



Spring 2006

ice skating



Worlds 2006 Making History in Boston



Winter Classic
Results & Photos

Interview with an Olympian



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SPRING 2006/VOL. 30, NUMBER 3

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the write stuff

letters from our readers

Thank you for putting all the entries for the holiday card contest online. It was a thrill to see Willow's entry, of course, and it was wonderfully fun to scroll through all the drawings. The judges had a hard job — picking just one out of all those beautiful cards must have been really difficult! We love getting the ISI magazine. Keep up the good work!

**Christine Pedersen
Hartfield, Va.**

I have been skating for about 2 1/2 years. I recently had to take a break. I hate that I have had to stop what I love doing but I still go to the rink to practice a little. I still remember much of what I had learned and I would love to have a pen pal a little younger than me and about one or two levels below me; that way I could

give them advice on whatever I can! I would love to have Sarah Porter and Rachel Larson for pen pals.

**Amber Croan, 14, FS 3/4
Iceoplex Escondido
Temecula, Calif.**

I love skating! I am in Freestyle 6 and I am also on a synchronized skating team (the South Bay Sunsets). I would like to thank all of my coaches, past and present, as well as my mom — thanks for putting up with me and driving me to the rink and to competitions and for giving me the chance to participate in a sport that calls for so much time and expense. Thanks to Jannie Choi, Brandee Marvin, Kelly Witt and Alison Kending — I wouldn't be where I am today if it weren't for you guys! I am working on getting a consistent Axel and dou-



*** 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.

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.

ble Salchow, and I am also trying the double toe loop, double loop and double flip. In the spins area, I am still working on making my camel spin better, and also on flying camel and layback. Do you have any tips for the flying camel and layback? I would love to have an e-mail pen pal around my age and level.

Elizabeth Goo, 14, FS 6
Skating Edge Ice Arena
Torrance, Calif.

Spin doctor to the rescue! First, you are on the right track by improving your camel spin, which will help the flying camel. I'll bet you are jumping too soon on your flying camel entrance. Take your time and make sure you are on a true forward outside edge. For a great layback, practice spinning, pushing your hips forward.

I have been skating for almost three years, but I really only got serious about a year ago when I got my amazing coach. She's awesome and has improved me in so many ways. Skating is my life, and I love it so much! I love doing scratch spins, loops and spirals, and I started my Axel in January. The last time I wrote, I requested a pen pal and I got many requests. Only one so far has held through for me, so I want to give a shout-out to Katja! This time I'd like to also request Sarah Porter, Rachelle Manookian and Caroline Webber (because I lost her address last time.)

Megan Young, 12, FS 3
Aspen Ice
Roxbury, N.J.

I am in Alpha and have skated for almost a year. I also play the violin. I would like a pen pal who is my age who I can write to for a long time. I think it would be fun.

Georges Roumas, 7, Alpha
Vacaville Skating Academy
Vacaville, Calif.

Ice skating is the BEST sport! I have been skating since I was 4, but only started to really focus on it when I was 6. I am only in Freestyle 1, but my coach, Miss Holly, keeps teaching me moves from higher levels. My favorite moves are the spiral, sit spin, one-foot spin, loop and half Lutz.

Can you give me some tips on the flip (or is that in a higher level)? I keep on scratching the ice when I'm about to jump. I would like Elizabeth Bell to be my pen pal, or a girl who is 8-9 years old and in Freestyle 1-2.

Alissa Wang, 8, FS 1
Ashburn Ice House
Ashburn, Va.

Basics first! Don't try to rush your progression of jumps. Have you mastered your waltz jump and half flip from FS 1? Regarding your concern about scratching the ice before jumps, make sure you are on clean and true edges before you take off! Good luck!

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.
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Worlds 2006

Making History in Boston

by Lori Fairchild



ISI World Recreational Championships is Boston-bound for 2006, returning to the New England Sports Center (NESC) for another history-making event. Located about 40 minutes west of Boston, in Marlboro, Mass., the NESC last hosted Worlds in 2002, when 2,300 ISI skaters and their families enjoyed the four-rink venue and its outstanding location. Since then, the NESC has added a fifth ice rink and is once again ready to extend a warm welcome to the world's largest annual recreational ice skating event.

The NESC is a beautiful, state-of-the-art two-story facility featuring a full-service restaurant, a snack bar, a full arcade, a fitness center, spacious team rooms and plenty of convenient parking. Its five rinks are all under one roof, making the busy Worlds event a breeze for participants. A stunning double staircase leads to the restaurant and the atrium, from which all five rinks may be viewed. The atrium area will also serve as home to the Skater's Marketplace, where Worlds skaters can pick up their medals, pose for photos and shop for skating equipment and novelties, event souvenirs and other treats.

"When we hosted Worlds four years ago, we heard over and over again that the skaters and their families were eager to come back here," says Dolly Duke-Maggio, NESC's skating director. "They loved the convenience of having the entire event under one roof, with so much to see and do within a short drive. The Boston area is very family-oriented and a perfect place for a vacation, with lots of fun attractions for everybody — girls, boys, moms and dads."

