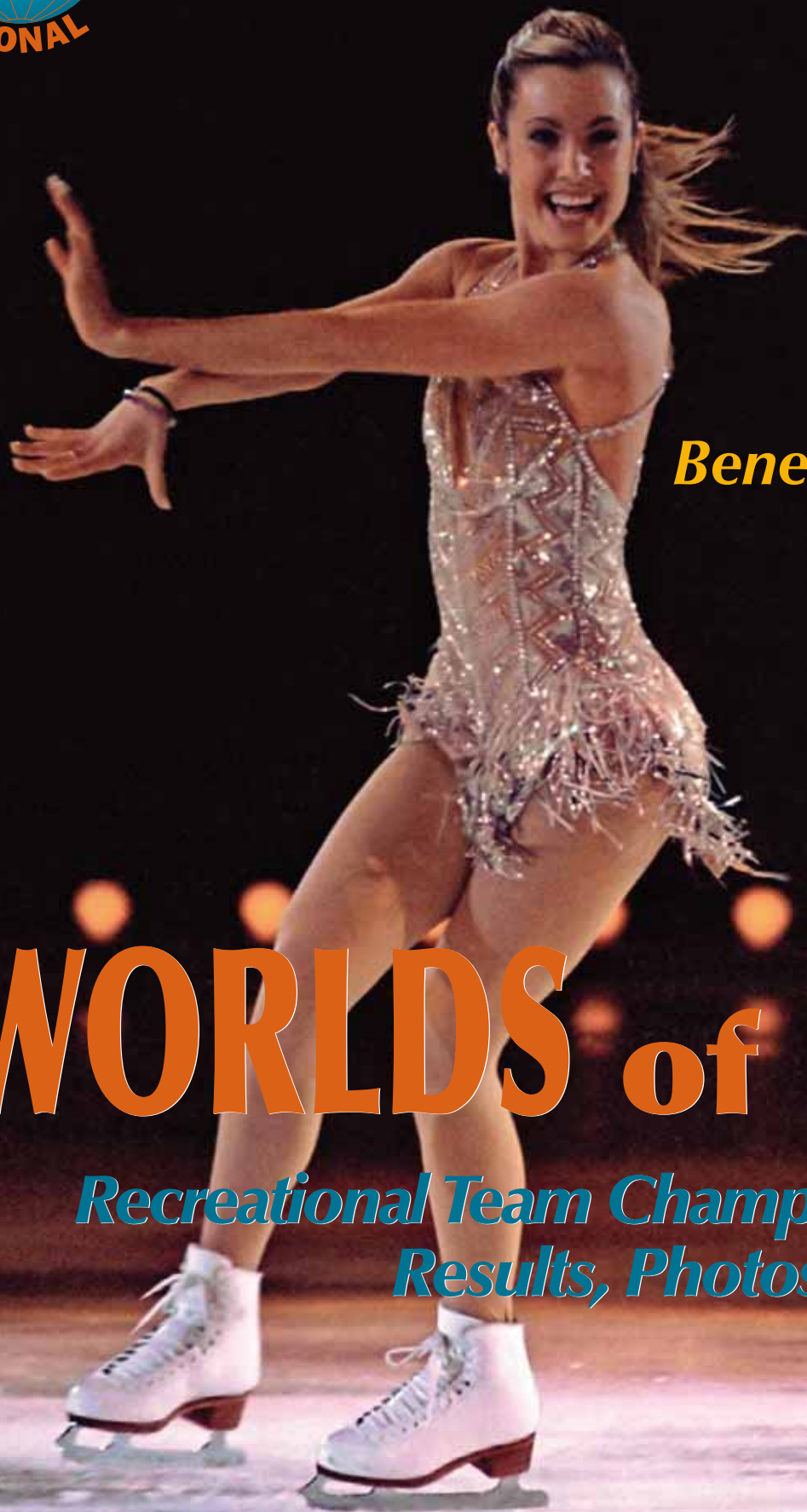




Fall 2004

ice skating



Benefit on Ice
Starring
Jenny Kirk

New:
Kudos
for Coaches!

WORLDS of Fun

Recreational Team Championships
Results, Photos & More

2005 ISI Winter Classic

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FALL 2004/VOL. 29, NUMBER 1

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by Lori Fairchild

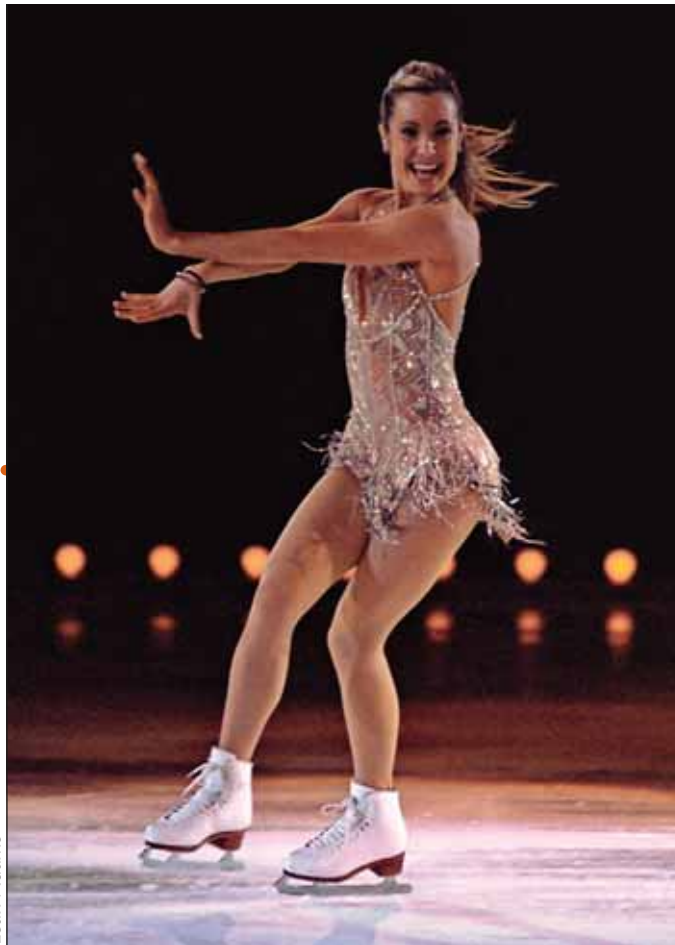
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from the editor

Having *too many* good stories to share can be a challenge when you publish a 40-page quarterly magazine — but what a great challenge to have! This issue is packed with fun follow-up coverage of the ISI 2004 World Recreational Team Championships and helpful articles and tips, plus all of your favorite regular departments. If you were one of the 1,400 Worlds participants in Blaine, Minn., you'll enjoy reliving the memories as you check out the photos and read the features. If you didn't make it to this year's competition, mark your calendar and start planning now to attend next year's Worlds, July 25-30 in sunny southern California.



In this issue we also introduce a new editorial department: "Kudos for Coaches!" We received enthusiastic response from you when we asked for photos and short articles about how your coach has positively influenced your skating and your life, so we will continue to publish these inspiring stories as long as you keep sending them. Be sure to include a photo of you with your coach!

Now, back to that 40-page quarterly magazine limitation mentioned above. We often hear that you would like to receive *Recreational Ice Skating* more frequently. Sounds like a great idea, but it's easier said than done. The magazine is a free membership benefit that is supported solely by advertising, and it is expensive to produce, print and mail. But you can help: When you purchase a skating product or service, be sure to let the supplier know that you are an ISI member and that you read this magazine. Those who already advertise with us will be pleased that their ad is being seen. Those who don't just might decide they want to be seen in *RIS* too!

Keep your stories and photos coming, and have a fantastic skating season!

Lori

NEXT ISSUE:

- Winter Classic Preview
- Teaching Skaters at NYC's Famous Rockefeller Center
- Freestyle 10 Skater Stephanie Zastrow
- ISIA Education Foundation Scholarship Winner Profile
- Adult Championships Results
- Coaching Legend Erika Amundsen
- and much more!

the write stuff

letters from our readers

Editor's Note: Letters may be condensed due to space limitations. Please see instructions (at right) for getting your letter published and participating in the pen pal program.

This is my first time writing to your magazine and my first time receiving it also. I'm not sure how it works, but I would love to have a pen pal to talk to about skating. I just passed to Freestyle 1 and am currently working on my one-foot spin. I would like to say your magazine provides a lot of useful info.

Anna Barr, 14, FS 1
Arkansas Skatium Ice and Roller Rink
Little Rock, Ark.

I'm so glad that you are finding RIS useful! Please check out the pen pal program guidelines at right. We'll add your name to the pen pal database, so if you are specifically requested, we can forward the letter to you. In the meantime, if you would like to contact one of the letter writers you see in the magazine, send us another letter and we will forward it. (After that, you and your pen pal can exchange addresses and communicate directly, without sending your letters here.)



Kitty Bell

I have been skating for a year and a half and love it! I would like to have Jill Claxton and Stephanie Collins for pen pals; if not, I would like someone who is 13 or 14 years old and about my level. I am currently working on



my Lutz and camel sit spin — any tips? My favorite jumps are the loop and flip, and my favorite spin is the sit spin. I love competing in local ISI competitions. So far I have been in about five, and have been getting first or second places.

Kitty Bell, 13, FS 3/4
Pickwick Ice Center
Van Nuys, Calif.

Congrats on all your competitive achievement — you are on a roll! As you work to perfect the Lutz and camel, remember: On the Lutz make sure the take-off edge is a true back outside edge, and on the camel the entry into the spin is the key, so that's where to focus. Keep up the good work!

I love to skate. I have been skating for almost four months, four times a week. I am already in Delta. I can do my waltz jump by myself, but not too high. I'd like to thank my coach, Rimma Orlova, for teaching me how to do all my steps I know. I'd also like to thank my mom for helping me practice everything. And for holding my hand till I felt comfortable enough to try it by myself.

Courtney K. Blakely, 8, Delta
Ft. Myers Skatium
Cape Coral, Fla.

I am writing to you because I need a pen pal — hopefully Tara Lipinski or Sasha Cohen. Also, how do you do the camel, bracket and Choctaw?

Nicole Menas, 8, FS 4/5
Skatetown
Citrus Heights, Calif.

Look in your Skaters & Coaches Handbook and read up on each element you are questioning, then check with your coach on the how-to's. Unfortunately, we can't help with your pen pal request — we can only forward your letter to current ISI members in our database. Perhaps you will see a letter from a member you would like to request as your pen pal, or maybe someone else will write in requesting you. Please review the pen pal program guidelines at right.

Continued on page 34

How to Get Your Letter Published

- Letters must be from current registered ISI members.
- Please keep your letter short.
- Photos are welcome, but cannot be returned. Low-quality digital images may not be suitable for magazine reproduction.
- Be sure to include:
 - Your first and last name
 - Your ISI member number
 - Your age
 - Your skating level
 - The name of the arena where you skate
 - Your address (only your city will be published)
 - An e-mail address or telephone number where you can be reached if we have a question (these will NOT be published)
- If you have a skating question, be as specific as possible. Technical questions will be answered by qualified ISI staff members but should not be considered a substitute for coaching.
- All letters are printed at the discretion of the editor, and may be edited for clarity, accuracy and space.
- E-mail is preferred. Send your letter to editor@skateisi.org or:

Ice Skating Institute
Attention: Editor, RIS
17120 N. Dallas Parkway,
Suite 140
Dallas, TX 75248-1187

How the Pen Pal Program Works

- If you specifically request a pen pal by name, your letter will be copied and forwarded to that person. You MUST include both the first and last name of the pen pal you are requesting. A maximum of three requests per writer may be forwarded.
- General requests for a pen pal will be published, and your name and address will be added to our pen pal database. This allows us to send you letters from individuals who later request you as their pen pal. You MUST provide your full name and address in order to be included in the database and have letters forwarded to you. (**NOTE: We do not "match up" pen pals; we only publish your requests and forward letters to specifically requested members.**)
- Personal street addresses, telephone numbers and e-mail addresses will never be published in *Recreational Ice Skating*.

