



Summer 2004

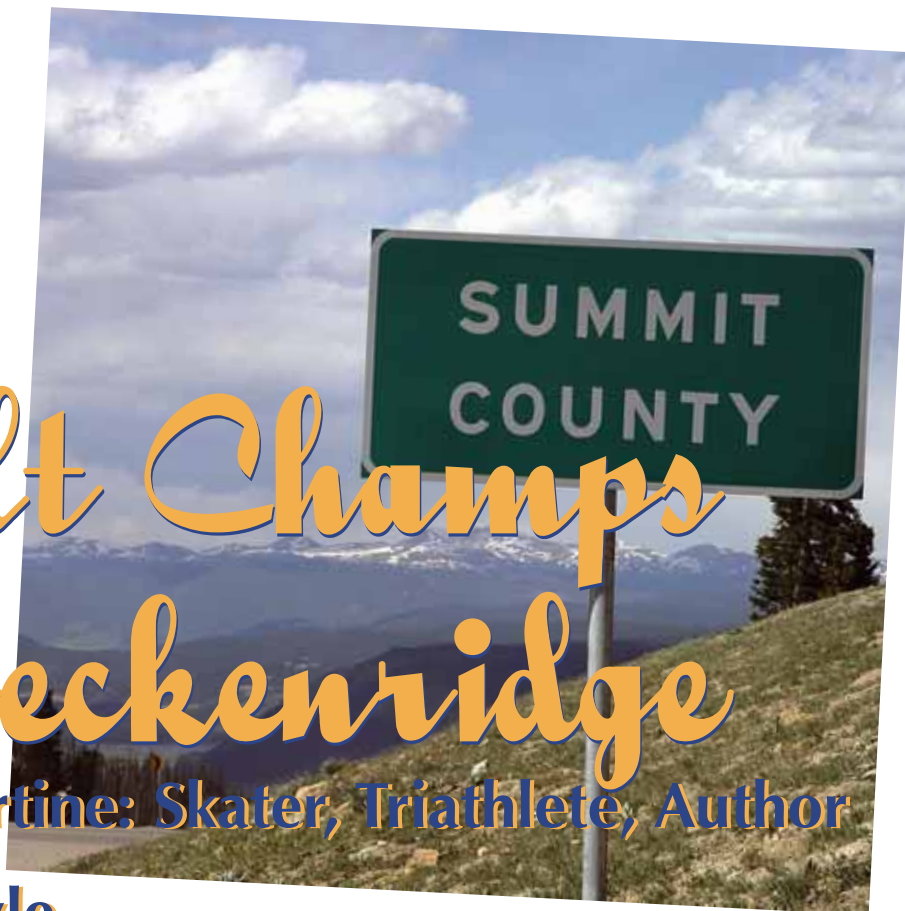
# ice skating



*Hot air balloons*



*bike riding*



## Adult Champs in Breckenridge

- Kathryn Bertine: Skater, Triathlete, Author
- Synchro Style
- Female Face-Off

*Rocky Mountains, Colorado*

# HLS 1500

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

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

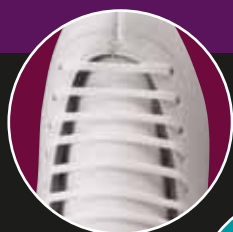
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Reduce blisters and prevent slippage with our revolutionary **HEEL LOCK STABILIZER SYSTEM**.

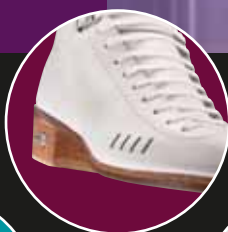
Improve individual fit and forward boot flex with our **FLEX NOTCH DESIGN**.

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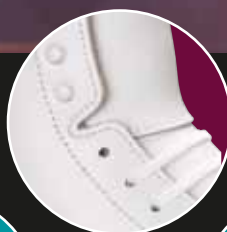
## WORLD CLASS TECHNOLOGY



Extended Open Throat Design



Cork Heels and Midsoles



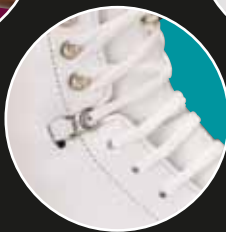
Flex Notch Design



Ribbed Forefoot Flex



Anti-Rotational Tongue Lace Bar



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

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

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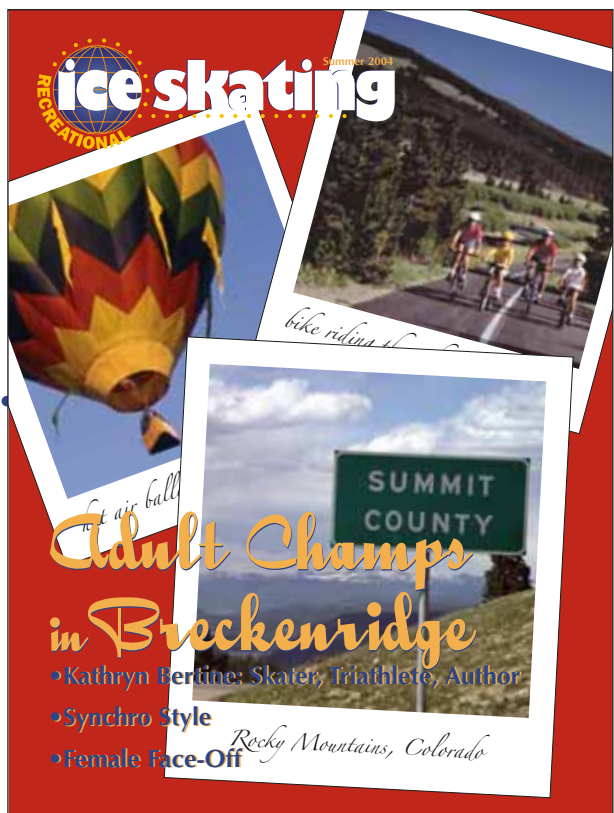
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## from the editor .....

It's clear that you have come to embrace this magazine as your own, and that's exactly as it should be. *Recreational Ice Skating* has always included pages of your letters and poems, plus photos and stories featuring you and your teams, facilities and organizations. Lately we've been asking you to send us more of your own contributions, so that more of our content is not only for and about you, but *by* you as well. The response has been positive, as you'll see in this issue. We're pleased to publish an article on sportsmanship written by a former ISI competitor (page 22), a new department called "Spotlight" (page 28) and many photos submitted by ISI members and their supporters.



A few words about photo submissions: If you have sent us a photo that you do not see in the magazine, please understand that many photos do not reproduce well in a print publication. We receive many digital images that are not high enough resolution for magazine reproduction. This does not mean the photos are not good; it just means we can't use them. If you would like to submit photos to us in the future, please set your digital camera on the setting for the highest possible quality or resolution. If you do not have a digital camera, you can still e-mail scanned photos, or you can simply mail us copies of your prints. Do not send originals, as they cannot be returned. If you have questions, please e-mail me at editor@skateisi.org or call me at (972) 735-8800.

In addition to the quality concerns, space availability and the early deadlines necessary to produce a quarterly publication also present some limitations. We actually must plan our content nearly three months before you receive your magazine, and we need your letters, photos and other submissions about two months in advance. Submissions for the fall issue must be received no later than July 15, and if you have a feature story in mind, we'll need your idea by mid-June.

Bear with us, and keep those photos, letters, articles and ideas coming!

*Lori*

## Tell Us About Your Coach!

Do you love your coach? Has she or he been instrumental to your motivation or your success as a skater — or even more important, to your love of the sport? Please send us a letter detailing how your coach has been a positive influence on and/or off the ice, and include a photo of your coach, taken with you or your team, if you'd like. Don't forget to include contact information for both you and your coach. See e-mail and mailing addresses in the "envelope" on the next page.

**CORRECTION:** In the ISI 2004 Winter Classic feature (Spring 2004, page 20), volunteer Tiffany Wright was mistakenly referred to as "Wendy" Wright. Her parents, who generously served New Orleans cuisine to the coaches and judges, are Joe and Rose Severa.

# 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.

Skating is so awesome! I have been skating for three years. This is my first year belonging to ISI though. I am currently in Freestyle 1, but I am working on my one-foot spin and footwork for Freestyle 2 so I can hopefully pass soon. I am also working on the loop and back spin. I think it would be so cool to have a skating pen pal. I really want one, specifically Caitlyn Shuy if she doesn't already have a pen pal. If she does or she doesn't want another one, then I was hoping you could find me someone who is around my age. Thank You!

**Amy Kisby, 15, FS 1**  
**Valley Ice Arena**  
**Portland, Ore.**

This is my first time writing to your magazine! I just want to say hi to all of my friends in Illinois, especially Hayley, Rachael, Becca and Allison. A big hi to all of the rest of my buddies as well! I love you all and I miss you guys so much! I would also like to say hi to all of my friends down here in Florida! I am on a synchro team down here, the Sunfire, and I was also on a team up north, the Dazzlers. I love skating, and everyone else should love it, too! I would like to have a pen pal around my age and level, please!

**Erica Hinz, 15, FS 6**  
**Sunblades Ice Arena**  
**Clearwater, Fla.**

I am in Freestyle 2 and am looking for a pen pal. I live in a small town and go to a city to skate. My dad even built me a skating rink last winter in our yard. I love to skate and compete. I have made a lot of friends doing it. I would like Rachel Cleavelin for a pen pal.

**Ivy Pearson, 10, FS 2**  
**Sioux Falls Ice and Rec Center**  
**Alcester, S.D.**

I am having trouble with skating. I can't get any of the moves, so I'm wondering if you get me information



on everything! By the way, what is a waltz jump? Thanks! By the way, I want a pen pal.

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

*Brittany, Brittany! What's a waltz jump? Homework time! Get your hands on an ISI Skaters & Coaches Handbook and do some reading. You will be so educated on all the skating maneuvers that they might ask you to teach. Good luck! (To order a handbook, download an order form from the ISI Web site, skateisi.org, or call the order department at 972-735-8800).*



Michelle Charters

I have been skating for three years. My coach is Miss Kelly Paige. I have been in five competitions at JP Igloo and one at Nashville Winter Classic 2004. I got two seconds and one first my first time away.

**Michelle Charters, 6, FS 1**  
**JP Igloo Ice & Inline Complex**  
**Nokomis, Fla.**

I am really excited! I just saw on the ISI Web site that the Adult Champs will be in Breckenridge this year. I

*Continued on page 36*

## How to Get Your Letter Published

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

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

## How the Pen Pal Program Works

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



## Charity Event Brings Hockey Stars to Breckenridge

BRECKENRIDGE, Colo. — The Stephen C. West Ice Arena was the scene April 16-17 of the seventh annual Summit Foundation Hockey Classic, featuring the Battle of the Badges and the Rivalry of the Resorts. The celebrity charity event is a major fundraiser for the Summit Foundation, which supports non-profit organizations in the community.

The event showcased such hockey stars as Mark Johnson, an NHL veteran best known for his gold-medal per-



NHL veterans Doug Smail and Sasha Lakovic square off in the Summit Foundation Holiday Classic.

Mark Fox/Summit County Independent Daily

formance with the 1980 "Miracle on Ice" Olympic team. Other hockey celebrities leading the lineups included NHL veterans Doug Smail, John Wensink, Ryan Stewart, Don Mercier and Sasha Lakovic, who recently portrayed the Russian captain in the Disney movie *Miracle*. Willie O'Ree, the first black player in NHL history, was on hand to coach in the resort competition. O'Ree now serves as director of youth development for the NHL/USA Hockey Diversity Task Force.

