

# ice skating

RECREATIONAL

## Cape Cod Welcomes ISI Adult Championships

September 12-14, 2003



SUMMER 2003  
ISSUE

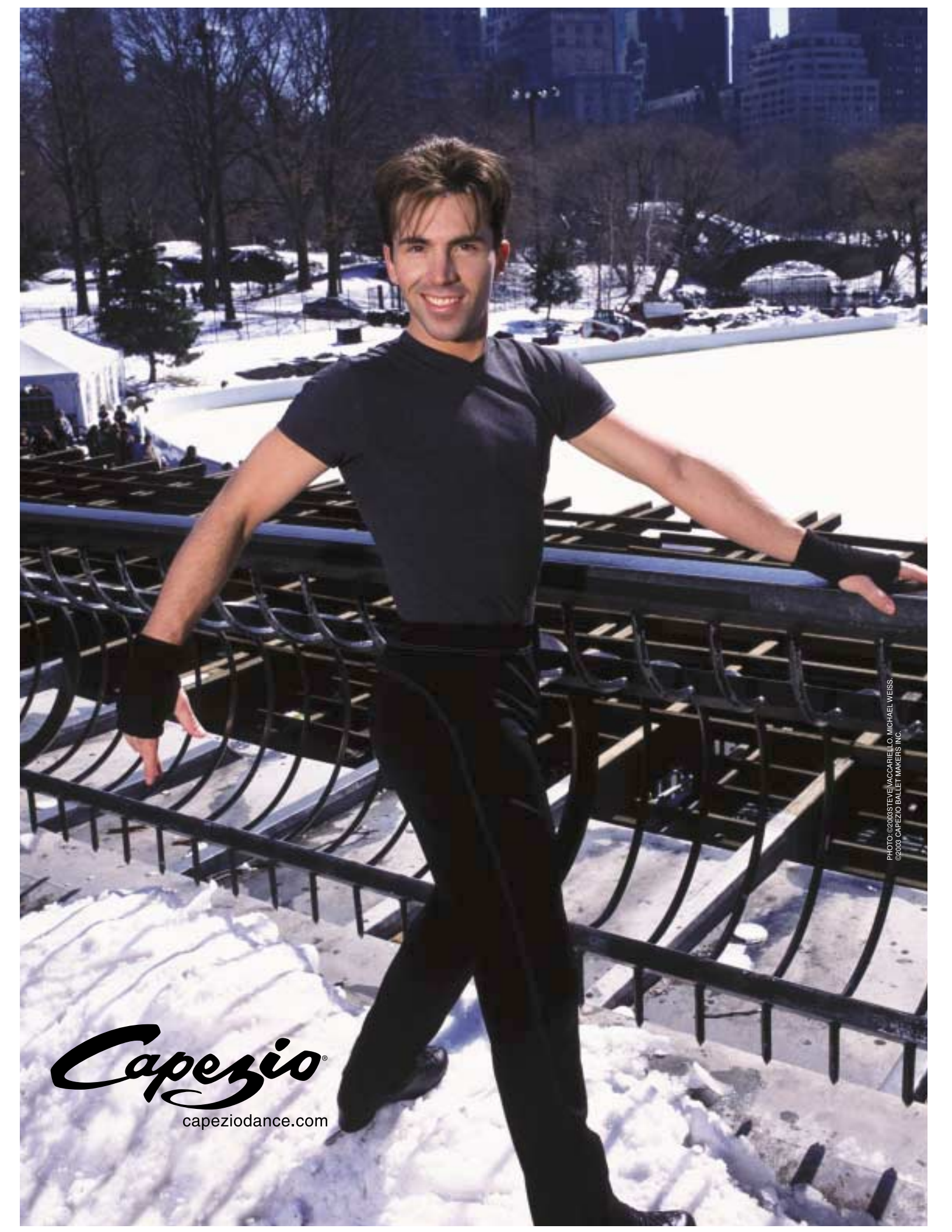


PHOTO: ©2003 STEVE VACCARIELLO, MICHAEL WEISS.  
©2003 CAPEZIO BALLET MAKERS INC.

*Capezio*<sup>®</sup>  
capeziodance.com



# WHAT'S INSIDE?

RECREATIONAL ICE SKATING  
Summer 2003/Vol. 27, Number 4

## COVER ..... Story

### 6 ISI Adult Championships Showcase Skills and Creativity

Light House at Falmouth, MA  
Photo courtesy of  
Cape Cod Chamber of Commerce



## ..... FEATURES

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



### 8 Teams Bond at Synchronized Championships

### 10 Skaters Donate to Locks of Love

### 12 ISI Synchronized Skating Championship Final Round Results

### 17 Starting a Synchronized Skating Team: Why Should I? How Do I?

### 26 Ice Mentoring Encourages Skaters

### 30 Adult Championships Individual Entry Form

### 31 Adult Championships Team Entry Form

## ..... DEPARTMENTS

### 4 From the Editor

### 4 The Write Stuff Letters from our readers

### 14 Skate Talk

### 16 Calendar

### 18 ISI Marketplace Directory of Advertisers

### 21 Classifieds

### 28 Health & Fitness PREP: Get What You Prepare For

### 32 Competitors Corner

### 34 Ice Poets

### 36 News & Notes ...from around the skating world

### 38 ISIA Education Foundation Timothy Goebel to Star in Benefit on Ice

# THE WRITERS Stuff

LETTERS FROM OUR READERS

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

Dear Readers,

We are delighted that our Pen Pals Program is so successful. To save room for all the letters from our readers, we will no longer place an editor's note after each letter requesting a pen pal. Please be aware that a copy of 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.

Dear ISI,

I have been skating for 2 1/2 years. I'm having trouble with my 1-foot spin. Whenever I spin, I go up on my tiptoes. My foot does not stay flat. Can you help me or give me some advice? Thanks!

Maria Cota-Robles, age 9, FS1/2  
Lloyd Center Ice Rink  
Portland OR

Dear Maria,

*Posture is very important in skating. Be sure to stand erect with your head up. This will assist you in finding the proper balance on your skating foot.*

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](mailto:editor@skateisi.org)

Dear ISI,

I would like to be Dara Decker's or Saskia Versteego's pen pal. If they already have pen pals, could you find me a pen pal around my age? Thanks.

Bonnie Ong, age 11  
Pasadena CA

Dear ISI,

I love to skate! I have been working on my axel since last summer, but I haven't landed it yet. I also do synchronized skating. I have been doing synchro for 2 1/2 years. This year our music was from "Joseph and the

## FROM THE EDITOR

Dear Readers,

If this issue of RIS were to have a theme it would probably be *Friendship*, because this issue is full of examples of how ISI skaters reach out to others. From the many letters seeking pen pals (we have over 140 skaters in our Pen Pals Program) to the skaters donating their hair to Locks of Love (page 10) to teams bonding at Synchronized Championships, you will find extraordinary examples of character and sportsmanship.

Part of ISI's Skaters' Creed is to support and encourage teammates and to make new friends at competitions. Most of our skaters actively live this creed. Good examples of this are the teams from Zion Ice Arena and Franklin Park Ice Arena. To read about how these rivals displayed their sportsmanship at the Synchronized Skating Championships, see page 8. Another story on support and encouragement is "Ice Mentoring Encourages Skaters" on page 26.

We are very proud of how our skaters try to do their personal best on and off the ice and reflect positively on themselves, their team and the ISI. We look forward to many more examples of sportsmanship as we head to our biggest competition of the year - ISI World Recreational Team Championships in Chicago, July 28 - August 2. Join us for an exciting week of spectacular skating and abundant opportunities for making new friends.

One group of ISI skaters who truly appreciate the benefits of skating - making new friends, healthy exercise, and sharing a love of skating with peers - is our adult skaters. We hope our adults will take advantage of a marvelous site and golden opportunity as they join us on lovely Cape Cod, September 12-14 for ISI's Adult Championships; see pages 6-7 for more information.

Remember, for ISI skaters, competition is about participation, not elimination. Come and join the fun!

*Dianne*

Technicolor Dream Coat." My favorite team is the team from Finland. They had a program from "The Lion King," in which they did back flips. It was awesome! My coach Karen teaches team, and she is my private lessons coach. I skate 5 days a week and do Pilates to strengthen my core muscles 1 day per week. I have to do Pilates for team. I'd like to be pen pals with Lauren Cavallaro, Rebecca Choist, or Elizabeth Smith. If not, could you get me one around my age and level? Thanks!

Jackie Rose, age 10, FS5  
Northbrook IL

Dear ISI,

I love to skate. I am working on my waltz jump. I came in 1st place in the Saratoga Springs Competition. My coach Missy Williams is nice.

Kendall Grace, age 6, Alpha  
Saratoga Springs FSC  
Saratoga NY



**Kendall Grace**

Dear ISI,

Right now I am absolutely ecstatic. I have just landed my axel 8 times in a row. I have been skating since I was 6. I skate 4 days a week for about an hour each day. I am also on a synchro team that just started last year and is not very active. But it is fun anyway. Our rink has done a "Nutcracker on Ice" show every December for 28 years, and a show every spring for 27 years. This year

it is called "Reach for the Stars." How come we haven't gotten any publicity? Could you possibly get me a pen pal about my age and level? If I get in the magazine, please say "Hi!" to Dana, Hannah (who fractured her ankle), and Kelsey who kept me going in 10 sessions of Freestyle 5. To all those people stuck on the axel—it's possible! It took me 2 1/2 years, but I did it! Keep going and never give up!

Laura Koroske, age 13, FS5  
Robert Crown Center  
Evanston IL

Dear Laura,

*I'm glad you asked about getting publicity in RIS. It's impossible to cover all the ISI competitions across the country and around the world, so we must depend on our readers, coaches, and parents to send us news and pictures of local events. We eagerly look forward to news from ISI members.*

Hi ISI!

I have been skating for about 4 or 5 years. I would like to thank my mom and her truck for taking me to my lessons, my step-dad for helping me, and my dad and his checkbook. I would also like to thank Gina, my coach, for helping me through my lessons. Gina was the first person I went on the ice with when I was little. My friend Laura Kalkin has been a bunch of help! I was having trouble with my back inside and outside edges, and she told me to bend my knee more. It helped a lot! I have some pen pals, but I would like some more. If anyone wants to be my pen pal, that would be really cool! I don't care what level or age or gender.

Amanda Penington, age 12, FS1  
TBSA Countryside  
Palm Harbor FL

Dear ISI,

I would like to be Sarabeth Lewis's pen pal. I have been ice skating since I was 4 1/2 years old. My first coach was Heidi Walsh. She was wonderful. My new coach is Nicole Baron. She is so great. Ice-skating is my favorite sport. You said you

needed some advice. Have fun and do your best at the move you are doing. I listen to my coach and practice a lot. I'm working on my lutz, axel, and camel sit spin. My coach Nicole has helped me a lot. I'm also on the Junior Extreme Team in Gurnee. Please send this letter to Sarabeth for me. If she already has a pen pal, I would like someone near my age and level. Thanks!

Courtney VanDreese, age 8, FS5  
Rinkside Sports  
Gurnee IL

Dear ISI,

I had been figure skating for 3 years, and then I quit. I recently started up again and am very happy to be back out on the ice. I really love skating to B2K's music since they are my favorite band. It's a relief to be able to work on my jumps and spins again.

Madelene Spinella, age 13  
JP Igloo  
Ellenton FL



**Madelene Spinella**

Dear ISI,

I have been skating steadily for 8 months. Could I have Hanna Mathers for a pen pal? If she already has one, could you pair me up with a girl my age and level? Thanks!

Alyce Appleby, age 9, FS2/3  
Mahtomedi MN

Dear ISI,

I love skating! I've always wanted someone to talk skating with. I

*Continued on page 22...*



# 2003 ISI Adult Championships Showcase Skills and Creativity

**September 12 -14, 2003  
Charles Moore Arena • Orleans, MA**

**by Dianne Powell**

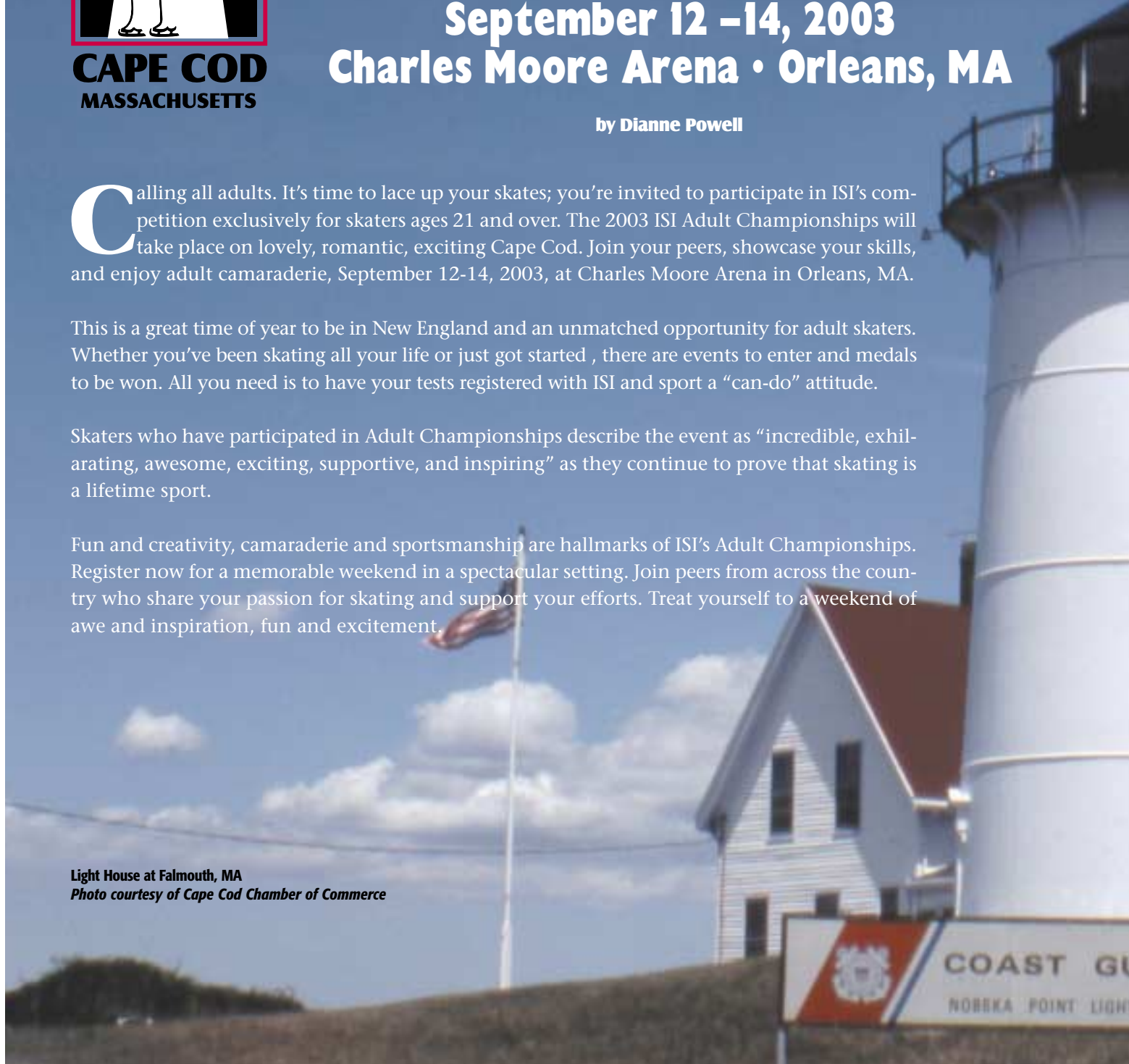
**C**alling all adults. It's time to lace up your skates; you're invited to participate in ISI's competition exclusively for skaters ages 21 and over. The 2003 ISI Adult Championships will take place on lovely, romantic, exciting Cape Cod. Join your peers, showcase your skills, and enjoy adult camaraderie, September 12-14, 2003, at Charles Moore Arena in Orleans, MA.

