

Last Chance!
Winter Classic 2005



Winter 2004

ice skating

Holiday Skating at Rockefeller Center

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Adults Skate for the Fun of It

2005 ISI Winter Classic

**Dallas, Texas • February 18-20, 2005
Dr Pepper StarCenter/Farmers Branch**

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for the
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the country while you enjoy a hearty helping
of Texas hospitality.*

*For more information about Winter
Classic and local Texas attractions, visit
the ISI Web site at www.skateisi.org.*



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WINTER 2004/VOL. 29, NUMBER 2

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Courtesy of Rockefeller Center

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from the editor

Another skating season is well under way, with plenty of local, holiday and major ISI events to anticipate. Have you registered for Winter Classic? The deadline is almost here — Dec. 1! The ISI staff is excited about having an event close to home, right here in the Dallas area. I hope to see many of you Feb. 18-20 at the Dr Pepper StarCenter Farmers Branch. What a great way to get out of that February funk! Also, it isn't too early to start preparing for Synchro in April and even Worlds in August. You'll find entry forms for both of those events in this issue.

We have lots of other fun features in store for you, too. Have you ever seen New York City's famous Rockefeller Center ice rink on TV? We're proud to have an ISI member, Rikki Samuels, who teaches there each winter and shares her experiences with us on page 14. Reading this one gave me a head start on my holiday spirit. (I even have most of my shopping done already!)

We're pleased to introduce a new contributor in this issue: Julie Donnelly, a licensed massage therapist who works with athletes and writes articles and books about massage therapy and injury prevention and treatment. Check out her suggestions for treating ankle pain on page 16.

I hope the profiles on coaching legend Erika Amundsen, scholarship recipient Jessica Marshall and Freestyle 10 skater Stephanie Zastrow, inspire you as much as they did me.

As always, keep your letters, poems, comments and photos coming. Don't forget to send me your photos from Winter Classic and Synchro!



Lori

Have An Ice Holiday Season!



the write stuff

letters from our readers

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

I just got my first magazine, and I thought it was great. I have been skating for a couple years, and I really have a love for it. I'm in Freestyle 2 and I'm working on my one-foot spins. I'd like to have a pen pal like Sasha Cohen or Michelle Kwan — someone who I can talk to about skating. I really enjoyed reading this magazine, and can't wait until the next one.

Hannah Taverna, 12, FS 2
Pilgrim Skating Arena
Hingham, Mass.

Our pen pal program only includes ISI members who choose to participate in it. Sasha and Michelle are, no doubt, too busy for pen pals, however, I'll bet you have a lot in common with many ISI members who read this magazine. Perhaps some of them will request you as a pen pal. Or, you may specifically request that your letter be forwarded to as many as three others (see "How the Pen Pal Program Works," at right).

I have been skating for three years. I love to work on my jumps. I would like a pen pal who is my age and level.

Katja Yacker, 10, FS 1
William G. Mennen Sports
Arena
Mendham, N.J.



Rebecca Lovejoy

This is my first time ever writing you! I've been skating on and off



since I was 9. Then I finally buckled down and got a private-lesson coach when I was 14. I just wanted to know if Katie Krolik, Adriana Gilli and Vanessa D. Marietta could be my pen pals, and anyone else around my age or level.

Rebeca Lovejoy, 16, FS 4
The Skating Edge
Torrance, Calif.

This is my first time writing to a magazine! I am in Freestyle 5 and I am learning my Lutz. I have been skating for a little over 1 1/2 years. My coach is Tracy Primrose and she is the best! My last competition was in Las Vegas and I got two firsts! I love skating. I have met so many friends. I would like a pen pal near my age.

McKenzie Ringor, 7, FS 5
Westminster Ice Palace
Westminster, Calif.

I've been debating for awhile whether or not to write in (I'm a little shy), but I love your magazine! I was also wondering if I could maybe have Anna Barr as a pen pal? I just graduated from FS 1 in August, and my first FS 2 competition should be in March. I know Anna Barr said she's working on her one-foot spin, which I had a lot of trouble with for awhile. So maybe I could sympathize, or give her a tip or two. And I would love someone I can talk about skating with.

Emily Eisemann, 14, FS 2
The Rinx
Speonk, N.Y.

This is my first time to write to your magazine! I am really looking forward to having a pen pal! I have no idea who I want to be my pen pal, though. I'm currently working on a double toe loop, and a change-foot sit spin. I do a lot better on jumps, so I can work a level ahead. I'd like to thank my coach, Kerry Bodenheimer,

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 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*.

Be a Star in Dallas!

DALLAS — The deadline for Winter Classic 2004 registration is almost here — Dec. 1 — so if you haven't registered, hurry! Entry forms appeared in the last issue of *Recreational Ice Skating* and are still available on the ISI Web site: www.skateisi.org.

Those who participate in this

year's Winter Classic Feb. 18-20 will be the first to skate in a major event at the brand new Dr Pepper StarCenter Farmers Branch, which is located just outside Dallas. The 95,000-square-foot facility has two NHL-size ice rinks for hockey play, figure skating and public skating, plus concessions, a pro shop and a

second-floor meeting, conference and party area.

The new Dr Pepper StarCenter is centrally located within the Dallas-Fort



Worth Metroplex and easily accessible via several major thoroughfares, providing a quick, convenient commute to hotels and the Dallas area's many outstanding restaurants and fantastic shopping areas.

Expect a warm welcome at Winter Classic in Dallas, home of southern hospitality and winter sunshine. (We can't guarantee the weather, but you can count on the warm welcome!)

For more details, including hotel information, check the ISI Web site.



Dr Pepper StarCenter Farmers Branch

Kerrigan Announces Pregnancy, Cancels Skating Commitments



Nancy Kerrigan

BOSTON — Figure skater and Olympic medalist Nancy Kerrigan, who was instrumental in helping to raise the level of popularity of her sport a decade ago, recently announced that she is pregnant with her second child and, due to a past history of miscarriages, has been advised by her physicians to cancel all of her skating commitments for the 2004-05 season. Kerrigan, 35, and her husband, Jerry Solomon, have one son, Matthew, 7. Kerrigan also has a stepson, Clay, 15, from Solomon's first marriage. They live in Lynnfield, Mass.

The two major programs affect-

ed by Kerrigan's sabbatical are the *Ice Wars* show at the North Charleston Coliseum in South Carolina and the national tour of *Broadway On Ice*, in which she was set to star in 40 shows over a three-month period, including a New Year's Eve performance in Atlanta. Kerrigan will still promote her *Halloween On Ice* DVD, which has been released nationally by Hart Sharp Video, as well as *Easter Egg Escapade*, an animated film in which she contributes her voice along with Brooke Shields, Joey Pantoliano and James Woods.

Kerrigan won a silver medal in the 1994 Winter Olympics and a bronze medal at the 1992 Winter Games. She was named a 2001 Outstanding Mother of the Year by the National Mother's Day Committee.

Where were you in 1981?

DALLAS — The Ice Skating Institute is trying to locate skaters who participated in the first ISIA Recreational Team Championships (now known as ISI World Recreational Team Championships) in 1981, in San Diego. ISI has a special celebration planned for next year's competition in southern California, which marks the 25th annual event. If you participated in the 1981 competition, please contact Patti Feeney at pfeeney@skateisi.org or (972) 735-8800.

Send News & Notes items to editor@skateisi.org or Ice Skating Institute, Attn: RIS Editor, 17120 N. Dallas Parkway, Suite 140, Dallas, TX 75248-1187.

Synchronized Championships Set for April 1-3

2005 ISI



DALLAS — It isn't too early to start planning for the ISI 2005 Synchronized Championships, set for April 1-3 at Taylor Sportsplex in the Detroit area. Entry deadline is Feb. 1; use the form found on page 8 of this issue, or on the ISI Web site: www.skateisi.org.

Taylor Sportsplex — or TSX, as it's widely known — is not your average ice arena. The architecturally and technologically advanced 3-year-old multipurpose facility sits on nearly 12 acres in Taylor, Mich. and includes two NHL-size ice arenas with seating, plus team and referee rooms, oversized locker rooms and many other amenities. With 149,958 square feet, TSX is the region's largest recreation and expo center, and has hosted numerous major sporting events including the

Tournament of Roller Hockey Series National Championships, Street Soccer Cup USA, the AAU Wrestling Grand Nationals and the Professional Bowlers Association World Championship.

TSX is a great place to skate, and Detroit ("Motor City") is a great place to visit. From the invention of the automobile to the Motown sound, this city has truly helped craft American culture. Visit the Henry Ford Museum to view JFK's limousine, the Rosa Parks bus and thousands of other uniquely American artifacts and innovations. Don't miss the Motown Historical Museum, with exhibits chronicling Motown's impact on 20th century pop music styles. "Kids" of

all ages will love exploring science with interactive exhibits at the Ann Arbor Hands-On Museum. And of course, there's plenty of shopping and other fun activities for everyone.

Check the ISI Web site for 2005 Synchronized Championship details and hotel information.



Taylor Sportsplex



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2701 - Black	\$279
3100 - White	\$369
3101 - Black	\$399
3500 - White	\$439
3501 - Black	\$459
Riedell 1500 with Cork outsole	\$479

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2005 ISI

**Send entry and fee to:**

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Dallas, TX 75248
Phone: 972-735-8800 • FAX 972-735-8815

SYNCHRONIZED TEAM CHAMPIONSHIPS

Event information available
at www.skateisi.org

Team Entry Form

Event	Location	Event Dates	Entry Deadline
Synchronized Skating Championships	Taylor, MI	April 1-3, 2005	February 1, 2005

Please Print

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

We wish to enter: (IMPORTANT Use one (1) team entry form per team, per event. Please send team photo with entry.)

<input type="checkbox"/> Synchronized Formation Compulsories <input type="checkbox"/> Synchronized Skating Compulsories <input type="checkbox"/> Synchronized Formation Team <input type="checkbox"/> Synchronized Skating Team <input type="checkbox"/> Synchronized Dance	Age Category: (select one) <input type="checkbox"/> Junior Youth Team <input type="checkbox"/> Youth Team <input type="checkbox"/> Senior Youth Team <input type="checkbox"/> Teen Team <input type="checkbox"/> Adult Team
---	---

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

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

Please list Crossover Skaters on separate sheet.

