



Summer 2005

ice skating

**ISI's Exciting
New Event:**

Artistic Challenge

**Sasha Cohen Returns
for Benefit on Ice**

Synchro Gallery



You could perform with Sasha Cohen!

Yes, YOU!

Be sure to purchase raffle tickets from IceKateers Synchronized Team members at the start of the Worlds events on Monday, July 25.

We'll draw two skaters at the Opening Ceremonies on July 27, and they'll perform the competitive number of their choice in the ISIA Education Foundation Benefit Show starring Sasha Cohen!

Raffle Tickets:
\$5 each or \$20 for five

Your chance to
Skate
with the stars

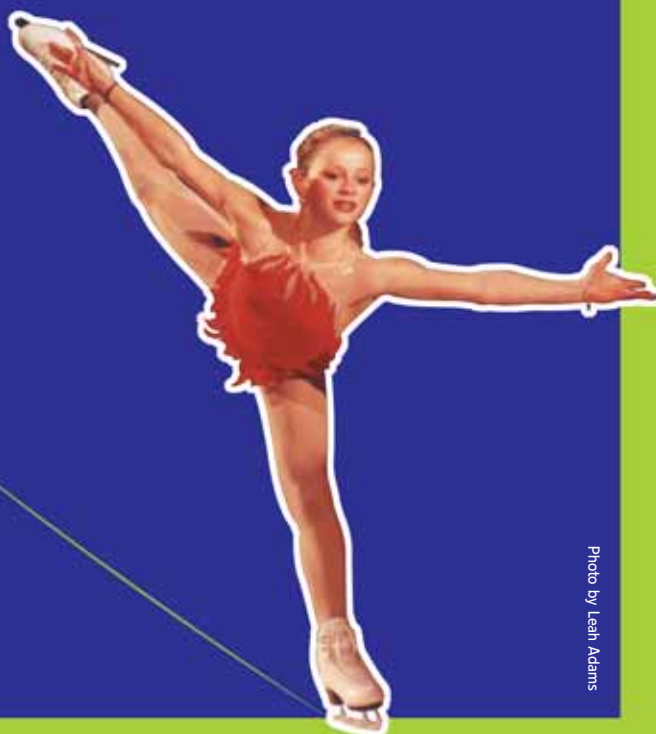


Photo by Leah Adams

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SUMMER 2005/VOL. 29, NUMBER 4

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the write stuff

letters from our readers

Editor's Note: Letters may be edited and/or condensed. Please see instructions (page 5) for getting your letter published and participating in the pen pal program.



I have been figure skating for three years. I would like Katja Yacker for a pen pal, or a person who is my age and in my freestyle level. If possible, I would like a pen pal who figures skates and plays soccer.

Olivia Hoover, 10, FS 1
First Arena
Pine City, N.Y.

I'm not that great of a skater, but my sister is. I LOVE your magazine, and I really want any pen pal around my age. I have been skating for two years.

Lauren NuDelman, 12, FS 3
Ice Zone
Midlothian, Va.

I have been skating for seven years and taking lessons once a week, and I love it! I would like to have Emily Eise-mann for a pen pal. I have never competed but I probably will next year. I have been having a lot of trouble with the one-foot spin and I was wondering if I could get some help with that!

Grace Larsen, 12, FS 2
Ice and Rec Center
Sioux Falls, S.D.

Your spinning problem is not uncommon, and with patience and practice you will spin like a top. I recommend



working on the two-foot spin until you feel confident and strong. Keep that tummy tight and back straight, and the arms and legs pulled in together for the fast rotation. Good luck!

I love skating. I have been skating for about three and a half years now. I love to read your magazine. Right now I am in Freestyle 5, trying for 6. But I cannot land those Axels. Any tips? I am looking for a pen pal around 12 years old or older, and around my level.

Rebecca Lillis, 13, FS 5
Inwood Ice Arena
Diamond, Ill.

Axels are tough, but, as they say, practice makes perfect. Try a jump harness or off-ice jump classes. You will have happy landings in no time.

This is my first time writing to all you skaters out there reading this, and to this magazine also. I'd like to ask for a pen pal, preferably a girl of the same age and/or skating level as me.

Dakota Lyons, 12, FS 6
Roosevelt Park Ice Arena
Rapid City, S.D.

I love to skate! I think it is the best sport ever! I am in Freestyle 2/3/4. I have the best coach ever. Her name is Valarie Hofmann. I am very good friends with her daughter, Abby, who also skates. Valarie has taken me very far and I would like to thank her for that. I would also like to thank my grandmother, because it was her idea to have me start skating. I would also like to thank my grandfather for paying for everything. And last but not least, my mom for taking me four days a week and for supporting me. I am having a lot of trouble landing my loop jump. Also I am having trouble on my backward scratch spin. If anyone has any tips on them, I would really appreciate it!

CheyAnn M. Statton, 12, FS 2/3/4
Mt. View Ice Arena
Vancouver, Wash.

Wow! You are working on FS 2, 3 and 4 — you're a busy gal! Make sure you are not biting off more than you can chew; take it a level at a time. The loop jump is a timing jump, so make sure you watch the take-off. The back scratch spin is a Freestyle 5 element, so master your FS 2, 3 and 4 elements, and then move on.

I love skating! I have been skating seven years now. My teacher's name is Heather Piepenburg, or sometimes I have Joy Thomas or Claudia Brown. I am now working on my Axel. I skate three or four times a week, and I am on a skating team called Skip-jacks. I would like to have Kimberly Rolfs for a pen pal. If I can't get Kimberly, I would like to have someone who is 9-11 years old in Level 2 or higher.

Rosie Sedney, 9
Ice World
Forest Hill, Md.

This is my second time writing to your magazine. I'd like to give you an update! Last time I wrote, I was in Delta, struggling with 3-turns. Now I am in Freestyle 5, struggling with a double toe! Any tips on landing it? I have a consistent Axel (my favorite jump!) and a sometimes consistent double Salchow. I landed it for the first time last week! I have one question. Can you request a pen pal if that person did not ask for one? I'd like to have Allyson Hughes and Samantha Rekas as pen pals. But anyone else would be nice, too!

Alyssa Chassman, 12, FS 5
Northbrook Sports Center
Northbrook, Ill.

Hats off to you — Delta to FS 5 is great! The double toe and the double Salchow are above FS 5, so take your time and take it a level at a time. Keep up the good work! Regarding the pen pal program, yes, you can request a pen pal who has not requested you. We will forward your letter to as many as three names that you have requested, and it is up to them to reply if they wish to. Details of the pen pal program are on the right side of this page.

I think your magazine is a great idea. I would love someone to talk skating with, since my family and friends are getting a little tired of hearing about it all the time because they aren't nearly as into it as I am. I was won-

dering if Eileen Huynh, Elena Kozber (I'm not quite sure what you mean by "punk like me" so I don't know if I fit that description), and or Amanda James (I'm having the same problem with my waltz jump so I can sympathize with you) would like to be my pen pals. I'm willing to be pen pals with anyone at any level or at any age. I think it would be cool to have a pen pal that lives kind of close so we might be able to meet, and Elieen and Elena do. I did my very first competition April 1-3 at Sprinker Rec Center.

Rachael Coffman, 15, FS 2
Bremerton Ice Skating Center
Bremerton, Wash.

I love to skate! I have been taking private lessons since I was 9. I skate at two different rinks, three times a week — twice for private lessons and once for synchronized skating. I would like to request Adyame Mekonnen and Megan Wellard for pen pals. If not them, then anyone around my age and level.