This is a great time of year to be in New England and an unmatched opportunity for adult skaters. Whether you've been skating all your life or just got started, there are events to enter and medals to be won. All you need is to have your tests registered with ISI and sport a "can-do" attitude.

Skaters who have participated in Adult Championships describe the event as "incredible, exhilarating, awesome, exciting, supportive, and inspiring" as they continue to prove that skating is a lifetime sport.

Fun and creativity, camaraderie and sportsmanship are hallmarks of ISI's Adult Championships. Register now for a memorable weekend in a spectacular setting. Join peers from across the country who share your passion for skating and support your efforts. Treat yourself to a weekend of awe and inspiration, fun and excitement.

**Light House at Falmouth, MA**  
*Photo courtesy of Cape Cod Chamber of Commerce*





See you on Cape Cod in September! If possible, plan to allow time to explore all or part of the magnificent 559 miles of glorious coastline, scenic byways, and quaint villages. Museums, lighthouses, historic sites, great shopping, gallery hopping and fabulous seafood await visitors to Cape Cod. The ISI 2003 Adult Championships promise to be an exciting event in a sensational setting. Whether you're a history buff, seafood lover, lighthouses

enthusiast or just long to walk the miles of awesome coastline, and spend time with old and new skating buddies, this is the event and place for you.

Enjoy thrilling skating and breathtaking natural beauty while on Cape Cod for the ISI Adult Championships. From fishing communities to touristy hamlets to a lively beach scene, from cranberry bogs to whale watching to the numerous lighthouses built to protect mariners from the shoals, Cape Cod offers colorful and exciting options for everyone.

For additional information on things to see and do on Cape Cod, go online to [www.Google.com](http://www.Google.com) and type in "Cape Cod."



**ISI Adult Championships offer skaters aged 21 and over a chance to showcase their skills among peers.**



# Teams Bond at Synchronized Skating Championships

by Dianne Powell

**T**he cross-city rivals came to compete and went home friends.

Zion Ice Arena is located in Zion, Illinois, a far north suburb of Chicago, and Franklin Park Ice Arena is in Franklin Park, a Chicago suburb south of O'Hare Airport. The ISI Synchronized Skating Championships held April 11-13, 2003,

## Mom Praises Sportsmanship at Synchronized Championships

by Susan Barkley

Last week my daughter's synchronized team competed at the ISI Synchro Team Championships in Chicago, and I wanted to tell you how much we enjoyed the competition. Everything ran smoothly and on-time, and it was a real pleasure to be there.

While we were there our team became acquainted with another synchro team from St. Louis (St. Louis North Stars Elite from North County Recreation Complex). While the competition between them was fierce, the spirit of good sportsmanship was stronger.

Our team is from Houston, Texas (Houston Synchro Starz from Aerodrome-Willowbrook), and our group is rather small. When our girls took the ice for the final rounds, our little group was cheering as loudly as we could, but it sounded pitiful in that large arena. We were surprised to hear another group also cheering our girls on, and we found out later that it was the families of the St. Louis team that had befriended our girls.

When the results of the final rounds were announced, these two teams were standing together, holding hands. This display of friendship in the midst of a national competition was very touching, and I doubt that you could find a better example of good sportsmanship. For me, this is what ISI is about.

Thanks for providing these opportunities for our teams!



St. Louis North Stars Elite and the Houston Synchro Starz

brought the rivals together in competition that turned into camaraderie.

Throughout the year the teams competed against each other six times before the ISI Championships at Arctic Ice Arena in Orland Park, Illinois. Zion's Gold Star Blades coach Crystal Hall wasn't able to accompany her skaters to the Championships but wasn't surprised to learn that the two teams had bonded.

"You could see the relationship growing from the beginning of the year," said Crystal. "We competed against them at every competition that we skated this season. Toward the middle of the year they started cheering for each other and wanting to stay to watch each other. You don't find that a lot, so it was really exciting to see. You could see it develop over the course of the year. All the skaters on both the teams are such good kids. That's why it wasn't so surprising. We talk about good sportsmanship throughout the year. It's good to see them bond with another team like that."

Zion coach Sarah Hansen attributes the fact that the two teams have seen each other at competitions all year to their growing friendships. "And I think it has to do with the personalities of the kids on the teams, the great sportsmanship and friendly, nice kids," said Sarah.

Franklin Park's Starr Blades coach Dina Domino says, "At one of the competitions they (the teams) started talking to each other. Zion has the same number of kids. They have one boy; we have one boy. They found out they



Zion Gold Star Blades and Franklin Park Starr Blades together for on-ice awards.





**Gold Star Blades and Starr Blades having lunch together after the competition**

have a lot in common, and they started talking and rooting for each other."

At the Synchronized Skating Championships awards ceremony the two teams stood together in a circle on the ice and cheered for both teams. "You could feel a natural goodness about everybody who was there," says Dina. The two teams went out to eat together after the competition and watched each other's tapes. The Franklin Park team followed up with a note to the Zion skaters thanking them for their support. They included a photo of the two teams together, which they all signed.

From the experience, Sarah says her skaters "gained a really good idea of what good sportsmanship means and what it feels like to be good sports. They also gained excitement for synchronized skating."

Dina says her skaters realized that "just because you're competing against people doesn't mean that you can't be friendly with them. The fact is that if you take away the numbers, you take away the routines, they're all kids. It doesn't matter what rink you're skating at; you're all doing the same things. You're all going through changes, problems, things at school."

"I hope they will remember what they learned forever and try to instill it in their children and others," said Dina. "To see that other people are people and not so much what they're doing but who they are, that everybody is a person. It really is about the kids, how they feel; what they're doing is important to them and life changing. You really have to be careful what you think about people, because it's not always what it looks like. You have to get to know someone."

Crystal said that when she found out how her team had conducted themselves during the Synchronized Championships, "It made me realize that if we didn't do anything else this year, we've done our job, no matter how they skated, no matter how they placed, because this is what it's about. With coaching and teaching we try to

## Kudos to Coaches

by Fred Belcastro

What makes Franklin Park Starr Blades Boosters sit like children at a circus with tightening throats and excited hearts quickly beating? It's the presence of their synchronized skating team on the ice for their four-minute exhibition of daring, grace, and skill.

Sunday morning, April 13, 2003, at the Synchronized Skating Championships, the Starr Blades Boosters were seated in the Orland Park Arctic Ice Arena. As our skaters took the ice, we heard screams and cheers coming from, of all places, one of our competing teams, the Zion Gold Star Blades. The whole Zion team was holding up signs and cheering for their new friends, the Franklin Park Starr Blades. To see and hear this wonderful team enthusiastically cheering for our team encouraged our smiles and delight. Tears of joy appeared when the Zion team invited the Franklin Park skaters, in a showing of true sportsmanship, to join their group on the ice for the presentation of awards. The two teams and their coaches, who competed against each other all year, were holding hands and cheering for one another.

It seemed as though the Zion Gold Star Blades were handing the banner of their hearts over to the Franklin Park Starr Blades; only the Zion skaters knew that this might be their last competition as a team because of the impending closing of their rink. We applaud both teams and their coaches for giving spectators a moving demonstration of courage, camaraderie, and sportsmanship that only a two-handkerchief movie could hope to achieve.

\* Note: After this article was written, the Zion Park District Board decided to keep Zion Ice Arena open for one more year, giving users the opportunity to raise the necessary funds for a new ice arena.

*(Editor's Note: Fred Belcastro, Franklin Park Starr Blades Booster, is skater Gina Cline's proud grandpa.)*

instill this in the kids. Skating can be a cut-throat sport, and we talk about trying to be a better person and a better team, as far as being nice and sportsmanship. We put that into our regular practices, and I'd like to think the parents do that as well."

Sarah says her philosophy of skating is: "We want the kids to try their best during practices so they can be the best team they are capable of. We also stress good sportsmanship at competitions."

Of her coaching philosophy, Dina says, "I tell them all the time. You go out there and do your best, whether it's a solo or a team working together. We know what's good

*Continued on page 27...*

# Skaters Donate to Locks of Love

by Dianne Powell

**E**mily Saitta and Hannah Heppner have never met, but they share common interests. Both girls are ISI members who love to skate, and they both recently donated their hair to Locks of Love. Emily gave up 14 inches of her locks and Hannah, 12 1/2 inches.

Locks of Love is a not-for-profit organization that provides hairpieces to financially disadvantaged children under the age of 18 who have permanent or long-term hair loss due to medical problems. Most of the Locks of Love recipients have no hair because of a medical condition known as alopecia areata, which has no known cause or cure. Other recipients have suffered severe burns, have endured radiation treatment to the brain stem, or have dermatological conditions that result in permanent hair loss.

Donated hair must be at least 10 inches long, bundled in a ponytail or braid, free of chemical damage, and must be clean and dry. Donors place the hair in a plastic bag and mail it in a padded envelop to Locks of Love, 2925 10th Avenue N, Suite 102, Lake Worth, FL 33461-3461.

Ten to 15 donated ponytails go into one hairpiece and each custom-fitted hairpiece requires approximately four months to manufacture. Hairpieces help build self-esteem and self-confidence and enable formerly bald children to face the world and their peers with hair and smiles. Hairpieces are

provided free of charge or on a sliding scale to girls and boys whose families meet the Locks of Love guidelines.

Since Locks of Love began in 1997, over 850 children have received hairpieces. Over 80 percent of the hair donors are children, making this a charity where children help other children.

Helping others was what motivated Emily and Hannah to grow their hair long enough to donate. Twelve-year-old Emily is working on Freestyle 5 at Disney ICE in Anaheim, California. Ten-year-old Hannah is a Freestyle 4 skater at the Owens Center in Peoria, Illinois. Both girls had been growing their hair since infancy and had not had short hair prior to their donations.

Emily learned about Locks of Love from her mom who discovered the organization on the Internet. Hannah's aunt is a hairstylist who suggested her donation. Emily, who previously wore her hair in a single braid, says she likes her new hairstyle. "I needed a change," she says. "I like it shorter better. It's easier to take care of." Emily also says she can skate faster without the long hair.

Hannah says she likes her new shorter hair "because it's a lot easier to take care of and I have a good feeling knowing I've helped someone. It's just amazing to feel that I have given someone a head of hair."

Of her hair, Emily very practically states, "If I cut it and threw it away it would have been a waste, so I decided to give it to Locks of Love." She said she was excited when the hairstylist started to cut her hair because she knew she was helping someone. "It's good to feel like that. If they don't have any hair, they probably feel sad," said Emily.

Hannah says she was initially scared when she heard the scissors cutting at the back of her neck, but when her hair was cut it was very pretty. "I got to hold the ponytail," says Hannah. "I thought, oh, my gosh. My hair is gone, but it's going to a good cause."

From her experience Hannah says she's gained "a new look and a lot of confidence in myself, knowing that I've helped children who might have looked in a mirror and cried." She also says that having shorter hair is benefiting her skating. "When I used to do my spins and my axel, my hair would hit me in the face. Now it's not long enough to do that."



Emily Saitta before haircut



Emily Saitta after haircut

*Continued on page 12...*

# HLS 1500

## The World's Most Technically Advanced Boot

Riedell's tradition of crafting the skating industry's most technically advanced boots continues with the new **HLS 1500**. This special boot provides the ultimate in comfort, performance and durability with unique benefits you'll truly appreciate.

Discover unmatched comfort and stability with the **TRIPLE LAMINATED COMFORT TONGUE** and **ANTI-ROTATIONAL TONGUE LACE BAR**, which keeps the tongue in position.

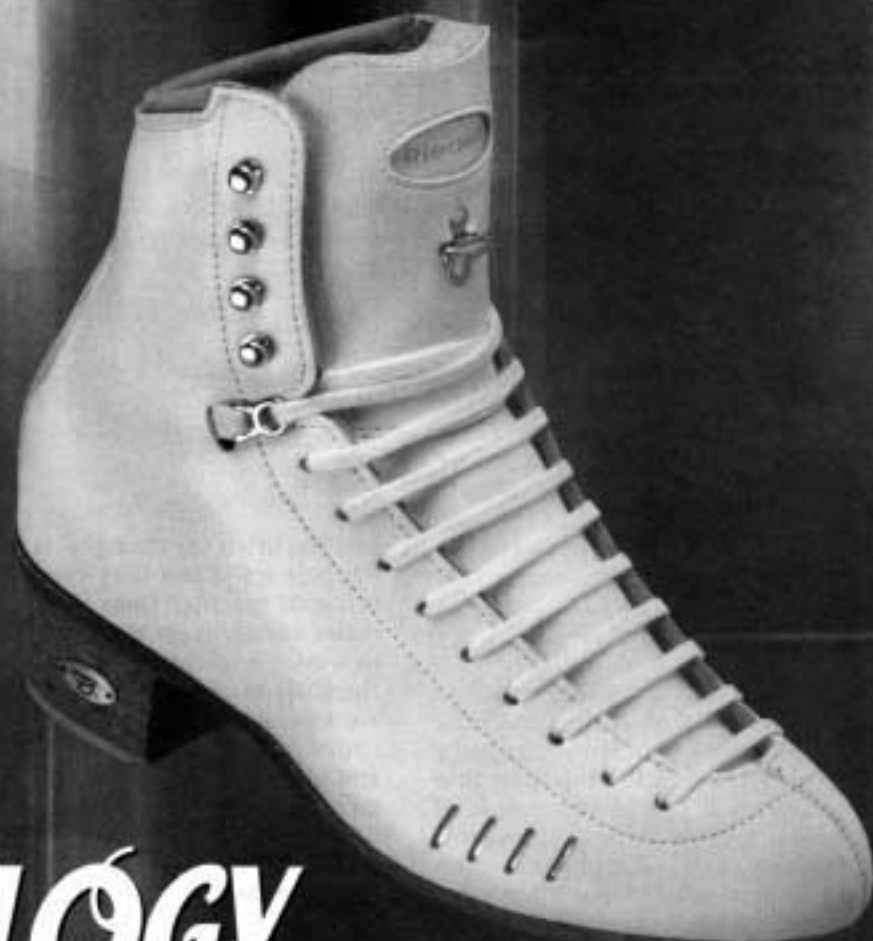
Experience dramatically decreased boot weight and improve shock absorption with the industry's only **CORK HEEL AND MIDSOLE**.

Reduce blisters and prevent slippage with our revolutionary **HEEL LOCK STABILIZER SYSTEM**.

Improve individual fit and forward boot flex with our **FLEX NOTCH DESIGN**.