This year's Battle of the Badges resulted in a first-ever victory for the police team, the Enforcers, who beat the firefighters, aka the Flames, 11-7. In the Rivalry of the Resorts, Intrawest's Canucks triumphed over Vail Resorts' Americans 9-6. Vail Resorts owns Breckenridge, Keystone, Vail and Beaver Creek; Intrawest owns Copper Mountain Resort and manages Winter Park.



Mark Fox/Summit County Independent Daily

Willie O'Ree (foreground), who broke the NHL's color barrier in 1958, helped coach the celebrity hockey event.

## HD Sports Launches Updated Version of SkateSmart PTS Software

SHEFFIELD, ENGLAND — HD Sports, LTD has launched the updated version of its SkateSmart PTS system. The latest version of the figure skating training software offers a more dynamic interface, user-friendly navigation and an enhanced diet and training schedule.

"The updated system, which is available to skaters worldwide, is now easier to navigate, particularly for younger skaters, and offers the most comprehensive training program available," said Roger Margereson, managing director of HD Sports.

The world's first software of its kind, SkateSmart PTS is a Web-based interactive training tool that combines all the factors associated with being a great skater — including strength, fitness, nutrition and psychology — into one program. When using the SkateSmart system, a skater provides input from each of these areas, which allows the software to create scientifically accurate training recommendations. Training adjustments are automatically made in the event of an injury or an upcoming competition.

Although SkateSmart provides a personalized training and diet program for each skater, it is not designed to replace a skater's coach. Rather, the software enhances and extends a coach's efforts. "With the guidance of a coach, a personalized training schedule can be created," said Margereson. "In addition, coaches can closely watch their student's progress by tracking their progress charts and identifying needs for improvement."

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

## New Parabolic Blade Designed for Better Footwork, Spins, Landings

SHEFFIELD, ENGLAND — MK and John Wilson Skates recently introduced the Parabolic Blade, a groundbreaking blade design that helps skaters be more centered on the blade for improved footwork, more accurate turns, faster take-offs on edge jumps, stronger spins

and more precise landings.

Because the Parabolic Blade keeps the weight of the skater on the center of the blade, less of the blade surface is used. This not only improves stability, but also has benefits for blade sharpening and overall blade life.

For best results, blades should be sharpened by a skilled technician.

For more information on proper blade maintenance, see [johnwilsonskates.com](http://johnwilsonskates.com) or [mkblades.com](http://mkblades.com), or visit your local authorized dealer. Visit [parabolicblades.com](http://parabolicblades.com) for more information on the Parabolic Blade.

## ISI District 3 Announces 'Skate for Knowledge' Results

The Metropolitan Ice Rink Managers Association (MIRMA) has announced the completion of the first annual ISI District 3 "Skate for Knowledge" competition series. The series culminated at the District 3 Championship event April 17-18, hosted by the Ice Vault in Wayne, N.J.

The MIRMA board of directors, led by ISIA Education Foundation treasurer Judith Sniffen and trustee Lisa Fedick, wanted to help skaters

within the district turn their dreams of higher education into a reality, while at the same time rewarding their efforts on the ice.

The competition committee tracked placements and participation in every ISI-endorsed competition hosted in District 3 from Sept. 1, 2003 through the conclusion of the championship event. Also included in the tracking was the ISI 2004 Winter Classic competition.

Registered ISI individual members in District 3 who participated in competitions were divided into four groups, by freestyle test level. The skater with the most total points in each group received a \$1,000 scholarship, with the overall top skater receiving an additional \$500 grand prize.

The top 10 "Skate for Knowledge" skaters, with scholarship winners in bold, are:



Megan Pritts



Lauren D'Ascanio

PLACE	NAME	LEVEL	FACILITY	POINTS
1	<b>Megan Pritts</b>	<b>FS 6</b>	<b>Wonderland of Ice</b>	<b>367</b>
2	<b>Lauren D'Ascanio</b>	<b>FS 7</b>	<b>Wonderland of Ice</b>	<b>344</b>
3	<b>Abigail Zukowski</b>	<b>FS 5</b>	<b>Wonderland of Ice</b>	<b>298</b>
4	Samantha Santos	FS 7	Wonderland of Ice	259
5	Jacqueline Sullivan	FS 4	Yonkers Skating Club	189
6	Kristen Santos	FS 6	Wonderland of Ice	188
7	<b>Cathryn Callahan</b>	<b>FS 2</b>	<b>Yonkers Skating Club</b>	<b>146</b>
8	Dominique Photos	FS1	Wonderland of Ice	141
9	Brianna Pigott	FS 4	Yonkers Skating Club	125
10	Brittany Mullen	FS 7	Montclair Inside Edge	118

Fifteen teams from the district were represented in this year's "Skate for Knowledge" competition, with 152 skaters participating in 412 performances.

The final team standings were:

Place	Facility	City	Points
1	Wonderland of Ice	Bridgeport, Conn.	402.50
2	Mint Crystals	Wayne, N.J.	290.50
3	Montclair Inside Edge	Montclair, NJ	190.50
4	Yonkers Skating Club	Yonkers, NY	167.00
5	Bethlehem Skating Club	Bethlehem, PA	155.50

The 2004-05 series began on April 19, 2004 and will conclude at the completion of the 2005 ISI District 3 Championship event April 9-10, 2005.



Abigail Zukowski



Kathryn Callahan



# Heading for the High Country

by Lori Fairchild

Carl Scofield

If you're an adult who sometimes finds yourself wishing you were a kid again — kids get to have all the fun, right? — be careful what you

wish for! After all, if you were a kid, you wouldn't be allowed to participate in the ISI 2004 Adult Championships Sept. 17-19 in Breckenridge, Colo. That's right: This one's exclusively for folks 21 and over. But it's OK if you want to *act* like a kid (within reason) at this event, which has been described by past participants as "fun," "a blast" and even "a hoot." (Some of the more mature skaters call it "motivational," "a fantastic opportunity" and "a wonderful experience" —

not that there's anything wrong with that!)

Many ISI adult skaters plan their vacations around Adult Champs, and this year's setting for the annual national event is sure to generate interest among "big kids" eager to trade the late summer heat for some of that legendary "Rocky Mountain High."

## ABOUT THE EVENT

The ISI Adult Championships will be held Sept. 17-19 at the 4-year-old Stephen C. West Ice Arena, home to two NHL-size rinks — one indoor and one outdoor. The arena, managed by ISI District 12 representative Jenise Jensen, is the recipient of an Athletic Business Facility of Merit Award, given to facilities that set the design and functionality standard for athletic, recreational and wellness projects.

At this year's event, competitors will have the opportunity to expand their knowledge and abilities by participating in special clinics offered prior to the competition. The on-ice technique clinics will be led by:



Stephen C. West Ice Arena



Submitted photos



- Gerry Lane, past PSA president and PSA master-rated figures, free skating, moves and dance coach
- Debbie Lane, PSA master-rated figures, free skating, moves and dance coach
- Tom Cierniak, former U.S. Men's National Novice Champion and Junior World bronze medalist

In addition, certified fitness instructors will offer off-ice fitness, strengthening and conditioning clinics.

To sign up for these clinics, and for more information about the ISI 2004 Adult Championships, go to the ISI Web site, [skateisi.org](http://skateisi.org), or call (972) 735-8800.

Individual and team entry forms for Adult Champs can be found on the Web site or on pages 12-13 of this publication. Registration deadline is Aug. 1.

### FUN STUFF

If you think Colorado is all about skiing and snow, think again! Some vacationers and local residents find late summer/early fall to be the best time of year for enjoying the Breckenridge area. They say the best-kept secret of Summit County is the fact that there's even more to do in the summer than in the winter.

For starters, the biggest party of the season — the 10th annual Oktoberfest celebration — just happens to be scheduled for the same weekend as Adult Champs. Breckenridge's quaint Main Street will be lined with German food vendors, polka and oompah music and dancing, family

The best-kept secret of **Summit County** is the fact that **there's even more to do in the summer** than in the winter.

entertainment and a keg-tapping ceremony. Also planned for this weekend is the giant annual ski swap, a community fundraiser at the Riverwalk Center amphitheater that offers quality ski equipment at great prices, with qualified ski experts on hand.

The 136-year-old town of Breckenridge takes great pride in its reputation for hospitality. Here you'll find plenty of ways to party, places to dine and reasons to shop.

*Continued on page 10*

RECREATIONAL ICE SKATING, SUMMER 2004



Golf in the mountains

Carl Scofield



In the mood for a little pampering? This resort community knows just what you need to relax and revitalize. Luxury spas offer everything from oxygenating facials to couples'



Oktoberfest

Carl Scofield

massages and aromatherapy to purifying seaweed wraps — just the ticket for a skater's muscles, joints and psyche.

For outdoor enthusiasts, Breckenridge's beautiful scenery may be all that's needed for recreation and thera-

py. You can take in the view from a hot air balloon or the family-friendly biking trails. Don't forget your camera! You'll want to capture the changing colors of the majestic aspens, and you might even catch an early snow.

If you have the time and the energy, hiking, canoeing, fishing and golfing are favorite warm-weather pursuits around Breckenridge. The Breckenridge Golf Club is the world's only municipal Jack Nicklaus-designed course — 27 remarkable holes set in the beautiful Rocky Mountains!

### HIGH-ALTITUDE TIPS

September's average high temperature is about 67 degrees, with a comfortably low humidity level of 30 percent.

Evenings are considerably cooler, so pack a sweater or a light jacket.

Some people claim you're closer to heaven when you're in the mountains, but one thing's for sure: You're closer to the sun, so be sure to pro-

## PARTY TIME!

Don't miss the Competitors' Party Friday evening, Sept. 17 at Downstairs at Eric's, the place to see and be seen in Breckenridge. This deluxe sports bar is packed with ice hockey memorabilia (including a life-size goalie in the lobby), and you might just run into a celebrity or two. Go to [downstairsaterics.com](http://downstairsaterics.com) to preview our Competitors' Party hot spot. Make advance reservations for the party by calling ISI at (972) 735-8800.

tect your skin with a hat and sunscreen and your eyes with UV-blocking sunglasses.

Also, keep in mind that a high-altitude environment — the very thing that allows mild summer temperatures, low humidity and 300 inches of perfect winter powder — is something to prepare for. As you go up, the air gets thinner, and drier, less oxygen is available and the ultraviolet rays from the sun are

Riverwalk

Carl Scofield







Main Street Breckenridge

Carl Scofield

stronger. High Country Health Care offers these tips for avoiding altitude illness:

- Increase fluid intake (drink two or three times more than usual)
- Decrease salt intake
- Moderate your physical activity
- Eat high-carbohydrate, low-fat meals
- Reduce alcohol and caffeine intake

Initially, you may notice that you're short of breath or your heart is beating a little faster. Most likely, you'll adjust to the environmental change, but if not, seek medical attention.