Breanne Bellao, 13, FS 4/5
Bridgewater Ice Arena
Brockton, Mass.

I've been skating since I was 4 years old. This is my second year competing with a coach. I would like Emily Carrello as a pen pal because she's my age and level. If she can't be my pen pal, then I would like someone my age and level.

Emily Mayer, 12, FS 4/5
Mike Modano Ice Arena
Livonia, Mich.

I've been skating for about three years now. I like working on my spirals and my jumps, and my favorite skater is Michelle Kwan. I would like Liza Torsilieri as a pen pal, or anyone close to my age and level. I was also wondering what kind of off-ice exercises you would recommend to strengthen my left leg.

Ashley Bohm, 11, FS 1
Iceoplex
Oceanside, Calif.

I am very impressed that you want more info on leg strengthening. Many skating coaches teach off-ice jump classes that would definitely strengthen those skating legs, so check with your coach on the possibilities. Running, power walking and biking are also beneficial to getting leg strength. The bookstore or library are also good resources

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.
- If you request a pen pal but do not specify a name, your letter may 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*.

Are You Up to

ISI introduces an all-new national event —

by Lori



RDV Sportsplex

If you've ever dreamed of an ice skating competition that focuses entirely on the art of skating — the beauty, joy and sheer fun of it — with no worries about technical scores, then your dream is about to come true.

The ISI Artistic Challenge, Nov. 4-6 at RDV Sportsplex Ice Den in Orlando, Fla., is open to skaters of all ages in Freestyle 1-10 levels. Skaters will perform an individual or group program to music with emphasis on

strong edges, flow, choreography, innovative moves and musical interpretation. There is no score for technical ability in this event.

"Artistic Challenge offers a unique opportunity to perform in a low-pressure environment, with a high fun factor. This time it's about showmanship and costumes," says Barb Yackel, ISI national events coordinator and skating program director. "Spotlight and production numbers are always very popular at our other events, so we will have a show curtain and lights set up on one of the arena's ice sheets for those perfor-

mances. This will also be a great chance for teams to take their show numbers from their spring shows and wear those costumes one more time."

Among the creative new skating events scheduled for Artistic Challenge are themed spotlight (holiday theme), couples interpretive, rhythmic skating and ensemble (for four to seven skaters). For a complete list of events and descriptions, check the ISI Web site at skateisi.org.

RDV Sportsplex is a world-class, 365,000-square-foot facility that encompasses fitness, wellness, sports and recreation amenities including



RDV Sportsplex Ice Den



Nectars restaurant

the Challenge?

the Artistic Challenge — Nov. 4-6, in Orlando!

Fairchild



the Ice Den, a full-service athletic club, pro shops, restaurants, a salon and spa and the NBA's Orlando Magic basketball team's corporate offices and practice facility.

RDV Sportsplex Ice Den offers two ice rinks, bleachers and observation areas, private locker rooms, a concessions stand, a pro shop and an arcade.

What better place to spend a November weekend than in the Orlan-

do, Fla. area? Take in one of the major theme parks for thrill rides, first-rate entertainment and amazing scenery. Walt Disney World, Universal Studios Florida and Sea World of Florida are just a few of the area's many major attractions. In addition, central Florida is home to nine shopping malls, and Kennedy Space Center is only about an hour away. Orlando also offers more than 80 small and often

lower-priced attractions for those on a tighter schedule or budget.

For more Orlando tourist information, check out orlandoinfo.com or orlandotouristinformationbureau.com.

Registration deadline for Artistic Challenge is Sept. 1. Forms can be found in this issue on pages 22-23, or online at skateisi.org. Watch the Web site for hotel information, coming soon.



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Orlando CVB



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Viva la Vegas!

by Lori Fairchild



It's back to Las Vegas for the 2005 ISI Adult Recreational Championships, Sept. 16-18 at the SoBe Ice Arena at Fiesta Rancho Hotel and Casino. And not a moment too soon — while ISI's adult skaters always have the time of their lives regardless of the Adult Champs venue, some have been in withdrawal ever since the event was last held in Vegas back in 2000.

"Vegas is the ultimate adult playground, and our members can't seem to get enough of it," says Patti Feeney, ISI managing director of member programs and services. "We're expecting a large, exuberant turnout this year at the fabulous new SoBe Ice Arena at the Fiesta Rancho, where our skaters will be able to do all of their favorite things in one location — skate, dine in award-winning restaurants, party, play their favorite casino games and enjoy free live entertainment."

SoBe Ice Arena has an NHL-size rink with seating for 500, four locker rooms with shower facilities, a pro shop and a spacious concession area.

Fiesta Rancho's restaurant options include the Blue Agave Steakhouse, the Baja Beach Café, the Festival Buffet (where you're invited to eat your way around the world, with six live-action cooking stations) and Garduño's, which has been voted the best Mexican restaurant in Las Vegas for 10 years.

At Club Tequila, Fiesta Rancho's own two-level nightclub, guests can groove to their favorite rock tribute bands on Friday nights, oldies and R&B on Saturdays and Latin Night on Sundays. There's no cover charge, but do call for reservations. If karaoke is your specialty, be sure to make an appearance at the Cabo Lounge.

Fiesta Rancho is only about 10 miles from Vegas' famous Strip. For more information, go to rancho.fiestacasino.com.

The registration deadline for the 2005 ISI Adult Championships is Aug. 1. Individual and team entry forms are available on the ISI Web site at skateisi.org, under events, or call the ISI office at (972) 735-8800. Hotel information has also been posted on the Web site.



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

Hang on to your hat — your sequins and feathers, too — because this year's 25th Anniversary ISI World Team Champs truly will be an extravaganza!

I am literally knee-deep in entry forms from all over the world. Looks like this will be one for the record books, and I hope *YOU* will be a part of this exceptional ice experience.

Everything connected with this summer's Worlds is *BIG*, including our guest star at the ISIA

Education Foundation Benefit on Ice show: World silver medalist Sasha Cohen!

The show will be held at Disney ICE on Friday, July 29 at 7 p.m. Seating is limited, so get your tickets early. Look for the order form on page 19 of this issue, or go to skateisi.org.

This year's Benefit on Ice show has a fun new twist. You can win the incredible opportunity to perform in the same show as Sasha. Yes, *YOU*! How, you ask? It's called Skate with the Stars, and here's how it works: Raffle tickets will be sold for \$5 each (or five for \$20) and two skaters' names will be drawn at the opening ceremonies on July 27 to skate the competitive number of their choice in the Benefit on Ice. All money raised will benefit the ISIA Education Foundation.

Members of the ICE'Katers synchronized skating team from Disney ICE will be selling tickets at all Worlds host facilities. Remember you can only purchase raffle tickets after the start of the Worlds events on Monday, July 25. Take a chance on Skating with the Stars!

The 25th Anniversary opening ceremony plans are in the works, and again the word is *BIG*. Fun and surprises are being planned, so don't miss the action on Wednesday, July 27 at 6 p.m. For up-to-the-minute details, watch the ISI Web site.

Surprise and interpretive events are the new events this year at Worlds, so make sure you understand the rules of each. Go to the ISI Web site, click on events and then scroll down to national event descriptions so that you, your coach and your parents are completely in the know.

See you very soon in sunny California, for a week to remember.

Sharpen Your Edge

That's the spirit!

As your team prepares to head west in July for the premier annual ISI event, show your spirit! It can be a secret weapon that gives your teammates the motivation and energy to do their best.