Entry Fees:

All Team Entries \$20.00 per member and \$45 per team

☐ ISIA Education Foundation Donation enclosed \$ _____

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

OFFICE USE ONLY

Date Rec'd. _____ Check # _____ Amount _____

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

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

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

Coach's Signature

Date

☐ American Express

☐ Visa

☐ MasterCard

☐ Discover

Card #

Exp. Date

Cardholder (please print)

Authorized Signature

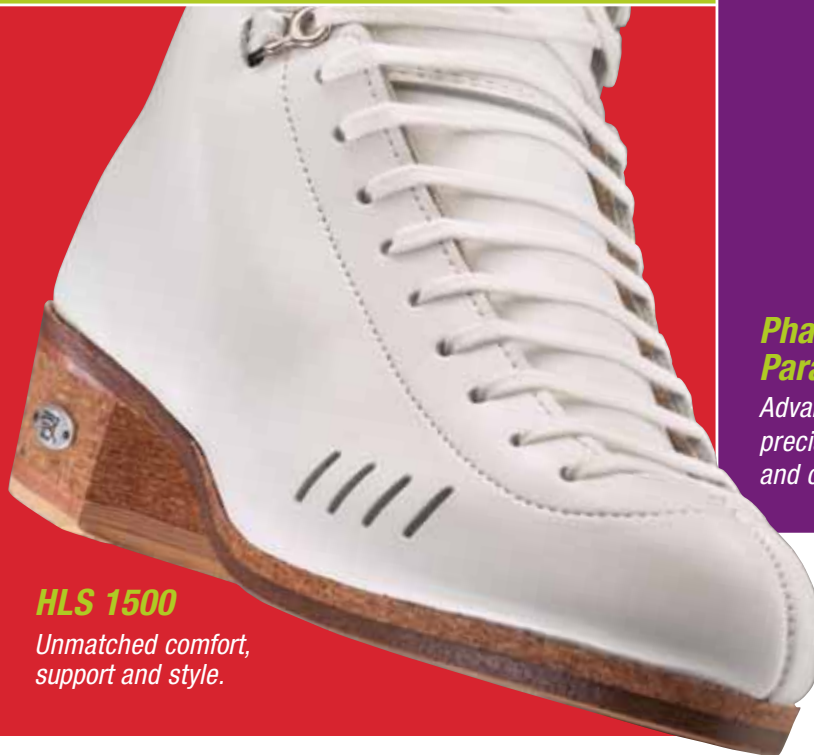
Telephone Number & E-Mail Address (must be included)

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competitors' corner.....



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

'Tis the season to be skating!

Another competitive season is under way. The adults brought their energy and creative routines to the beautiful mountains of Breckenridge, Colo. Sept. 17-19. The event garnered rave reviews from all who attended. Many kudos and thanks to Tom Ciernak and Jenise Jensen of Stephen C. West Ice Arena for a job well done.

With the holidays quickly approaching, life gets very hectic with family gatherings and parties, so make sure you have your calendars marked with the following important entry deadlines for upcoming ISI national events:

2005 Winter Classic

Feb. 18-20
Dallas
Entry Deadline:
Dec. 1



2005 Synchronized Championships

April 1-3
Taylor, Mich.
Entry Deadline:
Feb. 1



Now that you have your entry deadlines marked, here is a checklist to use when completing your entry forms. Nine times out of 10, forms received at the ISI national office have an error. Use this list to make sure you don't get a lump of coal in your Christmas stocking:

___ Indicate whether you are male or female.

___ Please *PRINT* or *TYPE* information on entry form.

___ Make sure you include your ISI number, and that your membership is *current through the event*.

___ Make sure your appropriate test level is registered with ISI.

___ Make sure you include an e-mail address.

___ Double-check the events for accuracy (especially the Spotlight categories). On some events, partners' names are required; please make sure that you have included this information.

___ For team entry forms, complete one form per team, per event.

___ On team entry forms, make sure to include your ISI 2005 synchro team registration number.

___ Double-check your entry fees for accuracy. If you have questions on family entry fees, please ask.

___ Make sure all required signatures are included.

Thank you in advance for following these guidelines. It will guarantee accuracy in the processing of your entry form. (And Santa just might leave an extra special treat in your skate bag.) HO! HO! HO!

To all my friends across the country,

Have a Joyous Holiday Season!

Remember: You need your team in order to reach your goals. You're in this together.

Sharpen Your Edge

With the 2005 Synchronized Championships just a few months away, let's talk about TEAM-WORK! Teams are made up of all kinds of people — girls and boys, speed demons and slowpokes, those who are experienced and those who are just learning. Teamwork doesn't come easily. Do you recognize any of these team member types? Which one are you?

Terrible Toe Picks

Groaner: Answers anything the coach says with a moan or groan

Jokester: Spends more time getting laughs and goofing off with friends than practicing

Cloud Counter: Has her head in the sky, not in the performance

Grandstander: Does anything to get attention

Big Boss: Thinks she knows best what her teammates should be doing.

Naysayer: Brings teammates down with her "we'll never make it" attitude

All-Stars

Energizer: Keeps team spirits high with energy and encouragement

Peacemaker: Smooths over disagreements and calms others

Helper: Shares what she knows without making teammates feel inferior

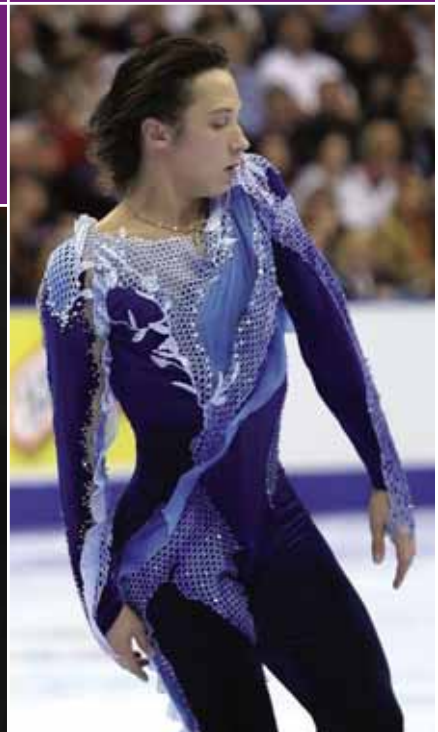
Most Improved: Is living proof that hard work and practice do pay off

Extra Effort Maker: Works hard at practice and really pays attention

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UP

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ISI Roots Lead to Scholarship

by Lori Fairchild

Strong ISI roots, an outstanding work ethic and a healthy attitude have helped Jessica Marshall flourish into a stunning ice skater, not to mention an ISIA Education Foundation scholarship recipient.

After more than 15 years of ISI classes, programs and achievements — including 45 competitions and some 200 medals and ribbons — Jessica is skating at the Freestyle 6, Figure 3 and Dance 8 levels. A freshman at Maryville College, she selected the school in part for its 20-minute drive to her home rink, the Ice Chalet in Knoxville, Tenn.

Jessica started skating when she was 3, when her mother gave her and her father skating lessons for Christmas. "Recreational ice skating was an

important part of her childhood and she wanted her family to experience the sport," says Jessica, who will celebrate her 19th birthday just before Christmas this year.

She progressed from the Tot levels, began entering competitions and adopted the rink as her home away from home, and her skating and team mates as her second family. Balancing skating and academics was never a problem, she recalls: "The early-morning challenges on the ice enhanced my discipline in academics."

Skating brought other benefits, as well. "As I started maturing in my skating and learning the ISI philosophy, I began developing different qualities — how to be dedicated and disciplined, how to persevere, how to deal with adversity and success, and how to be an important member of a team," Jessica notes. "The artistry of operating as an integral part of a team is an invaluable experience."

She came to look at figure skating as a "gift to develop and share," and made it a priority to give back to her rink and ISI. She has volunteered at competitions, fundraisers and her rink in numerous capacities.

"As far back as I can remember, Jessica has been involved in every ISI function we've done," says Larry LaBorde, vice president of Chalet Ice Rinks. "From competitions to Christmas school, car washes to skate-a-thons and summer exhibitions to the 16 *Nutcracker* shows, Jessica is always there with a smile and well-rehearsed programs. She possesses a healthy combination of ambition, team spirit and sincerity."

She began her volunteer services as a runner in her early years at the rink, and was later "promoted" to a trial judge.

And after helping with skating classes as a young teen, she later began teaching classes of her own.

In addition to her ice rink activities, Jessica has volunteered with her church, a nursing home, the American Red Cross, several dance schools and the Victim Offender Reconciliation Program. An animal lover, she has also worked with the Network Offering Animals Help (NOAH).

One of Jessica's skating coaches, Mary Lu Shipstad-Gillenwater, has known Jessica for 10 years. "Jessica has a great work ethic and she fully understands the discipline that is a requirement for success," the coach comments. "[Last year was] an especially challenging period in Jessica's skating history. She had a very serious foot injury that required surgery, a cast and extensive physical therapy. The road back to the ice was filled with setbacks and frustration, but Jessica would let nothing deter her comeback. In fact, she earned seven gold medals at the Lake Placid, N.Y. ISI competition in January 2004."

Jessica graduated last May from Knoxville Catholic High School with a 3.91 grade point average based on a 4.0 scale, and is now a busy college student majoring in secondary English education. But ice skating remains a vital force in her life, and she says she is focusing on completing all of the ISI dance levels and developing her coaching skills. ●

EDITOR'S NOTE: This year's other scholarship winners will be profiled in upcoming issues. Applications for the 2005 ISIA Education Foundation scholarships must be postmarked by March 1. For application criteria and forms, visit the ISI Web site (skateisi.org), or you may call (972) 735-8800 or fax your request to (972) 735-8815.



Jessica Marshall



Enstrom Studio Inc.

Jessica skated to "Ave Maria" in the 2004 ISIA Benefit on Ice, a star-studded event held each year at the ISI World Recreational Team Championships to raise funds for the Education Foundation scholarship program.

Kudos for Coaches!



Kaylyn and Sharon

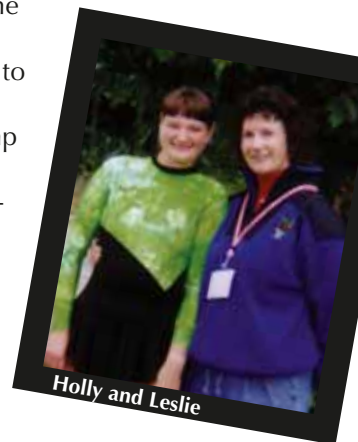
I have been with my coach, Ms. Sharon Cook, for a year. She has taught me pretty much everything I know in ice skating. She is really nice. Sometimes when I'm in lessons she is very funny. She has helped me all the way through and she teaches me very well. I know this because in my previous competitions I have received 13 first-place medals. I love you, Miss Sharon. Thank you for being such a good coach.

Kaylyn Fox, 8, FS 2, TBSA Countryside, Seminole, Fla.

Skating is awesome! I wouldn't trade it for anything else; I just love it. I have been skating for 5 1/2 years and am working with my third coach, Leslie Christie. She is very supportive and nice. Sometimes I see Leslie skate with the skills put together, but then when it's my turn, I get nervous. But

Leslie encourages me to try and skate with the skills put together to get me ready to take my ISI Freestyle 1 test and for upcoming competitions. Leslie also encourages me to practice on my own besides our private lesson. I skate four to five hours a week. I have been working hard on my waltz jump and when I landed it perfectly, my coach was happy and smiling. I am now learning the Salchow. Thanks, Leslie! Now we just have to get my scratch spin to work. I love skating!

