



Fall 2006

SPECIAL ISSUE

Worlds Highlights

- Fun in Boston
- Reviews & Photos
- Emily Hughes

2007 Events Preview





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Entry deadline: Dec. 1, 2006

Be sure you don't miss the first national event of the '07 skating season! ISI Winter Classic is your chance for a weekend of non-stop fun at the hottest winter skating event in recreational ice skating.

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Thirty miles outside Cincinnati, Oxford boasts a wide variety of restaurants, nightlife, sporting events and cultural experiences. When you're not on the ice competing you can take a tour of the historic university campus, stroll through Hueston Woods State Park, dine in uptown Oxford or immerse yourself in Oxford's abundant art and theater choices.

For those of you who enjoy shopping, there's no shortage of novelty and specialty shops to browse. And if you're into history, you'll find Oxford rich in museums, walking tours and architecture from the 1800s.

Winter Classic and Oxford, OH have something for everyone, so be sure to save a place on your calendar for this exciting event!

**Download entry
forms at
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Goggin Ice Arena
Oxford, OH**



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FALL 2006/VOL. 31, NUMBER 1

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the write stuff

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I just received my first magazine from ISI, and I like the idea of having a pen pal who skates. I just started skating not even a year ago, and I have leveled up fast. I would like to request a pen pal.

**Alyssa Matesic, 11, FS 2
Dr Pepper StarCenter
Plano, Texas**

I have been skating for a year. I have a consistent Axel and am trying the double Salchow. I do group lessons at FS 5 but I currently compete at FS 3. I love jumping the best, but spinning is fun, too, and I just learned a layback. Do you have any tips on that? I love reading mystery books and playing basketball and volleyball, but I go ice skating a LOT more. I would like a pen pal my age and around my level so we could

write back and forth about what we're doing!

**Emily Hodgkins, 12, FS 5
Westminster Ice Palace
Westminster, Calif.**

Let your creativity flow, as the layback spin can have many variations of arm and leg positions. Keep in mind, the basics of a layback start with the arching of the back and tilting the head backward and down. The perfection of your upright spin will help you be a star at spinning.

I am a HUGE fan of figure skating. My favorite skater is Sasha Cohen; she's fabulous. I started skating at age 7 but didn't get serious about figure skating until two years ago. I wish I could've started earlier, but I still love it more than anything. If I could live



*** 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 now operates entirely by e-mail. 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.



at the rink, I would! I competed in my first competition this year and it was a blast! I got second place in my age group! My best element would have to be my spiral. We also have a skating camp here that helps me with my skating a lot. Now I'm learning a one-foot spin and a Salchow, but it's tough. Any suggestions? I would like to meet someone about my age and/or skating level so we can share some similar experiences. And it'd be great if they lived in Maryland, but I'm not picky.

**Amanda Holsey, 17, FS 3/4
SkateNation of Piney Orchard
Severn, Md.**

Congrats on your first competition. It sounds like you are off to a great start! When things are tough, remember to think positively. Making sure your basics are solid will help, too. For the Salchow, don't rush the take-off. On the one-foot spin, know where that sweet spot is on your blade to spin like a top. Keep up the good work!

I love ice skating. I am working on perfecting my Axel and spins. I have been skating almost five years and have always enjoyed it. I am interested in having a pen pal. I would like to have anyone who is fun and loves ice skating as much as I do.

**Stephanie Orpilla, 11, FS 5
Toyota Sports Center
Torrance, Calif.**

I just finished the summer issue, from cover to cover. I do not skate anymore; I retired in 2000 due to hip replacement. I would still be skating now if that had not happened to me. My first competition was in 1982, when I took first place in Beta in Lake Placid. My last one was in Montclair, N.J., where I skated in four events and won them all. My main reason for writing is the story on page 22 (Summer 2006) about the skater named Sandie L. Baker. It is so wonderful that senior adult skaters get more coverage. When I started out in 1982, it was not like that, but it got better as time went on. I sure do miss skating very much. I go to all the local meets to give out the medals and that makes me feel real good. Keep up the good work. Like I

have always said from day one: Adults are skaters, too!

**Hugh John Devore
Bloomfield, N.J.**

Just like the other skaters, I love skating. Right now I have done a lot of regular programs and one spotlight. I hope to do synchronized skating soon. I would love to have a pen pal who is around the same age and level as I am.

**Annah Ruggiero, 11, FS 1
Taunton Aleixo Ice Arena
Taunton, Mass.**

I have been skating for seven years and I love it! I am currently landing my Axel and double Salchow, and

Continued on page 18



Guidelines for ALL Letters to the Editor

- Be sure to include:
 - **Your first and last name**
 - **Your ISI member number**
 - **Your age**
 - **Your ISI skating level**
 - **The name of the arena where you skate**
 - **Your city and state**
- E-mail is preferred. Send your letter to **editor@skateisi.org** or:
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Dallas, TX 75248-1187
- Please keep your letter short.
- Photos are welcome, but cannot be returned. Low-quality digital images may not be suitable for magazine reproduction.
- 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.

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Smooth Sailing

by Lori Fairchild



The ISI 2006 World Recreational Team Championships went so smoothly that Dolly Duke-Maggio says she's ready to do it again.

That's saying a lot, coming from someone who has just completed months of work as chairperson of the world's largest recreational ice skating competition. This year's blockbuster event included 3,601 performances by nearly 1,850 skaters, ages 3 to 81, from 122 teams representing the United States, Mexico, the Philippines, UAE/Dubai, England and China.

"This was the third Worlds that I've worked on, and it usually takes me about a year to recover and consider doing it again," noted Duke-Maggio. "This time, I would do it again in a heartbeat. Everything ran on time, our volunteers were excellent and dependable, attendance at the judges' meeting was wonderful, we had fantastic sponsors and, most important, we had a great time. My favorite comment of the week was, 'Everybody here has been so nice to us.'"

The chorus of compliments from participants, parents and coaches was rewarding to all those whose efforts made this year's Worlds a smooth-sailing success.

Skating dad George Gamble of Tampa, Florida wrote, "The 2006 ISI World Recreational Team Championships was an absolute pleasure to attend, and my daughter, Morgan, and her teammates from the Tampa Bay Skating Academy-Countryside

had a wonderful time. All the coaches, parents and skaters were very impressed with how smoothly such a large event ran and our hats are off to you and your staff for organizing such a great event."