- Have a team motto.
- Wear matching shirts or hats.
- Call teammates by a special, positive nickname.
- Create a secret handshake or signal.
- Hang signs in the arena.
- Create a cheer, chant or team song.
- Support your teammates by attending their events (when possible).

***Sometimes the HEART is
the strongest muscle of all.***

Kudos for Coaches!

I just found out that my coach, Lisa Weidman, has to move to Denver, Colo. for her husband's job. I want to thank her for everything she has done for me. She is supportive, encouraging, kind, funny and has pushed me to help me always improve in my skating. She is the best coach that anyone could ever wish for and I will never forget everything she has done for me! Thanks, Lisa! You're the best!

Beth Menestrina, 16, FS 5/6
Eddie Edgar Arena
Livonia, Mich.

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



Lisa Weidman and Beth Menestrina

Sport Specialization: A Disturbing Trend

by Kathy Toon

Multi-sport youth athletes are becoming a rarity. An increasing number of children are specializing in one sport at an early age, training year-round and competing on an “elite” level. The ever-present dream of sports success is creating constant pressure for younger and younger athletes to train longer, harder and more intelligently. Unfortunately, many parents believe the growing misperception that competitive sport requires exclusivity and that athletes who participate in one sport year-round get an edge on those who split time between multiple sports. However, research indicates that this approach could backfire.

In competitive figure skating there is a tremendous push to develop young skaters. In order to qualify for regional competition and beyond, many coaches believe that skaters need to be landing all of their double jumps, including their double Axel, by the age of 12. Coaches and parents look at Tara Lipinski, who won gold at the Olympics at age 15, and believe she must have been landing triples by the time she was 8 years old! With this kind of thinking and pressure, it's not surprising that coaches encourage their skaters to specialize very early.

While child development researchers believe it is never too early for children to participate in a wide range of sport activities, they caution that participation in organized athletic competition should generally not begin before the age of 8. Researchers believe

that, by age 8, children are psychologically mature enough to accept coaching and are physically mature enough to participate in sports with a minimal risk of injury. The emphasis for sports participation at the youth level should be on skill development and fun, not on intense competition. Researchers have suggested 13 as the age at which most children can cope with, and benefit from, more intense competition.

Researchers caution parents and coaches against pressuring children into specializing in one sport at an early age. Anecdotal reports suggest risks of “burnout” from physical and emotional stress, missed social and educational opportunities, and disruptions of family life. Unfortunately, the lure of national and Olympic success can motivate athletes and their parents to commit to specialized training programs too early. The low probability of reaching this lofty goal does not appear to discourage many aspirants.

Research by Tudor Bompá, a leading expert in the theory of training and coaching, recommends that athletes avoid early sports specialization. He found that those who participate in a variety of sports and specialize only after reaching the age of puberty tend to be more consistent performers, have fewer injuries and adhere to sports longer than those who specialize early.

So what are parents to do? Talk with your children. Find out if the decision to specialize is theirs or the coach's. If your children are in mid-

dle school or older and want to focus solely on skating, then no problem. If they want to continue doing multiple sports yet feel pressure from a coach to specialize, talk it through. Remind them that playing team sports like basketball or soccer can build leg muscles as well as give them a break from the rink. Consider suggesting ballet, dance or other related classes — these can be a great supplement to any skating program.

The Positive Coaching Alliance advocates that the decision to specialize be made by the athletes themselves, free from parental or coaching pressure. At some point athletes may consider specializing in one sport and curbing or dropping their participation in others. This is not a bad thing, and it can even be a good thing. But the impetus should come from the player, not parental or coaching pressure. Coaches and parents should provide valuable guidance and perspective, and ultimately let the child decide.

Bottom line: Kids get a great deal out of playing more than one sport and participating in activities outside of sports. It should be entirely up to them as to whether or not they wish to specialize, and when.

Kathy Toon is a senior trainer and the product development manager for Positive Coaching Alliance. To learn more about the ISI-PCA partnership or bringing the benefits of a PCA program to your community, visit PositiveCoach.org.



Try Off-Ice Resistance Training for Stronger Skating

by Brian Rozzi

With skating movements today becoming more creative and complicated, it is advisable to add off-ice resistance training to your skating program. Resistance training is done to

quadricep muscles (those on the front of your thigh) are used continuously when skating. The opposite muscles are the hamstrings (those on the back of the upper leg). When skating, your quadri-

ceps become very strong, overpowering the hamstrings. You must keep a balance of strength between these muscles, or injury will result. The knee is usually the area that gets injured. The only way to prevent injury from occurring is to

they can withstand the power of the quadriceps.

So, how do you develop this strength so that you have a good foundation? What will it cost? With a few simple instructions, you can develop your own foundation with resistance training right at home.

Remember, anything can be used as resistance. You do not need expensive equipment to get great results! A pound of sand weighs the same as a pound of gold — your muscles will respond no matter which you use. Let's look at what you can do with things you may have lying around the house.

The best way to avoid injuries is to condition the muscles.

strengthen your muscles and tendons (tendons attach the muscle to a bone) by using something that puts resistance against your muscles, such as a weight. Resistance training provides the foundation (strength) to your body that's necessary for your coaches to build upon.

Why is this necessary? To prevent injuries that could end your skating career, as well as to make those jumps and spins more achievable! The best way to avoid injuries is to condition the muscles that are most likely to be injured, using resistance training.

Skaters tend to use the same muscles over and over again. This results in some muscles getting stronger, while other less-used muscles take a back seat. Every muscle in the body has an opposite muscle. For example, your

strengthen the hamstrings, so that

The first exercise is for your adductors, or inner thigh muscles.

This is important because the opposite muscle of the inner thigh is the outer thigh, which happens to be very strong. The adductors are a group of muscles that you use to draw your legs in close together on the ice. These muscles play a major role in preventing injury by stabilizing the knee when you jump and land.

All that is needed for this exercise is a round ball about the size of a soccer ball. Sit down on a chair with the ball between your knees. Squeeze in gently with both legs until you feel the muscles of the inner thigh tense. Hold for two seconds, then release to starting position. Do that eight times. As time goes on, you can push a little harder. Be careful never to overdo it, because if you strain these muscles, you won't be skating for a while.





The next exercise requires a long sock or one leg of a pair of pantyhose, with no holes. Put about 1 pound of sand in and tie it shut. Tie it around one ankle. Stand straight up, 5 to 8 inches from a wall, and place your hands on the wall to keep your balance. Your feet should be about shoulder-width apart.

Now bend the knee of the leg with the weight on it, bringing the foot up toward your buttocks. Keep your foot in a normal, relaxed position. Bring your foot up so that the bottom of your leg is parallel to the floor — *no higher* (in other words, make an "L" shape with that leg). The front of the upper leg that you're exercising should remain parallel to the wall. Hold the knee bent for two seconds, then return to the starting position.

Do this eight times on one leg, then move the weight to the other leg and repeat the exercise on that side. You should feel the tendons behind your knee tense, but you should not feel pain. If you do feel pain, remove some of the sand from the sock and try again. If you cannot do eight repetitions, start with a number you can do. From there, work up to eight repetitions.

Both of these exercises create the foundation of knee strength and injury prevention. They should be done two days per week, with three days between (for example, if you do them on Monday, wait until Thursday to do them again.) If you are skating the day that you are supposed to exercise, you should skate first, and then do your exercises.

Brian Rozzi is a certified personal trainer and the owner of Dark Horse® Fitness. He won the Drug-Free National Powerlifting Championships in 1986, and has been personal training athletes for 27 years. He has published more than 100 articles on strength training to prevent injury.



