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the write stuff



*** Introducing NEW Pen Pal Program ***

Get a new pen pal faster by e-mail!

In an effort to connect ISI pen pals more quickly and efficiently, our new pen pal program will operate entirely by e-mail, beginning immediately. As always, the program is exclusively for current registered ISI members.

Here's how it works:

- All writers requesting a pen pal must e-mail their letters to editor@skateisi.org. Pen pal letters sent through postal mail will no longer be copied and forwarded.
- You MUST include both the first and last name of the pen pal you are requesting.
- Pen pal requests must include the same member information as all letters to the editor (see list on page 5).
- A maximum of THREE pen pals may be requested per magazine cycle (each season).
- If your requested pen pal's e-mail address is in the pen pal database, your letter will be forwarded to that address.

- If you do not have a specific pen pal request but would like to let other readers know you want a pen pal, simply send a letter about yourself to editor@skateisi.org and include your e-mail address.

- Your e-mail address will NOT be published in *Recreational Ice Skating*.

- NOTE: We do not "match up" pen pals; we only publish your requests and electronically forward letters to specifically requested members. Once you have made the connection with your pen pal, the two of you will communicate directly rather than through ISI.

To register your e-mail address for the pen pal program, simply e-mail your full name and ISI member number to editor@skateisi.org with the subject "Pen Pal Database."

— OR —

If you send a letter to the editor via e-mail, your address will automatically be entered in the database.

Holiday Greetings from ISI



*The ISI office and magazine staff wish you
the happiest of holidays and a bright new year.*

Front: Barb Yackel, Emily Teague, Kim Russelle, Karen Schaffer and Carla Murrell
Middle: Patti Feeney, Kathy Chase, Angela Tooley and Shirley Rothrock
Back: Lori Fairchild, Cindy Livingston, Stuart Sedransky, Peter Martell and Carol Jackson

the write stuff

letters from our readers

I love skating! I've been skating since I was 5 years old. I would like my pen pal to be a girl my age or skating level. I want to thank my skating coach, Mary Haskins, and my mom for everything.

Danielle Sauve, 11, FS 6
Melvindale Civic Arena
Allen Park, Mich.

I'm working on things in Freestyle 5 but I've only tested up to Freestyle 3. I would like a pen pal that is a higher level than me and can give me tips on stepping up on my Axel.

Ariel Cavin, 13, FS 3
Kent valley Ice Arena
Bonney Lake, Wash.

I have been skating for two years but got a private coach only a year ago. I think having a pen pal would be fun so I could talk to someone doing the same stuff as me. Also, if possible, I would like some tips on a one-foot spin, a sway step sequence or ballet jump.

Sarah Porter, 12, FS 2
Yorktown Iceplex
Newport News, Va.

The key to the sway in the FS 2 dance step sequence is to make it BIG and very noticeable. Take your time and make your edges deep and long. Practicing your inside and outside edges separately will also help.

Thousands of people visit Las Vegas every year. Some leave winners, some leave losers, but very few hit the jackpot. Among the few was the Tampa Bay Skating Academy-Countryside adult drill team. I was honored to be a part of this awesome team this year. Not only did we take first place in the synchronized skate but we also ranked first in the overall competition in the ISI Adult Championships. The team has defended this title for the last seven years — what a smashing success! This was the first thrill of victory for me as an adult national competitor. I attempted to compete last year, but upon arriving in Breckenridge with my family, my grandmother died suddenly. Less than 24 hours after our plane landed, with our hearts broken, we returned home. Nervous anticipation preceded

me this year, but all went well and we all skated as hard as we could and finished on top. Thank you to all the ISI staff, volunteers and skaters who made this Adult Championships a time we will never forget!

Bonnie Benton
Tampa Bay Skating Academy-
Countryside
Land O' Lakes, Fla.

I love skating! Some of my favorite moves are the waltz jump, lunge, pivot and the half flip. I want my pen pal to be close to my age and level.

Naomi Borowsky, 9, FS 1
Minnetonka Ice Arena
Minnetonka, Minn.

Continued on page 28



Guidelines for ALL Letters to the Editor

- General letters to the editor (i.e., those not requesting pen pals) may be sent either by e-mail or postal mail.
- 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 city and state**
- If you have a skating question, be as specific as possible. Technical questions will be answered by qualified ISI staff 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
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The Art of Skating

ISI creativity contest showcases skaters' talents



2005 ISI greeting card

DALLAS — Pamela Langmaier's delightful design featuring a pigtailed ice skater on a pond, executed in colored pencil, has been selected for the 2005 ISI holiday card. Pamela, a Freestyle 5 skating student at Ice Station Valencia in Valencia, Calif., says her design was inspired by a scene from the movie *Ice Princess* in which a skater spins on a backyard pond, surrounded by pine trees and falling snow.

Pamela is a straight-A eighth grader who plays the piano, has acted in a Greek play, is interested in science, participates in the Junior National Young Leaders program and studies at the Conservatory of Fine Arts.



Greeting card artist
Pamela Langmaier

She says she is looking forward to the holidays this year because she is working with her coach, Susan Berens, on a program to the classic "Winter Wonderland" song.

"The Ice Skating Institute congratulates Pamela on her outstanding artistic talent and thanks her for the time and effort spent in creating her winning design for our 2005 holiday cards," said Peter Martell, ISI's executive director.

"The response to our creativity contest was incredible, and our team of judges struggled to choose just one design from the many beautiful and clever works of art submitted by so many ISI members," Martell added.

To view more entries from the holiday card creativity contest, see pages 16 and 17 of this issue, or check out our special holiday art section at www.skateisi.org, under publications.

Dollar for the Dream

Visa launches Olympic fundraising campaign

SAN FRANCISCO — Visa USA, along with legendary Olympic gold medalists Bonnie Blair and Summer Sanders, has kicked off a fundraising campaign that will raise at least \$1 million to support the journey of future American Olympic and Paralympic hopefuls.

With qualifying meets that require extensive travel and training schedules that exceed the hours of many full-time jobs, Olympic hopefuls need a tremendous amount of financial support for training, equipment and transportation costs. Unlike athletes from other countries, America's Olympic and Paralympic athletes do not receive sustained, direct federal funding. Instead, they must rely on the support of their families, communities and sponsors to help defray expenses.

"This program will bring athletes closer to their dreams and the public closer to the athletes they love to



cheer for and support," said Blair, a speed skater and the most decorated U.S. woman in Olympic Winter Games history. "Knowing firsthand how difficult this journey can be, every dollar will make a difference."

Through the Dollar for the Dream program, consumers can make donations online at www.visa.com/journey, and Visa will match every dollar donated up to \$2 million. The minimum donation is \$1 and there is no maximum.

