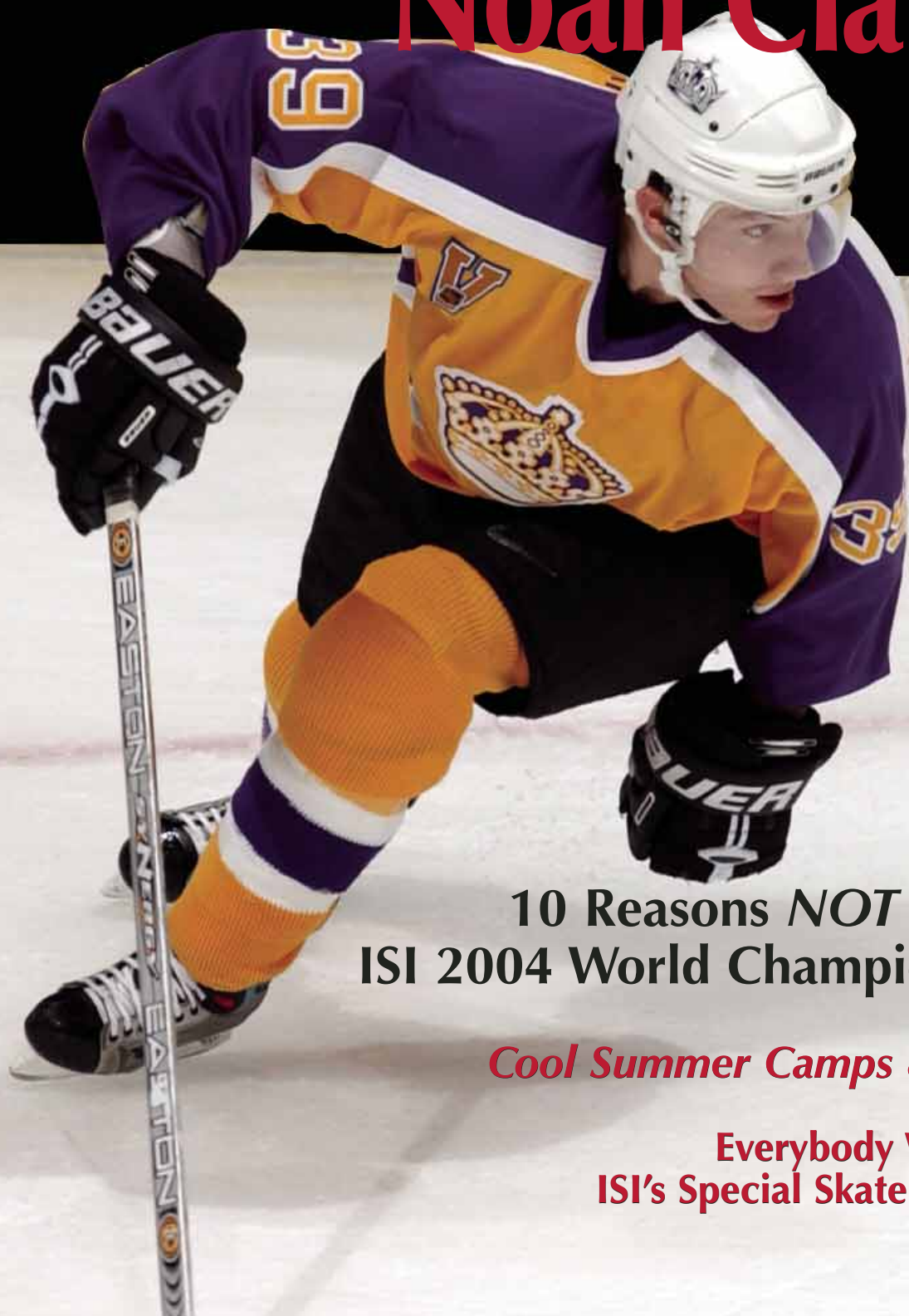




Spring 2004

ice skating

Sticking With It **Noah Clarke**



**10 Reasons *NOT* to Miss
ISI 2004 World Championships**

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SPRING 2004/VOL. 28, NUMBER 3

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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).

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from the editor.....

As I write this, with windows open and birds chirping, winter and our surprise Valentine's Day snowfall in Texas are distant memories. It's hard to believe the 2004 ISI Winter Classic event was just a few weeks ago, but the happy memories created there are still fresh and fun to share. Look for the event report and results on pages 14-15, and lots of photos on pages 16-17.



As warmer months approach, we all start daydreaming about vacations or just some well-deserved time off — a break from school or work, and yes, maybe even from ice skating. Taking a break from time to time can actually be very productive and go a long way toward recharging our batteries, but before you decide to hang up your skates for the entire summer, check out our feature on summer camps and clinics on page 28. These warm-weather programs usually fill up fast, so if you're interested, register early.

Summer can also be a great time to take care of projects that are hard to find time for during the school year. If you're old enough to be thinking about college and scholarships, it's also time to start getting those scholarship requirements in order. You can use the summer months to draft your essay, start gathering necessary materials and even plan, perform and document service hours. You'll be ahead of the game when others are scrambling to meet the deadline! See the ISIA Education Foundation Report on page 42 for tips on preparing your scholarship application.

We love to hear from you and hope you will take a moment to read the guidelines (page 5) for submitting your letters to "The Write Stuff." Please note that, due to space restrictions and the fact that this magazine is a benefit of ISI membership, we can only publish letters from registered ISI members and therefore have begun requesting that your membership number be included with your letter. This is for office use only and will not be published.

This issue is packed with informative and entertaining skating news and features. Perhaps you will take one of those refreshing little breaks to read and enjoy it, and be inspired by something you have read.

Lori

Going to Synchro?

Please send us copies of your photos from the ISI 2004 Synchronized Skating Championships. We're looking for quality photographs, on and off the ice, to be considered for publication in the next issue of *RIS*. We accept both digital images (shot on high quality) and prints (which cannot be returned). See e-mail and mailing addresses in the "envelope" on the next page.

the write stuff

letters from our readers

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

I have been skating two years. I just got my back spin. Do you have any advice about my back spin? Do you think you could pair me up with a boy pen pal at my level and age?

**Michael Johnson, 9, FS 3/4
Skate Quest
Dumfries, Va.**

How nice to hear from a male skater. The back spin is difficult; a key point is making sure you are centered for sufficient rotation.

This is the first time I have written to your magazine. I have been skating for a year and I am in Freestyle 1. I want to thank my coach, Crystal Uribe. In my first competition I placed first. I am having trouble with my half flip. I would like a pen pal around my age and level.

**Rachel Cleavelin, 10, FS 1
Pasadena Ice Skating Center
Pasadena, Calif.**

Way to go on your first place! How exciting! Try your half flip from both ways: from a Mohawk and a three turn entry. Use more speed and it will happen. Go for it!

I have been skating for 4 1/2 years. I will be starting my Axel soon. I would like to have a pen pal around my age. I would like to say hi to Chelsea, Bridget, Kyla and my private coach, Andrea. I quit synchro skating last year and I am now on a compulsory team. I skate three days a week.

**Courtney Campbell, 11, FS 5
Eddie Edgar Ice Arena
Livonia, Mich.**

I have been skating for four years. When I first started ice skating, I kept falling every time I stepped on the ice. Everyone encouraged me to try the sport. Now I am 9 years old. I am learning how to do an Axel. I skate at the Mount Vernon Ice Hutch. My skate coach is Sandra Doute. I don't only do private lessons, I am on the Skyliners team. This is my second



year. I'm on the Juvenile team. I enjoy skating a lot and I would like more people to enjoy it, too.

**Alexa Harris, 9, FS 4
SoundShore Ice Hutch
Mount Vernon, N.Y.**

I would like to be Leanna Lockhart's pen pal. If she already has a pen pal please find me another one. I don't care about age, gender or level. Do you have any advice on the Lutz jump and back spin? I have been skating for five years.

**Anna Tyrlik, 10, FS 4/5
Ashburn Ice House
Ashburn, Va.**

The key is that strong back outside entry edge into the Lutz and on the back spin. Once you find your balance point, it will all come together. Anna, don't forget to have your coach register ALL your ISI tests with us so that our files are current. Always keep a positive attitude!

I'm a new subscriber to your magazine, and I love how you have pen pals! I was wondering if I could become a pen pal with Heidi Grant. If not, any girl at my age and level will be very nice. I would also like to give a personal thank-you to my coach, Debbie Kozack, for all her wonderful instruction. I'd also like to thank my family, especially my parents, Ricky and Jackie Scott, for all their support.

**Taylor Scott, 12, FS 1
Fairview Heights Ice Arena
(U.S. Ice Sports Complex)
Greenville, Ill.**

I would love to write to pen pal, a fellow skater about skating stuff. Julia Galica from International Skating Center of Connecticut is working on Gamma just like I am. Can you send me her address or someone else's who is on my level and/or in my age group?

**Nicole Bernstein, 9, Gamma
New Roc Ice
New Rochelle, N.Y.**

Continued on page 39...

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 printouts 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

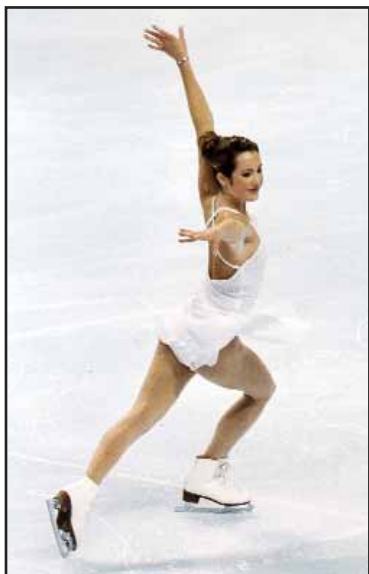
- If you specifically request a pen pal by name, your letter will be copied and forwarded to that person. You **MUST** include both the first and last name of the pen pal you are requesting. A maximum of three requests per writer will be forwarded.
- General requests for a pen pal will be published, 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.
- Street addresses, telephone numbers and e-mail addresses will never be published in *Recreational Ice Skating*.

Jenny Kirk to Star in Benefit on Ice

U.S. national bronze medalist Jenny Kirk will be the guest skating star for the ISIA Education Foundation's

Benefit on Ice Aug. 6. The show will be held in conjunction with the ISI 2004 World Team Championships Aug. 2-7 at the Schwan Super Rink in Blaine, Minn.

Kirk, 19, is one of figure skating's rising stars. She was the 2000 World Junior champion and the 2002 Four Continents champion. During the current season, she has placed second at Skate America and third at the 2004 U.S. Championships, where she was one of two women to land a



Jennifer Kirk

triple-triple combination in the long program. Her bronze placement earned her a spot on the 2004 U.S. World team along with Michelle Kwan and Sasha Cohen.

A model and spokesperson for Capezio, Kirk hails from Massachusetts but now lives in the Detroit area where she works with Richard Callaghan, longtime coach of Todd Eldredge.

The ISIA Education Foundation was founded in 1989 to enhance the educational opportunities of ISI members by awarding scholarships for post-high school study. Scholarship recipients are announced in May at the annual ISI conference, followed by a presentation ceremony at ISI Worlds.

...

E.J. Murray Memorial Showcases Rink Improvements



Submitted photo

The E.J. Murray Memorial Skating Center in Yonkers, N.Y. showcased its new ice surface, dasher boards, glass, ceiling, end siding and happy skaters during the 17th annual Holiday Classic on Nov. 23.

...

Skate Asia Location Confirmed

ISIA Asia has confirmed its location for this year's Skate Asia event, scheduled for Aug. 15-21. Originally planned for Bangkok, the competition will instead be held in Taipei at Taiwan Ice Sports International. For more information, visit the Skate Asia Web site (skateasia.org) or send an e-mail to skateasia@yahoo.com.

New From
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Our new ultra Crash Elbow protectors provide the same unsurpassed Fall Protection as our unique ultra Crash gel Knee, Hip and Spine Pads with literally no Flexibility issues.



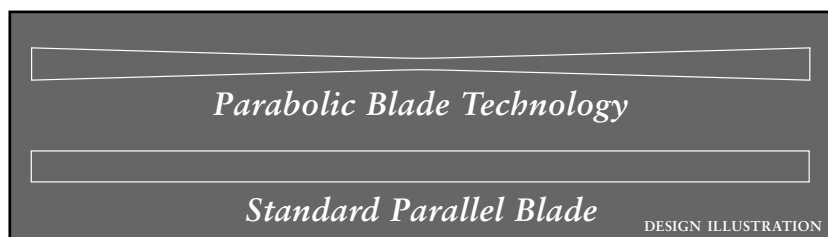



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The revolutionary Parabolic design tapers to the mid-section of the blade to increase stability. You'll be more centered, dramatically improving your footwork and edge jumps. Match the Parabolic with Riedell Boots for an unbeatable combination.