California Gold to Host SkateFest Fundraiser

LAKEWOOD, Calif. — California Gold has scheduled this year's SkateFest event for Sunday, Dec. 5 from 1:30 to 4:30 p.m. at Glacial Garden Ice Arena.

California Gold, an established local synchronized ice skating organization, annually organizes SkateFest to develop community awareness and interest in all areas of figure skating. For six years, the organization has represented southern California at ISI and U.S. Figure Skating competitions.

SkateFest is a celebration of the sport of figure skating and show-

cases the various disciplines within it. It is an afternoon of ice skating fun for the whole family, with exhibition skating by nationally ranked single skaters, pairs skaters and ice dancers as well as synchronized ice skating teams and theater-on-ice presentations. The afternoon will include open ice time for everyone to pull on a pair of skates and show off their skills on the ice.

Proceeds from the event go to California Gold's nonprofit organi-



California Gold synchronized ice skating organization

zation that supports the sport of synchronized ice skating. For information, contact Susan Diaz at (714) 222-5564 or californiagold@cox.net.

Synchro Team Honored with Logo in Ice

CRESTWOOD, Ill. — Synchronized skating has become increasingly popular in recent years. Since 1989, a Chicago-area team has brought so much recognition and respect to Southwest Ice Arena that rink owner

DiChristina met with coaches Diana Fuentes and Gina Buhs and team managers Kelly Cody and Becky Beilfuss, and the group conceived the idea of putting the team logo in the ice when the hockey lines and circles were repainted during the facility's annual eight-day maintenance. Jet Ice of Canada was enlisted to cut the stencil and ship it, along with their ice-friendly paint, with only a day's notice.

When the Fire On Ice skaters and their parents returned for practice the following week, their delight and surprise were likened to the discovery of gifts under the tree on Christmas morning.

All 36 girls from Fire On Ice's 2003-04 season are returning this year, along with four members who took a year off and several new members. Watch for Fire On Ice at the ISI Winter Classic and Synchronized Championships.



Team logo for Fire on Ice being painted on the floor of the Southwest Ice Arena

Frank DiChristina Sr. wanted to honor the young ladies of Fire On Ice in a unique way.

SkateSmart Offers Free Trial Membership

SHEFFIELD, England — SkateSmart, the world's only online training program for figure skaters, has announced that it is initiating a free 30-day trial membership. Skaters are now able to experience the software's entire range of member services at no cost and with no obligation.

"SkateSmart was developed with the single goal of improving the sport of figure skating," said Roger Margerson, managing director of HD Sports. "Now skaters around the world have

an opportunity to take advantage of the SkateSmart program and see how they can reach their full potential."

This limited-time, free 30-day offer enables skaters to use the interactive training program and tailor it specifically to their skating level. Skaters will be able to track their progress daily while developing a personalized training program.

For more information on the SkateSmart software or to become a member, visit skatesmart.com/freetrial.

Skaters Featured in Smithsonian Traveling Exhibition

WASHINGTON, D.C. — The Smithsonian exhibition "Sports: Breaking Records, Breaking Barriers" will remain on view through Jan. 9, 2005 at the Smithsonian's National Museum of American History before beginning a six-city tour. The traveling exhibition focuses on athletes' participation in significant events and the social contexts that influenced them. Thirty-five athletes and their performances in 17 different sports are featured. Included in the exhibition are artifacts from figure skaters Sonja Henie, Kristi Yamaguchi and Brian Boitano, speed skater Bonnie Blair and roller skater James Plimpton, plus hockey players and teams.

Artifacts selected emphasize such issues as women's changing roles, racial and ethnic integration, the emergence of sports celebrities and superstars, nationalism, perceptions about human physical limitations and handicaps, and technological breakthroughs that enhanced performance and participation.

Exhibition descriptions and tour schedules are available at www.sites.si.edu.

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Ice Dancing Duo Passes Top Test

by Lori Fairchild

Passing their Dance 10 test during the ISI conference in May marked more than one milestone for ice dancing partners Crystal Williams and Carl Nelson. For Crystal, the achievement came the week of her 19th birthday and reminded her of how she got her start in ice skating 12 years ago — during her 7th birthday party at a shopping mall rink. For Carl, reaching the Dance 10 level highlighted his return to ice skating and fitness after years away from the sport and a major weight loss. He was so motivated that he tested with a fractured rib.

Twenty-six years separate Carl and Crystal — they could easily be father and daughter — but when they're on the ice, the age difference is invisible. It's all about the skating and the dancing.

"They are both totally dedicated skaters," says their coach, Cindy Solberg of the Harry J. McDonald Memorial Center in Eagle River, Alaska. "There are no regular ice dancing sessions at our arena, so it has been hard for them to get ice time. They're both very busy people, but they practice in the early mornings, before school and work, during lunch breaks. They're both just delightful to work with, and they're my first ISI Dance 10 team."

The dancing duo laud their coach for her upbeat, professional approach on the ice. "She's very motivating," notes Crystal, who has worked with Cindy for two years. Carl adds: "I appreciate that Cindy treats me like a skater, not an 'adult,' that she does not differentiate between Crystal and me in the way she teaches us."

Crystal, who is also working on her Freestyle 10 test, is a full-time student at the University of Alaska-Anchorage, where she is studying deaf education. She learned sign language as a child, after suffering a partial hearing loss in one ear, and uses it to communicate with two of the skaters she coaches. She also developed the signs for skating

terms to help with her coaching, and she has started writing a book on the subject.

The incredibly mature and active college student coaches 15 individual skaters as well as several groups at the McDonald arena. "With the little ones, I stress the ISI program," she says. "I like the structure, and we have very good participation at ISI events. The competitions are not high-stress; it's all about fun, and everyone is a winner. My own very first competition as a skater was a local ISI competition."

Although Crystal has been skating since she was a little girl, it was Carl who rekindled her interest in ice dancing. "I knew her from the Anchorage Figure Skating Club, and I knew that Cindy taught dance," recalls Carl, an instrumentation and control systems designer in the oil and gas industry. "We started dancing together about two and a half years ago."

Carl's ice skating history dates back to 1971, when he hit the ice as a youngster in Houston. Dancing was his first love, and he managed to get his arena's all-adult dance club to welcome him at the tender age of 13. He later moved to Phoenix and fell away from ice skating. He married, started a family and "didn't think about skating" for awhile.

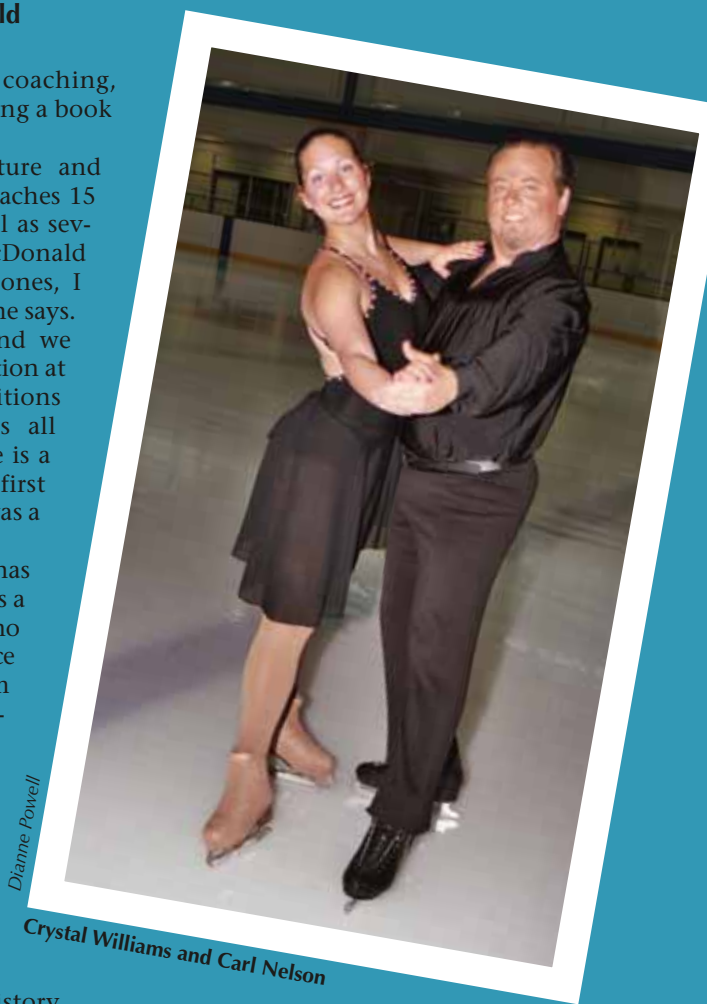
Then, at age 38, Carl says, he reassessed his life. His weight had reached 326 pounds, and he missed the ice. He started skating again in Manchester, N.H., where he lived at the time. When he moved to Alaska in 1998, he picked up the pace and began attending public sessions three times a week.

"With portion control and the increased exercise, I lost 50 pounds in six months, and now I'm down even more, to 210," he says proudly. "I have 30 more to go. But patience

is my mantra, and that applies to weight loss as well as ice dancing. I'm now almost back to the skating level where I was at age 16 or 17, and it's much easier with less mass!"

Carl became an ISI member in January and also serves as a U.S. Figure Skating judge. "I'll be dancing until I'm 80," he says. "It's a sport you can do well into old age."

Crystal and Carl participated together and individually in the ISI Worlds competition in August, sharing first place titles in Free Dance 10 and Mixed Dance 10 as well as a couples' spotlight. They competed against each other in Solo Dance 10, with Crystal gaining the edge for the blue ribbon and Carl taking the red. But, as Crystal says, everyone is a winner in ISI! ●



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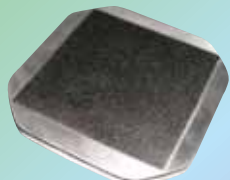
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competitors' corner.....



by Barb Yackel,
ISI National Events Coordinator
& Skating Program Director

Well, Minnesota did it again! Thanks to Jane Schaber of Schwan Super Rink and her outstanding committee, the ISI 2004 World Recreational Team Championships was an exceptional ice experience. The smiles, hugs, laughter and joy of the event made wonderful memories for all who participated.

The week was a whirlwind of fun, highlighted with the addition of Stephanie Zastrow from the White Bear Lake Sports Center to the elite list of Freestyle 10 skaters. Congratulations to Stephanie and her coach, Val Matzke.

The spectacular opening ceremony was a showcase of all the participating skaters, international dancers and drummers, and a giant balloon release. We applaud the efforts of the opening ceremonies coordinator, Michelle Munion. The ISIA Education Foundation Benefit on Ice featured Jenny Kirk along with future ISI stars. As the week came to a close, it was the SM Mega Mall team from the Philippines taking center ice as the winner of the World Recreational Championships team trophy. (See additional Worlds coverage in this issue, and for a complete listing of teams and their scores, visit the ISI Web site at skateisi.org.)

Hats off to all of the Worlds competitors and coaches for their outstanding performances and excellent display of good sportsmanship and camaraderie.

Special thanks go to all the volunteers for their countless hours to

help make this Worlds a special one. And last but not least, to the host facility, Schwan Super Rink, and its fabulous staff: THANK YOU!

Now onward and upward, as they say ...

A new competitive season is at hand and we need to get set for the next big extravaganza. So get out your 10-gallon hat and cowboy boots because we're setting our sights on Big D! That's right, ya'll, the 2005 Winter Classic will be Feb. 18-20 in Dallas at the brand new Dr Pepper StarCenter Farmers Branch. Plan now to head south. Check the Winter Classic section of the ISI Web site for more information.

Keep the planner out and mark

April 1-3, 2005 to get synchronized in Taylor, Mich. The ISI Synchronized Championships will be held at the outstanding Taylor Sportsplex facility. The electricity at this event is unmatched. Hope to see you there!

One last date to mark: July 25-30, 2005 for the Worlds event in southern California, which will be hosted by four facilities in the Anaheim area. Start making those travel plans — Disneyland and the Pacific Ocean are just a hop, skip and an Axel away!

Fall is always the time to get organized, set goals and prepare those new programs. Remember, you accomplish a goal step by step, not by leaps and bounds. ●

Sharpen Your Edge

Staying Strong

There will be times during the season when everything's going right, you're doing well and you feel "on." Nothing can stop you.