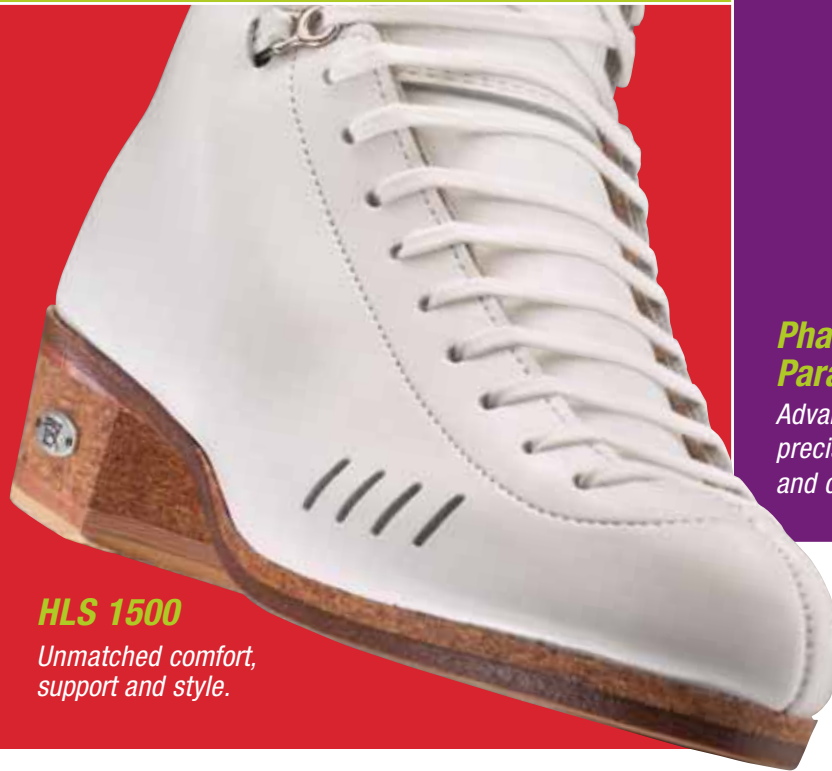
Everyone who makes a donation will receive a limited-edition, commemorative pin designed by Visa with input from 15 Torino Olympic and Paralympic hopefuls, including Michelle Kwan, Bode Miller and Derek Parra. With vivid, colorful representations of the Olympic cauldron and Olympic rings, the pin serves as a badge of support for America's athletes.

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In Memory

The ice skating community lost one of its most beloved coaches and mentors on Nov. 9, when Erika Amundsen passed away in Sarasota, Fla.

"Many of Erika's friends and former and current students were fortunate enough to see her less than two months ago at the 2005 ISI Adult Championships in Las Vegas," said Patti Feeney, ISI's managing director of member programs and services. "She will be sorely missed by the many individuals whose lives she touched during her more than four decades of tireless involvement and considerable influence in the world of ice skating. She was a passionate ambassador for the ISI and she put adult recreational skating on the map. Erika was one of a kind."

Born in Kassel, Germany, Amundsen began skating at age 5 and qualified for the German Nationals before World War II put a hold on the competitions and canceled the 1940 and 1944 Olympics. She graduated from the University of Bonn in 1944 with a degree in education and became an English 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.



Erika Amundsen
1925-2005

Everywhere she lived, Amundsen managed to keep ice skating in her life and share it with others. She taught skating in Tokyo, launched her first skating school in Louisville, Ky. and 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., Amundsen pioneered and helped write the book on team recreational skating. She formed and coached several award-winning adult teams — the Sophisti-Skates, Moms on Ice and Tropical Spice on Ice — and will always be remembered as the mother of the

ISI Adult Championship event.

She was named ISI Woman of the Year in 1997 and the Institute created an award in her name in 2001. She was a longtime board member of both the ISI and the Professional Skaters Association.

Amundsen was preceded in death by her husband and is survived by their children, Diane Zipp, Iris Stonecipher and Glen Amundsen, and four grandchildren. Memorial gifts may be made to the Amyloidosis Research Foundation.

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ISI Winter Classic

Melvindale, Mich.
March 3-5, 2006
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Entry Deadline: Dec. 1



Adults Take Center

by Linda



Adult ice skaters representing 50 arenas from across the country gathered Sept. 16-18 in Las Vegas at the Sobe Ice Arena in the Fiesta Rancho Hotel and Casino for the seventh annual ISI Adult Recreational Championships. Attendees from previous years greeted each other with hugs and lively conversation, and then welcomed the newcomers with great enthusiasm. No one was a stranger for long.

"Orchestrating the adult event each year is a sheer pleasure," says Barb Yackel, ISI national events coordinator and skating program director. "The adults have so much camaraderie, sportsmanship and creativity. Plus, they know how to have a good time!"

The Fiesta Rancho venue proved both ideal and exciting for the competitors. Having the ice rink on-site was a bonus, and the thrill of the "strip" was just minutes away. Competitors enjoyed a Mexican-themed gathering Friday night in the hotel's Garduno's restaurant, where everyone relaxed, danced and got to know each other.

Sobe Skating Director Camilla Nilsson and her coaches treated the adult skaters to an outstanding workshop focusing on off-ice flexibility; edge, jump and spin techniques; ISI dance steps; artistic movement; and power endurance.

From the beautiful ballet moves of 28-year-old Freestyle 3 skater Sasche Horowitz to the amazing grace of veteran Freestyle 10 skater Shane Douglas, participants of all ages, skill levels, sizes and shapes astonished the audience and judges with their innovation and joyfulness as they took to the ice.

First-time competitor Donna Sewash from Nashville presented winning programs at the Delta level. She took up skating just a year ago, on her 41st birthday. Always a big fan of the sport, Donna never thought she could execute the moves, but the minute she took to the ice, she loved it. When she started out, she was 50 pounds heavier and now says she is in the best shape ever, thanks to skating.

Dr. Charlene Corinaldi, 33, an emergency-room physician who must work around a very busy schedule to find ice time, started skating last fall. This was her first competition and she was ecstatic about what she observed: "I love it. It is so encouraging to see 'older' people participating in a 'young' sport!"

The synchronized teams captivated the audience with their intricate routines. The Solano Stars from Ice Sports Vacaville in California competed in formation and then quickly added white aprons and caps to their black costumes to present a charming French maid synchronized dance. Tropical Spice on Ice from Ellenton, Fla. introduced an enchanting rainforest production routine as the skaters metamorphosed into beautiful butterflies. The Kettering Ice Kadetts from Ohio performed a spirited tango for their compulsory entry while the Rose Collection from Roseville, Minn. dazzled everyone with their synchronized skate.

The Tampa Bay Skating Academy-Countryside team once again took home the trophy for the most overall points — as they have done every year of the Adult Championships. "The camaraderie and sincere good wishes from all the competitors make every fall, bruise and pulled muscle worth it," says TBSA team member Pam Huff. "We just have so much fun. This competition makes us all pull together for the good of the team and that's what ISI is all about."

Bev and Jack Rienks from Englewood, Fla. gave rave reviews to all their fellow competitors, the ISI and the Sobe Ice Arena. The Rienks compete in dance and only wish that they had more competition at these events. They say dance provides a unique focus for adults who want to advance their skating skills.

RECREATIONAL ICE SKATING, WINTER 2005

Awards photos by David Tingey, lvdigitalcreations.com

Stage in Las Vegas

Spinale

Over the seven years of the Adult Champs, they have made many new skating friends and, many times, have extended their trips to visit family and friends living near the competition location.

Larry Spriggs, the oldest competitor at 77, recently paired up with his new partner, Kappy King Cole, 73. Spriggs says he has made lifelong friends at this event and will skate until ... well, as he says, "I won't give up 'til they cover me up!"

Some of our southern skaters looked on the event as welcome therapy following their Hurricane Katrina experiences. Dodie Harrell, a coach and competitor from The Ice Park in Flowood, Miss., could see the sky from inside her home after a tree crashed through her roof. She and coach/competitor Shane Douglas, who also experienced hurricane trauma, had recently repainted and repaired The Ice Park ice to have it ready for the skating school opening on Sept. 12. When Katrina hit, their power was out for a week and they lost their ice. However, they worked fervently to get the rink back in shape so the skating school could commence. "Skating is a sport of dedication and love," they both agree. Sue Coates from Baton Rouge, La. worked in a Katrina survivor shelter for two weeks before Adults. This was her first competition since 1976. "I felt a little nervous at first, but it has been a wonderful experience," she says.