THE PARABOLIC

from John Wilson and MK™
parabolicblades.com



riedellskates.com johnwilsonskates.com mkblades.com

10 Reasons *NOT* to Miss This Year's World Championships

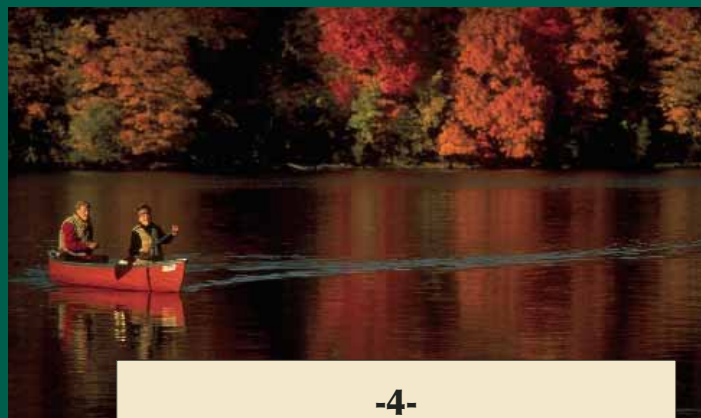
-1-

The Big Event

The World Team Championships is ISI's premier annual event — a true skating extravaganza for tots to senior adults, individuals and teams. There's nothing else like it, so start making your plans now to be a part of the ISI spirit and camaraderie Aug. 2-7 in Blaine, Minn., about 25 minutes north of the



Twin Cities. Worlds was last held in Blaine four years ago.



-4-

Lots of Lakes and Parks

Minnesota is known as "The Land of 10,000 Lakes." Minneapolis' 22 urban lakes offer plenty of summer fun. You can even canoe nearly two miles through the "Chain of Lakes" near downtown! Minneapolis also has one of the best park systems in the country,

with 170 parks within the city limits. And the Great North Woods and the Boundary Waters Canoe Area Wilderness are just a quick drive away.



-2-

The Venue

The 5-year-old Schwan Super Rink is the only arena in the world with four Olympic sheets of ice under one roof, and it's the largest arena of its kind in the United States, with more than 156,000 square feet of ice and 16 over-size locker rooms. The rink is part of the National Sports Center, one of the largest amateur sports complexes in the world. The complex includes 52 regulation-size soccer fields, a track and field/soccer stadium, a track cycling velodrome, a 200-meter indoor track, and an 18-hole putting course, which is the first phase of what will eventually be the National Youth Golf Center.

-3-

It's Fun

Minneapolis has been crowned the "Most Fun City in America" by *Money* magazine's "Best Places to Live" expert Bert Sperling. Why? Keep reading!



-5-

Sports Galore

The Twin Cities are home to professional hockey, baseball, basketball, soccer and football. Minneapolis has more golfers per capita than any other city in the U.S., with enough golf courses to keep them happy. Then there's the world-class fishing and other outdoor

pursuits in and around this naturally scenic area.

Photography courtesy of Greater Minneapolis Convention & Visitors Association and Minnesota Office of Tourism

-6-

Arts and Culture

August is the month for art and theater festivals in the Twin Cities area. Check out one of the many museums, such as the Frederick R. Weisman Art Museum, housed in a building that itself is a work of art. And don't forget to look for the legendary Mary Tyler Moore bronze statue on Nicollet Mall, part of a 50-piece public art walking tour (get a map at minneapolis-art.com).



-9-

Easy Access

Good news for travelers: Minneapolis-St. Paul International Airport has been ranked in the top 10 airports in the world for overall passenger satisfaction, and among the top five "quickest airports for getting to the gate." But there's more. All of the team-friendly hotels offering special ISI Worlds event rates are within 30 minutes of the Schwan Super Rink. And if you head downtown, check out the unique 70-block Skyway system connecting retail and dining areas. Or climb aboard one of the RiverCity Trolley's vintage-style streetcars for an excursion through the city.



-7-

Super Shopping

Not only does the Minneapolis area have the largest mall in the country — the Mall of America in Bloomington —there's no tax on clothing and shoes in Minnesota! How cool is that? The amazing Mall of America offers more than 500 stores plus the Lego Imagination Center and Camp Snoopy, a seven-acre indoor amusement park with 28 rides and attractions, plus Underwater Adventures, a 1.2 million-gallon walk-through aquarium. And there's lots of other shopping in the area, too, including the new and exciting Block E in downtown Minneapolis and great new shopping areas within walking distance of the Schwan Super Rink.



-8-

Fabulous Food

Skaters can really work up an appetite, and what better place to be hungry than in an area packed with fabulous restaurants? Besides all the eateries near Schwan Super Rink, it's worth a short trip into the city to enjoy

dinner in the Warehouse District, Riverfront District, Loring Park, Uptown or on "Eat Street," a 17-block global eating adventure along Nicollet Avenue. Many of the restaurants and clubs in these districts also feature live music.

-10-

It's Nice and Family-Friendly

Have you heard of "Minnesota Nice"? Well, it's just as it sounds: Minnesota has a well-deserved reputation for nice people. And the Twin Cities has collectively been named among the top three best cities in the country for families. What a great place to combine two of your favorite things — ice skating and a vacation!



For more event and hotel information about the ISI 2004 World Recreational Team Championships, go to skateisi.org. Entry forms are available on pages 10 and 11 in this issue of *Recreational Ice Skating* and on the Web site.

Other helpful Web sites:

- Schwan Super Rink – nscsports.org/facility/superrink.html
- Minneapolis Metro North Convention & Visitors Bureau – justaskmn.com
- Greater Minneapolis Convention & Visitors Association – minneapolis.org
- Minneapolis Unwrapped – minneapolisunwrapped.com
- Minneapolis Park & Recreation Board – minneapolisparks.org
- Minnesota Office of Tourism – exploreminnesota.com

**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

WORLD TEAM CHAMPIONSHIPS**Team Entry Form**

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

Event information available
at www.skateisi.org

Event	Location	Event Dates	Test Deadline	Entry Deadline
<input type="checkbox"/> World Team Championships	Blaine, MN	Aug.2-7, 2004	May 1, 2004	May 1, 2004

Please Print

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

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

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

Name	*Age as of July 1, 2004	ISI #	Name	*Age as of July 1, 2004	ISI #
1			17		
2			18		
3			19		
4			20		
5			21		
6			22		
7			23		
8			24		
9			*July 1, 2004 age date for Synchronized Teams <u>only</u>		
10			Crossover Skaters		Team #
11			1		
12			2		
13			3		
14			4		
15			5		
16			6		

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

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

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

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 \$ _____

Total Enclosed: \$ _____ Make check payable to ISI

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Date Rec'd. _____ Check # _____ Amount _____

☐ American Express☐ Visa☐ MasterCard☐ Discover

Card # _____

Exp. Date _____

Cardholder (please print) _____

Authorized Signature _____

Telephone Number (must be included) _____



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

WORLD TEAM CHAMPIONSHIPS Individual Entry Form

Event information available
at www.skateisi.org

Event	Location	Event Dates	Test Deadline	*Entry Deadline
<input type="checkbox"/> World Team Championships	Blaine, MN	Aug. 2-7, 2004	May 1, 2004	May 1, 2004

☐ MALE ☐ FEMALE

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

INDIVIDUAL EVENTS

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

PARTNER ENTRIES	Sim	Mix	Partner Name	Partner ISI #	Partner Age as of event
<input type="checkbox"/> Couple Level _____ <input type="checkbox"/> Dance Level _____ <input type="checkbox"/> Pair Level _____ <input type="checkbox"/> Free Dance (3-10) Level _____ <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"/> 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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <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 \$59.00
☐ 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 \$ _____**

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) _____		

Katie Wyble Dances to the Top

by Lori Fairchild

Murrysville, Pa. eighth-grader Katie Wyble became the first ISI skater to achieve Dance 10 status under the new ice dance test rule revisions — and possibly the first Dance 10 skater in the entire state of Pennsylvania. She completed her testing at Center Ice Arena in Delmont, Pa., where she trains with coaches Barbara Gahagen and Bob Mock. Katie traveled to the ISI headquarters in Dallas last November with her mother, Jean Wyble, and her competitive dance partner, 15-year-old Chad Reinhold, to accept her official Dance 10 certificate and patch.

"Katie is a great athlete, and she's an incredibly creative person," says Mock, "and that's very rare. She just really feels music and has a natural rhythm and timing to her skating."

As a pre-schooler living in Florida, Katie decided she wanted to be an ice skater when she watched the Olympics on television. But at that time, there were no ice rinks near the

Wybles' home, and it wasn't until they moved to Pennsylvania that she had easy access to the ice. She enjoyed public skating for two years before being "discovered" by Mock and Gahagen.

"We found Katie as a little, tiny girl," Mock recalls. "Barb and I were visiting a city rink on the south side of Pittsburgh and there was hockey school going on, and there was the tiniest little girl working on power skating with the hockey players. One of the hockey coaches came off and said, 'You just have to see this little kid; she's really great.' We met Katie and her mom, and she started lessons and just took off like a rocket."

The National Figure Skating School, now based at Center Ice, introduces ice dancing as part of its learn-to-skate curriculum. Katie passed each of her ISI ice dancing tests on her first effort, and also has earned her U.S. Figure Skating gold medals in ice dancing and moves in



Submitted photo

Katie Wyble receives her ISI Dance 10 certificate and patch from Peter Martell, ISI executive director, and Barb Yackel, ISI national events coordinator and skating program director.

the field. Her ice dancing test partner is Lance Holton, 23.

During the school year, Katie spends two to three hours a day, six days a week, at Center Ice. In the summer, she says, "I'm an all-day skater. I just stay at the rink all the time; I'm like a rink rat." Her mom works part-time at Center Ice, which helps with transportation and also offers mother and daughter extra time together.

Balancing skating, schoolwork and a social life can prove challenging for a 14-year-old. "This year has been a little hard for me, with my schoolwork, working with Chad, working on my Internationals and my Freestyle 7, and the ISI competitions that I want to do," says Katie, who is committed to getting eight hours of sleep each night and maintaining her high math grades. She also works out twice a week with a personal trainer.

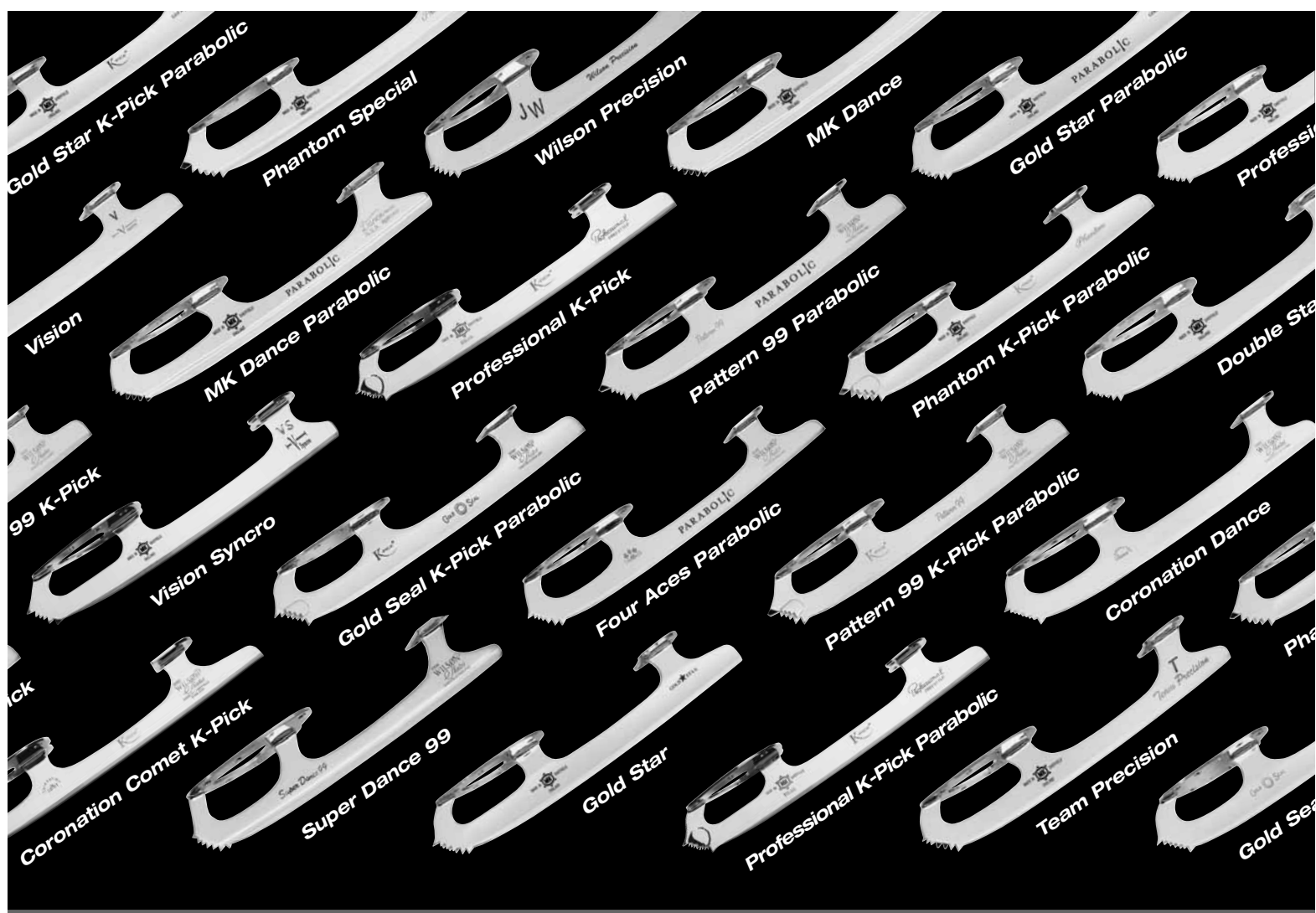
Katie and Chad have won regional championships and placed as high as fourth in national competitions. Her short-term goal, she says, is "to make it to Nationals and beyond." Long term, she's aiming for the Olympics, perhaps in 2010. ●

EDITOR'S NOTE: See new ISI dance test rules on page 24.