## WHERE TO STAY

### Beaver Run Resort & Conference Center

(970) 453-8714 or (800) 288-1282  
\$89

### Breckenridge Lodging & Hospitality Reservations

Ask for Group Code BG4GISI on the following properties:

#### Breckenridge Mountain Lodge

(888) 525-1787  
\$79

#### Great Divide Lodge Deluxe Hotel

(888) 525-1787  
\$89

### The Village of Breckenridge

(888) 525-1787

\$80 & up

Hotel, studio, suites & condos

**NOTE:** Competitors desiring high-end luxury accommodations may contact Julie Chandler at (800) 332-0424. ●

## FOR MORE INFORMATION

skateisi.org  
townofbreckenridge.com  
gobreck.com  
vailresorts.com  
breckenridgегolfclub.com



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Riedell 12 White - Boot & Blade	\$69
Riedell 17 White - Boot & Blade	\$99

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Graf Edmonton Special - Black	\$499
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2701 - Black	\$279
3100 - White	\$369
3101 - Black	\$399
3500 - White	\$439
3501 - Black	\$459
SP Teri Ultra-Light	\$459
Riedell 1500 with Cork outside	\$479

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JACKSON ELITE



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### Heat Moldable Designs



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JACKSON FREESTYLE



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

## 2004 ADULT CHAMPIONSHIPS Individual Entry Form

Event information available  
at [www.skateisi.org](http://www.skateisi.org)

Event	Location	Event Dates	Test Deadline	*Entry Deadline
<input type="checkbox"/> Adult Championships	Breckenridge, CO	Sept. 17-19, 2004	Aug. 1, 2004	Aug. 1, 2004

☐ MALE ☐ FEMALE

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

### INDIVIDUAL EVENTS

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

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) <input type="checkbox"/> Char. <input type="checkbox"/> Dram. <input type="checkbox"/> Lt. Enter. <input type="checkbox"/> Couple Spotlight High (Either Skater FS4-FS10)	<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.** \$108.00

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

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

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

**Membership fee enclosed** ☐ \$10.00 Domestic

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

**Total enclosed:** \$ \_\_\_\_\_ *make check payable to ISI*

ISI Use:

Check # \_\_\_\_\_ Amount \_\_\_\_\_ Date Received \_\_\_\_\_

☐ American Express

☐ Visa

☐ MasterCard

☐ Discover

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Cardholder (please print) \_\_\_\_\_

Authorized Signature \_\_\_\_\_

Telephone Number (must be included) \_\_\_\_\_



**Send entry and fee to:**

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

# 2004 ADULT 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](http://www.skateisi.org)

Event	Location	Event Dates	Test Deadline	Entry Deadline
<input type="checkbox"/> Adult Championships	Breckenridge, CO	Sept. 17-19, 2004	Aug. 1, 2004	Aug. 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                 | <b>Age Category:</b><br><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			<i>*July 1, 2004 age date for Synchronized Teams only</i>		
10			<b>Crossover Skaters</b>		<b>Team #</b>
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.

**Entry Fees:**

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

☐ ISIA Education Foundation Donation enclosed \$ \_\_\_\_\_

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

**OFFICE USE ONLY**

Date Rec'd. \_\_\_\_\_ Check # \_\_\_\_\_ Amount \_\_\_\_\_

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

Date \_\_\_\_\_

☐ American Express

☐ Visa

☐ MasterCard

☐ Discover

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Cardholder (please print) \_\_\_\_\_

Authorized Signature \_\_\_\_\_

Telephone Number (must be included) \_\_\_\_\_

# Creating A Mastery Mindset

by Jim Thompson

**W**hat makes someone a winner? The traditional definition of a winner is the person or team that does the best on the scoreboard. The scoreboard definition of a "winner" involves three key elements: a) results, b) comparison with others, and c) avoiding mistakes.



Jim Thompson

The scoreboard is everything for many athletes and coaches because our society worships winning at all cost, and tends to dismiss the "good effort" as a loser's motto. There are many problems with a scoreboard orientation, but one defect towers over the rest. It causes many — perhaps most — athletes to perform more poorly! Conventional wisdom says that if you focus on winning (on the scoreboard) you are more likely to win. But the emerging research from sport psychology indicates that a focus on the scoreboard often results in fewer actual scoreboard victories.

Here's one truth for most athletes about a focus on the scoreboard: It tends to increase anxiety. When winning on the scoreboard is everything, athletes spend more of their precious emotional energy worrying about whether they will lose. The problem is that when we are nervous we tend to make more mistakes, and fear of making mistakes causes us to be more tentative and more timid.

Why does wanting to win on the scoreboard increase anxiety? Because we can't control the outcome on the scoreboard! And people tend to become anxious about things that are important to them that they can't control.

While the scoreboard orienta-

tion focuses on results, comparisons with others and avoiding mistakes, the concept of mastery is concerned with effort, learning and improvement, and how we respond to mistakes. To help athletes and coaches learn and remember the key elements of mastery, Positive Coaching Alliance (PCA) has developed a memory aid: We say the Tree of Mastery is an ELM Tree, where E is for Effort, L is for Learning and M is for how we respond to Mistakes.

**Effort:** While the scoreboard orientation focuses on results, mastery is about effort. Did I try as hard as I could? Did I give it everything I had? We want to give our best effort every time we step on the ice. Mastery-minded athletes are more concerned that they try their hardest rather than if they win.

**Learning:** While the scoreboard orientation focuses on comparison with others, mastery is about learning and continuous improvement. It doesn't matter so much where you start as how much you improve. This can be a tremendous relief because you simply can't control whether you are better than someone else. But you can control whether you learn something and improve. Mastery-minded athletes seek to learn and improve every week in practice and every time they compete.

**Mistakes:** Most people think it's bad to make a mistake. But mistakes are part of the learning process. In a mastery mindset, mistakes are not dreaded. Mistakes are seen as an inevitable part of the improvement process. You simply can't learn new skills or behaviors that have any degree of complexity without making mistakes along the way. And people who are afraid to make a mistake often don't even try very hard. Give yourself permission to make mistakes. You want to learn from your

mistakes and not let them discourage you from working hard.

Setting effort goals are a powerful tool for enhancing the mastery mindset. Most athletes set *outcome goals*, which are highly dependent on the quality of one's opponent. *Effort goals*, though, are largely under one's control regardless of the competition. A beginner competing against an experienced athlete may lose on the scoreboard but still has a chance to achieve her effort goal.

Outcome goals can discourage beginning athletes and those with less talent because they are largely outside their control. Effort goals are motivating to *all* players because they can control them and they can see their progress.

Effort and outcome goals are often confused. Here are some examples:

## Effort Goal

- Attempt a new element in a routine
- Skate as hard as you can to the puck
- Shoot puck on net, and hit net "x" out of "x" times

## Outcome Goal

- Land a particular element
- Win puck possession
- Score every time you shoot

It's not to say that athletes and coaches should pay no attention to outcome goals. There is a definite connection between effort and outcome goals. Well-designed effort goals should, over time, move one toward outcome goals. If an athlete focuses on effort goals and begins to achieve them, her performance will improve and, over time, she will begin to achieve the outcome goals she desires. ●

Jim Thompson is the founder and director of Positive Coaching Alliance (PositiveCoach.org), an ISI partner.





## Stretching Isn't Enough

INDIANAPOLIS — Preparation for sports or exercise should involve a variety of activities and should not be limited to stretching alone, according to a report published in the March 2004 issue of *Medicine & Science in Sports & Exercise*, the official scientific journal of the American College of Sports Medicine. Researchers examined decades of scientific evidence and caution that stretching alone may not be enough to prevent injuries.

"The use of stretching primarily as a way to prevent sports injury has been based on intuition and observation rather than scientific evidence," said lead researcher Stephen B. Thacker, M.D. "The best advice is to include a combination of warm-up, strength training, plyometrics and balance exercises to lessen injury risks."

The research team reviewed more than 350 scientific studies and articles that examined the relationship between stretching and injuries over the past four decades. While the evidence does show that stretching is important in increasing muscle and joint flexibility, in most cases researchers found little to no relationship between stretching and injuries or post-exercise pain.

"Most injuries occur during muscle contractions within the normal range of joint motion anyway," said Thacker, "so it's unclear how increasing the range of motion through stretching would decrease injury risk." In addition, Thacker and his team point to some evidence that stretching just prior to an athletic event may actually compromise performance in elite athletes.

"We are not suggesting that athletes discontinue flexibility training and stretching altogether," Thacker continued, "but that athletes, coaches, trainers and others look critically at pre-participation and training routines to ensure they include all the activities which, when combined, can enhance safety and performance. This might include activities such as proper warm-up or strength, plyometric and balance training."

The research team concludes that, while there is currently insufficient evidence to endorse or discontinue routine stretching to prevent injury, future research should be performed to examine the role of stretching in injury prevention for both recreational and competitive athletes. Studies are needed to determine the optimal timing (pre- or post-exercise) and any optimal levels of flexibility of specific muscle groups for each sport or activity. ●

## Taming the Cookie Monster

ORLANDO — Consistent cravings

or indulging in sweets is usually a sign of a person has

gotten too hungry rather than an indica-

tator of sugar addiction,

said sports nutrition-

ist Nancy Clark, M.S.,

R.D. at the recent

American College of

Sports Medicine Health

& Fitness Summit &

Exposition. With millions

of people trying to lose

weight, strategies to control food intake are

extremely important. Clark says active people

who are weight-conscious can tame their own

"cookie monster" by following a few simple tips

to fend off temptation.

"People who get too hungry tend to crave

sweets," said Clark. "To prevent these cravings,

eat enough wholesome foods at breakfast and

lunch, along with a healthy afternoon snack,

and voila, you will no longer crave sweets, nor

miss them."

Clark underscores the importance of divid-

ing calorie intake evenly throughout the day,

noting the importance of a personalized bal-

ance of carbohydrates, protein and fat in a diet

so the scales don't tip in favor of cookies, cakes

and pies.

"People eat *food*, not carbohydrates, protein

or fat," said Clark. She recommends getting the

right balance of carbs, protein and fat by eating

three kinds of food with a meal. Breakfast, for

instance, could be cereal + milk + banana. A bal-

anced lunch or afternoon snack: bread + peanut

butter + yogurt.

People can also help themselves by planning

an eating schedule, such as eating every four

hours, like 7 a.m., 11 a.m., 3 p.m. and 7 p.m., or

a similar pattern.

Clark suggests developing a calorie budget in

a daily food plan that accounts for energy needs

throughout the day. Keeping your body fueled

during the day will help you avoid snacking

between meals, she says. To lose weight, take in

fewer calories and use more through exercise and

physical activity.

Regarding diets, Clark said they do not work:

"What we need is to learn how to eat healthfully

and manage the abundant supply of food in

America. If diets worked, everyone in America

would now be thin." ●



# competitors' corner.....



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



Summer is here and I'm sure you are all staying cool on the ICE preparing for the excitement

of the ISI 2004 World Team Championships in Blaine, Minn. You can bet that this newly crowned cowgirl is excited to return to her home state to see family and friends!

In April the Edge Ice Arena and staff in Bensenville, Ill. hosted the 2004 Synchronized Team Championships and did an absolutely outstanding job. The energy and enthusiasm of all 110 teams made for a great weekend. Check out the final-round results on page 19 of this issue; a complete listing of results is posted on the ISI Web site ([skateisi.org](http://skateisi.org)).

As the clock ticks to the start of our premier event, I'm sure you are all putting the finishing touches on costumes, programs and plans. Make certain you are current with memberships, test registration and 2004 rule revisions. Check the ISI Web site frequently to get the latest and greatest information regarding the Worlds event hosted by the Schwan Super Rink. I will update the site weekly with schedule and event changes as they occur.

The host committee in Minnesota is hard at work preparing for your arrival in the land of 10,000 Lakes.

Plan ahead to be a part of all the exciting ISI events:

- Pool Party at Bunker Beach – Tuesday, Aug. 3, 7-9:30 p.m.
- Opening ceremonies and competitors' party – Wednesday, Aug. 4, 7-10 p.m.
- ISIA Education Foundation Benefit on Ice, starring U.S. national bronze medalist Jenny Kirk – Friday, Aug. 6, 7 p.m.
- Parents' meeting – Sunday, Aug. 1, 11 a.m., Schwan Super Rink

Parents, this last one's for you: As a continuation of our success at the Winter Classic and Synchronized Championships, we will host a Worlds parent informational meeting. Those who have attended these meetings in the past have given us rave reviews and left the meetings with a better understanding of the competitive skating world.