ISI skating moms and dads and other adults are encouraged to get some figure skates, join an ISI adult learn-to-skate class and come join us next year in bootscotin' Nashville, Tenn. Remember, there is no such thing as "weak ankles"!

Linda Spinale is a member of the Tropical Spice on Ice team from The Igloo in Ellenton, Fla.

2005 ISI Adult Championship Final Standings

For a complete listing of participating arenas and results, go to www.skateisi.org.

PLACE	ARENA	POINTS
1	TBSA-Countryside	272.0
2	The Igloo	173.5
3	Centennial Sportsplex	81.0
4	Oak Lawn Ice Arena	80.5
5	Golden Blades FSC	70.0
6	Oxnard Ice Skating Center	57.0
7	Sobe Ice Arena	49.0
8	Kettering Adult Figure Skating Club	45.0
9	Ice Sports Vacaville	43.0
10	Fort Myers Skatium	36.0
11	Roseville Skating Center	34.0
12	Anaheim ICE	33.0
13	Ice Palace	31.5
13	Carlson Ice Arena	31.5
15	Louisiana Hockeyplex Ice Arena	28.0
16	Aliso Viejo Ice Palace	26.0
17	Dr Pepper StarCenter-Plano	25.0
17	The Ice Park	25.0
19	Fredericksburg Ice Park	23.0
20	Belmont Iceland	21.0
20	Mt. View Ice Arena	21.0





Artistic Challenge 2005

Final Team Standings

For complete list, go to www.skateisi.org

1. RDV Sportsplex Ice Den/Orlando, Fla.
2. TBSA-Countryside/Clearwater, Fla.
3. The Igloo/Ellenton, Fla.
4. SunBlades Ice Arena/Clearwater, Fla.
5. Wonderland of Ice/Bridgeport, Conn.
6. TBSA-Oldsmar/Oldsmar, Fla.
7. Fort Myers Skatium/Fort Myers, Fla.
8. Florida Ice Sports Foundation/Cape Canaveral, Fla.
9. Silver Blades FSC/Findlay, Ohio
10. SM Megamall/Manila, Philippines

The Rewards of a Challenge

by Lori Fairchild

The planning, organizing and traveling all proved worth the effort for ISI skaters who participated in the first Artistic Challenge event Nov. 4-6 at the RDV Sportsplex Ice Den in Orlando, Fla. Not only was everyone up to the creative challenge of the brand new event, but all also reaped the many rewards of this unique concept.

More than 180 Freestyle 1-10 skaters from 26 ice arenas took to the ice to express themselves artistically, with an emphasis on entertainment, creativity and fun. Technical ability was not scored. The event drew participation from arenas as far away as California, Minnesota and even the Philippines.

"It was a wonderful weekend," says Barb Yackel, ISI national events coordinator and skating program director. "The costumes and props were spectacular. The spotlight programs were performed under actual spotlights, which the skaters loved. The new couples interpretive and rhythmic skating events were major hits."



Other new creative events that debuted at Artistic Challenge were the themed spotlight and the ensemble.

"We SO enjoyed being a part of the ISI Artistic Challenge," says Kathy Davidson, mother of TBSA-Countryside skaters. "It was so much fun seeing the creativity and feeling the excitement of all the competitors, who also were all very friendly."

A theater group from the Winter Park Playhouse in Orlando hosted special make-up and presentation classes. "Color Me" offered theatrical makeup tips, while "You've Got the Look" focused on expression and presentation how-to's.

The host facility scored first in team points, followed by several other Florida arenas. But Wonderland Of Ice of Connecticut, Silver Blades FSC of Ohio, Icearium of Tennessee and SM Megamall of the Philippines also made the top 10 team standings.

"Everyone had a blast and it was an extremely successful event," says Patti Feeney, ISI's managing director of member programs and services. "I look for the Artistic Challenge to be one of those events that will grow and grow as more skaters and coaches learn about it and experience it. We look forward to seeing even more participation at next year's Challenge, scheduled again for the first weekend in November, this time in Denver."



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Thai Cultural Night included martial arts and native Thai dance demonstrations.

Seven Days in Bangkok

by Randy Winship

The ISIA Asia Skate Asia competition returned to Bangkok, Thailand this year for a solid week of Thai hospitality and culture, not to mention the largest international ISI competition outside the United States. The event was held at Imperial World Ice Skating, an Olympic-size rink that opened last January.

The weeklong event drew 448 skaters from 19 ice arenas in 10 countries, competing in nearly 2,300 entries. The two youngest skaters were only 2 years old and came from

the Riviera Ice Chalet in Hong Kong. The oldest skaters, at ages 50 and 63, were from Cityplaza Ice Palace in Hong

Kong and Hyatt Regency Dubai in the United Arab Emirates, respectively. The largest skating team was 63 skaters strong, from Festival Walk Glacier in Hong Kong.

The highest-level competitor was An Longhe in Freestyle 10. His stunning performance was a skating highlight of the week — even after the many other brilliant Freestyle 8 and 9 performances.

The organizers hosted a special Thai Cultural Night for competitors and their families, coaches and visit-

ing VIP guests. Besides the chance to sample many different varieties of Thai food, attendees enjoyed martial arts and native Thai dance demonstrations. All of the guests were invited to participate in learning a Thai dance to end the fun-filled evening.

Skate Asia 2006 will be held Aug. 12-19 at the new World Ice Arena in Shenzhen, China. This rink is only a 45-minute drive from the Hong Kong airport, and more than 1,000 skaters are expected next year. All ISI-USA skaters are invited. So mark your calendars and make your plans to attend this international ISI event. Competition information can be found at www.skateasia2006.com.

Randy Winship is the competition director and chief referee for Skate Asia events.

SKATE ASIA 2005 Final Team Standings

PLACE	ARENA	POINTS
1 . . .	SM Megamall/Manila, Philippines	684.5
2 . . .	Festival Walk Glacier/Hong Kong	654.0
3 . . .	SM Southmall/Manila, Philippines	615.5
4 . . .	Open Ice Imperial/Bangkok, Thailand	608.5
5 . . .	Imperial World Ice Skating/Bangkok, Thailand. . .	557.5
6 . . .	Cityplaza Ice Palace/Hong Kong	501.5
7 . . .	Riviera Ice Chalet/Hong Kong	421.0
8 . . .	Arena Ice Bandung/Bandung, Indonesia	312.5
9 . . .	Aberdeen Marina Club/Hong Kong	262.5
10 . . .	Pyramid Ice/Kuala Lumpur, Malaysia.	237.0

Other Participating Teams

Le Cool Ice/Beijing, China
 Sky Rink Jakarta/Jakarta, Indonesia
 The Center Al-Khuwair/Muscat, Oman
 Fuji Ice Palace/Singapore
 Taiwan Ice Sports Arena/Taipei, Taiwan
 Al Nasr Leisureland/Dubai, UAE
 Hyatt Regency Dubai/Dubai, UAE
 Pasadena Ice Skating Center/Pasadena, Calif.-USA
 The Chiller/Columbus, Ohio-USA



Skate Asia 2005 included skaters from 19 ice arenas in 10 countries.



