of our sport shows in his time and efforts."

Tracy Wampler-McCoy, Michael's French teacher for three years, says, "Mike is the kind of student teachers dream of having. He actually wants to be in class. He will always give his best and accepts nothing less of himself. His attitude is always positive, his work nearly perfect. A more motivated, or dedicated to excellence, student would be difficult to find."

Michael says that for him the culmination of the many great aspects of the ISI program was being named an ISI Good Sport Award winner at the 1997 ISI World Recreational Team Championships. He credits the ISI Skaters Creed with being his guide for skating and life. "One aspect of the Skaters Creed is that one must try to do their personal best, focusing on participating rather than winning a medal," says Michael. "This philosophy has been crucial to my happiness in the sport and in life."

In his first competition Michael took second in stroking while skating against the book. "I quickly learned that the true value in skating lies in the experience and the ability to participate in such a rewarding sport," says Michael. "To this day, I carry that 'learning experience' in the back of my mind, reminding me that although I may not always end up on the top of the podium or at the head of the class, the knowledge that I tried my best will be enough for self-satisfaction, which is all the approval I need."

The ISIA Education Foundation and the Ice Skating Institute are proud to recognize the 2003 scholarship winners for their academic excellence and their commitment to the ideals of the ISI program. We wish them much success in their college careers.

Dear ISI,

I am looking out the window at the ocean right now. I am on vacation in Florida, and I do miss skating. I think about future competitions that I am going to go to with my cousin. We will both skate in the summer session and hopefully both pass another level before school starts. I am looking forward to another issue of your magazine. Can you find me a pen pal? Thanks!

Alyxia Caragiu, age 11, FS3
Silver Blades
Findlay OH

Dear ISI,

I love to skate. I've been skating for at least 4 years. I would like to thank my favorite coaches—Heidi and Alison—for all of their hard work and dedication towards me. I also want to thank my mother for all the time she took taking me back and forth to the skating rink. Could I have a pen pal? I want a girl pen pal around my age and level. Thanks!

Heidi Grant, age 12, FS1
Golden Blades
Brockton MA

Dear ISI,

I'm originally from Hawaii but moved to south Florida about 3 1/2 years ago. I have a daughter who is 5 years old who has been skating for a year and 3 months. Many people say that she is a gifted skater. She is currently in Freestyle 4, trying very hard to be in Freestyle 5, and working hard to land her axel and double salchow. Her goal is to land it before she turns 6 on July 15. She is so motivated whenever she is on the ice; you don't even have to tell her what to practice or to practice. As soon as she steps on the ice, she knows exactly what she needs to do. She loves it when she gets the ISI magazine—believe it or not, she can read! The first thing she does is to look at all the pages and look for little girls who are in it and then read about them. She has been in 3 competitions and won 10 golds and 1

silver. She got her silver in her first competition. She keeps wishing to be in your magazine. Will you please tell me how I can get my daughter into your magazine? It would really surprise her. Thanks!

Mary Anne

Dear Mary Anne,

Give our best wishes to your talented daughter.

Dear ISI,

I am hoping for a pen pal. If you could get me a pen pal, that would be great. I would also like them pretty close to my age and level, and I want a girl please. Thanks a million.

Brittany Chatfield, age 12, FS5/6
Skatetown Ice Arena
Roseville CA

Dear ISI,

I've been skating for about 4 or 5 years. I'm so close on landing my loop, but sometimes when I check-out, my foot drags onto the ice. Do you have any advice? I also want to be Katie Krueger's pen pal. I might be able to give her some advice.

Melanie Eang, age 9, FS3/4
Lloyd Center Ice Rink
Portland OR

Dear Melanie,

You need to purposely check your free leg out of the jump.

Dear ISI,

I would like to be Sarabeth Lewis's pen pal. If not, I would like a pen pal my age or older. Thanks!

Hallie Hafelfinger
Floyd Hall Arena
Montclair NJ

Dear ISI,

My name is Schuyler (pronounced Skyler). I have been skating for 3 years. I have been working very hard, and I have 5 competitions in April. I would really like to thank

my coach Sabrina Uribe for getting me this far. I would like Julie Phelps or Kaitlin Megan Rivera as my pen pal. Thanks a bunch! P.S.—I might want two!

Schuyler Youngstrom, age 10, FS4
Pasadena Ice Skating Center
South Pasadena CA

Dear ISI,

I encourage girls to figure skate. I think that it is a fun sport and that if you put time and effort into it, then you can accomplish dreams of becoming an Olympic Gold Medalist. I would like to be pen pals with Julie Phelps please. Thanks!

Volney Youngstrom, age 13
Pasadena Ice Skating Center
South Pasadena CA

Dear ISI,

I started skating when I was 5 years old, and I still love it! I usually skate 4 times a week. I landed my axel and double salchow, and I am working on my double toe loop and double loop. I enjoy competitions and ice shows, and I have a lot of fun skating with my friends and my sister. I would like to thank my wonderful coaches Milada Stastny and Regina Roehm for all their great work and support.

Michelle Levine, age 9, FS7
Parkwood Skating Rink
Great Neck NY

Hi ISI,

I have been skating since I was 4 years old. Skating is probably my favorite sport, not only to skate, but also to watch other people skate. I would like to thank my ISI coach Libby Rhoads for helping me with everything. Thanks Libby! ISI, would you please get me a pen pal. If possible, I would like her to be my age and level.

Melanie Leonard, age 9, FS2/3
Cincinnati OH

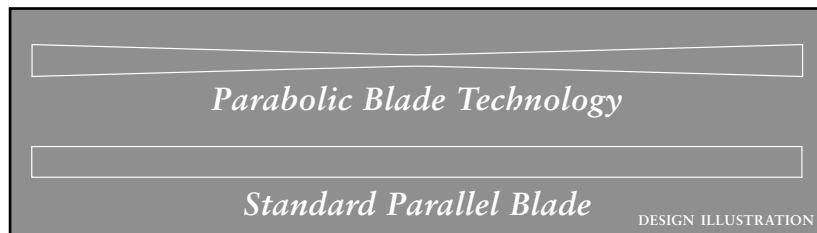
Dear ISI,

I need a pen pal. I'm hoping for Amanda Penington, Cassie Stroman,

Invisible to the Eye Unbeatable on the Ice

At first glance you may not see the difference. But then you step on the ice. Quicker cuts. Exceptional edges. Lightning-fast take-offs. There is a difference, and you'll definitely feel it with the new Parabolic Blade, exclusively from MK and John Wilson Skates.

The revolutionary Parabolic design tapers to the mid-section of the blade to increase stability. You'll be more centered on the blade, dramatically improving your footwork and edge jumps. For unbeatable performance, look to the Parabolic, the world's most advanced blade.



THE PARABOLIC

from John Wilson and MK™
parabolicblades.com



JOHN
WILSON
Skates
PRACTICE MAKES *Perfect*
johnwilsonskates.com

MK
SKATEWITHSTYLE
mkblades.com

or both. But if you can't get them, can you find me another pen pal?

Brittany Beukema, age 10, Gamma
New Lenox IL

Dear ISI,

I have been skating for 5 years. My favorite move is the salchow. I've been doing synchro for 3 years. My favorite skaters are Michelle Kwan, Sarah Hughes, and Sasha Cohen. I skate 3 times a week. When I'm not on the ice, I like going to the mall or being with friends. I like going to competitions and making new friends. My coach is Ms. Kasi Patterson. She taught me almost everything I know. She acts really goofy sometimes, but she is serious most of the time. She is great as a coach and a role model. I would like to have a pen pal around my age and level. I'd really like for it to be a girl.

Jessica Romious, age 11, FS3/4
Huntsville FSC
Huntsville AL

Dear ISI,

Skating is my life sport. I just started landing my flip and loop jumps. I am 11 years old and am in Freestyle 4. I am also on the synchronized skating team. My coach Molly Ryan has had a great influence on my skating. May I please be Elise Rose's pen pal? If she already has one, may I be Taysia Allen's pen pal or somebody my age and level. Thank you!

Emily Kessler, age 11, FS4
Kenosha WI

Dear ISI,

I have been skating for about 5 years, and I love it! I am also on a synchronized team, which is also really fun. I really enjoy reading helpful skating tips from your magazine. Could I be pen pals with Amanda Penington? If she already has one, then could you find someone around my age and my level? Thanks!!

Leslie Bosslet, age 12, FS1
Wayne Kennedy Rec Complex
St. Louis MO

Dear ISI,

I love skating. It's a lot of fun. I love the feel of when your skates first hit the ice and you push off. I skate about 3 times a week (including team). For the past 3 years, I have been skating for the Winnetka Ice Angels, an ISI team, but now I am moving up to the Buffalo Grove Starlights, which is USFSA. I am really excited. I have been skating at Winnetka since I was 4 years old. My private coach Liz has been a big help to get me to where I am today. I would like to be Jackie Rose's pen pal. If she is already taken, then I would like to have a pen pal around my age. I also wouldn't mind having an e-pal. Thanks a billion.

Bianca Jackson, age 10, FS5
Glencoe IL

Dear ISI,

I would like to be Amber Lei's, Cristina Teng's, or Jennifer Lim's pen pal. I have been skating for 2-3 years. I am working on salchows, loops, half-lutzes, one-foot spins, and many more things. If I can't be their pen pal, can you find me a pen pal around my age and level? Thanks!!

Julianna Laszlo, age 10, FS2/3
Lane County Ice
Eugene OR

Dear ISI,

I have now been skating for 1 year and have fallen in love with the sport. I also love to go to various competitions. I have been to two major competitions and have won gold medals in both. I love to do backward spirals and any type of jump, and I love to do one-foot spins. I have a problem with my double lutz jump, though. Even if this jump is way past my level, my coach wants me to get more height off the ground. I just have trouble doing this. Could you give me any advice? If it's possible, I would like to be Amy Arnott's pen pal. If this can't be done, could you find one my age? Thanks.

Karina Kotval, age 12, FS3
Skate Nation
Richmond VA

Dear Karina,

The best way to achieve improvement in a double jump is through the single jump. Work on the height of your single jump and it will carry over to your double.

Dear ISI,

I love to skate so much!!!! I have been skating for almost 10 years!!!! My role model is Tara Lipinski. I think she is the best!!! I skate twice a week at Sky Rink. I used to skate three times a week, but then I went on to middle school, and I have too much homework. I'm having trouble getting low enough on my sit spin. Do you have any tips? I was in FS3 for almost 2 years, and then finally I moved up to FS4. Even though I am only in FS4, I am also working on my lutz and camel spin. Could you please find me a pen pal who is around my age and level? Thank you! Also, I love your magazine so much. It is the best thing in the world!!!! Thank you again.

Zoë Atlas, age 12, FS4
Sky Rink
New York NY

Dear Zoe,

Practice, practice, practice. That's what you need in order to perfect your sit spin.

Dear ISI,

My name is Mariah Passos. I just turned 8 and am working on my Freestyle 1 moves. I'm a member of the Bay State Blades North Billerica, but I also skate USFSA at the North Shore Skating Club. I've been skating for a little over a year, but I've been to a lot of competitions. In all my past competitions, I got first place, but on the last one I came in third. It was a big surprise, but I know that you can't always win. My mom and coaches encourage me to overcome this, and now I am back on the ice every day. Because it's summer, I can skate 5 times a week. I would like to be pen pals with someone my age and level. Happy skating to everybody.

Mariah Passos, age 8, FS1
Chelmsford MA

SKATING IS LIFE.



SKATE WITH

PASSION

You skate with everything you've got, and you need a blade that can keep up with your style. For the ultimate performance on the ice, count on MK Blades. MK Blades are hand-finished and precision-sharpened for unparalleled feel. And MK Blades are designed to handle anything you can dish out. So go ahead. Skate the way you want to skate. We've got your blade.

For more information, visit www.riedellskates.com



SKATEWITHSTYLE



CALENDAR



ISI ENDORSED COMPETITIONS, SHOWS/EXHIBITIONS

(Due to printing deadlines, events endorsed by ISI after August 25, 2003 are not listed.)