I'm counting the days to feeling the spirit of international competition and to give Mom a BIG HUG!

See you all soon in my favorite place — Minnesota! ●

## Sharpen Your Edge

Now that you are all healthy eaters and have improved your conditioning habits, you are ready to head out to the big competition. Right? Right!

With the 2004 Worlds just weeks away, I want to give some helpful tips on chasing those butterflies away so nerves don't get the best of you.

Those nervous, eager feelings are a good thing. They come from a substance called *adrenaline* that pumps through your body. Before a competition, your body is a little like a shaken-up can of soda. The adrenaline is bubbling around inside you, making you feel edgy. When you start your program, that energy is released, like the fizz out of a can when you pop the top.

You can keep jitters under control by learning to focus on your performance. Some call it being "mentally

tough" and some talk about "putting on your game face."

The key is to block out all distractions and focus on being the best you can be.

You know you're prepared, you've worked hard, your body is ready and you've got the power. Use it and GET SET, GO!

### Tricks to stay calm:

- Close your eyes and visualize the best performance ever!
- Instead of worrying about your competitor, think of your strengths.
- Don't let comments from other competitors get to you. Turn off your competitive "rabbit ears."
- Don't worry about what's happened in the past or what might happen in the future. Concentrate on doing your best at the moment!

*Like a tiger, stay fierce and focused!*

# Synchro Style

by Lori Fairchild

**W**hen you bring together 110 synchronized skating teams — that's more than 1,600 skaters — in a single facility for a weekend, you have to be prepared for anything and everything. Fortunately, the outstanding staff and volunteers at The Edge Ice Arena in Bensenville, Ill., along with ISI representatives, were more than ready for the ISI 2004 Synchronized Skating Championships April 3-4, and it showed.

"The organization of this competition was just phenomenal. Everything ran very smoothly and on time, which is just amazing when you have 110 teams," says skating coach Glynne Tjomsland, whose team, the Arctic Silhouettes, traveled all the way from Anchorage, Alaska to participate in their first ISI national competition. "I was so impressed. Everyone was pleasant and helpful. From beginning to end, every little detail was very, very nice. Because of our wonderful experience, we're looking forward to attending next year."

It was The Edge's first time to host an ISI national event, and skating director Susan D'Aquila says she hopes to do it again: "I couldn't believe how exhausted I was, but I was really happy with it and proud of all of the work of our staff and parents. And I had the backing and support of ISI District 8."

Every team, no doubt, took home lasting memories of their Windy City experience. Here, we've followed up with the team that skated with more than its share of injuries, the organization that brought the most skaters, the group whose costumes and equipment took a detour to Hawaii and the team that traveled the greatest distance.

## The Pain and the Passion

**S**katers are tough athletes, no doubt about it. Take Synchro Panache, the team from Augsburg College Arena in Minneapolis. Three of Panache's high-school members brought more than their skates and their excitement to this year's event. One brought a fractured foot, another came with a broken nose and a third skated with a smashed, raw

big toe (minus the nail). Ouch, ouch and ouch!

Fortunately, Panache coach Jerre LeTourneau seems to have that rare ability to see the humor in almost everything. She laughs heartily as she tells the story of her triaged trio, each of whom had her doctor's permission to go on with the show.

"Our skaters are involved in more than just skating, so we had one with a foot fracture from track, and one who got a broken nose playing softball at school the Tuesday of the competition. She skated with black eyes and a lot of makeup, and came back on Monday to have her nose reset," LeTourneau says, chuckling. "Another one was helping her dad remodel their house and had a trailer hitch dropped on her toe. I don't know how she got her skate on, but she hid it well."

Panache's teams garnered six firsts and three seconds, and no further injuries were incurred.

"They train all year for this. It's a major competition, so they're not going to just say, 'Well, I'll watch,'" LeTourneau notes. "One skater missing from a synchro team affects the choreography tremendously, but they know they can tell us if they can or can't do it and, either way, we'll figure it out."



Panache



## 102 and Counting

**T**he Dazzlers from Downers Grove Ice Arena in Downers Grove, Ill. took numerous honors at Synchro, including the distinction of boasting the largest organization — six teams and 102 skaters, ages 6 through 18.

"We definitely have a force to be reckoned with here," says Barb Foltz, Downers Grove's synchronized skating coordinator and program director. "It's a growing program, and we're proud of it."



Dazzlers



The program has grown in the past two years from about 80 skaters to its current impressive size, and Foltz says more growth — maybe even an additional team — could be on the horizon.

They're doing something right in Downers Grove!

## A Win-Win Situation

**Y**erba Buena Ice Skating Center's Paige Scott vividly remembers the date her team departed San Francisco for the ISI 2004 Synchronized Skating Championship: April Fool's Day.

That was also the day that the shared luggage of sister and brother Nina and Dennis Huynh (pronounced "win") went to Hawaii instead of to Chicago. "So I'm out

not just one, but two skaters on this one bag," Scott emphasizes, still annoyed by the snafu.

The Tremors' coaches typically plan outside educational activities when they travel for skating events, so the team was looking forward to heading to downtown Chicago for an afternoon of sightseeing. "But this mom and two kids were prevented from going anywhere because they spent the afternoon on the phone with the airline trying to find their bag. The airline promised it would be on the next flight out the next morning, but it didn't get out until the afternoon."

The young Huynhs, whose coaches like to call them "a win-win situation," handled the crisis like troopers. "God bless these little children (ages 8 and 9) and their mom," says Scott. "They have impeccable manners, and they just smiled and rolled with the punches."

The Tremors arrived at The Edge Ice Arena for practice at noon the next day — but still no equipment for Nina and Dennis. But The Edge's pro shop manager sharpened some rental blades for Dennis (minus the bottom toe pick, a bit of a liability for a figure skater!) and an upper-level teammate shared her skates with Nina. With back-to-back practices, the skates never had a chance to get cold.

"The bag finally arrived two hours after their practice ice was over, but they only had a two-minute warm-up in their own boots," Scott says.

The Huynhs appeared unfazed by the incident, skating like champs and helping their team pull off a silver. "This was their first major ISI competition," Scott adds. "They've only been skating about two years, and they're moving up there quite quickly."

## Going the Distance

**T**hey were the team farthest from home, but the Arctic Silhouettes from Anchorage, Alaska, felt right at home in the chilly Chicago wind. "We took

all the right clothes!" notes Silhouettes coach Glynnie Tjomsland.

The 12 skaters, ages 10 to 17, who make up the Silhouettes team



Tremors

have only been together for about two years, and Synchro was their first ISI national competition as a team. They raised airfare by holding bake sales and selling coupon books, and even scored a few business and corporate donations, including \$500 from Wal-Mart. "No one really expected it, but they filled out the paperwork and mailed it in, and — bingo!" says Tjomsland, who shares coaching duties with Laura Tisserand.

Tjomsland says she'll never forget the happy excitement of one of her skaters on Saturday afternoon after the Silhouettes had competed. "She came running over to me and said, 'I'm having so much fun — everyone is so nice to us!' I love the sport of synchronized skating because of what it teaches these young athletes — the valuable lessons for life — the friendships.



Silhouettes

These girls are truly friends. They really love each other, and I know they will be friends for the rest of their lives." ●

# ISI 2004 Synchronized Skating Championships

## FINAL ROUND RESULTS

*For a complete list of results, go to [skateisi.org](http://skateisi.org).*

### Select Youth

- 1 Dazzlers ..... Downers Grove Ice Arena
- 2 Jr. Blades ..... Glenview Ice Arena
- 3 Crystal Edges ..... The Edge Ice Arena
- 4 Ice Crystals ..... Crystal Ice House
- 5 Jade Blades ..... St. Peters Rec Plex
- 6 Platinum Blade Brigade ... Wayne C. Kennedy Ice Arena
- 6 Ice Kicks ..... Bielenberg Sports Complex
- 6 Ice Rockers Extreme ..... Brentwood Ice Arena

### Select Senior Youth

- 1 Dazzlers ..... Downers Grove Ice Arena
- 2 Precicettes Senior Youth ..... Center Ice of DuPage
- 3 Capital Classics ..... Washington Park Ice Arena
- 4 Southern Ice ..... Benton Wilcoxon
- 5 Synchro St. Louis Blades ..... Webster Groves Ice Arena
- 6 Silver Blade Brigade ..... Wayne C. Kennedy Arena
- 6 Chicago Skates ..... McFetridge Sports Center
- 6 St. Louis North Stars ..... North County Rec Complex
- 6 Synchro Starz ..... Aerodrome Willowbrook

### Select Teen

- 1 Oxford Ice Crystals ..... Goggin Ice Arena
- 2 Dazzlers ..... Downers Grove Ice Arena
- 3 Capital Classics ..... Washington Park Ice Arena
- 4 ZK Ice Stars ..... Zion Ice Arena
- 5 High Voltage ..... IceForum at Town Center
- 5 Starz ..... Swonder Ice Arena
- 6 Sapphires ..... Grand Oaks Ice Arena
- 6 Precicettes ..... Center Ice of DuPage



### Premier Junior Youth

- 1 Dazzlers ..... Downers Grove Ice Arena
- 2 Chicago Jazz-Mousettes .... Rolling Meadows Ice Arena

### Premier Youth

- 1 Synchro Panache ..... Minneapolis Augsburg
- 2 ZK Ice Stars ..... Zion Ice Arena
- 3 Fire On Ice ..... Southwest Ice Arena
- 4 Precicettes Youth ..... Center Ice of DuPage
- 5 Livonia Ice Cubes ..... Livonia Community Center
- 6 Rubies ..... Grand Oaks Ice Arena

### Premier Senior Youth

- 1 Synchro Panache ..... Minneapolis Augsburg
- 2 Tremors ..... Yerba Buena Ice Skating Center
- 3 Crystal Edges ..... The Edge Ice Arena
- 4 Chicago Jazz-Shooting Stars ... McFetridge Sports Center
- 5 Synchro St. Louis Ice Gems ..... St. Peters Rec Plex
- 6 Oxford Ice Crystals ..... Goggin Ice Arena
- 6 Starr Blades ..... Franklin Park Ice Arena
- 6 National Blades Youth ..... SkateQuest of Prince William
- 6 Arctic Silhouettes ..... Ben Boeke Ice Arena

### Premier Teen

- 1 Wisconsin Edge ..... Pettit National Ice Center
- 2 Synchro Panache ..... Minneapolis Augsburg
- 3 Synchro St. Louis Diamonds ..... St. Peters Rec Plex
- 4 Chicago Skates ..... McFetridge Sports Center
- 5 Synchro Starz ..... Aerodrome Willowbrook
- 5 St. Louis North Star Elite ... North County Rec Complex
- 5 Gold Blade Brigade ... Wayne C. Kennedy Rec Complex
- 6 Team Elite ..... The Skate School at Fox Valley
- 6 Synchro St. Louis ..... North County Rec Complex

### Premier Adult

- 1 Jazz-A-Belles ..... Alpine Ice Arena
- 2 Rhythm N' Blades ..... Coral Ridge Ice Arena
- 3 Synchro St. Louis Sapphire ..... St. Peters Rec Plex
- 4 Chicago Skates ..... McFetridge Sports Center
- 5 Diamonds ..... Grand Oaks Ice Arena
- 6 Starfire ..... Rocket Ice Arena





# ISI 2004 Syn





# chro Gallery

Submitted photos



# Practice Sportsmanship On and Off the Ice

by Laura Grieme

A sporting attitude will help you become a better competitor. “Hmmp,” you snort, “like *that’s* going to land my Axel in competition?” Yes, sportsmanship and attitude can help you gain the confidence and focus to perform better at a competition. Think about practicing not just your programs, but also your sportsmanship — on and off the ice.