Judi Weatherhead from the Albany Figure Skating Club also sent kudos to Worlds organizers: "Just wanted to say thank you for all the work put in to make Worlds such a wonderful experience. It was our first time, and Kacie already wants to book airfare to Chicago! I can't even begin to imagine the preparation that is involved with organizing such an event. Everyone we talked with was very helpful and friendly. Please know that your efforts are very much appreciated."

Mary Morgan of Symmetrical Skating School Norwich added: "What a great week we had — so much fun. A very happy place to be ... Applause, applause to ISI and the New England Sports Center."

For the second time in four years, New England Sports Center provided an outstanding venue for the ISI Worlds event. With five ice surfaces under one roof, participants and organizers alike enjoyed convenient, comfortable scheduling. The single location made it easy to find and reconnect with old friends from previous events. Even parking was a breeze!

Nashoba Valley Olympia reclaimed the Worlds team trophy, which they also won in 2002. This year the facility brought the event's largest team,

Nashoba Valley Olympia brought the largest team and took home the championship trophy. *ActionPhotos.com*

135 skaters who scored a collective 1443.5 points. As overall team champions, they also took home the Michael Booker Trophy.

Three new awards were unveiled this year. The President's Trophy, for the team that earns the most points among teams of 40-75 skaters that does not win first through fifth in the overall team championships, went to Winterland Skating School. SM Mega-Mall took the Board of Directors Trophy, awarded to the team with the most points among teams of 1-39 skaters that does not win first through fifth place. The Percentage Trophy, awarded to the team of five or more skaters that has the highest average placement, went home with the Ellenton Ice & Sports Complex team.

This year also was the first for the new ISI Judges' Mentoring Program, created to encourage young coaches to become more involved in national events and learn from experienced competition judges and coaches. Sarah Devereaux, FS 10, of the Harry J. McDonald Memorial Center in Eagle River, Alaska, was the candidate selected for the Worlds event, and she could be found throughout the week assisting with registration, awards, judging panels, judges' and parents' meetings, accounting and credentialing. "Sarah was my right hand, and

Continued on page 8



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she was a dream to work with," said Barb Yackel, ISI national events and skating program coordinator.

Some 600 attendees took advantage of the week's social highlight, a beautiful evening aboard the triple-decker Provincetown II, Boston Harbor's largest cruise ship. Besides a three-hour harbor tour with views of Charlestown, the USS Constitution and the Boston skyline, the cruise featured a delicious Italian buffet, lots of music and dancing, and a variety of DJ-led games and activities. The winners of the Skate with the Stars fundraising raffle were announced to great fanfare and screams of excitement (*read more about them on page 10*).

Another fun off-ice pastime during Worlds week was shopping at the Skaters' Marketplace, where favorite vendors showcased ice skating equipment, apparel, accessories, toys, gifts and souvenirs. The booth of event



A Boston Harbor cruise offered upper-deck breezes and lower-deck dancing.

Submitted photos

sponsor Lindy Z was the scene of an autograph session with Debbie Brooks, New York artist and designer



Top 25

ISI 2006 World Recreational Team Championships Results

For a complete listing of teams and results, check the ISI Web site: skateisi.org

PLACE	ARENA	POINTS
1	Nashoba Valley Olympia	1443.5
2	Sharper Edge Skating School	1150
3	Golden Blades Figure Skating Club	772.5
4	Tampa Bay Skating Academy Countryside	763
5	Symmetrical Skating School Norwich	708
6	Winterland Skating School	596.5
7	New England Sports Center	551
8	Franklin Blades Skating School	397
9	SM MegaMall	351.5
10	Ellenton Ice & Sports Complex	343.5
11	Wonderland of Ice	337
12	Skating Club of Greater Youngstown	318.5
13	Skatetown	312
14	Capital of Texas Figure Skating Club	307.5
15	City Plaza Ice Palace	264.5
16	Yonkers Figure Skating Club	249
17	Northbrook Park District Sports Center	248.5
18	Pilgrim Skating Arena	230.5
19	San Diego Ice Arena	224
20	Capitol Ice Academy	220
21	Dublin Iceland	219
22	Galleria Ice Skating Center	208
23	Norwich Ice Rink & Skating School	201.5
24	Fredericksburg Ice Park	193.5
25	Albany Figure Skating Club	187.5

of the ice skating-themed purses that are all the rage with ISI skaters.

Lancome, another generous sponsor, gave away two age-appropriate makeovers each day. Worlds participants received "chances" for the special treat in their registration packets, and daily drawings determined the recipients. In addition, Lancome donated massive beauty gift baskets that were raffled off for the hard-working event volunteers.

Olympian Emily Hughes drew a full house of enthusiastic, appreciative skaters, parents and fans to the ISIA Education Foundation's annual Benefit on Ice show at the end of the week (*see page 10*).

Those who combined vacation time with their Worlds trip visited area beaches, enjoyed Boston's famous "Duck Tours" and brushed up on their American history with strolls along the Freedom Trail.

"From beginning to end, on the ice and off, it was a huge success — a fabulous week and an upbeat event," said Patti Feeney, ISI's managing director of member programs and services. "We hope everyone is making plans now for next year's Worlds in Chicago." ●

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Benefit on Ice Starring Emily Hughes Raises Funds for Scholarships

by Lisa Fedick

Each year it is difficult to remember a Benefit on Ice show that was any more entertaining than the current one, and the 2006 event was no exception. This year's show was held on July 28 at the New England Sports Center in Marlboro,

Mass. and featured Worlds participants from nine states, the Philippines and Great Britain, with ages spanning multiple decades.

The Benefit on Ice is an annual ISIA Education Foundation event held during Worlds week to raise scholar-

ship funds for ISI members. Both of the 2006 scholarship recipients were not only present at the show, but also performed in it. Kaylyn McDaniel of Stillwater, Minn., a freshman at the College of St. Catherine, performed an upbeat program to "Walkin' on Sunshine." Hometown heroine Stephanie Crisp of Hanson, Mass., a freshman at Northeastern University, skated a lovely artistic program to "On My Own" from *Les Miserables*.

Melinda McMullen of Poland, Ohio and Jacqueline Sullivan of Yonkers, N.Y. were the two lucky young ladies whose winning Foundation raffle tickets earned them each a solo spot and the opportunity to join

Foundation President Donald Bartelson (left) and 2002 scholarship recipient and Foundation trustee Heather Aseltine (right) presented this year's ISIA Education Foundation scholarships to Stephanie Crisp (in red) and Kaylyn McDaniel (in yellow).