SEPTEMBER 2003 COMPETITION

- 20-21 Skating Edge Ice
Arena
Harbor City CA
Skating Edge ISI
Open Competition
- 21 Dr Pepper StarCenter
Plano TX
StarCenter
Challenge 2003
- 27 Westminster Ice
Arena
Westminster CA
Westminster ISI
Open 2003

OCTOBER 2003 COMPETITION

- 3-5 Arkansas Figure
Skating Association
Springdale AR
Ozark Invitational
- 10-12 Polar Ice Galleria
Houston TX
19th Annual Gulf
Coast Open
Competition
- 12 Owens Center
Peoria IL
Fall Spectacular
- 15-16 Roosevelt Park Ice
Arena
Rapid City SD
Fun Skate Fall 2003
- 18-19 Aliso Viejo Ice
Palace
Aliso Viejo CA
Aliso Viejo Ice
Palace Annual ISI
Open
- 24-26 Ice Sports Forum
Brandon FL
2003 Fall Challenge
- 24-25 Bielenberg Sport
Center
Woodbury MN
Skate Woodbury ISI
Classic
- 25-26 Winterland Skating
School
Rockland MA
17th Annual
Halloween Classic
- 25 Incredible Ice
Coral Springs FL
4th Annual
Incredible
Challenge
- 26 Ice Center of
Cupertino
Cupertino CA
Chat Noir

- 31-11/2 Yerba Buena Ice
Skating Center
San Francisco CA
Skate SF 2003

NOVEMBER 2003 COMPETITION

- 1-2 Inwood Ice Arena
Joliet IL
ISI Harvest Gold
Competition
- 2 JP Igloo
Ellenton FL
Championship
2003
- 7-9 The Cooler
Alpharetta GA
5th Annual 2003 ISI
Invitational
- 8-9 Hampton Roads Ice
Plex
Yorktown VA
2nd Annual Fall
Classic Open
- 9 Disney ICE
Anaheim CA
3rd Annual Disney
ICE Synchronized
Team
Championships
- 14-15 TBSA Countryside
Clearwater FL
TBSA Countryside
ISI Fall Competition
- 14-16 Paramount Iceland
Paramount CA
Paramount ISI Open
- 20-23 Wayne Community
Center
Wayne MI
28th Annual Wayne
ISI Team Open
Competition
- 28-30 Skatium
Skokie IL
All America
Competition
- 28 El Paso County
Coliseum
El Paso TX
Sun City Fall Ice
Fest

DECEMBER 2003 COMPETITION

- 6-7 Eastridge Ice Arena
San Jose CA
Finale 2003
- 6-7 Zion Ice Arena
Zion IL
19th Annual
Holiday Open

JANUARY 2004 COMPETITION

- 17-18 Ray & Joan Kroc
Community Center
San Diego CA
2nd Annual ISI
Open Competition
- 23-25 Homewood
Flossmoor Ice Arena
Homewood IL
ISI Open Team
Competition 2004

FEBRUARY 2004 COMPETITION



- 13-15 Centennial
Sportsplex
Nashville TN
2004 ISI Winter
Classic

MARCH 2004 COMPETITION

- 26-28 Ice Chalet
Knoxville TN
35th Annual
Mississippi Valley
District Competition
- 26-28 JP Igloo
Ellenton FL
JP Igloo
Championship
2004 Competition

APRIL 2004 COMPETITION



- 3-4 Synchronized
Skating
Championships
The Edge Ice Arena
Bensenville, IL
- 17 Iceoplex Fremont
Fremont CA
10th Annual Open
Competition

MAY 2004 COMPETITION

- 1-2 Fairfax Ice Arena
Fairfax VA
Fairfax Ice Arena
Annual ISI Spring
Competition

AUGUST 2004 COMPETITION



- 2-7 Schwan's Super
Rink
Blaine MN
2004 ISI World
Recreational Team
Championships

SEPTEMBER 2003 SHOWS/EXHIBITIONS

- 13 Park District of
Franklin Park
Franklin Park IL
Open House
- 28 Skatium
Skokie IL
Skokie Skatium FSC
Exhibition
- 29-10/18 Yerba Buena Ice
Skating Center
San Francisco CA
The Beat Goes On

OCTOBER 2003 SHOWS/EXHIBITIONS

- 26 Kendall Ice Arena
Miami FL
4th Annual
Halloween
"Spooktacular" Ice
Show

DECEMBER 2003 SHOWS/EXHIBITIONS

- 2-4 Ice Chalet
Knoxville TN
The Nutcracker on
Ice XVI
- 6-7 Park District of
Franklin Park
Franklin Park IL
Holiday Recital
George S DeArment
Ice Arena
Meadville PA
Learn To Skate
Holiday On Ice
Recital

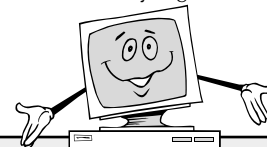
12-14	Robert Crown Center Evanston IL 29th Annual Nutcracker Ballet on Ice	19	Arctic Ice Arena Orland Park IL Holiday Exhibition
13-14	RDV Sportsplex Ice Den Orlando FL Oz on Ice	20-21	Yerba Buena Ice Skating Center San Francisco CA Holidaze 2003
13	Ice Center San Mateo San Mateo CA Winter Fest 2003	21	Ice at The Parks Arlington TX Christmas For All Seasons
		31	Easy Street Ice Arena Simi Valley CA Winter Ice Show

MARCH 2004 SHOWS/EXHIBITIONS

26-28	Zion Ice Arena Zion IL "Hooray For Hollywood"
28	George S DeArment Ice Arena Meadville PA Learn To Skate Boot Skate N Boogie

APRIL 2004 SHOWS/EXHIBITIONS

23-25	McFetridge Sports Center Chicago IL "City Lights"
-------	--



**For additional calendar information,
check ISI's website at www.skateisi.org**

SKATE-TALK

What do you do to calm your nerves before a competition?

Jennifer White, age 11, FS2/3
B.I.G. Arena
Delmar NY

Even though I have competed only once, I had to use many strategies and approaches to calm my nerves before I found one that really worked for me. What really works for me is listening to my program music and going over my program in my head. I make sure to picture myself completing every element perfectly. It gives you confidence, helps you to relax, and really helps you to skate your very best. It is a great strategy to use!

Madelene Spinella, age 14
J.P. Igloo
Ellenton FL

To calm myself before a competition, I usually just focus on what I'm about to do. I don't think about the other skaters or how good they did. I just focus on what I'm about to do, and I try my best.

Chelsea Emshoff, age 10 1/2, FS4
Northwood Ice Center
San Antonio TX

To calm my nerves before a competition, I take deep breaths. I also watch the other skaters and cheer for them. I tell myself, I must believe in myself, forget it is a competition and pretend it is practice. When I step on the ice, I take a deep breath and forget all about my nerves. And when I come off the ice, I tell myself that I did my best. I will always win because I did my best!

Amy Scapin, age 13, FS5
Fox Valley Ice Arena
Geneva IL

What I do before competitions to calm my nerves is I take a couple of deep breaths and close my eyes. While I'm doing this, I picture my routines in my head, then I picture myself skating it perfectly. On my skating team, before competitions, we all

stand in a circle with our arms crossed right over left and hold hands, then we all squeeze each other's hands. This gets everyone calm, then to get everyone pumped up again, we do our cheers really loud so that everyone in the audience can hear.

Missy Dettmann, age 13, FS6
Center Ice of DuPage
Glen Ellyn IL

I compete often during the year; I am always a little bit nervous. To calm my nervousness, my coach Ave talks to me and helps me run through my program in my head. Everyone gets nervous, but I just go out on the ice and "shake what my momma gave me." Even though I am nervous at the beginning and I don't want to go onto the ice, I always feel a sense of accomplishment for what I have done. I enjoy ice skating; it has been my sport since I was 2 1/2 years old. I have a question for the magazine, how do you find a sponsor for figure skating?

Editor's Note to Readers: If you've had success in finding sponsors for figure skating and would like to share your story, please write to RIS. Our readers would love to hear from you.

**Who is the skater you admire? Why?
What qualities does this skaters posses
that you might apply to your skating?**

Send name, info., photos and responses to:
Ice Skating Institute
Attn: Editor, RIS
17120 N. Dallas Pkwy., Ste. 140
Dallas, TX 75248-1187

or send us email at:
editor@skateisi.org

** Editor's Note: Send a new question for "Skate Talk" to Editor at ISI. If we use your question, we'll send you a prize.*

Ice Light Productions

Take The
Edge Off
The Cold

Designer & Manufacturer of Fine Skating Accessories

Say Goodbye To Cold Feet



- Keep feet warm
- Extend skate boot life
- Protect boots from moisture & wear
- Add support to broken down skates
- Keep laces from slipping and secure the boot fit
- Attractive stylish design

BOOT GLOVES

P.O. Box 893 Call Toll Free 1-877-300-4335 bootgloves@icelight.biz
Seal Beach, CA 90740 Fax: 1-562-431-0223 www.icelight.biz

"Lowest Price Guarantee"
We will meet or beat any advertised price.

Skating For
Leading
Edge
Skate
Shop
More Value!!!

Toll Free:
1-866-888-4454



Monthly secure on-line SPECIALS
www.ice-sk8.com

FREE Catalogue
Dresses, Skates, Blades, Tights & Accessories

Champions Choose Sharone!



Sharone King

Do You Have
Your **FREE**
Copy of Our
Catalog Yet?
If Not, Call
888-475-8464
or Log On To
www.Sharoneskatewear.com

Competition
Skatewear
Specialists



UltraCrash™ Pads Hip, Knee & Spine

A Second Generation of Fall Protection Pad
from SkatingSafe, Inc.

Less Bulky, Extremely Flexible, Durable
Does Not Constrict

UltraCrash™ Pads offer unsurpassed Fall Protection.
Same material as the original Impact Absorber™ Pads
Body Contour Conforming (more fluid than original)
The encasing cover offers ease of cleaning and the
ultimate in durability



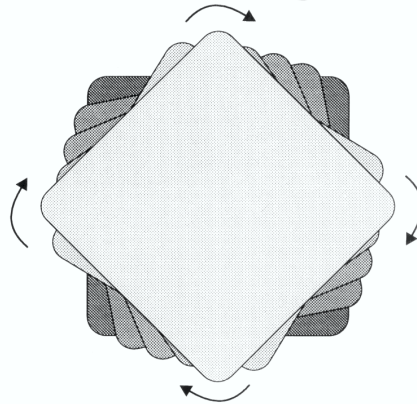
SkatingSafe, Inc.

4781 N. Congress Ave (#204); Boynton Beach, FL 33426
www.SkatingSafe.com ** (888) 299-2553

ADVERTISERS INDEX

Capezio Ballet Makers	IBC
Crown Trophy	20
Cyclone Taylor Figure Skating	37
Dance Factory Outlet	21
Designer Sportswear	18
Ed K Ice Sports	20
Elite Sportswear	IFC
HD Sports N. America/Mitchel & King ...	15
HD Sports N. America/John Wilson	13
Ice Light Productions	18
Iceland	20
Jerry's Skating World	20
Jerry's Skating World	19
Leading Edge, The	18
Nice Rink/Sto-Cote	22
Rainbo Sports Shop	21
Riedell Skate Co.	9
Skatebuys	21
Skating Safe	18
SP-Teri Co.	19

SPINNER from Jerry's



High quality off-ice training device designed to help improve spinning technique, balance and agility.

JERRY'S SKATING WORLD INC.
265 Hood Road, Unit 4, Markham, Ontario
Canada L3R 4N3 (905) 477-1172

timothy
GOEBEL
OLYMPIC BRONZE MEDALIST
WORLD SILVER MEDALIST

Winning an
Olympic Bronze Medal
has been the highlight
of my career...
I couldn't have done it
without SP-Teri's!

Timothy Goebel

SP-Teri

436 North Canal Street, Unit 1, San Francisco, CA 94080
Phone: 650-871-1715 • Fax: 650-871-9062
Contact us for a dealer near you. All major credit cards accepted.