Prevent chaffing and increase comfort and flex with the **ROLLED TOP COMFORT COLLAR**.

# WORLD CLASS TECHNOLOGY



Extended Open Throat Design



Cork Heels and Midsoles



Flex Notch Design



Ribbed Forefoot Flex



Anti-Rotational Tongue Lace Bar



HLS System (Heel Lock Stabilizer)



Rolled Top Comfort Collar



Enjoy more give and cushion with the new **RIBBED FOREFRONT FLEX DESIGN**.

Ensure the best fit for your foot with our exclusive **ULTRA HEAT ACTIVATED FORM FIT REINFORCEMENTS**.

At Riedell, we continually strive to produce the finest, most technically advanced figure skating boots in the world. Every Riedell Skate is hand-crafted for performance and comfort. Choose Riedell for the widest selection of boots and blades for every skater—from beginners to Olympic champions.

[www.riedellskates.com](http://www.riedellskates.com)







Hannah Heppner before haircut



Hannah Heppner after haircut

"Locks of Love is a really good cause," says Hannah. She urges others with long hair to consider donating it. Three skaters at Disney ICE have followed Emily's example and donated their hair.

For more information on Locks of Love and how to be a donor, go to [www.locksoflove.com](http://www.locksoflove.com) or call 1-888-896-1588.

## 2003 ISI SYNCHRONIZED SKATING CHAMPIONSHIPS FINAL ROUNDS RESULTS

### SELECT YOUTH

- |                           |                           |
|---------------------------|---------------------------|
| 1 Fire On Ice             | Southwest Ice Arena       |
| 2 Ice Kicks               | Bielenberg Sports Arena   |
| 3 Synchro STL Jade Blades | St. Peters Rec Plex       |
| 4 STL North Stars         | North County Rec. Complex |
| 5 Icicles                 | Eddie Edgar               |
| 6 Rubies                  | Grand Oaks Ice Arena      |
| 6 Precicettes             | Center Ice of DuPage      |

### PREMIER YOUTH

- |                        |                          |
|------------------------|--------------------------|
| 1 Synchro Panache      | Minneapolis/Augsburg     |
| 2 Team Braemar         | Braemar Arena            |
| 3 Chicago Jazz         | Rolling Meadows          |
| 4 Synchro STL Blades   | Webster Groves Ice Arena |
| 5 Dazzlers             | Downers Grove Ice Arena  |
| 6 Synchro STL Brackets | Webster Groves Ice Arena |
| 6 Team Chiller         | The Chiller, LLC         |
| 6 Tremors              | Yerba Buena              |
| 6 Team Mystique        | Wilcoxon Ice Complex     |

### SELECT ADULT

- |                         |                      |
|-------------------------|----------------------|
| 1 Austintatious Stars   | Chaparral Ice        |
| 2 Synchro STL Sapphires | St. Peters Rec Plex  |
| 3 Diamonds              | Grand Oaks Ice Arena |
| 4 Starfire Adult        | Rocket Ice Arena     |

### SELECT TEEN

- |                      |                              |
|----------------------|------------------------------|
| 1 Team Braemar       | Braemar Arena                |
| 2 Gold Blade Brigade | Kennedy Recreation Complex   |
| 3 Dazzlers           | Downers Grove Ice Arena      |
| 4 Starfire           | Rocket Ice Arena             |
| 5 Capital Classics   | Washington Park Ice Arena    |
| 6 High Voltage       | Parkaire World on Ice        |
| 6 The Fine Line      | Cottage Grove Ice Arena      |
| 6 Precicettes        | Center Ice of DuPage         |
| 6 HF Icettes         | Homewood-Flossmoor Ice Arena |
| 6 Sapphires          | Grand Oaks Ice Arena         |
| 6 Tremors            | Yerba Buena                  |

### PREMIER TEEN

- |                            |                           |
|----------------------------|---------------------------|
| 1 Chicago Skates           | McPettridge Sports Arena  |
| 1 Synchro Panache          | Minneapolis/Augsburg      |
| 3 Oxford Ice Crystals      | Goggin Ice Arena          |
| 4 Chicago Jazz Jr. Classic | Rolling Meadows           |
| 5 Synchro STL Edge         | Webster Groves Ice Arena  |
| 6 STL North Stars          | North County Rec. Complex |
| 6 Starz                    | Swonder Ice Arena         |
| 6 Team Chiller             | The Chiller, LLC          |
| 6 Synchro Starz            | Aerodrome-Willowbrook     |

### SELECT SENIOR YOUTH

- |                            |                            |
|----------------------------|----------------------------|
| 1 Ice Crystals             | Crystal Ice House          |
| 2 Dazzlers                 | Downers Grove Ice Arena    |
| 3 Precicetts               | DuPage                     |
| 4 Silver Blade Brigade     | Kennedy Recreation Complex |
| 5 Team Elite               | Fox Valley Ice Arena       |
| 6 Team Chiller             | Chiller @ Easton           |
| 6 Synchro Starz            | Aerodrome-Willowbrook      |
| 6 Rinkside Sr Extreme      | Aerodrome-Willowbrook      |
| 6 Big Rapids Elite         | Big Rapids FSC             |
| 6 HF Icettes               | Homewood-Flossmoor         |
| 6 Ice Rockers Elite        | Brentwood Ice Arena        |
| 6 Garden City Ice Crystals | Garden City Civic Arena    |

### PREMIER SENIOR YOUTH

- |                             |                           |
|-----------------------------|---------------------------|
| 1 Synchro Panache           | Minneapolis Augsburg      |
| 2 Chicago Jazz Shoot. Stars | Rolling Meadows Ice Arena |
| 3 Chicago Jazz Juvenile     | Rolling Meadows Ice Arena |
| 4 Junior Blades             | Glenview Ice Center       |
| 5 Crystal Edges             | The Edge                  |
| 6 Gold Star Blades          | Zion Ice Arena            |
| 6 Ice Gems                  | St. Peters Rec Plex       |
| 6 Capital Classics          | Washington Park Ice Arena |
| 6 Jr Starfire               | Rocket Ice Arena          |
| 6 32 Degrees                | US Ice Sports Complex-FH  |
| 6 Chicago Skates            | McPettridge Sports Center |
| 6 Starr Blades              | Franklin Park Ice Arena   |



DISCOVER  
K-PICK®

CREATE YOUR OWN

*legacy.*

JOHN  
**WILSON**  
*Skates*  
PRACTICE MAKES *Perfect*



Step up to a higher level of performance with the K-Pick® blade, developed exclusively by John Wilson. With its unique design, the K-Pick is scientifically proven to increase jumping height and distance. The revolutionary K-Pick helps skaters generate more power and vertical energy at take-off than any blade on the market. K-Pick also helps promote proper jumping form, balance and technique on the ice. It's no wonder coaches and pros around the world agree the K-Pick is one of the most significant advances in blade technology in decades.

For skaters looking to make their own mark on the ice, the choice is clear. John Wilson.

For more information, visit [www.riedellskates.com](http://www.riedellskates.com)

# SKATE•TALK

Describe your first skating experience. How old were you?

**Cari Whitmer**  
**Age 13, FS6**  
**Galleria Ice Skating Center**  
**Houston TX**

My first skating experience was in the summer of 1997 while my family and I were visiting California. It was extremely hot, so we decided to go ice skating. It was something my mom and I would watch, but I had never had the chance to skate. The mall we went to was empty; there were about 5 people on the ice. Once my orange skates were laced up, I was ready. My brother couldn't skate at all, and I wasn't going to let him hold me back. At first I was holding onto the wall, trying to pick up the technique of the few skaters around me. In no time I was zooming around the rink having no idea how to stop. After a few more laps, I worked up the courage to try a stop. Once I reached my mom, I dug my right blade into the ice and by miracle stopped. My mother and I were very excited and thought that was cool, but I was disappointed because my brother missed the stop. Right then I knew I wanted to be involved in skating. As soon as we got back to Houston, we stopped at the Galleria, and I was enrolled in classes. I grew up at the rink and plan to stay there.



**Catherine Gluszek**  
**Age 13, FS1**  
**Ice Arena Mall of Memphis**  
**Memphis TN**

The first time I saw figure skating I was drawn to it. The pros made it look so easy. I told my mom I could do triples. Because I was 10 years old and hadn't been ice skating once, my mom had her doubts. Even though she told me it was very hard, I didn't believe her. A year later, my skating opportunity came. I went to the rink with all intentions of landing many triples. When I put one skate on the ice I fell, one foot on the ice, most of me on the padded floor outside the rink. Eventually I could stand up and "skate" around. It was more like skate, fall, slide again and again. But I was having the time of my life, even though I didn't do any triples. Now I've been skating a year, and I'm happily in FS1. Still not doing triples. Hopefully soon.

**Christopher Judy**  
**Age 47, FS4/5**  
**Bowie FSC**  
**Bowie MD**

I have two first experiences: one as a child and one as an adult. When I was in 7th grade, about 13 years old, I went

skating with the school teen club. I used my mom's old white skates (and I'm a guy). We had a blast playing tag, evading the guards and eating snacks. I never knew you could take lessons ... until ... as an adult, my wife dragged me to the rink for group lessons in about 1992. I was 30 and didn't really want to "figure skate" (girl stuff), but it was fun with my wife. We were in classes with 8-10 year old girls and the only adults on the ice. A few years later, my wife quit, and I kept going – been at it 13 years.

**Joyce Currie**  
**Age 48, FS4**  
**RecPlex**  
**St. Peters MO**

My first time skating was on our pond in an old pair of double-bladed skates that were strapped onto my shoes with a wing nut. I was in 4th grade, about age 10. I wouldn't get off the ice until my skates came apart and I fell and hit my right eye. We had to chop a piece of ice out of the pond to use as an icepack as we traveled 60 miles to the hospital emergency room in St. Louis, MO. There the emergency room doctor kept giving my poor parents looks that said he thought I'd been abused and was not a victim of a fall on the ice. And just to make this complete, this was the week before Christmas, and I had the best black eye you've ever seen for Christmas photos. Two years later I'd finally talked my parents into getting a pair of real skates for my birthday. They were "genuine imitation leather" to quote the local discount house's ad, with absolutely no padding or support. I was determined not to fall, and while my friends were falling like leaves on an autumn day, I stayed on my feet the whole afternoon. I ended up teaching myself to skate and didn't start formal lessons until I was just two months shy of my 39th birthday. I've been skating 9 1/2 years and am trying very hard to get the axel to achieve my goals of FSS and Adult Gold.

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

**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.*



LIFE IS SHORT.

# Jump High with K-PICK®



Make every minute on the ice count. Skate with the **K-Pick®** from MK, the only blade proven to increase your jumping ability for longer, higher jumps. With its scientifically engineered pick design, the K-Pick generates more power and vertical energy at take-off than any blade on the market. The K-Pick also provides improved grip on the ice for greater control, precision take-offs, extra foot and ankle stability and increased confidence. And K-Pick helps promote proper jumping form, balance and technique on the ice. So if you're ready to take your skating to new heights, look to the leader in blade technology. **Look to MK.**

For more information, visit [www.riedellskates.com](http://www.riedellskates.com)



SKATEWITHSTYLE



# CALENDAR



## ISI ENDORSED COMPETITIONS, SHOWS/EXHIBITIONS

(Due to printing deadlines, events endorsed by ISI after May 15, 2003 are not listed.)

### JUNE 2003 COMPETITION

- 10 Lane County Ice Center  
Eugene OR  
Meltdown
- 13-15 Aerodrome-Willowbrook  
Houston TX  
8th Annual ISI Summer Challenge of Champions
- 13 Sunrise Ice Skating Center  
Sunrise FL  
16th Annual ISI Summer Challenge
- 14-15 San Diego Ice Arena  
San Diego CA  
San Diego Ice Arena ISI Open Championships
- 14-15 International Skating Center of CT  
Simsbury CT  
5th Annual Summer Jam ISI Competition
- 14 Las Vegas Sports Park  
Las Vegas NV  
2nd Annual "Summer Splash" ISI Open Competition
- 14 Arcadia Ice Arena  
Phoenix AZ  
1st Annual Summer Splash
- 14-15 Worthington Ice Center  
Worthington OH  
Summer Funfest
- 14-15 The Rinx  
Hauppauge NY  
1st Annual District III Championship
- 14 Oakland Ice Center  
Oakland CA  
District 14 Championships

- 20-22 Tri-Cities Figure Skating Club  
Kennewick WA  
ISI Summerfest 2003
- 21-22 McFetridge Sports Center  
Chicago IL  
School's Out Competition
- 21-22 SkateQuest of Prince William  
Dale City VA  
Blades of Summer 2003
- 21-22 Ice Zone  
Boardman OH  
5th Annual District 7 Ice Zone Mid American Championships
- 26-29 Charles Moore Arena  
Orleans MA  
District 1 Championships
- 27-29 Sun Blades Ice Arena  
Clearwater FL  
Sun Blades 17th Annual ISI Championships
- 28-29 YBIS&BC  
San Francisco CA  
Golden Gate Skate 2003
- 28-29 Kent Valley Ice Centre  
Kent WA 2nd Annual Summer Heat Competition

### JULY 2003 COMPETITION

- 4-6 Ice Center @ San Mateo  
San Mateo CA  
West Coast Championships
- 4-6 Chaparral Ice  
Austin TX  
The Texas Hill Country Independence Open
- 5-6 Robert Crown Center  
Evanston IL  
26th Annual July Open Competition

- 11-12 HJ McDonald Memorial Center  
Eagle River AK  
2003 Summer Competition
- 11-12 Schwan's Super Rink  
Blaine MN  
Summer Sizzle
- 12-13 Glacial Garden Skating Arena  
Anaheim CA  
9th Annual ISI Open
- 12 Cabin John Ice Rink  
Rockville MD 2nd Annual Summer Skate
- 12-13 Taylor Sportsplex  
Taylor MI  
TSX Summer Skating Extravaganza 2003
- 18-20 Sherwood Ice Arena  
Sherwood OR  
"Summer Breeze"
- 26-27 Stephen C West Ice Arena  
Breckenridge CO  
ISI Breck Blast Skate Fest
- 28-8/2 Northbrook Sports Center/Twin Rinks Ice



**Pavilion/  
Glenview Ice  
Center  
Chicago IL  
2003 ISI World  
Recreational  
Team  
Championships**

### AUGUST 2003 COMPETITION

- 9-10 Rink Side Sports  
Gurnee IL  
The Summer Chiller
- 23-24 Athletic Arts Academy  
Las Vegas NV  
Dais 3rd Annual ISI Open Competition

- 30 Center Ice of DuPage  
Glen Ellyn IL  
3rd Annual "Chill Out" ISI Team Competition
- 30-9/1 Kendall Ice Arena  
Miami FL  
3rd Annual ISI Labor Day Challenge

### SEPTEMBER 2003 COMPETITION



**12-14 Charles Moore  
Arena  
Orleans MA  
2003 ISI Adult  
Championships**

### OCTOBER 2003 COMPETITION

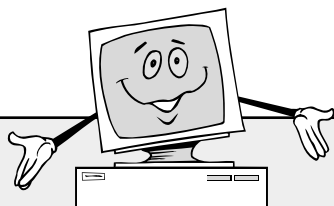
- 3-5 Arkansas Figure Skating Association  
Springdale AR  
Ozark Invitational
- 25-26 Winterland Skating School  
Rockland MA  
17th Annual Halloween Classic
- 25 Incredible Ice  
Coral Springs FL  
4th Annual Incredible Challenge

### MARCH 2004 COMPETITION

- 26-28 Ice Chalet  
Knoxville TN  
35th Annual Mississippi Valley District Competition

### JUNE 2003 SHOWS/EXHIBITIONS

- 13-14 Center Ice of DuPage  
Glen Ellyn IL  
"Are We There Yet?"
- 13-15 Downers Grove Ice Arena  
Downers Grove IL  
Under The Big Top



**For additional calendar information,  
check ISI's website at [www.skateisi.org](http://www.skateisi.org)**

14-15 The Edge Ice Arena  
Bensenville IL  
5th Annual Ice Show  
20-21 Carol Stream Ice Rink  
Carol Stream IL  
Under The Big Top  
21-22 Nashoba Valley  
Acton MA  
Ice Magic 2003 -  
"Skate Us to  
Vegas"

21 Tampa Bay  
Skating Academy  
Oldsmar FL  
Summer Recital 2003

#### SEPTEMBER 2003 SHOWS/EXHIBITIONS

13 Park District of  
Franklin Park  
Franklin Park IL  
Open House

#### 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

20-21 Yerba Buena Ice  
Skating Center  
San Francisco CA  
Holidaze 2003  
31 Easy Street Ice Arena  
Simi Valley CA  
Winter Ice Show

# Starting a Synchronized Skating Team: Why Should I? How Do I?

by Dawn Goldys

## Why Start a Synchronized Skating Team

Synchronized skating offers participation for everyone, from the five-year-old Beta level skater to the 50+ year-old grandmother. It provides the opportunity to participate in a "team" environment, which, according to experts, is essential to the development of a healthy, well-rounded person. Skaters also learn and utilize skills that help strengthen their individual skating – stroking, footwork, posture, presentation and rhythm, and it promotes a "team" atmosphere in the ice arena and skating school. The valuable life lessons learned are immense, including making new friends, sportsmanship, working as a team, commitment, and time management.