Founded in 1630, Boston is one of America's oldest cities. It started as a seaport, so it's only fitting that Worlds begin with a harbor dinner cruise aboard the Provincetown II on Wednesday, July 26. Advance registration is encouraged (the 2002 cruise sold out!) and a form is available on page 9.

Friday evening's ISIA Benefit on Ice show will provide one of the week's most exciting highlights, featuring guest skating star and 2006 Olympian Emily Hughes as well as Worlds participants selected throughout the week. Seating is limited, so be sure to reserve your spot

and receive an early-registration discount with the form on page 19.

For details and updates on Worlds, including entry forms and hotel information, go to the ISI Web site at www.skateisi.org. Forms are also found on pages 22 and 23. **Registration deadline is May 1.**


Planning your Boston getaway

The NESC staff is preparing helpful tourist information for Worlds participants, and will offer brochures, restaurant menus, discount coupons and directions at the registration area. Look for information on historical landmarks, shopping, dining, clam bakes, even deep-sea fishing and golf — all within an hour's drive. Want to find your way to the Freedom Trail? Visit Walden's Pond or Plymouth Rock? Enjoy New England's famous seafood restaurants? Shop 'til you drop? They'll have it all covered for you.

Boston is packed with character and is a fascinating place to explore on foot, so don't forget to bring comfortable walking shoes.

Historic attractions,

Continued on page 8



Faneuil Hall Marketplace, a downtown Boston landmark for more than 250 years, originally was established as a market for merchants, fishermen and vendors, and later was the site of appearances by such leaders as George Washington and Samuel Adams. Today the restored building is a tourist attraction that houses more than 50 shops, 14 restaurants and 40 food stalls.



(Top left) For more than 120 years, the appearance of the Swan Boats in the Boston Public Garden lagoon has signified the official arrival of spring.

(Top right) The USS Constitution is also known as “Old Ironsides” because of the way the British cannonballs bounced off her hull in the War of 1812.

(Bottom right) Look for the statue of Paul Revere in the scenic Boston Public Garden, near the historic Old North Church on the Freedom Trail.

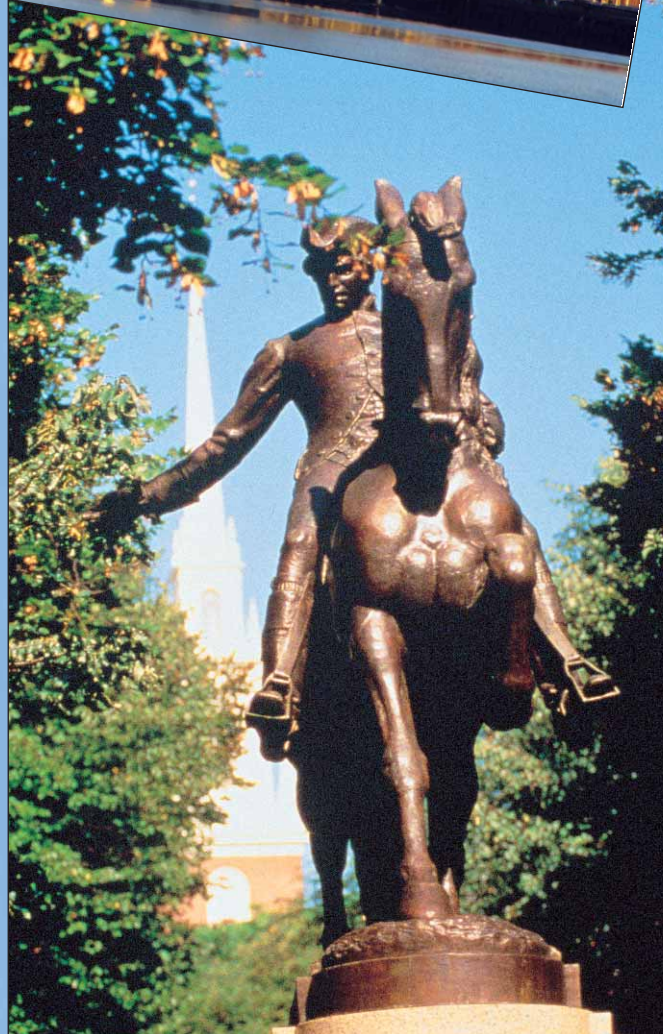
Photos courtesy of Greater Boston Convention & Visitors Bureau



What do you know about Boston?

(HINT: Researching Boston on the Internet is a fun way to get ready for your trip and show your family how smart you are — but it's strictly optional!)

1. Why is Boston called “Beantown”?
2. What were the names of the two primary opponents in the Revolutionary War?
3. What is another name for the American Revolutionary War?
4. Who were the Minute Men?
5. Name three important historic battles that took place near Boston.
6. How many sites are featured on the Freedom Trail?
7. For what is the Old North Church most famous?
8. What famous document was first read to the public from the balcony of Boston's Old State House?
9. What is the oldest building in downtown Boston?
10. For what event is the Boston Harbor best known?
11. America's first free public school and first library were founded in Boston. Can you name two other historic “firsts” that occurred here?
12. Which five states border Massachusetts?
13. Name three of the top universities or colleges located in the greater Boston area.
14. Which river runs between Boston and Cambridge, and is known for its rowing, sailing and sculling events?
15. Name three famous Bostonians, past or present.