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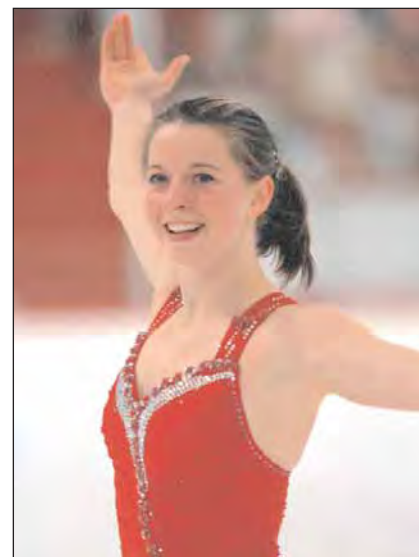
the cast of the show. The popular Skate with the Stars raffle has rapidly become a major component of the Foundation's fundraising program.

The celebrity skater headlining this year's Benefit on Ice was none other than 2006 Olympian Emily Hughes, whose infectious grin,

youthful exuberance and tremendous talent have made her one of the great ambassadors of our sport, both on and off the ice. Emily treated us to two programs. The first was a powerful artistic routine laced with double jumps, intricate footwork and uncommon flexibility, which included an inside back spiral that somehow turned into a layback spin. This unlikely combination of moves left most of us scratching our heads, thinking, "Did I just see that?" But it was Emily's second program that brought the house down. Dressed in a black and silver unitard, skating to "Proud Mary," Emily was pure electricity.

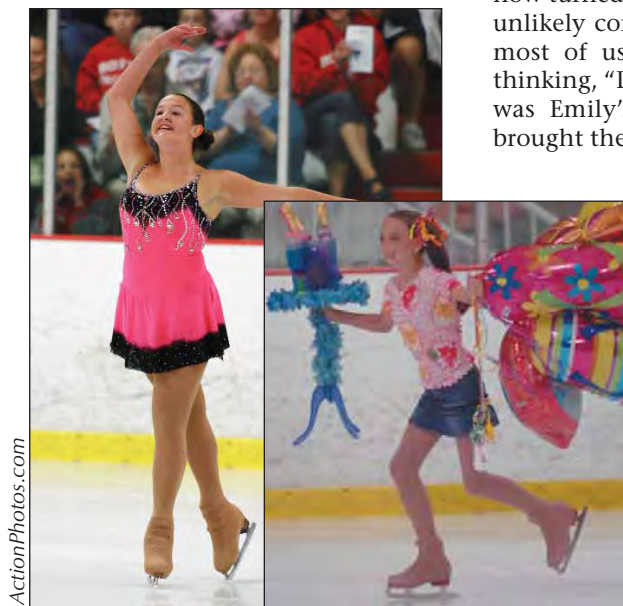
She appeared in the lobby a short time after the show in jeans and T-shirt, accompanied by her parents

Jacqueline Sullivan (left) and Melinda McMullen were the two lucky Worlds participants whose Skate with the Stars raffle tickets were drawn, earning them each a solo spot in the Benefit on Ice show.



Benefit on Ice star Emily Hughes wowed the crowd with two powerful programs.

and looking every bit the part of a typical teenage girl having a great night out. For well over an hour she smiled for every photo and signed hundreds of autographs on a multitude of objects, until everyone left with smiles on their faces and dreams in their hearts. ●



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One Special Week, A

The most rewarding experience at Worlds was seeing all the different skaters of different ages and levels from all over the world, gathered in one place. That's something you can only get at a Worlds competition. My favorite part about competing in ISI events is that you get to just relax, skate and have the time of your life!

—Julie Brown

Only in an ISI event can you come upon such camaraderie.

—Lesley Connolly,
Mom of Brennan and Jessica

My most rewarding experience was hearing the crowd and seeing them on their feet and clapping to the music during my spotlight program!

—Kellie Ann Shawn

I met so many great people, especially adults, who watched the competition and are inspired to get on their skates and join ISI classes.

—Linda Spinale

The thing that I like best is the atmosphere. Everyone is there to skate their best, but mostly to have fun! And you get to see everything from a freestyle program to the yellow brick road skating in a spotlight.

—Alice Murphy

I keep a journal of each year at Worlds and I love looking back and reading my memories from all the previous years. I can't wait until next year!

—Caity Callahan

Meeting Emily Hughes was a highlight; my daughter has been a fan of hers forever. I don't know how Emily kept a smile on her face as she posed with TONS of fans!

—Debbie Swanson

One coach said to me, "The winners are those that go out and have fun," and that's what I did — I went out and had fun!

—Michelle Zakrzewski



Lifetime of Memories



At our hotel we had our doors decorated for Team Splash, and then some other teams from Alaska, Roseville and San Diego started decorating their doors. It was fun to meet everyone at breakfast every day and see the girls trading pins and getting so excited.

—Jenny Rose Hendrickson

The most special memory from the 2006 ISI World Championships was going on the cruise on Boston Harbor. My friends and I had a great time dancing and meeting other skaters. The view was beautiful, too.

—Ashley Lynn Assad

A memory that I will always remember is with my team compulsories, all in hula dresses and tank tops, in a freezing arena listening to the Beach Boys, laughing and having a great time!

—Hannah Coughlan

I had fun and worked hard. I only got one first, which was OK because I had so much fun.

—Stephanie Birnbaum

It was cool to travel to Boston and stay overnight. My most rewarding experience was landing my double Salchow for my FS 6 routine because it was the first time I landed it in competition, and it just felt amazing. ISI is a fun way to skate and to meet some really awesome people.

—Dori Zweig

My most special memory was skating with my mom in our family spotlight and meeting Emily Hughes.

—Haley Mello

What I have enjoyed the most is that ISI events are fair. I only have to skate against people of the same level and age, making the competition more enjoyable and less stressful. Everybody has a fair chance to skate well and have fun, and that's the purpose of recreational skating.

—Aviva Cantor



Becoming a Competitor

Last of a series

by David Jacobson

In our last article, we helped skaters hone their competitive edges by considering what it means to become a competitor. This time we provide specific tips on *how* skaters can become competitors.

In Positive Coaching Alliance's "Becoming a Competitor" workshops, we define "competitors" as those who strive to make themselves better, make teammates better and make the sport better.

To make themselves better, skaters should:

- **Institute a "mistake ritual."** The *fear* of mistakes makes you more passive and causes more harm than actually *making* mistakes does. When you stumble on the ice, a small mistake ritual can help you recover and be ready for the next part of your routine or game. We recommend a physical action, such as an imaginary toilet flush to "flush" mistakes, or a wipe of the brow to indicate "no sweat."