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- 1 The Ice Swizzles Brentwood Ice Arena

Youth Formation Compulsory

- 2 Starz Swonder Ice Arena

Sr. Youth Formation Compulsory

- 1 Synchro Shining Starz . . . Aerodrome Willowbrook

Jr. Youth Formation Skate

- 1 Emerald Blades St. Peters Rec Plex
- 2 The Ice Swizzles Brentwood Ice Arena
- 3 Shimmering Stars . . . City of Southgate Civic Center
- 4 Wayne Jazzies Wayne Community Center

Youth Formation Skate – Group A

- 1 Dazzlers Downers Grove Ice Arena
- 2 Emeralds Grand Oaks Ice Arena
- 3 Icettes Homewood Flossmoor Arena

Youth Formation Skate – Group B

- 1 Ice Crystals Crystal Ice House
- 2 Tremors Yerba Buena Ice Skating Center
- 3 Sparkling Stars City of Southgate Civic Center
- 4 Go Figure Line Creek Ice Arena

Youth Formation Skate – Group C

- 1 Starz Swonder Ice Arena
- 2 Fire On Ice Southwest Ice Arena
- 3 Fantasia Farmington Hills Ice Arena
- 4 Team Chiller Chiller at Easton

Sr. Youth Formation Skate

- 1 Fire On Ice Southwest Ice Arena
- 2 Synchro Shining Starz . . . Aerodrome Willowbrook
- 3 Capital Classics Washington Park Ice Arena
- 4 Ruby Edges St. Peters Rec Plex

Adult Formation Skate

- 1 Kettering Ice Kadettes Kettering Adult
Figure Skating Club
- 2 Belles on Ice Alpine Ice Arena
- 2 Fort Wayne Silver Blades McMillen Ice Arena

Youth Skating Compulsory

- 1 Synchro Panache Minneapolis Augsburg
- 2 Team Chiller Chiller at Easton

Sr. Youth Skating Compulsory - Group A

- 1 Synchro Panache Minneapolis Augsburg

Sr. Youth Skating Compulsory – Group B

- 1 Synchro St. Louis Ice Gems St. Peters Rec Plex
- 2 Eagan Blades of Gold Eagan Civic Arena

Teen Skating Compulsory

- 1 Synchro Panache Minneapolis Augsburg
- 2 Synchro St. Louis Diamond Edges St. Peters
Rec Plex
- 3 Ice Stars City of Southgate Civic Center

Adult Skating Compulsory

- 1 Kettering Ice Kadettes Kettering Adult
Figure Skating Club
- 2 Jazz-A-Belles Alpine Ice Arena

Select Youth Skate

- 1 Synchro Panache Minneapolis Augsburg
- 2 Wisconsin Edge Petit National Ice Center
- 3 Platinum Blade Brigade Wayne C. Kennedy
Recreation Complex
- 4 SkateQuest Toe Picks . . . SkateQuest Prince William
- 5 The Extreme Rink Side Sports
- 6 St. Louis North Stars North County
Recreation Complex
- 6 Team Chiller Chiller at Easton
- 6 Ice Rockers Webster Groves Ice Arena

Skating Championships

FINAL ROUND RESULTS

For a complete list of results, go to skateisi.org

Select Sr. Youth Skate

- 1 Fire On Ice Southwest Ice Arena
- 2 Synchro St Louis Blades . Webster Groves Ice Arena
- 3 Mirror Images . . Thomas Creek Figure Skating Club
- 4 Teen Fantasia. Farmington Hills Ice Arena
- 5 Wayne Jr. Jazettes Wayne Community Center
- 6 Shooting Stars City of Southgate Civic Center
- 6 Hawkice. Coral Ridge Ice Arena
- 6 Silver Blade Bridge Wayne C. Kennedy
Recreation Complex
- 6 Icettes Homewood Flossmoor Arena
- 6 Oxford Ice Crystals Goggin Arena

Select Teen Skate

- 1 National Blades Teen . . SkateQuest Prince William
- 2 Icettes Homewood Flossmoor Arena
- 3 Ice Stars Pleasant Prairie Lakeview IcePlex

Premier Jr. Youth Skate

- 1 The Jr. Extreme. Rink Side Sports
- 2 Dazzlers. Downers Grove Ice Arena

Premier Youth Skate

- 1 Junior Blades Glenview Ice Center
- 2 Tremors Yerba Buena Ice Skating Center
- 3 Petite Elite The Skate School at Fox Valley
- 4 Dazzlers. Downers Grove Ice Arena
- 5 Ice Stars. Pleasant Prairie Lake View IcePlex
- 6 Crystal Edges Edge Ice Arenas
- 6 Ice Crystals Crystal Ice House
- 6 Livonia Ice Cubes. Eddie Edgar
- 6 Synchro St. Louis Jade Blades. . . St. Peters Rec Plex

Premier Sr. Youth Skate

- 1 Synchro Panache Minneapolis Augsburg
- 2 Crystal Edges Edge Ice Arenas
- 3 Synchro St. Louis Ice Gems . . . St. Peters Rec Plex
- 4 Dazzlers. Downers Grove Ice Arena
- 5 Starr Blades. Franklin Park Ice Arena

- 6 Team Elite The Skate School at Fox Valley
- 6 Eagan Blades of Gold. Eagan Civic Arena
- 6 Dazzlers. Downers Grove Ice Arena
- 6 Capital Classics. Washington Park Ice Arena

Premier Teen Skate

- 1 Synchro Panache Minneapolis Augsburg
- 2 Synchro St. Louis Diamond Edges. St. Peters
Rec Plex
- 3 Synchro St. Louis Edge . . Webster Groves Ice Arena
- 4 Tremors Yerba Buena Ice Skating Center
- 5 Capital Classics. Washington Park Ice Arena
- 6 Ice Stars. City of Southgate Civic Center
- 6 Gold Blade Brigade Wayne C. Kennedy
Recreation Complex
- 6 Sapphires Grand Oaks Ice Arena
- 6 St. Louis North Stars Elite North County
Recreation Center

Premier Adult Skate

- 1 Jazz-A-Belles Alpine Ice Arena
- 2 Go Figure. Line Creek Ice Arena
- 3 Diamonds Grand Oaks Ice Arena
- 4 Rhythm N' Blades. Coral Ridge Ice Arena



ISI 2005 Synchron



nized Skating Gallery



Catch a Shining Star

Here's your chance to see World silver medalist Sasha Cohen in person, when she stars in the Benefit on Ice show at the ISI 2005 World Championship.

by Lori Fairchild



Sasha Cohen is taking time out of her Olympic training schedule to star in the ISIA Education Foundation Benefit on Ice show July 29 at Disney ICE, during the ISI 2005 World Recreational Team Championships in southern California.

Cohen, who started skating in the ISI program at age 7, took silver at both the 2004 U.S. Championships and the World Championships in Dortmund, Germany. She finished last season with a win at the Marshalls World Skating Challenge, beating 2004 World champion Shizuka Arakawa of Japan. Cohen has been selected the top 2004 female skater

by the United States Olympic Committee.

"ISI members and their families have a unique and exciting opportunity — possibly a once-in-a-lifetime chance — to see a figure skater of this caliber in person," says Donald Bartelson, president of the ISIA Education Foundation Board of Trustees. "Those who act quickly and order their tickets before July 15 will be guaranteed a seat for only \$20. The price increases to \$25 on site — still an incredible bargain — but there's a strong possibility that the show will be sold out in advance due to limited seating at Disney ICE.