**Holly Watson, 25, FS 1
Norwich Ice Rink and Dayton
Arena, Norwich, Conn.**



Holly and Leslie

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

Become a *Scholarship Winner*

Annually, the ISIA Education Foundation awards scholarships with a \$4,000 minimum value to ISI skaters for study in universities, colleges and technical schools throughout the US. Application for the scholarship is made in your senior year of high school.

However, most scholarship recipients began their qualification process during middle school years. Start your four-step process of qualification today so you will be ready to apply your senior year.

- 1 Maintain at least a 3.0 GPA
- 2 Participate in a variety of school and community activities. Keep detail records, including frequency of participation
- 3 Continue to test and compete in the ISI program, especially during the two years prior to application. Keep good records of all skating activity
- 4 Prior to application, you must have completed 240 hours of verified service, of which at least 120 hours must be volunteered for ISI recreational skating activities. This information must be tracked on the "Hours of Service Verification Form" available at www.skateisi.org.



Application deadline is March 1, 2005.

For more information or to apply, visit www.skateisi.org or call 972.735.8800.

*Heather
Aseltine,
2002
Scholarship
Recipient*



Holiday Skating, Rockefeller Center-Style

by Rikki Samuels

The world-famous Rockefeller Center in New York City is an exciting place to visit, or — if you're as lucky as I am — to work. The ice skating rink sits at the base of NBC studios, and yes, we get to see all those famous faces coming and going. Some of the NBC celebrities even skate and take lessons with us. We're also only blocks away from New York's thriving theater district, and just around the corner from Radio City Music Hall.

Although it is very crowded during the holidays, this is the most exciting time of our six-month season. The massive 80-foot Christmas tree arrives at the rink in November, is lit in early December and stays up until the first week of January.

Over the years, I have come to enjoy working with numerous skaters whom I call my "regulars." But while most pros call a student who comes every week a "regular," my regulars at Rockefeller Center may only come *once a year* — during the holidays. And they come from all over the world. For instance, a young woman from Brazil started taking a lesson every January beginning when she was 10 years old. Last year when she came for her "regular" annual lesson, she introduced me to her future husband. How quickly they grow up!

Many are now ISI members who first learned to skate at Rockefeller Center while on holiday, fell in love with skating, joined the ISI in their hometown and now return for a "regular" lesson with me every holiday season. When they call to make an appointment, they tell me exactly which ISI level they want to work on. It's great satisfaction for me to see the improvements they've made in their skating from one year to the next.

We also get calls from ISI skaters asking if we have professionals who teach the ISI program. The answer is yes! And when an accomplished ISI



Courtesy of Rockefeller Center

member skates at our sessions, the spectator crowd that watches from above will often applaud the skater as she lands a rotation jump or finishes a fast spin. The skater is usually not accustomed to this, and often can't resist taking a big, gracious bow in the direction of the applause.

When I first started teaching at Rockefeller Center, my friends thought I wouldn't last the season because I really don't like the cold. But in the 20 years that I've been teaching outdoors in the cold, I've learned two important things. One, you really must dress scientifically, giving thought to everything you've ever known about fabrics, head gear, mittens (not gloves), silk long johns and boot covers. And two, because the rink is two stories *below* ground level, the wind seldom gets to the skaters. Surrounding the rink are the flags of all the United Nations members. During the cold weather, the wind rattles those flags as we smoothly skate in relative comfort.

Even the snow doesn't stop us from skating. When it first starts falling, it's great to see your tracings so clearly. As it builds up, I encourage my students who are fearful of falling on their new jumps. When you fall on a light dusting of snow, it's like falling on sponge rubber.

While the typical household holiday tree usually goes up and is trimmed in one evening, our Rocke-

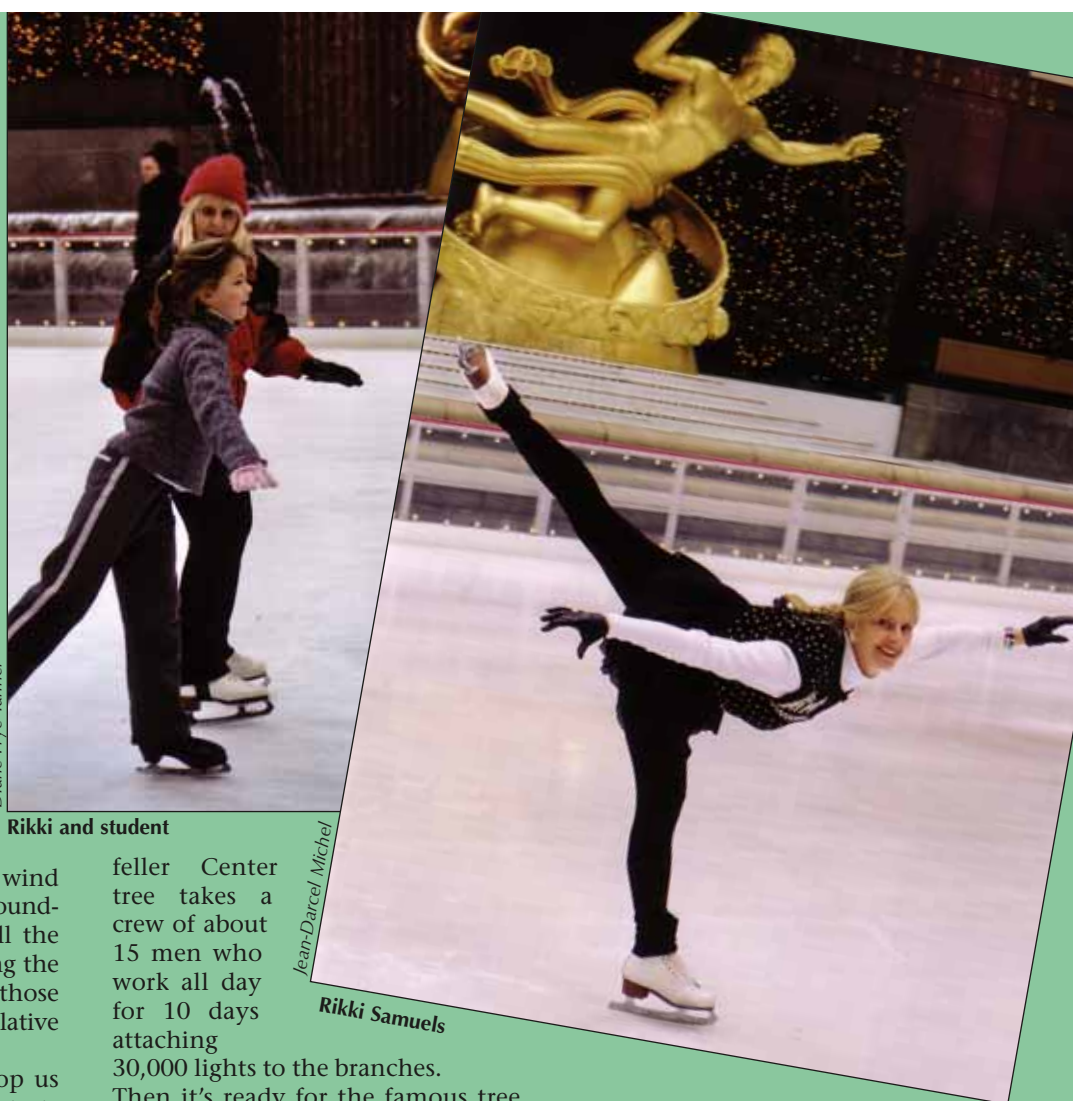
feller Center tree takes a crew of about 15 men who work all day for 10 days attaching 30,000 lights to the branches. Then it's ready for the famous tree lighting, which, besides being the start of the holiday season for all of New York City, is also televised nationwide by NBC. During the set-up period, the skaters enjoy the special treat of the massive evergreen tree's beautiful, strong, holiday-time scent. Once the tree is lit, holiday carols are played over the speakers, and

it isn't uncommon for a few skaters to start singing along, with more and more chiming in until we have a chorus on the ice.

In New York City, most people don't have cars. It is difficult to find parking spaces, and our mass-transit system is one of the best in the world. I live about 4 miles from Rockefeller Center. To get to work, I use my roller blades. Most of my commute is through Central Park, which is filled with joggers, dog walkers and roller bladders. I've even seen people on cross-country roller skis! By the time I get to work, which is a little over a half an hour, my body is fully warmed up and ready for lessons.

There are some days that I skate to work, give lessons and skate home, stopping along the way for errands. I arrive home and slip into bedroom slippers and then, finally, I realize that my feet have been in *skates only* — all day long. ●

ISI coach Rikki Rendich Samuels is the author of the recently released *Kids' Book of Figure Skating: Skills, Strategies, and Techniques* (Citadel Press/Kensington Publishing Corp.).



Diane Frye Tanner

Rikki and student

Jean-Darcel Michel

Rikki Samuels



World's Most Celebrated Ice Rink Opens for 68th Season

Rockefeller Center's famous ice rink, now celebrating its 68th season, opened Oct. 15 with an appearance by Olympic gold medalist Sarah Hughes. Other scheduled skating star appearances this season include Kurt Browning, Ekaterina Gordeeva and Brian Boitano.

Measuring 122 feet long and 59 feet wide, the surface is transformed each year from an outdoor summer café into the ice skating rink. The renowned rink first opened on Christmas Day in 1936. Today, with its views of the gilded statue of Prometheus and the magnificent Christmas tree, it has become a historic landmark. An expected 130,000 skating enthusiasts will enjoy the 2004-05 season at the Rockefeller Center rink.

Treating the Cause of Burning Ankle Pain

by Julie Donnelly

Ankle pain is common for skaters, and for good reason. The muscles of the lower leg originate at the knee joint and merge into tendons where the leg slims down, and the tendons go under ligaments that surround the ankle. The tendons then insert into various points of the foot and give the foot the ability to turn in or out, point or flex.

Two muscles, the peroneal and the tibialis anterior, are key to ankle pain.

The peroneal muscle causes pain on the outside of the ankle, under the ankle bone, along the outer edge of the foot and into the arch. If you look at an anatomy book

and realize that insertions always move toward the origination point, you will understand why this muscle causes you to put your weight onto the inside border of your foot and lifts the foot out into the graceful position that is common for ice skaters.

If you flatten your hand on the outside of your lower leg, starting just below your knee joint, while at the same time bringing the outer edge of your foot up off the floor, you will feel

the muscle contracting. Follow the muscle all the way down and under your lateral ankle bone, and you will feel the tendon as it tightens. This is the longest of the three muscles of the peroneal muscle group. Since the muscles contract every time you pick up your foot from the ice while you skate, every step you take contracts the muscle.

The second muscle, the tibialis anterior, will cause pain at the front of your ankle because the tendons go under a band that runs across the bend at the ankle. The tendon inserts into the arch and may also cause arch pain.