- **Have a "Plan B" to create "good crummy days."** Competitors have crummy days just like everyone else. The difference is in how they respond. Competitors turn crummy days into "good crummy days" by having a Plan B. They have in mind actions to keep them in the game. If you're not hitting Axels, Lutzes or slap shots the way you'd like, you can still make sure that you're working as hard as possible on your conditioning. Don't let a temporary inability to execute deprive you of all the other benefits of practice and competition.

To make teammates better, skaters should:

- **Fill emotional tanks:** Skaters have "emotional tanks" just as cars have gas tanks, and both must be full to keep the "engine" running. It is important that competitors fill their teammates' E-tanks. Competitors boost their teammates with comments such as "You can do it!" or "Great try!" on a regular basis so it becomes a habit. Use a "buddy system" with another teammate during practice to fill each other's E-tank.

- **Heed the "Magic Ratio."** The "Magic Ratio" is five specific, truthful praises for every one constructive criticism. For example, "You have put forth a great effort today. I can see how hard you were trying on that last jump. You had great height and spun at exactly the right time, and you even stuck the landing. If you hold that left leg in position just a touch longer, you might score higher."

- **Be windows, not mirrors.** People who are primarily concerned with their own performance tend to "look into a mirror." Competitors are leaders who "look through

a window" and share what they see with teammates to help them improve. Competitors preface their advice to teammates in ways that preserve good feelings and confidence, such as:

- "Are you open to a suggestion?"
- "What do you think about this?"
- "Here's an idea ..."
- "Here's something I noticed."

To make the sport as a whole better, skaters should:

- **Develop Honor-the-Game routines.** Competitors build actions into their routines that demonstrate their commitment to Honoring the Game. Remember, Honoring the Game gets to the ROOTS of positive play, where ROOTS stands for respect for: Rules, Opponents, Officials, Teammates and Self. Here are some Honor-the-Game routines that individuals and teams have developed and used. Feel free to develop your own routines.

Individual

- Thank each judge or official before and after each competition, regardless of how well you think he/she did.
- Introduce yourself to your opponents before the game and wish them good luck.
- Make a point of shaking hands with your opponents after each competition, look them in the eye and say something positive to them.
- Remind yourself before each competition that you are the kind of person who honors the game regardless of what other people do.

Team

- Make signs welcoming your opponents to your rink or arena.
- Have your entire team shake hands with the judges or officials after the game.
- Provide refreshments for the other team at the end of the game, and take time to talk with them.

Some of these suggestions will be more comfortable for you than will others. However, used in the right combinations, consistently, they will help you become a competitor.

To learn more about PCA's workshops, contact them at (866) 725-0024 or PCA@PositiveCoach.org, or visit PositiveCoach.org.



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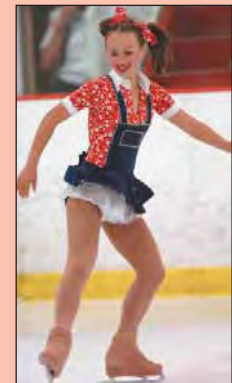
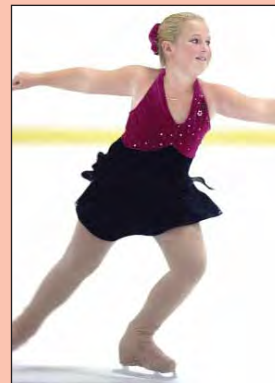
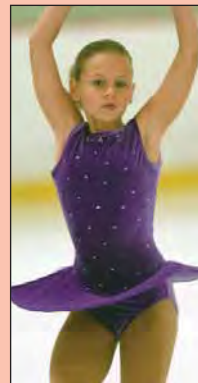
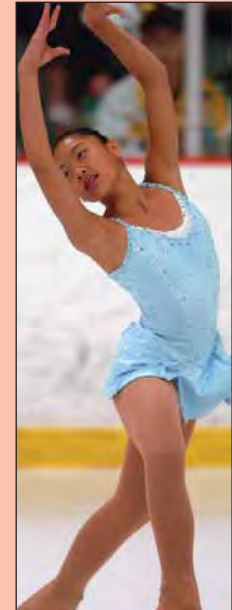
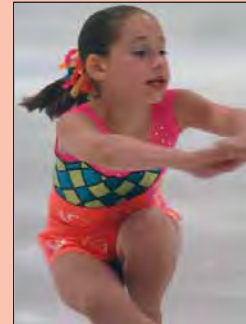
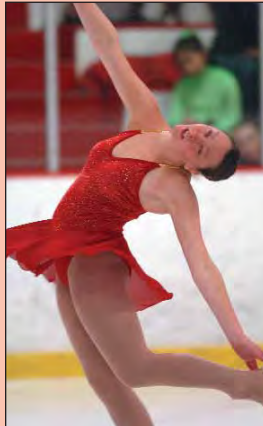
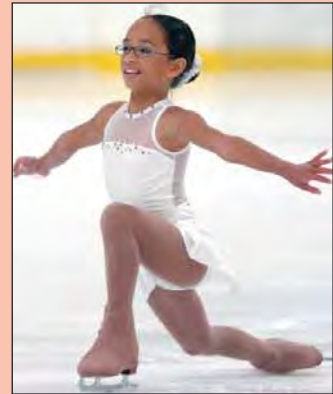
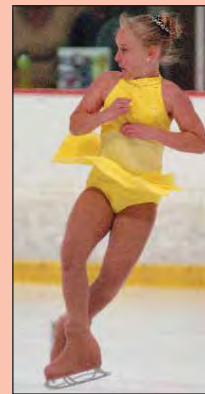
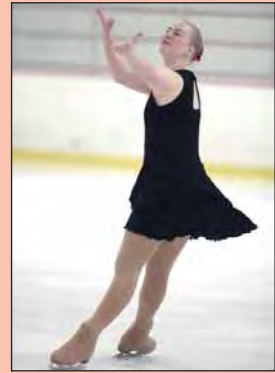
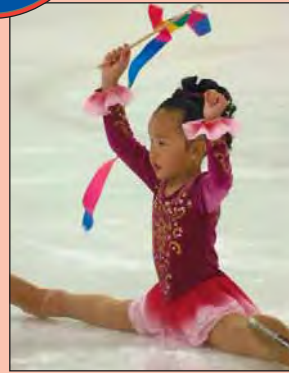
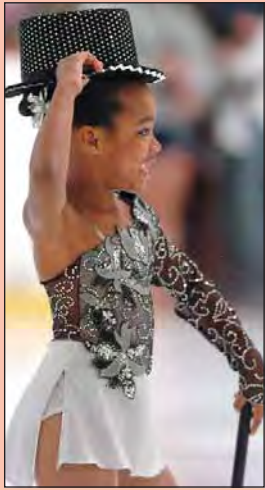
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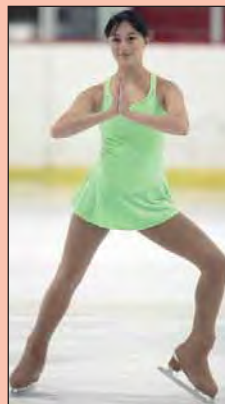
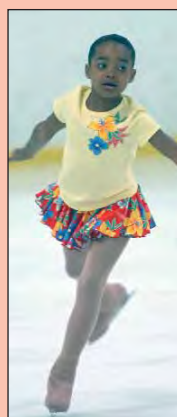
2006 Wor