Other times, you will make mistakes — some little, some big. You may have a string of performances where nothing goes right.

You can't always avoid making mistakes. Nobody can. But the way you react when you're down can determine whether you are a winner or a whiner.

Your brain is a powerful thing and the thoughts you have during a performance can affect how well you perform — especially if you make a one-time mistake seem like a big-time problem.

Try these little tips:

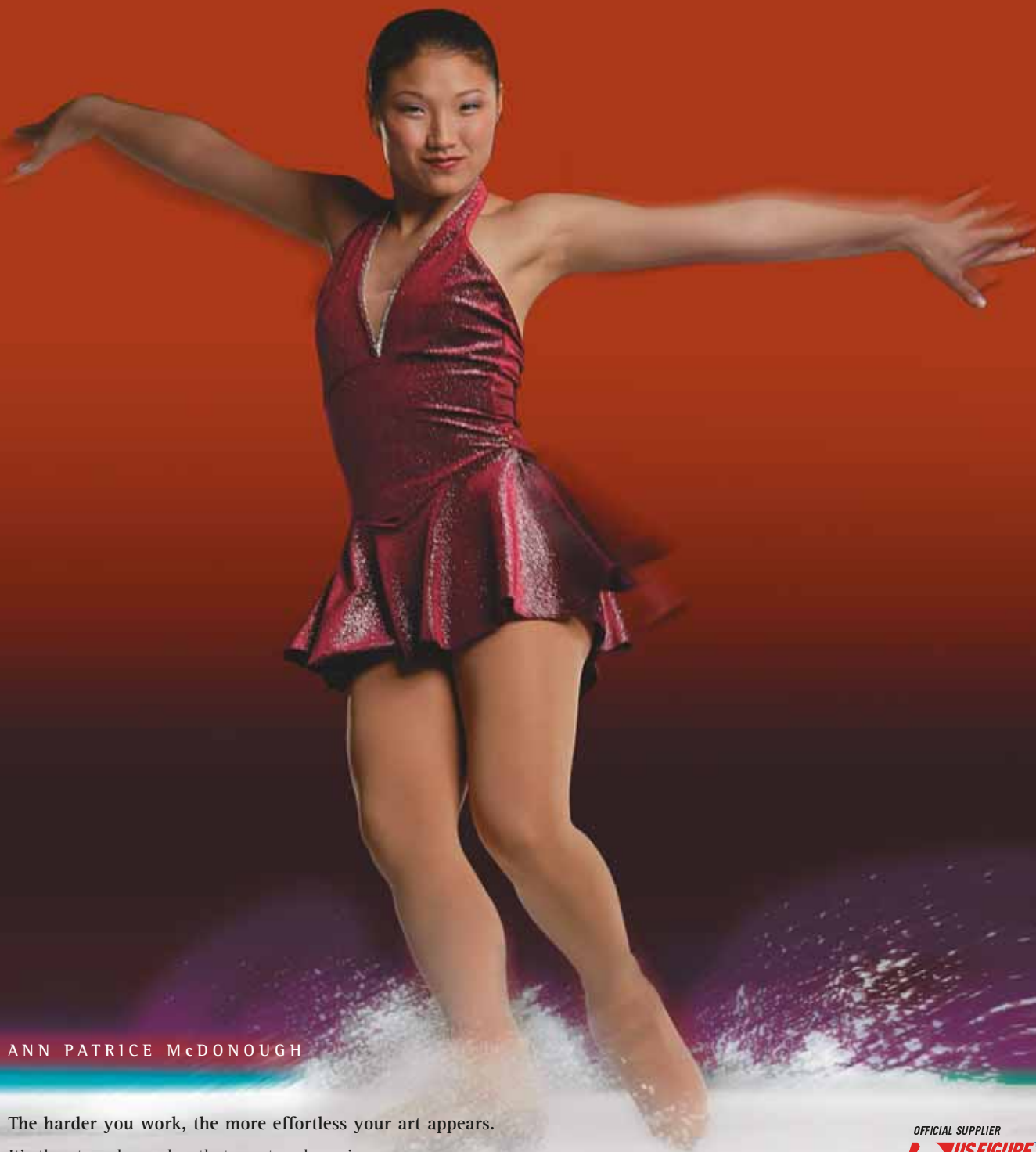
- Is there a voice in your head keeping track of your errors? Fire her or him! Instead, at the end of your performance, congratulate yourself on specific things that went well.
- Imagine a tall dresser with many drawers. When you make a mistake, open a drawer, toss in the mistake and close the drawer tight. You can't see the mistake any more — out of sight, out of mind!
- Your competitors know they stand a better chance of winning if they upset you. They want you to focus more on them than on your program. If you refuse to get upset or intimidated, you take away their power.

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WINTER CLASSIC Individual Entry Form

Event information available at
www.skateisi.org

Event	Location	Event Dates	Test Deadline	Entry Deadline
Winter Classic	Dallas TX	February 18-20, 2005	December 1, 2004	December 1, 2004

☐ **MALE** ☐ **FEMALE**

Last Name	First Name	ISI Member #	Exp. Date*
Address		Birthdate	Age on 1st day of event
City	State/Province	Zip	USFS Test Level
Phone #	Country	Home Rink Name	
E-mail address			

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☐ Stroking
☐ **Spotlight (choose 1)**
☐ Character
☐ Dramatic
☐ Light Entertainment

INDICATE LEVEL
Pre-Alpha – Delta

☐ **Special Skater (1-10)**
(Check if applicable)

Freestyle (1-10)

☐ Solo
☐ Footwork
☐ Solo Compulsories
☐ Artistic (all ages)
☐ **Spotlight (choose 1)**
☐ Character
☐ Dramatic
☐ Light Entertainment

INDICATE LEVEL
(1-10)

PARTNER ENTRIES

Sim Mix

<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) <i>Choose one:</i> <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) <i>Choose one:</i> <input type="checkbox"/> Char. <input type="checkbox"/> Dram. <input type="checkbox"/> Lt. Enter.		<input type="checkbox"/>	<input type="checkbox"/>

Partner Name _____

Partner ISI# _____

Partner age as of event _____

Solo Dance (1-10)

INDICATE LEVEL
(1-10)

Are you an active USFS member who has competed at or above the Novice level at any USFS National Championship within the last two years?

YES _____ NO _____

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 officers, directors, officials and 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 _____

Instructor Professional ISI# _____ Exp. Date _____ Certification Level _____

E-mail _____

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 US \$)

- ☐ **First Event** \$65.00
☐ **Each Additional** \$20.00
☐ **Family Entry** \$108.00

**ENTRY FEES DOUBLED
AFTER ENTRY DEADLINE!**

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

☐ **ISLA Education Foundation Donation enclosed \$ _____**

Membership fee enclosed ☐ \$10.00 Domestic

(for new/expired members to ISI) ☐ \$15.00 Foreign

Total enclosed \$ _____ *make check payable to ISI*

Any changes to this original entry form will result in a Change Fee of \$25.00 per change/per skater.

ISI Use:
Check # _____ Amount _____ Date Received _____

☐ American Express

☐ Visa

☐ MasterCard

☐ Discover

Card # _____

Exp. Date _____

Cardholder (please print) _____

Authorized Signature _____

Telephone Number & E-Mail Address (must be included) _____

**Send entry and fee to:**

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

WINTER CLASSIC Team Entry Form

Event information available
at www.skateisi.org

Event	Location	Event Dates	Test Deadline	Entry Deadline
Winter Classic	Dallas TX	February 18-20, 2005	December 1, 2004	December 1, 2004

Please Print

Name of Team	ISI Team Registration #	Rink Representing
Coach's Name		
Coach's Address (Street, City, State, Zip)		
Coach's Professional ISI#	Coach's Certification Level	
Coach's E-mail		

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	Age Category: (select one)	<input type="checkbox"/> Family Spotlight	Jump & Spin Teams
<input type="checkbox"/> Synchronized Skating Compulsories	<input type="checkbox"/> Junior Youth Team	<input type="checkbox"/> Production Team	<input type="checkbox"/> Low (Pre-Alpha-Delta)
<input type="checkbox"/> Synchronized Formation Team	<input type="checkbox"/> Youth Team	<input type="checkbox"/> Pattern Team	<input type="checkbox"/> Med (Freestyle 1-3)
<input type="checkbox"/> Synchronized Skating Team	<input type="checkbox"/> Senior Youth Team	<input type="checkbox"/> Kaleidoskate Team	<input type="checkbox"/> Int (Freestyle 4-5)
<input type="checkbox"/> Synchronized Dance	<input type="checkbox"/> Teen Team	<input type="checkbox"/> Team Compulsories: _____Level*	<input type="checkbox"/> High (Freestyle 6-10)
	<input type="checkbox"/> Adult Team	<input type="checkbox"/> Freestyle Synchro: _____Level*	
*(indicate 1-10)			

✓ **Indicate any team member who has competed at or above the Novice level at any USFS National Championship within the last two years** ✓

Name	✓ USFS	**Age on 7/1/04	ISI #	Name	✓ USFS	**Age on 7/1/04	ISI #
1				17			
2				18			
3				19			
4				20			
5				21			
6				22			
7				23			
8				24			
9							
10							
11							
12							
13							
14							
15							
16							

****Applies to Synchronized Teams only**
Please list Crossover Skaters on separate sheet.

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

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

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

Entry Fees:

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

☐ ISIA Education Foundation Donation enclosed \$ _____

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

OFFICE USE ONLY

Date Rec'd. _____ Check # _____ Amount _____

Coach's Signature _____ **Date** _____

<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 & E-Mail Address (must be included) _____		

Bounce Back from Mistakes with 'The Flush'

by Kathy Toon

How do great skaters deal with pressure during competition?



Kathy Toon

How do they regroup after making a mistake? A key to maintaining your "game face" during competition is to develop and use an effective mistake ritual. Athletes who maintain emotional control on the ice handle mistakes differently than those who lose emotional control.

All athletes have a ritual they use after making a mistake. How effective is your ritual? Does it allow you to bounce right back? Or does it cause the mistake to linger and impact the rest of your routine?

Think about yourself for a moment. What do you typically look like right after you've made a mistake? Do your

shoulders slump? Does your head drop? Do you shake your head and throw your hands in the air? What does your face look like? Do you roll your eyes? Where do you look? What is that little voice in your head saying? Do you say anything out loud?

Now think about some of the best skaters you know. How do they consistently handle mistakes on the ice? What do they look like? Do they maintain a look of confidence and determination, no matter what just happened? How would you describe them? What do you think they are saying to themselves?

Positive Coaching Alliance believes that all skaters need a "go-to" ritual when mistakes are made that helps them bounce right back and stay engaged in their routine. Let's take a look at how you can develop an effective mistake ritual.

1 Develop a Disciplined Physical Response

This refers to the way you carry your head and shoulders, the look on your face and your body language during the first two to three seconds after you make a mistake. Physically, you want to portray a strong, powerful and confident image, no matter what just happened. Acting *the way you want to feel* in that moment — confident and determined, will move you closer to actually feeling that way. Use your body



language to control your emotional state. This means standing tall, shoulders back, chin parallel to the ground, and keeping your facial expression strong. If you want to feel confident and determined in the face of a mistake, you need to look the part.

A favorite PCA mistake ritual is "The Flush." We learned it from PCA trainer Mike Legarza, formerly the men's basketball coach at Cañada College in Redwood City, Calif. When a player makes a mistake, he makes the motion of flushing a toilet, which involves making a fist with one hand, putting his fist in the air and bending his elbow to bring his fist down. With this flushing motion, the mistake is flushed away and he can now focus on moving forward.

While the flush works well for hockey players, it is not very realistic for skaters in competition, where every movement is choreographed. It would look pretty silly to do a "flush" while skating to *Swan Lake*! A good mistake ritual for skaters is to squeeze your shoulder blades together and let

the mistake roll off your back. On the other side of the coin, one of our trainers, Shannon Peck, used to press her middle finger to her thumb when she did a good jump or spin. It was a way she would pat herself on the back and say, "Good job!" This really helped Shannon's confidence and energized her to finish strong.