The brand new Imperial World Ice Skating arena played host to this year's Skate Asia competition.

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Form a line for Chicago!

Don't miss ISI's Synchronized Skating Championships – it's the exclusive national event dedicated to recreational synchronized skating. Synchronized teams from around the country are already lining up to show off their moves!

The event will be held at The Edge Ice Arena in Bensenville. Three premier skating surfaces complete with seamless glass, seating for 2,500 fans and luxury skyboxes make The Edge Ice Arena one of the largest and most impressive ice-skating facilities in the country. When your team competes at Synchronized '06 you'll skate in a facility that has all the amenities to host an outstanding event.

Consider visiting neighboring Chicago for some fun. With attractions and activities galore, Chicago is everyone's kind of town. You can see the sights and then catch a show in the theater district or a Cubs game at historic Wrigley Field. There are blues and jazz hangouts, and for you culture hounds, the city's full of great museums. Families will find plenty to do at Navy Pier and Lincoln Park Zoo. Or spend your off time strolling through Hyde Park or shopping along the Magnificent Mile.

The line for Synchronized Championships and Chicago fun starts here! Make sure your team is registered for the largest synchronized event of the season.

Download entry forms
at www.skateisi.org



ISI Synchronized Skating
Championships

Bensenville, IL
April 7-9, 2006
The Edge Ice Arena
Entry Deadline: Feb. 1

ISI Holiday Card

To view all entries in the contest, go to



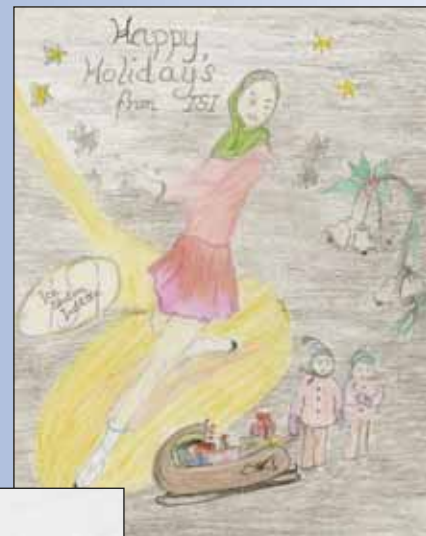
Phoebe & Margot Flynn



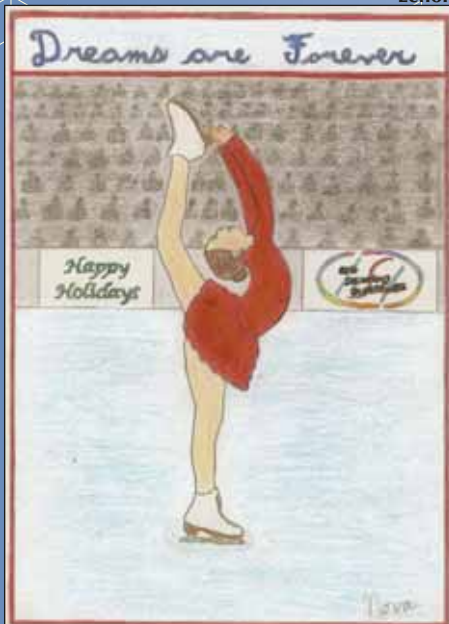
Margaret Ann Lawson



Lenore Mills



Gina Doyle



Nova Lishon-Savarino



Marjolein Pawlus



Valerie Young

Creativity Contest

www.skateisi.org, under publications



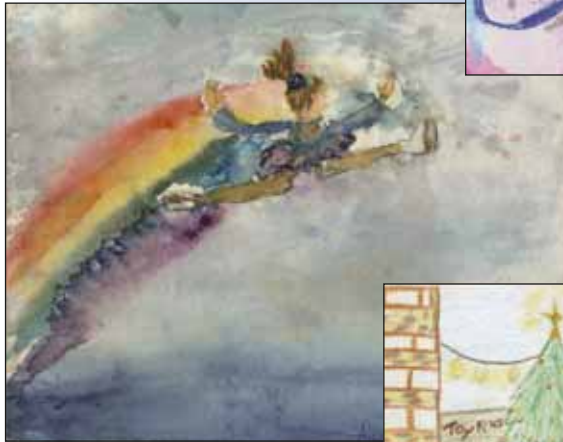
Emily Loetterle



Alexis Pignataro



Gabriella Moore



Alison Compton



Cheyenne Stevens



Anne Fullerton



Eileen Huynh



Ashley Liu



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

It's the most wonderful time of the year — time for holiday traditions, families, friends and reaching out to others.

How many good little toe pickers out there participated in a fundraiser for hurricane relief? I'll bet you ALL raised your hands! Many stories have been shared with ISI's national office about skating schools, clubs and individuals gliding across the ice to help those in need. Makes you feel good, doesn't it?

Schedules can get very hectic this time of year with shows, competitions and, of course, holiday festivities. It makes me exhausted just thinking about it! (Maybe I should break for some hot chocolate and cookies ...) Anyway, to stay ahead of the game, I think we all need to ask for a new Palm Pilot or Blackberry from the man in the sleigh with eight tiny reindeer! We can all get different colors and then mark down the exciting ISI national events that are just around the corner.

Energy runs high at all the ISI national events, and the thrill of being a part of it all is an experience not to be missed. Boston will play host to more than 2,000 skaters from around the globe next summer, and your shining moment of competing at a World Recre-

ational Team Championship is only months away. Make sure you have all the correct entry forms and that your membership and tests are up to date so we can share a bowl of clam chowder on a harbor cruise before you hit the ice for your first event at the largest recreational ice skating championship in the world!

Mark your new planner with the following note: One of our most popular events for Worlds was omitted from the entry forms in our last issue. Surprise events (individual and team) will again be offered at the 2006 Worlds. The correct entry forms can be downloaded from the Web site (skateisi.org) and will also be available in the spring issue of RIS.

Celebrate the holiday season with warmth in your heart!

Sharpen Your Edge

Open each one as a
holiday gift to yourself!



Attention Coaches:

New Team Point Structure for Individual and Team Events

Effective Jan. 1, 2006 for all ISI national events, and optional (until Jan. 1, 2007) for all ISI competitions:

In an effort to reward skaters' and teams' participation in ISI competitions, the ISI Test and Competition Standards Committee has announced a new scoring system for team points.

One "participation point" will be awarded to every skater who participates in an event at an ISI competition.

Five "participation points" will be awarded to every team that participates in the following group events: pattern skating, production teams, all synchronized team events, Kaleidoskate and team compulsories.

At this time, these "participation points" will be included in the team totals, but will not be individually reflected on the results page for each event.

Additionally, as previously announced, the team points will

be as follows for these group events: pattern skating, production teams, all synchronized team events, Kaleidoskate and team compulsories.

1st Place	25 points
2nd Place	20 points
3rd Place	15 points
4th Place	10 points
5th Place	5 points

A patch updating the EDGE software version 6.2 with these changes will become available Jan. 1, 2006. Watch your inbox for more details.

What Kids Can Learn from Team Sports

by Jim Thompson

One reason the Ice Skating Institute and Positive Coaching Alliance are determined to root out the win-at-all-cost mentality polluting youth sports is because it obscures the continuous stream of teachable moments available to teach life lessons.

One of the things that distinguishes the ISI among figure skating organizations is that it incorporates the team sport concept into its scoring system. It's a concept unique to ISI that encourages team spirit and support at all ISI events.