As you skate for long periods of time, you are keeping the muscle held short and a phenomenon called "muscle memory" sets in. The brain actually causes the muscle to adjust to the new shortened length, however, the shortened muscle is still attached to your foot, so you feel tension at the insertion point. It will take a focused effort to release the tension in this muscle. If you even try to stand up straight, and the now-shortened muscle is too tight to allow this bit of a stretch on the fibers, the muscle pulls on the tendon and you feel pain at the outside and front of your ankle, along the outside of your foot and in your arch.

Fortunately, it is easy to flush out this muscle and lengthen the fibers back to their normal length. To treat this muscle, you will need a 24-inch length of dowel that is about 1 1/2 inch thick.

Sit on the floor with your leg bent and your foot turned in toward midline. Put the dowel just below the outside of your knee joint (don't put any pressure on the bone) and push so the dowel slides down the outside of your lower leg. Stop before you get to your ankle bone. Again, you don't ever want to push onto a bone and potentially cause a bone bruise.



If you turn your foot out a bit and put the dowel along the outside of your shinbone, avoiding your shinbone, you will be treating the tibialis anterior.



As you go down the muscles, you will find points that are exceptionally tender. These are spasms, which are knots in the muscle fibers. Hold the pressure on them for 30-60 seconds before continuing to slide down your leg. You must flush out the spasms, lengthen the contracted fibers, bring fresh blood into the area and stretch!

Another way to stretch the muscles is by bending your knees and sitting on your lower leg while your toes are pointed in toward midline.

Without strong, but flexible, muscles you cannot skate. If you have been practicing for hours, you need to care for your muscles at the end of each session. It will only take a few minutes, and the rewards are well worth the time and effort. ●

Julie Donnelly, a licensed massage therapist in New York, is the co-author of several books, including *The Pain-Free Triathlete*. She teaches workshops nationwide and works with athletes in her office. Visit her Web site at julstro.com.



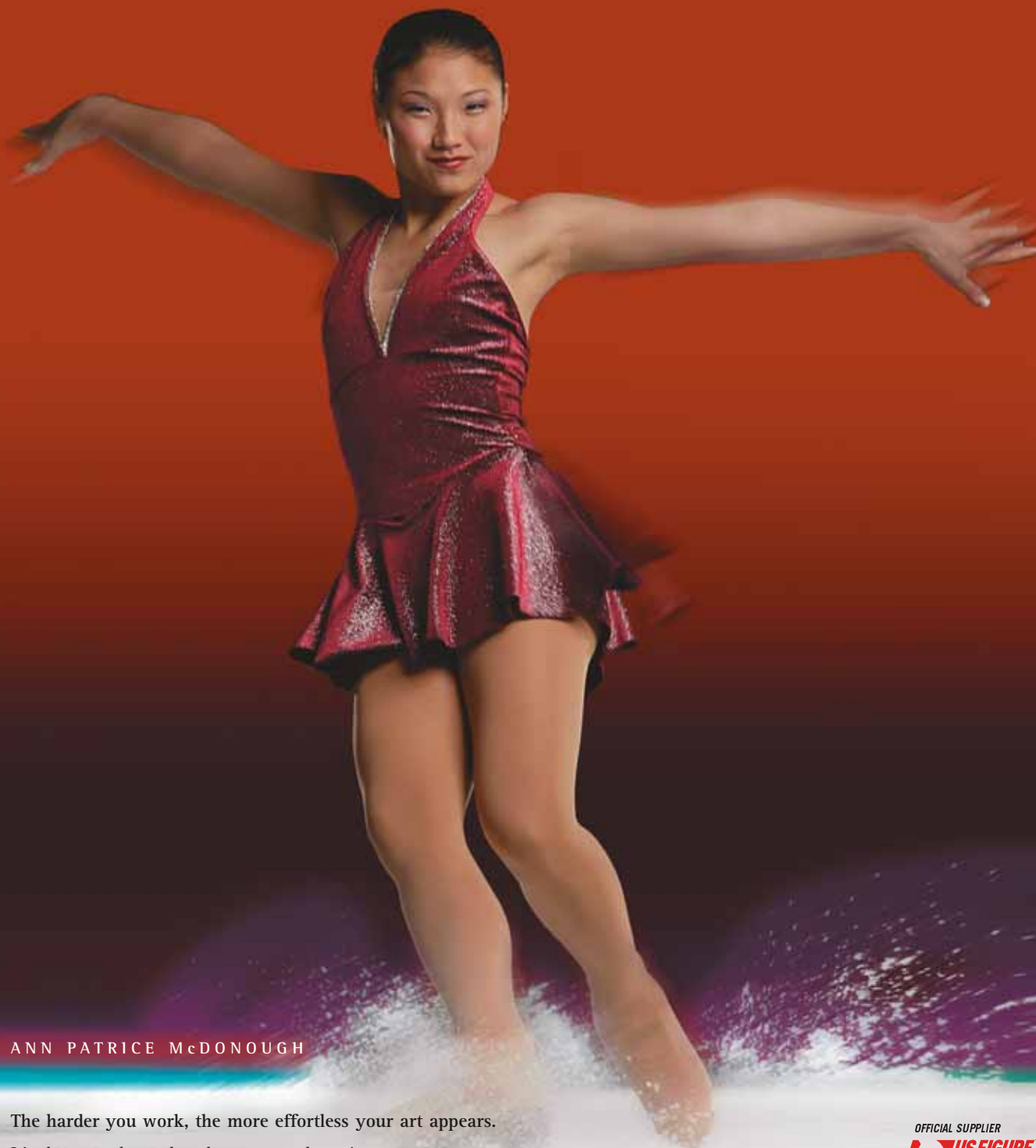
Julie Donnelly

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Time Management *Mission: Possible*

by Kathy Toon

Time management — now there's an oxymoron. For a young athlete, the time-management challenge involves a balancing act between school, sports, homework, social time and family activities. There are literally thousands of books that claim to teach us how to juggle all of these tasks and effectively manage our time.

The truth is, you simply can't manage time. Time takes care of itself. Think about it. You can't control a clock — it just keeps ticking.

How you use your time determines whether or not you will fulfill your dreams, on and off the ice. You have the same amount of time as your

competitors do. But winners and losers use their time differently. What separates the champion from the competitor is the use of time — winners do what losers don't want to do.

Accomplishing your dreams does not happen by accident. It is the result of planning. Planning your activities helps you stay on course. Thoughtful planning allows you to focus on the things that you decide are the most important. Effective planning is a skill, not a gift — a skill developed by practice.

Habits

Our habits are learned patterns of behavior, *and* we can always learn

new ones. Successful athletes have effective daily habits. They organize and manage their time around what's important to them, based on their VALUES and BELIEFS. They put their time and attention on the things in their lives that produce results. Successful athletes don't just do things differently — they do different things!

According to Stephen Covey's Quadrant II Time Management Matrix, we spend our time in four basic ways. Covey found that successful people spend their time on things that are "important" but not necessarily "urgent." The matrix at left defines the things we do in terms of what's "urgent" or "not urgent" and what's "important" or "not important." Look at the matrix and figure out where you spend most of your time.

Focusing on what's "important" yet "not urgent" will make a huge difference in your effectiveness as a student-athlete. Taking time to plan at the beginning of each week will help you take a proactive approach to your life.

Daily Planning

Take 25-30 minutes at the beginning of each week to plan the week ahead. Sit down in a quiet place, take out your calendar and decide what you want to accomplish during the coming week. Reconnect with your dream. Review your goals and set objectives for the week.

Then spend 5-10 minutes each day reviewing and revising your plan. Each day ask yourself this question: "What can I do today that will move me closer to realizing my vision?" Base your day's actions on your answer.

	URGENT	NOT URGENT
IMPORTANT	Activities: Crises, pressing problems Deadlines Examples: Family Problems Friends in crisis Papers Tests Presentations	Activities: Planning Building relationships Recreation Examples: Day planner, organizing Meeting coach or teacher Planned time w/family & friends Music, art, writing, etc.
NOT IMPORTANT	Activities: Interruptions Some mail, meetings Other people's pressing matters Examples: Phone call from friend E-mail, IM from friends	Activities: Busywork, trivial stuff Time wasters Procrastination Examples: Junk mail, e-mail, phone calls TV, magazines Hours of video games

Adapted from 7 Habits of Highly Effective People, Stephen Covey

Your Training Schedule

Periodization is a training plan that is designed to allow you to peak at specific times of the year. Researchers have found that athletes cannot perform at 100 percent of their best 100 percent of the time. With periodization you can determine when you peak by carefully planning your training, and also reduce the risk of injury and psychological burnout.

Periodization breaks training into four phases: preparation, pre-competition, competition and active rest. Each phase can vary in length, according to your needs and schedule, but in general: preparation should last from four to 12 weeks; pre-competition, one to four weeks; competition, two weeks at the most; and active rest, a few days to several weeks, depending upon your needs.

Preparation (off-season): During the off-season, your goal is to develop a strong aerobic base emphasizing both muscular and cardiovascular endurance. Training should focus on high volume and low intensity. For strength training, use light weights

and frequent repetitions with a wide variety of exercises. Increase your aerobic base for endurance and recovery with rhythmic and continuous exercises, such as running or biking. Preparation is also the time to work on technical aspects of skating. Any competition during this phase should be done with the goal of development in mind.

Pre-competition: The goal here is to increasingly modify your training routines so they approximate the actual demands of skating. Strength training should intensify, then taper off as you get closer to the competition you are training for. You should transition from aerobic rhythmic training to more skating-specific speed and sprint work. Your goal is to be ready on competition day.

Competition: This phase begins two to five days before competition day. The goal is to bring performance to an optimum level during the most important time. The training focus should be to simply maintain your current level of fitness. By properly training, you've maximized your chances of performing well.

Active rest: Once your competition is finished, you should go into this last phase of periodization. Put your skates away for a little while and allow your body to recover. This is one of the most controversial, yet most important, areas of periodization. Without proper rest, you'll just wear yourself out mentally and physically. However, it's called "active rest" because you shouldn't just sit on your duff. Do some cross training, play other sports for fun and relaxation. You also should assess your past competitive performance and discuss with your coach those areas of your sport that will need attention when you return to training. ●

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



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Adults Skate for

by Kimberl

The new millennium has put a fresh new spin on the term "skating moms," and the ISI 2004 Adult Championships proved it.

More than 150 adults from across the country competed in freestyle, artistic, spotlight and synchronized events Sept. 17-19 at the Stephen C. West Ice Arena in Breckenridge, Colo.

Competitors ranged in age from 24 to 76, and costumes covered the spectrum from a human-size, stuffed teapot from *Beauty and the Beast* to skirts of all styles —

short, long, sequined, side-slit.

"The adults just have so much fun and bring so much life to this event," said Barb Yackel, ISI national events coordinator. "The spirit of the event is what keeps people coming back year after year. Adults know they're not going to go to the Olympics; they skate for the fun of it and to stay in shape."

Tom Ciernak, Stephen C. West's skating director, added, "These are just diehard skaters that want to go out there and skate."

Support and celebration

The ice arena buzzed with excitement and encouragement all weekend.