FREE CATALOG & SAMPLE MEDAL
BUY ONLINE - WWW.CROWNAWARDS.COM



HUGE SELECTION FREE RIBBON
TROPHIES, PLAQUES, PINS, PATCHES, & MORE...
RED, WHITE & BLUE



Crown Awards 800-227-1557
VISIT A CROWN TROPHY STORE NEAR YOU • DEPT ISIFA3

Jerry's



Ask for Jerry's
at your local
retailer.

www.jerryskate.com
1-800-263-2496

Iceland Ice Skating Center in Van Nuys

Authorized Dealers for:

- GRAF Figure
- Risport
- Jackson
- SP-Terri
- Harlick
- Riedell
- Bunga Pads
- Blades
- MK
- John Wilson
- John Watts
- GRAF Hockey
- Bauer
- Nike
- Jofa
- CCM
- Koho
- Bumper Cars
- Skating
- Birthday Parties
- Skating School
- Hockey Lessons
- Public Session
- Freestyle Sessions
- Stick Time
- Private Ice
- Broomball and more



Fully Equipped Pro-Shop

Professional fitting, many years in business

14318 Calvert St. Van Nuys CA 91401
For Customer Service: 818-785-2885
For Information: 818-785-2171

www.valleyskating.com



SP-Terri boots

Super Terri
Super Deluxe Terri
Pro Terri

Harlick boots

Hi-Tester

**RIEDEL SKATES ARE NOW
AVAILABLE IN ALL STORES**

**MAJOR SAVINGS UP TO 30% OFF
RETAIL PRICES ON SELECT ITEMS**

MK Blades

Style
MK Pro
Vantage or Vision
MK Dance
Phantom
Phantom Special
Gold Star Chrome

John Wilson Blades

Style
Majestic
Coronation Ace
Coronation Comet
Pattern 99
Gold Seal
Pattern 99 K-Pick
Gold Seal K-Pick

**Skate Profiles and Toe Pick Shapes can be
found online at www.edkicesports.com**

NEW

Recreational Skates

*These items can
be ordered on-line*

Style	Color	Sizes Available	Price
Dominion #715	White	Youth 8 to ladies 10	\$39.99
Dominion #731	White and Black	Youth 8 to 2	\$89.99
	White and Black	Adult 3 to 13	\$99.99

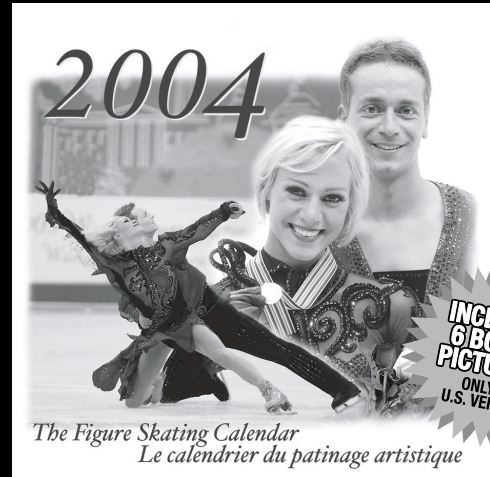
712 Route 10 West Whippany, NJ 07981 Phone (973) 386-1605 Fax(973)

Open Monday-Saturday from 10am to 7pm.

1-800-HOCKEY-6

Prices are subject to change. All boots and blades come with manufacture New Jersey residents add 6% sales tax. Add \$11.99 for shipping and handling.

* 2004 CALENDAR *



**INCLUDES
6 BONUS
PICTURES!**
ONLY IN
U.S. VERSION

*The Figure Skating Calendar
Le calendrier du patinage artistique*

THE FIGURE SKATING CALENDAR 2004

Figure skating's oldest and most collected, with event dates, trivia, and awesome photos. Including Michelle, Sasha, Goebel, Elvis, Weiss, Belbin and Agosto, Naomi & Peter, and more. 13" x 13" #CAL-1 \$15.95

Quantity Discounts
Available
- Ideal for
Fund Raisers



**CHECK OUT
OUR NEW
WEBSITE!**

4107 Oakton Street, Skokie, IL 60076 Phone: 847.982.9000 Fax: 847.982.9008

ORDER ONLINE 24/7 AT: www.rainbosports.com

TOLL FREE ORDERING: 1.800.752.8370

CALL TODAY FOR YOUR FREE RAINBO FALL 2003 CATALOG!

Everything for figure skaters.

*We feature
Gam and
Risport
skates!*

- Skates ■ Boots
- Blades ■ Apparel
- Tights ■ Accessories

**Huge selection of
recreational skates.**

*Team discounts on Mondor and
Danskin tights and apparel.*

**Shop online 24/7 at:
www.skate-buys.com**



42 W. Main St., Rockaway, NJ

1-866-361-9306



Advertisers Please Note:

**The deadline
for placing ads in the
Winter 2003 issue of
Recreational Ice Skating is:
September 30, 2003**

**Call Carol Jackson
Advertising Sales Manager
at (972) 735-8800 for assistance
in placing your ad.**

**For your convenience, ISI accepts
Visa, Mastercard, and Discover
to charge your memberships,
souvenirs, and publications!**



CLASSIFIED ADS

• **Figure Skating and Hockey Instructors Wanted** for strong existing programs. Applicants must be enthusiastic, enjoy children, and experience is a major plus. Figure skating instructors should understand the ISI and USFSA Learn to Skate programs as well as PSA. Hockey Instructors should have experience with Learn to Play Hockey Class Instruction and experience with team coaching; assistant coaching positions available with house and travel organization. Pay commensurate with experience. Applicants may mail or email cover letter and resume to: Kimberly Wolf, 847-432-4790, k_wolf@pdhp.org, Centennial Ice Arena, 636 Ridge Road, Highland Park, IL 60035.

• **GET ORGANIZED NOW** - Coaches, skaters...keep teaching, training supplies rink side with the Barrier Carrier. View garment bags and Barrier Carrier in various colors - select styles 25% off. Check out our skate pins! MC/Visa...Proskatesports.com

...Write Stuff Continued from page 14

Dear ISI,

I love skating. I have devoted my life to it. I have been skating for 3 years and passed FS3 in January. I would like to thank my awesome coach Kim for helping me get this far. I would like to be Ellen Shores' pen pal. If she already has one, please find someone my age and level. Thanks!

Megan Alvis, age 13, FS4
St. Peters RecPlex
St. Peters MO

Dear ISI,

I would like to be pen pals with Katherine Rann. So Katherine, how is ice skating? I'm in Alpha, too. I think crossovers are very hard. Do you? I love ice skating. I got ice skates for my birthday. If Katherine already has a pen pal, I would like someone age 8-10 and Pre-Alpha to Beta. Bye!

Kenley R. Patanella, age 9, Alpha
Icearium
Knoxville TN

Dear ISI,

I love to skate. It's a really cool sport. My coach Erin Kennealy is really fun to work with. She gives me wonderful advice. I'm looking for a pen pal age 11 or younger, a girl, and in my level or lower if possible. I'd like to have more than one pen pal to write to and was wondering if Alisha Ayers, Kati Cohen, and Sophie Zhang were interested. I encourage everyone never to give up and keep trying hard to master things—even if it takes a long time. Thanks!

Sylvi Pultorak, age 11 1/2, FS3/5
Joliet Inwood Ice Arena
Joliet IL

Dear ISI,

I have been skating for about 3 1/2 years. Recently my coach Carrie quit and went to a different job. Now I have Nadine, and she is terrific. Could you please give me a pen pal my age and around my level. Thank

Come In From The Cold?

Rink Rat Says To, Forged about it!!!

You won't want to come in from the cold thanks to NiceRink™!

Thousands of families nationwide have enjoyed level, super smooth skating with the NiceRink system. Combining the NiceRink Liner with the NiceRink Brackets you will experience easy set up. Plus, NiceRink Liners are up to 300% more puncture resistant than 6 mil poly...Important features for backyard fun or more serious skating.

NiceRink now makes it convenient with the NiceRink Starter Kits, starting at \$319.99. NiceRink Starter Kits include the essential NiceRink Brackets, Liner & Instructions to get you out, and skating on your own rink this year. For

NiceIce™
RESURFACERS

day to day super smooth ice, use our Nicelce resurfacer.

NICERINK™

OUTDOOR ICE RINKS

ORDER ON LINE!
www.nicerink.com
Or Call **TOLL FREE!**
1-888-NICERINK

(Leave off the "K" for Kool)

NiceRink Brackets make assembly even quicker!

Patent # 6,230,451

Receive a **FREE** catalog when you call **TOLL FREE** or **ORDER ONLINE**, and view all of the other "KOOL" ice stuff, to make your skating life fun and trouble free!

email: nicerink@genevaonline.com • 262-279-6000 • FAX 262-279-6744 • PO. Box 310, Genoa City, WI 53128

22 RECREATIONAL ICE SKATING, FALL 2003

you so much. Hope to hear from a pen pal soon!

Kelsey Johnson, age 11, FS1
Ashburn Ice Rink VA
Dear ISI,

I am in Freestyle 5 and have been skating for 2 years and 3 months. I love skating so much! I don't plan to go professional, but I want to stay with it as long as my parents can afford it! I am learning my double flip and my double toe loop. They are fun, but challenging. Can you give me some advice on how to make them better? Can you also pair me up with Madelene Spinella please? She asked for a pen pal!

Kassandra Sayles, age 14, FS5
Crystal Ice Palace

Dear Kassandra,

The key to learning all double jumps is going back and analyzing the single jump. Make sure your single jump has the strength to sustain another rotation.

Dear ISI,

I love to skate. I like to do jumps, spins, and shoot the duck forward and backwards. I like Michelle Kwan and Timothy Goebel. I started when I was 3. My coach is Cathy Baran. Can I have a pen pal that is my age or somewhere near my level?

Carrie Lippe, age 8, FS3/4
Oak Park IL

Dear ISI,

I have been skating for 2 years. Skating is my most favorite thing to do. I am on a team at the St. Peters RecPlex called the Ruby Edges. Could I get a pen pal my age and level please?

Alyssa Gresham, age 9, FS2
St. Peters RecPlex
St. Peters MO

Dear ISI,

My little sister and I are members of your skating association. I have been skating since I was little, and my dad owns an ice rink. I really enjoy the way your levels are set up. There aren't too many moves in each level, so you

can pass through the levels fairly quickly. I think passing levels keeps people motivated to skate. Currently I'm in Freestyle 5 and stuck on my axel. It has become very frustrating, and I was wondering if you had any tips for me. I'm also on my rink's synchronized skating team. The team is only 2 years old, but we have a good coach and are getting better everyday. On April 12 and 13, our team went to the ISI Synchronized Skating Championships in Orlando Park. We had a great experience and had fun trading pins, but were one of seven teams that got sixth place in our Senior Youth Synchronized Skating group. We all understand that the last 7 teams are announced as sixth place so that no one feels badly or gets upset, but we wanted to find out what we really got. I was wondering if you could post the results somewhere or offer some way of finding out our real placement. Thank you for your time, and please consider the above suggestion.

Christie Schroeder
Grayslake IL

Dear Christie,

Thank you for your letter and your suggestions. ISI posts synchronized skating results by placement, not points, on the ISI website: www.skateisi.org. For your axel, talk to your coach about doing some exercises with the waltz jump – loop jump or the waltz jump back spin. Often those exercises can assist with the timing of the revolution.

Hello ISI,

I have written to you before. I have been skating for 4 years. I'm learning the axel, but I can't get it mastered. The waltz jump loop combination doesn't help me at all. Any advice? I would like to thank my private coaches Erin Leonard, Jennifer Medrios, and Kerry Stormo because I wouldn't be this far without them. Special thanks to my family: my mom, my dad, and my sisters. Thanks all of you guys for being at my competitions. I would like to be pen pals with Cassie Stroman, Hannah Heppner, Gabrielle Rarolenko, or Schuyler Youngstrom.

Chelsea Emshoff, age 10 ?, FS4
Northwoods Ice Center
San Antonio TX

Dear Chelsea,

Try practicing the waltz jump back spin to help you with learning your axel.

Dear ISI,

I love skating!! I've been doing it since I was six. I am in FS3/4. I just competed in Freestyle 3 and won first. I am nine years old. If you can find a pen pal for me that would be wonderful!! I don't care if they are in a higher or lower level. I like to encourage and get encouragement also. Please find me a girl pen pal.