The show is the major annual fundraiser benefiting the Foundation's scholarship program, which has awarded more than \$195,000 in college scholarships to ISI members in the last 15 years. The pro-

gram rewards skaters for participation in skating, success in academics and community service.

Cohen says she looks at her participation in the Benefit on Ice show as an inspirational role and a chance to connect with young skaters. Her advice? "Every moment counts to work really hard," she says. "But at the same time, keep your life in perspective." She finds balance by taking vacations, spending time with family and making time for hobbies and interests off the ice.

The past year has been even more eventful than usual for the 20-year-old world-class figure skater. In December she moved from Connecti-

cut, where she had spent two years, back to her hometown of Laguna Niguel, Calif. She has also returned to her former coach, John Nicks, with whom she worked for the six years prior to her move east.

"It's been really nice to be back at my home and with my coach. We're very comfortable with each other and it seems just like yesterday that we left off," she says.

Nicks, a former Olympian and one of the world's top figure skating coaches, didn't hesitate to welcome back one of his most famous students. "I'm in the business of teaching ice skating, and Sasha is a very exciting person to work with. I think we have a very productive partnership," he says. "I'm very pleased to see her back here again. I always thought she was a California girl."

Cohen and Nicks will be focused in the upcoming months on international competitions in Korea, Canada, Russia and the Czech Republic before returning to the United States for the U.S. Figure Skating Championships in St. Louis in January. The winner in each discipline will earn an automatic berth to the 2006 U.S. Olympic team. The remaining squad members will be selected by U.S. Figure Skating's international committee, based on the results of other recent competitions. The 2006 Winter Olympics will be held in February in Torino, Italy.

In the meantime, Cohen will be promoting her new book *Fire On Ice*, an autobiography that hit bookshelves in March. For more information, visit sashacohen.com.

To order your Benefit on Ice tickets at the early-bird price of \$20, use the form on the next page or on the ISI Web site at skateisi.org.

ISIA Education Foundation

Benefit on Ice

starring *Sasha Cohen*

The ISIA Education Foundation's Benefit on Ice for 2005 promises to be the most exciting ever!

The event features US and World silver medalist, Sasha Cohen, along with a cast of group and individual mem-

bers selected from ISI Worlds competitors.

Make sure you join Sasha as she supports the ISIA Education Foundation at Worlds '05!

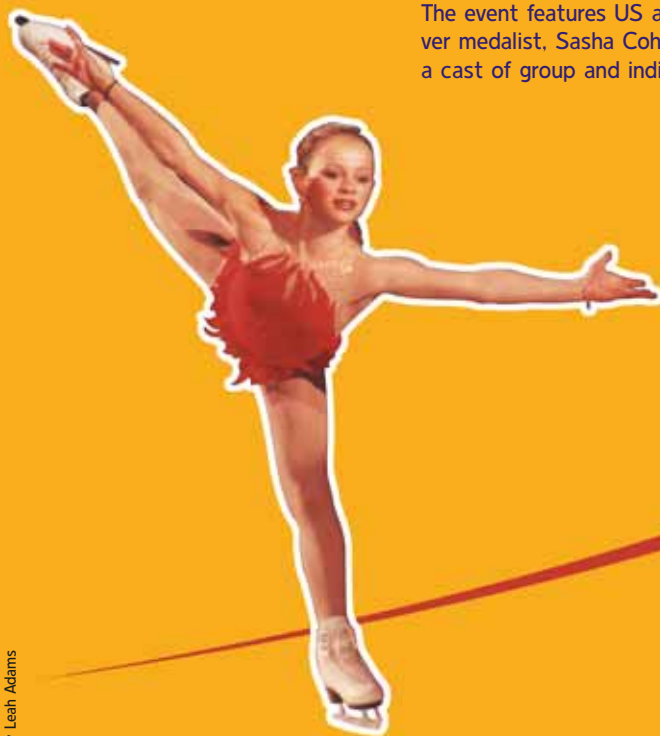


Photo by Leah Adams

Friday, July 29
7:00 pm at
Disney ICE, Anaheim, CA

\$20 before July 15, 2005
\$25 at the door

Order your tickets today
Limited Seating is Available!

Tickets will be available for pickup
at skater registration.

Pre-registration requested by July 15.

Payment Method (check one)

- ☐ Check/Money Order
☐ Visa
☐ MasterCard
☐ Discover
☐ American Express

# Tickets	\$	Total
Name for tickets pickup at registration		
Card #	Exp. Date	
Cardholder's Name		
Signature		



Make checks payable to ISIA Education Foundation. Mail order form and payment to: ISI-Events, 17120 N Dallas Pkwy #140, Dallas, TX 75248. Contributions to the ISIA Education Foundation are tax deductible to the full extent of the law.

calendar

ISI-endorsed competitions & shows/exhibitions

(Deadline for Fall RIS Calendar: July 15)

For regular calendar updates, see www.skateisi.org, event info.

competitions

june

- 17-19 **Marlboro, Mass.**
New England Sports Center
15th Annual District I Championships
- 18-19 **Chicago**
McFetridge Sports Center
16th Annual School's Out Figure Skating Competition
- 18-19 **Oxnard, Calif.**
Oxnard Ice Skating Center
5th Annual ISI Open
- 19 **Dale City, Va.**
SkateQuest Prince William
Blades of Summer
- 24-26 **Clearwater, Fla.**
Sun Blades Ice Arena
19th Annual ISI Championships
- 24-26 **Bensenville, Ill.**
The Edge Ice Arena
Prairie State Games
- 25 **Boardman, Ohio**
Ice Zone
Mid American District 7 Championships

july

- 8-10 **Austin, Texas**
Chaparral Ice-Northcross
Texas Hill Country Independence Open
- 9 **Dimondale, Mich.**
The Skate School@ The Summit
Summer Invitational
- 9-10 **Evanston, Ill.**
Robert Crown Center
28th Annual July Open
- 9-10 **Fort Myers, Fla.**
Fort Myers Skatium
5th Annual ISI City of Palms Invitational

- 14-16 **Honolulu**
Ice Palace
2005 ISI Hawaiian Open
- 15 **Blaine, Minn.**
Schwan Super Rink
Summer Sizzle 2005
- 15-16 **Eagle River, Alaska**
Harry McDonald Memorial Center
District 16 Alaska State Championships
- 15-17 **Decatur, Ala.**
Point Mallard Ice Complex
2nd Annual Wind Rain or Shine ISI Team Competition
- 16 **Rockville, Md.**
Cabin John Ice Rink
Summer Skate 2005



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

august

- 13-14 **Gurnee, Ill.**
Rink Side Sports
The Summer Chiller
- 18-21 **San Diego**
Ice Town
Skate By The Sea ISI Championship

september

- 16-18 **Arlington, Texas**
ICE at The Parks
2nd Annual ISI Open Competition



- 16-18 **Las Vegas**
Fiesta Rancho Ice Arena
ISI Adult Championships

november

- 3-6 **San Francisco**
Yerba Buena Ice Skating Center
Skate SF 2005 ISI Technical



- 4-6 **Orlando, Fla.**
RDV Sportsplex
Ice Den
NEW ISI Artistic Challenge
- 11-13 **Northbrook, Ill.**
Northbrook Sports Center
Winter Open Team Competition
- 13 **Anaheim, Calif.**
Glacial Gardens Skating Arena
2005 ISI Open Competition

shows & exhibitions

june

- 17-18 **Glen Ellyn, Ill.**
Center Ice of DuPage
Wonderland on Ice
- 17-19 **Downers Grove, Ill.**
Downers Grove Ice Arena
Show Bizz
- 18 **Valencia, Calif.**
Ice Station Valencia
Far Out Flashback on Ice
- 18-19 **Bensenville, Ill.**
The Edge Ice Arena
Annual Ice Show

august

- 18 **Arlington, Texas**
ICE at The Parks
Summer Show

december

- 9-10 **San Francisco**
Yerba Buena Ice Skating Center
Holidaze Ice Show
- 18 **Arlington, Texas**
ICE at The Parks
Holiday in The Park