2 Develop a Disciplined Mental Response

What you say to yourself (even in the privacy of your own head) has an impact on how you feel. If you obsess over a mistake and play it over and over again in your head, you are likely to skate tight and to repeat the mistake. Rather than focusing on the mistake, focus on the challenge of bouncing back. Talk to yourself in the language of challenge. Use your words and your thoughts to control how you feel. Mentally, you might say: "Come on," "Right back," "No worries," "Hang in there," "Next one" or "Make up for it."

3 Practice

If you want your new, effective mistake ritual to show up under pressure on game day, you need to practice. If you don't, the odds are against you that it will be there during competition. New responses need time and practice to become automatic. Share your ritual with your coaches so they can help you reinforce your new behavior.

Do you have a mistake ritual that we can share with other skaters and coaches? E-mail it to editor@skateisi.org.

Kathy Toon is the product development manager and senior trainer for Positive Coaching Alliance. For more information on the PCA-ISI partnership or PCA programs, go to positivecoach.org or call (866) 725-0024.



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WORLDS of Fun



by Lori Fairchild

Blessed with unseasonably crisp, cool weather and excitement to spare, the 24th annual ISI World Recreational Team Championships brought 1,400 skaters representing 96 facilities to the National Sports Center in Blaine, Minn. during the first week of August. In addition to arenas from across the U.S., the event attracted participants from the Philippines, Mexico, Thailand and the United Arab Emirates.

The 290-acre National Sports Center complex is one of the finest in the nation, and its Schwan Super Rink is the only ice sports venue in North America with four Olympic-size ice surfaces. This year marked the second time the Super Rink has hosted the ISI World Team Recreational Championships.

Worlds week was filled with highlights, including Stephanie Zastrow of White Bear Lake, Minn. passing her Freestyle 10 test. (*Look for a profile of Stephanie in the next issue of Recreational Ice Skating.*)

Another Worlds highlight was the annual ISIA Education Foundation Benefit on Ice show held on Friday night at the nearby Fogerty Arena, starring Jenny Kirk. (*See related story on page 22.*)

Mark your calendars now for next year's exciting Worlds event, set for July 25-30 in southern California — home of Disneyland and world-famous beaches.



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A Grand Opening

Spectacular outdoor opening ceremonies kicked off with a colorful parade of Worlds participants in their team T-shirts. The fun event also featured strolling clowns and performances by the Heart of the Earth drum and dance club, a Latina dance group and a Korean drum ensemble.

In his opening comments, Paul Erickson, executive director of the Minnesota Amateur Sports Association, emphasized ISI's recreational philosophy and the concept that everyone who participates is a winner. He said that a 10-year-old who placed well in one of the early events was overheard to say, "I felt like I was in the Olympics!"

The inspiring ceremonies concluded with a festive balloon release, and the crowd headed next door to the competitors' party in the Sports Hall, where they enjoyed a buffet dinner as well as an incredible illusion show, high-energy music, comedy, dance lessons, contests and prizes.

Heaven-Sent Helpers

Schwan Super Rink staff and volunteers kept the week-long Worlds event running smoothly. Their duties included organizing and distributing award ribbons, running schedules and announcements up and down the stairs, checking in tapes and monitoring the rinks. Some even helped in accounting and with announcing.

"We had about 150 volunteers, and they were my life-savers," said Jane Schaber, skating director for the Super Rink. "Many of them have worked all week, all day."

Many of the volunteers were parents of skaters, like Sue Kaas, pictured here, second from left, with her son, Alex, 7. Sue's daughter, Krystina, 13, also volunteered and participated in five events. "I took vacation time from work to volunteer this week because I love being here and being involved," Sue said, "It's so much fun to hand the awards out and see the skaters' faces, and to offer words of encouragement when they don't place as well as they'd hoped."

Krystina (not pictured) said the daily volunteering left her exhausted, but she found it fun and rewarding to add the service hours to the list she is developing for future scholarship applications.



Lori Fairchild



Lori Fairchild

Shop 'Til You Drop

The famous Mall of America wasn't the only place for ISI skaters to shop in the Minneapolis area. The Skater's Marketplace, which occupied one of Schwan Super Rink's four Olympic-size rinks, offered skating equipment and novelties, event souvenirs and yummy treats. It was also the place to view and order photos and videos, and pick up those cherished awards. Skaters, coaches and parents found it the ideal place to spend their time between programs.

Proud Parents

The highly organized parents of the Ice Crystals synchronized team from Crystal Lake, Ill. pull out all the stops when it comes to showing their support. From matching T-shirts to big signs and loud cheers, they are hard to miss.

Parents of all participants had the opportunity to demonstrate their support by attending the Worlds parent meeting, where they were introduced to key event personnel and briefed about the event and other ISI information. They learned how and where to find information throughout the week, tips for encouraging their skaters and showing good sportsmanship, event etiquette, entry form guidelines and more. These helpful parent meetings are becoming increasingly popular and will be offered at all major ISI competitions.



Lori Fairchild

Sister Support

Allie Rubenstein, 9, from Northbrook, Ill. is a lucky girl. Not only is she gifted with a wealth of skating talent and a sunny attitude, she also has a sister, Rachel, 12, who is her No. 1 cheerleader. "I'm always at the rink with her. It's important that she has family supporting her," said the wise big sister, a non-skater who has nonetheless learned a great deal about skating moves and offers constructive criticism as well as pats on the back.

Allie's parents, Mike and Amy, are also proud and active supporters, but they treasure their daughters' special bond. "Rachel *feels* Allie," Mike said. "When Allie does well, Rachel's happy."

Allie is, indeed, doing well. She skates almost daily, and is currently working on her Axel. She consistently places first or second in her events and was selected to perform in the Benefit on Ice show at the end of Worlds week. But she said it's "making new friends, sportsmanship and being with teammates" that she enjoys most.

"She knows there's more to life than skating," her dad said, as Allie tugged on his sleeve, eager to venture off to the Mall of America rather than wait for the posting of her footwork results.



Lori Fairchild

Continued on page 18



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The Philippines' SM Mega Mall Takes Team Trophy

The SM Mega Mall team traveled nearly 20 hours from the Philippines to participate in Worlds this year, and they didn't go home empty-handed. In addition to claiming the top award for the most team points — a whopping 776.5 — the 61 skaters (ages 4 through 38) who made the trip also took home many blue ribbons and memories from Minnesota.

"This has been a very nice location. The skaters are having fun here — they love to shop!" said coaches Joey and Marlou Tulda, adding, however, that their skaters are very competitive and take their skating seriously. "They thought this was like the Olympics. The love of the sport motivates them."

The Tuldads said their students worked hard to earn this year's recreational team title. They practice daily after school in their mall rink, and are looking forward to the opening of an Olympic-size arena in Manila next year.

The Philippines team is already making plans to attend Worlds next year in southern California, where many of its members will have the opportunity to visit relatives who live there.

Sponsors of the SM Mega Mall team included Philippine Airlines, Accel and Pepsi, in addition to its home rink.

Plymouth Pandas On the Road Again

They didn't have to travel far to reach Blaine, but the Plymouth Pandas of Plymouth, Minn. continued their tradition of traveling in style, with their trusty team RV parked outside the Schwan Super Rink and a shade tent pitched next to it. Panda parent Diane Gove contributes the use of the RV for skating events, allowing team members to use it as a "home base" and a spot to grab a little R&R. In addition to offering healthy snacks and a rest stop, the RV is used as a gathering place for socializing and team-building activities. Photos taken during the week are taped to the side of the vehicle.

"The RV is a way for us to stay together as a team," said Coach Sally Rech. "It keeps them on the premises for meals and gives them a place to take short naps."

Team champs in 2000, this year Plymouth's team of 59 skaters stayed near the top with a third-place total of 647.8 points.



Submitted photo



Submitted photo

White Bear Lake Growing Strong

With 116 skaters participating in the Worlds event, White Bear Lake Sports Center of White Bear Lake, Minn. boasted the largest team and placed second, with 686.3 points.

"We placed fifth at the 2000 Worlds, and our program has grown considerably since then. Finishing second gives the kids something to aspire to," said Angie Rice, White Bear Lake's skating director.

To prepare for the week, the White Bear Lake team held a kick-off party with a five-hour exhibition at their arena. "Everybody performed at least one of their programs. We wanted all the kids to be in the limelight, and it was a very good team-building activity because they all got to see each other skate," Angie noted.

White Bear Lake parents get a thumbs-up from the coach, too. "I can't say enough good things about our parents. Positive breeds positive, and everybody here is supportive of other people's kids."



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Thanks for the Memories

The amazing team at Schwan Super Rink deserves a huge thank-you for their countless hours of planning, behind-the-scenes operations, volunteer support and hospitality. Only a few of them are pictured here, but all of them are greatly appreciated!



ISI 2004 World Recreational Team Championships Results

Due to space limitations, only the top 25 teams' scores are printed below. For a complete listing of teams and results, check the ISI Web site: skateisi.org.

PLACE	ARENA	POINTS
1	.SM Mega Mall	.776.5
2	.White Bear Lake Sports Center	.686.3
3	.Plymouth Ice Center	.647.8
4	.Schwan Super Rink	.272.0
5	.Bielenberg Sports Center	.269.3
6	.Joliet Park District	.247.0
7	.Minneapolis Augsburg	.225.5
8	.Parade Ice Garden	.222.0
9	.Cottage Grove Ice Arena	.208.0
10	.Grand Oaks Ice Arena	.203.0
11	.Oakton Ice Arena	.200.5
12	.Roseville Skating Center	.197.0
13	.St. Croix Valley Recreation Center	.193.0
14	.Capitol Ice Academy	.183.0
15	.Buffalo Figure Skating Club	.173.0
16	.Eagan Civic Arena	.170.0
17	.Ice Skate USA	.124.5
18	.Pasadena Ice Skating Center	.120.5
19	.Sioux Falls Figure Skating Club	.116.5
20	.St. Peters Rec Plex	.112.5
21	.Hutchinson Figure Skating Association	.108.0
22	.Owens Recreation Center	.103.5
23	.Line Creek Ice Arena	.97.0
24	.Athletic Arts Academy	.91.5
25	.New Hope Ice Arena	.82.0



ISI 2004 WO



RLDS Gallery





Benefit on Ice Show Among 'Best Ever'

by Lori Fairchild

The wild applause at this year's Benefit on Ice show just might have set a new record for audience decibel levels. From Pre-Alpha to Freestyle 10, Special Skater to special guest star Jenny Kirk, family spotlights to synchronized numbers — and all levels and events in between — the

enthusiastic support from the appreciative audience never waned during the spectacular two-hour event. "People who didn't come to this don't know what they're missing" and "This was the highlight of the week" were just two of the unsolicited "reviews" overheard at the end of the evening.

The Benefit on Ice is an annual

ISIA Education Foundation event that takes place during the World Recreational Team Championships to raise scholarship funds for ISI members. This year's benefit was held on Aug. 6 at Fogerty Arena in Blaine, Minn. Foundation board trustees Jean Albrightson, Donald Bartelson, Robyn Bentley, Boyd Wietecter and Peter Martell were on hand through-



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Scholarship winners Sara Medek and Jessica Marshall are recognized following their beautiful performances in the benefit show. Scholarship recipients Jamie Spiller and Julianne Kulevich were unable to attend.



Fans gather around Jenny Kirk (rear center) at the autograph table following the Benefit on Ice performance.

Lori Fairchild

out the week to organize and carry out the diverse duties associated with the production, with the help of Patti Feeney from the ISI office. The trustees extend special thanks to Mark Clausen, general manager of Fogerty Arena, and his staff for their support during the successful fundraiser.

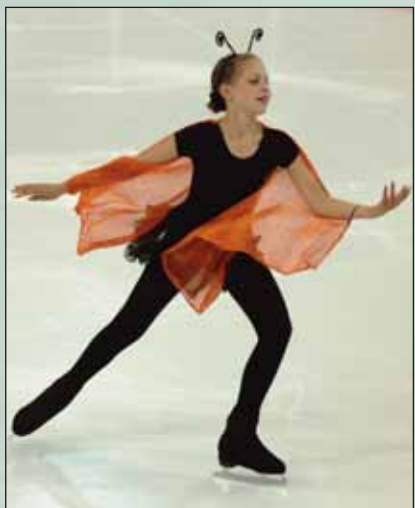
"The performance level and standard of skating were very high and entertaining," Bartelson said. "It was absolutely amazing — one of the best shows we've ever had."