## Synchronized Formation and Skating Team Basics

### Handholds:

Shoulder hold  
Elbow hold  
Hand hold  
Waist hold  
Basket weave hold  
Teapot hold  
No hand hold

### Basic Formations:

Line  
Circle  
Block  
Wheel  
Intersection

*\* Dawn Goldys is a skating instructor at Parkaire World on Ice in Marietta, Georgia.*

## How to Start a Synchronized Skating Team

Even if you have never skated on a synchronized team or coached a team, you can begin a synchronized program in your arena. Skating organizations have information and videos available that cover the technical aspects, and there are many experienced coaches who are very willing to share their knowledge.

Start with your skating school classes by handing out invitations to a free clinic. It can be done on partial ice or off-ice. Two to four 30-minute times can be offered where you can teach basic holds, marching to a beat, skating a straight line, even a simple pinwheel. Keep it fun and upbeat and you will be amazed how excited skaters will be. Talk to parents about your interest in forming a team(s).

The easiest way to start is to utilize the ISI Synchronized Guidelines and Rules, which discuss beginning formation teams and skating teams, as well as age groupings. Keep things simple to start with. Learn a compulsory program first (it can later be used as a warm-up) and some steps can be used in a long program. Try to select music with a very easy beat that is also age appropriate. Choose outfits that are neat and basic.

If you have trouble finding ice time for your program, consider doing a lot of the work in off-ice practices. This works for teaching programs and saves the skaters money. If there is another synchronized team in your area, invite them to do an exhibition/demonstration during your skating school classes or your clinic to build interest.

The ideas are limitless; this is a great opportunity to expand your creativity!



**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 1-877-300-8335      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](http://www.ice-sk8.com)

**FREE**

**Catalogue**

Dresses, Skates, Blades, Tights & Accessories

*Champions  
Choose  
Sharene!*



*Sharene King*

Do You Have  
Your FREE  
Copy of Our  
Catalog Yet?  
If Not, Call  
888-475-8464  
or Log On To  
[www.Shareneskatewear.com](http://www.Shareneskatewear.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](http://www.SkatingSafe.com) \*\* (888) 299-2553

## ADVERTISERS INDEX

Burley's Rink Supply .....	20
Capezio Ballet Makers .....	IFC
Cyclone Taylor Figure Skating .....	33
Dance Factory Outlet .....	21
Designer Sportswear .....	18
Ed K Ice Sports .....	21
HD Sports N. America/Mitchel& King .	15
HD Sports N. America/John Wilson ..	13
Ice Light Productions .....	18
International Figure Skating .....	IBC
Jerry's Skating World .....	20
Jerry's Spinner .....	19
Leading Edge .....	18
Rainbo Sports Shop .....	20
Riedell Skate Co. ....	11
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!**

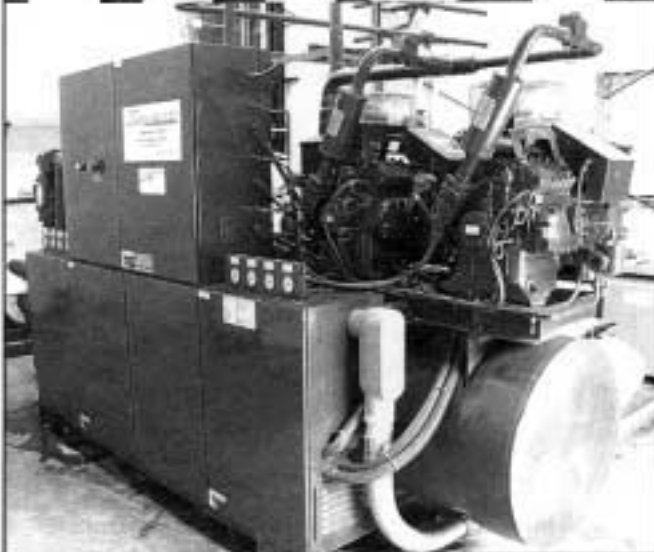
*Timothy Goebel*

**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.*

## IT'S A FACT



### FREE TurboChillers™ available to replace existing chiller systems!

Now, with our TurboChiller, you can dramatically lower your utility bills, and improve the quality of your refrigeration system, without spending money.

If you have an existing chiller without the technology available in a BRS TurboChiller, you may qualify to receive a NEW BRS TurboChiller at no expense. Burley's Rink Supply, in conjunction with PP&L (a prominent nationwide utility company), has created a program too good to pass up.

**A new TurboChiller system that can actually pay for itself with the savings it produces with no out-of-pocket expense!**

When compared to other refrigeration systems in genuine performance tests, the TurboChiller was selected as the most energy-efficient system in the industry. Under Title 57, which replaced Title 29, municipalities can enter into an energy-based, 10 year contract. Under this program, projects are paid for solely from energy savings. And, with our TurboChiller Refrigeration System maintaining your ice sheet at peak performance, you may even be adding some of the extra savings to your monthly cash-flow.

Call a BRS Representative today to find out if you qualify to receive a FREE TurboChiller Refrigeration System or, visit our web site for detailed information. Under this program, you can have the latest technology without having to wait for budget allocations.

Similar programs  
are also available  
to existing private  
facilities without  
tax incentives.

In USA: **1-800-428-7539**  
Outside USA: **1-814-262-7313**  
Fax: **1-814-262-7610**

BURLEY'S RINK SUPPLY, INC.

[www.burleys.com](http://www.burleys.com)

## Jerry's



Ask for Jerry's  
at your local  
retailer.

[www.jerryskate.com](http://www.jerryskate.com)  
1-800-263-2496

### ★ 2003 CALENDAR ★



#### THE FIGURE SKATING CALENDAR 2003

Figure skating's oldest and most collected, with event dates, trivia, and awesome photos, including Michelle, Sasha, Yagafin, Elvis, Oka & Zimmerman, Naemi & Peter, Plushenko and more. Plus six bonus pictures of US skaters. 12" x 13" **#CAL-1 \$15.95**

Plus \$3.00 Shipping  
& Handling

**RAINBO**  
Sports Shop  
Where The Skating World Shops

Quantity  
Discounts  
Available  
- Ideal for  
Fund Raisers

2 FOR \$30.00
3 FOR \$40.00
6 FOR \$70.00

4167 Oakton Street, Skokie, IL 60076 Phone: 847.982.9000 Fax: 847.982.9000  
ORDER ONLINE 24/7 AT: [www.rainbosportsshop.com](http://www.rainbosportsshop.com)  
TOLL FREE ORDERING: 1.800.752.8370  
CALL TODAY FOR YOUR FREE RAINBO 2003 CATALOG!





**Advertisers Please Note:**  
**The deadline**  
**for placing ads in the**  
**Fall 2003 issue of**  
**Recreational Ice Skating is:**  
**July 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!**



**EDK ICE SPORTS**

**SP-Teri boots**

Super Teri  
 Super Deluxe Teri  
 Pro Teri

**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](http://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) 386-1634

**Open Monday-Saturday from 10am to 7pm.**

**1-800-HOCKEY-6**

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

**NOW AVAILABLE!**  
**New and Improved**

- 2002-2003 ISI  
*Skaters and Coaches Handbook*
- 2002-2003 ISI  
*Competitors Handbook*

Call 972-735-8800 to order.

**CLASSIFIED ADS**

**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](http://Proskatesports.com)

**COACHES WANTED** - Miami Ice Arena is now accepting applications for energetic coaches willing to work with children of all ages. Experience in ISI andUSFSA a must! Fax resumes to Audra Leech at 305-947-1993.

**SYNCHRO TRY-OUTS** - The Extreme Junior and Senior Synchro Teams are hosting try-outs, August 2003, at the RinkSide Ice Arena, Gurnee Illinois. For additional information call 1 (847) 548-9676.

would love to have a pen pal. I've been skating for 3 years for at least 2 days a week. I want to be Maria Cote-Robles's pen pal. If not, please find me a different girl. Thanks!

Ali Smith, age 9, FS1  
Ice Works  
Oster Bay NY

Dear ISI,

I love to skate! I have been skating since I was 8 years old. When I watched the Winter Olympics and saw Tara Lipinski win the gold medal, I wanted to be just like her. She is my favorite skater. I skate twice a week at the RecPlex in Missouri. I would like to be Brandilyn Cook's pen pal. Also I think it would be cool to have a few pen pals—someone older, younger, or just the same age is o.k.

Amy Arnott, age 12, FS3  
RecPlex  
St. Peters MO

Dear ISI,

I have been skating for 5 years. Right now I am working on perfecting my FS1 elements. I have taken FS1 three times. For the next few weeks we are practicing for our annual show. Four girls, including me, are in our show. Our song is "That Don't Impress Me Much." My friend Alex Meyer got me into skating. I have really caught up with her. She started 2 years before me. My two-foot spin seems to be struggling. I always travel. I would like to be Kathryn K. Su's or Lauren Kinkade's pen pal. If this isn't possible, could you find a girl around my age and level? Thanks.

Shannon Koenders, age 11, FS1  
Sioux Falls Ice and Recreation Center  
Sioux Falls SD

Dear ISI,

I am in FS5, but have been working on some other things too. They are going pretty well, I guess. But I really need work on my flexibility. I stretch every day, but that gets me nowhere! Do you have any tips on how I can get better? Also could you find me a

pen pal in my level or higher and around my age. THANKS!

Karissa Pepin, age 13, FS5  
St. Croix Valley Rec Center  
Lake Elmo MN

Dear Karissa,

*It takes work to improve flexibility. It's important to stretch morning and night, and it's crucial to stretch before and after skating. To see improvement in your flexibility you really have to work on it.*

Dear ISI,

Hi!

I wrote to you in December, and my letter made it in the magazine. I just wanted to make a small update—I am now 13 and in FS1/2. Thanks again for having that section in the magazine. I now have about 4 or 5 pen pals! It's really fun. Thanks again!

Katy Butler, age 13, FS1/2

Dear ISI,

Hi! I have been skating for 9 years. I finally have a consistent double Salchow. I skate 6 days a week, and there is nowhere else I'd rather be than on the ice. I am on a synchronized skating team called Starfire. It's a Junior Classic team and everyone is really cool! Skating is my life, and I would like to thank my coach Marci Little for sending me on the ice with confidence at competitions. I would really like to have a pen pal around my age, especially Rebecca Choist.

Allison Kasbee, age 13, FS6  
Rocket Ice Arena  
Bolingbrook IL

Dear ISI,

I have been skating for 4 years at Grand Oaks Arena in Howell, Michigan. My favorite ice skater is Michelle Kwan because she is so graceful and loves to skate. I enjoy competitions that your organization puts together. I am learning to do an axel. I think it is a very hard jump. My coach is Kristen Hartigan, and she has been coaching me for 2

years. My goal in ice skating is to become a coach. I want to become a coach because I want to stay involved with skating. Also, I think coaching kids would be fun by taking them to competitions and watching them grow to be elegant skaters. Being a coach takes patience and that is something I need to work at. Coaching would be a fun job for me, and I also would get good pay! I would truly appreciate it if you would send me some information on how to become a coach. Keep up the good ice skating competitions.

Emily Gallaway  
Fowlerville MI

Dear Emily,

*Congratulations on your goal to become a coach. Coaches play a very important role in molding the lives of their students, on and off the ice. Talk to the skating director at your arena about volunteering to assist with group lessons. Some facilities offer apprentice programs, which are great aids in training future coaches. Most experienced coaches don't object to allowing dedicated skaters who want to become coaches to sit in on lessons. You can learn a lot in a mentoring program like this.*

Dear ISI,

I love to skate! I just landed my flip, and now I'm working on my loop. After I land my loop, I will be working on my axel. I skate 3 days a week. I'm also on the synchronized skating team. My coach's name is Karen. She teaches the team, too. I would like to be pen pals with Sarahbeth Lewis.

Elise Rose, age 8, FS3  
Northbrook IL

Dear ISI,

Hi! I was wondering if I could find a pen pal over the computer? Please let me know if you can find me a pen pal around my age and level!

Kayla Harvey, age 12, FS6  
Oak Lawn Arena  
Chicago IL

Dear Kayla,

*To join the ISI Pen Pals you need to write a letter to ISI similar to the ones printed in Recreational Ice Skating magazine. You can mail or e-mail the letter to ISI requesting a pen pal, but you must include a mailing address with street, city, state, and zip code. We do not print your address, but use it to forward letters that skaters send for you to ISI. After we forward letters to you, you can select your pen pal or pals and write to them or send e-mail, if they have an e-mail address. Thank you for your interest in the ISI Pen Pals Program.*

Dear ISI,

My coach is Sandy Goldsand. She is very funny! I practice about 3 times a week. I practice on Tuesdays in a freestyle lesson. Saturday I have a private lesson with Sandy. I usually practice one more time each week. I had my first competition in March 2003. I was in Dramatic. I was dressed in a Harry Potter costume. I won 2nd place. I love skating and want to be an Olympic gold medal winner!

Natasha Krell, age 9  
Dublin Iceland  
Dublin CA

Dear ISI,

I love skating! I am learning my axel and practicing my loop, my flip, and my lutz. I want a pen pal. Could you forward my letter to Sarabeth? I would like to be her pen pal. If she has already has a pen pal, could you find me a pen pal that is my age and my level? Thanks!