To make youth sports all it can be, coaches need to be "Double-Goal™ Coaches" (who want to win *and* use sports to teach life lessons). And parents should be "Second-Goal Parents" who focus on what their children take away from sports that will help them be successful in life.

But let's get specific. What exactly are the lessons that kids can learn from sports, if their coaches and parents are actively looking for teachable moments? I will focus on just a few.

Working on a team.

Success in most work settings requires the ability to cooperate with others to accomplish shared tasks. It simply isn't possible for a lone person to accomplish the complex achievements needed in our modern world. Being on a sports team can help kids learn about their interdependence and even come to appreciate it.

Thriving in diversity.

One of the great things about youth sports is that kids are thrown into competition with other kids from different backgrounds. Learning to deal with people from another part of town (or another part of the world) and learning that differences can be turned into assets is helpful for an increasingly global world.

Learning to work with people you don't like.

This may sound harsh, but the world is filled with people who aren't easy to work with, and some of them may even end up being our bosses. The chances are good that every young athlete will end up on a team with someone they don't easily get along with — maybe even someone they don't like. Learning to be able to focus on the task at hand without letting someone you don't get along with distract you is invaluable.

Resilience.

The only way to learn how to get back up is to try it after you've fallen down. A great thing about youth sports is that kids get numerous opportunities to get back up, and to learn that they can get back up, regardless of how bleak things seem at first.

Learning to give more.

Most kids think they are working hard when they get a little uncomfortable. Being on a team that is trying to be the best it can be can teach kids that they have more to give than they think they have. And that will come in handy when they grow up because life tends to test all of us.

Being a tank-filler.

People like to be around people who fill their emotional tanks. Emotional tanks are like the gas tanks in cars. If they are empty, you're not going anywhere. Nasty-snarly coaches don't seem to get this, but Double-Goal Coaches know that a team of tank-fillers will go farther, and they teach kids to fill each other's tanks. And when those tank-filling kids become adults, other people will want to work with them, hire them and promote them into leadership positions where they can fill the tanks of others. Emotional intelligence is a valued commodity in the business world, and learning to fill emotional tanks of teammates on a sports team can be a first step toward developing emotional intelligence.

A lifelong love of physical activity.

In a country of increasing obesity, developing kids who love to be active is crucial. Physical education courses are important and should receive much more support and funding than they do, but there is nothing like having a good experience competing in sports to instill a lifelong love of movement.

These are just some of the lessons that youth sports offer athletes under the tutelage of a Double-Goal Coach.

Positive Coaching Alliance feels so strongly that every youth athlete deserves a Double-Goal Coach, we have set a goal of training and certifying 1 million Double-Goal Coaches in the next decade. Certification is available through live workshops PCA offers all over the U.S. (ISI affiliates receive a special discount) and online at www.positivecoach.org. If you are a coach, get certified. If you are a parent, encourage your child's coach to get certified.

Youth sports are important for the future health and vitality of our society. If coaches and parents are blinded to the teachable moments that youth sports provide better than virtually any other activity, then we are all missing a very important boat.

Jim Thompson is the executive director of Positive Coaching Alliance. To learn more about the advantages of Positive Coaching, visit www.PositiveCoach.org or contact PCA at pca@positivecoach.org or (866) 725-0024.



Still Skating — and Studying

2005 ISIA Education Foundation scholarship recipients
take their love of skating to college

by Lori Fairchild



Joe Sport

Bethanee Bemis

Ice skating is a way of life for Bethanee Bemis of Monkton, Md., who has been skating since age 6. Now an anthropology major at the University of Maryland-Baltimore County, she's a Freestyle 6 skater with 30 ISI competitions, including three World Championships, under her belt.

"Skating has given me more than physical benefits," Bethanee notes. "The perseverance and emotional strength that I learned on the ice has served me in my life off-ice as well. I've learned to perform under pressure and I've also learned that sometimes you can only do your best. Sometimes you place high, sometimes you place low, but the game isn't always about placing first."

Bethanee graduated from Hereford High School in Parkton, Md. with a 3.81 grade point average. She has demonstrated wide-ranging interests, maturity and leadership skills through such activities as Student

Council, volunteer projects and helping to plan and execute an International Thinking Day for her local Girl Scout community. "I can always depend on her help with any project that comes up, and she has always volunteered her time when, all too often nowadays, other girls are too busy to help out," says Claire Jones, Bethanee's Girl Scout leader.

In addition to receiving high marks for academics and her dedicated, independent work ethic, Bethanee is known for her ability to relate well to individuals of all ages.

Jackie Eliasberg, manager and skating director at Northwest Family Sports Center in Baltimore, recalls an incident in which Bethanee helped evacuate 13 stranded children during a sudden summer flood: "She kept them calm and safe from harm until their parents were allowed through the flooded areas to retrieve them. I was very confident with her help."

Patty Satkiewicz

Patty Satkiewicz of Evanston, Ill. has already discovered the value of balance in a busy life. She has learned that ice skating can serve as both a motivator and a stress-reliever. But, she adds, "while skating occupies the largest portion of my time and energy and colors many other aspects of my life, I recognize that it is not the only activity deserving of my attention."

Her favorite activities are those that combine her passion for skating with her enthusiasm for community service, such as teaching and leading tot skaters and volunteering at her rink's annual ice shows and Halloween parties. But academics always get top ranking on her priority list, and she has never hesitated to cancel a practice session when she needed to

focus on a difficult assignment in her demanding curriculum. She graduated from Evanston Township High School in Evanston, Ill., with a 4.41 grade point average on a 4.0 scale.

Patty continues to balance skating with academics and other activities while studying at Cornell University, where she is a pre-med student and a member of Cornell's figure skating club and synchronized skating team.

Kerry Murphy, skating director at Skokie Skatium, says Patty has been missed since she left for college: "When we were looking for someone to assist in our summer camp day care program, Patty was the first one we thought of. We needed someone who could guide children ages 6 to 12 through various on- and off-ice activities, someone who could be spontaneous and



TinType

creative, and who needed very little guidance and could exemplify what we are all about as a Park District facility. We are proudly losing a great asset to our ice rink."

Megan Van Berkel

Last skating season was Megan Van Berkel's most triumphant: She passed her Freestyle 6 test, landed her double toe loop and began the transition from skater to coach at the Wayne C. Kennedy Recreational Complex in St. Louis. She coaches Tot 1 through Freestyle 3 and is an assistant coach for the Gold Blade Brigade teen synchronized skating team.

"Skating has taught me many values I do not believe I could obtain elsewhere," says Megan, an ISI Good Sport Award winner who graduated from Lindbergh High School with a 3.978 grade point average based on a 4.0 scale. Her list of high school activities ranged from math and musical honor societies to the French Club.

"Skating has given me a sense of teamwork, dedication and the leadership I need to succeed in life

and in skating. It has also taught me to set goals for myself and to work hard to achieve them. I have worked hard to live up to the ISI Skater's Creed."

Megan's goal-oriented approach to life has helped her succeed in figure skating as well as in school, says her coach, Brigid Lamear: "This is a person who is not satisfied with the ordinary but finds the extraordinary in each task and situation. Megan's leadership of her synchro team and her dedication to teaching and education have proven to me that she is a person who will achieve excellence in whatever she chooses to pursue."

Her next pursuit is a degree from the St. Louis College of Pharmacy, which requires five years of intensive course work, a sixth year of rota-



Stephen's Photography

tions and possibly a seventh-year internship. ●

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 detailed 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, 2006.