Submitted photo

Katie performs with her competitive dance partner, Chad Reinhold. They have been skating together for six years.



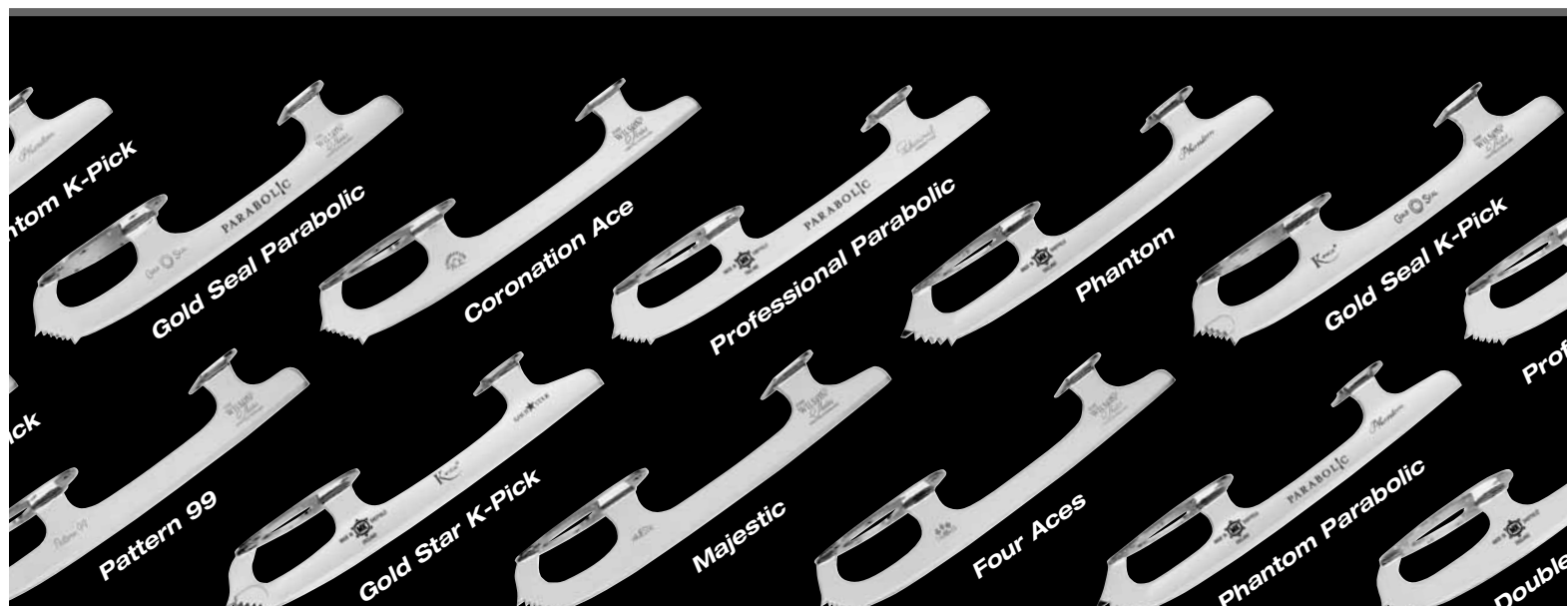
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(PERFORMANCE)³



You're the Star in Mental Movies

*Visualization is a proven tool of top athletes.
Here's how to make it work for you.*

by Kathy Toon

Imagine yourself watching a movie where you're the star. This movie features you skating your absolute best. Imagine what you look like on the big screen. Picture the arena, the ice, the fans, your coach and the other skaters.

When we watch movies, we see peak performance. Actors summon their best performances to make movies believable and entertaining. In order to realize your potential as an athlete, you must make your own

they become automatic (especially under pressure). Nothing can replace the endless hours of practice required to make physical skills automatic, but visualization can enhance your ability to get there more quickly.

Visualization is a proven tool of top athletes. They use it to create the perfect performance — seeing and feeling themselves perform to their maximum potential. They also recreate past successful performances, calling to mind what they saw, felt and thought. Visualization can help you manage your emotions, build your confidence, refine your skills, improve your focus and prepare for competition.

Engaging all of your senses (sight, sound, touch, smell and feel) is the key to the process. Make your images vivid. In addition to seeing yourself perform, bring up all of the emotional pieces as well — how it feels to perform well, the connection with your coach, etc. Visualization enhances learning. It is possible to learn new skills faster by using a combination of physical practice and mental imagery than by using either one alone. The reverse is also true — negative imagery can actually hurt performance.

You can change your emotional state by evoking the appropriate images during visualization. The chemistry of billions of cells within your body changes in response to what you imagine. When you

produce images in your mind, you are in command of the changes taking place in your body. You can use visualization to improve your technical, tactical and emotional skills.

You can practice visualization



Kathy Toon

almost any time and any place. To develop your visualization skills, start by using non-stressful images. Progress to visualizing specific skills and competitive situations. Imagery is most effective when your mind is calm and your body is relaxed. Just like physical skills, visualization can be improved only through practice. Spend at least 10 to 15 minutes each day visualizing.

Music can have a profound effect on your physiology. Using music during visualization can reinforce the physiological mechanism you are working to elicit. Different music will bring about different emotions — instrumentals tend to be more calming, whereas rock tends to be more pump-up. Find what works for you.

Here are some things athletes visualize:

Technical and Tactical Skills

When learning a new skill or changing an existing technique, watch someone perform the task correctly. Then mentally become the performer, and practice the skill in your mind. Break the skill down into its

“Visualization can help you manage your emotions, build your confidence, refine your skills, improve your focus and prepare for competition.”

— Kathy Toon

movies again and again until your performance is razor sharp. To do this, you will engage in a special kind of rehearsal called “visualization.”

As an athlete, it is important to develop your skills to the point where

key parts, and pay attention to how one part transitions into the next. Build your sessions to the point where the transitions are seamless. To enhance your mental rehearsal, add movement to the exercise. Use the actual muscle groups involved in the skill, and be as active as you can in the situation. If you can stand up and move around in the process, do it. There is no limit to the amount of time you should spend on mental rehearsal — the beauty of it is there's no wear and tear on your body.

Best Performance

Go back in your mind and select one of your best performances. Remember everything about it — what you did to prepare, what you were wearing, where you were, who you were competing against, who was there watching, everything you saw during the competition, the thoughts you had, what you heard, everything you felt, how you handled mistakes, how

you handled success and how the competition ended.

Break Through

This is a chance to practice overcoming an obstacle you face. Perhaps this is a specific move you've had trouble executing in competition, or a skater you've never beaten. See yourself overcoming this obstacle and excelling to the next level.

Big Competition

See the big competition in your mind before you ever set foot on the ice. See, hear and feel it go exactly the way you would like it to. Similar to an actor at dress rehearsal, create the competitive situation in your mind, and rehearse your responses to various challenges and situations. Think about how you will act and what you will think.

Long-Term Goal

See yourself accomplishing the vision you set for yourself. Imagine how

you will feel when you achieve your goal. Think of the excitement and satisfaction. See your coach's, family's and fans' reactions. Make the day come alive.

To practice visualization, choose one aspect of your performance on which to focus. Write a visualization script for that aspect. Be very specific. Select a time of day when you are at your best — awake and focused. Find a quiet place where you will not be disturbed, and get comfortable. Use music if it helps. Create a mental movie for yourself. Now enter that movie — hear the sounds, smell the air, feel the sweat on your skin and feel your feet on the ice. Make your movie as vivid as possible. Your process of making mental movies has just started.

Kathy Toon is the manager of product development at Positive Coaching Alliance (positivecoach.org), an ISI partner. ●

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GIRLS 101 BOOT AND BLADE
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Medium 9, 9 1/2, 10, 11 1/2, 2 1/2, 3, 3 1/2
Wide 12, 3 1/2
#RIE101 ~~\$200.00~~ \$89.95

LADIES SILVER MEDALLION BOOT AND BLADE
Narrow 4, 5 1/2, 6, 6 1/2, 8, 9
Medium 4, 8, 8 1/2, 10
Wide 6 1/2, 8 1/2, 9
#RIE220 ~~\$237.00~~ \$129.00

LADIES BRONZE STAR BOOT AND BLADE
Narrow 4 1/2, 5 1/2, 6, 7, 8, 9 1/2
Medium 4, 5, 6, 7, 7 1/2, 10
Wide 7 1/2
#RIE320 ~~\$288.00~~ \$139.00

GIRLS BRONZE STAR
Narrow 11 1/2, 12 1/2, 13, 13 1/2
Medium 11, 11 1/2, 12, 12 1/2, 13 1/2
Wide 11, 11 1/2, 2 1/2
#RIE32 ~~\$260.00~~ \$99.00

LADIES SILVER STAR, BOOT
AA 6 1/2, 7 1/2
A 4, 7 1/2, 8, 9
B 7, 8 1/2, 9
C 7 1/2, 8 1/2
#RIE355 ~~\$365.00~~ \$159.00

GIRLS SILVER STAR
Narrow 10 1/2, 11, 11 1/2, 12 1/2, 13, 13 1/2, 1, 2 1/2
Medium 11, 11 1/2, 12 1/2
Wide 9
#RIE55 ~~\$260.00~~ \$99.00

LADIES GOLD STAR, BOOT
AAA 4, 6 1/2, 7, 8, 10
AA 6 1/2, 10
A 4, 7 1/2, 8, 9
B 7 1/2, 8 1/2
C 3 1/2, 6 1/2, 8, 10
#RIE375 ~~\$432.00~~ \$169.00

GIRLS GOLD STAR, BOOT
Narrow 11 1/2, 12, 12 1/2, 13, 13 1/2, 1, 1 1/2, 2, 2 1/2
Medium 11, 11 1/2, 12, 12 1/2, 13 1/2
Wide 13, 1 1/2, 2 1/2
#RIE75 ~~\$332.00~~ \$125.00

LADIES ROYAL, BOOT
AAA 3, 4 1/2, 5, 8 1/2
AA 6
A 4 1/2, 7, 8
B 8 1/2
C 7
#RIE900 ~~\$408.00~~ \$169.95

GIRLS ROYAL, BOOT
Narrow 1 1/2, 2, 2 1/2, 3, 3 1/2
Medium 1, 1 1/2, 2, 2 1/2, 3
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Regular Width
AAA 4 1/2, 5, 5 1/2, 6, 6 1/2, 7
AA 3 1/2, 4, 4 1/2, 5, 5 1/2, 6, 6 1/2, 7, 8
A 3 1/2, 4, 4 1/2, 5, 5 1/2, 6, 6 1/2, 7, 7 1/2, 8 1/2
B 3 1/2, 4, 4 1/2, 5, 5 1/2, 6, 6 1/2, 7, 7 1/2
C 3 1/2, 4, 4 1/2, 5 1/2, 6, 7 1/2, 8
D 5, 5 1/2, 6

LADIES 925, BOOT
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A 4, 4 1/2
B 8
C 4 1/2
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B 9
C 4, 6 1/2
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Sticking With It

Nearly two decades after his first ISI skating class, Noah Clarke scores an NHL call-up

by Lori Fairchild

Submitted photo



Noah Clarke

Noah Clarke's kindergarten assignment was to bring in something that starts with the letter "H." He chose his dad's old hockey stick. That was nearly 20 years ago, but it was a sign of things to come.

Today, the 24-year-old Clarke plays left wing for the Los Angeles Kings AHL affiliate, the Manchester Monarchs. During his first full season in New Hampshire, he has been selected to the 2004 AHL All-Star team, won its fastest skater competition, been named AHL player of the week and earned a midseason call-up, making his NHL debut with the Kings Dec. 16 and becoming the first southern California native ever to play for the L.A. team.

"Starting with the phone call, when they told me I was going up, I was pretty excited," Clarke recalls. "I called home right away, and my family was thrilled. I think I was more nervous during the build-up than at the game, just thinking, I can't believe I'm going to be playing with the NHL. I got to practice, and they told me I was on the top line with Ziggy Palffy and Jozef Stumpel. Playing with those guys in my first NHL game ... it was just unbelievable. Once I got out there, looking at the

crowd and taking it all in, I felt pretty good."

Family members, friends and two of Clarke's childhood skating coaches were among those cheering him on at Staples Center.

Punky Vandenberg, Clarke's first skating instructor at the Ontario Ice Skating Center, and John McBryan, his first hockey coach, watched proudly as their former student played the kind of hockey they'd seen him play since he was a young boy. "He's always played really unselfish hockey, passing the puck a lot and giving the other players the opportunity to score more than himself. His forte was assists, and that's just what he's doing now," Vandenberg observes.

Indeed, Clarke's assist on one of the Kings' goals against the Edmonton Oilers contributed to L.A.'s 4-2 win that night. He also played in the Dec. 18 game, when the Kings tied the Phoenix Coyotes 4-4.