Continued from page 6

museums, shopping districts and restaurants are situated in close proximity, making it easy and enjoyable to get around. It's a big city with small-city convenience.

Boston boasts one of America's first historic walking trails, The Freedom Trail, a 2.5 mile sidewalk trail that links historic sites covering two and a half centuries of America's richest history. You can cover it in a couple of hours or make a day of it, and there are trolleys available when your feet need a break. A self-guided Freedom Trail tour is a great way to brush up on your American history and visit some of the famous sites you've studied in school: Boston Common, the Boston Massacre site, the Paul Revere House, the USS Constitution ("Old Ironsides") and the Bunker Hill Monument, to name only a few.

There's more to Boston than Revolutionary history, though. How

Trip Tips

www.bostonusa.com
www.cityofboston.gov
www.boston-online.com
www.bostonhistory.org



Courtesy of New England Sports Center

about a Boston Duck Tour, or a ride on a Swan Boat? Food is also a major attraction in Beantown, from the best fresh seafood on the planet to delectable authentic Italian fare. If shopping is on your list, you won't be disappointed. Boston offers modern indoor malls, outlet centers and unique shopping districts such as Newbury Street, Faneuil Hall Marketplace or Harvard Square.

Home to the Bruins, Celtics,

Patriots and Red Sox, Boston is also a sports lover's paradise, and many would not consider a visit complete without a stop at world-renowned Fenway Park.

A new Boston Tea Party attraction complex opens this year, featuring the renovated Boston Tea Party ship and two replicas of 1773 ships.

For more information about Boston, check out the Web sites in the box at left. ●

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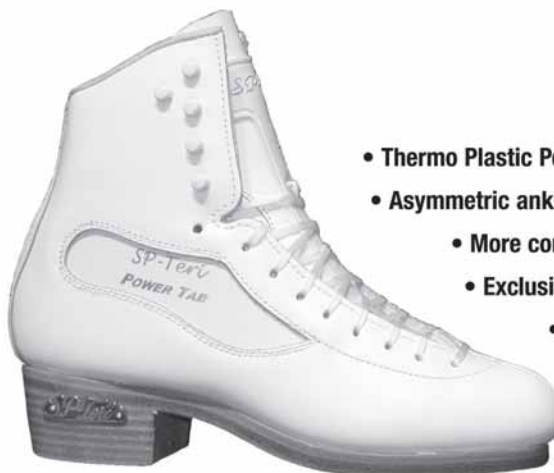
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Entry Deadline: May 1

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Card #

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Interview with an Olympian

Goaltender Chanda Gunn brings home Olympic bronze

by Lori Fairchild

Chanda Gunn had an Olympic dream long before she laced up a pair of skates. At age 9 she was a competitive swimmer who looked up to four-time gold medalist Janet Evans. But that was the year that Chanda was diagnosed with epilepsy and forced to give up her beloved sport.

She soon unleashed her energy on another sport — hockey — first, on the street in her California neighborhood and later, on the ice. She found a new athletic superstar to follow: Cammi Granato, who, in 1998, would lead her team to the first-ever Olympic gold medal in women's hockey.

"Chanda was extremely shy growing up, but she put the hockey pads on and a smile on her face, and she was off," recalls her mother, Penny Gunn. She and her husband, Rod Gunn, own the Skate Zone ice rink, an ISI member facility, in Huntington Beach, Calif.

Epilepsy and medical complications threatened to derail Chanda's hockey dreams in 1999, shortly after she arrived at the University of Wisconsin on a hockey scholarship. But once her medication was adjusted and her seizures were under control, she was invited to play for Northeastern University in Boston, where she graduated last year with a degree in athletic training and as the school's all-time leader in saves and save percentage. While at Northeastern, she received the 2004 NCAA



Olympic goaltender Chanda Gunn (right) with teammate Angela Ruggiero

Female Sportsmanship Award as well as the Hockey Humanitarian Award, and was a three-time finalist for the prestigious Patty Kazmaier Memorial Award — the first athlete to be a finalist for these three awards simultaneously. She also won the Honda Inspiration Award.

Chanda joined Team USA in 2003 and made her debut at the 2004 World Championships, in which they took silver. The following year she was named top goaltender of the World Championships, after stopping 60 of 62 shots, including 26 saves, in America's victory over Canada for the gold.

She has coached camps and girls' youth teams, started an inner-city youth hockey program, volunteered at seniors' homes and served as an epilepsy spokesperson.

Chanda, 26, was the starting goalie on the 2006 Olympic women's hockey team, which was highly favored going into the Games. After an upset in the semifinal game against Sweden, the Americans lost their opportunity to play for the gold, but claimed the bronze against Finland. Placing third was a major disappointment for Chanda and her team, but their spirit and sportsmanship made them one of the brightest stars of the Winter Games.

Recreational Ice Skating magazine interviewed Chanda just a few weeks before she left for Torino.

How did you get your start playing hockey?

CHANDA: I actually didn't start playing hockey until I was 14. My brother started skating with an ISI intro hockey class and also took some private lessons. We got to public skate while he had his lesson, and I think my desire to play started there. I got all my hockey equipment for my birthday and started skating in hockey clinics in Costa Mesa, California. I started in an in-house league later that year.