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

Heather
Aseltine,
2002
Scholarship
Recipient



The Making of a Star

Riedell Celebrates 60 Years

by Lori Fairchild

Riedell's state-of-the-art skates are strictly 21st century, but the company itself has a six-decade history as a top innovator and maker of manufactured and custom figure skates for all levels of recreational and competitive skating. Riedell also sells hockey, speed, inline and quad roller skates.

Founded in 1945 by avid skaters Paul and Sophie Riedell in Red Wing, Minn., Riedell Shoes Inc. has made many different footwear products over the years, including bowling shoes. But its core business has always been skates, and today Riedell products are distributed internationally from North America to the United Arab Emirates. The 160-employee company, still located in Red Wing, is managed by Paul Riedell's grandsons, Bob, Dan, Scott and Paul Riegelman.

Founder Paul Riedell, formerly a shoemaker, knew that fit was essential for both skating enjoyment and top performance. He borrowed a friend's medical books to study the structure and movement of feet, and

combined this information with his knowledge of skating to develop the shoe design that accommodates the skater's motions on the ice. He also developed the "Diercks Device" fitting scale, which helps match skaters' feet with the right skate.

The labor-intensive manufacturing process for building figure and hockey skates involves as many as 125 different production steps.

Most of America's ice skaters, from tots to Olympians, have skated in Riedell products. Among the elite skaters who have sported Riedells are Michelle Kwan, Jame Sale, Kurt Browning, Johnny Weir, Dorothy Hamill, Scott Hamilton and Brian Boitano, to name just a few.

Riedell skates have also made appearances in hit TV shows and movies. Remember the skates in the FedEx package in the movie *Cast Away*, starring Tom Hanks? The skates become a key survival tool throughout the movie, used to sharpen a fishing spear, crack open coconuts, cut and whittle wood and, eventually, knock out a sore tooth.



Riedell hit the tradeshow circuit in the 1950s.

(These are not recommended uses for ice skates, just fun to watch on the big screen!)

Fans of the WB network's *Buffy the Vampire Slayer* will remember the 1997 episode in which ice skating was incorporated into the storyline. The show's star, Sara Michelle Gellar, a former competitive skater, requested Riedell's 375 Gold Star with a Wilson Coronation Ace blade.

The Riedell Star series and Wilson blades were again selected in 1998 for an episode of CBS's *Touched by an Angel*.

From the sets of TV shows to deserted islands, you never know where Riedell skates might turn up, but you can count on finding them in ice arenas and pro shops around the world. After 60 years, Riedell is still skating strong. ●

1000 A.D.

Around this time, Scandinavians perfect the art of ice skating by strapping blades made of deer or elk bones to their boots.

1696

Wilson Blades is founded in Sheffield, England after King Charles II requests that Wilson, a noted toolmaker, make a pair of skate blades for him.

1830

The first figure skating organization, The Skating Club, is founded in London.

1848

The strapless skate with the blades clipped right to the boot is invented in Philadelphia.

1849

The first American figure skating club is founded in Philadelphia.

1908

Figure skating is designated as an Olympic sport.

1945

Paul Riedell founds Riedell Shoes Inc. in Red Wing, Minn.

1960

The first televised Olympic figure skating event is aired.

2000

Riedell partners with HD Sports Co. to become the exclusive North American distributor of John Wilson and MK skate blades.

TIMELINE

1250

The Dutch replace bone skates with iron blades, leading to the discovery of the *Dutch Roll* — a simple skating step still used today.

1742

The first known skating club is established in Edinburgh, Scotland.

1841

Queen Victoria instructs Wilson Skates to make her and Prince Albert a pair of ice skates.

1876

The first refrigerated sheet of artificial ice is laid in London's Glaciarium.

1927

Sonja Henie wins the first of her record 10 consecutive world championship titles. She also wins three Olympic gold medals.

1955

Synchro (or precision) skating is developed in the Midwest.

1988

Four-time world champion Kurt Browning is the first athlete to successfully complete a quadruple jump at the World Championships in Budapest, Hungary.

2005

Riedell celebrates its 60-year anniversary as excitement builds worldwide for the upcoming 2006 Winter Olympic Games in Torino, Italy.

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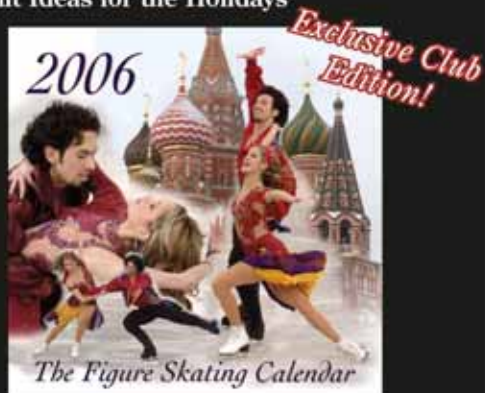
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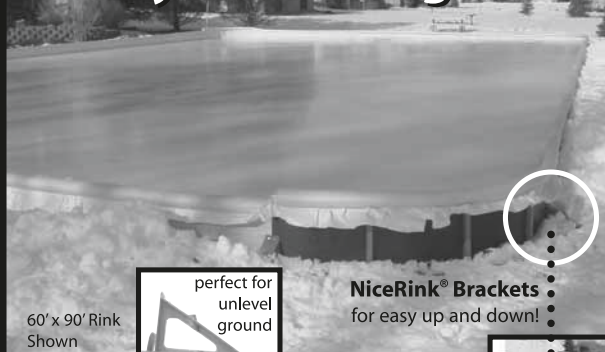
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calendar

ISI-endorsed competitions & shows/exhibitions

(Deadline for Spring RIS Calendar: Jan. 15)

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

competitions

november

- 20 **Dallas**
Galleria Ice Skating Center
Galleria Holiday Audition Competition
- 20 **Cupertino, Calif.**
Ice Center @ Cupertino
Harvest Skate
- 20 **Yonkers, N.Y.**
E.J. Murray Memorial Skating Rink
14th Annual Holiday Classic
- 26-27 **Skokie, Ill.**
Skatium
All America Competition

december

- 2-4 **Webster Groves, Mo.**
Webster Groves Ice Arena
Show Me State Games
- 2-4 **Wayne, Mich.**
Wayne Community Center
In The Arctic
- 2-4 **White Bear Lake, Minn.**
White Bear Lake Sports Center
Holiday Open Competition
- 3-4 **Fort Myers, Fla.**
Fort Myers Skatium
5th Annual ISI City of Palms Invitational
- 3-4 **Franklin, Mass.**
Franklin Blades Skating School
15th Annual ISI Team Competition