The Path from PeeWee to Pro

At the tender age of 5, little Noah was already watching professional hockey games with a focus uncharacteristic of a young child, says his mother, Donna Clarke. "He would watch the entire

game. And his father noticed that he could stick handle," she remembers.

When she took him to the local ice rink to sign up for lessons, the first person they met was the skating director, Punky Vandenberg. She was amazed at the little boy's natural



Submitted photo

Noah in the early years

RECREATIONAL ICE SKATING, SPRING 2004

skating form, evident before he ever laced up a pair of skates. "He bent his knees really deep. He didn't just bend, he drove his knees over his toes, like he was edging. Little kids usually don't bend their knees, they bend at the waist," she notes. "He was born to skate, and he was really super-coordinated for as young as he was. And he just loved it — he never wanted to get off the ice."

Noah started playing hockey when he was 6, and eventually played on traveling teams that took him to places like Boston and Montreal, where hockey was a way of life. "When I first started, there was only a handful of rinks in the southern California area," Clarke says. "It was really uncommon for a kid to play hockey or even ice skate. When [Wayne] Gretzky came to play for the Kings, that's when interest in hockey started growing. Now there are rinks pretty much all over California."

Clarke's two sisters, Lydia and Marnie, were ISI (then ISIA) figure skaters, and the family traveled around the country to competitions in which all three children participated. "Every event we entered Noah in, he won," Vandenberg says.

"He is just a very hard worker, and that showed early," adds his mother. "He has always been so determined to learn, and he was an honor student through high school and college."

Carving Out a Career

The Clarkes are a close-knit, supportive family, and Mrs. Clarke credits Noah's Canadian-born dad, Boyd, with guiding Noah's hockey career: "My husband researched things, and he kind of knew what to do at each level. I think you need to have a mentor to help you decide which school to go to, which team to try out for."

At 16, Clarke moved to Faribault, Minn. to attend Shattuck-St. Mary's School, a prep school with a challenging academic curriculum and a nationally recognized ice hockey program. After graduation, he played junior hockey for two years for the USHL's Des Moines Buccaneers before winning an athletic scholarship to Colorado College. There he led the Tigers and the NCAA with 49 assists while earning his degree in economics.

He was recruited by the Kings in

1999, even before he got to college. "That allowed me to work with them in their summer camps in L.A.," Clarke explains.

Most young hockey players dream of playing in the NHL, Clarke says, but for him it was more of a progression than a direct goal. "In high school, my goal was to get to junior hockey. Then when I was in junior, my goal was to get to college. In college, I realized maybe I could play professional hockey," he says. "It's something that you kind of aspire to, but I've always just looked one step ahead."

At each level, he says he has learned from every coach and his fellow players. Pro hockey, he points out, requires more frequent adaptation to changes in the roster as players get called up and sent down.

Rising to the occasion is a skill that seems to come as naturally to Noah Clarke as the uncanny edging and stick handling that he demonstrated as a kindergartner.

"Noah is having a better-than-average first year at the pro level," says Manchester Monarchs head coach Bruce Boudreau, who attributes Clarke's success, in part, to his impressive speed and his attitude. "What I like about him is that he's very grounded. He takes direction really well, and he's dedicated; I told the four guys that made the All-Star team that they had a day off, but Noah showed up anyway. He said, 'Thanks, Coach, but I'm a first-year guy and I want to be here.' He's a good playmaker and he's going to be a force at training camp next year."

Clarke says his family's support has been a motivating factor in his

achievements, and the rest is about perseverance. "If you just stick with it and work real hard, you can accomplish a lot of things. I've always stuck



Noah plays left wing for the Manchester Monarchs.

with it, had a good attitude about it and had fun with it."

He's aiming for a full-time NHL spot and at least 10 more years of professional hockey before he puts that economics degree to work. Watch the hockey headlines. You'll be hearing more about Noah Clarke. ●

calendar

ISI-endorsed competitions & shows/exhibitions

(Due to printing deadlines, events endorsed by ISI after Feb. 18, 2004 are not listed.)

competitions

march

- 21 **Vacaville, Calif.**
Vacaville Skating Center
Spring Preview
- 21 **Oxnard, Calif.**
Oxnard Ice Skating Center
The Bunny Hop - ISI Adult
Open Championships
- 26-28 **Knoxville, Tenn.**
Ice Chalet
35th Annual Mississippi
Valley District Competition
- 26-28 **Ellenton, Fla.**
JP Igloo
Championship 2004
Competition
- 27-28 **Saratoga Springs, N.Y.**
Saratoga Springs FSC
7th Annual ISI Team
Competition
- 27-28 **Orland Park, Ill.**
Arctic Ice Arena
Arctic Spring Thaw
- 27-28 **Morristown, N.J.**
William G. Mennen Arena
Crystal Blades Annual
Team Competition

april

- 1-4 **Tacoma, Wash.**
Sprinkler Recreation Center
17th Annual ISI Spring
Fever Team Competition
- 2-4 **Orleans, Mass.**
Charles Moore Arena
Lower Cape Competition
- 2-4 **Newark, Del.**
University of Delaware
District 4 Championships



- 3-4 **Bensenville, Ill.**
The Edge Ice Arena
ISI 2004 Synchronized
Skating Championships

- 3 **Delmont, Pa.**
Center Ice Arena
Golden Blades
Championship of
Pittsburgh
- 3-4 **El Segundo, Calif.**
HealthSouth Training Center
Spring Fling - 4th Annual
ISI Open Competition
- 3-4 **Soldotna, Alaska**
Soldotna Sports Center
ISI District 16 Team
Competition
- 10 **Crestwood, Ill.**
Southwest Ice Arena
Spring Invitational
- 16-18 **Houston**
Ice Skate USA
Spring Celebration Open
- 17 **Fremont, Calif.**
Iceoplex Fremont
10th Annual Open
Competition
- 17-18 **Ashburn, Va.**
Ashburn Ice House
Spring Glide
- 17-18 **Geneva, Ill.**
The Skate School at Fox
Valley Ice Arena
Spring Invitational
- 23-24 **Fairview Heights, Ill.**
US Ice Sports Complex
Spring Fling
- 23-24 **Acton, Mass.**
Nashoba Valley
ISI Team Competition
- 24 **Rolling Hills Estates, Calif.**
Palos Verdes Ice Chalet
Sparkle and Shine
- 24-25 **Pasadena, Texas**
Pasadena Ice Skating Center
20th Annual ISI Open
Competition
- 25 **Franklin Park, Ill.**
Park District of Franklin Park
Kickline Synchronized
Team Skating Competition
- 25 **San Mateo, Calif.**
Ice Center San Mateo
April Ambush
- 30-
May 2 **Sherwood, Ore.**
Sherwood Ice Arena
Spring Classic

may

- 1-2 **Fairfax, Va.**
Fairfax Ice Arena
Annual ISI Spring
Combination
- 1-2 **Lakewood, Calif.**
Glacial Gardens Arena
8th Annual ISI Open
Competition
- 2 **Mamaroneck, N.Y.**
Hommocks Ice Rink
Hommocks Park Ice Rink
Competition
- 14-16 **Riverside, Calif.**
Ice Town
3rd Annual ISI Open

june

- 4-6 **New York**
Sky Rink @ Chelsea Piers
18th Annual Sky Rink Team
Competition
- 4-6 **Franklin Park, Ill.**
Park District of Franklin Park
Summer Swelter
- 5-6 **San Diego**
San Diego Ice Arena
Open Championships
- 5-6 **San Jose, Calif.**
Logitech Ice at San Jose
Bunny Hop
- 5-6 **Richmond, Va.**
Richmond Ice Zone
2004 Spring Splash
- 6 **Hagerstown, Md.**
Hagerstown Ice & Sports
2004 Open ISI Skating
Competition
- 11-13 **Houston**
Aerodrome Ice Skating
Complex
Summer Challenge of
Champions
- 12-13 **San Jose, Calif.**
Logitech Ice at San Jose
District 14 Championships
- 18-20 **Clearwater, Fla.**
SunBlades Ice Arena
18th Annual ISI Championships
- 19-20 **Chicago**
McFetridge Sports Center
15th Annual ISI School's
Out Figure Skating
Competition

- 23-27 **West Concord, Mass.**
Sharper Edge Skating School
ISI District Champs
- 26-27 **San Francisco**
Yerba Buena Ice Skating
Center
Golden Gate Skate 2004

july

- 2-4 **Austin, Texas**
Chaparral Ice
Texas Hill Country
Independence Open
- 9-11 **Decatur, Ala.**
Point Mallard Ice Skating
Complex
Wind, Rain or Shine -
ISI Team Competition
- 10-11 **Evanston, Ill.**
Robert Crown Center
July Open
- 10-11 **Anaheim, Calif.**
Glacial Gardens
Skating Arena
ISI Open Competition
- 15-17 **Honolulu**
Ice Palace
2004 Hawaiian Open

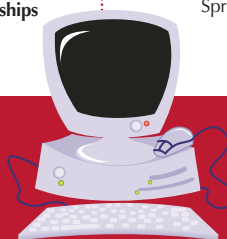
august



- 2-7 **Blaine, Minn.**
Schwan Super Rink
ISI 2004 World
Recreational Team
Championships
- 14-15 **Gurnee, Ill.**
Rink Side Sports
Summer Chiller

september

- 4-5 **Miami**
Kendall Ice Arena
4th Annual ISI Labor Day
Challenge



For additional calendar information,
check ISI's Web site at www.skateisi.org



17-19 **Breckenridge, Colo.**
Stephen C. West Ice Arena
ISI 2004 Adult Championships

17-19 **Arlington, Texas**
Ice at The Parks
1st Annual Ice at The Parks Competition

october

22-23 **Naperville, Ill.**
All Seasons Ice Rinks
The Great Pumpkin

23-24 **Hingham, Mass.**
Winterland Skating School
Winterland 18th Annual Halloween Classic

shows & exhibitions

march

25-27 **Trenton, Mich.**
Kennedy Recreation Center
Jamboree on Ice

26-27 **Joliet, Ill.**
Inwood Ice Arena
The Great Skate Caper

26-28 **Zion, Ill.**
Zion Ice Arena
Hooray For Hollywood

26-28 **Livonia, Mich.**
Livonia Eddie Edgar
From Here To Eternity

27 **Biddeford, Maine**
Biddeford Ice Arena
Don't Bug Me

27-28 **White Plains, N.Y.**
Ebersole Ice Rink
End of Year

28 **Meadville, Pa.**
George S. DeArment Ice Arena
Learn To Skate Boot Skater N Boogie

30- **Richmond, Va.**
Apr. 6 Richmond Ice Zone
Richmond River Dog's Exhibition

april

1-4 **Southgate, Mich.**
Southgate Civic Center
Outings on Ice

2-3 **Carol Stream, Ill.**
Carol Stream Ice Rink
Fantasies on Ice

3 **Gloucester, Mass.**
Dorothy Talbot Rink
Beach Party

3-4 **Dundee, Ill.**
Polar Dome Ice Arena
Silver Celebration Glitz & Glamour

3-4 **Stevens Point, Wis.**
KB Willett Arena
Ice Fantasy

3-4 **Sartell, Minn.**
Bernicks Pepsi Arena
Enchantment Under the Sea

4 **Acton, Mass.**
Sharper Edge Skating School
Jimmy Fund Extravaganza

16-17 **University Park, Pa.**
Penn State Ice Rink
Ice Rhythms

17 **Brentwood, Mo.**
Brentwood Ice Arena
Meet Me In St Louis 2004

17-18 **Cottage Grove, Minn.**
Cottage Grove Ice Arena
Magical Ice Odyssey

18 **Highland Park, Ill.**
Centennial Ice Arena
Spring Exhibition

19-24 **Buffalo Grove, Ill.**
Twin Rinks Ice Pavilion
Everybody Dance

20 **Arlington, Texas**
Ice at The Parks
Spring Fling

23-24 **Taylor, Mich.**
Taylor Sportsplex
And The Winner Is

23-25 **Chicago**
McFetridge Sports Center
City Lights

23-25 **Mount Clemens, Mich.**
Mount Clemens Ice Arena
Hooray For Hollywood

23-25 **Roseville, Minn.**
Roseville Skating Center
Everything's Coming Up Roseville

25 **Ellenton, Fla.**
JP Igloo
Skating Extravaganza - Breast Cancer Awareness Fundraiser

29- **Pineville, N.C.**
May 2 Pineville Ice House
Broadway Bound

30- **Crestwood, Ill.**
May 2 Southwest Ice Arena
Legends on Ice

30- **Casper, Wyo.**
May 1 Casper Ice Arena
Swingin' Blades...