Enter ISI competitions just to have fun. Winning or losing should be the last things on your mind. Most ISI competitions are open to everyone and there are quite a few of them during the season. If you relax and enjoy yourself, you’ll nail that Axel during your routine yet!

Remember that you, and your family and friends, represent your home club or rink. That’s why they’re considered “team competitions,” with points based on your placement. It’s also based on your group’s behavior and comments. I have overheard parents describe other teams as “stuck up” and “sore losers.” That gave me a bad impression of their team! Be friendly,

polite and respectful of others; don’t be rude. I was watching a crowded check-in desk recently and found that many skaters and parents walked up to it as if they were the only ones waiting, with no regard for others in line. If you see people milling about a snack bar register or check-in desk, or outside the restroom, ask if they’re waiting. Don’t push your way to the front of the line.

You should be courteous and wish each other good luck before skating. Even just a small smile and nod is enough. I once had a little girl tell me I was a traitor for simply wishing someone good luck. I completely disagree! It breaks the ten-

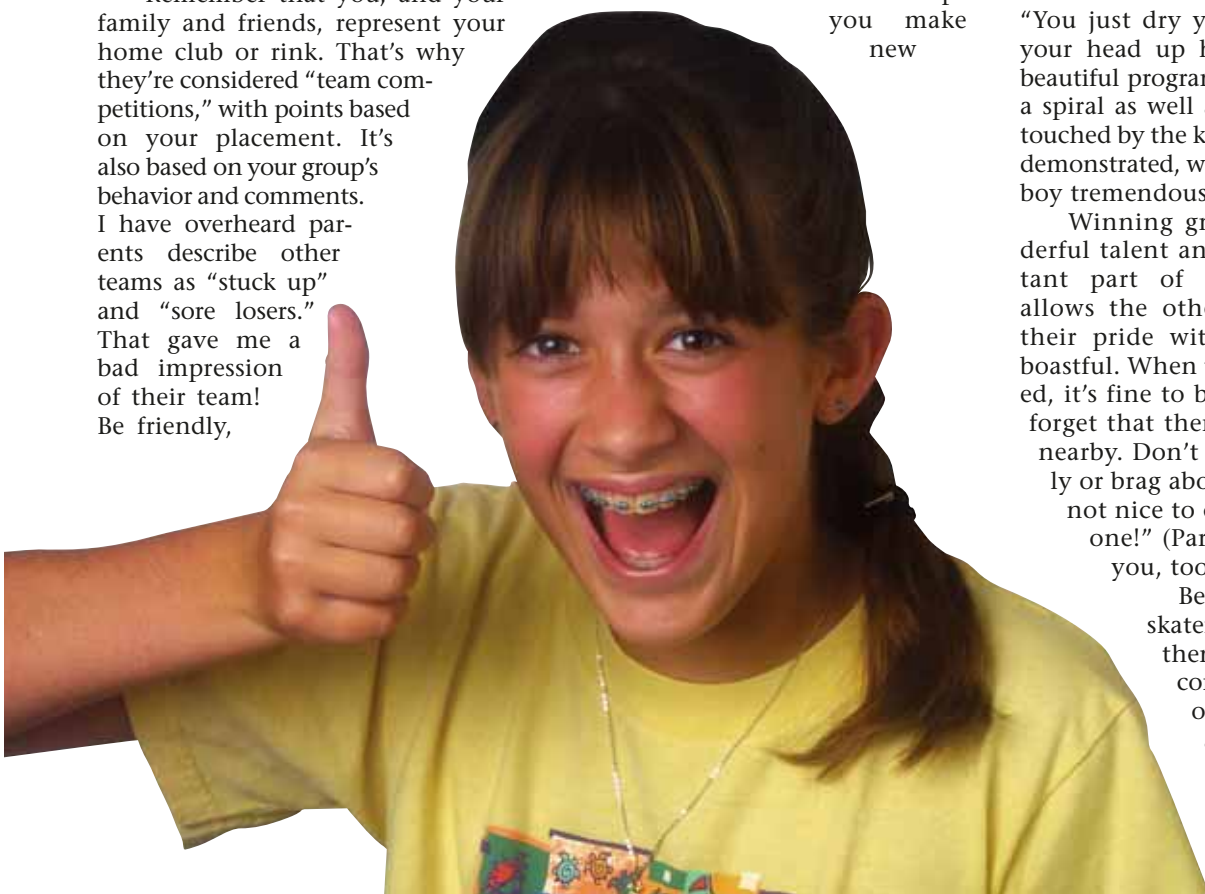
sion and helps  
you make  
new

friends. You really do want everyone to skate their best; it makes the competition much more interesting and exciting. After all, to do well because everyone else skated poorly is like winning by forfeit.

It’s also OK to compliment other skaters. Think of how good you would feel to hear “Your sit spin was terrific — it was so low that your skirt was touching the ice.” Especially if you had fallen on your Axel! Kindnesses like this are vital. Adult skaters understand this point, maybe because many have families, school and jobs to juggle in addition to skating. At a competition this spring, an adult skater saw a little boy crying because he had fallen on some crossovers. She told him: “You just dry your eyes and hold your head up high. You skated a beautiful program. I wish I could do a spiral as well as you.” I was very touched by the kindness this woman demonstrated, which cheered up the boy tremendously.

Winning gracefully is a wonderful talent and the most important part of sportsmanship. It allows the other skaters to keep their pride without making you boastful. When the results are posted, it’s fine to be happy, but don’t forget that there are other skaters nearby. Don’t celebrate too loudly or brag about your win — it is not nice to chant “I’m number one!” (Parents: This includes you, too.)

Be kind to other skaters and congratulate them as well. A small compliment can make others feel better about their results. I once overheard an event winner tell the second-place skater: “I thought you were going





to win. You really worked hard and skated beautifully. I'm both sad and happy about winning." The second-place skater thanked her, and they made plans to go out to eat together. Friendship and kindness are virtues in themselves.

If you find that you're upset about not winning, take some time and compose yourself. Take a walk outside or find a private space to step away from the hubbub and remember that these competitions are just for fun. Parents have it even harder: They have to keep their anger or disappointment in check and set the proper tone (and volume) for their children. I remember a 6-year-old who was sad that she had taken last place. Sad, but not hysterical. Until her parent began complaining loudly that it wasn't fair, the girl was in the wrong test level, she was too young, etc. This scene embarrassed me, and I'm sure this mother didn't realize how easily her voice carried. The little girl became even more upset when she found all these people looking at her. Fortunately, her other parent took over and said: "You did your best and you'll do bet-

ter next time. It was your first competition and it was just for fun."

Adults should also note that cell phone conversations are often overheard. Enough said. Find a private spot and keep your voice down.

Don't approach a judge or official and don't make a scene. Your coach can check the scores to make sure there were no deductions for too-long music or incomplete maneuvers.

It is normal to be disappointed when you don't do as well as you had hoped, but don't let it bother you too much. You can practice and make changes that will allow you to skate better at the next competition. Your coach will let you know if your program or music need any changes. Otherwise, just keep practicing and you will improve.

Parents should demonstrate good sportsmanship here as well. Be happy for your child, but pay attention to a competitor who may be feeling disappointed. Children first learn sportsmanship from their parents. At a local competition, I met a woman who said that her daughter had already competed against the same skaters in three closer compe-

titions that season, so they decided to travel and skate against different competitors. The mother was astute to realize that, by the end of the season, skaters get to know each other (mainly by the music and routine) and the competition becomes more personal. It changes from "skating your best" to "skating against (name)." Helping your children to focus on what's really important means you have to be the adult.

Be a good sport, accepting competition results — regardless of your ranking — with grace and dignity. The only losers are those who take competition too seriously and forget that they need to do their best. That's the most important part of all. Enjoy the new season and don't forget to have fun! ●

*Laura Grieme is a former ISI competitor who now coaches freestyle. She lives in New York City with her family.*



Laura Grieme

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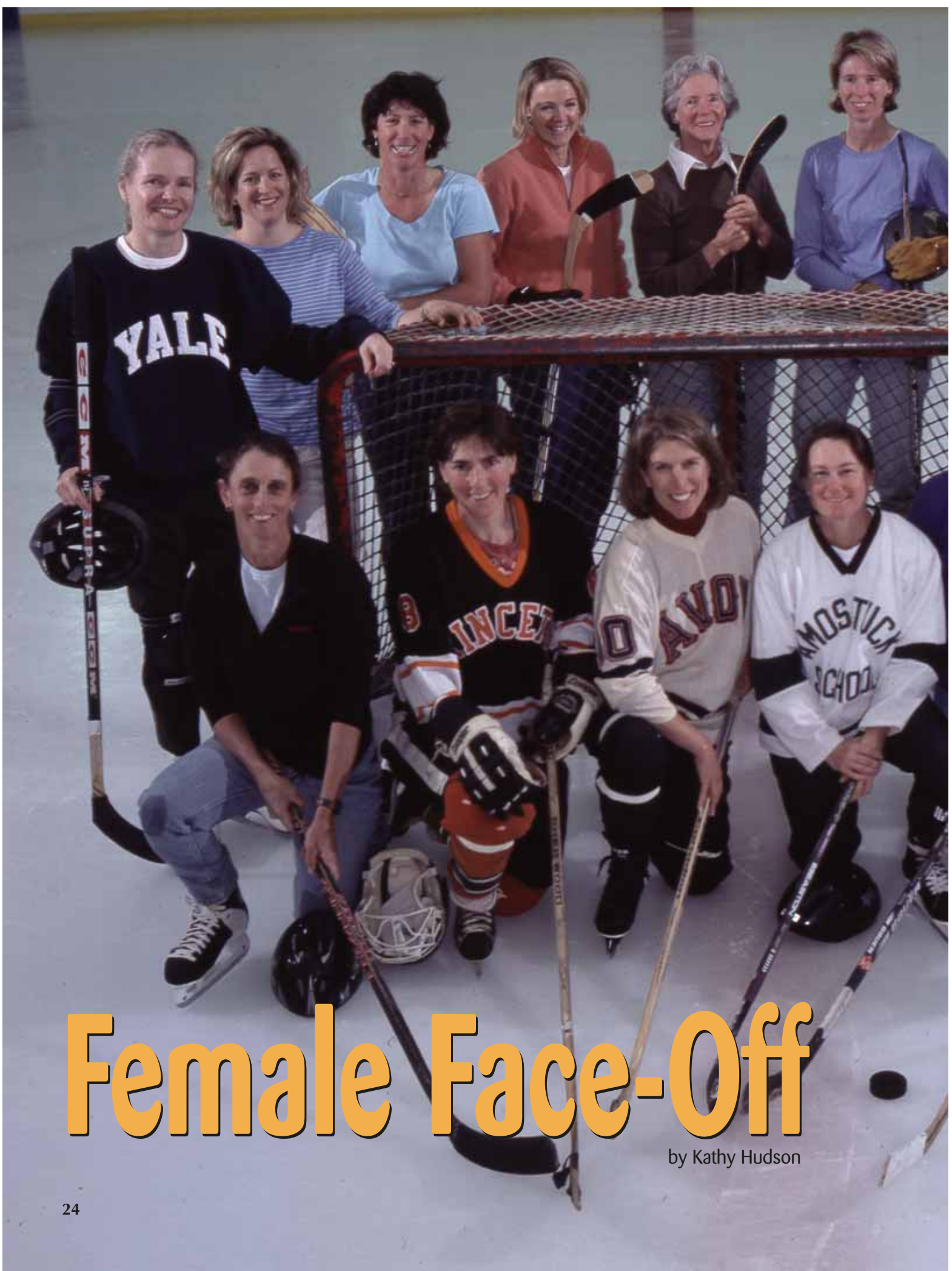
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# Female Face-Off

by Kathy Hudson



(Top row, left to right) Marion Kandel, Annie Huber, Liz McKnight, Jeannie Maddux, Julie Colhoun, Julie Colhoun Deford, Becca Flynn, Nina Tracey and Serena Martin (Front) Cindy Halle, Lora Peters, Freddy Savage Shaw (co-founder), Christy DiPietro (captain), Laura Pickett and Josie Worthington

They are insurance and investment brokers, vineyard and boutique owners, artists, teachers, dance-class chaperones, fox hunters, mothers and grandmothers. They are field hockey, polo, skiing and tennis champs. They are fearless and fast, some fiercely competitive. They wear blue jeans and T-shirts, Yale and Princeton sweats, figure and hockey skates, bike and riding helmets — and sometimes they borrow their children's kneepads and protective vests. They range in age from 16 to 71.