"They have such an incredible attitude," said Karla Trippe, a Summit Fig-

ure Skating Club volunteer.

"They're out there cheering for each other. I wish younger kids could see the way they support and promote each other."

Some skaters, like Susan Evans from Sarasota, Fla., had plenty to celebrate. She rejoiced in her freedom from breast cancer after a year of chemotherapy and surgeries by skating to "Celebrate Good Times." Even the judges loosened up and joined the audience in clapping with the music.

A couple of hours later, her husband, Bob



or the Fun of It

y Nicoletti



Evans, joined her on the ice for a character routine. Dressed as Jasmine and Aladdin, they skated sweetly to "A Whole New World."

Making up for lost time

Sandie Baker, a 60-year-old competitor from Brookville, Ind., reunited in Breckenridge with her best friend, Carol "Angel" Wisroth, after not seeing her for 37 years.

They spent three years in the Navy together 40 years ago and stood up in one another's weddings, sharing the same bridesmaid

dress at each wedding, and then the same wedding dress as brides. Since then, they had only corresponded by phone and letters — until this year's Adult Championships.

Baker had never visited Colorado, so when she signed up for the Breckenridge competition, she invited Wisroth, who lives three hours from Breckenridge, to meet her.

"I was out on the ice practicing, and I saw this girl jumping up and down, and I ran over and it was her," Baker said.

"It was like those years we hadn't seen each other weren't ever there," Wisroth said. "I never did feel like I had to catch up with her. I was so proud of her. She was so graceful on the ice. I wish I could do

that. After she won three gold medals, she took one and put it around my neck, and said, 'This one's for you,' and I just cried."

Though Baker has always enjoyed the camaraderie at competitions, she said Wisroth was her best supporter that weekend.

Continued on page 23



My Breckenridge Experience

by Christine Amos

Arriving in Breckenridge took my breath away — literally — thanks to an elevation of 9,600 feet. The first day on the ice was challenging, but we were advised to drink lots of water and that seemed to be the ticket in dealing with the altitude.

As I was packing it in after my first day on the ice, a handful of gals from TBSA Countryside came in to the Stephen C. West Arena and took me under their wing. I was the lone skater from my area, and even though I would be competing against these women, the sisterhood took over.

Day 2 was much easier, as we all knew what to expect from our bodies. What was so great was the energy from all the skaters. We would rush over and greet the latest person to come in. I wondered to myself where my friend from the Goggin was. I knew she would be coming, as constant e-mails promised a showing.

Day 3 lent me my own ice first thing in the morning. It was great! Then I looked up and saw her — Sandie Baker, 60 and sassy — waving me down. She had arrived! This gal was my motivation for getting back into competition after a 24-year hiatus.

I knew that I had made the right decision to come here. I had come alone, but I really wasn't. The folks I met at Adult Champs have inspired me. While the thrill of competition is just that for us (OK — we secretly want to win!), these folks are ambassadors to our youth.

I learned from the others that the team from JP Igloo has had cancer strike a number of the skaters. They have taken action and hosted sold-out skating benefits to raise awareness and funds. They wear the pink ribbon in honor of their beloved team members who have been stricken. They dedicate their performances to a lost angel.

TBSA Countryside had its own dedications. One skater's husband fell ill the second day and they had to rush back to Florida; another team member had a death in the family. Even with these 11th-hour obstacles, TBSA took home its sixth straight championship.

One skater who inspired us all was Arthur W. Clause from Louisiana. He suffered second- and third-degree burns over 80 percent of his body, and he has the most incredible outlook. He was just filled with joy and skated each of his events at 200 percent. Getting to know Arthur was a thrill and a privilege. I can't wait to skate with him again.

Many thanks to Tom Cierniak, Shane Douglas, and Gerry and Debby Lane for their time and expertise in the Peak Performance clinic. I walked away with some helpful tools to use in the future. The competitors' party was the perfect venue to meet other skaters and socialize. Loads of laughter and good wishes were exchanged.

Sitting on the plane home, I reflected on my week in Breckenridge. The new friendships fostered, the silly antics, the laughter and joy, the hugs and the tears, the memories that will last — I wouldn't trade this experience for anything. What started as a lonely trip up ended with being part of a huge cheering section and "family."

A big thank-you to Stephen C. West Arena staff and their incredible team of volunteers for their grace and hospitality.

ISI member Christine Amos skates at Alpine Ice Arena in Louisville, Ky.



Christine Amos (front left) with friends at Adult Champs

Fort Collins, Colo. resident Ken Miller was the oldest competitor at age 76. He began competing at age 60, and since then, he has skated in more than 100 competitive events and won 88 gold medals.

"I've kind of lost my other competitors to old age, but I enjoy the competition," Miller said. "Regardless of what level you're at, it's a challenge. I'm always trying to improve. It keeps you going."

He began taking figure skating lessons after he retired at 58. He could do every single-rotation jump until two years ago when he had knee surgery, but lately he has worked up to landing about half of his single jumps and plans to get all of them back.

About 10 years ago, Miller talked his daughter, Susan Geiser, now 44, into competing in a couples event with him. They tied for first in this year's Couples Spotlight High FS 4.

Schubert Huang, the youngest competitor, stood out with his artistic flair.

While some adults occasionally look timid on the ice, Huang skated to the center of the ice like a champi-

on — body tall, arms above his head. His artistic presentation — complete with huge, winning smiles — made up for any technical imperfections in his single jumps.

Huang's mother flew in from Taiwan to watch her son compete, and her pride showed as she videotaped his every move.

"I'm skating my heart out," said Huang, who grew up in Taiwan, where ice rinks are a rarity. He first skated three years ago after moving to Houston. "It's a passion. I've always loved to be on stage; I used to sing opera in recitals. Skating is a way to release energy. If you have any worries and you get on the ice, you forget the worries because you're totally focused on skating."

"This is the most exciting competition that I've ever been in," he added. "We get the support from all the adult skaters. We all started late, so we all know how hard it is. Even though we're adults, the programs are very creative and inspiring. I admire all of the people here. A lot of them are retired — and they are skating in this [9,600-foot] elevation."

A mountain of gratitude

Competitors couldn't say enough about the fun, supportive atmosphere in Breckenridge.

An ice-breaking competitors' party at Downstairs at Eric's, a pizza place, set the stage for the weekend's excitement and camaraderie.

"I think people really enjoyed the friendliness of the staff and volunteers and the locals' input on things to do in Breckenridge," said Jenise Jensen, Stephen C. West Ice Arena manager. "It was a really great community spirit, and people said we had the best snack bar they'd ever seen at an ice rink. The Summit Figure Skating Club called it the Good Luck Café. It had healthy food and goodies like chocolate-dipped strawberries."

Though ISI hasn't determined the location of next year's adult competition, Yackel said it likely will be somewhere adults enjoy vacationing. Watch this publication and the ISI Web site (skateisi.org) for event updates. ●

ISI member Kimberly Nicoletti is the arts and entertainment editor for the Summit Daily News in Colorado.

2004 ISI Adult Championship Results

More than 150 ice skaters representing arenas from across the country gathered at the Stephen C. West Ice Arena in Breckenridge, Colo. Sept. 17-19 for the 2004 ISI Adult Champs. As always, camaraderie and fun were higher priorities than points, but just for the record, here are the final standings.

PLACE	ARENA	POINTS
1	Tampa Bay Skating Academy-Countryside	201.5
2	JP Igloo Ice Complex	125.5
3	Big Bear Ice Arena	54.0
4	Oak Lawn Ice Arena	45.5
5	St. Peters Rec Plex	39.0
6	Ice Center at Cupertino	34.0
7	The Ice Park	25.0
8	EPIC	24.5
9	Sun Microsystems Ice Centre	20.5
10	Roseville Skating Center	19.0
10	Goggin Ice Arena	19.0
12	SkateQuest of Prince William	18.0
13	Arkansas Figure Skating Association	17.5
14	Louisiana Hockeyplex Ice Arena	17.0
15	Pepsi Ice Midwest	13.0
16	Alpine Ice Arena	10.0
16	Polar Ice Galleria	10.0
16	Binghamton Figure Skating Club	10.0
19	Kettering Adult Figure Skating Club	8.0
20	Pasadena Ice Skating Center	5.0
20	Stephen C. West Arena	5.0

Erika Amundsen

Coaches' Coach, Mother of Adult Skating

by Lori Fairchild

Each year as Adult Champs rolls around, appreciative thoughts and warm memories turn to coaching legend Erika Amundsen. Nearly 45 years after she started a skating school in Louisville, Ky., Erika is as beloved by the ice skating coaches she has mentored as she is by the generations of skaters she has taught.



managing director of member programs and services. "She's truly an ambassador for ISI and passionate about its programs, and she put adult recreational skating on the map. She's the mother of our Adult Championship event."

Semi-retired in Sarasota, Fla., Erika still coaches at JP Igloo in Ellenton. Her presence at any skating event is always an anticipated treat, and this year's Adult Champs was no exception. Not only was she present, but her Tropical Spice on Ice team, co-coached with Kelly Paige, took second place.

"Erika helped restart my skating career as an adult and was instrumental in encouraging me to coach," says Kelly. "I don't know that I have ever come across anyone who is more dedicated and encouraging. She believes in everybody. As much doubt in yourself as you might have, she makes sure that all goes away. She doesn't leave any room for negativity."

Erika fell in love with skating at the tender age of 5 in her native Germany. She trained in the Alps each winter and started competing at age 8. A student of ballet and modern dance, she participated in singles and ice dancing events, advancing

petitions and canceled the 1940 and 1944 Olympics.

She continued to skate recreationally and earned a college degree in education. After the war, she worked as an interpreter for the U.S. Army headquarters in Germany, where she met her future husband, Earl Amundsen. His military career required several relocations, including one to Japan. With each move, Erika continued to find and enjoy the ice.

The Amundsens had two daughters, Diane and Iris. In 1960, Earl's job with an investment company took the family to Louisville, where Erika found an ice rink and a skating club, but no coach. "Not only did I start coaching then, but I also set up my first skating school," she recalls. She took her students to other cities for events and training. The school grew quickly and demanded additional coaches, so she began holding coaching seminars for which she brought in highly regarded coaches from around the country. She also started the first ISI school in Hong Kong after befriending a Chinese coach at an ISI conference.

Along with another ISI legend, Robert Unger of the Ice Chalet in Knoxville, Tenn., Erika pioneered and literally helped write the book on team recreational skating. Her first adult team, Moms on Ice, is still going strong and recently held a reunion where Erika was honored.

Her honors have also included being named ISI Woman of the Year in 1997, and having an ISI award created in her name in 2001. Erika has served as national seminar director on the boards of both ISI and PSA.

Her advice to others who may have the opportunity to influence a skater? "Combine your human relationships with your work efforts and treat every skater like a champion. The smile of success on any student's face, at any age and any level, is worth every effort. Out of that grow lifetime friendships." ●

"Erika believes in everybody.