How did you come so far without having a strong competitive girls' program in your area?

CHANDA: I played both (girls' and boys'). The girls' program, at the time, wasn't as developed so I played regular season on a boys' team, and then holidays and summers I'd leave for girls' tournaments. It was a great balance and I had great experiences. California is really starting to be a strong geographical area for hockey. We now have an

extremely strong girls' program, two in southern California and one in northern California in addition to several programs just starting up.

What would you say to other kids about their chances of playing NCAA Division I or Olympic hockey?

CHANDA: I would say to work hard. It's something you can always control and you would be really surprised how far it gets you. I don't think kids really learn how to work hard until halfway through college, and they've already wasted most of their careers! You can't just hope your way into college. Contact coaches. GET GOOD GRADES. Study for your SATs and make sure the coaches know who you are. I would tell older kids to make goals for themselves. If you get a late start and you are not sure about Division I, there are plenty of very good competitive Division III programs. There are also "stronger" and "weaker" DI programs. Be honest with yourself. Go to a school DI, DIII or club

where you think you will be able to achieve your goals. Don't go to a national powerhouse if you don't think you'll ever have the chance to play. You will have much more fun and, in the end, be much more successful if you choose a school comparable to your ability.

What impact has your participation in sports had on shaping your life?

CHANDA: Hockey has had an invaluable impact on my life and who I am becoming as a person. This year on the tour, some of the most important skills I have learned haven't been on the ice. I have learned what it means to give yourself to a bigger cause. How to work hard. How to be disciplined. How to deal with pain — physical and mental. How to overcome obstacles. How to problem solve. Conflict management. How to live with other people, see the best in them and learn from one another. It's given me confidence and self-esteem.

What does it mean to you to represent your country in the Olympics?

CHANDA: It is an honor, as you can imagine. Something that I feel both incredibly fortunate for, and something I've worked very hard for and that I should be proud of.

How does it feel to play in front of large audiences?

CHANDA: I enjoy large, loud crowds. You definitely get adrenaline and increasingly nervous, but at the same time

you have to focus more because of the noise and, in the end, you don't even notice they are there.

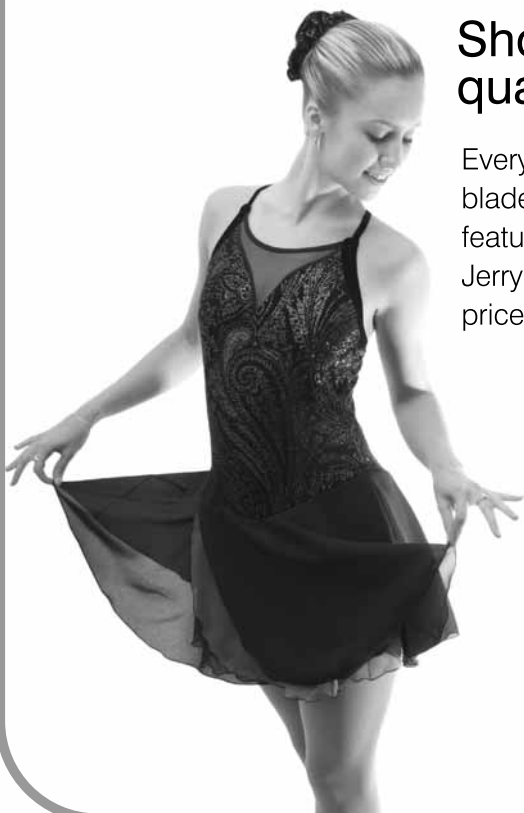
How has your epilepsy diagnosis and treatment affected your life?

CHANDA: For the most part, I am not too concerned about my epilepsy. I take medication four times a day and see the neurologist every couple of months. It has given me some trouble in the past, but I've never felt that I wouldn't be able to overcome it. I know that it may be a roadblock again in the future, but I have great doctors, and medication is so advanced now that I know I will be right back out on the ice.

What advice would you offer to young ice skaters and hockey players regarding the importance of living a balanced life while pursuing a goal or dream?

CHANDA: My advice would be just to continue to learn from your coaches, your teachers and your teammates, and to work hard. No matter how good you are, eventually it ends, and you will need to value something else in your life to replace it. Nothing can replace the lessons you learn from other people, and you have so much of an opportunity to do that through skating. As far as school is concerned, put the discipline and hard work that you put into your skating into your studies. Not only will it put you ahead in school, it is also teaching you how to persevere in skating. ●

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by Barb Yackel
ISI National
Events &
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Coordinator

Spring has sprung, and this time of year finds skaters, parents and coaches preparing for ice shows and summer training. Guess that means no time for spring fever or planting petunias!

The Motor City was revved up the first weekend in March as more than 700 skaters brought together music, talent and sportsmanship for another outstanding ISI Winter Classic. Our hosts at the Melvindale Civic Arena get the gold for all their efforts and hospitality.

Teams from across the country will be forming a line to The Edge Ice Arena in Bensenville, Ill. April 7-9, ready to show off their creativity and team spirit at the 2006 ISI Synchronized Championships. This event will bring energy and excitement to the Windy City!