They're an all-woman ice hockey team that has played each Thursday afternoon, January to March, at Northwest Ice Rink in Baltimore for the past eight years.

On a warm, sunny March day, they hit the ice at 1:15 sharp, skating to Don McLean's "American Pie," which blasts over the P.A. system. They quickly divide into two teams and face off. Rather than a conventional hard puck, the women use a soft rubber puck, which is required by the rink because they don't wear full regulation gear.

"Most of us played pond hockey," says 71-year-old Julie Colhoun, a land preservationist who today begins as goalie, then later scores one, in spite of recent knee surgery. Many on the team grew up skating on her pond.

Among them are her 43-year-old daughter, Julie Deford, and her 16-year granddaughter, Lilly. Several of the young mothers played on prep school and college teams. Preschool teacher Lora Peters, 43, played for Exeter and Princeton, then with a men's team in New Orleans. Deford played for Middlebury College and the team's captain, Christy DiPietro, 41, played in graduate school at Dartmouth. Betsy Compton, 49, mother of two, also plays year-round on a league team.

During today's rigorous play, Peters and DiPietro score big, along with Josie Worthington, 44, a health and life insurance sales associate, and real estate agent Nina Tracey, 46:

three goals each, a hat trick.

"I play because it's a team sport, and they are rare in adult women's sports," says Worthington. A tennis champion who also plays on a field hockey team, she was recruited for the women's team by DiPietro. Former national polo champion and longtime polo coach Cindy Halle also plays.

Freddy Savage Shaw and her sister Mandy Savage Mahoney inadvertently started the team during a joint birthday party. "Our birthdays are in January and February," explains Shaw, 52, a floral designer. "As children, we often had them here, at the rink. So we got all of our friends together, had egg salad and peanut butter-and-jelly sandwiches, birthday cake and ice cream. We skated round and round for awhile. When we got sick of it, we pulled out the cages and started slapping some pucks around. It was so much fun, we said, 'Let's do it again.'"

While competitive, these games are not cut-throat. "Sorry!" is heard often, and the team members are careful not to crash into someone who might fall. Still, there's some all-in-fun caginess. "Julie [Deford] learned this trick from her mother," says a laughing DiPietro, demonstrating how Colhoun has been known to lift an opponent's stick, then steal the puck away.

Each Thursday promptly at 2:15 all play stops and the women rush off the ice. Some throw on business suits. "People always wonder where I've been when I walk into a 3 o'clock meeting," says DiPietro. Today it's Worthington who's slipping into stockings before heading to the school carpool line, then back to work.

"After we play, the boys' schools have games," says Bruce Ann Gillett, 40, a mother of three. "They laugh when they first see us, until they see some of our players. Then they don't laugh anymore." ●

*Kathy Hudson is a Baltimore-based freelance writer. Article and photo reprinted with permission from Style Magazine.*





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Friday, August 6, 2004  
7:00 pm at Fogerty Arena

Join us Friday, August 6, as Jenny Kirk, 2000 World Junior Champion and 2004 US Nationals bronze medalist, skates in support of the ISIA Education Foundation.

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Competitor's Party

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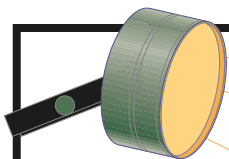
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Pool Party at Bunker Beach



# spotlight

## Rocket Ice Arena's Starfire Teams

The Starfire teams from Rocket Ice Arena in Bolingbrook, Ill. claimed several first-place honors in recent ISI events. Their coach is Maureen Cummings.



Starfire Senior Youth Formation Team, ISI District 8 Competition, Franklin Park, Ill.



Starfire Youth Formation Team, ISI District 8 Competition, Franklin Park, Ill.



Starfire Adult Synchronized Team, ISI District 8 Competition, Franklin Park, Ill.



Starfire Teen Synchronized Team, Homewood-Flossmoor ISI Open Team Competition, Homewood, Ill., and District 8 Competition, Franklin Park, Ill.

## Want to be in the *Spotlight*?

Send us a short article about your skating team, club, facility, program or event, plus one or more high quality photos (prints or 300 dpi digital photos). Tell us what makes your organization special! Space is limited, and publication will be based on newsworthiness as well as timeliness (if we receive more equally qualified submissions than we can accommodate, our policy is "first-come, first-served"). The deadline for submissions for the fall issue is July 15 (Remember,

though: The earlier, the better!). Be sure to include your name and contact information so we can reach you if necessary.

Send articles and photos to:  
[editor@skateisi.org](mailto:editor@skateisi.org)

OR

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



# calendar

## ISI-endorsed competitions & shows/exhibitions

(Due to printing deadlines, events endorsed by ISI after April 30, 2004 are not listed.)

### competitions

#### 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  
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
- 5 **Newark, Del.**  
University of Delaware  
First State Invitational
- 6 **Hagerstown, Md.**  
Hagerstown Ice & Sports  
2004 Open
- ISI Skating Competition
- 8 **Eugene, Ore.**  
Lane Events Center-  
ICE Center  
Melt Down
- 12-13 **San Jose, Calif.**  
Logitech Ice at San Jose  
District 14 Championships
- 18-20 **Clearwater, Fla.**  
SunBlades Ice Arena  
18th Annual ISI  
Championships
- 18-20 **Las Vegas**  
Athletic Arts Academy  
4th Annual Dais Open  
Championships
- 19-20 **Chicago**  
McFetridge Sports Center  
15th Annual ISI  
School's Out Figure  
Skating Competition
- 19 **Grapevine, Texas**  
Dr Pepper StarCenter  
Summer Stars
- 20 **Arlington, Texas**  
Ice at The Parks  
Intra-Rink Competition
- 23-27 **West Concord, Mass.**  
Sharper Edge  
Skating School  
14th Annual  
ISI District I Champs

- 25-27 **Vancouver, Wash.**  
Mt. View Ice Arena  
ISI West Coast  
Championships
- 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
- 9-10 **Eagle River, Alaska**  
Harry J. McDonald  
Memorial Center  
ISI Summer Competition
- 9-11 **Blaine, Minn.**  
Schwan Super Rink  
2004 Summer Sizzle  
Competition
- 10-11 **Evanston, Ill.**  
Robert Crown Center  
July Open
- 10-11 **Anaheim, Calif.**  
Glacial Gardens  
Skating Arena  
11th Annual ISI Open  
Competition
- 15-17 **Honolulu**  
Ice Palace  
2004 Hawaiian Open
- 24-25 **Eufless, Texas**  
Dr Pepper StarCenter  
2004 Games of Texas

#### august



- 2-7 **Blaine, Minn.**  
Schwan Super Rink  
2004 ISI 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



- 17-19 **Breckenridge, Colo.**  
Stephen C. West Arena  
2004 ISI 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 **Rockland, Mass.**  
Rockland Rink  
Winterland 18th Annual  
Halloween Classic

#### january 2005

- 21-23 **Homewood, Ill.**  
Homewood Flossmoor  
Ice Arena  
ISI Open Team Competition

### shows & exhibitions

#### june

- 4-5 **Orland Park, Ill.**  
Arctic Ice Arena  
Viva Ice Vegas
- 5-6 **Lake Worth, Fla.**  
Palm Beach Ice Zone  
1st Annual Spring  
Spectacular
- 11-12 **Belmont, Calif.**  
Belmont Iceland  
Music Through the Years

- 12 **Valencia, Calif.**  
Ice Station Valencia  
1st Annual Spring Show  
Broadway on Ice
- 12 **Barrington, Ill.**  
Barrington Ice Arena  
Kaleidoscope II 2004
- 12-13 **Acton, Mass.**  
Nashoba Valley  
Ice Magic 2004
- 13-14 **Bensenville, Ill.**  
The Edge Ice Arena  
6th Annual Ice Show
- 18-19 **Glen Ellyn, Ill.**  
Center Ice of DuPage  
Musical Reflections
- 18-19 **Cromwell, Conn.**  
Champions  
Be Happy
- 26 **San Jose, Calif.**  
Logitech Ice at San Jose  
10th Anniversary Show

#### july

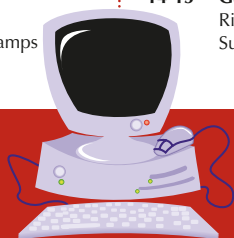
- 24 **Paramount, Calif.**  
Paramount Iceland  
Summer Extravaganza

#### august

- 18 **Evanston, Ill.**  
Robert Crown Center  
End of Summer Exhibition
- 19 **Arlington, Texas**  
Ice at The Parks  
Summer Spectacular

#### december

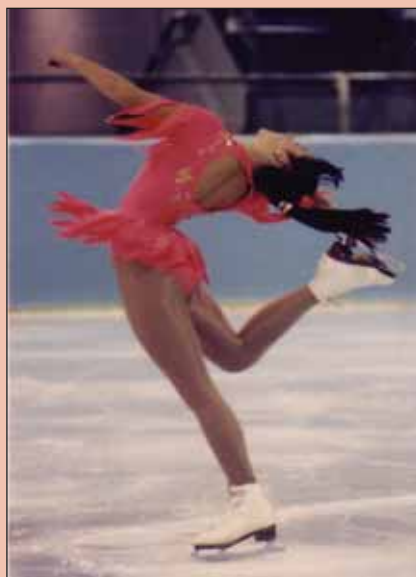
- 10-11 **Houston**  
Aerodrome Ice Skating  
Complex  
8th Annual Nutcracker  
on Ice
- 10-12 **Evanston, Ill.**  
Robert Crown Center  
30th Anniversary  
Nutcracker on Ice
- 18 **Oak Lawn, Ill.**  
Oak Lawn Park District  
Ice Arena  
Holly Day on Ice
- 18 **San Jose, Calif.**  
Logitech Ice at San Jose  
Skate a Holiday Present
- 19 **Arlington, Texas**  
Ice at The Parks  
Holiday Happenings



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

# Foundation Rewards Athletic and Academic Achievement

**K**athryn Bertine, now a 29-year-old published author, skating coach and elite triathlete, was once an ISI skater at E.J. Murray Memorial Skating Center in Yonkers, N.Y., and a 1993 recipient of an ISIA Education Foundation scholarship. She reached Freestyle 9 before graduating from high school (see story, page 31).