Id's Gallery



Professional photography by ActionPhotos.com,
Submitted photos by ISI members



I'm working on my double toe loop. Do you have any tips? I am having trouble with height and rotation. I would like a pen pal around my age and level.

Leah Keune, 13, FS 6
New Ulm Civic Center
New Ulm, Minn.

To celebrate the landing of your double toe, make sure your take-off is correct — that is where most mistakes are made. Try a jump harness lesson to help with the rotation and feeling for the correct landing. Good luck!

I love skating! I am hoping to test for FS 3 and 4 as soon as possible. I would like to request Annie Shuey as a pen pal.

Danielle White, 13, FS 3
Icearium
Maryville, Tenn.

I have been skating for about a year and a half, but I have practiced real hard so I got my jumps pretty fast. I can land my Axel pretty consistently, and am working on my double Salchow. Some days I get it, and

others I don't. In spins, I am working on getting more rotations on my camel and I am starting a flying camel. I would like to have Katie Lister or Alyssa Jacobsen as my pen pal.

Emily Horstmeyer, 14, FS 5/6
Ice Midwest
Overland Park, Kan.

I have been skating for one year. I have been in three competitions and I've done great in them. I like to help the younger kids at Fort Myers Skatium so they can improve in skating. The weird thing is, I moved from up north four years ago and I never wanted to skate there, and then I moved to Florida and I want to skate, and it is hot down here. I am trying to get a scholarship for skating.

Jordanne Byrd, 14, FS 1
Fort Myers Skatium
Fort Myers, Fla.

Every time I get on the ice, I never want to get off! I started skating again after a two-year break (one of my toes was broken and it healed weird), and have moved up three levels in about five months. Do you have any tips on the sit spin and change-foot? I travel a lot on my change-foot, and I can't stay down low for a long time on my sit spin. I skate about twice a week, sometimes more and sometimes less. I love your magazine because you can get a lot of good advice. I would like to request Crystal Curry or Samantha Loftus for a pen pal, or someone around my age and level would be great!

Christiana (Ana) DeJong,
14, FS 3/4
Center Ice of DuPage
Wheaton, Ill.

What a gal — two years off the ice with a broken toe and still moving up

the ladder! I am so impressed with your determination. To keep you heading in the right direction to perfecting those spins, work on your shoot-the-duck to help you stay low on your sit spin. The traveling problem will be taken care of if you center yourself before you start changing feet, and you know what that takes, right? Finding the special spot on your blades called your sweet spot. Stay strong!

I would like a pen pal my age and close to my level or better so I can talk about new things. There was a girl in your magazine named Caitlin Shanahan who also lives in Illinois. Could you connect me with her?

Krissy Bitsky, 8, Delta
Oak Sports Arena
Kankakee, Ill.

I have been skating since I was 7, but just got serious last fall when I joined a new skating program. I also got a private coach around March. The new skating program must be better, because I went from Gamma to Freestyle 2 in less than a year. My favorite moves are the waltz, toe loop and Salchow jumps. The most troublesome move for me is the scratch spin. I can't seem to get my foot over without falling. Any suggestions? After all my hard work, I got to compete for the first time this summer in ISI Worlds in Freestyle 1, artistic and theater on ice.

Samantha Petracca, 11, FS 1/2
John Gallo Ice Arena
Sandwich, Mass.

Sounds like you are on some solid edges — hats off to your great progress! Spin trouble can be frustrating, but the key is to get centered before you push your free leg down (heel first) along your skating leg at the same time you pull the arms in. Get ready to spin like a top!

Looking for a pen pal!

If you would like to be pen pals with any of these ISI members, send your name, e-mail address and ISI member number to editor@skateisi.org. **Pen pal requests will not be processed without member numbers.**

Alyce Appleby, 12, FS 7/8
White Bear Lake Sports Center
Mahtomedi, Minn.
(seeks similar age and level)

Betty Keehn 50, FS 6
Desert Schools Coyote Center
Peoria, Ariz.
(seeks male, similar age)

Camille Espinoza, 11, Gamma
Dublin Iceland
Livermore, Calif.
(seeks similar age)

Don't Forget!

We need all the information listed in the box on page 5 before we can print or process your letter.

I have been skating for about a year and a half, and I absolutely love it. I have a ton of skating friends at the rink where I skate, but most of them are younger than me. I would really like it if someone in FS 5 or lower and maybe in San Diego could be my pen pal. Maybe we could even see each other at the Skate By the Sea competition at my home rink.

Kristin Hill, 12, FS 5
La Jolla Icetown
San Diego

I'm at Freestyle 4/5 because I can't get my Axel! I would like a girl or boy pen pal who is at my level and is having the same trouble with keeping up their left leg on both their double Sal and Axel! Tips would be so good right about now!

Emily Voorhees, 13, FS 4/5
Aspen Ice
Lafayette, N.J.

There are many skaters who share your problem. Not landing on one foot can be frustrating, to say the least. If your arena has a jump harness, USE IT. This will give you the feel for landing on one foot. Another thought is the power of positive thinking. BELIEVE YOU CAN DO IT!

I'm perfecting my Lutz, sit spin and camel spin. I started competing solo this year, and I've had a blast. I started skating when I was 8. When I was younger, I did hockey for three days and then quit, which my dad was not happy about because my family is a hockey family. I spent about five years without ice and decided to ice skate. I would like a pen pal about my age and level.

Paige Johnson, 11, FS 5
Mount Pleasant Ice Arena
Mount Pleasant, Mich.

I have barely any friends at my ice rink. I just passed my Beta test and am moving on to Gamma. I love to skate! It is really fun once you nail a trick.