After an exhilarating weekend of team skating, we need to look ahead to the May 1 deadline for the ice skating event of the summer, the ISI World Recreational Team Championships. Little did Paul Revere know that, centuries later, ISI skaters would be the ones invading Boston. Don't miss the opportunity to experience the thrill of Worlds 2006!

The NEW *Skaters & Coaches Handbooks* are flying out the door of the ISI national office. This is one publication that everyone should have. Answers to questions are at your fingertips with this handy revised and consolidated manual. My advice: Don't leave home without it! Order online (www.skateisi.org) or call the national office at (972) 735-8800.

Have a great spring, and remember: People rarely succeed unless they are having fun. So be successful and have fun with ISI!

Sharpen Your Edge

Water: The Athlete's Most Important Nutrient

You might be thinking, "What's the big deal? Isn't it enough to drink when I'm thirsty?" Surprisingly, NO! During exercise, for reasons not totally understood, humans don't drink enough to prevent dehydration. You need to drink *before* you're thirsty and keep drinking *after* you no longer feel thirsty.

Your body needs water. Remember, water comes in all shapes and colors. Milk is 90 percent water, juice and most soft drinks are 89 percent water, sport drinks are 94 percent water and even pizza (my favorite) is 50 percent water. The more healthful the foods, the more likely they are largely composed of water — the water content in many fruits and vegetables exceeds 90 percent.

And it all counts. Nearly everything that passes your lips provides water for your body. Studies show that we tend to drink more if the fluid is flavored and if a variety of fluids are available. However, good old H₂O is always the top choice for optimal hydration.

Drink before, during and after working out. Drink a pint of fluid a few hours before exercise, keep drinking during your workout and don't worry about getting too much fluid. Stomach aches and muscle cramps are usually signs of not drinking enough fluid.

Continuing to hydrate yourself after your workouts is extremely important.

When you have figured out how to stay hydrated, you have accomplished the single most important performance-enhancing aspect of nutrition.



Water Content of Common Foods and Drinks

ITEM	APPROX. WATER CONTENT
Diet soft drink, tea, coffee	99%
Celery	95%
Sports drink	94%
Tomato	94%
Cantaloupe	90%
Milk	90%
Soup	90%
Soft drink, juice	89%
Carrot	87%
Apple	84%
Yogurt	80%
Corn	76%
Baked potato	74%
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ISI's learn-to-skate program, now known as weSKATE, has everything skaters need to become the best they can be – except for one important detail: names for the cute, ice-loving weSKATE mascots! It's obvious that this girl and boy love learning to skate, but that's all we know about them. What else can you tell us?

Give each of the characters a name and their own life story – or write a poem, if you prefer! Besides their names, we'd like to know how old they are and what grade they're in, how they got started ice skating, what they're like, what interests they have besides skating, plus just about anything else you'd like to write about them. Use your imagination, and have fun!

Contest results will be announced at the ISI World Recreational Championships in July and later published in *Recreational Ice Skating* magazine.

Contest rules and details:

- Each entry must be limited to one page, either typed or hand-written.
- Entries must be received no later than May 1.
- Entries may be e-mailed to Emily@skateisi.org or mailed to:

Ice Skating Institute
Attention: Emily Teague, Marketing & Communications Director
17120 N. Dallas Parkway, Suite 140
Dallas, TX 75248-1187





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ISI 2006 W

Ice skaters are right at home in chilly temperatures, so it's no wonder that the ISI Winter Classic continues to be a popular event. What a perfect way to escape those winter doldrums!

This year's Winter Classic brought more than 600 participants to Melvindale, Mich. Melvindale Civic Arena's organized staff and enthusiastic volunteers pulled out all the stops to welcome 29 teams from as far away as Florida and even Mexico.

"The event was a smooth success, and everybody had a great time," said Barb Yackel, ISI's national events and skating program coordinator.

Southgate Civic Center from Southgate, Mich. took home the team trophy. Northbrook Sports Center of Northbrook, Ill. claimed the percentage trophy.

Plan now to chill out at next year's Winter Classic, in Oxford, Ohio!



Winter Classic



Submitted photo



PLACE	ARENA	TOTAL POINTS
1	Southgate Civic Center	859.0
2	Homewood-Flossmoor Ice Arena	383.5
3	Hartland Ice House	377.0
4	Northbrook Sports Center	312.5
5	Mike Modano Ice Arena	292.5
6	Saddle & Cycle Club	281.0
7	Livonia Eddie Edgar	277.5
8	Farmington Hills Ice Arena	252.0
9	Wayne Community Center	209.0
10	Taylor Sportsplex	170.0

For a complete list of team standings, go to www.skateisi.org.



As Good as Gold

by David Jacobson



Michelle Kwan announced her departure from the 2006 Winter Olympic Games with all the grace and dignity she brought to the ice. In doing so, she solidified her position as a role model for youth athletes and provided a prime example of what Positive Coaching Alliance calls "Honoring the Game."

Along with our partners at the Ice Skating Institute, PCA uses an acronym, ROOTS, to explain Honoring the Game. ROOTS stands for respecting Rules, Officials, Opponents, Teammates and Self. Michelle's behavior has covered all of the elements of ROOTS.