Worlds participants are invited to participate in the benefit show based on the quality and entertainment value of their performance at the weeklong championships. Judges, referees and benefit show organizers look for a balance of skill levels, age ranges and events.

This year's show received overwhelmingly positive comments for its variety. Tiny skaters stole hearts.



Brian Choi of the Philippines demonstrates his fancy footwork.



Kayla Johnson from the St. Croix Valley Recreation Center flutters gracefully through her Freestyle 7 dramatic spotlight.

Graceful performances by the newest Freestyle 10 skater, Stephanie Zastrow, and two of this year's scholarship winners awed and inspired. A few, such as a family spotlight based on *Cinderella* — with Dad as the fairy godmother — drew nonstop laughter. The precise movements of synchro teams and a dance pair pulled

audience members to the edges of their seats. Two flawless performances by U.S. national bronze medalist Jenny Kirk were huge crowd-pleasers. And while no single act stole the show, Oakton Ice Arena's production number "Thriller," featuring more than 40 skaters of all ages, came close.

Continued on page 24

Jenny Kirk Stars in Benefit on Ice

U.S. national bronze medalist Jenny Kirk inspired and entertained the Benefit on Ice audience with her joyful, energetic performances to Mandy Moore's "Only Hope" and a selection from the hit Broadway production and Oscar winner *Chicago*.

Jenny, 20, recently moved to southern California to train with renowned coach Frank Carroll at HealthSouth Training Center. "I love working with Frank and with Ken Congemi. They've brought so much life back into my skating. I think Frank is the best coach in the country," she says. Carroll coached Michelle Kwan for nine years and currently coaches 2002 Olympic bronze medalist

Timothy Goebel among several other top figure skaters.

Southern California agrees with Jenny. "I live right on the beach, and there's so much to do. I hope to be here the rest of my life," she says. It doesn't hurt that her boyfriend, 2004 World Junior silver medalist Evan Lysacek, lives nearby and also trains with Carroll.

Since graduating from high school in her home state of Massachusetts two years ago, Jenny has trained at the Onyx Skating Academy in Michigan, appeared as a model in print ads for Capezio and toured the country with Champions on Ice. "I loved it, and I'll be doing that again next year," she notes. "We were on a big tour bus and got first-class treatment. It was great meeting the other skaters, and there's nothing like the feeling you get when you hear the audience."

One of her more memorable moments from the past year was winning the bronze at the U.S. Nationals — but not for the reasons you might think. Jenny was suffering from the flu and her most vivid recollection from the star-studded evening was "just trying not to throw up on the ice." Somehow she managed to not only avoid throwing up, but also to land a triple-triple combination — one of only two women to do so at Nationals.

She has always loved to jump and has been delving more into the artistic side of figure skating. "I'm finding it's as much fun as the athletic side," she says.

Jenny has sage advice for aspiring skating stars: "Inside of all of us is the basic love of skating, but sometimes that gets pushed down with pressure. Remember that you're doing this for *you*. You're doing it because you love to skate. At the end of the day, the only person you have to make happy is *you*. Skate for the fun of it. Do it for *you*." ●



Guest star Jenny Kirk

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The Johnson family from Bielenberg Sports Center tickled the audience's funny bone with their family spotlight based on the fairy tale *Cinderella*.

Continued from page 23



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Jeremiah Stephens from Parade Ice Garden channels Louis Armstrong in his on-ice rendition of "Hello, Dollie."

Two of the Foundation's four 2004 scholarship winners — Sara Medek and Jessica Marshall — were present to accept their plaques and demonstrate their skating accomplishments. Also receiving scholarships this year are Julianne Kulevich and Jamie Spiller. The Foundation has awarded more than \$200,000 in scholarship funds since its inception in 1989.

Following the skating performances, a long line of autograph

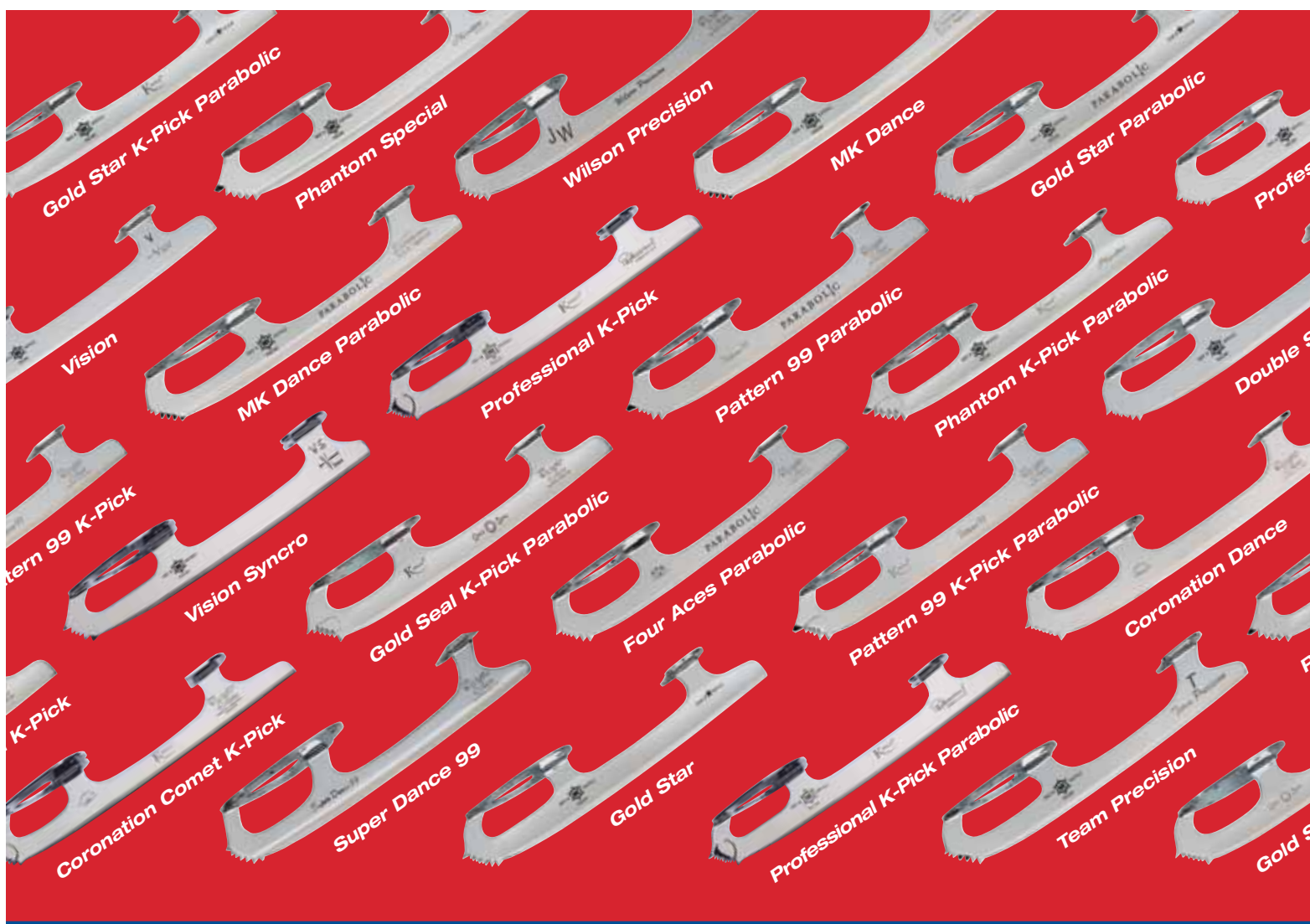
2004 Benefit on Ice Participants

Sara Medek, White Bear Lake Sports Center, White Bear Lake, Minn.
 Jaclyn Kate Guevarra, SM Mega Mall, Philippines
 Aidan Megally, Oakton Ice Arena, Park Ridge, Ill.
 Abby Hirsch, Parade Ice Garden, Minneapolis
 Elizabeyta Bjerklie, Ice Skate USA, Houston
 Morgan Munion, Schwan Super Rink, Blaine, Minn.
 Itty Bitty Pretty Ones, Plymouth Ice Center, Plymouth, Minn.
 Jessica Marshall, Ice Chalet, Knoxville, Tenn.
 Brian Choi, SM Mega Mall, Philippines
 Jeremiah Stephens, Parade Ice Garden, Minneapolis
 Michaela Heuckendorf, Augsburg Arena, Minneapolis
 Kayla Johnson, St. Croix Valley Recreation Center, Stillwater, Minn.
 Allie Rubenstein, Northbrook Sports Center, Northbrook, Ill.
 Johnson Family, Bielenberg Sports Center, Woodbury, Minn.
 Oakton Ice Arena, Park Ridge, Ill.
 Taylor and Zachary Elliott, RDV Sportsplex Ice Den, Orlando, Fla.
 Bev Eberhard, Schwan Super Rink, Blaine, Minn.
 Roxanne Puno, SM Mega Mall, Philippines
 Amy Burmeister, Apple Valley Sports Arena, Apple Valley, Minn.
 Six Chicks and A Guy, White Bear Lake Sports Center, White Bear Lake, Minn.
 Bob and Lorna Hodgson, Ice Zone, Boardman, Ohio
 Schuyler Youngstrom, Pasadena Ice Skating Center, Pasadena, Calif.
 Stephanie Zastrow, White Bear Lake Sports Center, White Bear Lake, Minn.
 Synchro Panache, Augsburg Arena, Minneapolis

seekers snaked through the lobby doors and into the rink. The cheerful Kirk accommodated each and every one with a smile.

If you missed this year's out-

standing Benefit on Ice, don't make the same mistake next year! The 2005 World Recreational Team Championships are scheduled for July 25-30 in southern California. ●



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(PERFORMANCE)³



Kudos for Coaches!

In the last issue of Recreational Ice Skating, we asked you to tell us about your coach, and how she or he has been a positive influence on and/or off the ice. Here are your enthusiastic responses:



Therese and Kristen

Ms. Therese (Phillips) is the best coach because she makes skating fun and she is so nice. She always knows how I'm feeling. She teaches me how to improve in a kind way. I go to a lot of ISI competitions and with all her help I get first or second or third place. She loves her two bunnies and likes bird watching. She is a hairdresser on Sundays. Her hairdressing has helped me keep my

bangs out of my eyes. She is

also interested in my science and nature books.

I am going to be a scientist when I grow up. She helps me try my hardest and so now I am in Freestyle 2!

Kristen Van Tine, Age 7, FS 3
Niles Park District Iceland
Chicago

Patti Kennedy has been my only ISI coach since I was 10 years old, and I feel that she deserves recognition. From the Mohawk to the double Lutz, Patti has always been there for me. She has had outstanding patience with me at all times despite my many "grumpy" days. Patti is the director of the Nashoba Valley Olympia skating club and has led the team to victory in the 2002 World Championships. She also received a District 1 Director of the Year award in 2003. Thank you, Patti, for all that you've done!



Amy and Patti

Amy Mazzucotelli, 14, FS 8
Nashoba Valley Olympia
Westford, Mass.



Aimee and Tanya

Skating is awesome! I just love it, and I also love my coach Tanya Quigley! She is fun, kind, caring and considerate when I am learning a new move or doing my spins. She shows me how to do it and then I try it. If I don't do it correctly, she corrects what I did wrong. I have been skating since I was 5 years old. I am 12 and my success has been highly motivated by Tanya Quigley! She is an awesome coach of the Swing Kids youth synchro team where I have learned to skate as a team member. I admire her spectacular qualities as a great mother and skater, exactly what I hope to be someday.

Aimee Aucoin, 12, FS 3
Charles Moore Arena
Chatham, Mass.