And All That Jazz
30- **Garfield Heights, Ohio**
May 2 Dan Kostel Recreation Center
Radio Garfield: Top Hits of Yesterday and Today

may

6-8 **Minnetonka, Minn.**
Minnetonka Ice Arena
2004 Silver Skates Ice Revue

7 **Wasilla, Alaska**
Brett Memorial Ice Arena
Irish Spring

12-16 **Glenview, Ill.**
Glenview Ice Center
31st Glenview Ice Show

14-16 **Naperville, Ill.**
All Seasons Ice Rinks
32nd Annual Spring Ice Show

14-16 **Niles, Ill.**
Niles Park District Iceland
Mighty Blades

15 **New Hope, Minn.**
New Hope Ice Arena
Around The World

21-22 **Houston**
Aerodrome Ice Skating Complex
9th Annual Spring Ice Show

21-23 **Franklin Park, Ill.**
Park District of Franklin Park
Spring Ice Show 2004

21-23 **Highland Park, Ill.**
Centennial Ice Arena
Animated Ice

21-23 **Evanston, Ill.**
Robert Crown Center
Skate Across America

21-23 **Wilmette, Ill.**
Centennial Ice Rinks
Centennial Goes Hollywood

22 **San Francisco**
Yerba Buena Ice Skating Center
Spring Recital



27-29 **San Diego**
Manchester Grand Hyatt
Ice Industry International Conference & Trade Show

june

4-5 **Orland Park, Ill.**
Arctic Ice Arena
Viva Ice Vegas

12 **Valencia, Calif.**
Ice Station Valencia
Broadway on Ice

13-14 **Bensenville, Ill.**
The Edge Ice Arena
6th Annual Ice Show

18-19 **Glen Ellyn, Ill.**
Center Ice of DuPage
Musical Reflections

26 **San Jose, Calif.**
Logitech Ice at San Jose
10th Anniversary Show

august

19 **Arlington, Texas**
Ice at The Parks
Summer Spectacular

december

10-11 **Houston**
Aerodrome Ice Skating Complex
Nutcracker on Ice

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

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ISI 2004 Winter Classic

Brings Skaters of All Ages to Music City USA

Story and Photography by Dianne Powell

Skaters from 16 states and Mexico met in Nashville, Tenn., Feb. 13-15 for the 19th annual ISI Winter Classic. The Centennial Sportsplex was filled with activity as 850 skaters representing 50 ice arenas competed in individual and team events.

From the youngest competitor, 22-month-old Madison Minchin from Center Ice in Delmont, Pa., to 74-year-old Earl Amos from St. Peters Rec Plex in St. Peters, Mo., everyone enjoyed a happy and fun-filled Valentine's weekend in Music City USA. Madison, who trooped around in her skates doing her version of an off-ice layback spin, often has to be bribed to come off the ice. Earl, who took up skating at age 70, reflected joy in his accomplishments with a wide smile. Giggles, pin trading, laughter and cheers filled the arena while skaters from Mexico and Florida longingly watched the sky for the snowflakes that refused to fall.

Congratulations to the 2004 ISI Winter Classic team champions, Tampa Bay Skating Academy Parkside in Pinellas Park, Fla., and to all the competitors, coaches and volunteers who made this a fantastic event. It was a special treat to have 2001 ISIA Education Foundation scholarship winner Megan Rand stop by to volunteer at Winter Classic. Megan, from Seymour, Tenn., is a student at Vanderbilt University in Nashville.

Apple Valley Sports Arena coach Roni Maas from Apple Valley, Minn. echoed the thoughts of participants and visitors with her observations on the host facility and Nashville volunteers. "The people are so nice, very friendly," said Roni. "You always hear about Southern hospitality; it's very

true. Anything you need, somebody is there to help you."

under "Event Info" at the top of the homepage.●



ISI 2004 Winter Classic team champions Tampa Bay Skating Academy Parkside from Pinellas Park, Fla.

Special commendations go to volunteer Wendy Wright's parents who drove to Nashville from New Orleans to serve delicious homemade seafood gumbo, chicken and sausage gumbo, and red beans and rice to the hard-working coaches and judges. Wendy is the wife of Centennial Sportsplex ice arena manager Frank Wright.

The following teams placed in the top 20 at Winter Classic. For a complete listing of team points, go to skateisi.org and click on "Winter Classic"

Place	Arena	Points
1	Tampa Bay Skating Academy Parkside, Pinellas Park, Fla.	525.0
2	St. Peters Rec Plex, St. Peters, Mo.	305.5
3	Centennial Sportsplex, Nashville, Tenn.	279.0
4	Apple Valley Sports Arena, Apple Valley, Minn.	225.5
5	Ice Chalet, Knoxville, Tenn.	173.5
6	The Cooler, Alpharetta, Ga.	172.0
7	The Ice Park, Flowood, Miss.	146.5
8	La Pista Mexico, Naucalpan, Estado de Mexico	126.0
9	Center Ice Arena, Delmont, Pa.	120.0
10	Benton Wilcoxon Ice Complex, Huntsville, Ala.	119.0
11	JP Igloo, Ellenton, Fla.	118.5
12	US Ice Sports Complex Fairview, Fairview Heights, Ill.	112.0
13	Swonder Ice Arena, Evansville, Ill.	108.5
14	Owensboro Ice Arena, Owensboro, Ky.	105.0
15	RDV Sportsplex Ice Den, Orlando, Fla.	101.5
16	Point Mallard Ice Complex, Decatur, Ala.	89.5
17	Arkansas Figure Skating Association, Springdale, Ark.	85.0
18	K Lynn Skating School, Montgomery, Ala.	77.5
19	Wonderland of Ice, Bridgeport, Conn.	71.0
20	Arkansas Skatium, Little Rock, Ark.	68.0

Figure Skating as a Varsity Sport

Figure skating is a varsity sport for students at Apple Valley, Rosemont, Eagan and East View high schools in Minnesota. Skaters who meet team requirements can earn a spot on the Apple Valley Sports Arena synchronized skating team and a varsity letter. The team placed fourth at Winter Classic.

To try out, skaters must have passed Freestyle 5 or higher. To earn a varsity letter, team members must compete in a minimum of two competitions, participate in the arena's ice show and help with fundraising. The program is run like a skating school, with skaters having four years of eligibility.

Being on the team allows girls the option of participating in a varsity sport, says coach Roni Maas. "The school district pays for the ice time and the skaters pay \$95 as their winter sport fee."

Apple Valley junior Laura Vast thinks being on the team is "cool," as does Rosemont seventh-grader Arianna Elm. Ashley Smidl, a junior from East View, says fellow students think "it's really cool that we have the four high schools competing as one team."

"The kids come together and form a team as part of the school district," explains coach Becky Krueger. "They



Apple Valley figure skating team

get recognition from the school board and their school. They get to wear a letter jacket with a skate on their sleeve. It's nice because it's rare that you get recognition as a figure skater at school."

Alix Pavlak, an Eagan 11th-grader adds, "I think it's important to be on a team with girls." Team member Kate Barton notes that the program is also open to middle school students who are in the district's Gifted Athletes program: "We have three seventh-graders and three eighth-graders on our team."

Eighth-grader Elena Rodrigues says participation on the team offers the opportunity to make new friends, go to competitions and have fun. Eagan 11th-grader Meagan Carpenter adds that a team provides more support than just being an individual skater.

Minnesota skaters skate for fun and earn a varsity letter in the sport they love. What a deal! ●



Apple Valley players show off their varsity letters.



La Pista Mexico figure skating team

Viva Mexico!

Skaters from across the United States warmly welcomed skaters from Mexico to the 2004 ISI Winter Classic. Clad in brightly colored team jackets with excitement in their eyes and smiles on their faces, the team from Mexico City eagerly met new friends and embraced old acquaintances. This was not the first ISI competition for director of figure skating Maribel Gutierrez Margaleff, her team of 24 skaters, four coaches and three parents. They've been ISI members for about eight years and have competed at Worlds in Chicago as well as the Winter Classic in Anaheim, Calif. last year, and they're looking forward to the ISI 2004 Worlds in Minnesota.

"In our competitions, the first-place winners on all levels and all ages are entered in a lottery — a drawing — and the rink pays for three trips to ISI Worlds," explains Maribel. Competitions in Mexico are similar to those in the U.S. A big competition for them has around 300 skaters.

At Winter Classic, the La Pista Mexico team had skaters ages 8 to 32, Pre-Alpha through Freestyle 6. They competed in freestyle and spotlight events and finished in eighth place out of 50 teams.

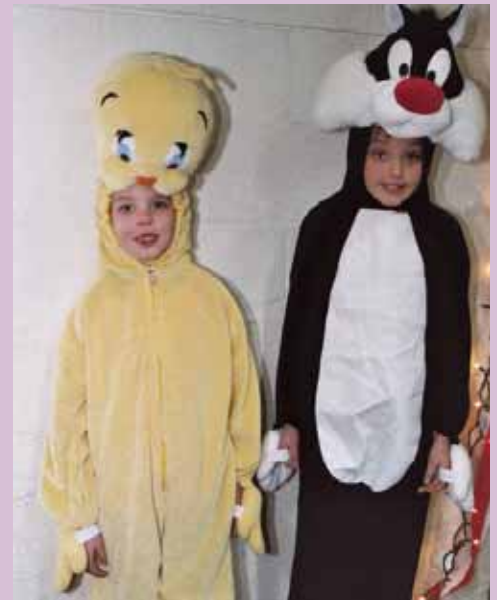
Maribel says her skaters gain experience from competing in the U.S. — "the experience of the trip, the experience of the ice, getting to see girls from the United States and other countries; it's 'WOW.' For us, skating is a new sport because we don't have snow. We really don't have winter."

The La Pista Mexico team draws skaters from three skating arenas in Mexico City. The skating schools enroll approximately 800 skaters. Maribel notes differences between the U.S. skaters and Mexican skaters. "We need to work more on speed and higher jumps and we need to work on the compulsories," she says. "We have not much time to practice because the public sessions are more important in Mexico than the school. I have many people in the school and not much [ice] time."

As the skaters from Mexico exchanged pins and posed for photos with ISI friends, they clearly showed that the love of skating is international. "Thank you for your hospitality," said Maribel as she extended an invitation to come to Mexico to skate. And at the end of the competition the Mexican skaters were off to the mall. Whether north or south of the border, some things are much the same. ●

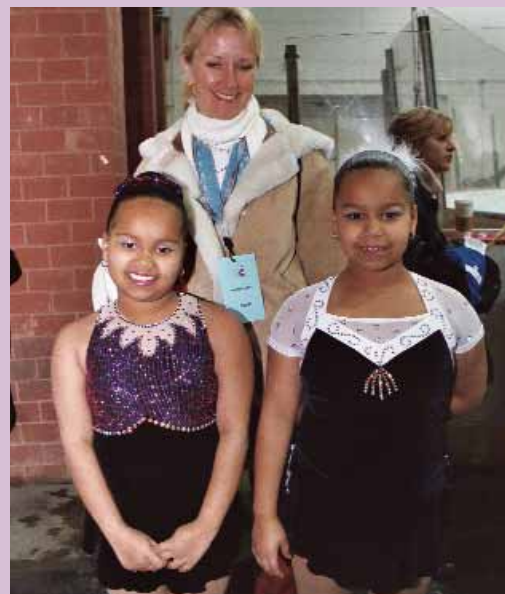
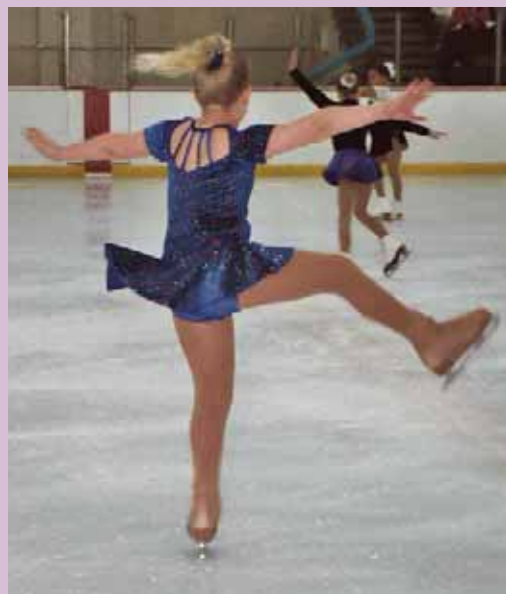
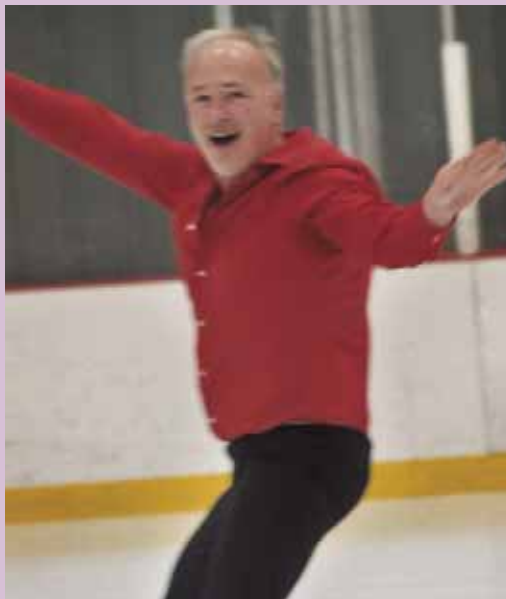


ISI 2004 Winter



Classic Gallery

Photography by Dianne Powell



competitors' corner.....



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

Have you recuperated from the excitement of Nashville? I hope so, because it's time to gear up for the energy of the 2004 Synchronized Championships in Bensenville, Ill. April 3-4. The Edge Ice Arena staff members are synchronizing their watches as the date quickly approaches!