From the time she was denied a position on the 1994 U.S. Olympic Team in the wake of the Tonya Harding-Nancy Kerrigan incident, former ISI skater Michelle showed respect for rules and officials. Nancy received a medical exception and Tonya made the team despite her associates attacking Nancy.

It must have been painful for then 14-year-old Michelle to have devoted such energy to her sport and then miss the ultimate event, perhaps due to her competitor's unscrupulous behavior. Still, Michelle bore the situation without complaint about unfair rules or officials. By refusing to complain, Michelle also showed respect for Nancy and Tonya as teammates and as opponents in their quest for spots on the team.

As to Michelle's respect for teammates and self, excerpts from the press conference where she announced her withdrawal from the Olympics are revealing: "It was always the dream to win the Olympics. It's always an honor to represent your country. I've learned that it's not about the gold. It's about the spirit of it. It's about the sport itself. I have no regrets. I tried my hardest, and if I don't win the gold, it's OK."

When Michelle's injury made it clear that winning the gold medal was an unrealistic hope, she sacrificed any remaining desire for personal glory to ensure to improve the team's chance for success. By withdrawing when she did, Michelle allowed Emily Hughes to compete without handicap in Torino.

Finally, Michelle showed respect for herself. Despite a painful injury that kept her from the U.S. Nationals, she fought back to make the team with a courageous skate for the panel that deemed her fit to compete in the Olympics. Then, when she reinjured herself during a pre-Olympic practice session, Michelle showed immense self-respect by recognizing the value of trying her hardest, regardless of not winning a gold medal.

Continued on page 20

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Skaters, get your routine polished to perfection because during the Worlds '06 competition we'll select the competitors to perform at the ISIA Education Foundation's annual Benefit on Ice.

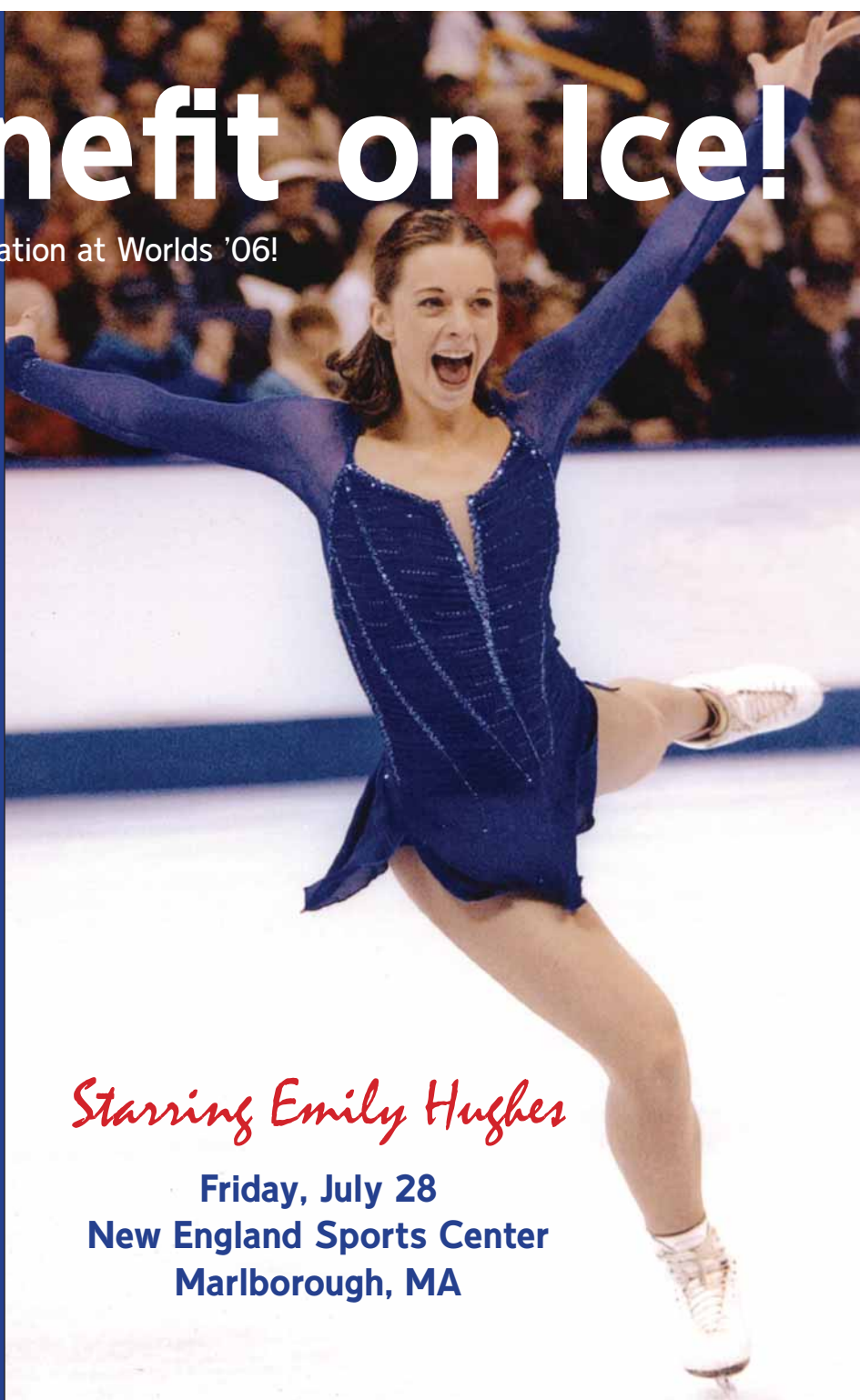
If you're selected, you'll get to share the ice with US Championships bronze medalist and US Olympic team member, Emily Hughes!