Courtney Duckworth, age 9, FS3/4
Woodbridge VA

Dear ISI,

I've been skating for 2 1/2 years, and I recently had my first competition. Now it feels like I'm finally a real figure skater. I love figure skating so much. Figure skating is my life. I can't imagine my life without it. I would like to have a pen pal. Can I have Laura Koroske, Beth Eggers, Caitlyn Shuy, or most of all Samantha Lundstrom as a pen pal? If they already have one, can I have a pen pal between the ages of 14 and 16 in my level or higher, please (male or female)? Thanks!

Ashante Wheatley, age 14, FS4/5
Oakland Ice Center
Oakland CA

Dear ISI,

I would like to have a pen pal because I think they're really cool. I skate only twice a week because of my parents' work schedules, but in the summer, I skate ALL the time. I go to sleep-away camps for skating and everything. I'm on a synchronized skating team called Skyliners. I skate on their junior team and crossover to novices. I am working on the axel, double salchow, and double loop. I always two-foot my landings for the axel and double salchow, but I'm landing my double loop. I would like my pen pal(s) to be around my age (no younger than 13) and around my level. I think Samantha Lundstrom would be a good pen pal. Also if you

Continued on page 24...

...Continued from page 23

have any advice for my jumps, I would like that.

Christine Turmelle, age 14 1/2, FS5/6
Norwalk CT

Dear Christine,

Jump high; rotate fast.

Dear ISI,

I have been skating for 6 years now. I like to skate, but I also like to play basketball and read the Harry Potter books! In the last issue of RIS, I read about ice mentoring. My rink does something like that. Skaters that are 11 and up and are Freestyle 5 and up can student teach. We help kids from tots to Delta. My friends and I do it, and it's tons of fun! I would like to be Lidia Kawashima's pen pal. If not, could you find me a pen pal around my age and level? Thanks!

Michelle Jay, age 11, FS5
Darien Sportsplex
Darien IL
Dear ISI,

I practice at Dublin Iceland, and I'm sort of a newbie. I was wondering if I could be Natasha Krell's pen pal because we take lessons at the same rink. Or can you just give me a pen pal around my age and level? I am desperately seeking skating buddies because my summer school friends know nothing about skating! If anyone has an e-mail address, I can be contacted by e-mail.

Erica Brown, age 12, Gamma
Dublin Iceland
Walnut Creek CA

Dear ISI,

I have been skating for 2 years, and I love it! I also like dancing, cheerleading, and gymnastics, but ice skating is my favorite! Could I have Kati Cohen as a pen pal? Thank you!

Kaitlin Coughlin, age 10, FS3
Brandon Ice Sports Forum
Tampa FL

Dear ISI,

I love to skate! I have been skating for 3 years, and it is so much fun. I have been looking for a pen pal. When I

read Amy Arnott's letter in one of your issues, it made me realize that I love the same thing, and I'm the same age and same level. So I was wondering if I could be her pen pal. I also read Ellen Shore's letter and would like to be her pen pal. If not, I would like to have someone to talk to who has the same interest as me in skating—older or younger or even the same age, just as long as it is someone I can talk to about skating. Thanks a lot!

Amanda Benavides, age 13, FS3
Aerodrome
Sugarland TX

Dear ISI,

I absolutely love to skate! I have been skating for seven years. Also I am in Freestyle 5. I've already landed my axel, and I'm working on my double sow. I skate two days a week in the summer, but in the winter I skate three days. This summer on Tuesdays at 5:00 a.m., I get my private lesson from my coach Tina. On Thursdays I do power skating from 5:00 to 6:50 a.m., then from 7:00 to 8:00 a.m. I get another private lesson from Tina. I was wondering if you could get me a girl pen pal my age and level?

Brittany Massa, age 10, FS5/6
Eddie Edgar Ice Arena
Livonia MI

Dear ISI,

I am looking for a pen pal. I played ice hockey for 3 years. I love to run, swim, and ice skate with all of my friends. I like to go fishing with my dad. I would like a pen pal my age.

Shaun Bridges, age 13
Punta Gorda FL

Dear ISI,

I have been skating for 2 1/2 years. I just started FS4. In FS4 we have to do flips, loop jumps, and sit spins. Can you give me some tips on these things? I would love to be Courtney VanDreese's pen pal. If not, could you find me a pen pal around my age and level?

Faith Mason, age 8, FS4
Center Ice
Glen Elen IL

Dear Faith,

Talk to your coach about what you need to do and practice, practice, practice.

Dear ISI,

I've been skating for 5 months, and I just picked up your magazine. I love it! I'm also interested in your pen pal section. I was wondering if you could match me with a pen pal. Could you match me with a pen pal the same age and level? It does not have to be in the same state. It might sound odd, but I might like a pen pal from anywhere in California, but if not, I don't care where from. Just please let it be a girl.

Miranda Erhardt, age 10, Beta
Sprinker Recreation
Puyallup WA

Dear ISI,

I love skating so much. It's the only thing I'm good at. I am in Freestyle 1. My coach said she will move me to 3 after our competition. I have been skating for a year. In July, I might get to test pre-preliminary in USFSA. My music this year is from the ballet "Firebird." I want to be Meredith Griffin's pen pal. If she has one, can you find me one around my age and level? Thanks so much! Sk8 Great!

Bianca Rivera, age 13, FS1/3
Vineland Ice Arena
Oceanside Skating Club
Vineland NJ

Dear ISI,

I absolutely love to ice skate. It is my favorite sport and thing to do. I have been skating for 3-4 years. My coaches are Stacey and Gary. I am working on my axel, which is almost there, and my flying camel. Would you please find me a pen pal my age and level. That would be for the best. If you have any advice for me, please let me know! Thanks!!!

Brittany Hoffmann, age 11, FS5-6
Syracuse Figure Skating Club
Baldwinsville NY

Dear Brittany,

You didn't ask for any specific advice

and seem to be doing quite well. Happy skating from all your friends at ISI.

Dear ISI,

I have been skating for almost one and a half years. I am going to do my first solo competition soon and am really nervous. I am on a formation team and enjoy it a lot. Those competitions don't even bother me. We took first in district competitions and are skating in nationals. I would like to thank my coaches Lora and Sarah. They really help me a lot. I would like to be Katherine Su's pen pal. PLEASE?? Thanks.

Courtney Raia, age 12, FS2
Fox Valley Ice Arena
Geneva IL

Dear ISI,

I am having trouble going into and landing my loops. I usually do the whole rotation, but it is very hard to get into it without falling or landing on two feet. What do you think will help me to accomplish the loop? I would also like a pen pal my age and freestyle level.

Grace LaVier, age 11, FS3/4
Farmington Hills Ice Arena
Livonia MI

Dear Grace,

A loop jump is a backwards one revolution edge jump and it requires lots of practice time on the rhythm of jumping and rotating.

Dear ISI,

This is the first time I have written to you. I am confused on what to do. I am very frustrated because my coach Teresa Gutierrez is teaching me a sit spin, and it is so hard! I keep landing on the ice! It is funny. I would really like to be pen pals with Christina Teng and/or Jennifer Lim. If not, then someone you recommend. It would be nice to have a girl.

Madeleine Kreymer, age 11, FS3
Ice Town Arena
San Diego CA

Dear ISI,

I just love skating! I would like to thank my coaches Shawne Amrock and Andrea Brett. I'm working on a double loop, but when I try to do a double salchow, I fall on my hip. Could you give me some tips? I'd like several pen pals, too. I would like to be Laura Koroske's, Amy Arnott's, and Karissa Pepin's pen pal. Also Kayla Harvey's, if she wants. Thanks a bunch!

Kimberly Wong, age 12, FS6
Glacial Garden Lakewood
Hacienda Heights CA

Dear Kimberly,

Make sure you are upright on your take-off and check with your coach for additional tips.

Dear ISI,

I love your magazine! Do you have any advice on the change foot spin? The problem is that I can't get into the 3rd spin! I only get the 1st and 2nd spin! I would like to be Hannah Hepner's, Jackie Rose's, or Samantha Lundstrom's pen pal. Thanks a bunch!

Melanie Eang
Aloha OR

Dear Melanie,

Make sure you are balanced on your first spin to carry you into your second and third spins.

Dear ISI,

I have been skating for about 8-9 months. I just started FS1 in July. I would like to have Kayla Harvey as my pen pal. I can e-mail her and talk with her over the computer like she said. Laura Koroske, Ellen Shores, and Allison Kasbee also look like neat pen pals, too. If those aren't possible, could you please find me a pen pal around my age? Level and gender don't matter. Thanks a lot!

Kathryn (Katie) Krolik, age 15, FS1
Santa Fe Ice Arena
Las Vegas NV

Dear ISI,

I have been skating for three years, and I love it! I am working on my double toe loop and camel-jump-camel spin. My coach is Lisa Turner. She has helped me in numerous ways. I would like to thank Lisa for all her dedication and work, which helped me improve my skating! I would like to thank my mother for her support and encouragement. I am going to Chicago this year for Worlds! I am competing in Solo Compulsories 5, Freestyle 5, Light Entertainment 5, and Jump and Spin (with my friend Jennifer). I have been working really hard on my programs! I was wondering if I could have a pen pal around my age and level? Thanks!

Brenna Nelsen, age 9, FS5/6
Ice Center of Cupertino
Cupertino Ca

Dear ISI,

I have been skating for 3 years. I have been working on my axel for almost a year! The axel is so hard. I try very hard to do it, but I end up on the ice. Could you please give me advice on how to do my axel? I also want to thank my coach Sabrina Uribe. I have three competitions in July. It is the world competition! Thank you Sabrina! I would like to be pen pals with Schuyler Youngstrom. Thanks!

Ashley Ayad, age 11, FS5
Pasadena Ice Skating Center
Pasadena CA

Dear Ashley,

Ask your coach for some exercises to assist you with the part where you have to rotate backwards. This is usually where skaters have difficulty.

Hi ISI!

I love skating! I've been doing it for almost 4 years. I would like to be pen pals with Katie Wong, Laura Klatz, Ali Smith, or Hannah Rogge. It's o.k. if more than one of them responds, but if they already have pen pals, I would like a pen pal aged 9-12 and in levels Beta-Freestyle 1. Thanks a ton! P.S.—What level do

Continued on page 29...

Three Skaters Pass Freestyle 10 Test

by Dianne Powell

ISI is pleased to announce the success of not one, not two, but three outstanding ISI skaters – the newest members of the elite group to pass the very difficult Freestyle 10 test.

Lindsey Wilson

Thirteen-year-old Lindsey Wilson, representing the Sprinker Recreation Center in Tacoma, Washington, passed her FS 10 test in May during the ISI Conference and Trade Show in Las Vegas, Nevada. Lindsey sailed through her test with poise, personality and a winning smile. At 13, she exudes the confidence of one much older and has the intellect to back it up. Lindsey has already graduated from high school with a 4.0 grade point average, taking just two-and-a-half years to accumulate her high school credits.



Lindsey Wilson

Photo by Dianne Powell

Since passing her FS 10 test, Lindsey, her parents and her coach, Kelly Clark, have moved to Westminster, Colorado, where Lindsey now skates at Sun Microsystems Ice Centre. Lindsey is also enrolled at the University of Colorado in Boulder where she's majoring in environmental studies.

Lindsey describes her change of locale as good for her. She enjoyed her time at Sprinker and will miss her friends but says, "I think this will help me to improve, and I'll be able to broaden my horizons and improve my skating."

From skating, Lindsey says she gains confidence in herself. "I'm totally happy all the time," she says. "I love traveling, and I love skating."

Kelly, Lindsey's coach since she started skating at age six in ISI group lessons, describes Lindsey as a "really good kid. She's strong-minded, yet sensitive. She's very smart,

very kind and gentle, and she rises to the occasion. She's really got a good head on her shoulders, and she's going to go a long way with whatever she does. I hope we're friends forever."

One occasion or challenge Lindsey had to rise to last year was her sudden growth spurt. She grew 12 inches in 14 months. "It was a difficult season because of that," said Kelly. "I respect her so much for getting through that and coming back and doing what she's doing now. She's matured so much. I think a good side of her skating is her maturity. She's grown so much in her artistry and in her jumps, honing her skill and making it better."