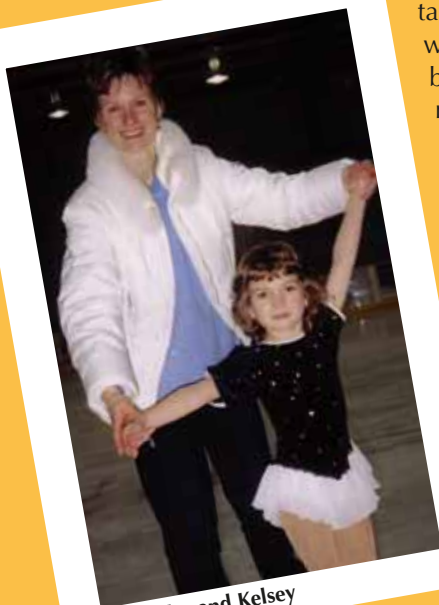
When I saw that you were asking for stories about coaches, I was excited to respond. Not many skaters can say that their coach is younger than them, but that is the case with my coach, Shelly Kowalski. Shelly and I have been together for nearly 10 years. We have attended many competitions together, including the very first Adult Champs in Las Vegas in 1999. (Talk about distractions!) Shelly will be the first to admit that teaching an adult skater is very different than teaching a child skater. There are things that an adult can "get away with" (although Shelly usually wins out in the end). We both have families and support each other through challenging times, both on and off the ice. We have laughed and cried together. But above all, we have a lot of fun together. We each have our share of skating "superstitions," too. My two big ones are "no hugs before competing" and "the nail polish must always match the skating dress" (see photo, which was taken *after* I skated). One of my favorite superstitious moments from Shelly was when I was on a practice session for an Adult National competition. I was having a near perfect practice. Toward the end, Shelly said, "Fall" (to get it out of my system). I looked at her with my "Are you nuts?" look and said, "No, I'm not going to fall." She responded with a sharp "Yes, fall!" This bantering went back and forth a couple of times until I finally asked, "How would you like me to fall?" "Any way you like" was her response. So I fell. Didn't I say that she usually wins out in the end? This turned out to be a valuable lesson since I then skated one of my best competition performances ever. So, no matter how odd the request may be, you should always trust and listen to your coach!



Shelly and Gail

Gail Sombati, 35, FS 6
Southgate Civic Center
Allen Park, Mich.

I have been skating for two years. My coaches are Alexandra (Rimkevitch) and Stas (Jirov). They are special. Alexandra helped me pick out this dress for my first competition. She is my ballet teacher also. Stas taught the ballet class when Alexandra had her baby. One time the ice melted and he did an off-ice class for us. They have taken me to three competitions. Twice I got first place and one second place. Now I am in Delta and they are helping me get ready for Moves in the Field.



Alexandra and Kelsey

Kelsey Blake, 6,
Delta
Hampton Roads
IcePlex
Gloucester, Va.

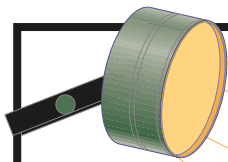
I've been skating with my coach, Chea Hutton, for three years. I love her because she is funny and nice. She understands everything and I can talk to her about anything. She always listens. She teaches everything the right way, and whenever something is wrong, she fixes it. She is the best coach in the world! Enclosed is a picture of me and my coach earlier this year when I won first place in an entertainment spotlight. I skated to "Kung Fu Fighting."



Erin and Chea

Erin Rodden, 8, FS 5/6
San Diego Ice Arena
El Cajon, Calif.

Send your "Kudos for Coaches" to editor@skateisi.org or Ice Skating Institute, Attn: Editor, RIS, 17120 N. Dallas Parkway, Suite 140, Dallas TX 75248-1187.



spotlight

Capitol Ice Academy

by Barb DeSart

Established in June 2000 and based at the Ice Pavilion in Des Moines, Iowa, Capitol Ice Academy is the grass-roots effort of a small group of member families — currently 18. We recognize the benefits that ice skating has afforded our children: excellent physical fitness, focus, goal-setting, sportsmanship, character and, most of all, FUN. It is our goal to educate and support all youth and adults who pursue ice sports.

Our skating director, Burton Powley, and our team coach, Jennifer Nutting, provide our skaters with 50 years of combined coaching experience.

Our skaters represent middle America. Our members' families fundraise regularly. Some work overtime and some even take second jobs to provide their children this positive and privileged opportunity. Our club takes pride in our communities and strives to contribute to their betterment. We have supported the efforts of Kid's Fest, The Number One Question — Is It Good for Kids?, Big Brothers and Big Sisters, Make-A-Wish Foundation and other notable efforts. Our club has purchased ice time for these activities and invited the entire community to participate free of charge, to experience the excitement firsthand.

This year we will offer a community learn-to-skate program, advanced figure skating classes and practice ice sessions. It is a huge undertaking for our small club.



Capitol Ice Academy

I know that we will reach our goals due to the integrity and loyalty of our family-oriented members.

Barb DeSart is president of Capitol Ice Academy.

CORRECTION: The "Spotlight" in the last issue identified Maureen Cummings as the coach of Rocket Ice Arena's Starfire synchronized teams. In addition to Cummings, other Starfire coaches include Sharee Decosola (head coach and director), Cindy Spizzirri and Kristin Adamczyk.

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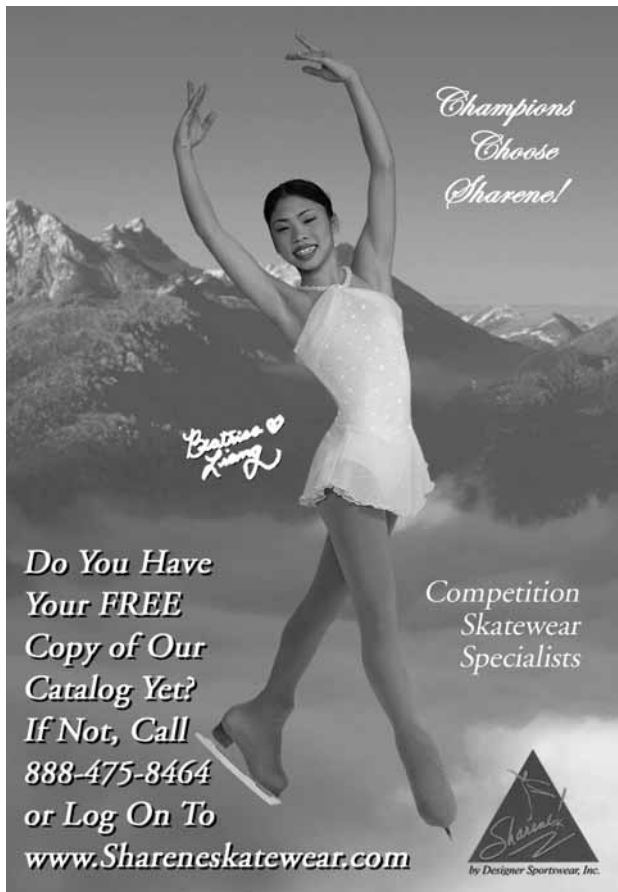
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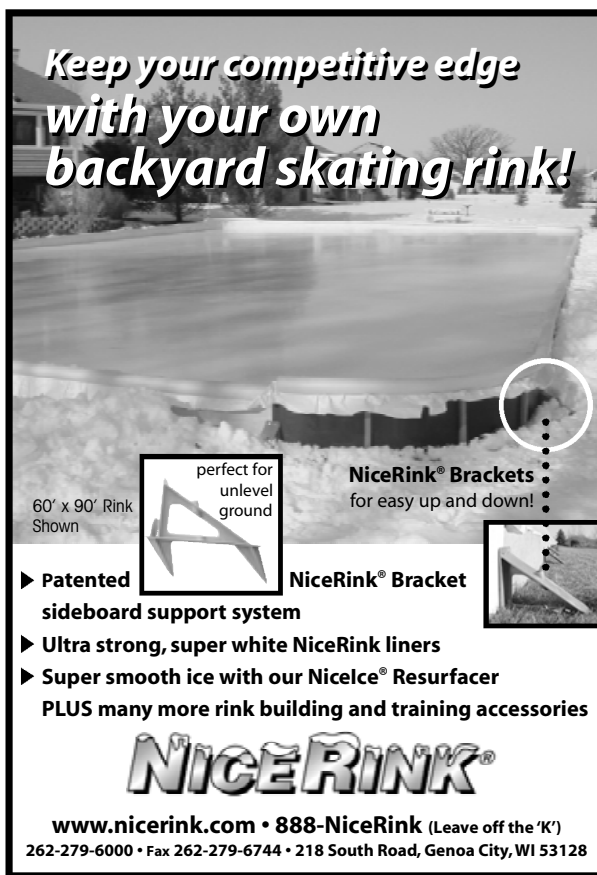
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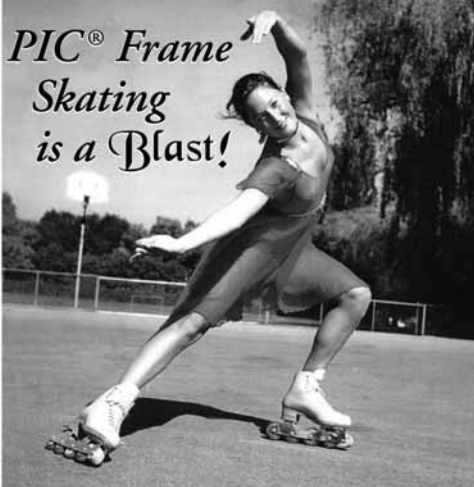
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calendar

ISI-endorsed competitions & shows/exhibitions

(Due to printing deadlines, events endorsed by ISI after August 24, 2004 will be listed in the next issue.)

competitions

october

- 1-3 **Houston**
Polar Ice Galleria
19th Annual Gulf Coast
Open Team Competition
- 2 **Vancouver, Wash.**
Mt. View Ice Arena
1st Annual Harvest Festival
- 8 **Peoria, Ill.**
Owens Center Fall
Spectacular
- 9 **Springdale, Ark.**
Arkansas Figure Skating
Association
Ozark Invitational 2004
- 16 **Coral Springs, Fla.**
Incredible ICE
Incredible Challenge
- 22-23 **Naperville, Ill.**
All Seasons Ice Rinks
The Great Pumpkin
- 22-23 **Clearwater, Fla.**
Tampa Bay Skating Academy
TBSA Countryside ISI Fall
Competition
- 23-24 **Rockland, Mass.**
Rockland Rink
Winterland 18th Annual
Halloween Classic
- 23 **Las Vegas**
Las Vegas Ice Center
1st Annual ISI Fall Open
Competition
- 29-30 **Woodbury, Minn.**
Bielenberg Sport Center
Skate Woodbury ISI Classic

november

- 5-7 **Alpharetta, Ga.**
The Cooler
The Cooler 6th Annual
2004 ISI Invitational
- 6-7 **Joliet, Ill.**
Inwood Ice Arena
Harvest Gold ISI
Competition
- 7 **Anaheim, Calif.**
Disney ICE
4th Annual Disney ICE
Synchronized Team
Championship
- 9 **Renton, Wash.**
Castle Ice Arena
Fall Fling 2004
- 12-14 **Duncanville, Texas**
Dr Pepper StarCenter
6th Annual ISI Southwest
Championships
- 12-14 **Portland, Ore.**
Lloyd Center Ice Rink
17th Annual Ice Crystal
Classic
- 12-14 **Findlay, Ohio**
Silver Blades FSC
Flag City Open