ISIA Education Foundation scholarship recipient Kathryn Bertine at age 16

"I loved ISI and the fact that it offered so many different areas of competition," says Bertine, reflecting on her early skating history. "The competitions are run so well, and there is such a great sense of camaraderie among the skaters. ISI creates an atmosphere that promotes kids to want to do their best, and I think it's wonderful that the program recognizes skaters in academics as well as in their sport."

Bertine recalls putting her scholarship to work buying books at Colgate University in Hamilton, N.Y., where she graduated in 1997.

For 15 years, members of the ISIA Education Foundation have been raising money for college scholarships for deserving ISI skaters. The program rewards skaters for participation in skating,

success in academics and community service. It encourages young people to do and be their best. The goals of the Foundation support the philosophy that efforts to strengthen the body must go hand-in-hand with development of the mind.

The Foundation has awarded more than \$175,000 in scholarships since its inception. Donations are encouraged throughout the year and are important to the effort. This year, each scholarship will provide a minimum of \$4,000 in educational funding. Recipients for 2004 will be announced in the next issue of *Recreational Ice Skating*. ●

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# Kathryn Bertine: Skater, Triathlete, Author

by Lori Fairchild

One of skating's greatest gifts is that it never leaves its athletes." The first sentence of the epilogue in *All the Sundays Yet to Come: A Skater's Journey*\* is a fitting summarization of author Kathryn Bertine's life as a figure skater, beginning at age 11. She has experienced the euphoric highs and devastating lows of ice skating — first, as a youth with the Yonkers Figure Skating Club, then as a featured performer in college, followed by two tours with professional ice shows and now, at 29, as a coach.



Today Bertine competes as an elite triathlete.

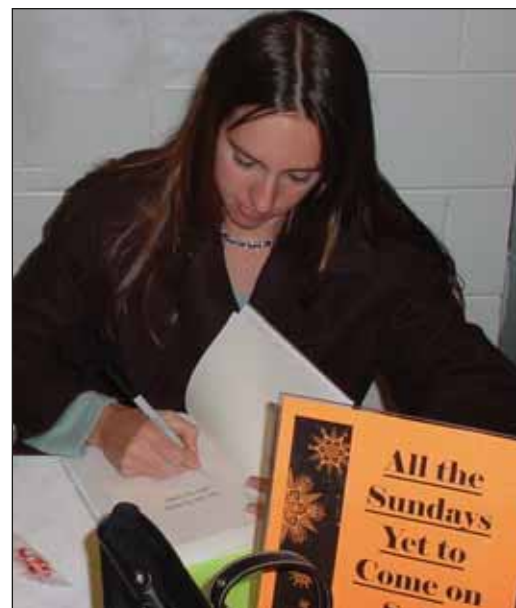
In her book she also recounts a troubled relationship with her mother, plus her struggle with and victory over an eating disorder developed while touring with Hollywood on Ice, when she was subjected to humiliating Sunday-night weigh-ins. Those dreaded Sundays ultimately inspired the title of her first book.

"Ever since I was a little kid, I loved skating and I loved writing, and I knew as a young girl that I wanted to be a writer," Bertine recalls. "I did not know that would mean I would have a book deal by my 25th birthday, but I was on the right path toward a career in journalism and writing, and this just came a little earlier than expected."

In fact, Bertine was the youngest author to be signed by publisher Little, Brown and Company when she got her book deal in 2000, the same year she received her master's degree in creative writing from the University of Arizona.

Critical and reader response has been encouraging for the first-time book author. "Some skaters write in and tell me they can very much identify with my book, from either personal struggles or triumphs that they've gone through. A lot of skaters have been appreciative that I'm not an Olympian, and they feel that they can relate to me. They're striving to be the best that they can be, and they don't want to feel that just because they're not an Olympic medalist that their journey in skating doesn't matter."

Bertine urges young skaters to take skating to



Author Kathryn Bertine autographs her recently released book, *All the Sundays Yet to Come: A Skater's Journey*.

the highest level possible, and listen to their inner voice while ignoring negative influences: "If you love the way skating makes you feel, how much fun it is to jump and spin, it is never a waste of time. It's great for your body; it's great for your mind. You can be a terrific motivator to yourself and within your sport."

She enjoys coaching skaters almost daily, in addition to substitute teaching in the Boulder Valley, Colo. school district, writing freelance articles for national sports magazines, working on her next book and training with a former world champion in hopes of becoming a professional triathlete. Bertine has competed in 40 triathlons and three Ironman competitions.

Learn more about Bertine and her book by visiting her Web site, [kathrynbertine.com](http://kathrynbertine.com). ●

**\*EDITOR'S NOTE: This book is written with an adult perspective and is not recommended for children or young teens.**

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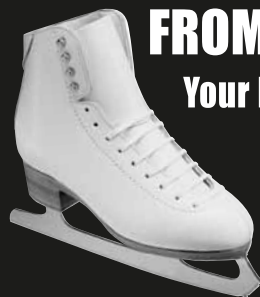
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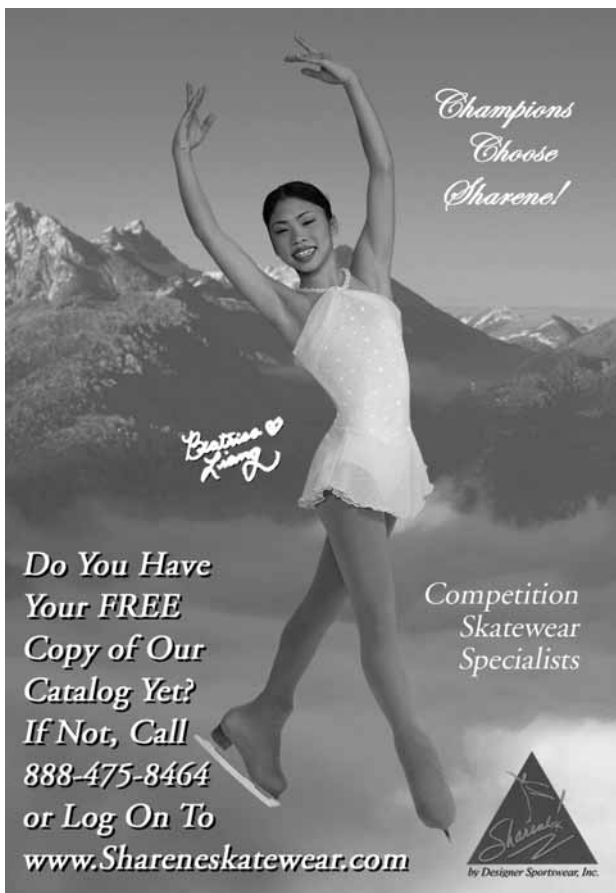
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## ice poets

### *Rush*

Do you know the feeling  
Or understand what I say  
When it comes to  
That important day  
You've practiced your heart out  
The whole week before  
Although sometimes you feel  
You could've used more  
As you step on the ice  
You feel a big rush  
Of excitement and nerves  
Then you hear the crowd hush  
This is what you've waited for  
This is what you love  
You skate to the middle  
Stop, then look up.

**Amy Kisby, 15, FS 1**  
**Valley Ice Arena**  
**Portland, Ore.**

### *Figure Skate*

Axel Axel everywhere,  
I go to jump,  
Make a thump,  
Spiral Spiral,  
Stretch stretch stretch,  
Footwork Footwork,  
Going at top speed,  
Getting faster,  
Being a character,  
Having fun,  
Hooray,  
Artistic Artistic,  
Slowing down,  
Nice and graceful,  
Now for music,  
Program Program,  
Freestyle, Spotlight, Footwork, Artistic,  
Get off the ice for a drink,  
Come back on and practice some more,  
And after that win a MEDAL!

**Arianna Tripodis, 11, FS 4**  
**Center Ice Arena**  
**Delmont, Pa.**

### *It's Great to Skate!*

It's time to skate,  
I'm running late!  
Can't find my dress,  
And my hair's a mess!

My program is great,  
But I forgot my tape!  
A hole in my tights,  
Nothing is going right!

My left blade needs tightened,  
I'm beginning to feel frightened!  
A knotted and frayed lace,  
Coach gives me a reassuring face!

Then they announce my name,  
It's time for shame or fame!  
Finally on the ice,  
Makes me feel nice!

I hear the music play,  
All my problems go away!  
I'm in another world,  
As my body jumps and twirls!

The crowd's enthusiastic cheers  
Are approval to my ears!  
And I just can't wait,  
Until the next time I skate!

*Dedicated to all my coaches, past and present. Some things never change, except for my growing appreciation and admiration for every coach who has a student like me!*

**Katie Holtvogt, 13**  
**South Dayton Figure Skating Club &**  
**Oxford Ice Crystals**  
**Centerville, Ohio**

### *untitled*

I go to the rink and skate out  
on the ice,  
it feels so incredibly good and  
wonderfully nice.

I spin and spin and spin some more,  
sometimes I fall down on the icy floor.  
I do a Salchow and go way up high,  
sometimes I feel I could touch the sky.  
I skate to center ice and bow,  
a trophy is placed in my hands, wow!

**Alexis Bauer, 12, FS 2**  
**Tampa Bay Skating Academy Countryside**  
**Clearwater, Fla.**



Alexis Bauer

haven't been able to compete for a couple of years but just returned from the Colorado Senior Winter Games at Keystone, which is next to Breckenridge. Hopefully, I will be motivated enough to get going again. Last year I was unable to do any of the six elements required for my level, Freestyle 4. I am slowly getting back to a few, but, now with this new challenge, I hope to do all of six of the events I usually do (one with our daughter in a couples number). Five years ago in Las Vegas I skated a spotlight number to my wife on the day of our 50th wedding anniversary, Sept. 25. This year I hope to repeat the number, which will be just a few days before our 55th anniversary. I was 60 years old at my first skating competition. Since then, in the past 15 years, I have been in over 100 competitive events. Most of these have been in ISI events. I always fully enjoy the ISI events and look forward to seeing everyone again.

**Ken Miller, 75, FS 4**  
**EPIC Arena**  
**Fort Collins, Colo.**



Kaylee Miner

I have been skating for a little over a year and a half. I am working on my Axel now, and the flying camel. I skate four times a week and sometimes more. My home rink is Center Ice Arena in Delmont, Pa. We sponsored an ISI competition, Golden Blades, on April 3. I have two coaches who work together on different aspects of my skating, Bob Mock and

Barb Gahagan. My spiral is probably my best element. Skating is so much fun and I am lucky enough to have my best friend, Bria, at the rink with me, enjoying it just as much as I do.

**Kaylee Miner, 7, FS 5**  
**Center Ice Arena**  
**Greensburg, Pa.**

I love to skate! I've been skating since I was 4 1/2 years old. I skate three times a week. I'm working on my loop and flip. I am also on a compulsory team, which I love. Please find me a pen pal around my age and level.

**Alexis Burkholder, 7, FS 3/4**  
**Athletic Arts Academy**  
**Las Vegas**

I've been skating since I was 2 for fun, but I started taking lessons in December 2003. I'm already in FS 1! I go ice skating three to four times a week. I was recently in my first competition, called "Spring Fever," and I won first place! I would like to thank my coach, Stacey Norris. She's helping me to become a better ice skater! I would especially like to thank my mom, dad and brother for all of their support! Hey, I was also wondering if I could have a pen pal? Like Courtney Campbell, Taylor Scott or Lisa Lockwood. Thank you very much!