On the ice, Lindsey says she doesn't have a favorite maneuver. She pretty much likes everything. She skates five days a week and sometimes six, two- to two-and-a-half-hours a day. On the sixth day, she skates 45 minutes. Off-ice she stretches every day, works with weights, does aerobics and tries to stay in top condition.

When asked what was the hardest thing about passing the FS 10 test, Lindsey said, "The length of the program, building my endurance was the hardest part."

"Lindsey's strengths are her jumping ability and her consistency in her jumps and in all her skills," says Kelly. "That's definitely what got her through this test."

Lindsey says passing the FS 10 was important to her self-esteem. "I decided I wanted to do it because I knew it would make me feel good about myself. It was a challenge and something I could add to my skating resume," says Lindsey.

Off the ice, Lindsey describes herself as a normal teenage girl, but a very motivated one who writes her goals down and marks them off as she accomplishes them. "I like to go to the mall, spend time with friends, listen to music, and I love painting," says Lindsey, who paints nature scenes in acrylics.

"I love skating. I like going to the rink and doing my stuff," says Lindsey. "I'm really motivated from within myself. My parents have never pressured me; they're very supportive."

Lindsey is a Novice USFSA skater who competed at Nationals in 2002 and hopes to go back this year. "I'd like to move up in the levels," she says. "I'd like to go to the Olympics and Worlds."

Of her skating successes thus far, Lindsey says, "I would like to thank my family and my siblings. (She has three

older siblings – two brothers and a sister.) They have been so great to me, and of course my coach and Janice (Forbes, ISI Skating Program Director at Sprinker) for all they've done for me and all they've taught me."

Kelly echoes Lindsey's gratitude to the people at Sprinker. "I've grown up at Sprinker. It's been a wonderful experience. I appreciate everything everyone has done for Lindsey and me. They are very supportive and they understand why we're leaving. You never know what's going to happen, you might come back."

To other skaters, Lindsey advises, "Love the sport. Do it for yourself. If you're not happy doing the sport, you need to find something you are happy doing. Practice hard, be consistent with your training, and definitely stay focused."

Lindsey Wilson displays extraordinary poise, intelligence, grace and focus, and she's only 13-years-old. We look forward to a bright and shining future for this talented ISI skater.

Heather Aseltine

When Heather Aseltine won a \$4,000 ISIA Education Foundation college scholarship in 2002, she announced that she intended to attend the University of Illinois and that one of her future goals was to pass the FS 10 test.

Focus, determination and talent have long been keys to Heather's personality, so no one at her home arena, Northbrook Skating Center in Northbrook, Illinois, was surprised to learn that Heather planned to attempt the FS 10 during the 2003 ISI World Recreational Team Championships.

Finishing her freshman year at college with less time for skating than she might have liked only fueled Heather's determination to go for her goal. "It's hard to manage skating with school," says Heather, who got to skate three to four hours a week while in college as opposed to her former three or four hours a day. "I've tried to take the time I can get on the ice and use it to the fullest extent, and when I came home this summer I knew I wanted to train for FS 10, so I put my heart to



Heather Aseltine

Photo by Dianne Powell

that and skated a lot and taught a lot. Ever since I was a little, I've always dreamed of being in FS 10."

Cheered on by an enthusiastic crowd of family and friends, Heather mastered the FS 10 test during ISI Worlds. The hardest part, according to Heather, "was not skating a lot during the year and then getting all the jumps back before Worlds and having the mindset to do all the jumps in a program, especially with an injury two days before the test. After I had worked so hard during the summer, I wanted to go for it."

What people don't know about the FS 10 test is "the level of difficulty. Not just being able to do triples but being able to do them before the program and in the program, with the amount of endurance you need. It's harder than the senior test for USFSA. It's one of the hardest tests I've had to take," says Heather who won the USFSA National Collegiate Freestyle Championship in 2002.

Heather credits hard work, determination and great coaching for her ability to succeed and obtain her goals. "It's my will to keep working hard even if something doesn't come right away," explains Heather. "Some things come easily and some haven't. Obviously because I'm tall, it's harder." She's five feet nine and a half inches tall. "I keep trying and trying and eventually it does happen."

For Heather, passing the FS 10 was a goal accomplished, "something I knew I wanted to do. I'm happy I was able to accomplish that goal. For my students, they think it's really cool that I'm their teacher but I'm still skating."

Not only did Heather pass her FS 10 test at Worlds, she also skated on the Northbrook synchronized team, coached one of her skaters to a first place, and skated in the ISIA Education Foundation Benefit on Ice Show. These accomplishments clearly helped to cement Heather's status as a home arena hero. To the young skaters who look up to her, Heather hopes to impart the attitude that skating is fun. "Some people just concentrate on skating, but I think school is very important too," says Heather. "I tell my students that skating should never be a job. Basically it should be what you want to do; you come and you have fun and you love it; it's great."

Heather especially appreciates the ISI philosophy of participation not elimination. "I think it's great, especially how the groups are set up and everybody gets to compete and everybody gets rewarded for being out there and having fun," says Heather. "That's what I tell my students, go out there and have a blast. You've worked hard and this is when it pays off. I think that's why ISI is so great, because it's more of a friendly competition, where USFSA can get more competitive when you get to the higher levels. Here it's coming with friends, representing your rink, skating as a group, and earning points for your team."

Continued on page 28...

In the skating world, Heather says the person she admires most is her coach for over 10 years, Diana Himmel Krewer. "She's taught me everything about skating and any decision I make, she backs me up totally," says Heather.

Of her family, Heather says, "They've always supported me, just like my coach. My brothers are great. When I was little they used to come to all my competitions. My parents have made a major sacrifice just getting me to the rink every day and being here to watch me. It's great to have them behind me."

"Skating has taught me determination, the love of the sport, how to accomplish things, how to manage time, how to go out there and have fun in what you're doing," says Heather. "There are so many different aspects of skating that I love; I'll never go away from the sport."

This exceptionally talented and tenacious goal setter advises skaters to "think of something you really want to do, have a goal in mind, and just do what you have to do to reach it. Obviously things are going to get in your way, such as injuries or you may not get a jump as fast as you'd like to, but if you just keep working, it always comes out to the good in the end. Just enjoy the sport for the love of it and have fun."

Kelsey Drewel

Kelsey Drewel has a 1,000-watt smile and exudes enthusiasm, talent and self-confidence. She's also a very talented skater with strong jumps and fast spins who passed her FS 10 test at ISI Worlds.

Fifteen-year-old Kelsey, originally from the St. Louis, Missouri area, has returned to her home arena after three years of training in Delaware. She skates at Rec Plex with her coach of one year, Pam Forrester.

"I started skating at age eight or nine," says Kelsey. "ISI was the organization we were all involved in. It taught us to be strong and to be confident in ourselves and our skating. Then I went over to USFSA. I hadn't passed my FS 10, so when I came home that was an accomplishment I wanted. I wanted to pass all my tests in ISI and USFSA."



Kelsey Drewel

Photo by Dianne Powell

Of passing her FS 10 test, Kelsey said, "It was a big relief because I was pretty nervous. It was nice to fight through the nerves and to pass the test and to know that's the only one I'll have to take. I think the hardest part about the test is knowing you have to do everything, that you can't mess up on anything."

In comparing the FS 10 to other tests, Kelsey said, "It's a lot harder. You have to do triple jumps, and with other tests you only have to do doubles. I think the jumps are a lot harder; the spins are a lot harder. Overall, the technical part was a lot harder than any other test I've taken. It's nice to start the new (competition) year with passing FS 10. It's a big confidence booster."

Pam describes Kelsey as a very hard worker who can be hard on herself. "I'm there to remind her that every day doesn't have to be perfect," says Pam. "She's a fast skater, and she has great spins and huge jumps. She has a God-given talent that she's really worked hard to improve and make better."

"Skating has taught me that I'm a perfectionist," admits Kelsey. "I like things to be perfect, and it's taught me that things are not always going to be perfect. You're going to have bad days and you have to be responsible enough to deal with those. You have to go into the rink every day knowing you have to go out and do your job and do it well enough so you feel you did the best you can do."

Kelsey skates two to three hours a day, Monday through Friday and works out for an hour and a half. To maintain her skating schedule, she is home schooled and has a tutor. School for Kelsey is a "kind of on and off thing. I have to cram it in because of competitions," says Kelsey, whose ultimate goal is to get higher in Nationals and Worlds. "I just want to continue to improve and to do the best of my ability in each competition, each show, everything I'm doing," says Kelsey. "Hopefully, someday I'll be able to start coaching. I love kids, love to teach kids, so that would be another goal of mine."

Kelsey says the best thing about skating is "the whole package – the traveling, the competitions, the every day practices, learning new things, meeting new people, the whole experience you gain from skating." Her inspiration in the skating world is Michelle Kwan "because of her persistence and her dedication to the sport. She's not satisfied yet and she keeps going and going."

Off ice, Kelsey likes to go to the mall and to go swimming. "I love listening to music and going to concerts," she says.

To other skaters, Kelsey says, "Keep working hard. You're going to have plenty of ups and downs. Don't give up. Keep having fun. As long as you're having fun, the sky is the limit. Anything is possible as long as you keep working hard and keep having dreams."

Good advice from ISI's newest FS 10s.

you have to pass before you are qualified to be a coach?

Julia Galica, age 9 1/2, Gamma International Skating Center of Connecticut
Simsbury CT

Dear Julia,

There are no requirements as far as skating level for coaches. Many arenas have in-house training programs for coaches and some have mentoring programs that encourage higher level skaters to help lower level ones.

Dear ISI,

I have been skating for about one year. I have been working hard, and I'm learning how to do the camel spin and the sit spin. I am also practicing flip jumps. Do you have any advise on how to successfully complete a sit spin or a flip jump? I would really like a pen pal around my age and level. It doesn't matter if it's a girl or a boy, but I would prefer a boy. Your magazine is really interesting, and I appreciate it. Thanks a bunch!

Jennifer Lim, age 11, FS3
Norwalk Ice Arena
Cypress CA

Dear Jennifer,

Practice will make the difference in your ability to perform. For every private lesson you take you should practice three times before the next lesson.

Dear ISI,

I love to skate. I've been skating for at least 4 years. I would like to thank my favorite coaches Heidi and Alison for all of their hard work and dedication towards me. I also thank my mother for all the time she took taking me back and forth to the skating rink. Could I have a pen pal? I want a girl pen pal around my age and level. Thanks!

Heidi Grand, age 12, FS1
Golden Blades Figure Skating Center
Brockton MA

Dear ISI,

I have been skating for a year and a half, and I love it! Skating has helped me in many ways. I have made friends, grown more confident, and found my real self all through skating. My coaches have helped me in many ways with the first two things, but I found my real self through skating for fun. In my opinion, nothing is better than putting on music and skating for the fun of it. Through doing that, I have found my music taste and many other things about me. If possible, could I be Amanda Penington's pen pal. If not, please find me a pen pal around my age or level.

Kristina Karl, age 13, FS1/2
Fox Valley Ice Arena
St. Charles IL

Dear ISI,

I have been skating for almost five years. I love it so much because you get a chance to learn so many new things and meet so many new people. I also like to do competitions. Sometimes I skate solo, but I am also on a synchronized skating team. Our team's name is Team Elite. This coming season is going to be my third year skating on it. My favorite jumps are the flip and the loop. I am also working on my axel. I would like to thank my friend Samantha for getting me into skating and for helping me land my flip jump. Also, thank you to Elizabeth for helping me land my flip. I would also like to say hi to Paige, Kelsey, Chelsea, and everyone else on Team Elite. I was wondering if you could find me a pen pal around my age and level.

Amy Scapin, age 13, FS5
Fox Valley Ice Arena
Geneva IL

Dear ISI,

My name is Sarah Rea (pronounced Ray). I live in Cheyenne, Wyoming, with my mom. My first skating experience was in Casper, Wyoming, where we did a number called *The Magnificent Seven*. I wasn't really that nervous because I was in

a group, and it didn't seem necessary to be frightened. I was really hoping to be pen pals with Katherine K. Su or with someone around 6 years old at my skating level (FS4/5) because I get along with younger kids better.