- 19-21 **Paramount, Calif.**
Paramount Iceland
Iceland Open
- 19-21 **Tampa, Fla.**
Ice Sports Forum
2004 Fall Challenge
- 19-21 **Taylor, Mich.**
Taylor Sportsplex
TSX Fall Extravaganza
2004
- 19-21 **Knoxville, Tenn.**
Icearium
Icearium Invitational
- 20-21 **Kansas City, Mo.**
Line Creek Community
Center
City of Fountains Fall Fling
- 27-28 **Skokie, Ill.**
Skatium
All America Team
Competition

december

- 4-5 **Franklin, Mass.**
Franklin Blades Skating
School
14th Annual Team ISI
Competition

january

- 7-9 **Northbrook, Ill.**
Northbrook Sports Center
Winter Open
- 15-16 **San Diego**
Ray & Joan Kroc
Community Center
3rd Annual ISI Open
Competition
- 21-23 **Homewood, Ill.**
Homewood Flossmoor
Ice Arena
ISI Open Team
Competition

february

- 11-13 **Niles, Ill.**
Niles Park District Iceland
Sweetheart Open



- 18-20 **Dallas**
Dr Pepper StarCenter
Farmers Branch
ISI Winter Classic
- 19-20 **Nashville, Tenn.**
Centennial Sportsplex
19th Annual Centennial
Sportsplex ISI Invitational

march

- 4-6 **Irmo, S.C.**
Ice Land
Palmetto Classic District 5
Championships

april

2005 ISI



- 1-3 **Taylor, Mich.**
Taylor Sportsplex
ISI Synchronized
Championships
- 1-3 **Knoxville, Tenn.**
Ice Chalet
36th Annual Mississippi
Valley District Competition

may

- 7-8 **Fairfax, Va.**
Fairfax Ice Arena
Fairfax Ice Arena Annual
ISI Spring Competition

july



- 25-30 **Southern California**
ISI World Recreational
Team Championships

shows & exhibitions

december

- 3-4 **Springdale, Ark.**
Arkansas Figure Skating
Association
Christmas Traditions
- 4-5 **Tucson, Ariz.**
Polar Ice Tucson
Winterfest 2004

- 7-10 **Knoxville, Tenn.**
Ice Chalet
Nutcracker on Ice
- 10-11 **Houston**
Aerodrome Ice Skating
Complex
8th Annual Nutcracker
on Ice
- 10-11 **San Francisco**
Yerba Buena Ice
Skating Center
Holidaze 2004
- 10-12 **Evanston, Ill.**
Robert Crown Center
30th Anniversary
Nutcracker on Ice
- 11 **Anaheim, Calif.**
Disney ICE
10th Annual Holiday
Spectacular
- 17 **Glenview, Ill.**
Glenview Ice Center
Winter Figure Skating
Exhibition
- 18 **Oak Lawn, Ill.**
Oak Lawn Park District
Ice Arena
Holly Day on Ice
- 18 **San Jose, Calif.**
Logitech Ice at San Jose
Skate a Holiday Present
- 19 **Arlington, Texas**
Ice at The Parks
Holiday Happenings
- 21 **Renton, Wash.**
Castle Ice Arena
Holiday Gala

march

- 15 **Renton, Wash.**
Castle Ice Arena
Spring Exhibitions

may

- 11-15 **Glenview, Ill.**
Glenview Ice Center
32nd Annual Ice Show
- 13-15 **Niles, Ill.**
Niles Park District Iceland
Big Thunder Gulch,
An Old Western Adventure

*Ice Arena
Conference and Trade Show
Las Vegas 2005*



- 30-6/2 **Las Vegas**
MGM Grand
ISI Conference &
Trade Show

I wanted to write and tell you how much I enjoy being a member of the Ice Skating Institute. I also like the *Recreational Ice Skating* magazine you publish and the articles in it. Thank you very much for my membership in the ISI.

David Franzman, 60, FS 1
Hampton Roads Ice Plex
Newport News, Va.



Jenny and Adrienne White

My 12-year-old sister quit skating to play lacrosse instead. She was in the same level as me. Everyone tried to get her back into it, especially Nikki Schallen (my coach), but she just wouldn't skate anymore. Do you have any ideas about how to get her back into skating?

Adrienne White, 11, FS 3
Knickerbocker Arena
Slingerlands, N.Y.

What a caring sister you are! Why don't you suggest that your sister get on a synchronized ice skating team? That way she can still play lacrosse, and then possibly all will fall into place and she will get back into ice skating. I'll keep my fingers crossed for you.

I wrote to you last year and I have a few pen pals, but I would like some more. I am now in Freestyle 4, but our rink recently closed. So we have an alternate home for the summer until the new rink is built. I am having some trouble with my loop jump. Could you please give me some advice? I would also like Amy Kisby, Jill Claxton or Brittany Chatfield as pen pals, or someone around my age and/or level.

Katie Krolik, 16, FS 4
Crystal Palace Ice Rink
Las Vegas

Sorry to hear about your rink closing — but just think how COOL your new home will be. The loop jump is a timing jump, so get that timing down and remember to lift into the air to get the full rotation. Don't get too loopy over your loop!

I've been skating for almost 10 years. I skate in the winter, only about two to four days a week. My coach is Rebecca Johnson. She's a great coach, and she really pushes me to the limit and makes skating fun! I've also had many other great coaches over the past years, and I want to say thank you to them. Also to my mother and my two sisters, Becky and Kasey, for always being there for me. I was just wondering if I could possibly get a pen pal around the same age and level.

Sarah Stenson, 12, FS 3
Fenton West Chester Arena
Lyndonville, Vt.

I have been skating for five years. My favorite move is the scratch spin. I compete three or four times a year. I am working on my Axel and double Salchow. I also skate U.S. Figure Skating. I would like a pen pal around my age and level, please.

Leah Keune, 11, FS 5
New Ulm Civic Center
New Ulm, Minn.

I love writing to your magazine! It's really cool! I would like to be pen pals with Jeanine Kosinski, Rebecca Young and Karen Lageson. But I'm still looking for pen pals! Skating's going really well. I'm almost past the Axel, but I still have a long way to go. See you in your next issue!

Guinevieve Imperial, 10, FS 5
Gardens Ice House
Washington, D.C.

I love skating. I have been skating since I was 2 1/2. I like doing spiral the most. I am working on my Axel and layback elements. I skate four times a week. I'm also a member of the Oxnard Sea Breeze Skaters synchronized team. I take piano and ballet lessons once a week. I have a little 2-year-old sister named Allison. She is getting ready to skate, too. I have two coaches, Michelle and Steve. Michelle teaches me jumps, spirals, spins and dance steps sequence. Steve teaches me moves in the field. I did well in my first grade of school.

I received all E's and A's for my report card. I want to say thank you to my parents who have to work hard to earn money to pay for my lessons.

Emily Yan, 7, FS 4
Oxnard Ice Skating Center
Agoura Hills, Calif.

I have been skating for three years and am now in Freestyle 3. I have competed in two competitions. The first one, I won two silvers. The second one, I won two golds and one silver. My coach is Coach Sam Witte. I train in North Dakota during the summer because our ice is only up in the winter. I would love a pen pal near my age and level.

Shelby Magorien, 12, FS 3
Ft. Pierre Expo Center
Pierre, S.D.

I have been skating for 4 1/2 years and I still love it! My little sister Jordan loves to skate, too. She has been skating for two years and is in Freestyle 1. I was hoping that you could find me a pen pal. I would either like Janel Booker or Tara Funk. But if not, I would like to have one around my age and level. I would also like a girl.

Lauren Berg, 12
Lloyd Center Ice Rink
Vancouver, Wash.

I've been skating for about four years. I thank Lilli Buell and Nina Stark-Slapanik for helping me to get to where I am today. I would also like to thank my school, Stone Ridge in Bethesda, Md., for supporting me at my competitions. I am so close to getting my double Salchow! Do you have any tips? By the way, I would really like a pen pal around my age and level, and a girl!

Iana Kozelsky, 10, FS 5/6
Cabin John Ice Rink/Wheaton Ice Arena
Silver Spring, Md.

I can feel those double Salchows being landed as I type this. If your rink has a jumping harness, try that — with the help of your coach, of course. Remember to visualize yourself landing the jump and YOU WILL.

I love to skate; it's my favorite sport! I wrote here before, but I never got a pen pal. So far, I'm working on my Axels and camel spin, but I like the sit spin and spiral. I've been taking

private lessons from my coach, Jill, for two years. I would like to be pen pals with Ivy Pearson, Erin Gagner and Rebecca Young, please. Any pen pal would be OK, though.

**Carly Hayes, 10, FS 4/5
Augsburg Arena
St. Paul, Minn.**

I love to skate. I have been skating for almost three years now. I am getting ready to pass Freestyle 4 and am trying to choreograph my own program. Like many other people, I am working on my Axel. What I love the most about skating is that my mom teaches me. She was a really good skater when she was little.

**Alyssa Jacobsen, 12, FS 4/5
Inwood Ice Arena
Minooka, Ill.**

I just moved on to Gamma! I have been skating about a few months already. And I have a question. What is a shoot the duck? I'm looking for a pen pal between Gamma and Delta and around my age. I would like to have Brittany Beuke-ma for a pen pal.

**Aubrey L. Dela Cruz, Gamma
Vacaville Skating Center
Fairfield, Calif.**

What's a shoot the duck?! I want you to get out your Skaters & Coaches Handbook and read the description for the shoot the duck. I used to love doing shoot the ducks. We would even have "shoot the duck contests" for fun at the rink. Quack quack, and good luck!

This is my first time writing to your magazine! The first time I put my foot on the ice was when I was very young, and my mom would help me just stagger around the rink. I took my first lesson when I was about 10 because my sister started skating and I wanted to give it a try so I went once a week. Well, I'm really happy I did. In the fall of 2003, I started skating more seriously and went four to six times a week. My new coaches, Hongyun Liu and his son, Bing Liu, helped me improve from my bad habits and my skating went to a whole different level. In less than two months I went from doing loops to Axels, and now I am working on my double flip. My favorite jump is a double Sal and my favorite spin is a

flying camel. But I have concern: This summer I must go away to Italy for seven weeks, and there is no skating there at all! I was wondering if you could advise me as to what off-ice activities (along with stretching) I can do to at least keep in skating-oriented shape.

**Paolo Singer, 13, FS 5/6
Sky Rink at Chelsea Piers
New York, N.Y.**

Unfortunately, because this is a quarterly publication I was unable to respond to your question in time for your trip. But for future reference, when you can't skate for awhile, the stretching is key, and biking, running, Pilates and eating right will keep you on track to hit the ice when you return. I hope you had a wonderful time in Italy!



Jessica Hatfield

This is my very first time writing to your magazine. I've been skating for three years. My private coach's name is Miss Lindsay Kos. She pushes you a lot, and I like coaches like that! She challenges you a lot, too. She'll show me one step at a time. I think that really helps a bunch, especially on my one-foot spins. My Ice Chips (synchronized) teachers are Mrs. Laura Edney and Miss Lindsay Kos. They are really helpful on our moves we do in the program. I really want a pen pal. Please try to get me Michelle Charters!

**Jessica Hatfield, 9, FS 1
Eddie Edgar Ice Center
Westland, Mich.**

I love your magazine and I am really excited about having a pen pal. I am

requesting a pen pal named Lindsey Ann Carmichael who is 9 years old in the class Gamma/Delta. She goes to TBSA Parkside in St. Petersburg, Fla. I am also 9 and in Delta. I think we will have a lot in common and I would like to get to know her. Please forward my letter to her. If she is not interested, I would like to have a female pen pal around my age and level.

**Alyssa Huskey, 9, Delta
Ice Chalet
Knoxville, Tenn.**

I have been skating for almost three years, and would really enjoy having a pen pal. I would like to be a pen pal with Lexi MacDonald, Janel Booker or Karen Lageson. I'm working very hard to be on a synchronized skating team, and to get up to the level Freestyle 1. Also, would you have any tips for edges? I'm having some trouble on those.

**Emily Maynard, 11, Delta
Wayne Kennedy Rec Center
Festus, Mo.**

Synchronized skating teams are so fun! I'm glad you have an interest in joining one. Maybe we will see you at the 2005 Synchro Champs in Taylor, Mich. Your edges and turns will be a very important factor in making a synchro team so I recommend taking some ice dancing classes. Let us know WHEN you make the team!

I have been skating for two years. I am working on my Axel. I have tested up to Freestyle 1 and soon want to test again. I want a pen pal badly and prefer one from 9 to 12 or 13 years old.

**Jessica Ferguson, 11, FS 1
Ice House
Oradell, N.J.**

I've been skating for seven years and I love to skate! I'm working on the Axel, double Salchow and flying camel spin. I skate almost every day for 2 to 2 1/2 hours. I've mastered the double toe loop off the ice, but when I try to do it on the ice, I crumble. I really want a pen pal: Jeanine Kosinski or Laura Goeing.