And before you know it, the deadline for our premier event, the 2004 World Recreational Team Championships, will be here. Mark your calendars for the May 1 deadline; the event is Aug. 2-7. The Land

New ISI Dance Test Structure

Following an extensive review process, the first changes ever to ISI dance test levels took effect on Jan. 1. Skaters are no longer required to have passed the Delta test in order to take ice dancing tests. These revisions can also be found on the ISI Web site (www.skateisi.org) under "skating programs." Questions? Contact Barb Yackel, ISI national events coordinator, (972) 735-8800 or byackel@skateisi.org.

<u>Previously Passed ISI</u>	<u>New Level</u>
Dance 1	Dance 1
Dance 2	Dance 2
Dance 3	Dance 3
Dance 4	Dance 5
<i>Your test level was automatically updated in our files.</i>	
Dance 5	Dance 6
<i>Your test level was automatically updated in our files.</i>	
Dance 6	Must pass Tango to be Dance 7
Dance 7	Dance 7
Dance 8	Must pass Paso to be Dance 8
Dance 9	Must pass Starlight to be Dance 10

Skating directors can purchase badges for those at a new level from the ISI national office.

of 10,000 Lakes is calling you to catch the spirit and camaraderie of this competition, plus the experience of "Minnesota nice."

After a short breather, it will be time to head to the mountains of

Colorado and the Stephen C. West Arena in Breckenridge for the 2004 Adult Championships slated for Sept. 17-19.

Never a dull moment in the life of an ISI competitor! ●

Sharpen Your Edge

OK, all you sports fans: How many of you have sharpened your eating habits since the last issue? Healthful eating makes a difference in your performance!

In this issue, let's focus on conditioning secrets. If you're ready to take your skating to the next level, consider the following to improve your conditioning:

Warm Up

A proper warm-up is an important part of conditioning. Find a way to raise your heart rate and increase the blood flow to the muscles for 5-10 minutes before skating. You might try running in place or jumping rope.

Work on Flexibility

Make sure you are properly stretched and that you continually work on flexibility. This helps to lengthen both the muscles and the tendons, which in turn allows your limbs a greater range of movement.

Increase Endurance

Stay strong and concentrate so you have productive practice sessions. When practical, continue to skate after your program is complete. Working out on a stationary bike or running are also beneficial when you're not on the ice.

Improve Upper-Body Strength

Although many skaters concentrate on their legs, the upper body is very

important to skating a good program. Upper-body strength promotes good spinning and jumping techniques, and will contribute to the overall power of a program. Lifting free weights is typically the most effective technique.

Get Plenty of Rest

Sleep is important, especially before a competition. You'll be more alert and refreshed, and your body will respond much better when well rested. If you are tired, it will show in your performance, so get some rest.

On your mark,

Get set,

Develop a solid conditioning program!

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A Second Chance at Skating— and Life

by Kim Rasco

As a child, ice skating was only a dream. My family lived in a small rural Missouri town without an ice skating rink. Watching ice skating on television was as close as I got.

My love of ice skating continued into adulthood, and at age 26, I decided

it was time to learn. I ventured onto the ice for the first time at a rink in Kansas City and couldn't even hold my ankles straight. Sticking with it, though, three turns and gliding maneuvers came quickly.

I met coach Diane Thomas, a former skater with the Ice Capades, and started private lessons. She taught me the basics up through Freestyle 4 and helped me pass my tests. I was thrilled and couldn't wait to get on the ice each time. Skating gave me such a feeling of accomplishment and joy, and my family was supportive of my newfound hobby.

Competition after competition followed. My proudest moment came in 1997 when I placed first in my artistic group at the Winter Classic at the Colorado Springs World Arena. I was on top of the world. My progression continued as I learned the Lutz jump and the camel spin from Freestyle 5.

Since 1992, I had known that I had focal segmental glomerulosclerosis, a rare disease that destroys the kidneys. Until the late 1990s, the disease stayed pretty quiet and caused only minimal problems. Shortly after Winter Classic in 1997, my energy level dropped tremendously. I was unable to make it through an entire program and was forced to quit competing. I was crushed.

By 2000, the illness was in full swing. I went through 17 months of headaches and nausea. Kidney disease causes extreme weakness; I remember crawling on the floor some days because I was so weak and sick. At that point, I was too weak to work and lost the job I had had for 13 years, which created financial difficulties.

In April 2000, my kidneys shut down completely and my life had to be sustained by a machine. I did the procedure myself in my home. I spent about 20 hours a week

on the hemodialysis procedure, maintenance of the machine, inventory of supplies and medical follow-up. My home looked like a hospital ward; it was very hard on my husband, Evan, and my son, Jared, who was 8 years old at the time.

My wait for a kidney transplant was 17 long months. In April 2001, we got the call; a perfectly matching kidney was available. I was rushed into surgery at Research Medical Center. My family was so happy. My little boy, then 9, understood that he would have his mother back.

It was rough, at first, as my body adjusted to the anti-rejection medication, but after three months, the physician cleared me for skating and I was back on the ice. Sheer joy showed on my face in the pictures my husband took of my first glides after the transplant.

Now, as the third anniversary of my transplant draws near, I feel better than I have in years and we have our lives back. I work full-time and skate when I can. I have even skated in two ISI competitions since the transplant. Skating has played an important part in helping me maintain a healthy weight, which is a big challenge for people on transplant medication. My transplant surgeon is thrilled that I skate and believes it keeps me healthy.

None of this would have been possible without the unselfish donation of a family who lost a loved one. I don't think a lot of people understand that not only does organ donation save a life, it mercifully delivers people from intolerable suffering.

Now I dream of someday competing in ISI's World Recreational Team Championships. But for now, I live each day to the fullest and put my faith and my family first. Life is

precious and should never be taken for granted. Rejoice in each day, and if you're contemplating whether to sign a donor card, remember, the seconds you take to sign and, even more important, to discuss this important decision with your loved ones, could mean someone's second chance at life — and maybe even skating.

Kim Rasco is an ISI member who lives in Smithville, Mo. ●

A Journey Through Skating

I think I have come pretty far
For only skating 2 1/2 years
Had to do what was right for me
To happiness from tears

February 15, 2002, I had to switch coaches
I went from one coach to Erin
And look what has happened
To the way I jump and spin

I went from sloppy to pretty
From freestyle one to four
Within a couple of tries
Something I didn't think I could do before

Now that I have the right coach
I have better self-esteem
I try harder, as I am encouraged
Having a role model has been a dream

Knowing that times can be tough
Now I have a coach that pushes me to be strong
She understands
Erin knows what's right and wrong

Dedicated to Erin Geerlings, for always being there for me

Sarah Buba, 22, FS 4
Irvine, Calif.

.....ice poets

Ice Skating

I love ice skating
Can't seem to land that Axel!
Energizing

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Kind coaches help you along the way
A great sport to try out
The moment of truth
Is when you stand on the
medal podium
Never a bad sport
Great way to exercise

Guinevieve Imperial, 9, FS 4
Gardens Ice House
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FREESTYLE

Have a COOL Summer at Skating Camps and Clinics

by Lori Fairchild

It might be tempting to become a couch potato during the lazy, hot days of summer, but don't give in to it! Summertime brings the perfect opportunity to take advantage of your ice arena's valuable off-season camps and clinics, where you can brush up on your technique, learn new programs, make new friends and stay cool, all at the same time.

Many arenas offer figure skating and hockey day camps and clinics for skaters of all ages and skill levels. Some bring in "big-name" professionals to teach and host seminars. Testing sessions may be available, allowing you to focus on advancing to the next level without the added pressures of school-year homework and projects.

Some facilities feature fun themes; for instance, Ashburn Ice House in Ashburn, Va. has varied its summer schedule with a different theme for each week, including Groovy Music Week, Beach Week, Mystery Week, Cartoon Week, Super Star Week, Magical World Week and TV Classics Week. Full-day camps, especially for the younger set, typically mix in some non-skating activities such as crafts and outdoor recreation.

Figure skating camps often include both on-ice and off-ice training. Examples of off-ice activities are strength training, plyometrics, ballet/dance, yoga/Pilates, nutrition and mental preparation.

Many programs stage an end-of-camp performance for parents.

When choosing a summer skating camp or clinic,



Courtesy of HealthSouth Training Center

Susan Sweetser of Skatetown in Roseville, Calif. recommends looking for a safe, healthy environment; a well-organized, structured program; and a qualified staff with adequate adult supervision.

Kim Sylvester of Facility Management Corp. in Massachusetts adds that CPR- and First Aid-certified personnel are important, as is compliance with state licensing requirements.

Whether you're looking for a fun way to spend all or part of your summer, or you want to concentrate on improving your skating skills, there's probably a summer camp or clinic to meet your needs. **See page 30 for a sampling of ISI-member rinks' summer offerings. ●**

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ISI FS 1-3

USFS Pre-Preliminary & Preliminary

Five Night Camp

June 13-18, 2004

ISI FS 4-10

USFS Pre-Juvenile - Senior

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Register Now for Summer Camps and Clinics

Now is the time to make your summer skating and hockey plans. Space is limited, so early registration is recommended! If your local arena is not listed, call it directly and ask for its summer program listing, or check its Web site. Registration deadlines, session length, dates and prices vary by facility.

Location	Facility	Camps/Clinics	Contact
Kissimmee, Fla.	America on Ice	Figure Skating Camps	(863) 602-9243 americaonice.us
Ashburn, Va.	Ashburn Ice House	Learn-to-Skate Day Camps, Power Skating, Tiny Tots, Freestyle, Ice Dance, Synchro, Hockey	(703) 858-0300 ashburnice.com
Aspen, Colo.	Aspen Ice Garden	Adult Week, Summer Skate (experienced figure skating)	(970) 544-4116 jennym@ci.aspen.co.us
Aspen, Colo.	Aspen Ice Garden	Bear Paw Hockey Camp	(970) 927-5519 info@bearpawhockey.com
Minneapolis, Minn.	Augsburg Arena	Figure Skating Camps	(612) 330-1252 fscmpls.org
Breezy Point, Minn.	Breezy Point Arena & Lodge	Point of Perfection Figure Skating Mini Camps & 5-Night Camps	(800) 432-3777, Ext. 5678 breezypointsports.com
Delmont, Pa.	Center Ice Arena	Figure Skating Camp, Celebrity Series Seminar, Hockey Clinics	(724) 468-1100 centericearena.com
Austin, Texas	Chaparral Ice Center	Figure Skating Camps	(512) 252-8500, Ext. 150 chaparralice.com
Columbia, Md.	Columbia Ice Rink	Figure Skating Camps	(410) 730-0322 columbiaassociation.com
Anaheim, Calif.	Disney ICE	Figure Skating & Hockey Camps	(714) 535-RINK disneyice.com
Massachusetts	Facility Management Corp. (FMC) Arenas	Figure Skating Mini Camps & 1-Week Day Camps	(781) 982-8166 fmcarenas.com
Fairfax, Va.	Fairfax Ice Arena	8-week Summer Training, 1-week Skating Camp	(703) 323-1132 fairfaxicearena.com
Little Falls, N.J.	Floyd Hall Arena	Figure Skating Camp, Hockey School	(973) 746-7744 floydhallarena.com
Franklin Park, Ill.	Park District of Franklin Park Ice Arena	6-Week Camps (tots through advanced freestyle)	(847) 671-4268 fpice.com
Vernon Hills, Ill.	Glacier Ice Arena	Weekly Figure Skating & Hockey Day Camps (age 3 and up)	(847) 362-1222 glacierskate.com
El Segundo, Calif.	HealthSouth Training Center	1-Week Training Camps (Basic to Olympic)	(310) 535-4510, Ext. 31 summercamp@healthsouthtrainingcenter.com
Arlington, Texas	Ice at The Parks	Figure Skating Camps (Beta or higher)	(817) 419-0095 iceattheparks.com
Indianapolis	Indiana/World Skating Academy	Figure Skating School & Clinics	(317) 237-5565 iwsa.org
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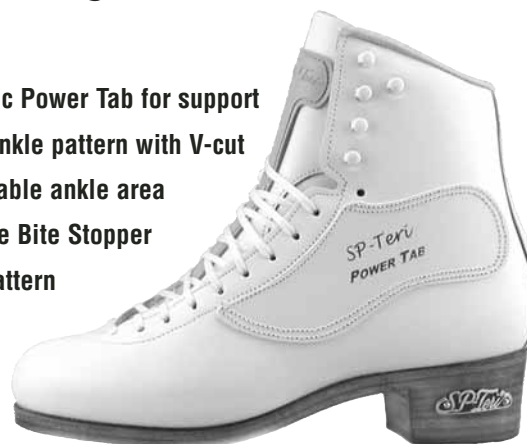
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Everybody Wins

with ISI's Special Skater Program

by Lori Fairchild

Witnessing the boundless joy and pride on the face of a special-needs skater who has just conquered a new challenge on the ice is among life's greatest rewards — just ask any ISI Special Skater coach or volunteer.

individuals of all ages and abilities. While Special Olympics paved the way with its focus on athletes with mental retardation, ISI Special Skater encompasses all special needs, whether mental or physical. "It means that a facility doesn't have to

ISI launch, the seeds for the program were being sown at Wayne Community Center in Wayne, Mich. Members of the Tri-City Therapeutic Recreation Program, who met at the community center, often stopped by the rink to watch the skating classes and shows, and soon expressed an interest in trying the sport for themselves, recalls former skating director Janis Rychlinski. In addition, the skating staff began receiving referrals from Special Olympics.