Sarah Rea, age 12, FS3/4
IKON Center
Cheyenne WY

Dear ISI,

I have been skating for one and a half years. I am working on my scratch and sit spins. I am also learning loops and flips. I would be happy if Laura Klatz could be my pen pal. Thank you!

Amanda Corrado, age 10,
Gamma/Delta
WSA Skating Rink
Elmsford NY

Dear ISI,

I would like to be Cassie Wilson's pen pal if possible. If she would not like to be my pen pal, could you find me another pen pal?

Cassie Balaskas, age 13
Darien Sportsplex
Orland Park IL

Dear ISI,

I have been skating for about 4 years. I just moved to Texas from Washington state. My old coach's name is Sarah Billeck. I would like to thank her for all she has done for me. Someday I will land my lutz. Could you give me some tips? I really want to land it. I would like to be pen pals with Amy Arnott. If not, will you find me another pen pal? I don't care age, level or gender.

Love and Lutzs,
Hope Barton, age 10, FS4
Ice at the Parks, Mansfield TX

Dear Hope,

Keep an eye on your back outside edge on the take-off for your lutz to make sure it's clean.

**SEND ENTRY AND FEE TO:**

ISI
17120 N. Dallas Pkwy., Ste. 140
Dallas, TX 75248
Phone: 972-735-8800 • FAX 972-735-8815

Team Entry Form

All information for *team events* (on this form) will be mailed *to the rink* indicated below. (Including Family Spotlight.)

**Event information available
at www.skateisi.org.**

Event	Location	Event Dates	Test Deadline	Entry Deadline
<input type="checkbox"/> Winter Classic	Nashville, TN	February 13-15, 2004	December 1, 2003	December 1, 2003

Please Print

Name of Group	Instructor/Coach
Rink Representing	Coach's Home Telephone
Address	Rink Telephone
City, State, Zip	ISI Registration #

We wish to enter: (IMPORTANT Use one team entry form per team, per event. Please send team photo with entry.)

- | | | |
|--|---|---|
| <input type="checkbox"/> Synchronized Formation Compulsories | <input type="checkbox"/> Production Team | Age Category: (select one)
<input type="checkbox"/> Junior Youth Team (majority 7 & under)
<input type="checkbox"/> Youth Team (majority 8-10)
<input type="checkbox"/> Senior Youth Team (majority 11-12)
<input type="checkbox"/> Teen Team (majority 13-19)
<input type="checkbox"/> Adult Team (majority 20 & up) |
| <input type="checkbox"/> Synchronized Formation Team | <input type="checkbox"/> Pattern Team | |
| <input type="checkbox"/> Synchronized Skating Compulsories | <input type="checkbox"/> Kaleidoskate Team | |
| <input type="checkbox"/> Synchronized Skating Team | <input type="checkbox"/> Team Compulsories: _____ Level* | |
| <input type="checkbox"/> Synchronized Dance | <input type="checkbox"/> Freestyle Synchro : _____ Level* | |
| <input type="checkbox"/> Family Spotlight | *(indicate 1-10) | |

Name	Age as of July 1, 2003	ISI #	Name	Age as of July 1, 2003	ISI #
1			17		
2			18		
3			19		
4			20		
5			21		
6			22		
7			23		
8			24		
9			Crossover Skaters		Team #
10			1		
11			2		
12			3		
13			4		
14			5		
15			6		
16			7		

ENTRY DEADLINE: There will be no refunds. Memberships must be current through event. Expired Membership renewals must accompany this entry application.

Upon entering this competition, we hereby agree that any photographs or video tapes taken of our team by ISI or authorized party, may be used exclusively for any purpose by the ISI or any other use authorized by ISI.

I declare that the information above is true and that all skaters have current individual membership with ISI, and I have notified all team members that they skate at their own risk, and hereby release ISI, the host facilities, and their personnel from all liability.

Entry Fees:

All Team Entries \$20.00 per member
Production Team pays for first 32 skaters only - \$640 maximum..

☐ ISIA Education Foundation Donation enclosed \$ _____

Total Enclosed: \$ _____ Make check payable to ISI

OFFICE USE ONLY

Date Rec'd. _____ Check # _____ Amount _____

Coach's Signature _____

Date _____

☐ American Express☐ Visa☐ MasterCard☐ Discover

Card # _____

Exp. Date _____

Cardholder (please print) _____

Authorized Signature _____

Telephone Number (must be included) _____



ISI
17120 N. Dallas Pkwy., Ste. 140
Dallas, TX 75248
Phone: 972-735-8800 • FAX 972-735-8815

Individual Entry Form

Event information available at
www.skateisi.org

Event	Location	Event Dates	Test Deadline	*Entry Deadline
<input type="checkbox"/> Winter Classic	Nashville, TN	February 13-15, 2004	December 1, 2003	December 1, 2003

☐ MALE ☐ FEMALE

Last Name	First Name	ISI Member #	Exp. Date*
Address		Birthdate	Age on 1st day of event
City	State/Province	Phone No.	USFSA Test Level
Postal Code	Country	Home Rink Name	

INDIVIDUAL EVENTS

Pre-Alpha – Delta <input type="checkbox"/> Solo <input type="checkbox"/> Stroking <input type="checkbox"/> Spotlight (choose 1) <input type="checkbox"/> Character <input type="checkbox"/> Dramatic <input type="checkbox"/> Light Entertainment <input type="checkbox"/> INDICATE LEVEL Pre-Alpha – Delta Special Skater (1-10) <input type="checkbox"/> (Check if applicable)	Freestyle (1-10) <input type="checkbox"/> Solo <input type="checkbox"/> Footwork <input type="checkbox"/> Solo Compulsories <input type="checkbox"/> Artistic (ages 21 & up) <input type="checkbox"/> Spotlight (choose 1) <input type="checkbox"/> Character <input type="checkbox"/> Dramatic <input type="checkbox"/> Light Entertainment <input type="checkbox"/> INDICATE LEVEL (1-10)	Solo Dance (1-10) <input type="checkbox"/> INDICATE LEVEL (1-10) Figures (1-10) <input type="checkbox"/> Figures <input type="checkbox"/> Creative Figures <input type="checkbox"/> Free Figures <input type="checkbox"/> INDICATE LEVEL (1-10)	NEW Jump & Spin Teams <input type="checkbox"/> Low (Pre-Alpha-Delta) <input type="checkbox"/> Med (Freestyle 1-3) <input type="checkbox"/> Int (Freestyle 4-5) <input type="checkbox"/> High (Freestyle 6-10) Partner Name _____ Partner ISI # _____ <i>Any changes to this original entry form will result in a Change Fee of \$25.00 per change/per skater.</i>
--	---	---	---

PARTNER ENTRIES

	Sim	Mix	Partner Name	Partner ISI #	Partner Age as of event
<input type="checkbox"/> Couple Level _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Dance Level _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Pair Level _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Free Dance (3-10) Level _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Couple Spotlight Low (Both Skaters Pre-Alpha-FS3) <input type="checkbox"/> Char. <input type="checkbox"/> Dram. <input type="checkbox"/> Lt. Enter.	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Couple Spotlight High (Either Skater FS4-FS10) <input type="checkbox"/> Char. <input type="checkbox"/> Dram. <input type="checkbox"/> Lt. Enter.	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____

Registration Fees are non-refundable ISI reserves the right to limit the number of entries without notice.

I skate at this competition at my own risk and hereby release ISI, the host facility(ies) and their personnel from all liability. I declare that the home rink listed above is the true rink/club/school that I wish to represent.

Upon entering this competition, I hereby agree that any photographs or video tapes taken of me, by ISI or any authorized party, may be used exclusively for any purpose by the ISI or any other use authorized by the ISI.

Skater Signature _____ Date _____

Parent/Guardian (if applicable) _____ Date _____

I declare that the information above is true, that this skater's test(s) is/are registered, that the skater is a current individual member of the ISI, and is skating in the proper categories and levels, and that the home rink listed above is correct.

Instructor Signature _____ Date _____

NOTES: *Memberships must be current through the event. Membership renewals may accompany this entry form. All test and memberships must be registered with the ISI Headquarters.

Fees and Payment (all amounts are USD)

☐ **First Event** \$55.00
☐ **Each Additional.** \$20.00
☐ **Family Entry.** \$90.00

*** ENTRY FEES DOUBLED
AFTER ENTRY DEADLINE!**

(Covers all family members' first entry; each additional entry \$20.00 per person/ per event.)

☐ **ISIA Education Foundation Donation enclosed \$5.00.**

Membership fee enclosed ☐ \$10.00 Domestic
(for new/expired members to ISI) ☐ \$15.00 Foreign

Total enclosed: \$ _____ make check payable to ISI

ISI Use:

Check # _____ Amount _____ Date Received _____

<input type="checkbox"/> American Express	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard	<input type="checkbox"/> Discover
Card # _____	Exp. Date _____	Cardholder (please print) _____	
Authorized Signature _____	Telephone Number (must be included) _____		

HEALTH & FITNESS

Transformational Self-Talk

by Kathy Toon, PCA Manager of Product Development
www.positivecoach.org



"I am the greatest!" – Muhammad Ali
"I can't do anything!!" - unknown, unaccomplished athlete

Top athletes talk themselves into incredible performances. What goes on in our minds has a direct effect on our bodies. Our thoughts prompt certain emotions that in turn have bodily or physiological consequences. Thoughts about losing can lead to feelings of fear and anxiety. In turn those feelings cause various physiological responses: increased heart rate, shortness of breath, muscle tightness, narrow vision, and reduced blood flow to the hands and feet. All of these responses stand in the way of performing at our peak. It creates a negative cycle – anxiety and fear compromise our physiology, leading to poor performance that (in turn) creates more fear and anxiety.

The same is true on the positive side – positive thoughts lead to feelings of alertness, fun, challenge – and these feelings (in turn) produce positive physiological responses. This cycle can be learned and taught through transformational self-talk.

Self-talk is that little voice in your head – the one that may have just said, "What little voice in my head?" Self-talk messages often come from our childhood – we hear the voices of our parents, siblings, teachers, coaches, etc., anyone who influenced us in the past. Self-talk goes on all the time and is nearly impossible to turn off. Unfortunately, most of the messages are critical or negative.

Examples include:

- "I'll never be able to do it."
- "I'm so stupid."
- "I'll look like a fool."
- "I'm not good enough."
- "I hate doing ..."
- "I can't ..."

It is almost impossible to eliminate negative self-talk. But it can be replaced. Coaches and parents often tell athletes to, "Change your negative attitude," "Stop saying that; it's negative," or "Be more positive!" While this may be good advice, it leaves you with questions. "How do I change my attitude?" "What else should I say?" "How can I be positive when I just messed up?"

It is important that we teach ourselves how to change our attitudes and how to transform our negative self-talk. Here's a powerful three-step process to transform negative self-talk. Let's use the expression, "I can't do this," as an example.

1. State the negative self-talk as a feeling: "I feel like I can't do this."

This is a more accurate statement. "I can't do this" may or may not be true. What's absolutely accurate is that you *feel* like you can't accomplish the skill in the moment. Tomorrow is a new day, and with practice feelings can change.

2. Enlist the power of a "Big But."

What happens when the word "but" is used in a sentence? "Tina, I really like your shirt, but the color is a bit much." Whatever comes before "but" is devalued, leaving the recipient waiting for the negative ending. Usually we say the positive first and then devalue it with "but." BUT, we can turn that around by using "but" to devalue the negative self-talk. Teaching ourselves to use the word "but" to our advantage can help transform our negative self-talk: "I feel like I can't do this, but maybe I'll hit it next time."

3. End with an "I'm-the-kind-of-person-who" statement: "I feel like I can't do this, but I'm the kind of person who doesn't give up easily."

Whenever you catch yourself using negative self-talk, use this tool to transform it. Think about yourself as an athlete. Pick one of the following statements that applies to you, or come up with your own.

I'm the kind of person who...

- "never gives up."
- "loves to compete."
- "bounces back."
- "rises to the challenge."