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

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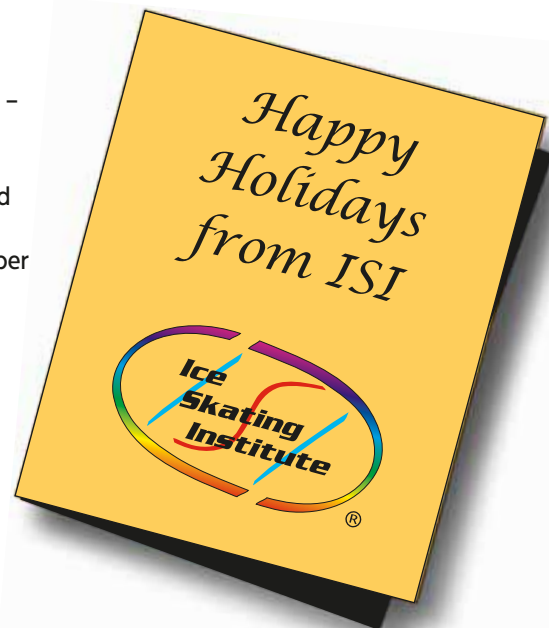
ISI would like to send our own unique holiday cards this year -
something designed just for us, by one of our members!

Will it be YOU?

Send us your original design following these guidelines:

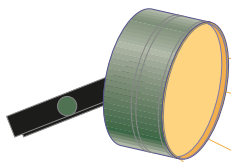
- 8 1/2" X 11"
- Any medium (paint, marker, pencil, pastel, etc.) - but two-dimensional only, please.
- Be sure to sign your art!
- You may send the artwork only, or you may add a sentiment if you wish.
- Include your full name, address, telephone number and ISI member number on a separate note.
- Submissions **MUST** be received in the ISI office no later than September 1, 2005.
- NOTE: Materials cannot be returned.

Send to:
Ice Skating Institute
Attn: Magazine Editor
17120 N. Dallas Parkway, Suite 140
Dallas, TX 75248-1187



If your design is chosen, it will be used as the official ISI 2005 holiday card and you will receive recognition in *Recreational Ice Skating* magazine as well as on the card itself. The winning artist must assign the Ice Skating Institute ownership of, and all rights to, the winning design.

If you have questions, please e-mail them to editor@skateisi.org.



spotlight

Couples Skating Going Strong at Nashoba Valley



Christina Proulx and Jessica Proulx



Lauren Kennedy and Paige Peterson

BOXBOROUGH, Mass. — Each Saturday morning after the Freestyle 1-4 classes, Nashoba Valley Olympia holds a couples class, open to any of its Freestyle 1-4 skaters. Class coach Bonnie Walker does a great job at finding each skater a partner, running them through their maneuvers and putting together a program to prepare the couples for testing.

The class has inspired many of Nashoba Valley's skaters to continue taking private couples lessons, continue testing and compete with their siblings or friends.

Sisters Christina and Jessica Proulx, who recently passed Couples 7, have enjoyed competing in couples spotlight as well as showcasing their talents in Nashoba Valley's annual ice show.

Lauren Kennedy, 13, and Paige Peterson, 14, have been skating together for six years and recently passed their Couples 9 test.

"Skating couples is fun and it's less stressful than skating by yourself," says Lauren. The friends skated at the Couples 5 level in the ISI Education Foundation's Benefit on Ice show at the 2002 World Championships in Marlboro, Mass. They plan to continue skating together and hope to pass Couples 10.

Junior World Medalist and HITS Featured in Rink Opening

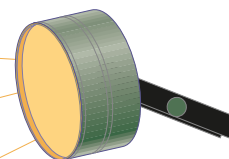
HOUSTON — Katy Taylor and the Houston Ice Theatre Skaters each performed exhibitions at the Arctic Wolf Ice Center in College Station, Texas in April at the rink's Evening of Appreciation during the week-long opening festivities.

Taylor is the 2004 Junior World bronze medalist and 2004 National Junior silver ladies medalist, and she placed 9th in the 2005 U.S. Championships. HITS, 2004 International Theatre on Ice bronze medalists in the novice division, recently competed at the 2005 ITOI competition in Burlington, Vt.

Many of these skaters, including Katy Taylor, are current members of ISI and all learned to skate through ISI classes. The new Arctic Wolf Ice Center is following the ISI learn-to-skate class curriculum.



Katy Taylor (center) and the Houston Ice Theatre Skaters



Texas Skaters Break for Books

by Kathryn Stowe Powell
Instructor, ICE at The Parks

ARLINGTON, Texas — It's 11 a.m. on a Saturday and the learn-to-skate students and instructors at ICE at The Parks are waiting for the ice to be resurfaced. You might imagine young skaters asking parents for cookies or sodas, playing games or watching the Zamboni work its magic. Any other day, that might be the case, but Saturday morning at this arena is the time that skaters, siblings, parents and instructors can take a break for the Ice Skaters and Everybody Book Club.

The club, named by its members, offers a time to share book recommendations and listen to a story read aloud by one of the ICE at The Parks' skating instructors. On a large poster of an open book, crafted by instructor and local art teacher Julie Hamer, members eagerly jot the titles of books they have read during the week.

"It brings kids and parents together. It's a time to gather, visit and listen," notes Caroline Baker, skating school director. She believes the book club encourages younger skaters' future academic success and sees a link between this and the academic encouragement provided to high school and college-age skaters through the ISIA Education Foundation.

Peggy Welch, mother of skater Alyssa, adds, "It makes Alyssa read more and reinforces school reading."

Alyssa recommends Junie B. Jones books, and says she also enjoys the occasional puppet appearances and talking about books with her friends.

"The book club is very cool and is good for your brain, and it helps you in school," says Melissa Dillon. Her sister, Kelly, agrees: "Book club is fun, and I like reading. I think reading is important to people and it takes you to a new world from your imagination."

The learn-to-skate instructors at ICE at The Parks understand the importance of practice. Students who practice become better skaters and are motivated to practice more. The same is true of reading. The more you read, the better reader you become and the more motivated you are to read. So how do parents, teachers and coaches encourage children to practice? Make it fun!



ICE at The Parks' Ice Skaters and Everybody Book Club

For 15 minutes each Saturday, smiles, laughter, stories and books are shared, and students and families at ICE at The Parks' learn-to-skate program are encouraged to have fun — skating and reading together.

Coming Soon!