- 10-11 **Centennial, Colo.**
South Suburban Ice Arena
Winterfest ISI Competition
- 16-18 **Taylor, Mich.**
Taylor Sportsplex
Winter Extravaganza 2005

january

- 12-15 **Mamaroneck, N.Y.**
Riverdale Ice
ISI Lake Placid Team Competition
- 20-21 **Knoxville, Tenn.**
Icearium
Icearium Invitational
- 20-22 **Homewood, Ill.**
Homewood Flossmoor Ice Arena
27th Annual Open Team Competition
- 27-29 **Williamstown, Mass.**
Lansing Chapman Arena
Bay State Games

february

- 3-5 **Glenview, Ill.**
Glenview Ice Center
February Freeze
- 10-12 **Niles, Ill.**
Niles Park District
Iceland
26th Annual Sweetheart Open
- 10-12 **Blaine, Minn.**
Schwan Super Rink
Frosty Blades 2006
- 17-19 **Oxford, Ohio**
Goggin Ice Arena
2006 ISI Miami Open
- 18 **Fort Washington, Md.**
Tucker Road Ice Rink
Snowflake Invitational
- 18-19 **Nashville, Tenn.**
Centennial Sportsplex
21st Annual ISI Invitational

march



- 3-5 **Melvindale, Mich.**
Melvindale Civic Arena
ISI Winter Classic
- 4 **Columbus, Ohio**
CoreComm Ice Haus
Arnold Classic Skating Competition
- 4-5 **Irmo, S.C.**
Ice Land Irmo
Palmetto Classic
- 4-5 **Highland Park, Ill.**
Centennial Ice Arena
The Lucky Stars Open
- 31-April 2 **Knoxville, Tenn.**
Ice Chalet
37th Annual Mississippi Valley District Competition

april

- 1 **Crestwood, Ill.**
Southwest Ice Arena
Spring Invitational



- 7-9 **Bensenville, Ill.**
The Edge Ice Arena
ISI Synchronized Championships
- 8-9 **El Segundo, Calif.**
Toyota Sports Center
6th Annual Spring Fling Competition
- 21 **Boxboro, Mass.**
Nashoba Valley Olympia
27th Annual ISI Team Competition

may

- 6-7 **Fairfax, Va.**
Fairfax Ice Arena
Fairfax Ice Arena Annual ISI Spring Competition

july

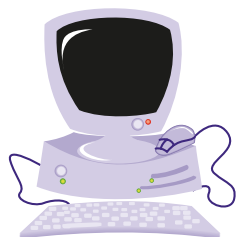


- 24-30 **Marlborough, Mass.**
New England Sports Center
ISI World Recreational Team Championships

shows & exhibitions

december

- 1 **Tacoma, Wash.**
Sprinker Rec Center
Holiday Ice
- 3 **San Mateo, Calif.**
Ice Center @ San Mateo
Winter Fest 2005
- 3-4 **Springdale, Ark.**
Arkansas Figure Skating Association
A Swingin' Christmas
- 3-4 **Gatlinburg, Tenn.**
Ober Gatlinburg Ice
Christmas on Ice
- 3-4 **Franklin Park, Ill.**
Franklin Park Ice Arena
2005 Holiday Recital-The Polar Express
- 4 **Pittsburgh, Pa.**
RMV Island Sports Center
The Holiday Spectacular
- 6-10 **Knoxville, Tenn.**
Ice Chalet
Nutcracker on Ice
- 7-8 **Honolulu**
Ice Palace
Winter Recital



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

- 9 **Renton, Wash.**
Castle Ice Arena
Holiday Gala '05
- 9-10 **San Francisco**
Yerba Buena Ice
Skating Center
Holidaze Ice Show
- 9-10 **Eugene, Ore.**
Lane Events
Center-ICE
Peter Pan-A Flight
to Neverland
- 9-10 **Dublin, Calif.**
Dublin Iceland
Iceland Holiday Show
- 9-11 **Evanston, Ill.**
Robert Crown Center
31st Annual
Nutcracker on Ice
- 10 **Peoria, Ariz.**
Desert Schools
Coyotes Center
Polar Express
- 10 **South Lake Tahoe, Calif.**
South Lake Tahoe
Ice Arena
Christmas Around
The World
- 10 **Highland Park, Ill.**
Centennial Ice Arena-
Highland Park
An Evening at
Centennial-Winter
Exhibition
- 10 **Oldsmar, Fla.**
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- 11 **Redwood City, Calif.**
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- 11 **Bakersfield, Calif.**
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january

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- 31-April 1 **White Plains, N.Y.**
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april

- 9 **Highland Park, Ill.**
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- 9 **Franklin, Mass.**
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may

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- 17-21 **Glenview, Ill.**
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Volume 5



- 31-
June 3 **Boston**
Seaport/World Trade
Center
2006 iACT/NEISMA
Conference &
Tradeshaw

june

- 10-11 **Buxboro, Mass.**
Nashoba Valley
Olympia
Ice Magic

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I love to skate. I have been skating for four years. I would like a pen pal around my age or level to talk about skating with. My family gets tired of it because they don't skate. Only my cousin Thea likes to hear about it. She wants to skate but her mom doesn't know if she could do it. Do you have any tips for Thea or my aunt?

Jackie Warne, 13, FS 2
Ice and Rec Center
Colton, S.D.

One idea is to bring Thea to a couple of public skating sessions and help her with the basics. Then bring Thea's mom to watch her. Once she sees the joy on her daughter's face, it will be a done deal!

I have been skating for three years and am on my Lutz jump and am learning my cross-foot spin. I am having trouble on my sit spin. I try my hardest to keep my free leg straight, but it always bends. Can you give me some tips?

Rachel Larsen, 10, FS 3
Glacial Gardens-Lakewood
Long Beach, Calif.

Your best bet is to practice your shoot-the-duck. If you can hold your leg straight the length of the ice you will be on your way to an award-winning sit spin.

I always read "The Write Stuff" to see if there is any advice I can get. I'm really happy because I just finished my sit spin, and I can go all the way down! It's so fun! I haven't learned an Axel yet, but I heard that when you land your Axel, soon

after, you lose it, and gain it again! Does that happen to everyone? I've been on a synchro skating team for a long time. Synchro skating ROCKS! I'd like a pen pal around my age and level.

Lilly Fouty, 12, FS 4
Rolling Meadows Sports Complex
Palatine, Ill.

Everyone's story with Axels is different and I'm sure yours will be added to the list soon. The key is to believe you can achieve and you will.

I am having trouble with my scratch spin. I can't seem to cross my leg without falling. Any advice? I would like a pen pal around my age and in my level. Hopefully we can help each other with moves.

Sierra Romine, 11, FS 3
Aerodrome Willowbrook
Cleveland, Texas

To spin like a top, you need to make sure you are CENTERED FIRST. Then the arms and the leg pull in together for that blurred look. You might be trying to do everything at once.

I've been skating since I was 7 and I just love it. My private coach, Jean, is the best. If she didn't push my brother, Jeremiah, and me as hard as she does, we wouldn't be where we are right now. I'm 13 and I just passed into FS 4. My brother is 9 and just passed into Delta. He skated as Louie Armstrong last year in the Benefit on Ice show! One day, my brother would like to meet Kurt Browning, and I Michelle Kwan. We

were also wondering if you had any leg-strengthening exercises?

Moriah Stephens, 13, FS 4
Parade Ice Garden
St. Louis Park, Minn.

Great leg-strengthening ideas are running, biking, jumping rope and power walking. You can also check out off-ice conditioning classes that some clubs and arenas offer.

I love skating! It's the best sport EVER! I'm 10 years old and have been skating for seven years. I'm in Freestyle 5 and have been in it for a couple years and just can't get my Axel. I just can't stop swinging my leg; otherwise, I'd have it. I would like a pen pal around my age and level — possibly someone who plays volleyball and likes to try new things.

Alyson Farley, 10, FS 5
Hutchinson Ice Arena
Hutchinson, Minn.

The Axel is a stumbling block for many skaters. My advice is to have your coach work with you on a jump harness, which will help you control that swinging free leg. Doing Axels on the floor can also help.