Whether you skate in the event or are there to watch the show, you won't want to miss this exciting chance to see one of your favorite skaters while you support the ISIA Education Foundation!

We'll see you at Worlds 2006!

Seating is limited, so be sure to reserve your spot today!

\$20 before July 14, 2006
\$25 at the door



Starring Emily Hughes

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New England Sports Center
Marlborough, MA**



Payment Method (check one)

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- ☐ Discover
- ☐ American Express

Pre-registration must be received before July 14.

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

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

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Continued from page 18

In addition to ROOTS, Michelle's behavior on the ice — where she won nine U.S. Championships, five World Championships and silver and bronze in the Olympics — as well as off the ice, has always demonstrated that events like the Olympics and the sport of figure skating itself are larger than she is.

Ironically, it is exactly that recognition that helps Michelle elevate both the Olympics and skating, which have both benefited from her presence.

As much as Michelle's winning a gold medal would have imparted a lesson in the rewards persistence can bring, the way she handled *not* winning a gold medal will also provide a valuable lesson to youth skaters. The fact is, only one person every four years wins the Olympic gold medal in each event, but all skaters can and should take pride in trying their hardest and performing their best, regardless of outcome.

"I've had a great career. I've been very lucky," Michelle said in her press conference. "This is a sport. This is beautiful."

She's right. Skating is a beautiful sport. Even more so when one of the sport's leading lights honors the game. ●

David Jacobson is PCA's media/communications manager. To learn more about how the ISI-PCA national partnership benefits your skating community, contact PCA at (866) 725-0024 or PCA@PositiveCoach.org, or visit PositiveCoach.org.



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2006 ISI Events Team Entry Form

Send entry and fee to: Ice Skating Institute • 17120 N. Dallas Pkwy, Ste 140 • Dallas, Texas 75248 • Tel: 972.735.8800 • Fax: 972.735.8815

Be sure to check the box next to the event you're entering!

Event	Location	Event Dates	Test Deadline	Entry Deadline
<input type="checkbox"/> World Championships	Marlboro, MA	July 24-30	May 1, 2006	May 1, 2006
<input type="checkbox"/> Adult Championships	Nashville, TN	September 8-10	August 1, 2006	August 1, 2006

Your Information (Please Print)

Name of Team _____ ISI Team Registration No. _____ Home Rink _____
Coach's Name _____
Coach's Address (Street, City, State, Zip) _____
Coach's Professional ISI No. _____ Coach's Certification Level _____
Coach's E-mail _____

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

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

Jump & Spin 2-Person Teams

- ☐ Low (Alpha-Delta)
☐ Med (Freestyle 1-3)
☐ Int (Freestyle 4-5)
☐ High (Freestyle 6-10)

Team Members

Be sure to check the USFS box to indicate any team member who has competed at or above the Novice level at any USFS National Championship within the last two years.

Name	USFS	Age on 7/1/06*	ISI#	Name	USFS	Age on 7/1/06*	ISI#
1				13			
2				14			
3				15			
4				16			
5				17			
6				18			
7				19			
8				20			
9				21			
10				22			
11				23			
12				24			

* Applies to Synchronized Teams only. Please list Crossover Skaters on separate sheet.

Office Use Only

Date Rec'd. _____ Check # _____ Amount _____

Team Entry Fees

Worlds and Adults: \$20 per person (\$640 maximum per team)
Team Surprise (Worlds Only) \$10 per member

Event entry total _____

ISIA Education Foundation Donation _____

Total Enclosed \$ _____

Make check payable to ISI

Be sure to sign here!

There will be no refunds. Memberships must be current through event. Expired membership renewals must accompany this entry application.

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

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

Coach's Signature

Payment Information

☐ American Express

☐ Visa

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Card # _____

Exp. Date _____

Cardholder (please print) _____

Authorized Signature _____

Telephone Number (Required) _____

E-mail Address _____

2006 ISI Events Individual Entry Form

Send entry and fee to: Ice Skating Institute • 17120 N. Dallas Pkwy, Ste 140 • Dallas, Texas 75248 • Tel: 972.735.8800 • Fax: 972.735.8815

Be sure to check the box next to the event you're entering!