Event Preview

Exciting news and entry forms for all
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For more information, contact Carol Jackson at 972-735-8800, ext 341 or e-mail cjackson@skateisi.org

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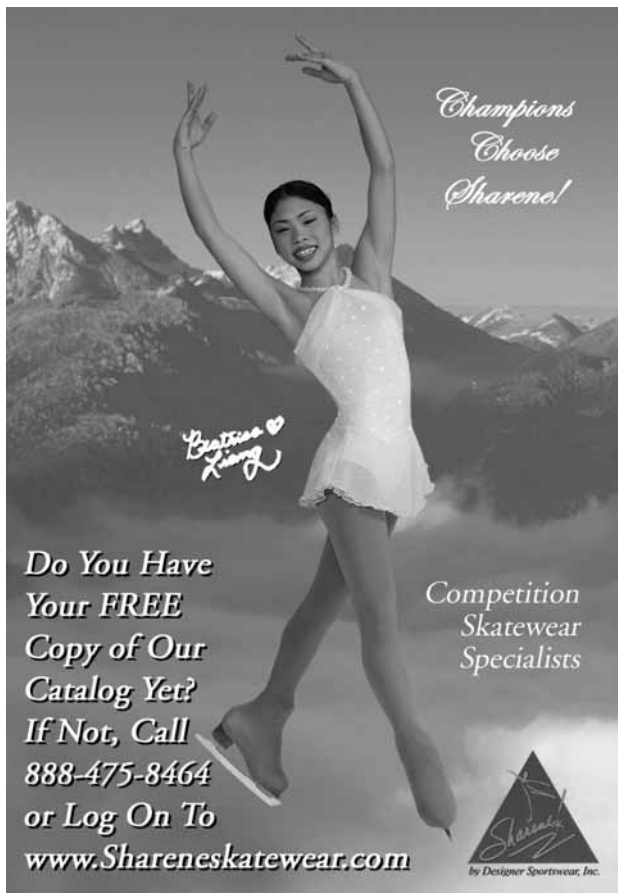
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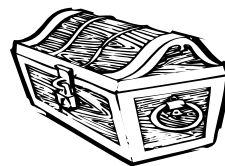
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Phone: 972-735-8800 • FAX 972-735-8815

2005 ARTISTIC CHALLENGE Individual Entry Form

Event information available at
www.skateisi.org

Event	Location	Event Dates	Test Deadline	Entry Deadline
Artistic Challenge	Orlando, FL	Nov. 4-6, 2005	Sept. 1, 2005	Sept. 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

Alpha-Delta

☐ **Spotlight (choose 1)**

- ☐ Character
☐ Dramatic
☐ Light Entertainment

☐ **Themed Spotlight**

☐ **Interpretive**

☐ **INDICATE LEVEL**
Alpha-Delta

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

Freestyle (1-10)

☐ **Artistic**

☐ **Spotlight (choose 1)**

- ☐ Character
☐ Dramatic
☐ Light Entertainment

☐ **Themed Spotlight**

☐ **Interpretive**

☐ **Rhythmic Skating**

☐ **INDICATE LEVEL**
(1-10)

PARTNER ENTRIES

☐ **Couple Spotlight Low**

(Both Skaters Alpha-FS3)

Choose one:

☐ Char. ☐ Dram. ☐ Lt. Enter.

☐ **Couple Spotlight High**

(Either Skater FS4-FS10)

Choose one:

☐ Char. ☐ Dram. ☐ Lt. Enter.

☐ **Couple Interpretive**

Partner Name

Partner ISI#

Partner age as of event

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

YES _____ NO _____

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

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

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

Skater Signature _____ Date _____

Parent/Guardian (if applicable) _____ Date _____

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

Instructor Signature _____ Date _____

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

E-mail _____

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

Fees and Payment (all amounts are US \$)

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

**ENTRY FEES DOUBLED
AFTER ENTRY DEADLINE!**

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

☐ **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) _____



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

2005 ARTISTIC CHALLENGE Team Entry Form

Event information available
at www.skateisi.org

Event	Location	Event Dates	Test Deadline	Entry Deadline
Artistic Challenge	Orlando, FL	Nov. 4-6, 2005	Sept. 1, 2005	Sept. 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"/> Family Spotlight
<input type="checkbox"/> Themed Family Spotlight
<input type="checkbox"/> Ensemble
<input type="checkbox"/> Kaleidoskate Team
<input type="checkbox"/> Production 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	ISI #	Name	✓ USFS	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		

Entry Fees:

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

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for ideas, and be sure to read the article on page 12 of this issue.

I love figure skating, and have been looking for a pen pal. I would love to be a pen pal to Ali Brown. We have a lot in common. I am also 11 years old and FS 4/5, and I am really close to landing my Axel, too. I also have a sister who skates. But maybe she will be as surprised as I was when she reads my name — Allison Brown. From one Allie Brown to another Ali Brown, please write me; I would love to write you back!

Allison Brown, 11, FS 4/5
Mike Modano Ice Arena
Westland, Mich.

I love skating! I have been skating for about seven years. I'm working on my Axel and camel spin. I'm also working on my Freestyle 5 test. I skate three days a week. I would like to request Ali Brown or Emily Carrello for a pen pal, or anyone who is about my same age and level.

Erin Jansen, 12, FS 4/5
Pepsi Ice Midwest
Baldwin City, Kan.

I have been skating for 10 months now. I am in Delta and will jump up to Freestyle 1 after my upcoming competition, which is April 17. My coach's name is Holly Eisenhour. My favorite ice skating moves are the spiral, one-foot spin, two-foot spin, lunge and waltz jump. Do you have any tips on waltz jumps and the one-foot spin? I keep spinning on my toe pick and I can't bring my legs across. I am looking for a pen pal — a girl who is age 7-9 and FS 1-2.

Alissa Wang, 7, FS 1
Ashburn Ice House
Ashburn, Va.

Sounds like you are moving up the testing ladder. Good for you! On your waltz jump, make sure you are following through with the free leg to get enough height. As for your one-foot spin, press down on your heel a bit to see if you can get to that sweet spinning spot on your blade.

I have been skating for about four years now. I enjoy it a lot. I would like to thank my coach, Audra, for helping me since FS 2. She has been a sincere and honest coach. She is very kind and always helps me. She

is not mean and is very understanding. She is also very encouraging. I actually have never competed, but I would like to soon. I am working on my Axel, but I can't seem to get my landing. Do you have any suggestions? I would like it if Emily Carrello was my pen pal. We have a lot in common. Michelle Kwan is my idol!

Lily Ho, 12, FS 5
McFetridge Sports Center
Chicago, Ill.

Sounds like you have a great coach. Ask her for some direction with your Axel. If your facility has a jump harness, that's always a good starting point. Then, I suggest an off-ice jump class. Think positive and those Axel landings will happen!

I have been skating for almost three years now, and I absolutely love it! For a pen pal I would love to have Ashley McMahon or Liza Torsilieri. Also, I'm having some trouble with keeping balance in my sit and back spins, and I'm having trouble landing my flips.

Rebecca Farrell, 11, FS 2
Dix Hill Ice Rink
Huntington, N.Y.

If your dilemma is balance, I recommend taking some ballet classes to help your problem. It is very important for you to understand where your center is; this will benefit you in all areas of your skating. Besides, you might discover some great new arm positions.

I have been skating for about five years now, and I have just landed my Axel. I'm so HAPPY! My coach, Gail Thomas, and I have been working on my doubles, but I seem to have a lot of trouble with my double Salchow. I'm not getting the full rotation on it. My coach says I have half of a revolution to go. I was wondering if you have any tips on landing it. I would also like to have a pen pal like Ariel Ellison or Ashley Coyne, or someone around my age and/or level or higher.

Jessica Buza, 12, FS 5
Chilled Ponds
Chesapeake, Va.

Congrats on the Axel — that's wonderful! Check your take-off for the double Salchow. Sometimes skaters rush the take-off and jump too soon. On the landing, make sure you don't leave your free foot in front.

Your magazine really interests me. I've been skating for three and a half years, and have been to four competitions. I would really like to have a pen pal around the age of 13 or 14, boy or girl, it doesn't really matter.