Sulochana Marpadga,
11, Gamma
Ontario Ice Skating Center
San Bernardino, Calif.

I would like request Carly Hayes or Katie Lister as pen pals, or anyone

else around my age or level. I have my Axel and am really close to landing my double Salchow. I would like some help on my double loop. I under-rotate by a counter rotation. I also would like help with my Russian split jump; when I do it I normally end up doing a regular split jump.

Brianna Fullerton, 12
Desert Schools Coyote Center
Chandler, Ariz.

The double loop is tricky because it is all in the timing of the take-off. You need good edge control and enough height to complete your rotation. If you have access to a jump harness, I think it would help. The Russian split can be improved if you understand the correct body position. Remember, you are in a sit position with your legs split, knees straight, toes pointed and hands touching your ankles. Good luck!

I love ice skating. I am working on my Axel and trying to land it. I am also working on my camel combos and sit combos. I was on a team

last year called Team Elite of Fox Valley Ice Arena. We attended the Bensenville National Championships. This year our new team name is Ice Innovation. In my free time, I enjoy playing outside with a lot of my friends. I would like to be pen pals with Katie Lister.

Katie Baughman, 11, FS 5/6
Fox Valley Ice Arena
Geneva, Ill.

I love skating. This fall, I will also be on a formation team. I'm in third grade and I also like to play soccer. I would like a pen pal about my age and level.

Sara Kostecka, 8, FS 3
Franklin Park Ice Arena
Oak Park, Ill

I love skating! I am working on my camel spin. I would like Grace Wood to be my pen pal. If not, then I would like a girl that is 11 and about the same level.

Vivian Chang, 11, FS 5
Line Creek Community Center
Kansas City, Mo.●

Skaters Pass High-Level Tests

Congratulations to the following ISI skaters, who recently passed high-level freestyle and dance tests.

FS 8

Adam Blake
Ice Chalet

Haleigh Dufor
Nashoba Valley

Lindsay Firestone
Fort Myers Skatium

Kallison Funk
Roseville Skating Center

Katie Godfrey
Roseville Skating Center

Jen Smidl
Apple Valley Ice Arena

FS 9

Jennifer Milewski
Charles Moore Ice Arena

Dance 8

Sarah Brown
Ice Chalet

Kassandra Hazard
Ice Chalet

Dance 10

Joylyn Yang
Ice Oasis

calendar

ISI-endorsed competitions & shows/exhibitions

Deadline for Winter R/S Calendar: Oct. 15

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

competitions

september



- 8-10 **Nashville, Tenn.**
Centennial Sportsplex
ISI Adult Championships
- 8-10 **Westminster, Calif.**
Westminster Ice Arena
District 15 Championships
- 9-10 **Valencia, Calif.**
Ice Station Valencia
1st Annual Autumn Classic
- 15 **Arlington, Texas**
ICE at The Parks
3rd Annual ISI Open Competition
- 24 **University Park, Pa.**
Penn State Ice Rink
Abby Yeagley Memorial
ISI Team Competition
- 29-
Oct. 1 **Houston**
Polar Ice Galleria
21st Annual Gulf Coast
Open Team Invitational

october

- 7-8 **Newark, Ohio**
Newark Ice Arena
Newark Ice Arena ISI
Competition
- 13-14 **Clearwater, Fla.**
TBSA Countryside
TBSA Countryside Fall
Competition
- 14 **Coral Springs, Fla.**
Incredible Ice
7th Annual Incredible
Challenge
- 21-22 **Aliso Viejo, Calif.**
Aliso Viejo Ice Palace
11th Annual ISI Open
Competition
- 26-29 **San Francisco**
Yerba Buena Ice
Skating Center
Skate San Francisco
- 27-28 **Woodbury, Minn.**
Bielenberg Sports Center
2006 Skate Woodbury
ISI Classic
- 28-29 **Rockland, Mass.**
Winterland Skating School
20th Annual Winterland
Halloween Classic
- 28-29 **Naperville, Ill.**
All Seasons Ice Rink
Great Pumpkin
Competition

november



- 3-5 **Denver**
South Suburban Ice
Arena
ISI Artistic Challenge
- 4-5 **Yorktown, Va.**
Hampton Roads IcePlex
5th Annual Fall Classic
Open
- 10-12 **Tampa, Fla.**
Ice Sports Forum
ISI Fall Challenge
- 12 **Anaheim, Calif.**
Anaheim ICE
6th Annual Anaheim
ICE Synchro
Championships
- 21-22 **Simi Valley, Calif.**
Easy Street Ice Arena
4th Annual ISI Open
Competition
- 25-26 **Skokie, Ill.**
Skatium
All American Team
Competition

2007

january

- 13-14 **San Diego**
Kroc Community Center
5th Annual ISI Open
Competition

february



- 16-18 **Oxford, Ohio**
Goggin Ice Arena
ISI Winter Classic

march

- 3-4 **Highland Park, Ill.**
Centennial Ice Arena
Lucky Stars Open
- 30-
April 1 **Knoxville, Tenn.**
Ice Chalet
38th Annual MVDC

april



- 13-15 **Blaine, Minn.**
Schwan Super Rink
ISI Synchronized
Championships

july



- 22-29 **Bensenville, Ill.**
Edge Ice Arena
ISI World Recreational
Team Championships

september



- 21-23 **Las Vegas**
Sobe Ice Arena
ISI Adult Championships

november



- 2-4 **Bridgeport, Conn.**
Wonderland of Ice
ISI Artistic Challenge

shows & exhibitions

october

- 1-
Dec. 31 **Houston**
Aerodrome Willowbrook
Skating Academy
Exhibition

november

- 14-
Jan. 14 **Houston**
Aerodrome Willowbrook
Holiday Exhibition

december

- 1-2 **Springdale, Ark.**
Arkansas FSA
A Rootin' Tootin'
Country Christmas
- 6-9 **Knoxville, Tenn.**
Ice Chalet
Nutcracker On Ice
- 8-9 **San Francisco**
Yerba Buena Ice
Skating Center
Holiday 2006 Once
Upon A Time - On Ice
- 8-10 **Houston**
Aerodrome Willowbrook
9th Annual Nutcracker On Ice
- 8-10 **Evanston, Ill.**
Robert Crown Center
32nd Annual Nutcracker
- 9 **Anaheim, Calif.**
Anaheim ICE
12th Annual Holiday
Spectacular
- 9 **Highland Park, Ill.**
Centennial Ice Arena
An Evening at Centennial
- 13 **San Diego**
Kroc Community Center
Holiday Magic On Ice
- 17 **Arlington, Texas**
ICE at The Parks
Holiday In The Park - 2006