So the next time that little voice in your head says, "I'll never get it," you can say back, "I feel like I'll never get this, but I'm the kind of person who rises to the challenge!" Top competitors are extremely disciplined in what they think and say. Teach yourself to control that little voice in your head, and you will be giving yourself a huge advantage.

ICE POETS

It's My Time

Faster and faster
The blade against the ice
Going backwards
What a rush I get
One backward crossover
After another
I step into the circle I just made
As I start to rotate left
I see the excitement in everyone's faces
I start to lean forward on my toe...
I quickly find the best spot on the blade
I start to spin
Faster and faster
I go into my layback
While my arms are complementing my spin
I rise
And I twist around once more
I stop
With a diamond in each eye
I move my last move
Everyone cheers
And I start to laugh
This Is My Time

*Ashante Wheatley, age 14, FS4/5
Oakland Ice Center
Oakland CA*

A Skater's Dream

A skater's dream has yet to come.
Look here, a skater's dream has begun.
Gracefully strolling across an ice of dreams;
Too happy to speak, it seems.
A magical feeling when one steps onto the rink;
Too happy to think.
A lovely journey it can be,
Just look and see.
A skater's dream has just begun.
Come experience the magic and the fun.

*Julia Rosenberg, age 9, FS2
Incredible Ice
Coral Springs FL*

I Am A Figure Skater

I am a Figure Skater
I wonder if they like me
I hear them cheering
I see them clapping
I want to win the gold medal
I am a Figure Skater

I pretend I laugh
I'll feel so good when I land my Lutz
I touch the ice
I worry that I'll fall
I'll cry if I fall
I am a Figure Skater

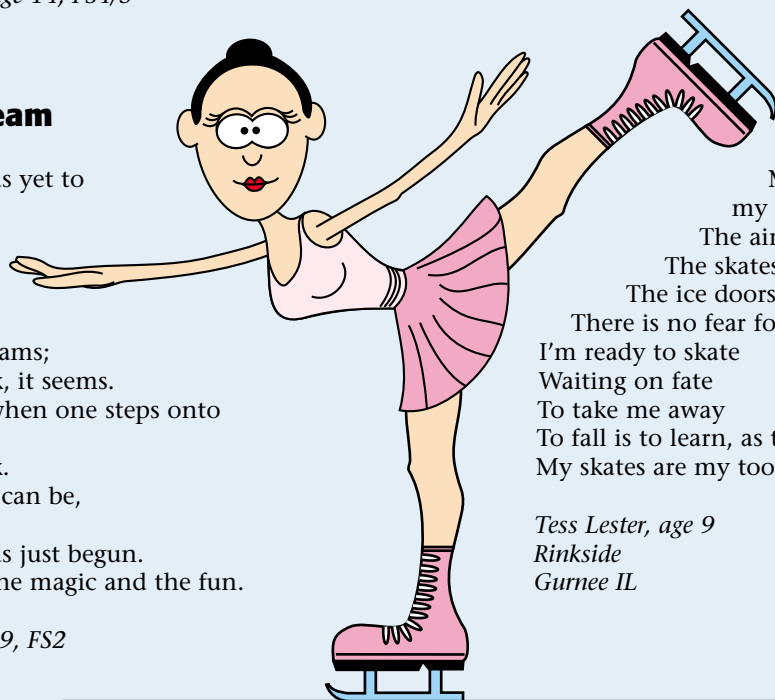
I understand If I fall
I say I will not
I dream I'll win
I try to think I will
I am a Figure Skater

*Nicole (Nikki) French, age 11, FS3
Wayne Kennedy Complex
St. Louis MO*

Skating Is Cool

In the early mornings
When my school friends
are sleeping
My alarm clock goes off and
my mom takes me skating
The air is crisp, the ice is smooth,
The skates are on
The ice doors open
There is no fear for my coach Janel is near
I'm ready to skate
Waiting on fate
To take me away
To fall is to learn, as to learn is to succeed
My skates are my tool and that is real cool

*Tess Lester, age 9
Rinkside
Gurnee IL*



COMPETITORS

ORDER



by Barb Yakal,
National Events Coordinator
and Skating Program Director

As the newest member of the ISI staff, I'm very excited to be writing my first "Competitors Corner." My big move from Minnesota to Texas has been eventful and the southern hospitality has been wonderful! Even though I am reminded every day that I "talk funny," I'm ready to step in and give 110% to my new position.

WORLDS WRAP-UP

The 2003 ISI World Recreational Team Championships held in Chicago, July 28 – August 2, was an exceptional ice experience. The host arenas (Northbrook Sports Center, Twin Rinks Ice Pavilion and Glenview Ice Center) and the local organizing committee did an outstanding job, and the volunteers were fabulous.



The week's highlights included adding two names to the prestigious list of Freestyle 10 skaters. Congratulations to Heather Aseltine and Kelsey Drewel. The ISIA Education Foundation Benefit on Ice featured Timothy Goebel and pair team Tatiana Totmianina and Maksim Marinin, along with up-and-coming ISI stars. The week concluded with the awarding of the World Recreational Team championship trophy to Northbrook Sports Center. For a complete listing of teams and their scores go to www.skateisi.org. When all was said and done, the 2003 Worlds was a memorable experience for all who participated.

2003 ADULT CHAMPIONSHIPS

As this issue of RIS goes to print, the ISI staff is preparing to leave for lovely Cape Cod and the fifth annual ISI Adult Championships. This fun event will be held at the Charles Moore Arena in Orleans, Massachusetts, September 12-14. We hope to see you there. Look for a report on this event in the Winter issue of RIS.



UPCOMING ISI NATIONAL EVENTS

2004 ISI Winter Classic

Centennial Sportsplex
Nashville Tennessee
February 13-15, 2004



2004 ISI Synchronized Skating Championships

The Edge Ice Arena

Chicago Illinois

April 3-4, 2004

2004 ISI Annual Conference and Trade Show

*** In conjunction with PSA ***

San Diego Manchester

Grand Hyatt

San Diego California

May 27-29, 2004



2004 ISI World Recreational Team Championships

National Sports Center

Blaine Minnesota

August 2-7, 2004

2004 ISI Adult Championships

Fall 2004

TEST AND COMPETITION REVISIONS

Check the ISI Website (www.skateisi.org) for ISI Test and Competition Revisions. Changes are effective January 1, 2004.

UPDATE FOR COACHES

Fall is a busy time with the Fall ISI Instructors Seminars and Synchronized Skating Team Registration. The 2003-2004 synchronized team registration forms were mailed on August 25 to all ISI member rinks and teams registered last season. Please look for these forms at your facility and return your updated information to ISI.

This year's Fall Seminars are *very important* as there are MANY new rule changes that take effect on January 1, 2004. Plan to attend your District's Seminar to stay current on all ISI rules. Seminar dates and locations are available on the ISI Web site at www.skateisi.org.

As I settle into my new role with ISI and adjust to the Texas way of life, please don't hesitate to call or e-mail me at byack-el@skateisi.org with any questions or concerns you might have. To all of my Minnesota friends, "I MISS YOU GUYS!"

JOHN WILSON, MK LAUNCH WEB SITES

HD Sports Ltd., the makers of John Wilson and MK Blades, has launched two new Web sites: www.johnwilsonskates.com and www.MKblades.com. The sites are designed to provide customers with the tools needed to make informed blade choices and to locate dealers. Sections featured on the site include Blade, Blade Care, Dealer Locator, About Us, Resources and Exclusive Features. The "Chill Factor" newsletter containing skating success stories, nutrition and training advice, and information on new products is found in the "Resources" section. In the "Blade Care" section, customers can learn correct ways to care for, maintain and mount their blades.

EVENING WITH CHAMPIONS TO BENEFIT JIMMY FUND

An evening with Champions, an annual figure skating exhibition that benefits the Jimmy Fund for pediatric cancer patients and research efforts at the Dana-Farber Cancer Institute, will be held October 10-11, 2003, at the Bright Hockey Arena at Harvard University in Cambridge, Massachusetts. The exhibition will be hosted by Silver Medallist Paul Wylie and will feature Olympic Gold Medallist Oksana Baiul, National Pairs Champions Philip Dulebohn and Tiffany Scott, and brothers Parker and Colin Pennington. To order tickets, call 617-493-8172 or go to www.aneveningwithchampions.org.

JOHN WILSON, MK INTRODUCE PARABOLIC BLADE

HD Sports, manufacturer of John Wilson and MK Blades, has introduced a new Parabolic Blade designed to deliver smooth, accurate turns and fast take-offs. The Parabolic design increases stability, allowing skaters to be more centered on the blade. The blade's width is identical at both ends but the blade's edge tapers from the front and becomes narrower at the center. The Parabolic Blade technology, found on select John Wilson and MK Blades distributed by Riedell/HD Sports North America, is designed to improve Salchow, loop and axel jumps with faster take-offs and more precise landings.



Parabolic Blade Technology

Standard Parallel Blade

DESIGN ILLUSTRATION

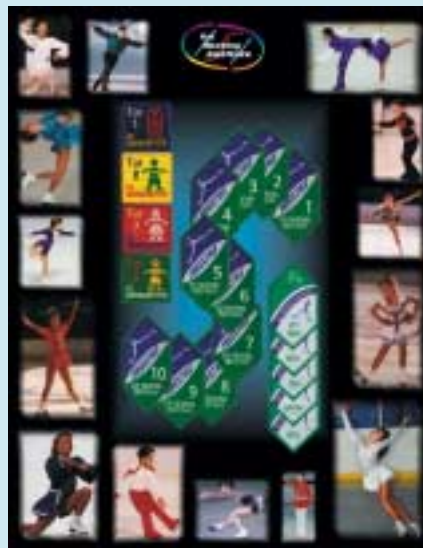
ISI COACHES SERVE AS JUDGES FOR 2003 STATE GAMES OF AMERICA



Shown are Margie Bennett, Dottie Cunningham, Jenise Jensen, Dolly Duke-Maggio, Ginger Krueger, Kim Wuertz, Nicole Barr and Julie Binz.

Earn Patches for Your Skating Accomplishments

**Check with your Skating
Director for information.**



**Show us how you display your patches.
Send photos to Editor,
ISI, 17120 N. Dallas Pkwy, Suite 140,
Dallas TX 75248.**

Benefit on Ice Showcases Stars

by Dianne Powell

It's not every day that ISI skaters get to skate on the same ice as Olympic Silver Medallist Timothy Goebel and Grand Prix Gold Medallists Tatiana Totmianina and Maksim Marinin. This skaters' dream experience came true on August 1 for selected ISI skaters at the 2003 World Recreational Team Championships in Chicago. The occasion was the ISIA Education Foundation Benefit on Ice, an annual fundraiser for the Education Foundation's Scholarship Fund.

Skaters and spectators look forward to this evening's special display of outstanding talent highlighting all aspects of the ISI program. From Timothy Goebel, who started in the ISI program, to tots, adults and teams, all were represented. Additional special guest skaters included Heather Aseltine, 2002 Education

Foundation scholarship winner, and Kelsey Drewel, both of whom passed their Freestyle 10 test during the competition.

"We extend our special thanks to all our skaters and coaches for their wonderful representation of the ISI program," said ISIA Education Foundation President Donald Bartelson. "Congratulations to all the competitors on completing another fabulous learning experience and World Championships, for making new friends, sharing the joy of skating, and representing the true spirit of ISI."