April Abrena, 13, FS 3/4
Van Nuys Ice Land
Panorama City, Calif.

I love skating! I have been skating for two years now, and I would like to request Kimberly Rolfs as my pen pal.

Benjie Havard, 10, FS 1/2
Aerodrome Willowbrook
Tomball, Texas

I have been skating since I was 6 years old. If you look in the synchronized skating magazine of Nationals from 2004, you will see my picture. My team came in 16th place out of 17 juvenile teams, I think. I took a break from synchronized skating for 2005 and did swimming. I am still taking lessons. I am working on my Axel with my coach, Sandra Duarte. She was my coach ever since I started. I would like a pen pal. Ali Brown sounds nice. She has practically the same likes as me. She and I seem to be fast learners.

Alexa Harris, 11, FS 4/5
Sound Shore Ice Hutch
Mount Vernon, N.Y.

I have been skating for almost eight years now! Skating is fun and cool. My coach's name is Mary. My former coach, Toni, recently moved to Ohio. I have been competing for four years. I try to win first, but always come in second place. I am trying to get my sit spin. Any advice? I like to do scratch spins, back spins and flips. I would like someone my age and level for a pen pal to talk to about ice skating.

Marissa Ditkowsky, 10, FS 3
The Rinx
Commack, N.Y.

Remember, winning isn't everything as long as you do your personal best. You are in luck with your sit spin question because sit spins are my all-time favorite spins. I suggest working on shoot-the-ducks and coming up on one foot to strengthen your leg. Trust me, this will help that sit spin. Good luck!

I am skating at the FS 6 level and working on my double toe, Salchow and loop (REALLY HARD). I love to

compete and hope to go to Worlds in California this year. I am open for anyone to be my pen pal, but would also like Theresa De Luca or Emily Carrello.

Jenna Gowell, 11, FS 6
Nashoba Valley Olympia
Amherst, N.H.

I have been skating for five years! I have just landed my flip! I did it once, but I can't quite do it a lot of times. Do you have any tips on it? Also, do you have any tips on sit-spins? I want to get lower! I want Kaitlyn Pryde and Rebecca Hafelfinger for pen pals, please! If I pass my program I will be in Freestyle 4! I love your magazine!

Tianna Federico, 9, FS 3/4
Nashoba Valley Olympia
Tyngsboro, Mass.

Mind over matter here — you did it once and you can do it again! On your flip, make sure that you have enough speed on entry to get full rotation and then hit that landing on ONE FOOT. You can do it! Getting low on sit spins is all in leg strength and flexibility. Take some off-ice strength classes to build up those legs.

I'd really like a pen pal the same age and level as me. I'd like Megan Wellard, Kaitlyn Pryde or Liza Torsilieri. I also wondered about my switch spin. I can do it as many times around as necessary for my FS 3 test, but it's really hard for me to do. I'd really like some tips to help me improve.

Molly Perry, 11, FS 3
Ice Box
Waverly, Pa.

The change-foot is a challenge and my helpful hint to you is to practice the back spin on two feet first until you get comfortable, and then go to one foot. The forward position of the spin is not the problem; it is spinning backward on one foot. Work hard and you'll get it!

I have been skating for two years. I am entering Freestyle 2 and I saw the letter from Adyam Mekonnen. I was wondering if I could be Adyam Mekonnen's pen pal.

Sierra Romine, 11, FS 2
Aerodrome Willowbrook
Cleveland, Texas

I am Meredith Bardsley from Grand Oaks Figure Skating Club in Howell,

Mich. My coach is Christine Haan. I have been with her for a year and a half. She is a great coach (we started at Delta) and a wonderful role model. I would like to request a pen pal. Hannah Nelson, Kara Burkhart and Emily Carrello all sound interesting.

Meredith Bardsley, 13, FS 4
Grand Oaks Figure
Skating Club
Brighton, Mich.

I have been skating for about a year now and I am currently working on my loop jump and the back spin. I would like Ali Brown to be my pen pal, and girls around my level. And I would like to thank my coach, Kent Johnson, for getting me this far.

Natalia Socarras, 10, FS 4
Kendall Ice Arena
Homestead, Fla.

I love to ice skate. I started when I was 5. I am having trouble with my loop jump. I love to do sit spins. I can go very, very low. How can I cross my legs in my loop jump?

Jackie Povitsky, 9, FS 4
Skatium Ice Arena
Skokie, Ill.


Continued on page 30

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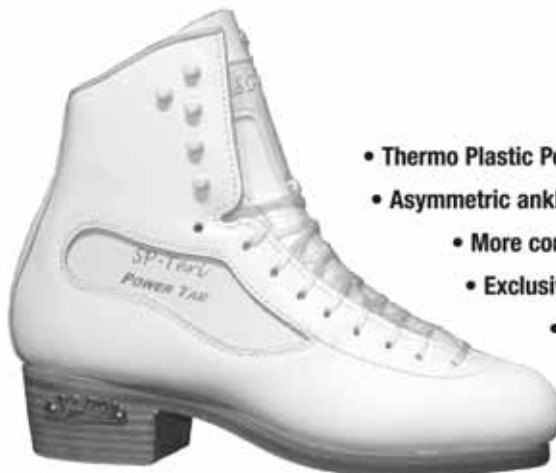
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the write stuff Continued from page 29

On your loop jump, you DON'T want to CROSS your legs — you need to keep them open, not crossed. The loop jump is a timing jump, so don't take off too early.

I love skating! It's hard for me to concentrate on skating sometimes because I am so old compared to the other kids in my levels. I know I should always try my best, but sometimes it's hard. I really have a hard time with my spins, specifically my scratch spin. Some days I can do my spins easily and other days I can barely get my one-foot spin. Do you have any advice on how to get my scratch spin all the time?

Deziree Valadez, 15, FS 3

Disney ICE

Fullerton Calif.

OLD! YOU — OLD? I don't think so, girlfriend. You need to keep a positive attitude and believe in yourself. This will be the solution to all your daily problems. Keep telling yourself you CAN, and you WILL!

I have been skating for about one and a half years. I knew I'd like to skate when I saw Michelle Kwan skate in the Olympics. She's my favorite figure skater. I will be going to Hershey Park in August for a competition. I would like a pen pal who loves to do spins, jumps and shoot-the-ducks. I would prefer Adyarn Mekonnen. I don't care how old my pen pal is or what level he or she is in. As long as they like science, it's fine with me.

Augustina Webster, 11, FS 1

Vineland Ice Arena

Cedarville, N.J.

I have fun skating! I have been doing it for at least four and a half years, since I was 3. I have two coaches. Sara Robertson helps me with my spins. Rebecca Cockburn helps me with everything else. I'm also on the Huntington Heartbreakers synchro team and the ice theater team. I've done a lot of competitions! I won second place last month at the California State Games so I'll be going to America's Games. I especially like the ones we get to travel to. I'd like some pen pals far away, like Courtney K. Blakely, Nicole Meras, or Kimberly Rolfs, or anyone else who likes to write. Maybe we could meet at Worlds!

Dayna Nicholas, 8, FS 3

Skate Zone

Huntington Beach, Calif.

I love to skate. It gives me time to get away from all of my problems. I am in Freestyle 5 and have worked hard to get this far. I started when I was 6 and went until I was 9. After my first competition, I stopped skating for three years. So now that I have found the love for skating again, I would love a few friends who enjoy it as much as I do. So I am requesting Kara Burkhart, Ariel Ellison, Ashley Coyne and anyone else who loves to skate, to be my pen pal.

Shraya Stragey, 15, FS 5

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