Skating is my life. I love it more than anything. I started about a year ago when I was 10. I love doing sit spins and flips — they're so much fun! I'm REALLY close to landing my Axel. Any tips? I would like a pen pal my age and level; it would be nice to have someone to talk to about skating.

Amanda Heins, 11, FS 4/5
Aerodrome
Houston

See answer, above, to previous Axel question.

My coach, Naomi, has trained me a lot. I would like to have Dayna Nicholas as my pen pal. I need advice on the loop; I always two-foot my landing.

Nikki Menas, 9, FS 4/5
Skatetown
Citrus Heights, Calif.

You need to remember to push that landing leg back instead of down. I know you can do it! Go for one — one-foot landings, that is!

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I first want to say how much I enjoy getting your magazine every quarter. I have been skating a little over five years, off and on, once a week. I have just started cracking down this past year and started competing. I would love to have a pen pal since there is no one at my age and level at my rink. I think it would be awesome to have someone around my age and level to talk to about skating. I am also having a lot of trouble balancing my sit spin, staying low and keeping my shoulders down. Any suggestions?

Larissa Parker, 14, FS 4
Ice Skate USA
Houston

Practice your shoot-the-ducks for staying low. For the balancing, reach for your toes during the spin. To keep the shoulders down, just relax a little.

I have been skating for almost two years now and have been to five competitions, including the ISI 2005 Worlds. My coach is Taylor Neff and she is the greatest — thanks, Taylor! I am having some trouble with getting my foot all the way down on my

scratch spin. I am also having trouble landing my loop. Any tips? I would like to request a pen pal around my age and level.

Rachelle Manookian, 12, FS 3/4
Pickwick Ice
Glendale, Calif.

On your scratch spin, start moving your leg down sooner, and have your arms and legs move together; don't pull your arms in too soon. With the loop jump, timing is everything. Make sure you are holding your preparation edge long enough and roll into the circle before take-off.

I have been dancing all my life (since I was 3) and I started skating in February 2005. I would like a pen pal who is around my age and in Freestyle 1, 2, 3, 4 or 5. I have only done one competition and it was back in April, and I have another one coming up soon. I really love ice skating and I really work hard. I do private lessons twice a week with my wonderful coach, Kristen Draper. She is so supportive and nice and great all around. I do group lessons, too. I can finally do a perfect Salchow, but I'm

having some trouble with a toe loop. Any tips?

Hilly Hixson, 11, FS 1/2/3
Sherwood Ice Arena
Forest Grove, Ore.

Many skaters struggle with the toe loop. The problem usually lies on the take-off and planting the toe correctly. Check it out and make sure you are checking after the inside three prior to take-off and are not stopping so that you do a waltz jump from the toe.

I am in Delta and would like some advice on my edges. I LOVE to ice skate! I would like to be pen pals with anyone around my age or level.

Rachel Pennington, 9, Delta
Fred Rust Ice Arena
Newark, Del.

Perfect edges are on the way if you get yourself a big-tip marker (water soluble) and make half-circle patterns on either side of the blue or red line. Then just follow the lines to great inside edges.

I am working on Freestyle 4. I have landed my flip a few times but can't get it all the time so I would like


Continued on page 30

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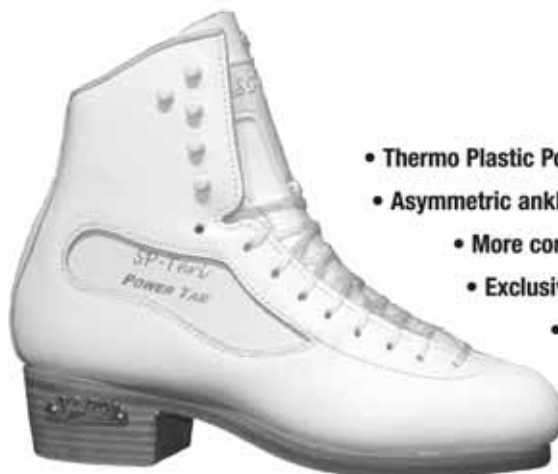
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the write stuff Continued from page 29

some tips on that. I also have landed my loop a lot of times but I would like some tips on getting higher.

Erin Pryde, 9, FS 3/4
TBSA-Countryside
Pinellas Park, Fla.

Looks like a positive attitude and using the spring in your knee are in order. If you've done the flip jump once or twice, you can do it again. For more lift, it is all in the knees — use them, and don't take off from stiff legs! The loop is a timing jump, so don't jump too soon.

I had a pen pal but all of a sudden she stopped writing. So I would like a pen pal that is my age and level.

Katie Logsdon, 13, FS 4/5
Silver Blades Figure
Skating Club
Findlay, Ohio

I love this magazine. I have been skating for seven months and I am in Freestyle 5. I seem to be having some trouble with my Axel. I can land it in class but I can't land it out of class. Any suggestions? I'm also looking for a pen pal around my age and in my level.

Chrissy Korper, 13, FS 5
Aliso Viejo Ice Palace
Laguna Hills, Calif.

When working on the Axel outside of class, replay what the instructor says to help you land the jump in class. The mind is a powerful thing!

I have been skating for two years and I'm finally in freestyle. I have a question about one-foot spins. I have trouble with keeping my foot up. Do you have any advice that can help me? I would also like a pen pal, 8 or 9 years old. I really like your magazine; it is so cool.

Elizabeth Bell, 9, FS 1
Dr Pepper StarCenter-Plano
Dallas

To be the spinning top you want to be, ask Santa to bring you a "spinner," which is an off-ice tool to help perfect your spins. I believe you can find them on the Internet.

I have been skating for two and a half years. I am working on my Axel and camel spin. Any advice? I would like a girl pen pal at my age and level.

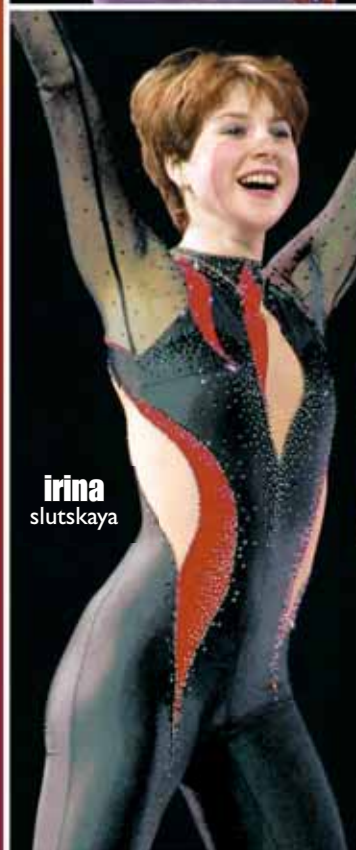
Vivian Chang, 10, FS 5
Line Creek Community Center
Kansas City, Mo.

I would love to give you some advice on your Axel and camel, however you didn't mention the specific problem you're having. Off the tip of my toe pick, my advice is to make sure you are taking off for the Axel on clean edges and that the camel spin has enough rotations. ●

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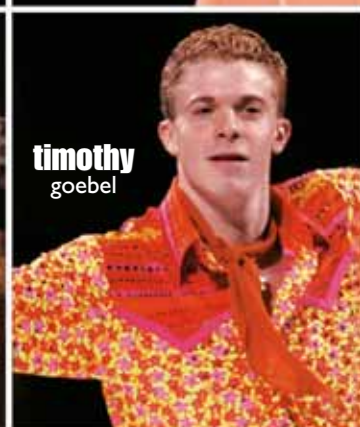
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