ISI skaters who took part in the Benefit on Ice included:

- Kaleido-Zone-Sensations, Kaleidoskate, Ice Zone, Boardman, OH
- Samantha Cherney, Delta, Downers Grove Ice Arena, Downers Grove, IL
- Teena Dory, Spotlight Light Entertainment-Adult, Capital Gateway East Ice Pavilion, Des Moines, IA
- Rock On, Team Compulsory 3, Glenview Ice Center, Glenview, IL
- Veronika Vrtelova, Freestyle 9, SM Southmall, Philippines

- Allie Rubenstein, Freestyle 2, Northbrook Sports Center, Northbrook, IL
- Gabriella Busceni, Spotlight Light Entertainment-Alpha, City of Southgate Civic Center, Southgate, MI
- Tera Zorn, Spotlight Dramatic-FS 6, The Chiller at Easton, Columbus, OH
- Kelsey Drewel, Freestyle 10, St. Peters Rec-Plex, St. Peters, MO
- Diego and Julia Rodenas, Family Spotlight, The Ice at Plaza Galleria, Cape Girardeau, MO
- Heather Aseltine, Freestyle 10, Northbrook Sports Center, Northbrook, IL
- Carson Dembrosky and Haley Staniszewski, Couple Spotlight, City of Southgate Civic Center, Southgate, MI
- Crystal Williams, Artistic 9, Harry J McDonald Memorial Center, Eagle River, AK
- Ryan Santee, Freestyle 5, Oakton Ice Arena, Park Ridge, IL
- Karen Zimmerman, Spotlight Light Entertainment-FS 3, McMillen Ice Arena, Fort Wayne, IN
- Shawn McCrimmon, Footwork 5, Downers Grove Ice Arena, Downers Grove, IL



Tatiana Totmianina and Maksim Marinin



Benefit Stars and Education Foundation Board Members: Front row L to R - Kelsey Drewel, Judith Sniffen, Timothy Goebel, Donald Bartelson. Back row L to R - Heather Aseltine, Lisa Fedick, Robyn Bentley, Peter Martell, Tatiana Totmianina, Maksim Marinin, Spiro Giotis, Boyd Weitector

Photos by Dianne Powell

- Jenise Spiteri, Spotlight Light Entertainment-FS 2, Ice Oasis, Redwood, CA
- Sara Medek, Spotlight Dramatic-FS 8, White Bear Lake Sports Center, White Bear Lake, MN
- Glen Voirol, Artistic 3, McMillen Ice Arena, Fort Wayne, IN
- Jane, Vicki and Katie Broeckert, Family Spotlight, Parade Ice Garden, Minneapolis, MN
- Northbrook Teams Elite, Synchronized Skating-Youth, Northbrook Sports Center, Northbrook, IL



Kelsey Drewel and Heather Aseltine



Timothy Goebel



Karen Zimmerman



Timothy Goebel

Photos by Dianne Powell



CYCLONE TAYLOR

FIGURE SKATING

web site: www.cyclonetaylorfigskate.com

E-mail: info@cyclonetaylorfigskate.com

CUSTOM COSTUMES



Blades

Club 2000	\$45
MK Professional	\$189
Vision	\$349
Phantom	\$369
Goldstar	\$399
Majestic	\$129
Coronation Ace	\$189
Coronation Comet	\$199
Pattem 99	\$379
Gold Seal	\$479
Ultima Protege	\$125
Ultima Freestyle	\$313
Ultima Elite	\$329
Graf Lasanne	\$119
Graf Platinum	\$299
Graf diamond	\$319



**LEISURE
SKATES**
Skate in
comfort for
\$59.99

Please fax foot tracings
(604) 264-9206

Full Fit Guarantee

Leather Skates Starter Packages

Jackson Preliminary - Boot & Blade	\$69
(Best value starter)	
Jackson Freestyle - Boot Only	\$149
Jackson Competitor - Boot Only	\$199
Riedell 12 White - Boot & Blade	\$69
Riedell 17 White - Boot & Blade	\$99

Leather Boots Heat Moldable, Extra Light

Graf Richmond Special	\$369
Graf Galaxy	\$479
Graf Edmonton Special - White	\$479
Graf Edmonton Special - Black	\$499
Jackson Elite 2270 - White	\$199
2700 - White	\$249
2701 - Black	\$279
3100 - White	\$369
3101 - Black	\$399
3500 - White	\$439
3501 - Black	\$459
SP Teri Ultra-Light	\$459
Riedell 1500 with Cork outsole	\$479

Boots - Traditional

Harlick Competitor Plus	\$499
Risport Super Cristallo RF3	\$279
Risport Super Diamante RF2	\$399

All Boot & Blade recommendations
made by
Professional Figure Skating
Coaches since 1957

Call to Order:
1-800-880-7505

**Largest Selection
of Boots & Blades!
Best Price Guaranteed!**



**JACKSON
ELITE**



**SP TERI
Ultra-Light**

Heat Moldable Designs



GRAF



**JACKSON
FREESTYLE**

Volunteers Shine at Worlds

by Dianne Powell

"Volunteers are the lifeblood of an event," says ISI National Events Coordinator and Skating Program Director Barb Yackel. "The success of an event like the ISI World Recreational Team Championships is due to the efforts of the volunteers."

At the 2003 Worlds in Chicago, the volunteers were nothing less than exemplary. Most notable were the upbeat attitudes of the ever-cheerful volunteers, the abundance of signs providing information when and where needed, and the fabulous hospitality room enjoyed by coaches, officials and ISI staff. Behind the scenes, extreme organization, exceptional dedication, and non-stop, can-do optimism kept every phase of the competition running smoothly and participants and spectators happy. Kudos to the parents, coaches, and supporters who taught by example that to get more from life, or your sport, it's important to give back, to smile when challenged, and to go the extra mile.

Volunteers ranged in age from pre-teens to senior adults, but the thing they had in common was their commitment and support. "The rink is a community and I get to help out the rink, which is satisfying," said 15-year-old Ari Gore, a Freestyle 6 skater at Northbrook who volunteered seven hours a day for three days during Worlds. "I love being at the rink, so this is just another excuse to be here. It's a really good experience."

Seventeen-year-old Ashley Mueller started volunteering during registration at Worlds and found it to be "a good learning experience. I've learned a lot more about coaching, judging and about ISI, and I've met a lot of people," said Ashley, who volunteered throughout the competition. Ashley, a Freestyle 6 skater at Northbrook, has been skating since age three and is an ISI coach and



Volunteers at ISI Worlds

Photo by Dianne Powell

judge. She coaches skaters ages eight to 12 and plans to attend Worlds in Minnesota next year to learn more and to have fun with the kids.

Vicky Klinko, age 18, a Freestyle 8 skater and coach at Northbrook, spent part of her summer vacation volunteering at Worlds. "I love to help out. I love to see everything happen and what comes of it. Everyone is so nice around here, and it's so encouraging. All our kids are involved as runners, volunteers at the door, playing tapes. I love skating; it's my favorite thing," said Vicky.

Elizabeth (Liz) Parks, age 18, Freestyle 9, started skating when she was four. She coaches and teaches classes at Northbrook and plans to attend Ohio State this fall. From her volunteer efforts at Worlds, Liz says, "You learn how to be organized, how to deal with different personalities, perspectives, viewpoints. Even if you're not having a great day, you learn how to look at the customers and smile. It's a fun experience. If you're a people person, it's a great thing to do. The best part about working as a volunteer is getting to see the really little kids when they skate and how happy they are when they compete."

Thanks to the efforts of the many volunteers at Worlds, there were a lot of happy people. Kudos all around to the hospitable host facilities and their wonderful staffs and volunteers and the outstanding local organizing committee for their many hours of service. You deserve the highest praise for the success of this highly acclaimed international event. If your guests didn't want to go home, we understand why. Your welcome was most generous and your hospitality most gracious. A grand time was had by all!



Volunteers at ISI World Championships

Photo by Dianne Powell

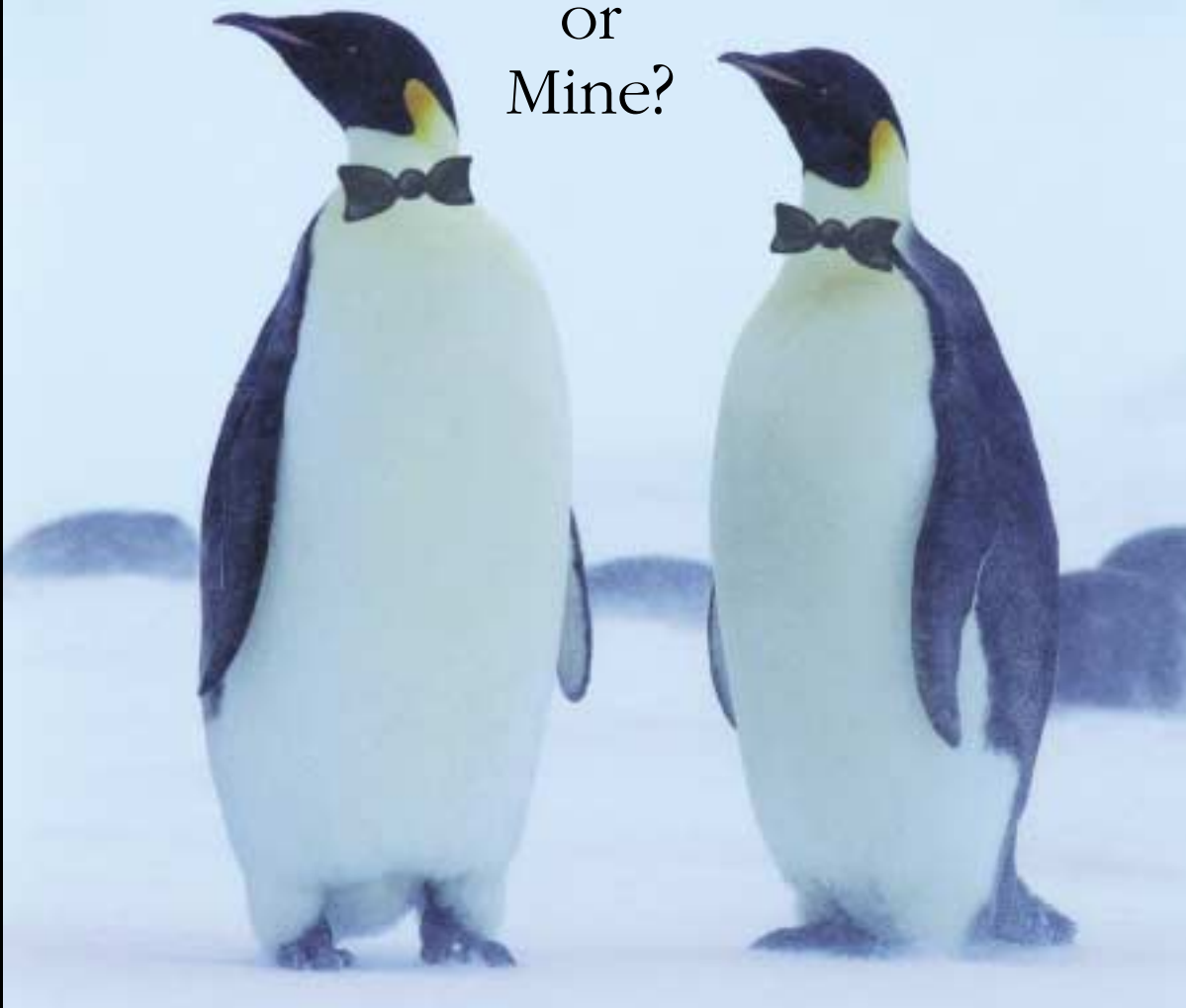


Jenny Kirk's elegant style perfectly complements Capezio's pink camisole skate dress with tulle trim, 8757.

The Capezio 2003-2004 Skatewear Catalog is here.
To order your free copy, call
Consumer Information: **1-800-234-4858**

Capezio®
capeziodance.com

Should We
Take Your Zamboni®
or
Mine?



40 YEARS ON ICE AND STILL HAVING FUN!

For over 40 years, the Ice Skating Institute has been promoting ice skating, good sportsmanship and fun through recreational ice skating and hockey programs. ISI activities and events focus on participation, not elimination, and reward skaters for participating in the sport they love.

The Ice Skating Institute offers recreational skaters, hockey players

and professional coaches quality educational programs, recreational activities, professional services and publications designed to assist in operating ice skating facilities.

Whether ice skating or hockey is your passion or your profession, don't be left out - join the ISI team. The Ice Skating Institute offers more than just ice skating!



Ice Skating Institute • 17120 N Dallas Pkwy, Suite 140 • Dallas TX 75248-1187 • Phone: 972-735-8800 • Fax: 972-735-8815
E-mail: isi@skateisi.org • Website: www.skateisi.org

* ZAMBONI® and the configuration of the Zamboni ice resurfacing machine are federally registered trademarks of Frank J. Zamboni & Co., Inc.