"We started with one special skater, and just kept adding," Rychlinski says. "We ended up with about 25. We used qualified instructors, then our skating adults and older teenage skaters got involved in working with the special skaters, and it just grew into a big family supporting each other."

As word spread, Special Skater competitions were staged in Carol Stream, Ill. as well as in Wayne. Today, all ISI national individual skater events include a Special Skater category, and some facilities offer additional performance opportunities. The Oxnard Ice Skating Center in Oxnard, Calif., for instance, has an active program which includes performances in the rink's holiday and spring ice shows. The special skaters' 2003 holiday number — Louis Armstrong's "What a Wonderful World" drew thunderous applause and rave reviews for the rink's community outreach.

In an effort to promote and update the Special Skater curriculum, ISI is reviewing the program and its manual, Feeney reports. "Several individuals have stepped up to bring the Special Skater program up to the standards of our other ISI programs," she says.

Among those individuals is Olympic champion Scott Hamilton, who serves as ISI's Special Skater spokesperson. Hamilton, who also is

Continued on page 34...



Dianne Powell

Program spokesman Scott Hamilton shares the ice with ISI special skaters during the 2002 ISI international conference.

"Teaching special skaters is just like teaching everyone else; it just takes a little more heart and patience," says Patti Feeney, ISI managing director of member programs and services, "and each accomplishment is a cause for celebration."

The Special Skater program, which essentially consists of a modified learn-to-skate curriculum and test standards, opens the door to the wonderful world of ice skating for

limit who it offers the learn-to-skate curriculum to," Feeney adds. Many ISI special skaters are also registered with Special Olympics.

The Special Skater curriculum was introduced 15 years ago, with written recommendations for teaching skaters with mental retardation, epilepsy, autism, cerebral palsy, visual and auditory disabilities and various other special needs.

Nearly a decade before its official

Two Reach SS 10 Mark

Stephanie Kern

Last year was a banner year for Stephanie Kern of Crest Hill, Ill. She turned 16, passed her Special Skater 10 test and skated to "I Hope You Dance" at the ISI World Championships in Chicago. There wasn't a dry eye in the house when the song ended.

Performing on the ice is "heaven" to Stephanie, says her mother, Gloria Kern. Two or three times a year, the teenager gets to be a star. "She always gets to do a solo because she's the only special skater in our shows and competitions," Mrs. Kern explains. Stephanie skates with the Fire On Ice team at Inwood Ice Arena in Joliet, Ill.

Born with autism and leg weakness that may be the result of a mild case of cerebral palsy, she started ice skating at age 12. "The self-confidence and sense of accomplishment she gets from [skating] have made a tremendous difference in

Stephanie's ability to handle everyday life," her mother notes. "It also helps with strengthening her leg muscles and enhances her self-control and ability to focus."

Stephanie participates in regular skating classes, where her coaches, Erin Kennealy and Deanna Tully, motivate her to make continuous progress. Mrs. Kern says she is grateful that Inwood Ice Arena and its instructors have been extremely supportive of her daughter.

Stephanie says the spiral is her best move, and she is working on several jumps. Her next performance will be at Inwood's spring show, "The Great Skate Caper," March 26-27.

"Having her peers cheer for her has been an amazing experience for both of us," Mrs. Kern says. "She actually lost her concentration and fell the first time it happened when she was doing a solo — she was so shocked they were cheering for her!"

But the applause more than compensated for the fall. Stephanie cheerfully notes that she doesn't get nervous before a performance, and falling doesn't bother her.

"All in all, skating has made a significant difference in Stephanie's life," her mother says. "I highly recommend that parents of special-needs kids give it a try." ●



Stephanie Kern

Melissa Cheatwood

Passing her Special Skater 10 test was another milestone in Melissa Cheatwood's impressive skating history. Melissa, 21, didn't start skating until she was 17, but it wasn't long before she began collecting gold medals for events at ISI Worlds and Special Olympics Virginia. She skates at The Chilled Ponds in Chesapeake year-round and at Iceland Family Skating Center in Virginia Beach during Special Olympics training season.

After ice skating for only three months, Melissa was invited to be the "flower girl" for "Ice Wars 2000," a competition that was aired on CBS in May 2000. While taping the special, she had the opportunity to meet Scott Hamilton, Kristi Yamaguchi, Kurt Browning and other ice skating celebrities.

Melissa's mom, Julie Cheatwood, says her daughter has excellent coordination and was a snow skier and inline skater, which may have something to do with her natural ease on the ice. She takes two or three private lessons a week plus group stroking classes. In addition, Melissa does off-ice training five days a week.

Melissa says her biggest challenges in reaching the Special Skater 10 level were getting enough ice time to practice and mastering the left-to-right Mohawk turns. Her favorite moves include the Salchow jump, the waltz jump into a ballet jump and the one-foot spin. She can even do a split on the ice. Her goal of the moment is perfecting that Salchow jump. Melissa's coaches are Amy Caldwell and Cindy Sanchez.

Performing on the ice in her colorful competition dresses, with her hair and makeup done is Melissa's favorite part of skating. "I like skating in front of a crowd because I can show them what I have been working hard on, and I enjoy the applause," she says.

A high school senior, Melissa is on the honor roll and the Principal's List. Through a jobsite program at her school, she has worked at Wal-Mart, Geico, a local science museum and the Ramada Inn.

Melissa even has a Web site (vbiceprincess.com) where you can read all about her and view photos that capture her active life and joyful spirit. ●



Melissa Cheatwood



Continued from page 32

a board member for Special Olympics International, says he sees a need for more programs for athletes with special needs: "There just didn't seem to be enough going on in skating, and I thought if we could set up a strong program in skating, other sports might follow suit. I like the idea that the skating community could lead by example."

The program's advantages for the special skaters are numerous, but

"People with any disability should be given an opportunity to be the best they can be, to experience everything they can," Hamilton adds. "Without opportunity, no one can thrive in any way."

Those with physical challenges often gain strength, coordination and flexibility from ice skating. And while ice skating is a seasonal activity in the Special Olympics, ISI's Special Skater is a year-round pro-

sion and respect as well as the rewards of helping others.

In fact, all who work with the Special Skater program discover they can make a difference in others' lives, Hamilton points out. "To know that you can touch someone in a positive way is a great gift," he says. "To know that you are capable of bringing joy to someone is worth every moment of time invested. Gifts tend to give and give again."

The special skaters have a way of giving back to those who work with them, through their appreciation, warmth and energy. "Skating school is at the end of our long day each Wednesday. But the special skaters come in and they bring us that second wind," says Michelle Wilkin, skating director at Oxnard Ice Skating Center.

Any ISI member facility that wishes to work with special skaters can do so, simply by using the Special Skater curriculum. "We supply the tools to assist them, and the facilities offer the curriculum. Some donate ice time or coaching," Feeney explains, adding that it's a great opportunity to give back to the community.

"Our dream is for the majority of arenas around the country to offer the Special Skater program, and for instructors to get involved," says Paikin. "We want to offer more people at all levels of learning the chance to get into our sport and be a part of the rink on a day-to-day basis. It's a wonderful thing."

For more information about the ISI Special Skater program, inquire at your rink or call the ISI office at (972) 735-8800. ●

"To know that you are capable of bringing joy to someone is worth every moment of time invested. Gifts tend to give and give again."

Scott Hamilton,
Special Skater spokesperson

the benefits also extend to their instructors, volunteers, the facilities and even other skaters.

Special skaters gain confidence and a sense of accomplishment, notes former instructor Sarah Rinehart. "Without a doubt, it gives them the opportunity to be a part of the world. They get to be in the same venue as traditional skaters, and treated with as much dignity. Figure skating is such a hard thing, and this gives them a chance to see how far they can go," she says.

gram. "If athletes really enjoy a sport, they want to do it more than a limited amount of time," says Mike Paikin, chairman of the Special Skater program.

Teachers who work with special skaters learn patience and develop creative, inventive instruction techniques. If they can teach beginners, they can teach most special skaters, Paikin notes.

"The other athletes at the rink get a lot out of this, too," Rinehart says. They learn acceptance, inclu-

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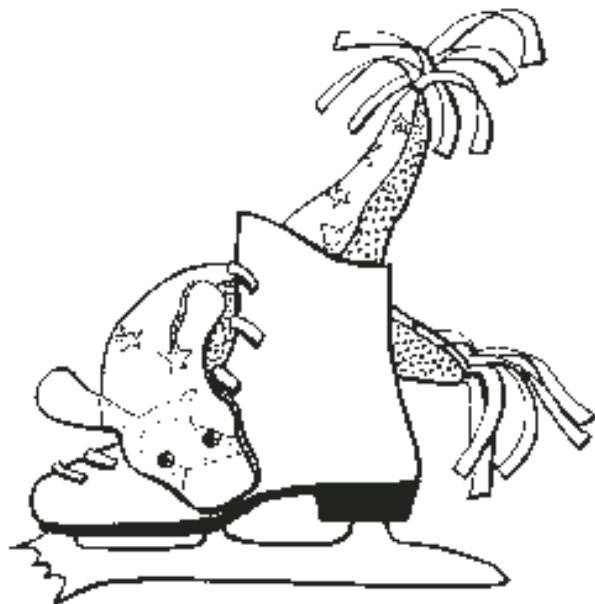
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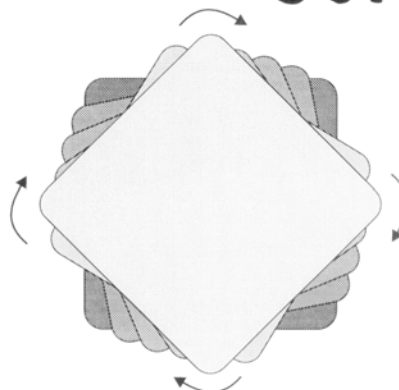
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I have now been skating for three years. I really like it. I would like some more pen pals (Kelsy Johnson, Miranda Erhardt, Hope Barton and Rebecca Hummel). As you can tell, I like to write to people. I don't think I get enough height on my waltz jumps. I also need to lift my leg higher on my spiral. Can you give me any advice? I just started team skating, and I really like it. The team has two competitions in February.

Kate Ferraro, 10, FS 1
Eagan Civic Arena
Eagan, Minn.

Off-ice ballet and stretch classes would really help with your flexibility, which will get that leg higher for your spiral and also help with getting more height on your waltz jump. Happy stretching!

Ice skating is so much fun! I love to skate and have been skating for 2 1/2 years. I have been in Freestyle 1 twice already. I have one pen pal in Honduras, and would like more. I would like to be pen pals with Amanda Pennington or Laura Klatz. If that doesn't work, could you find me a pen pal around my age and level?

Ana De Jong, 11, FS 1
Center Ice Arena
Glen Ellyn, Ill.

I have fun skating. I've been skating for five years now. I hope to find a pen pal around my age. I look forward to a great year of skating in 2004.

Sundi Myint, 10, FS6
Gardens Ice House
Laurel, Md.

I would like a pen pal, preferably Shannon Ashley because we're around the same age and level. But if she already has a pen pal and doesn't want another one, could you please get someone around my age and level? I love skating. I have been skating for four years.

Lizzy Waterman, 13, FS 2
Sioux Falls Ice and Rec
Sioux Falls, S.D.

I just received a magazine and "The Write Stuff" caught my eye. I have several questions I would like to ask. Do you know anything about Parkside rink closing? How many times do people usually go through

Gamma/Delta before they pass? I have been skating since I was 8 years old and I started in Intro 1. Skating is my hobby. I skate Wednesdays, Thursdays, Saturdays and Sundays. One of my friends skated and I wanted to learn, so I asked my mom if I could and, of course, she said, "YES!" My favorite moves are the lunge, bunny hop, waltz jump, spiral and outside edges.

Lindsey Ann Carmichael, 9,
Gamma/Delta
TBSA Parkside
St. Petersburg, Fla.

I haven't heard anything of the Parkside rink closing. You might want to contact the rink directly for that information. Passing tests is at each skater's individual pace. Don't judge yourself by other skaters' progression.

I have been skating for about three years, probably since I was 9 or 10. Skating is my absolute favorite sport to do. I would never give it up. My favorite thing to do is any jump. I would like to get a pen pal that is around my age and level. Thanks. Happy skating to everyone.

Devin DeVasto, 13, FS 3
Sharper Edge Skating School
Belmont, Mass.

I have been skating for a little over three years and I love it! It's just so much fun. When I jump I feel like I'm flying. I'm really having trouble with my camel spin. Do you have any advice? I would really like to be Christina Flower's pen pal. If not, could I have a pen pal around my age?

Erin Wiswell, 11, FS 1
Taunton Alexio Arena
Lakeville, Mass.

Camel spins are challenging, to say the least. If you work on your arabesque, it will definitely help improve your camel spin. Focus in on the very important entry edge and preparation for this spin. Keep practicing, and most of all, keep having FUN!

Ice skating rocks! I have been skating for just about a year now. I love it. I would like it if you would get me a pen pal my age or older, and in my level or above. I also need a tip on

how to get my change-foot spin better. Thanks for your help.

Janessa Blackford, 12, FS 3/4
Mountain View Ice Arena
Vancouver, Wash.