2007

april

- 15 **Highland Park, Ill.**
Centennial Ice Arena
Spring Exhibition

may

- 12 **Hoffman Estates, Ill.**
Hoffman Estates Park
District Ice Arena
Cruisin' the World
- 18-20 **Highland Park, Ill.**
Centennial Ice Arena
Heroes and Legends



- 29-
June 1 **Minneapolis**
Sheraton Hotel
iACT/MIAMA
Conference & Tradeshow

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

2007

ISI Skating Events Calendar



ISI Winter Classic

February 16-18
Goggin Ice Arena
Oxford, OH

Entry deadline:
Dec. 1, 2006



ISI Synchronized Championships

April 13-15
Schwan Super Rink
Blaine, MN

Entry deadline: Feb. 1, 2007



ISI World Recreational Team Championships

July 22-28
Edge Ice Arena
Bensenville, IL

Entry deadline: May 1, 2007



ISI Adult Championships

September 21-23
Sobe Ice Arena
Las Vegas, NV

Entry deadline:
Aug. 1, 2007



ISI Artistic Challenge

November 3-4
Wonderland of Ice
Bridgeport, CT

Entry deadline:
Sept. 1, 2007

Check out the following pages and start planning your 2007 ISI competitions schedule today!

Skate for the fun of it!

Skaters have been waiting for more information on the lineup for the Ice Skating Institute's 2007 events. This special section will give you everything you need to start planning your competition schedule for next year.

All ISI skating events give you a chance to compete against others with similar ability close to your age. And when you compete in these events you'll receive rewards for your hard work regardless of your skating level.

ISI events are held in exciting locations and are a good excuse for the whole family to get away—some families even plan vacations around the competitions!

One of the best things about competing at ISI events is that you meet skaters from all over who share your love of the sport. Many have made lifelong friends at ISI skating events. The competitions are held in different areas of the country each year, so you can travel to exciting locations and hang out with your skating friends as you compete for the fun of it.

Read this section to find out about everything ISI has in store for you in '07. You'll find event descriptions, locations, entry deadlines and Web sites to visit when planning your trip and suggestions for what to do in each city.

Choose your events and register using the forms at www.skateisi.org. Be sure to sign up right away so you can get busy practicing your routine. Make 2007 your best competition year ever!

Be sure to watch www.skateisi.org as the event draws closer for more details on special hotel rates, event schedules and more!



Winter Classic



February 16-18
Goggin Ice Arena
Oxford, OH

Entry deadline: Dec. 1, 2006

Find out more about things
to do in Oxford, OH at:

www.enjoyoxford.org
www.oxfordchamber.org
www.cityofoxford.org

Be sure you don't miss the first national event of the '07 skating season! ISI Winter Classic is your chance for a weekend of non-stop fun at the hottest winter skating event in recreational ice skating.

This year the event will be held in Oxford, OH at Miami University's brand new Goggin Ice Arena, home of Miami University Hockey and the university's internationally recognized synchronized skating team. You'll love skating and hanging out with your friends in this new, state-of-the-art facility with two NHL-size ice sheets and seating for 3200 fans.

Thirty miles outside Cincinnati, Oxford boasts a wide variety of restaurants, nightlife, sporting events and cultural experiences. When you're not on the ice competing you can take a tour of the historic university campus, stroll through Hueston Woods State Park, dine in uptown Oxford or immerse yourself in Oxford's abundant art and theater choices.

For those of you who enjoy shopping, there's no shortage of novelty and specialty shops to browse. And if you're into history, you'll find Oxford rich in museums, walking tours and architecture from the 1800s.

Winter Classic and Oxford, OH have something for everyone, so be sure to save a place on your calendar for this exciting event!



Synchronized Championships



April 13-15
Schwan Super Rink
Blaine, MN

Entry deadline: Feb. 1, 2007

Find out more about things
to do in Blaine, MN at:

www.ci.blaine.mn.us
www.minneapolis.org
www.stpaulcvb.org

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

While you're there, be prepared to have a great time, because the rink is only 25 minutes north of the city known as the "Most Fun City in America!" Minneapolis boasts 22 urban lakes. You can even canoe nearly two miles through the "Chain of Lakes" near downtown! Minneapolis also has one of the best park systems in the country, with 170 parks within the city limits.

Minneapolis has the largest mall in the country AND there's no tax on clothing and shoes! Top off your shopping experience with fabulous restaurants near the Schwan Super Rink or in the city's Warehouse District, Riverfront District, Loring Park, Uptown or on "Eat Street," a 17-block global eating adventure along Nicollet Avenue. In addition to the live entertainment on Nicollet Avenue, you'll also find plenty of art and culture as well as sports entertainment in the Twin Cities area.

Don't miss out on this fabulous, synchronized skating experience!



World Recreational Team Championships



July 22-28
Edge Ice Arena
Bensenville, IL

Entry deadline: May 1, 2007

Find out more about things
to do in Bensenville, IL at:

www.chicagotraveler.com
www.choosechicago.com
www.bensenville.il.us

The ISI World Recreational Team Championships is ISI's premier annual event—a true skating extravaganza for tots to senior adults, individuals and teams. There's nothing else like it, so start making your plans now to be a part of the ISI spirit of camaraderie in Bensenville, IL, about 20 miles west of Chicago.

The event will be held at the Edge Ice Arena in Bensenville. With three premier skating surfaces complete with seamless glass, seating for 2,500 fans as well as luxury sky-boxes, the Edge Ice Arena is among one of the largest and most impressive ice skating facilities in the country. When you compete at Worlds '07 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.

Start making your plans today to be a part of this fun-filled event!



Adult Championships

September 21-23
SoBe Ice Arena
Las Vegas, NV

Entry deadline: Aug. 1, 2007



It's back to Las Vegas for the 2007 ISI Adult Recreational Championships! 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 2005 event!

Vegas is the ultimate adult playground, and our adult skaters can't seem to get enough of it. All your favorite things are here in one location—skating, fine dining, partying, playing your favorite casino games and lots of 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. It's located at the Fiesta Rancho Hotel and Casino, which boasts restaurant options such as Blue Agave Steakhouse, the Baja Beach Café, Festival Buffet (where you're invited to eat your way around the world, with six live-action cooking stations) and Garduno's, which has been voted the best Mexican restaurant in Las Vegas for over 10 years.