LaDonne Pallanck, age 8 1/2, FS3  
Highland Ice Arena  
Seattle WA

Dear ISI,

I would like to be Saskia's pen pal. I used to take lessons, but now I can't because I have softball and basketball. I would love to take lessons again. If Saskia already has a pen pal, can you find me someone my age and level?

Cassie Stroman, age 10, Beta  
White Rose Skating Ring  
York PA

Dear ISI,

Figure skating rocks! I've been skating for 5 years and love every second of it. I'm working on my loop, flip, and lutz. On my lutz and loop, I keep landing on my toe pick or the ground. Any advice? I'd like to be Carley Mitchell's pen pal. If she already has one, could you try to find me a pen pal my age and around my level?

Kati Cohen, age 10, FS2/4  
Bloomington Figure Skating Club  
Bloomington IN

Dear Kati,

*Check with your coach on what you need to do to improve your technique. Without observing you, it's difficult to know what your issues are. Are your jumps under-rotated?*

Dear ISI Magazine,

I love to skate. I've been taking lessons for about 3 years, but I started skating when I was 7. I had to quit, but then decided to come back. I am now working on my sit spin and axel. I love participating in shows and competitions. To me, it really feels like I'm flying, especially when the chill from the ice rink is blowing in my face. I praise God for guiding me to this wonderful sport. I'm interested in being pen pals with Katherine K. Su, Lauren Kinkade, or Rosie Gringer. If they already have pen pals, can you find someone around my age and level? Thanks.

Amber Lei, age 12, FS1  
Planet Ice  
Johnstown PA

Dear ISI,

Could I please be Allie Ernst's pen pal? If not, please find me a pen pal my age and level (if possible). Thanks!

Hannah Heppner, age 10, FS4  
Owens Center  
Peoria IL

Dear ISI,

Hi! I am in basic 7. I skate 2 days a week, and I love it! I would really like a pen pal 8 to 10 years old. I would

like a girl as my pen pal. I love doing all kinds of hops on the ice.

Hannah Rogge, age 9  
Miami FL

Dear ISI,

I love to skate. I've been skating for 2 to 3 years. I can do one-foot spins. I like to try new things like sit spins and scratch spins. Actually, I taught myself one-foot spins. My private coach is Beth. She is the best coach ever! She really teaches me a lot. I would like to be pen pals with Brandilyn Cook or Danielle Oberdier. If not, can I have a pen pal around my age and level? Thanks!

Lauren Gibbons, age 11 1/2, FS2  
Fox Valley Ice Arena  
Batavia IL

Dear ISI,

I would like to thank my parents for spending time with me and trying to make my dream come true. Plus I would like to thank my private teacher Miss Claret Loinburg for teaching me jumps and spins the way that is simple. I would like to be Michelle Kwan's pen pal because she is beautiful and talented.

Sophie Zhang, age 8, FS5  
Sharpstown Ice Center  
Katy TX

Dear Sophie,

*Michelle Kwan is not a member of our Pen Pals Program. Perhaps you might select a pen pal from the pages of RIS. We have over 140 ISI skaters in the Pen Pals Program.*

Dear ISI,

I would like my pen pal to be Julia Galica. So, Julia, I guess you have a pen pal. But if you already have a pen pal, can my pen pal be around 8-10 and be around level Alpha-FS1? Thank you ISI!

Katherine Rann, age 8, Alpha  
Iceoplex  
Panorama City CA

Dear ISI,

I love to skate. I've been skating since I was 8 years old. I hope to become a

*Continued on page 24...*

pro ice skater. My coach says I'm doing a lot better on my loop and flip jump. I love to do spins, but on the sit spin, I can't go far down enough. I would like to be Brandilyn Cook's pen pal or Marissa Greer's pen pal. If not, can you find me a pen pal that is around my level and around my age? A girl would be nice!

Taysia Allen, age 11, FS4  
Ice Chalet in Charlotte  
Charlotte NC

Dear ISI,

I Love Skating! I've been skating for 4 years. I started when I was 4. I'm working on my loop, camel, and sit spin. Can you find me a pen pal who is 8 1/2 years old and in FS4? Thanks a million.

Alexa Sandberg, age 8 1/2, FS4  
Freeport Skating Academy  
New Hyde Park, NY

Dear ISI,

I'm a 6th grader at St. Croix Catholic School. I enjoy sports, especially skating, and try hard to get good grades. Religion is another very important thing to me; so much of my time is spent around the church. Do you think Rosie Gringer would like to be my pen pal? If not, please find me someone around my age and level. Thanks for listening.

Alisha Ayers, age 12, FS5  
St. Croix Valley Rec Center  
Stillwater MN

Hey ISI!

I would like to thank my coach Mary Beth for being there for me and moving me through things more easily! I have been skating since I was 3 or 4, when my dad took me skating on a public skate. I just started landing my double Sal and have been landing my axel consistently for about 4 months. I would like a pen pal my age or older and my level please (male or female).

Beth Eggers, age 13, FS6  
Inwood Ice Arena  
Plainfield IL

Dear ISI,

I love to skate. I've been skating for 3 years. My favorite move is the backward spiral. I was in a competition on March 21. I won 1st place. I'd like to thank my coach Jackie. I'd also like to thank my family and friends for supporting me. I'd like to be pen pals with Chelsea Emshoff, Hanna Mathers, or Katie Krueger.

Kara Rafael, age 9, FS2  
Oldbridge Ice Skating Arena  
Morganville NJ

Dear ISI,

Skating has been one of my most favorite things for about 2 1/2 years. I'd like to devote all my time to skating, but there are so many other things I love, like art and music. I can almost land my axel, but I feel like I don't get enough practice because I only have time to skate twice a week. I'd like to thank my great coaches Rosie and Eric, and say "Hi!" to my skating friends Melanie, Rose, and Taylor. Please find me a pen pal my age and level. If possible, a person not from Florida. Thanks so much.

Lidia Kawashima, age 11 1/2, FS5  
Sunrise Ice Skating Center  
Sunrise FL

Dear ISI,

I love to ice skate and have been skating since October. I would really like a pen pal who is in Gamma, Delta, or Freestyle 1. I'd be happy to have a boy or a girl as a pen pal. Thanks!

Laura Klatz, age 10, Gamma-Delta  
Sherwood Ice Arena  
Beaverton OR

Dear ISI,

Hi! I love to ice skate! I have been ice skating for a little bit. I would like to be Ashley Mercier's pen pal because we live in the same state and maybe we could meet each other one day. If not, could you find me a pen pal around my age and level? Thanks.

Katrina Scalzi, age 11, Beta  
Palmdale CA

Dear ISI,

I have been working on my axel for what seems like forever. Can you please give me some advice? I can get the rotation on the floor, and can even do a double on the floor. But when I get on the ice, I get scared to go fast, and my left foot won't check out! Can you please find me a pen pal around my age and in a higher level? Thanks!

Cassie Wilson, age 12, FS5  
Iceland USA  
Irmo SC

Dear Cassie,

*You can work on building up to your axel by practicing a combination waltz/loop. You do not have to skate fast in learning an axel. You have to conquer your fear in order to succeed. What are you afraid of? Ask your coach to help you work through your fears.*

Dear ISI,

Hi! I'm going to be in my first competition in May at Paramount Iceland. Can you get me a pen pal my age or level? I used to skate, and then I got back into it. Now I'm in Delta, and I only started a few weeks ago. My coach, Dianne DeLeeuw, is the best coach in the world.

Hayley Vasquez, age 10, Delta  
Paramount Iceland Inc.  
Garden Grove CA

Dear ISI,

I am writing to you for 2 reasons. One is that I love to skate, and I make it my life sport. I have been skating for 1 1/2 years since I got back to the sport. I skate 4 days a week and take a bus there twice. I wouldn't give up skating for anything. I have shown and competed once. I plan on competing in a month and going to summer camp in the summer. Two is that I would love to have a pen pal. I was hoping for Danielle Cunningham, Magan Morat, Rebekah Brodine, and Katrina Hanson. If not those, someone near my age and my level



would be fine, too. Thank you for the help! I hope I get a response soon.

Caitlyn Shuy, age 14, FS3/4  
Cabin John Ice Rink  
Rockville MD

Dear ISI,

I love to skate! It is so much fun. Can you please send me a pen pal? My pen pal does not need to be my age. I would like to be pen pals with Katie Krueger. If I can't get to be her pen pal, that is ok. Can you please send me another person? They can e-mail me. Please ask them to write "ISI pen pal" in the subject line. Thank you.

Alicia Naspretto  
Astoria NY

*Dear Readers,*

*We do not print e-mail addresses in Recreational Ice Skating magazine. Alicia did send us her street, city, state, and zip code so that we can forward pen pal responses to her. We initially require that pen pals send letters for you to ISI, and we forward them. The pen pals can then arrange to communicate via e-mail if both have e-mail addresses. As with all pen pal requests, please include your age, where you skate, your skating level, and any special interests that you might share with another skater.*

Dear ISI,

Adult skaters from the Bowie-Annapolis area say, "Skating is great. Give us more!" We have many fine rinks and enjoy our time on the ice, whether it's to glide around, master 3-turns, or work on a jump! Very few of us compete—we just have lots of fun. We enjoy each other's company as much as the ice. We are a math professor, a sailing enthusiast, an artist, an oyster manager, a computer specialist, a car rebuilder, housewives, retirees, and other assorted folk. To learn new skills, I have a "100 rule"—this means I need to do a new skill 100 times before it feels under control. This rule helps me keep my goals in focus, and it keeps me practicing even though the skill may be difficult. (Sometimes I have to go to

300, but don't tell anyone). Young kids are inspirational to watch and skate with. I hope they enjoy having us on the ice. Oh, and I enjoy the letters from people in their 50s and 60s. I'll be there soon!

Christopher Judy, age 47, FS4 and  
USFSA Adult Silver  
Bowie FSC  
Bowie MD

Dear ISI,

I really like your magazine. I have been skating for 3 years. It's really fun. I am working on FS5. I recently landed my axel. Now I want to land my doubles. Do you have any tips for double toe loops?

Lindsay Beers, age 8, FS4/5  
Geeorge S DeArment Ice Arena  
Meadville PA

*Dear Lindsay,*

*A double toe loop is not a toe axel. The placement of the toe is very important, as well as the direction of the take-off. Talk to your coach about these issues.*

Dear ISI,

I love ice-skating! It is my life. I've been skating for 5 years and have had a coach for 2. I couldn't have done it without my coach Kelli McClellan. I would also like to thank my synchro coaches Rachel Funk and Brie Schrantz, and my whole synchro team—the Roseville Team Expression. I was also wondering if you could find me a pen pal around my age and level. Thanks.

Ellen Shores, age 13, FS3  
Roseville Ice Arena  
Roseville MN

Dear ISI,

I love to skate! I have been skating for 1 year. I'm working on my sit spin and flip jump. I would like to be Katherine Su's pen pal. Could you also please find me a girl pen pal around my age and level? Thanks for everything!

Christina Teng, age 11, FS3  
Austin TX

Dear ISI,

I am 8 years old, and I have been skating for 2 1/2 years. The axel and Salchow are my favorite jumps. I would like to be Sarabeth Lewis's pen pal. If she already has a pen pal, could you help me find a pen pal who is about my age and level? Thanks a bunch!

Lauren Noel, age 8, FS6  
Sunrise Skating Center  
Ft. Lauderdale FL

Dear ISI,

I've been skating for 3 years, and I'm almost in FS3 (after the competition in April, I'll be in FS3). My role models are my coach Roy, my friends at Center Ice, and Sasha Cohen. My favorite things to do on ice are spirals (really high), Ina Bauers, and camel spins. I basically like to do anything that challenges my flexibility and balance. I would really like to be Carly Mitchell's pen pal—PLEASE! We're both from PA, and Meadville, which is where she lives, is where I spend most of my summer.

Leighanne Cahill, age 12, FS2  
Center Ice Arena  
Delmont PA

Dear ISI,

I have been skating for a half year. I can do spirals and lunges plus other things. I like to do backward crossovers and three-turns. I would like to be Ashley Mercier's pen pal, if not, could I be with someone my own age and level?

Katie Wong, age 10, Gamma  
Yerba Buena Skating Rink  
San Francisco CA

Dear ISI,

I have been skating for nearly one year and I love it! I want to say thanks to my coach Tracy. She has taught me so many things. I would really like a pen pal my own level or lower and about the same age. I don't really care if it is a boy or a girl.

Your friend,  
Jennifer Lim, age 11, FS3  
Norwalk Ice Arena  
Cypres CA

*Continued on page 29...*

# Ice Mentoring Encourages Skaters

by Debbie Cole

**M**ost ice skaters will agree that their first competition was an exciting event. However, when they stop and think about that first competition experience, skaters usually remember feelings of confusion, fear, and insecurity. When I think back on my first competition, there were so many things I wish I had known. We, as veteran competitors, often forget what the first competition experience was like. Too often first-time competitors feel isolated in a cold ice rink. With ice mentoring, experienced competitors warm up the rink by making new friends and sharing their competition experience with first-time competitors.

## What Is Ice Mentoring?

Ice mentoring is simply skaters helping other skaters. In this volunteer program, experienced competitors (ice mentors) are paired with first-time competitors (mentees) to guide them through their first competition. The purpose of ice mentoring is to provide a welcoming and supportive environment for first-time competitors and to link them with experienced competitors in one-on-one relationships. Ice mentors are there to answer those behind-the-scenes questions that the coach might not cover - not in the place of the coach, but in a helpful, friendly role. Hopefully mentees will have a positive first competition experience and continue ice skating after the competition. At the same time, it gives ice mentors an opportunity to learn important life skills that responsibility can teach.

## How to Start an Ice Mentoring Program

It's very easy to start an ice mentoring program. Before a competition, coaches should recruit experienced competitors who are willing to participate in the program. These potential ice mentors can be of any age; their willingness to participate and competition experience are the most important qualities they must possess. As skaters register for the competition, coaches pair first-time competitors with experienced skaters (ice mentors).

A crucial element of the ice mentoring program is connecting the ice mentors and mentees. This is where the real fun and creativity can begin: it can simply be a phone call or a special note, or it can be an event planned around a public skate time with refreshments served at the rink. Pairing skaters who share the same coach is not mandatory, but we found it makes the most sense because it helps with the initial introductions. In addition, coaches can monitor the relationship and ensure the ice mentoring program is meeting its objectives.

## Should I Be an Ice Mentor?

If you are friendly and love to compete, you are uniquely



Photo submitted by Aimee Kimczak

Stephanie Klimczak (left), congratulates her mentee Augi Grasis (right) after checking the results from Augi's freeskate event.

qualified to serve as an ice mentor. However, these two attributes alone will not ensure your success as an ice mentor. The following self-assessment is designed to help you determine if you should volunteer to serve as an ice mentor. Circle "Yes" or "No" for each statement to reflect if the statement is true of you.

1. I like to participate in ice skating competitions.  
Yes No
2. I see myself as people-oriented; I like and enjoy being with other people.  
Yes No
3. I am a good listener and sensitive to the feelings of others.  
Yes No
4. I want to share my competition experience with others.  
Yes No
5. I am willing to adjust my personal schedule to accommodate someone else.  
Yes No

If you answered "Yes" to all of the statements in the self-assessment, you are likely to serve well as an ice mentor.