As much doubt in yourself as you might have, she makes sure that all goes away. She doesn't leave any room for negativity."

— Kelly Paige

"Erika has been an inspiration to more skaters and coaches than we can imagine," says Patti Feeney, ISI

to state champion status and qualifying for the German Nationals before World War II put a hold on the com-

She's a Real Goal-Getter

Stephanie Zastrow conquers Freestyle 10 through serious goal-setting and focused efforts.

by Lori Fairchild

Accomplished figure skaters make it look so easy, as if their grace and talent come naturally. But anyone who's ever reached a personal skating goal knows that natural ability is just a tiny piece of the puzzle and doesn't stand a chance without a major investment of time, energy and hard work.

Stephanie Zastrow has that "natural" look as she seems to float across the ice, but she has put in her share of effort to attain it. Her years of practice and participation were rewarded in August during the ISI 2004 World Recreational Team Championships, when she passed her Freestyle 10 test, placing her in the impressive company of only 25 ISI skaters since 1979.

"Passing the Freestyle 10 test has always been a goal of mine," says Stephanie, 15. She readily acknowledges that the test is no piece of cake: "It's really nerve-racking, because you have to land your jumps. The elements are even harder; if you miss your first chance, all the pressure is on the second one." She recommends practicing the elements section, not just the program, to get practice doing all of the jumps in succession. "That way, you put a little pressure on yourself in practice where it doesn't matter so much."

Goals such as passing the Freestyle 10 test are a big part of her life. "Stephanie is very goal-oriented," notes her coach, Val Matzke, who teaches at both White Bear Lake and Pleasant Arena in St. Paul and has been working with Stephanie since her early years in the sport. "She likes to sit down and write her goals on paper and put time lines to them, and she sticks with them."

Stephanie started skating at age 6 in the ISI program at White Bear Lake Sports Center in Minnesota. "The first competition that she par-

ticipated in was when she was a Pre-Alpha. She did her stroking and fell, and got last," recalls her mom, Mary Zastrow.

The high-school sophomore has brought her skating skills a long way since then, but it's been a gradual process, her mother points out: "We didn't put her into daily skating until she was older; we didn't want to burn her out. But she's gained a lot from skating — organizational skills and the confidence to stand up in front of a group at school and give a speech."

Today Stephanie skates about two hours a day, five or six days a week, during the school year, heading directly to the rink after school. She considers her jumps and spirals her strongest moves. "Her spirals are gorgeous and she's an awesome spinner," says her coach. "She's extremely graceful and very limber, and light on the ice. Another one of Stephanie's strengths is her ability to quickly process information."

"I've watched her grow up from a toothless little girl to a young lady with a thousand-watt smile after getting her braces off. She's just a real joy to work with," Coach Matzke adds.

In addition to her ISI accomplishments, Stephanie is a Junior skater with U.S. Figure Skating. She has claimed five first-place awards at various levels in U.S. Figure Skating's Minnesota state competition; a first-place in the Upper Great Lakes Regionals and a third-place in her first international competition, both as a Novice; and a fifth-place at Midwestern sectionals. "They take the top four to Nationals, so I was really close," she says.

Last year, knee pain — which turned out to be tendonitis — took Stephanie off the ice for several months, and she was forced to



Stephanie Zastrow

rebound gradually. She followed the doctor's orders of rest and therapy, and is back in competition.

Off the ice, she likes to read — especially *Harry Potter* — go to fantasy/adventure movies and hang out with friends. A dancer since age 3, she stopped competing at 13 to gain more time for skating, but takes ballet and core body strength conditioning classes twice a week at her rink.

Stephanie is a straight-A student with a penchant for math and science, and is considering a career in engineering or orthodontics. Skating still holds a place high on her list of goals, though. "I'd like to make it to Nationals," she says. "Worlds and the Olympics would be really cool, but I know that there are so many skaters out there. It's possible, but it's not really probable. I'd just like to go as far as I can, as long as I'm still enjoying it." ●

SKATING UP A STORM IN TAIWAN

by Randy Winship



Opening ceremony

The skating was *so hot* at the Skate Asia 2004 competition in Taipei, Taiwan, not even torrential rain, strong winds or Typhoon Aere could stop the events. The shuttle buses kept rolling and the competition events kept running — although there were some tense moments when the Emergency Rescue Command Center was set up in the building next to the ice rink during the jump and spin events.

The seven-day competition, with more than 2,150 event entries, was the largest international ice skating event ever held in Taiwan. It took place Aug. 15-21 in the new Taiwan Ice Sports Arena in northern Taipei. The friendly ice rink staff was very hospitable and efficient, even though most had never before seen an ice skating competition.

Some 560 skaters represented 11 ice rinks in six countries. The largest

skating team was Taiwan's, with 235 skaters — quite an amazing feat, since this rink has only been open since January. Also amazing was the fact that about 80 percent are already top roller skating competitors.

A special event highlight was watching the Taiwan ISU short-track speed team compete in our ISI speed-racing events. They rented a bus and traveled 2 1/2 hours to compete in our competition. It was all worth it when they got the crowd going with their effortless glide and speed, even on the smaller ice rink surface. They cleaned up the medals in speed-racing, and competed in "surprise" and "team surprise" events as well.

This huge event would not have been possible without the tireless efforts of the TISA ice rink management and staff along with the major event sponsors, China Airlines and



The champs, TISA of Taipei



Moon Festival (top left), proud medalists (right), VIP and referee welcome dinner (bottom)



Randy Winship and TISA manager Brandon Shang-Ru Wu

the Imperial Hotel.

We'll be returning to Bangkok for Skate Asia 2005. Our 2002 event in Thailand was a huge success, but next year promises to be even more fun at the brand new Olympic-size Imperial World ice skating rink in the Bangkok suburb of Samrong.

There is even a water park just above the ice rink,

so you can cool off between your events.

It's sure to be another successful and fun-filled family holiday, so mark the dates Aug. 13-20, 2005 on your calendar and start making your plans to attend this truly international ISI skating event. Competition details will be posted in December on the official Skate Asia Web site at www.skateasia.org.

Randy Winship is the competition dir-

SKATE ASIA 2004 FINAL TEAM STANDINGS

PLACE	ARENA	POINTS
1	Taiwan Ice Sport Arena/Taipei, Taiwan	1074.50
2	Festival Walk Glacier/Hong Kong	759.00
3	Riviera Ice Chalet/Hong Kong	726.50
4	Central World Ice Skating/Bangkok, Thailand	595.00
5	SM Southmall/Manila, Philippines	574.50

OTHER PARTICIPATING TEAMS

Cityplaza Ice Palace/Hong Kong
Pyramid Ice/Kuala Lumpur, Malaysia
Aberdeen Marina Club/Hong Kong
Sky Rink Dragon Centre/Hong Kong
SM Megamall, Manila/Philippines
Arena Ice Bandung/Bandung, Indonesia

calendar

ISI-endorsed competitions & shows/exhibitions

(Events endorsed by ISI after publication deadline will be listed in the next issue.)

competitions

december

- 2-5 **Wayne, Mich.**
Wayne Community Center
29th Annual Wayne ISI Team Open Competition
- 3-5 **White Bear Lake, Minn.**
White Bear Lake Sports Center
White Bear Lake Holiday Open
- 4-5 **Franklin, Mass.**
Franklin Blades Skating School
14th Annual Team ISI Competition
- 4 **Overland Park, Kan.**
Pepsi Ice Midwest Holiday Open
- 10-12 **Webster Groves, Mo.**
Webster Groves Ice Arena
Show-Me State Game
- 11-12 **Centennial, Colo.**
South Suburban Ice Arena
South Suburban Winterfest ISI Competition

january

- 7-9 **Northbrook, Ill.**
Northbrook Sports Center
Winter Open
- 13-16 **Mamaroneck, N.Y.**
Riverdale Ice
ISI Lake Placid Competition

- 15-16 **San Diego**
Ray & Joan Kroc Community Center
3rd Annual ISI Open Competition

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

february

- 4-6 **Glenview, Ill.**
Glenview Ice Center
February Freeze
- 4-6 **St. Louis**
Wayne Kennedy Rec Complex
16th Annual ISI Sweetheart Open
- 11-13 **Niles, Ill.**
Niles Park District Iceland
Sweetheart Open
- 11-13 **Blaine, Minn.**
Schwan Super Rink
2005 Frosty Blades



- 18-20 **Dallas**
Dr Pepper StarCenter Farmers Branch
ISI Winter Classic

- 18-20 **Anaheim, Calif.**
Disney ICE
8th Annual Disney ICE ISI Open Competition

- 19 **Mansfield, Mass.**
Golden Blades
Golden Blades FSC
Fourth Annual ISI Competition

- 19-20 **Nashville, Tenn.**
Centennial Sportsplex
19th Annual Centennial Sportsplex ISI Invitational

march

- 4-6 **Irmo, S.C.**
Ice Land Palmetto Classic
District 5 Championships
- 5-6 **Ft. Washington, Md.**
Tucker Road FSC
Skate Annapolis 2005
- 11-13 **Park Ridge, Ill.**
Oakton Ice Arena
18th Annual Ice Breaker Classic
- 12 **Pittsburgh**
RMU Island Sports Center
2005 Shamrock Skate

april



- 1-3 **Taylor, Mich.**
Taylor Sportsplex
ISI Synchronized Championships

- 1-3 **Knoxville, Tenn.**
Ice Chalet
36th Annual Mississippi Valley District Competition

- 2 **Overland Park, Kan.**
Pepsi Ice Midwest Odyssey

- 22-23 **Acton, Mass.**
Nashoba Valley Olympia
Nashoba Valley ISI Annual Team Competition

may

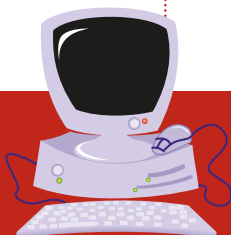
- 1 **Lakewood, Calif.**
Glacial Gardens Skating Arena
2005 ISI Open Competition

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

july



- 25-30 **Southern California**
Disney ICE, Yorba Linda Ice Palace, Paramount Ice Land, Glacial Garden Ice Arena-Lakewood
ISI World Recreational Team Championships



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

shows & exhibitions

december

- 3-4 Springdale, Ark.**
Arkansas Figure Skating Association Christmas Traditions
- 4 El Segundo, Calif.**
HealthSouth Training Center Dreamin' - A Holiday Skating Spectacular
- 4-5 Tucson, Ariz.**
Polar Ice Tucson Winterfest 2004
- 4-5 Gatlinburg, Tenn.**
Ober Gatlinburg Ice Christmas on Ice
- 4 & 18 Portland, Ore.**
Lloyd Center Ice Rink Evening of Christmas
- 5 Pittsburgh**
RMU Island Sports Center Holiday Spectacular & Open House
- 7-10 Knoxville, Tenn.**
Ice Chalet Nutcracker on Ice
- 10-11 Houston**
Aerodrome Ice Skating Complex 8th Annual Nutcracker on Ice
- 10-11 San Francisco**
Yerba Buena Ice Skating Center Holiday 2004
- 10-11 Eugene, Ore.**
Lane Events Center - ICE Holiday Ice Show - Beauty & The Beast