At Club Tequila, Fiesta Rancho's own two-level nightclub, skaters can groove to their favorite rock tribute bands on Friday nights, oldies and R&B on Saturdays and Latin 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. And don't forget to leave some time in your schedule to visit Vegas' famous Strip, only 10 miles from Fiesta Rancho!

Find out more about things
to do in Las Vegas, NV at:

www.visitlasvegas.com
www.lvcva.com
www.a2zlasvegas.com
www.goingtovegas.com



Artistic Challenge



November 3-4
Wonderland of Ice
Bridgeport, CT

Entry deadline: Sept. 1, 2007

Join us for the third annual ISI Artistic Challenge—the only national event that gives you the chance to showcase your flair for the dramatic side of skating. This event is quickly becoming a favorite for recreational skaters as it features themed spotlight, couples interpretive, rhythmic skating and ensemble events and so much more!

How appropriate that this year's event will be held in Bridgeport, CT, a city alive with the arts! Visit P.T. Barnum's circus museum, the hands-on Discovery Museum and Planetarium or spend an evening with the Greater Bridgeport Symphony.

The city also houses Connecticut's only zoo! You'll find shopping and exciting dining options galore at Captain's Cove where you can also book a harbor cruise, enjoy exciting live entertainment or see the Nantucket lightship, a floating lighthouse dedicated to preserving an important part of America's maritime heritage.

Don't miss this opportunity to show your artistic talent on the ice in a city full of artistic energy!



Find out more about things
to do in Bridgeport, CT at:

ci.bridgeport.ct.us
www.tripadvisor.com

WWW.SKATEISI.ORG

Keep your ISI membership current!

Ask your skating coach if your class registration includes ISI membership. You can register to become an ISI member at www.skateisi.org in the Membership Info section. Once you're an ISI member you'll receive a renewal form in the mail. Be sure to keep your ISI membership current so you don't miss out!

Skaters who are ISI members get:

- Recreational Ice Skating—a quarterly magazine featuring recreational ice skaters, programs, events and tips
- Opportunity to earn patches and certificates
- Test registration
- Opportunities to perform locally and nationally
- Personalized membership card
- Excess accident insurance
- Access to skating manuals and brochures

Special Things for Skaters...

- The **NEW Skaters and Coaches Handbook 2006 Edition** is a complete manual of all the test standards for the ISI's more than 80 testing levels.

An example of the information in this manual is: "One Foot Snowplow Stop. A complete stop must be made in good balance using the inside edge of either the left or right foot for the skidding or stopping action. The entire maneuver must be performed in a straight line, and after stopping the skater must remain in the position for a count of three."

All of the descriptions are clear and easy to understand. Each section of the manual contains general rules that apply throughout those levels, for example: "The compulsory part of the test, consisting of the six or seven maneuvers, must be taken before the program portion of the test may be taken."

The handbook will assist you in preparing to enter ISI recreational ice skating team competitions. It defines the various types of events you can enter, the eligibility rules for participation and performance rules for each event and level. You'll also get an in-depth understanding of how to prepare for and what to expect at competitions. This handbook is a must-have for all recreational ice skaters wishing to participate in recreational team competitions.

This manual also outlines an achievement program of 10 tests and offers direction for implementing and instructing our Special Skater program.

- The Hockey Skating Skills book is a guide for skating skills required to play hockey. You'll also find lists of required equipment for the various levels of the sport.
- The Hockey Skills book outlines five test levels for passing and shooting skills. This guide gives you clear, concise, easy-to-follow descriptions of each element so you'll be thoroughly prepared to pass each test.

You can order the publications by faxing or mailing this order form to:

Ice Skating Institute, 17120 N Dallas Parkway #140, Dallas, Texas 75248 • Fax: 972.735.8815

Name _____
Address _____
City, State, Zip _____
Telephone _____ E-mail _____
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☐ Yes, I'd like to receive e-mail updates from ISI.

Yes, send me the following ISI publications

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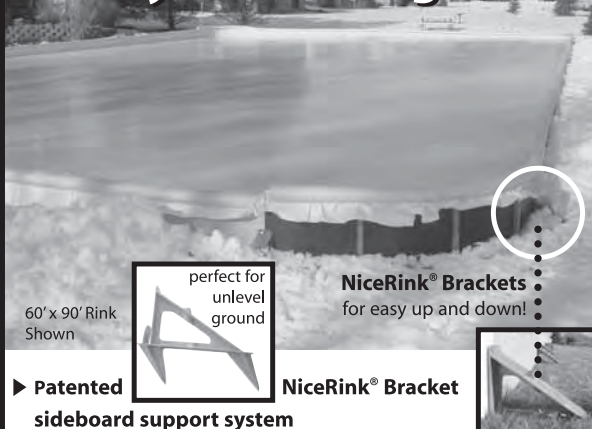
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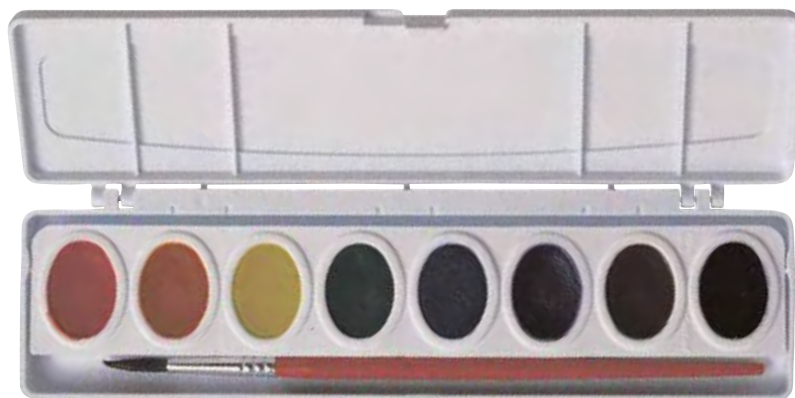
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Last year's contest was such a huge success that we have decided to make our Creativity Contest an annual holiday tradition.

If your design is chosen, it will be used as the official ISI 2006 holiday card and you will receive recognition in *Recreational Ice Skating* magazine as well as on the card itself.*

*Will YOUR design become
the official ISI 2006 holiday card?*

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!
- Do not fold or bend your art.
- You may send the artwork only, or you may add a sentiment if you wish.
- Include your full name, address, telephone number, e-mail address and ISI member number on a separate note.
- Submissions MUST be received in the ISI office no later than October 15, 2006.
- NOTE: Materials cannot be returned.



Send to:
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17120 N. Dallas Parkway, Suite 140
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*The winning artist must assign the Ice Skating Institute ownership of, and all rights to, the winning design.

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