If you circled “No” to any of the statements, it doesn’t mean you can’t be an ice mentor, it just means you might need some extra help with the endeavor.

### Responsibilities of Ice Mentors

Ice mentors are often described as friends, cheerleaders, and advisors. Their most important responsibility is to take a personal interest in the experience of a first-time competitor. The most effective ice mentors do the following:

- Reward mentees on their decision to participate in an ice skating competition. This is often done in person, in writing, or by telephone. Often mentees agonize over the decision to compete and words of encouragement and praise from an ice mentor will reinforce that the right decision was made.
- Introduce mentees to other skaters at the rink. This is done before, during, and after the skating competition. It is truly amazing how rapidly friendships develop among skaters after the initial introduction has been made.
- Advise and enlighten mentees on competition details. Very often there are competition concerns that mentees don’t want to discuss with their coach, but would love to discuss with another competitor. Ice mentors can share their personal experiences and knowledge with mentees and offer friendly advice.

- Cheer for all mentees during the competition. It is very exciting and frightening to step out on the ice at a competition. It helps to hear cheers from your friends in the stands.
- Attend the awards ceremony following the event. It is important to recognize the accomplishment of participating in a skater’s first competition. Ice mentors should help mentees feel good about their performance.

### Try Ice Mentoring at Your Rink

The idea of mentoring is not new. The corporate world has used mentoring for years to provide a welcoming and supportive environment for new employees. We are simply extending this idea to first-time competitors and are suggesting you might try it at your rink. All indications show that our Ice Mentoring Program is a success. Feedback from skaters, parents, and coaches has been very positive. And, we are hoping to have more skaters than ever before at future competitions.

*\* Debra (Debbie) Cole has been coaching figure skating for five years at the Line Creek Community Center in Kansas City, Missouri. She is a Registered Level Freestyle and Group Instructor with the Professional Skaters Association and a Gold Level Judge with ISI. Debbie was nine years old when she began competing and continued through her college years. Debbie’s main coaching objective is to pass on her passion for skating to the next generation of competitive skaters.*

*...Teams Bond at Synchronized Championships continued from page 9*

for us. It doesn’t have to go with what the judges say, because they don’t see every practice. It’s what is good each time you go out there and skate. If you come off the ice feeling that you did your absolute best, be happy with what you did and in your heart you should feel like you’ve won. If you have a bad performance, if something goes wrong, you go through that together; you fix it as a team. If you skate a good number or you don’t, it all has to do with how you get through it together. Good and bad, it’s the same - you work together.”

Crystal would like to see the sportsmanship exhibited by the Zion and Franklin Park skaters everywhere. “I think for the most part, especially in ISI, we do see that,” says Crystal. “We need to remember that it’s recreation and it’s fun. We’re here to teach our kids more than just to win or lose but to make friends and to teach each other sportsmanship and teamwork.”

Sarah, Crystal, and Dina are proud of their teams, as they should be, and perhaps it’s no coincidence that both teams performed well at the ISI Synchronized Skating Championships. “Their skate in the final round was the best they’ve done this year, so we were excited about that,” said Sarah. “In the last competition, that was the best they’ve skated,” says Dina. “They seemed really to pull it together.”

Regardless of skating scores, these skaters and their coaches are definite winners.



**Zion and Franklin Park skaters on ice together for awards ceremony**



## HEALTH & FITNESS

# PREP: Get What You Pay For

by Kathy Toon, PCS  
Manager of Product Development  
[www.positivecoach.org](http://www.positivecoach.org)

**P**reparation routines are one of the best ways for athletes and coaches to get ready for practice and competition. Here's why:

1. They ensure completion of every key aspect of preparation.
2. They increase the familiarity of situations and decrease the likelihood of surprises.
3. They build consistency in thought, feeling, and behavior.
4. They increase feelings of control and self-confidence and reduce anxiety.

When developing your preparation routine, think of everything you need to be totally prepared for the practice or competition. Think about meals, warm-up, stretching, psych-up or centering, on-site inspection of the facility, and mental preparation.

### Pre-Competition Preparation

High-level athletes develop pre-competition routines to help them focus. These routines often involve detailed preparations that include: precise dressing and/or packing routines, use of imagery/visualization, and a specific warm-up plan. Your routine should be designed to help you enter competitions with the proper mind-set for high performance.

Think back to some of your better performances. What did you do to get ready? How early did you arrive? How did you warm up? Did you spend time alone? The more prepared you feel going into competition, the greater your confidence will be. It is important to create your own unique preparation routine and to use it before every competition.

Some athletes create a special preparation "room" in their mind. It is a place they "visit" before competition, to escape from pressure and distractions. It may include photos, trophies, medals, music—things that inspire them. What would yours look like?

### Pre-Practice Preparation

Top athletes practice the way they want to perform. They often make practice harder than competition, so when the time comes to perform, they are ready. It is very important for the student-athlete to make a successful physical, mental, and emotional transition from "student" to "ath-

lete" prior to practice. Developing a pre-practice prep routine will help prepare you for "peak practice."

- Physical Transition—What do you need to do to be physically ready for practice? Suggestions include: eating a light snack, drinking water or a sports drink, getting treatment in the training room, having a routine for changing clothes.
- Mental Transition—What do you need to do to be mentally prepared? Suggestions include: reviewing your training notes, selecting one or two goals for practice and writing them down.
- Emotional Transition—What do you need to do to be emotionally prepared? How can you create the feelings you need for "peak practice"? Suggestions include: listening to music on the way to practice (to either relax, calm down, or pump up), creating five minutes of quiet time to visualize having a peak practice, talking and laughing with someone, smiling!

### Contingency Plans

Be prepared to deal with bad moods, distractions, low energy or being too "amped."

- We all have those days: we wake up on the wrong side of the bed, or we are in a bad mood! This often leaves us feeling angry, cranky, sad, tired, or frustrated. It can get in the way of a good practice. It is important to have a plan to help you deal with these "off" days. Here are some possible elements of an effective plan:
  - Imagery, with upbeat music
  - Humor
  - Positive self-talk
  - A big smile
- What distracts you? Someone in the stands you care about or want to impress? Family or relationship problems? Your coach? High expectations? The media? A new competition site? Remember that what you focus on intensifies. If you keep focusing on the distraction, it will only get bigger. The trick is to give your mind something else, something constructive, to focus on. Examples include: feeling each muscle while you stretch, thinking about your next spin, concentrating on your breathing.



- There are times when you need to raise your energy level. If you need to psyche yourself up, try:

- Warming up faster or harder
- Using dynamic imagery
- Listening to upbeat music
- Finding a place where you can yell or scream and do it!
- Moving – roll neck and head, shake arms and wiggle fingers, bounce.

- And then there are times you will need to calm down. If so, try:

- Listening to mellow music or a relaxation tape

- Doing progressive muscle relaxation
- Taking long, deep breaths
- Using calming imagery
- Meditating
- Stretching
- Sitting quietly with your eyes closed.

Practice your contingency plans, so they will be ready on competition day.

Take a few minutes to write down your personal preparation plan for practice and for competition. Putting your plans into action will help you perform your best.

...Write Stuff continued from page 25

Dear ISI,

I would like to be Amber's pen pal. If she already has one could you find me one around my age and level? I don't care if it is girl or boy.

Gabrielle Rarolenko, age 10, FS4  
Glyndon MD

Dear ISI,

I have been skating since I was 5. My first skate was group lessons. I got private lessons for a birthday present last summer because I love skating so much. My coach inspired me to get from a 3-turn to an axel. She even got my mom to do a waltz jump. Skating is my life! I would like a pen pal at my age and level. Happy 3-turns!

Carly Hayes, age 8  
Augsburg Arena  
St. Paul MN

Hey ISI,

What's up? This is my first time writing to you. I started skating at age 2 and started taking lessons at age 9. My last competition was Wayne

Kennedy's Sweetheart Open. I am the top skater at my rink. I love to ice skate. I can almost land my double Salchow. Do you have any tips? Could you find me a pen pal my age and around my level? My nickname is Rinkrat because I skate 6 days a week. I love the magazine. Thanks!

Samantha Lundstrom, age 14, FS6  
Wayne Kennedy Complex  
St. Louis MO

Dear Samantha,

*For a double Salchow it is imperative that the preparation three-turn maintain a checked position before the take off. Shoulders and hips must remain level as the knee is bent and rotation and lift are initiated. Your ability to get into a back spin position quickly is what turns a single Salchow into a double.*

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 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. I might want two pen pals.

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.

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

Dear Schulyer, Volney, Julie and Kaitlin,

*Julie and Kaitlin are not in the ISI Pen Pals Program. If they want to be Schulyer and Volney's pen pals, they should send the letters for them to ISI to be forwarded. Other skaters who want to be Schulyer and Voley's pen pals can also write to them at ISI.*



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](http://www.skateisi.org)

Event	Location	Event Dates	Test Deadline	*Entry Deadline
<input type="checkbox"/> Adult Championships	Orleans, MA	Sept. 12-14	Aug. 1, 2003	Aug. 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

**NEW**

<b>Pre-Alpha – Delta</b> <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 <div><input type="checkbox"/> <b>INDICATE LEVEL</b> <b>Pre-Alpha – Delta</b></div> <div><input type="checkbox"/> <b>Special Skater (1-10)</b> (Check if applicable)</div>	<b>Freestyle (1-10)</b> <input type="checkbox"/> Solo <input type="checkbox"/> Footwork <input type="checkbox"/> Solo Compulsories <input type="checkbox"/> Artistic <input type="checkbox"/> <b>Spotlight (choose 1)</b> <input type="checkbox"/> Character <input type="checkbox"/> Dramatic <input type="checkbox"/> Light Entertainment <div><input type="checkbox"/> <b>INDICATE LEVEL</b> <b>(1-10)</b></div>	<b>Solo Dance (1-10)</b> <div><input type="checkbox"/> <b>INDICATE LEVEL</b> <b>(1-10)</b></div> <div><b>Figures (1-10)</b> <input type="checkbox"/> Figures <input type="checkbox"/> Creative Figures <input type="checkbox"/> Free Figures <div><input type="checkbox"/> <b>INDICATE LEVEL</b> <b>(1-10)</b></div></div>	<b>Jump &amp; Spin Teams</b> <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) <div>Partner Name _____ Partner ISI # _____</div> <p><i>Any changes to this original entry form will result in a Change Fee of \$25.00 per change/per skater.</i></p>
---	--	---	---

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) _____	

**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](http://www.skateisi.org).**

Event	Location	Event Dates	Test Deadline	Entry Deadline
<input type="checkbox"/> Adult Championships	Orleans, MA	Sept. 12-14, 2003	Aug. 1, 2003	Aug. 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                 |
| <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 facility(ies), and their personnel from all liability.

Coach's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Entry Fees:**

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

☐ ISIA Education Foundation Donation enclosed \$5.00

**Total Enclosed:** \$ \_\_\_\_\_ Make check payable to ISI

OFFICE USE ONLY
Date Rec'd. _____ Check # _____ Amount _____

<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) _____	

# COMPETITORS

## ORDER



by Lynn Roseberry,  
National Events  
Coordinator and  
Skating Program  
Director

### SYNCHRONIZED SKATING CHAMPIONSHIPS WRAP-UP

The 7th Annual ISI Synchronized Skating Championships took us back to the city where it all began...Chicago! The Arctic Ice Arena in Orland Park, IL was the site of the 2003 ISI Synchronized Skating Championships - the largest Synchronized Championships in ISI history with 1,800 skaters on 126 teams! See page 12 for Final Round Results. A complete list of results is posted at: [www.skateisi.org](http://www.skateisi.org).



Thanks to all the referees, judges, and volunteers who helped this event to run smoothly. Special thanks go to Sue and Jesus Zaragoza of Arctic Ice Arena for their contributions to the success of this event.

### 2003 WORLD RECREATIONAL TEAM CHAMPIONSHIPS

The 2003 ISI World Recreational Team Championships are fast approaching. As you prepare for this annual international competition at the Northbrook Sports Center, Twin Rinks Ice Pavillion and Glenview Ice Center in the Chicago area, July 28 – August 2, here are a few reminders and updates. The 2003 ISI World Recreational Team Championships will be conducted in strict accordance with the 2002-2003 edition of the *Skaters and Coaches Handbook*, the 2002-2003 edition of the *Competitors Handbook*, and the 2001 edition of the *Judges Manual*, along with any revisions. Be sure to check ISI's web site: [www.skateisi.org](http://www.skateisi.org), for the tentative schedule, hotels, and updated information regarding World CHAMPS.



### WORLD CHAMPS SCHEDULE NOTIFICATION

In mid-June, individual participants will receive entry verification letters. All team event confirmations (Family Spotlight, Production, Team Compulsory, Synchronized) will be mailed to your home arena along with special events, practice ice, and other pertinent information regarding this event. In mid-July, individual participants will receive their scheduled skating times. After the schedules are received, skaters with a schedule conflict (less than one hour between events) need to alert their coaches who will be attending the Conflict Resolution Meeting on Sunday, July 27. The tentative schedule is on our web site. Please note: This is not a final schedule and is subject to change. The final schedule, detailing rink and skating times, will not be announced until July.

### PRACTICE ICE AND TEAM PHOTOS

Information regarding practice ice will be sent to the rinks in the first packet in mid-June. Practice ice reservations are not made through ISI. Contact the host arenas to schedule practice ice. Practice ice will go on sale Monday, July 7. Check our web site for any updates. Due to printing deadlines, **photos received after June 20 will not be included in the CHAMPS souvenir program book.** Team photos may be black and white or color. On the reverse side of each photo, attach the team name, home rink, city, and state information. Do not write on the reverse side of the photos. Photos become the property of ISI.

### DURING WORLD CHAMPS

Arrive at the rink no later than one hour prior to your scheduled warm-up. Label your tape(s) clearly with your name, event, age, and home rink. Solo Compulsories will be conducted on half-ice for Freestyle 1-6 and on full ice for Freestyle 7-10. Skaters must perform the three previously chosen maneuvers (as listed) in the order listed in a mini program with a minimum amount of connecting maneuvers. Program should not exceed one minute in duration. Only one attempt of each maneuver should be performed and will be graded. Skaters will be penalized if maneuvers are performed out of order.