- 10-12 Evanston, Ill.**
Robert Crown Center 30th Anniversary Nutcracker on Ice
- 11 Anaheim, Calif.**
Disney ICE 10th Annual Holiday Spectacular
- 11 Oldsmar, Fla.**
Tampa Bay Skating Academy Holiday Recital
- 11-12 Orlando, Fla.**
RDV Sportsplex Ice Den Snow Princess on Ice
- 11-12 Portland, Ore.**
Lloyd Center Ice Rink 'Twas the Night Before Christmas
- 12 Redwood City, Calif.**
Ice Oasis Skating & Hockey Club Winter Wonderland Holiday Show
- 12 Vacaville, Calif.**
Ice Sports Vacaville Skate a Gift
- 12 St. Louis**
Wayne Kennedy Rec Complex Holiday Celebration 2004
- 17 Kirkland, Wash.**
Kingsgate Arena Winter Solstice
- 17-19 Simi Valley, Calif.**
Easy Street Ice Arena Adventures in Toyland
- 18 Vancouver, Wash.**
Mt. View Ice Arena Holiday on Ice 2004
- 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
- 18-19 Little Rock, Ark.**
Arkansas Skatium 1st Annual Nutcracker on Ice
- 19 Arlington, Texas**
Ice at The Parks Holiday Happenings
- 19 Miami**
Kendall Ice Arena 5th Annual Holiday Show
- 21 Renton, Wash.**
Castle Ice Arena Holiday Gala
- 31 Saratoga Springs, N.Y.**
Saratoga Springs FSC First Night 2004

march

- 11-13 Jefferson City, Mo.**
Washington Park Ice Arena Wally's One Hit Wonders 43rd Annual Ice Show
- 12-13 St Louis, Mo.**
Wayne Kennedy Rec Complex 29th Annual Ice Review
- 19-20 Dundee, Ill.**
Polar Dome Ice Arena 26th Annual Ice Show - Good Vibration

april

- 29- May 1 White Bear Lake, Minn.**
White Bear Lake Sports Center 13th Annual Spring Fling - United Skates

- 30 Mansfield, Mass.**
Golden Blades FSC In Search of the Golden Blade

may

- 6-8 Crestwood, Ill.**
Southwest Ice Arena Spring Ice Show
- 11-15 Glenview, Ill.**
Glenview Ice Center 32nd Annual Ice Show
- 13-15 Niles, Ill.**
Niles Park District Iceland Big Thunder Gulch, An Old Western Adventure
- 13-15 Highland Park, Ill.**
Centennial Ice Arena Gliding the Globe

Ice Arena
Conference and Trade Show
Las Vegas-2005



- 31- June 2 Las Vegas**
MGM Grand ISI Conference & Tradeshow

june

- 5-6 Acton, Mass.**
Nashoba Valley Olympia Ice Magic

holy salchow!

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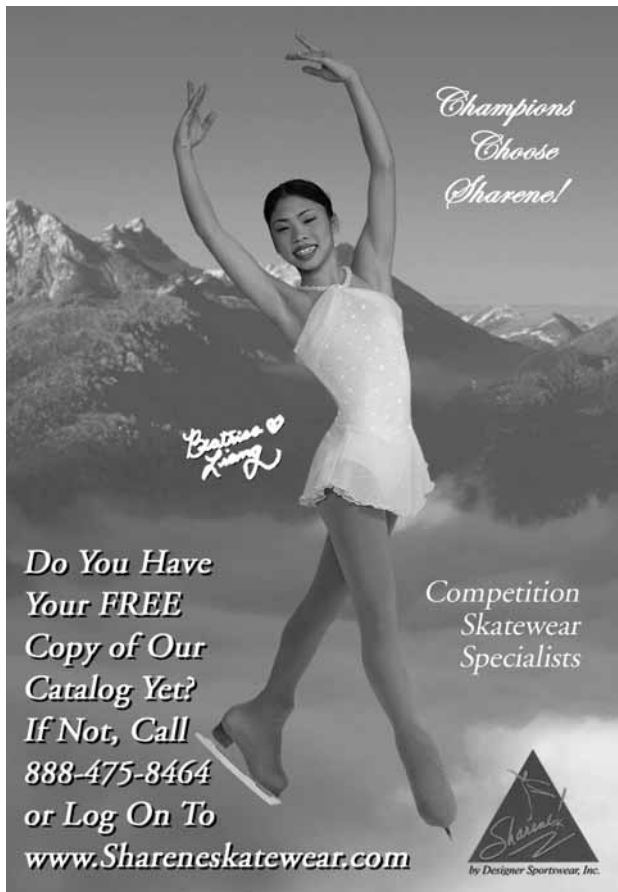
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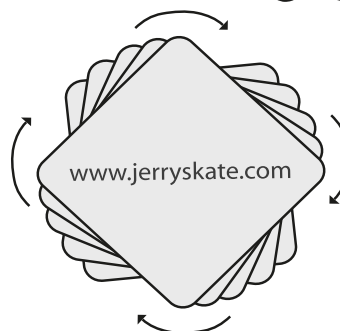
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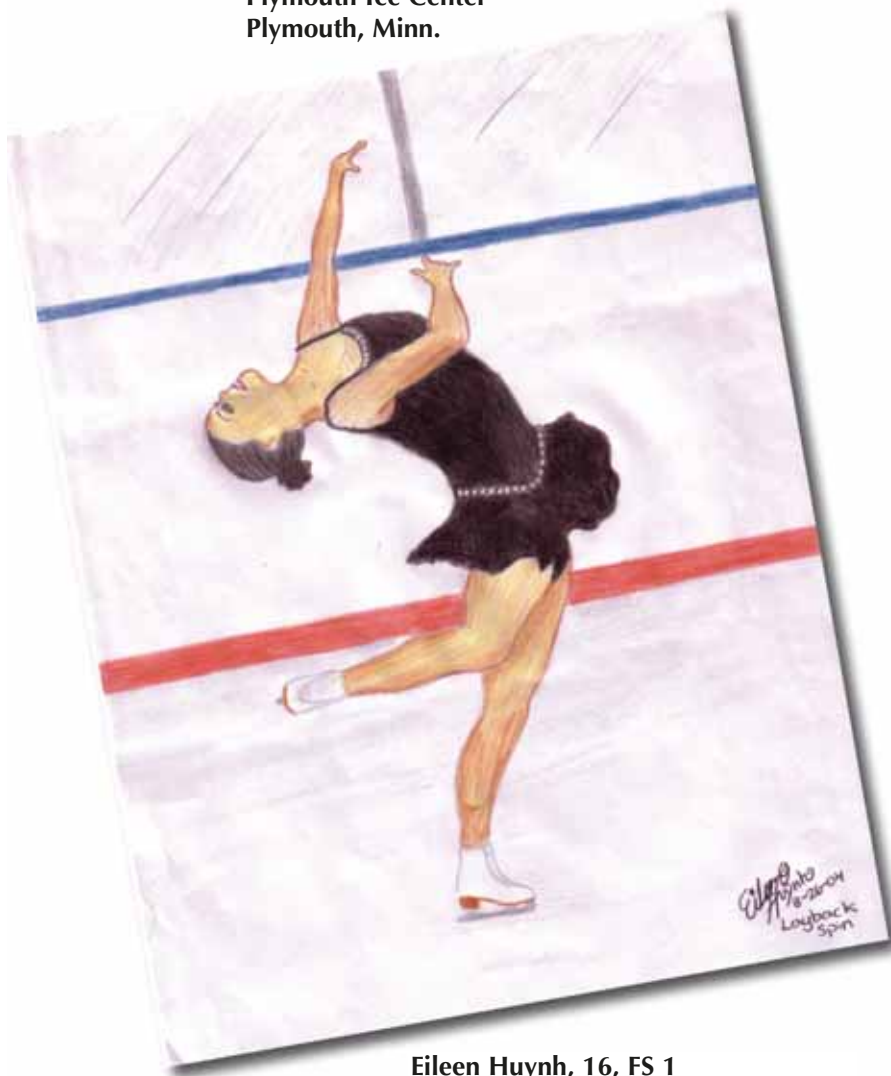
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There cheering you on at competitions
They even believe your most crazy visions
Friends are my best trophies

Maren Dahle-Koch, 13, FS 5
Plymouth Ice Center
Plymouth, Minn.



Eileen Huynh, 16, FS 1
Kent Valley Ice Centre
Renton, Wash.

Skating

Skating is fun,
Skating is great.
In skating you have
To do a figure eight.

Hair in my face.
Lots of space.
I know I'm
In the right place.

Jullianna Kadel, 8, FS 4
HealthSouth Training Center
Redondo Beach, Calif.

Skating Is My Life

Skating is my life.
It is my night, It is my day.

For me there is no other,
but to soar and skate my way.

My dreams lift me higher,
as I jump into the air.

Spinning faster and faster,
then landing without a care.

I know I did my best,
no matter how I place.

But the people clap as they see
the smile and relax on my face.

Tasia M. Petit, 15, FS 6
Sioux Falls, S.D.



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

25th Anniversary WORLD TEAM CHAMPIONSHIPS Team Entry Form

Event information available
at www.skateisi.org

Event	Location	Event Dates	Test Deadline	Entry Deadline
World Team Championships	Southern CA	July 25-30, 2005	May 1, 2005	May 1, 2005

Please Print

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

We wish to enter: (IMPORTANT Use one (1) team entry form per team, per event. Please send team photo with entry.)

<input type="checkbox"/> Synchronized Formation Compulsories	<input type="checkbox"/> Family Spotlight	Jump & Spin 2-Person Teams <input type="checkbox"/> Low (Pre-Alpha-Delta) <input type="checkbox"/> Med (Freestyle 1-3) <input type="checkbox"/> Int (Freestyle 4-5) <input type="checkbox"/> High (Freestyle 6-10)	Team Surprise <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)
<input type="checkbox"/> Synchronized Skating Compulsories	<input type="checkbox"/> Production Team		
<input type="checkbox"/> Synchronized Formation Team	<input type="checkbox"/> Pattern Team		
<input type="checkbox"/> Synchronized Skating Team	<input type="checkbox"/> Kaleidoskate Team		
<input type="checkbox"/> Synchronized Dance	<input type="checkbox"/> Team Compulsories: _____ Level*		
Age Category: (select one)		<input type="checkbox"/> Freestyle Synchro: _____ Level* *(indicate 1-10)	
<input type="checkbox"/> Junior Youth	<input type="checkbox"/> Senior Youth		
<input type="checkbox"/> Youth	<input type="checkbox"/> Teen		
	<input type="checkbox"/> Adult		

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

Name	✓ USFS	**Age on 7/1/05	ISI #	Name	✓ USFS	**Age on 7/1/05	ISI #
1				13			
2				14			
3				15			
4				16			
5				17			
6				18			
7				19			
8				20			
9				21			
10				22			
11				23			
12				24			

** Applies to Synchronized Teams only

Please list Crossover Skaters on separate sheet.