**Emily Sharp, 12, FS 4/5/6
Glacial Garden Ice Arena
Anaheim, Calif.**

What a trooper — 2 to 2 1/2 hours a day on the ice! You are sure to be a star.

My suggestion on the double toe is to have your coach put you on a jump harness if one is available at your facility. This is good way to get the ice feel for the jump. Happy landings!



Nicole Edwards

I love skating! I am working on Freestyle 4 (but have passed FS 3). I want to learn my Axel, probably by next February. I just competed in my first U.S. Figure Skating competition and got second place in freestyle and third place in dance. My two favorite skaters are Michelle Kwan and Sasha Cohen. My favorite spin maneuver is the scratch spin, and my favorite jump is the waltz jump. I think my parents for spending all this money for the sport I chose. I am thinking of entering the ISI World Recreational Team Championships in 2005 and want to know if you know where it will be held. Also, I would like to have Erin Granger as my pen pal.

Nicole Edwards, 9, FS 3
The Pavilion
Greer, S.C.

The 2005 ISI World Recreational Team Championships will be held July 25-30 in southern California. Watch the ISI Web site for updates: skateisi.org.

I am in Freestyle 6 and have been skating for eight years. My coaches are Denise Peters and Peggy Knuth. I've been on a synchronized team for four years. I'm working on my double jumps. My favorite spin is a sit spin and my favorite jump is an Axel. I would like a pen pal around my age and my level.

Paige Lawless, 13, FS 6
Fox Valley Ice Arena
West Chicago, Ill.

I love ice skating! It's like the best sport ever. I have only been skating for a year. About a month ago I was in our annual skating show and it was awesome. We had a lot of fun backstage and on the ice. Right now I'm in Freestyle 3/4, but I'm having trouble on my loop and my flip. Could you give me some advice on to how to land those? Can you also try to find me a pen pal around my age and level?

Olivia Phan, 12, FS 3/4
Skate Zone
Westminster, Calif.

Performing in ice shows was my all-time favorite thing, too. On your question regarding the lands of your flip and loop, check your free leg and upper-body positions on those landings. Remember, you need to get up in the air first, so possibly a jump harness or off-ice jump exercises will help. Keep enjoying your skating!

I have been skating for three years and am at the FS 3/4 level. My toughest jumps are the loop and the flip, but I'm still working on them and I'll get them soon! I would love to be pen pals with Alexis Burkholder and Kirsty Warren. Thank you for helping me get pen pals. I really love to write letters and I can't wait to find out what life is like in Las Vegas and in Illinois!

Caitlyn Morris, 8, FS 3/4
Fairfax Ice Arena
Fairfax, Va.

This is my first time writing to your magazine! Figure sk8'n is so cool! I have been taking lessons for only six months, and I LOVE it! So far, I have passed up to Freestyle 1, and I'm currently working on my Axel and camel spin. I am also working on my back spin, which is why I haven't taken the FS 2 test yet. But I will soon! The flip is my favorite jump, and the sit spin is my favorite spin. It would be great to have a pen pal around my age. I would like to be pen pals with Amy Kisby.

Eileen Huynh, 15, FS 1
Kent Valley Ice Centre
Renton, Wash.

I love skating! I have been skating for around a year and a half. I am currently in Freestyle 1, but I'm working hard on my loop. I can't seem to jump high enough to do the full rotation. Do you have any ideas that could help me? I will hopefully be in Freestyle 2 soon. I am also on a teen

synchronized skating team. I would like Amy Kisby for my pen pal, and if not, could you please find someone around my age and level?

Emily Williams, 15, FS 1
Skatetown Ice Arena
Newcastle, Calif.

Remember: Build the basement before the roof. Get those basics in Freestyle 2 and 3 before you tackle the Freestyle 4 elements. The height on your basic waltz jump, Salchow and toe loop jumps will help you master the FS 4 loop.

I have been ice skating for about 2 1/2 years. My favorite things to do when I'm ice skating are the waltz jump and spirals. I think it would be fun to have a pen pal. I was hoping I could get Rebecca Young for my pen pal.

Amanda Olshavsky, 10, FS 1
Mike Modano Ice Arena
Westland, Mich.

I'm in Freestyle 4 and I'm working on my Axel. I've always wanted to know, why do they call a half loop a half instead of a whole, because you go all the way around? I would like a pen pal, too. I really like your magazine.

Brienne Seekford, 9, FS 4
Ice Zone FSC
Youngstown, Ohio

You are absolutely right on the half loop; it is a full rotation jump and the name is a mystery, even to me. Let's see if we can track down who named this jump, and why. Let me know what you find out!

This is my first time writing to your magazine! I have been skating for about five years and I really enjoy the sport. I was on a synchro team, the Precicettes, last year. This year, though, I wanted to try out for the Crystal Edges in Bensenville, Ill. When I found out that I made the team, I was so excited! I wanted to say hi to my friend Andrea who was also on the Precicettes team. I am in Freestyle 5 and all I need to pass is the dreaded (you guessed it) Axel jump! I do a lot of once-arounds and the coaches keep telling me to kick my leg through more to get some height. Do you have any advice besides that? Also, can you get me a girl pen pal who is 14 or up, and in Freestyle 5 or higher?

Adriana Gilli, 14, FS 5
Center Ice of DuPage
Carol Stream, Ill.

What your coach is telling you is a good start. To expand on your coach's direction, do some waltz jump/loop jump combinations as warm-up to trying the actual Axel jump (the leg position is what is key in this exercise). Also, don't be afraid to fall — falling is learning. My last recommendation is, if your facility has a jumping harness, have your coach work with you on the harness to get the feel of the full 1 1/2 revolutions.

Skating is really awesome, and I bet everyone reading this probably agrees with me! This is my second time writing to you, and I would like a girl pen pal in Freestyle 4, 5 or 6. It doesn't matter what age.

Bianca Jackson, 11, FS 5
Winnetka/Twin Rinks/
Wilmette Ice Arenas
Glencoe, Ill.

Skating rocks! I have been skating for three years. I have been doing competitions for two years and I love them. We travel a long way to go to skating practice, usually about 45 minutes. A lot of the reason I love skating so much is because of my great coach, Miss Patricia Willers. She has been my coach now for about two seasons. The only bad thing is I don't have ice year-round. I would really like to have a pen pal. If it would be possible, I would like either Julie Oehler or Tara Funk. If this could not happen I would still like one around my age and level.

Katelyn Breen, 12, FS 2
Blue Mound Ice Arena
Baltic, S.D.

I have been skating for about a year and a half. I'm working on perfecting my two-foot spin as well as my scratch spin. Hopefully I will pass FS 1 and progress into FS 2 quickly. I want a pen pal as well, and I am interested in having Caitlyn Shuy, Amy Kisby or another skater (male or female) who is approximately at my figure skating level and my age level.

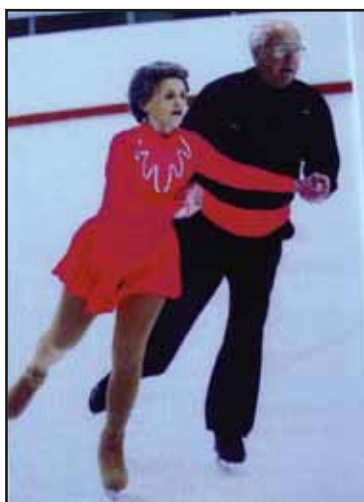
Tiffany Lam, 14, FS 1
Sky Rink at Chelsea Piers
Brooklyn, N.Y.

I have been skating for three years and am in FS 4 now. I am working on my loop and flip; I can't get high enough to turn all the way around in the air. Any advice? I'd also like to thank my parents for driving me to

the rink; my coach, Bonny Cole, for having patience with me; and all my friends who encourage me when I'm down. I would also like to have Erica Hinz and/or Amy Kisby for pen pals. If not, I would like a pen pal around my age and between FS 1 and 7.

Vanessa D. Marietta, 16, FS 4
Sugarland Aerodrome
Ice Skating Complex
Needville, Texas

Reach those heights, girlfriend. Off-ice jump classes or plyometrics would be helpful to you. There are many resources out there — scope them out! The sky's the limit. Good luck!



Flossie Zimmerman and Dick Gervais

The elder Bush said that we old folks should stay active. My skating partner and I are doing just that, at our 76 years of age. The picture is that of our free dance, in competition at the University of Miami, Ohio last February. Ice skating is not just for the young kids — please save room for us gray-haired kids.

Dick Gervais, 76, Dance 5
McMillen Ice Arena
Huntertown, Ind.

This is about the third time I have written you. I would like another pen pal. I don't care how old or what level they are in. I would like Janel Booker, Ivy Pearson and/or Lexi MacDonald. Can you give me two more pen pals?

Brittany C. Beukema, 11, Delta
Arctic Ice Arena
New Lenox, Ill.

Please review the guidelines for our pen pal program on page 5. All we can do is

print your letter and forward it to as many as three of your requested pen pals. Then it is up to them to respond directly to you. We do not have the resources to provide a matching program between our members, but we're happy to put you in touch with each other through this magazine. I hope you find a pen pal — or several!

Skating is so much fun! I've only been skating for about two years. This is only my first year belonging to ISI. I am on a synchro team called the Ice Crystals. This will be my second year. I have been in many competitions with my team and we took fourth out of eight teams in the ISI 2004 Synchronized Skating Championship! I would really like to ask Erica Hinz to be my pen pal. If she does not want to be my pen pal, then I would like a pen pal around my age.

Katie O'Connell, 14, FS 1/2/3
Crystal Ice House
Crystal Lake, Ill.

I've never written here before, but it's awesome! I would really like a pen pal around my age, or really young, like 5 or 6 years of age. If the person I end up writing is my age, I hope they could be sort of punk like me! I love skating. I would love a pen pal guy.

Elena Kozber, 13, FS 3/4
Highland Ice Arena
Seattle, Wash.

This is my first time receiving your magazine and I love it! I have been skating since February 2003. I'm having trouble jumping off the ground when I do a waltz jump. I seem to start rotating before I even get a chance to jump. Any tips? I would like a pen pal who's anywhere near 15 years old and in at least Freestyle 1. Also, I was wondering when the best time to start competing is.

Amanda James, 15, FS 1
Hampton Roads IcePlex
Newport News, Va.

Thanks for the kudos on the magazine; I am glad you enjoy it. Try doing your waltz jumps off-ice. Think of jumping over a fence. Watch your body position on the take-off to fix the pre-rotation idea. The best time to start competing is when you are ready for the challenge. From Pre-Alpha through FS 10, it's all in what you want. ●

Jumps

Half flip, half Lutz, toe loop, too,
these are very fun to do.
Axel, Salchow and a loop,
nobody can do them through a hoop.
Bunny hops, tap toes and flips are cool,
but you can only do them on a *frozen* pool.
Half loops are like a spinning top,
they keep on turning and never stop.
Waltz jumps are mostly for beginners,
all that practice them will be winners.
A lot of the jumps are tons of fun,
I've said most of the jumps, now I'm done!

Nicole D'Antonio, 13, FS 4
Point Mallard Ice Complex
Decatur, Ala.

SK8 Competition

They call my name
To go out on the rink
My outfit is totally cute
It is colored pink
Then they start the
Music and I start to SK8
People cheered
10 is your rate
You see a smile
Brighten on my face
My skates are tied
They have a nice clean lace
I do a very nice half-flip
And I don't even slip
I am doing 3 waltz jumps
The ice is so smooth there are no bumps
The music is ended
I feel all twisted and bended
I take a very big bow
Finally everyone claps for me NOW!

Jessica Hatfield, 9, FS 1
Eddie Edgar Ice Center
Westland, Mich.

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Synchronize

your schedules!

April 1-3, 2005

It's time to start planning for the annual ISI Synchronized Skating Championships—a chance for you to compete against synchronized teams from around the country while you hang out with your friends in fun-filled Taylor, Michigan.

So mark your calendar and start making plans for your team to be part of the excitement!

For more information about this event, visit us on the Web at www.skateisi.org.

www.skateisi.org

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