### 2003 WORLD CHAMPS SOLO COMPULSORIES

#### LEVEL

#### MANEUVERS

- |       |  |
|-------|--|
| FS 1  | Waltz Jump, Forward Arabesque, Two-Foot Spin   |
| FS 2  | One-Foot Spin, Ballet Jump, One-Half Lutz  |
| FS 3  | Salchow Jump, Backward Outside or Backward Inside Pivot, Toe Loop  |
| FS 4  | Flip Jump, Sit Spin, Loop Jump   |
| FS 5  | Lutz Jump, Camel Spin, Axel  |
| FS 6  | Double Salchow; Axel-One-Half Loop-Flip Jump; Cross-Foot Spin, Layback Spin or Sit-Change-Sit            |
| FS 7  | Two Walley Jumps in Sequence, One-Foot Axel into One-Quarter Flip into Axel, Flying Camel Spin           |
| FS 8  | Double Loop, Split Lutz Jump, One and One-Quarter Flip into One and One-Quarter Flip into Double Salchow |
| FS 9  | Double Lutz, Three Jump Sequence, Flying Camel into Jump Sit Spin  |
| FS 10 | Double Axel/Double Toe Loop Combination, Triple Edge Jump, Death Drop                                    |



## ADULT CHAMPIONSHIPS

The 2003 ISI Adult Championships will take ISI to Cape Cod, September 12 – 14 at the Charles Moore Ice Arena in Orleans, MA. The entry deadline for this event is August 1. See pages 30-31 for entry forms, or register online at ISI's web site. Skaters who have participated in this event in the past describe the event as "incredible, exhilarating, awesome, exciting, supportive, and inspiring," as they prove that skating is a lifetime sport. We look forward to seeing both familiar and new faces at this ever-growing event! Check our web site for additional information. Don't miss out on the excitement!



## ISI ADULT CHAMPIONSHIPS HOTELS

Ocean Park Inn

Route 6

Eastham MA 02642

800-862-5550 or 508-255-1132

Single/Double: \$89

Triple: \$99

Quad: \$109

Book before August 11 to get ISI rate. Ask for Ice Skating Institute Room Block.

Four Points Hotel Eastham

Route 6

Eastham MA 02642

800-533-3986 or 508-255-5000

Single/Double: \$129

Triple: \$139

Quad: \$149

Book before August 1 to get ISI rate. Mention Ice Skating Institute Adult Nationals.

SEE YOU IN CHICAGO AND CAPE COD!



# CYCLONE TAYLOR

## FIGURE SKATING

web site: [www.cyclonetaylorfigskate.com](http://www.cyclonetaylorfigskate.com)

E-mail: [info@cyclonetaylorfigskate.com](mailto:info@cyclonetaylorfigskate.com)

### CUSTOM COSTUMES



Papillon

### 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	
(Best value starter)	\$69
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**

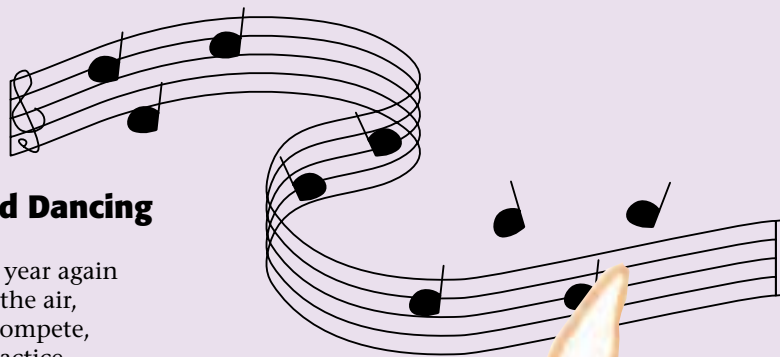
**Heat Moldable  
Designs**



**GRAF**



**JACKSON  
FREESTYLE**



## Floating and Dancing

It's that time of year again  
competition in the air,  
Prepared ones compete,  
not prepared practice.  
The skaters who are great  
make ice skating look so easy  
that they float and dance on top  
of the ice.  
One day I will be just like  
the ones who are great,  
Then I too will be  
floating and dancing on top  
of the ice.

*Lauren Schnapper, age 12*  
*Easy Street Ice Arena*  
*Simi Valley CA*

## Ice-Skating

When I'm on the ice,  
I get into a groove.  
I concentrate on every jump  
and every single move.

I go into a wind up  
to start my spin with speed  
I raise my leg behind me  
for the camel that I need.

The back spiral is my favorite  
I complete each one with ease.  
The sit spin used to give me trouble,  
But now it is a breeze.

The element my mother loves  
is my Ina Bauer.  
I perform it gracefully  
like a strong but gentle flower.

Waltz, flip, loop, lutz,  
are jumps that I've perfected.  
I use my trusty toe pick  
to achieve what is expected.

But oh that wicked axle—  
It's the jump that will not come.  
I try so hard to conquer it  
but end up on my bum.

But even with the bruises,  
bumps, and blistered feet,  
Ice-skating is my favorite sport  
Because it's really neat.

*Kristy Doan, age 13*  
*Austin TX*

## Skating 8

I love to  
Skate a  
Figure 8.  
The figure  
8 is great.  
When I  
Skate a  
Figure 8  
I feel  
Really  
Great.

*Veronica Irizarry,*  
*age 9, FS2-3*  
*Ice Factory*  
*Orlando FL*

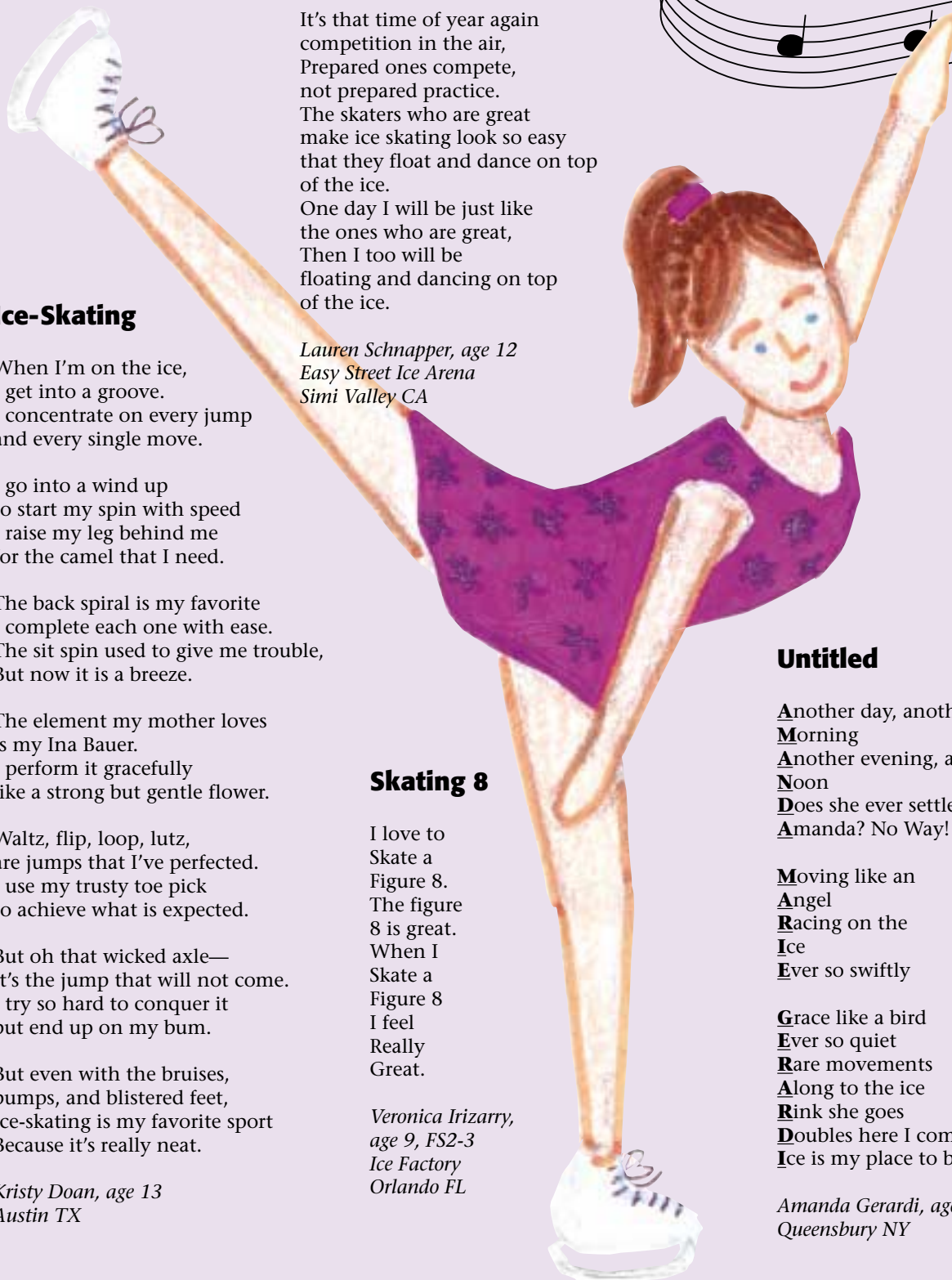
## Untitled

Another day, another  
Morning  
Another evening, another  
Noon  
Does she ever settle down?  
Amanda? No Way!

Moving like an  
Angel  
Racing on the  
Ice  
Ever so swiftly

Grace like a bird  
Ever so quiet  
Rare movements  
Along to the ice  
Rink she goes  
Doubles here I come  
Ice is my place to be

*Amanda Gerardi, age 13*  
*Queensbury NY*



## The (Older) Skater's Waltz

So here we go: one-(oops!)-three,  
Gliding along so graceful-(eek!)  
As we try to stay upon our feet  
And not end up in a (awk!) heap.

About the rink the song propels us,  
The pattern of the dance compels us:  
We chasse, s-l-i-d-e, progress and then  
We swing, and (yikes!) begin again.

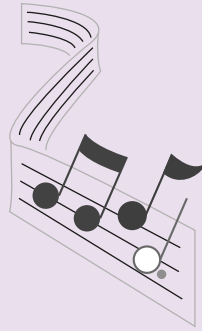
Round and round the rink we go,  
Waltzing skaters, to and fro.  
The smile upon each face belies  
The look of panic in our eyes,

For when we start to think about  
The ice beneath our feet, we doubt  
Our wisdom, 'cause this jaunt'll  
Lay us horizontal,

With hips and pride contused  
And brains a-muddle and confused,  
On the ice, but up we get  
And resume, because we haven't yet

Done our dance to perfection  
Nor attained the proper waltz-expression.  
So off we go, with energy!  
(We'll get it right some time this  
century...)

*Cathy Adams*  
*Written for all the adults who said,*  
*"Gee, that looks like fun!" and put on a*  
*pair of skates.*  
*Oxford Skating Club*  
*Oxford OH*



## The Elegant Skater

The elegant skater  
takes her place on the ice.  
Her music starts as she does.  
Look at her go as she is  
so graceful and elegant.  
Her jumps are so high  
and her spins are so fast.  
Her spirals are almost  
as high as the arch.  
Look at her go, triple axel,  
PERFECT LANDING!  
Her music starts fading  
as she slows down.  
When she finishes she  
starts to cry because that  
was her best routine.  
All the judges hold up  
10s and she gets a standing applause.  
She realizes she is in first place.  
She is Michelle Kwan.

*Sam (Samantha) Lundstom, age 14, FS6*  
*Wayne Kennedy Complex*  
*St. Louis MO*

## SKATING

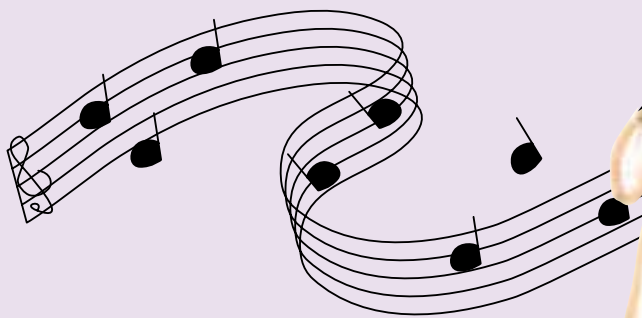
Skating!  
My happiness is  
Skating myself crazy and  
A first place at competition.  
Hooray!

Spinning  
And jumping for  
Ever and ever and  
Spiraling away for first place.  
Yahoo!

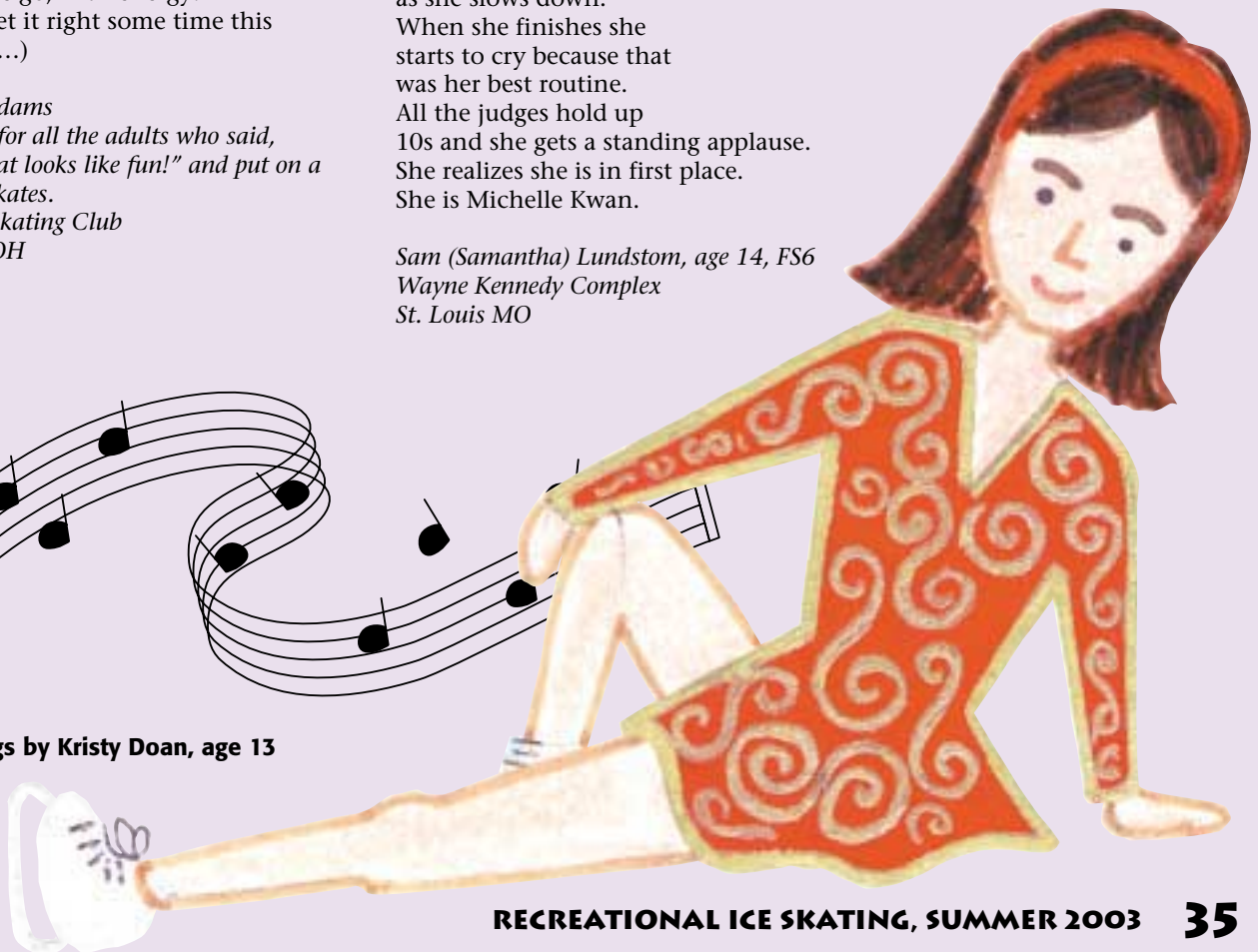
I do  
My best and I  
Have so much fun that I  
Don't know what to do with myself!  
Wahoo!