I'm with you — ice skating does rock! That darn FS 3 change-foot spin is a sore spot with many skaters. Your posture is crucial in this element. Be aware of head and body position. Sometimes I have skaters spin on two feet and then alternate lifting their feet just to feel and build confidence. You might give it a try!

I want to have a pen pal! Here are some people that I want to be pen pals with: Christina Flower, Elizabeth Youmans, Amanda Carradine, Joyce Luu, Lily Schroeder, Meridith Webb, Jazzy Cheung, Paige Warner, Karina Kotval and/or Maddy Schroeder, please! If none of the listed is possible, then I want someone my age but not the same level. I don't care if it is higher or lower. If possible, a level FS 5-10.

Brittany Beukema, 11, Delta
New Lenox, Ill.

I love to skate. I have been skating for five years. I would like a girl to be my pen pal, and I would like her to be 10 years old. I am currently struggling on my Axel. I would like to thank my coaches: Richard Wise, Victoria Boa and my new coach, Jean Yun, for getting me to my level. I am currently working on my moves in the field pre-preliminary. Do you have any advice for passing the test?

Gracie Pisaric, 10,
Pre-preliminary
Pasadena Figure Skating Center
Glendora, Calif.

You are not alone on the struggle with the Axel. I suggest working your rotation on the floor or, if your rink has a jumping harness, get together with your coach for a few turns on the harness. Keep practicing, and you'll get it!

NOTE: Please contact U.S. Figure Skating for advice on your moves in the field test.

I love to skate. I've been skating since I was 7. I would like a pen pal around age 12 to 13 in FS 4.

Dana DeBoer, 12, FS 4
Great Lakes Sports Arena
Warren, Mich.

Continued on page 40...

Just finished my RIS-Winter 2003, from cover to cover, like always. I have been a member of the ISI since 1981. I have skated in the National-World Championships from 1982 to 2000. I would still be skating but I had a hip replacement in 2001, so of course, I did not skate in 2001, but I did come back in December 2001 and skated four events at the Inside Edge Competition in Montclair, N.J. Then, in January 2002, I had two more operations and had my hip replaced for the third time, and my doctor told me not to skate anymore. I was very upset because skating was the most important thing for me. I do miss it very much. When I skated in Worlds, I skated as many as six events. I just felt you would like to hear my story. I hope it will help in some small way. I turned 75 years old in January, so you can see, I started out when I was 52. I did skate on rollers when I was in my teens up until 1960, and then went to ice in 1981. I remain a member, as I watch all the skating on TV.

Hugh John Devore, 75
Bloomfield, N.J.

I've been skating for five whole years, and it is really fun. If you have a pen pal for me, that would be great. I would like a girl that is in Gamma and is about my age. I believe that I live close to Kate Ferraro. One girl that wrote in your previous magazine, Abby Richardson, was in my Beta class. She is real nice. I kind of have a problem with my skating. I get nervous and start to wobble, and I don't know how to stop. I got my skates fitted and my blades sharpened. But it's no use. Now I think that I just have ice fright. The only way I sort of feel like that is on days when I have to perform in front of a bunch of people. I also can't do my three turns very well, and on my hockey stop I always fall. Can you give me some advice so I can soon go on to Delta?

Jenny Banyard
Minnetonka Ice Area
Minnetonka, Minn.

It is absolutely normal to be nervous in front of an audience; it gets your adrenaline pumping. But try this: Imagine your audience is sitting there in their PJs, which will, hopefully, make you laugh and your jitters vanish! The three turn

and hockey stop will come with more knee bend, positive attitude and practice, practice, practice.

I would like to have a pen pal around my age and level. I have been skating for three years.

Kalyn Bush, 8, Delta
Swonder Ice Arena
Evansville, Ind.

I love to skate! I skate three times a week. I'm working on my flip jump and half Lutz. I've done two competitions; the first time I came in second place. My coach's name is Diane. This year I did a solo and a group number at our rink's 2003 holiday show. I would like someone who is about my age and level for a pen pal.

Jennifer Raineri, 8, FS 2/3
The Rinx
Smithtown, N.Y.



Isabella Rhodes

My daughter is Isabella Rhodes, age 9, and she is a FS 4-level skater at the Lloyd Center Skating Rink in Portland, Ore. I want to give her a big two thumbs up. She has been skating for nearly two years now. For the last three months she has been struggling with the wrong size and fit skates that I bought off of eBay. Boy, was that a mistake. Isabella never gave up trying to make those skates work. She now has the right size and fit skate and is more excited than ever about trying to land her Axel. Your "Axel Tips from a Pro" will come in handy for her now. Thanks for not giving up, Isabella, and for working so hard!

Love from your dad,
Donald Rhodes
Lloyd Center Skating Rink
Tualatin, Ore.

I am working on a double loop. I passed Freestyle 4 on July 2, 2003. I can land an Axel most of the time.

Lisa Lockwood, 11, FS 5
Somis, Calif.

This is my first time writing to you. I want to say hi to Amy Scapin (she's on my synchro team, Team Elite). I have been skating for over eight years since I was about 6. I have been working on my Axel for awhile now and I seem to be rotating on my way up. Is there a way I can stop that? I want to say thank you to my synchro coach, Jan, and my private coach, Lora Barreto. Could I possibly be Amy Scapin's or Lena Quang's pen pal?

Samantha Seibel, 14, FS 4/5/6
Fox Valley Ice Arena
West Chicago, Ill.

We all have difficulty one time or another with the Axel. Try working on a waltz jump-loop jump combo to get the feeling of lifting first. This just might work. Good luck!

I have been skating freestyle for about 1 1/2 to two years. I am working on my Axel, double Salchow and flying camel. I love the skating. I was hoping to get a pen pal around my age but it doesn't have to be. I just want a pal, so write me if you're interested.

Caitlyn Shuy, 15, FS 5
Cabin John Ice Rink
Rockville, Md.

I'm looking for a pen pal. Maybe Abby Richardson or Erin Creighton. If not, someone else. I love skating!

Julie Swanson, 7, Beta
Nashoba Valley Olympia
Westford, Mass.

I love to skate! I have been skating for about 2 1/2 years. I have improved so much. I have my coach, Bobbie, to thank for it. She is my favorite coach I have ever had. She has been my coach for almost two years. I would love to have a pen pal, and if it is possible I would like to have Samantha Rohrich. She is my age and she is a level above me, so I can ask her for help when I need it. I also can write long letters like she wants. If that is

not possible, then I would also like to have Caitlin Martin.

**Amber Croan, 12, FS 2
Temecula, Calif.**

I have been skating for almost one year. I love it! I need help on my Mohawk. I can't separate my feet on the turn. Could you find me a pen pal around my level, and between ages 5 and 10?

**Josephine Bearden, 10,
Gamma/Delta
Mennen Ice Skating Arena
Boonton Twp., N.J.**

Practicing your Mohawks on a circle might help. You can also practice them against the boards. Place your hands on the lip of the boards and move either left or right with your Mohawks until you feel comfortable to move away. Keep trying!

I have been skating for a year now. I love it! I need help on my shoot-the-duck and lunge. I want a pen pal who is in Delta and is between the ages of 10 and 12.

**Tina Bearden, 10,
Gamma/Delta
Mennen Ice Skating Arena
Boonton Twp., N.J.**

Shoot-the-ducks are my favorite! Be sure you have lots of knee bend and good flexibility to be able to exit both elements on one foot. Work on off-ice stretches and watch how your shoot-the-duck and lunge improve.

I have been skating for four years and I love it. I am working on my double loop and double Lutz. I am writing because I love my coach, Liz. I know that I couldn't have gotten this far without her. Thank you, Liz! Do you think you can find me a pen pal my age and level?

**Codi Calagna, 11, FS 6
Freeport Skating Academy
Freeport, N.Y.**

Years ago when I joined ISI, I wrote to thank you for forming an organization for everyone who is interested in skating, no matter what your age was or what level of skater you were, and you could compete against other skaters or the book. I had seen other kid skaters at the rink and they were going to

compete and wear pretty dresses, which I wanted to wear. Your organization made that possible for me for many years. Now I want to say thank you for making my dream come true. But at the end of last year, I broke my hip, and my competing days are over. I don't know if I will ever skate again, but I want to say thank you for all the times I had at competing and having a great time whether I placed or not. I will always have the memories of skating in my heart, which nobody can take from me. So in closing, I will say thank you for all you did for this adult skater and much success to ISI and all the skaters, especially the adult skaters.

**Gloria Boothe
Wilmington, Calif.**

I have been skating for about two years. I have been to four competitions and I am working on my Axel. My favorite jump is the flip jump and my favorite spin is the sit spin. I would like a girl pen pal about my age in freestyle.

**Julia Trubovitz, 9, FS 5
San Diego Ice Arena
San Diego**



Kali Ilges

I have been skating for six years. Can I have a pen pal around my age or younger? I have four gold medals, one silver medal and one bronze. I like ice skating a lot. I hope to be in the Olympics someday. I have been on a team for two years. My first year was on Basic Blade Brigade. I like to be on teams. I would like to thank

some of my coaches: Brigid, Brianne, Jessica and Katie. I skate four times a week, and I take private lessons in the summer. I like to do waltz jumps and half flips. I am still trying to jump higher in my waltz jump. Maybe I'll see you in competitions.

**Kali Ilges, 9, FS 1
Wayne C. Kennedy
Recreation Complex
St. Louis, Mo.**

This is the first time I have written to you and I'll have to say that it's really awesome! Skating is a great sport. I love skating around the rink really fast, and just being in the rink gives me a nice feeling. I'm working on three of my double jumps but just can't land my double toe loop. I think I either don't take off well or I am crooked in the air. Do you have some tips? I would also love to be pen pals with Lena Quang, Christina Flower or Maggie McRae. If that is not possible, could I have a few pen pals in my level, and girls please? I think it would be cool to have more than one pen pal.

**Alejandra Acosta, 10, FS 5/6
Logitech Ice at San Jose
San Jose, Calif.**

Double toe loops were my favorite and yes, I do have a tip for you. Try this: Just as you are about to do the inside three turn into the jump, draw your heels together and stand very tall, feeling like the top of your head is about to touch the ceiling. Then go into the three turn with a nice deep knee bend, plant your toe and — bam! — a double toe! Happy landings.

I wanted to update you on my ice skating. I am 9 1/2 years old and last year I have moved from Cabin John Ice Rink to Gardens Ice House and also to Columbia Ice Rink. I love my coaches since they have taught me so much. Thank you! I would like another pen pal. Brittany's great, but I would love more than one pen pal. Someone older, younger or someone close to my age would be great! I would like it if they lived in Florida, California or Massachusetts. But it's OK if they don't.

**Guinevieve Imperial, 9, FS 5
Gardens Ice House and
Columbia Ice Rink
Laurel, Md. and Columbia, Md.**

Do Your Homework

Applying for an ISIA Education scholarship requires some preparation. Here's a guide to help you get organized.

by **Craig Cichy**

Secretary, ISIA Education Foundation

While many skaters have become familiar with the ISIA Education Foundation scholarship application, it is never too early to prepare your materials for submission. Applying for this, or any, scholarship can be intimidating, but getting an early start on the process will help with organizing and managing your materials.

Two to three years prior to the application deadline

- At least two years before you are ready to apply for the ISIA Education Foundation scholarship, become familiar with the application itself and the minimum requirements to apply. The complete application can be downloaded from www.skateisi.org.
- Among the requirements is the completion of 240 hours of service (volunteer and paid) within your rink and/or club. Begin documenting this as early as possible, because to recreate it from memory is virtually impossible. Make note of the date you volunteered and the time, and in what capacity you served.

Here's an example of a service hours record:

Date	Hours	Paid	Non-Paid	Description
1/3/04	Noon-2 p.m.		2.0	Runner at New Year's in-house competition
1/4/04	11 a.m.-3 p.m.	4.0		Ice guard for public skating session
3/20/04	3-4:30 p.m.		1.5	Choreograph tot group show number
Total		4.0	3.5	

- Also, two years prior to applying for the scholarship, you should let your coach and rink know you are interested in applying and that you are starting to document your hours, which they will need to verify.

One year prior

- Verify that your ISI membership is current, and will be current at the time your application is submitted. Only current members in good standing are permitted to apply for a scholarship.
- Inform your school guidance counselor that you are interested in applying for an ISIA Education Foundation scholarship and give her a copy of the application. She will be able to help you with the various school-related requirements (transcripts, college entrance exam scores, rank, GPA, etc.).
- Contact your two references to update them on your application and to ask them to complete the evaluation form included in the application.
- Begin to draft your essay, "Why I Deserve an ISIA Education Foundation Scholarship." This should be proofread and edited several times by you and, better yet, by one of your peers or educators.

Application year

Here are some tips for submitting your application:

- Only current application forms are acceptable (download from www.skateisi.org).
- Complete the application by printing in black or blue ink, or type. Appropriate signatures must be included where requested.
- Include ALL materials together, in the order presented on the application. This shows that you are organized and can follow instructions.
- If you are submitting copies of transcripts, etc., please make sure that the entire copy is legible; the applications are duplicated many times and the clearer the copy, the easier it will be to be reviewed.

Application deadline

The deadline is March 1 for the following academic year. ●

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For more information, contact ISI at 972-735-8800, or go to www.skateisi.org for information and/or to register online.