**Lexi MacDonald, 11, FS 1**  
**Sprinker Recreation Center**  
**Graham, Wash.**

I have been skating freestyle for one year and it's my favorite! I love both my coaches, Sonja and Billy. I am working on my doubles and I'm trying to get a split spiral. I am flexible enough, but not strong enough. Any tips? I would like a pen pal between Freestyle 5 and 7, please. Boy or girl will be fine.

**Jeanine Kosinski, 14, FS 6/7**  
**Ice Oasis & Winter Lodge**  
**Mountain View, Calif.**

*Strength training is a form of exercise to increase those muscles, and it sounds like that's your downfall. Try this: sit-ups, pull-ups, free weights or weight machines. Make sure all of these are under a supervised program designed for you. Strength training can make your muscles stronger, improve skills and decrease risk of*

*injury. Get out that workout gear and head for the gym!*

I have been skating for 2 1/2 years. My life changed last month when my rink closed. I also lost my coach, Lynne Gorden, and my synchro team, the ZK Ice Starts from Zion, Ill. I would like to be pen pals with Sundi Myint, Devin DeVasto and/or Janessa Blackford. If they already have pen pals, can I have someone around my age? SK8 GR8 everybody!

**Janel Booker, 11, FS 3**  
**Rinkside Sports**  
**Waukegan, Ill.**

I love to skate. I have been skating about nine years. I am about ready to pass out of FS 2. This year I was on the Silver Blade Brigade and it improved my skating a lot. I have been on synchronized teams for four years. I would like to be Amber Croan's pen pal. If that's not possible, I would like someone that's about 12 and FS 2 or higher.

**Julie Oehler, 12, FS2**  
**Wayne C. Kennedy**  
**Recreation Center**  
**St. Louis**

This is my first time writing to this magazine. Your magazine is my favorite magazine! I have been skating for two years. I am in Freestyle 3. I love skating. I'm having trouble with my change-foot spin. I usually go the wrong way on the second spin. Any advice? I would like a pen pal that is close to my age, a girl, and in the same level or higher.

**Kirsty Warren, 8, FS 3**  
**Edge Ice Arena**  
**Elmhurst, Ill.**

*You are not alone with your problem on the change-foot spin, so don't feel bad. Here is an exercise you can try: Start with a top-foot spin, make sure you are centered, and then begin picking up your feet one at a time so you feel like you are marching in place. When you get comfortable with this, stay on the foot you're spinning backward on as long as you can, then go at that freestyle change-foot spin with newfound confidence. Happy spinning!*

I have been skating for around 2 1/2 years. I have just started competing

and my first competition was in late April. I was wondering if you could find me a pen pal? I would like a girl around my age and level.

**Tara Funk, 12, FS 2/3  
Center Ice of Du Page  
Wheaton, Ill.**

I am working on my sit spin and back spin. I would like to have a pen pal my own age. I don't mind whether it's a boy or a girl.

**Rebecca Young, 10, FS 1  
Fenton Chester Arena  
Concord, Vt.**

I have been skating for 1 1/2 years now, and I would really like some more pen pals. I was hoping for Ana DeJong and another skater, preferably a boy because my other pen pal is a girl. I also need some advice on my scratch spin. I can never get the positions in order. It's also hard for me when I have to get my foot up on my hip, right before I set the foot down. I love ice-skating!

**Laura Klatz, 11, FS 2  
Sherwood Ice Arena  
Beaverton, Ore.**

*I love skating, too, and scratch spins were my favorite to do! I have a formula for you: Start your spin and find your center, then arms and legs start coming in together to start the spinning. Feel like your back and head are against a wall — so, in other words, you are REALLY STRAIGHT and SOLID. Then as your leg goes down, pull your arms in with all your strength. You'll be a whirling, spinning top!*

I have been skating for 2 1/2 years. I would like a pen pal around the age of 7 to 12. I am learning my waltz jump. I am having a hard time with the jump. Do you have any advice?

**Taylor Miller, 10, Beta  
Kingsgate Ice Arena  
Kirkland, Wash.**

*The waltz jump is basic to all your jumps, so let's see if we can help by having you try this little exercise: Stand close to the blue or red line and put your feet in a "T" position. Jump UP and OVER the line to land on the other side — on one foot, of course. On each try, practice increasing the height and length of your*

*jump. Then, when you feel confident, try with some speed. Good luck and let us know how you're doing.*

I have been skating for five to six years. I have also been in Freestyle 3 for three years. I was working on FS 3 while I was still in FS 2. But I never got the change-foot spin. Then I thought I had gotten it, but when I took the test, I didn't pass. Could you possibly give me a little advice? I really enjoy reading your magazine. I also read about pen pals. So could you maybe get me a pen pal? It really doesn't matter if it's a boy or a girl. I would really like it if I could be Janessa Blackford's pen pal. If not, that's alright. Thank you for your help.

**Alicia Luce, 11, FS 3/4  
FSU Ice Arena  
Bitley, Mich.**

*The change-foot spin is a stickler. There are many who struggle with mastering this spin. Try this exercise:*

- *Spin on two feet and alternate picking up your feet (like you are marching).*
- *When you're comfortable doing that, try staying on the right foot for three revolutions, then the left foot for three revolutions, and so on.*
- *After you have practiced this exercise, go back at the change-foot spin as if you were testing the maneuver. Good Luck!*

I've been skating for about three years. I'm learning my camel spin and I'm having a hard time keeping my leg up for as many as three rotations. Do you have any suggestions? If you could, get me a pen pal around my age and level. I'd like to say thanks to my dad, who's been motivating me to keep on skating.

**Jill Claxton, 13, FS 2/3/4  
Dr Pepper StarCenter  
Valley Ranch  
Coppell, Texas**

*I always used to struggle with camel spins, too! How are your forward spirals? Great, I'll bet! Practice holding your spiral the length of the rink. Each time, try to improve the extension and height. When you feel your leg touching the rink roof (ha ha), go back at your camel spin and I'll bet you it will stay up for more three revolutions. Let us know what happens!*

Can you find me a pen pal 9 to 11 years old and Pre-Alpha or Alpha, who loves to skate?

**Corrinne Rojas, 10, Pre-Alpha  
Arcadia Ice Arena  
Phoenix, Ariz.**

I love ice skating! I have been skating for 1 1/2 years now. Thanks to my great coach, Tracy, for all she has done. Do you have any advice on the Salchow? I would like Ana DeJong, Lizzy Waterman, Amber Croan or Taylor Scott to be pen pals.

**Amanda Carradine, 13, FS 2  
Westminster Ice Arena  
Cypress, Calif.**

*Is your waltz jump nice and solid? My guess is YES! Keep practicing on making the waltz jump nice and big. Then, when you go to work on the Salchow, remember to hold that three turn entry just prior to take-off just a little longer than you have been, and my prediction is that you will have a great-looking Salchow in no time! Good luck!*

I have been skating for about 1 1/2 years now at the BIG Arena. I have completed three competitions with much help from my outstanding and amazing coach, Nikki Schallen. At my first-ever competition in Simsbury, Conn., I placed third competing in Delta. In my second competition at Lake Placid, N.Y., I placed second competing in FS 1. In my third competition in Saratoga Springs, N.Y., I placed fifth in solo compulsories FS 2. I want to thank Nikki for always believing in me, for helping me to believe in myself, and for teaching me so well for the past year and a half! I do have a problem, though. I am extremely concerned because our arena is for sale, and the possible buyer (the YMCA) is probably going to take one of the rinks and replace it with a swimming pool! That means practically no ice time, and I am especially concerned about keeping our team, Upstate Skates, together. We have already come so far as a team, and there are so many great skaters on our team who have dreams and goals to accomplish in figure skating. It is unfortunate for this to happen, and hopefully when we



switch rinks we can stay united as one team.

**Jennifer White, 12, FS 2/3  
BIG Arena  
Slingerlands, N.Y.**

I've written to your magazine before and I got a pen pal. I have a lot of free time, so could you please get me another one? I have been skating for three years and I am in Delta. I am working hard to get to Freestyle 1.

**Karen Lageson, 10, Delta  
Roseville Skating Center  
Falcon Heights, Minn.**

I have SO much fun skating! I've been skating since I was about 4 for recreation. I finally convinced my parents to let me take lessons when I was 6. I would like to thank my coach, Karen, and two of my camp coaches, Sonja and Billy, who helped me a TON with my one-foot spin. Also, I used to have trou-

ble getting height on my jumps, but now I practice them on the floor, and that helps a lot. I would like to be pen pals with Lizzy Waterman, Erin Wiswell and/or Caitlyn Shuy.

**Annie Shuey, 11, FS 4  
Winter Lodge  
Palo Alto, Calif.**

I love to figure skate! I have been skating for almost six years. My double Salcow is very close. I want to say hi to all of my friends. Fire on Ice ROCKS! I also want to thank my coach, Erin. You have been there for me from Freestyle 2 to now, and much farther. I thank you all. I would like to be Courtney Campbell's pen pal. If not, I would like a pen pal around my age and level.

**Laura Goeing, 11, FS 5/6  
Inwood Ice Arena  
Plainfield, Ill.**

I wrote to you last year looking for a pen pal. Amazingly, I did not get one. I am working on my Axel, camel spin and back spin. I would like to be pen pals with Anna Tyrluk, Dana DeBoer and Julia Trubovitz. I also am on Sierra Storm synchronized team. I also have been skating pairs with Aly Roozee for three months.

**Brittany Chatfield, 13, FS 4/5  
Skatetown  
Roseville, Calif.**

*Editor's Note: Please see "How the Pen Pal Program Works," page 5.*

I have been skating since I was 5. I want to thank Jennifer Hiller, my coach, my mom for driving me to and from the rink and my family for their support. Right now I am working on my camel spin, camel to a sit spin and my FS 4 footwork. I would love to be Maggie McRae's pen pal. If that is not possible, I would like to have a pen pal around my age and level, and a girl.

**Erin Gagner, 10, FS 4  
Fox Valley Ice Arena  
St. Charles, Ill.**

I have been skating for two or three years and I love it! I would like to be Samantha Seibel's or Caitlyn Shuy's pen pal. If not, I would like a few girl pen pals between the ages of 13 and 15, and a few levels above me. My favorite jump is the flip and my favorite spin is the change-foot spin. Do you have any advice for the Axel jump and the sit spin, camel spin or layback?

**Stephanie Collins, 13, FS  
3/4/5  
Kingsgate Ice Arena  
Kirkland, Wash.**

*Wow! You are ambitious. To help with the Axel, keep working the waltz jump/loop jump combo. For the spins, keep working on one-foot spins for rotation and centering, which will make the sit, camel and layback easier. It sounds like you are still working on FS 3 and 4 maneuvers. I would suggest doing some research on the maneuvers you will be working on in the future. There are many figure skating books and videos that might help. Good luck! ●*

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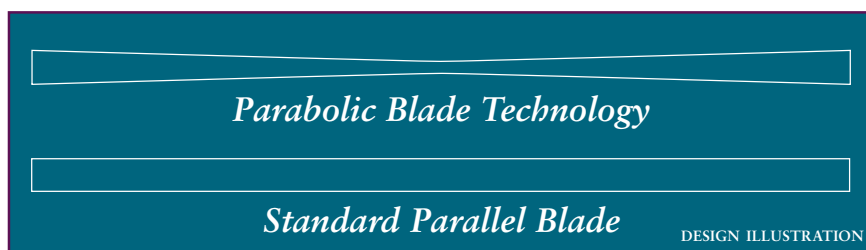
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