Maybe  
Some day, you will  
Try this sport too, then I  
Will see you at the ice rink, 'kay?  
Hooray!

*Stacey Lahr, age 11*  
*Hutchinson MN*



Drawings by Kristy Doan, age 13





## Figure Skating in Harlem Hosts Annual Show

Figure Skating in Harlem, a nonprofit ice skating and educational program for African-American and Latina girls, hosted its 6th annual ice show "Glidin' to the Islands" at Riverbank State Park on April 4, 2003. The 60 skaters, ages six to 16, showcased their skills in a tropical fantasy ice skating program fueled by the spicy music of the Caribbean. FSH students were joined by special guest Derrick Delmore, 1998 World Junior Champion and 1999 Collegiate Champion, in entertaining an audience of over 800 community members. The show was emceed by actress Tamara Tunie.



Figure Skating in Harlem

FSH gives girls in Harlem the opportunity to experience the elite world of figure skating while developing a positive self-image in a safe and nurturing environment. Through on-ice instruction and off-ice education and counseling, FSH students learn life skills such as perseverance, responsibility, leadership, and teamwork and how to apply those lessons in school and life. Figure Skating in Harlem provides each student with the use of proper equipment, ice time, professional skating and dance instruction, homework help and tutoring, and cultural field trips. Students sign a contract pledging to maintain at least a B average in school. Olympic skaters like Sarah Hughes provide master classes and motivational talks. Skaters serving on the FSH Honorary Board include Scott Hamilton, Oksana Baiul, Debi Thomas, Rudy Galindo, and Dick Button.

Figure Skating in Harlem recently formed a partnership with Chevy Champions on Ice. A generous donation from Chevy Champions on Ice will support equipment, instructors, ice time, and vital educational resources for FSH. Champions President Tom Collins and his son Michael along with Michelle Kwan, Rudy Galindo, Tim-

othy Goebel, Irina Slutskaya, Evgeni Plushenko, Olympic coach Robin Wagner, and other skaters from the tour took part in the check presentation.

For more information on Figure Skating in Harlem, go to [www.figureskatinginharlem.org](http://www.figureskatinginharlem.org).

## Robert Unger Team Wins 34th Annual Mississippi Valley District Competition

The Robert Unger School of Ice Skating won first place in the 34th Annual Mississippi Valley District Team Competition held at the Ice Chalet in Knoxville, Tennessee, in March. Twelve teams from Alabama, Georgia, Kentucky, Tennessee, and Texas competed in the three-day event. Second place went to the Wilcoxon Ice Complex of Huntsville, Alabama, and the Owensboro Ice Arena of Owensboro, Kentucky, took third. A special Sportsmanship Trophy was presented to the team from Point Mallard Ice Rink in Decatur, Alabama. This is the oldest recreational ice skating competition held under the auspices of ISI.



First Place Team, 2003 Mississippi Valley District Competition, Robert Unger School of Ice Skating

## Major League Figure Skating Launched

Major League Figure Skating held its first exhibition competition in April at Incredible Ice in Coral Springs, Florida. The new organization, founded by Jon Rubin, was launched to enhance, strengthen, and grow the sport of figure skating.

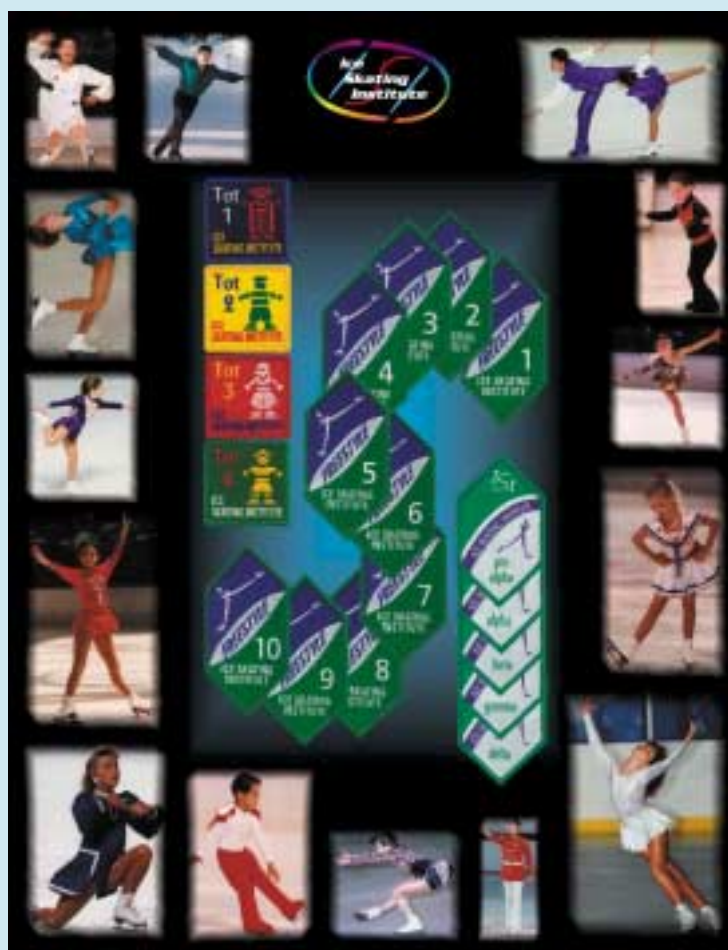
Each MLFS team is made up of five skaters; teams compete against other teams in their league. Skaters are judged on

their performance in four events: jumps, spins, footwork and a team free skate. The competition begins with the Jump event, which consists of three jumps. The Spin event consists of three spins, and the Footwork event consists of two patterns. Three skaters from each team are selected for each event and are assigned a skating order before the competition. Each skater must skate in no less than two and no more than three events. Teams score points based on their skaters' final placement in each event. The team with the most points at the end of the competition wins.

MLFS will begin play in the spring of 2004. Initial regions being targeted for potential MLFS franchises include New England, Mid Atlantic, and Florida. The MLFS season will be highlighted with an All-Star Game and will culminate with the League Championship.

MLFS will host exhibitions in Boston, Philadelphia, and New York later this year. For more information on MLFS, check the web site: [www.majorleaguefigureskating.com](http://www.majorleaguefigureskating.com). MLFS is a member of the Ice Skating Institute.

## **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.**



# REPORT: ISIA Education FOUNDATION

## Timothy Goebel to Star in Benefit on Ice

Each year at the ISI World Recreational Team Championships, the ISIA Education Foundation hosts a Benefit on Ice starring selected ISI skaters and a figure skating star/stars. The Education Foundation is pleased to announce that the star of the 2003 Benefit on Ice will be Timothy Goebel, the "Quad King" - other featured skaters will be announced.



Timothy Goebel

Goebel, the reigning Olympic Bronze medalist, also won Silver at the World Championships and the U.S. Nationals in 2002 and 2003. Goebel is the first American male skater to earn an Olympic medal since 1992. Goebel, who has mastered the quad toe loop and quad salchow, has completed more quads in competition than any other skater in history.

"Skaters who compete at the ISI World Championships in Chicago, July 28-August 2, will have the opportunity to skate on the same ice as one of the most exciting male skaters of our time," said Don Bartelson, President of the ISIA Education Foundation. "We are thrilled that Timothy Goebel will join us in Chicago to star in our show and to help raise money for scholarships for ISI skaters. Get your Benefit tickets early to see America's most promising Olympian in action."

The Education Foundation was founded in 1989 to enhance the educational opportunities of ISI members by awarding scholarships for post-high school study. Annually, scholarships with a \$4,000 minimum value are awarded to ISI skaters for study at universities, colleges and technical schools. The scholarship recipients are announced in May at the annual conference and a presentation ceremony takes place at the ISI World Recreational Team Championships. Look for an announcement of the 2003 scholarship winners in the next issue of RIS.

## New Logo for Education Foundation

In an effort to update the image of the Education Foundation, the trustees are pleased to introduce the Foundation's new logo. "We wanted to create a more streamlined, clean, modern logo," said Foundation Board Secretary Craig Cichy. "The new logo combines the focus of the Foundation - Skating, Scholarship, Service - in the blade image, the word "education" in bold and "foundation" referring to our not-for-profit status. We are thrilled to have this updated logo and hope that we can use it to build momentum for the Foundation in regards to fundraising, image, and exposure."

## Contributions Aid Skaters

Contributions to the Education Foundation offer groups and individuals a way to invest in the educational future of ice skaters. The Foundation welcomes contributions in any amount. All contributions are tax deductible to the full extent of the law.

The Foundation gratefully acknowledges the following contributions:

### **Sponsor (\$1,000-\$4,999):**

District 8 Metropolitan Ice Rink Managers Association  
in memory of Fritz Dietl  
Chimney Rock on Ice Figure Skating Club

### **Supporter (\$500-\$999):**

District 8 in memory of Michael Kirby

### **Donor (\$250-\$499):**

Karen & Paul McCulley  
Boyd & Barbara Wietecter

### **Contributor (\$100-\$249):**

Donald & Elizabeth Weiner  
Burt & Judith Sniffen in memory of Fritz Dietl  
Beaver Dam Winter Sports Club in honor of Fritz Dietl

### **Friend (\$25-\$99):**

Nina Carbone  
Frances Schultz  
Cassandra Snow  
John & Gayle Scirocco  
Guido & Erna Von Autenried in memory of Fritz Dietl  
Dana & Mandy Fox in memory of Fritz Dietl

### **Other:**

SG Figure Skating Boosters Club

# Education Foundation Donates to Tuesday's Children

In the aftermath of the September 11, 2001 World Trade Center and Pentagon disasters, the ISIA Education Foundation, in cooperation with United Skates of America™, invited skaters to show their support for the victims of 9/11 by purchasing and wearing special "United We Skate" t-shirts. In May 2003, a check covering the profits from the sale of these patriotic t-shirts was presented to Tuesday's Children.

"On Tuesday, September 11, 2001 the support, foundation and guiding lights of thousands of children disappeared in an unforgettable cloud of dust. As the dust settled, Tuesday's Children emerged." – thus states the cover of a Tuesday's Children brochure.

Tuesday's Children is a nonprofit organization founded by family members, colleagues and friends of World Trade Center victims. The organization has made an 18-year commitment to children who lost a parent in the 9/11 disasters. Tuesday's Children's programs are based on family and community interaction and help to create the structure and support needed to aid healing and ensure happy and healthy futures.

The ISIA Education Foundation is proud to play a part in aiding the victims of 9/11.



Education Foundation treasurer Judith Sniffen presents a check for \$1084 to Teri Sears and Chris Burke for Tuesday's Children.

## ISIA Education Foundation **Benefit on Ice** **Starring Timothy Goebel** **Friday, August 1, 2003, 7:00 p.m.** **Northbrook Sports Center**

**Cost per person before July 18, 2003: \$20**

**Cost per person after July 18, 2003: \$25**

# Tickets \_\_\_\_\_ Total \$ \_\_\_\_\_

*Make checks payable to ISIA Education Foundation.*

Mail order form and payment to:

ISI-Events, 17120 N Dallas Pkwy, Suite 140, Dallas, TX 75248.

Name for tickets pickup \_\_\_\_\_

### METHOD OF PAYMENT:

Check or money order enclosed \_\_\_\_\_

Please charge my \_\_\_\_\_ Visa \_\_\_\_\_ Mastercard \_\_\_\_\_ Discover \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

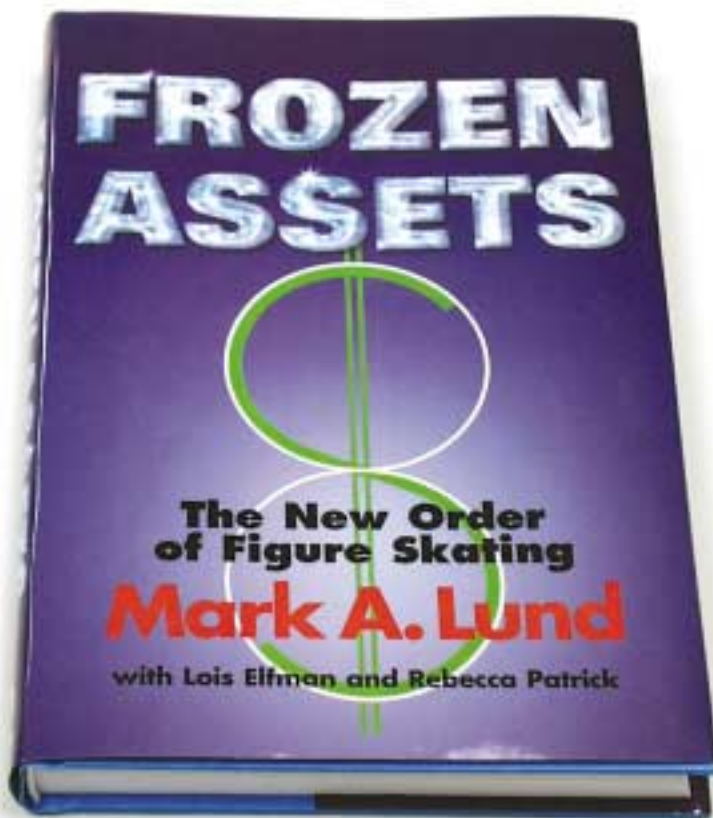
Cardholder's Signature \_\_\_\_\_ Telephone # \_\_\_\_\_

(Must be included)

**Benefit on Ice tickets can be picked up at ISI Registration.**



# THE DYNASTY of a Chosen Few



*Frozen Assets* is a journey through the excitement, glamour, challenges, triumphs and complexity that defines the sport of figure skating in the 21st century. The stars and their supporting cast. The movers and shakers. The intrigue and the aftermath. Scandals that have plagued the sport and what is on the horizon.

*Frozen Assets* takes you on the ice and behind the scenes. Author Mark A. Lund includes interviews with all of skating's brightest stars and many of its business luminaries, thus providing a thorough and compelling examination of the sport's inner workings. *Frozen Assets* includes exclusive color photographs that showcase many of the characters in the book.

You will find yourself spun inside the loop that is skating.



**ASHTON**  
ASHTON INTERNATIONAL MEDIA, INC.

Available at bookstores everywhere.

Order direct at 1-800-437-5828 or online at [www.ifsmagazine.com](http://www.ifsmagazine.com)

Bookstores \$24.95    Direct \$19.97

A BOOK BY

**International  
FIGURE SKATING**

THE WORLD'S LARGEST  
FIGURE SKATING MAGAZINE

**From *FROZEN ASSETS* The New Order of Figure Skating**



"It's great to have a love of your art and craft, but you're not going to be around for long unless you're responsible and have a vision."

—**Scott Hamilton**



"Everybody wants a piece of you."

—**Sarah Hughes**



"People don't know what happened behind the scenes. I understand that people are curious. I get curious too, but come on."

—**Michelle Kwan**



"With every peak, there's going to be a valley."

—**Kurt Browning**



"People see there are different levels to my career. That's why they're always interested to see, 'What's she coming up with now?'"

—**Katarina Witt**



"What's going to keep them from trading votes again?"

—**Brian Boitano**