Entry Fees:

Team Entries \$20.00 per member. Maximum \$640 per team.
Team Surprise Entries \$10.00 per member

☐ ISIA Education Foundation Donation enclosed \$ _____

Total Enclosed: \$ _____ Make check payable to ISI

OFFICE USE ONLY

Date Rec'd. _____ Check # _____ Amount _____

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

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

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

Coach's Signature

Date

☐ American Express

☐ Visa

☐ MasterCard

☐ Discover

Card #

Exp. Date

Cardholder (please print)

Authorized Signature

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



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

25th Anniversary WORLD TEAM CHAMPIONSHIPS Individual Entry Form

Event information available at
www.skateisi.org

Event	Location	Event Dates	Test Deadline	Entry Deadline
World Team Championships	Southern CA	July 25-30, 2005	May 1, 2005	May 1, 2005

☐ **MALE** ☐ **FEMALE**

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

INDIVIDUAL EVENTS

Pre-Alpha – Delta

- ☐ Pre-Alpha - Delta Program
☐ Stroking
☐ **Spotlight (choose 1)**
☐ Character
☐ Dramatic
☐ Light Entertainment
☐ Surprise

INDICATE LEVEL
Pre-Alpha – Delta

Special Skater (1-10)

(Check if applicable)

Freestyle (1-10)

- ☐ Freestyle 1-10 Program
☐ Footwork
☐ Interpretive
☐ Solo Compulsories
☐ Artistic
☐ **Spotlight (choose 1)**
☐ Character
☐ Dramatic
☐ Light Entertainment
☐ Surprise

INDICATE LEVEL
(1-10)

Solo Dance (1-10)

INDICATE LEVEL
(1-10)

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

YES _____ **NO** _____

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

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

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

Skater Signature _____ Date _____

Parent/Guardian (if applicable) _____ Date _____

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

Instructor Signature _____ Date _____

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

E-mail _____

PARTNER ENTRIES

Sim Mix

- ☐ Couple Level _____
☐ Dance Level _____
☐ Pair Level _____
☐ Free Dance (1-10) Level _____
☐ Couple Spotlight Low
(Both Skaters Pre-Alpha-FS3)
Choose one:
☐ Char. ☐ Dram. ☐ Lt. Enter.
☐ Couple Spotlight High
(Either Skater FS4-FS10)
Choose one:
☐ Char. ☐ Dram. ☐ Lt. Enter.

☐ ☐
☐ ☐
☐ ☐
☐ ☐

Partner Name _____
Partner ISI# _____
Partner age as of event _____

Figures (1-10)

- ☐ Figures
☐ Creative Figures
☐ Free Figures

INDICATE LEVEL
(1-10)

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

Fees and Payment (all amounts are US \$)

- ☐ **First Event** \$65.00
☐ **Each Additional** \$20.00
☐ **Family Entry** \$108.00
☐ **Surprise Events** \$10.00

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

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

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

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

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

ISI Use:
Check # _____ Amount _____ Date Received _____

☐ American Express

☐ Visa

☐ MasterCard

☐ Discover

Card # _____

Exp. Date _____

Cardholder (please print) _____

Authorized Signature _____

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

for teaching me everything I know! I'd also like to say hi to my BFF's, Emily and Celeste!

P.S. I have trouble getting centered on my spins (especially change-foot sit spins and camels). Do you have any suggestions on how to stay centered?

Allyson Hughes, 12, FS 5/6

**Owensboro Ice Arena
Owensboro, Ky.**

You have come to the right place; we are spin centering-educated! Remember, the balance point is at the center of your body, which means you must check your body position when entering and during the spin. Also, make sure the entrance edge is controlled. Keep me posted on your progress.

I LOVE to skate! I've been skating since I was 4 1/2. I would like to thank my coach, Christy, and my mom for supporting me and my dreams. If possible, I would like a girl pen pal around my age and level.

Anna Sankovich, 12, FS 4

**Silver Blades
Findlay, Ohio**

I love skating. I have been skating for a year and a half. Are there any helpful tips you could give me about my loop jump? Also, I would like to request Nicole Menas as my pen pal. Nicole, I hope you accept my request. I would love for you to be my pen pal.

Kaylyn Fox, 8, FS 2

**TBSA Countryside
Seminole, Fla.**

The loop jump can be troublesome because of the timing on the take-off. Make sure you are not taking off too soon. Do you have access to a jump harness? This might be a good tool for you and your coach to use.

This is my first time writing to your magazine. I am currently in FS 4 and am working on my flip and loop, but am having a hard time landing it. I am always fully rotated and have even tried it on the jump harness, but nothing seems to help. When I try it off the ice, I always land it perfectly. I can't seem to figure out what's wrong. Do you have

any suggestions? Also, I would really like to have Emily Williams, Katie O'Connell or Amanda James as my pen pal.

**Arianna Benzineb, 14, FS 4
Iceland of Hampton Roads
Virginia Beach, Va.**

You need to visualize in your mind the feel you have when landing the jump off ice. Possibly you need to check the speed into the jump and the height of the jump when performing on the ice. Stay positive and don't give up!



Bob and Susan Evans

We would like to thank you for the wonderful ISI Adult Championships that were held in Breckenridge, Colo. We had a fantastic time. We would like to encourage any adults out there thinking about taking up ice skating, or maybe an adult skater who has never participated in one of the adult competitions, please consider going to the next ISI Adult Championships. Breckenridge was breathtakingly beautiful. The people at the rink were so friendly and nice. One of the groups at the rink made delicious homemade treats for the skaters, including strawberries dipped in chocolate and numerous other goodies. In addition, we had the opportunity to have a clinic. This is the first adult competition we have been to that offered a clinic. We had special coaches for jumps, spins and edges. Calling all adults out there: Don't

let the kids have all the fun! Join in, come to an adult competition. In addition, all the adult skaters had a party one night. We had the opportunity to meet and visit with skaters from around the country. Adult skaters are incredibly encouraging and always support one another. We have had the opportunity to visit lots of interesting places, and we look forward to next year, wherever it may be. It's always a great trip.

Bob (56, FS 1) and

Susan (57, FS 2) Evans

JP Igloo

Ellenton, Fla.

This is my first time writing to your magazine. I have been skating for about three years. I love it! My coach's name is Heidi Stephan. She has taught me all my moves. I need help on my sit spin, though. I can't get down far enough. Can you give me an exercise that will help me? Can you get the girl named Olivia Phan for my pen pal?

Taylor Lance, 11, FS 3/4

**Point Mallard Ice Complex
Decatur, Ala.**

Sit spins are my all-time favorite spins. We used to have sit spin contests in freestyle sessions to see who could spin the longest. Anyway, if you are having trouble keeping that seat close to the ice, practice your shoot-the-ducks; that will definitely help you get that sit spin position feeling. How low can you go?!

I have been skating for about three years. I plan to go on for a long time. I have won about 10 trophies and I go to about three or four competitions a year. I love ice skating. I would also love to have a pen pal. I would love to have Jessica Ferguson to be my pen pal. I am in FS 1 and I've just learned my loop jump.

Lisa MacLeod, 11, FS 1

**TBSA Oldsmar
Palm Harbor, Fla.**

This is my first time writing to your magazine. I'm in Freestyle 1. I am having trouble with my Salchow and my scratch spin from my crossovers. And I would like a pen pal or Rachel Cleavelin. I would like

to thank my private coaches, Debbie and Jackie.

Jessica Torregrossa, 9, FS 1
Wall Ice Arena and
Toms River Ice Arena
Freehold, N.J.

Be patient at learning skills that are above your level. Make sure that your Freestyle 1 elements are good and solid before moving up the ladder.

I have been skating for 5 1/2 years and I love it. I am in ISI Freestyle 1 and getting ready to take my test. I competed in ISI District 1 this year for the first time. I took second place in Delta stroking, second place in Delta program and third place in Delta Spotlight. I had a great time, especially when I didn't know my cousin Kelly Meagher was also skating; she skates out of Raynham, Mass. (Hi, Kelly!) I am wondering how/where I can sell my old skates, which look new, and a used skating bag, which also looks new. I would also like a pen pal in their 20s.

Holly Watson, 25, FS 1
Norwich Skating Club and
Symmetrical Skating School
Norwich, Conn.

The following list of ideas should help you sell your old skates:

1. Place a notice on the bulletin board at the arena.
2. If you have a Play It Again Sports in your area, they are great to work with on used equipment.
3. Go back to the dealer you purchased them from and they might offer a trade-in or have a used-skate policy.

Do a little legwork and you will have them sold in no time!

The skate bag might be a little more difficult to sell. Are you having a garage sale in the near future?

I love skating! I have written to ISI before. I love doing spins and I'm working on my loop and camel spin. I would like Nicole Edwards to be my pen pal because we have a lot in common! I just went to two competitions. My first one was for skills and then just for a program, and I got first place on both. I would like to learn my Axel soon. I would like to thank

my coaches, Janet and Julie, for teaching me everything I know!

Katherine Rann, 9 1/2, FS 3/4
Ice Station
Valencia, Calif.

I have been skating for about eight years, and I absolutely love it! I am in Freestyle 5, and am very close to landing my Axel. I figure skate all year-round, and have just started student teaching at one of the rinks where I skate. I was wondering if I could please have Leah Keune as my pen pal. Thanks for publishing a great magazine!

Samantha Rekas, 11, FS 5
Franklin Park Ice Arena
Forest Park, Ill.

I just received this magazine yesterday and this is my first time writing to you. I've been skating for almost two years and I'm on Delta now. I can do a couple of things that are higher than Delta, like a spiral. I'm currently working on my waltz jump. I can sort of do it. I would also like a pen pal to talk about skating. I'm excited about competitions. I'll hopefully be doing my first one in November.

Megan Young, 10, Delta
Aspen Ice
Wharton, N.J.

I've been skating for about a year and a half, and am currently at Freestyle 6 or 7, not sure which. I've got my double Sal and double toe (lol, my double flip likes to pop open in the middle of the second rotation!). I've been training to become a coach, rather than a competitive skater. I'm hoping to find a pen pal around my age, or a bit younger, any level.

Mary Burke, 16, FS 6/7
HealthSouth Training Center
El Segundo, Calif.

Thank you so much for sponsoring another Adult Championship. The Rose Collection has been part of this event since its beginning in Las Vegas. Since then, we've eagerly awaited the announcement of where we'll travel next. Because of this competition, we've visited Tampa, Fla.; San Francisco; Cape Cod; and now Breckenridge. We wish more adults would join the fun in 2005. This is a very relaxed, enjoyable competition and a great opportunity to meet other adults who love skating as much as we do.

Ruth Ellenwood
Roseville Skating Center
St. Paul, Minn. ●



The Rose Collection from Roseville Skating Center in Minnesota

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