Event	Location	Event Dates	Test Deadline	Entry Deadline
<input type="checkbox"/> World Championships	Marlboro, MA	July 24-30	May 1, 2006	May 1, 2006
<input type="checkbox"/> Adult Championships	Nashville, TN	September 8-10	August 1, 2006	August 1, 2006

Your Information (Please Print)

Last Name	First Name	ISI Member #	Exp. Date*
Address		Birthdate	Age on first day of event
City	State/Province	Zip	USFS Test Level
Phone #	Country	Home Rink	<input type="checkbox"/> Male <input type="checkbox"/> Female
E-mail Address			

Individual Events

Pre-Alpha - Delta

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

Indicate Level

Pre-Alpha-Delta

- ☐ **Special Skater (1-10)**
(Check if Applicable)

Freestyle 1-10

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

Indicate Level

FS 1-10

*Only Adult Champs may choose 2

Solo Dance (1-10)

_____ Indicate Level (1-10)

Figures (1-10)

- ☐ Figures
☐ Creative Figures
☐ Free Figures

_____ Indicate Level (1-10)

Please check 1:

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

☐ Yes ☐ No

Partner Entries

<input type="checkbox"/> Couple <input type="checkbox"/> Dance <input type="checkbox"/> Pair <input type="checkbox"/> Free Dance (1-10)	Level _____ Level _____ Level _____ Level _____	Sim <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Mix <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> Couple Spotlight Low (Pre-Alpha-Delta)	<input type="checkbox"/> Couple Spotlight Med (FS1-FS4)	<input type="checkbox"/> Couple Spotlight High (FS5-FS10)	
Choose 1: <input type="checkbox"/> Char. <input type="checkbox"/> Dram. <input type="checkbox"/> Lt.Enter.	Choose 1: <input type="checkbox"/> Char. <input type="checkbox"/> Dram. <input type="checkbox"/> Lt.Enter.	Choose 1: <input type="checkbox"/> Char. <input type="checkbox"/> Dram. <input type="checkbox"/> Lt.Enter.	

Partner Name _____

Partner ISI # _____

Partner age as of first day of event _____

Office Use Only

Date Rec'd. _____ Check # _____ Amount _____

Fees and Payment (all amounts are US dollars)

- ☐ First event \$65.00
☐ Each additional \$20.00
☐ Family Entry \$108.00
☐ Surprise \$10.00

Entry fees doubled
after entry deadline!

(Family entry covers all family members' first entry; each additional entry \$20 per person per event)
NOTES: *Memberships must be current through the event. Membership renewals may accompany this entry form. All test and memberships must be registered with the ISI Headquarters.

Entry total _____

Membership fee enclosed _____

ISIA Education Foundation Donation _____

Total Enclosed (Make check payable to ISI) \$ _____

Any changes to this original entry form will result in a change fee of \$25 per change/per skater.

Be sure to sign here!

There will be no refunds. ISI reserves the right to limit the number of entries without notice.

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

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

Skater Signature _____ Date _____

Parent/Guardian (if applicable) _____ Date _____

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

Coach Signature _____ Date _____

Coach Professional ISI No. _____ Exp. Date _____ Certification Level _____

E-mail address _____

Payment Information

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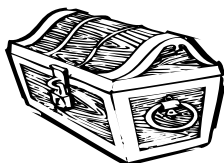
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calendar

ISI-endorsed competitions & shows/exhibitions

Deadline for Summer RIS Calendar: May 1

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

competitions

april

- 1 **Crestwood, Ill.**
Southwest Ice Arena
Spring Invitational
- 1-2 **Saratoga Springs, N.Y.**
Saratoga Springs FSC
9th Annual ISI Team
Competition
- 1-2 **Soldotna, Alaska**
Soldotna Sports Center
Riverskate
- 
**ISI 2006 Synchronized Skating
CHAMPIONSHIPS
Bensenville • Illinois**
- 7-9 **Bensenville, Ill.**
Edge Ice Arena
ISI Synchronized
Championships
- 8-9 **El Segundo, Calif.**
Toyota Sports Center
6th Annual Spring Fling
Competition
- 14-15 **Oldsmar, Fla.**
Tampa Bay Skating
Academy
22nd Annual ISI Easter
Weekend Competition
- 15 **Geneva, Ill.**
The Skate School@
Fox Valley
Spring Invitational
- 15 **Delmont, Pa.**
Center Ice Arena
Golden Blades
Championships
- 21 **Boxboro, Ma.**
Nashoba Valley
Olympia
27th Annual ISI Team
Competition

- 21-22 **Casper, Wyo.**
Casper Ice Arena
5th Annual Late Skate
- 22 **Dimondale, Mich.**
The Skate School at
The Summit
Spring Invitational
- 28-29 **Coralville, Iowa**
Coral Ridge Ice Arena
2006 ISI Open
Competition
- 28-30 **Sherwood, Ore.**
Sherwood Ice Arena
2006 Spring Classic
- 29-30 **Franklin Park, Ill.**
Franklin Park Ice Arena
Spring Fever
- 29-30 **San Mateo, Calif.**
Ice Center San Mateo
April Ambush
- 29-30 **Cologne, Germany**
Kolnarena
Fabulous Cup 2006
- 30 **Pasadena, Calif.**
Pasadena Ice Skating
Center
22nd Annual ISI Open
Competition
- 30 **Johnstown, Pa.**
Planet Ice
Spring Challenge
Championship
- 30 **Lakewood, Calif.**
Glacial Garden
Lakewood
10th Annual ISI Open

may

- 6-7 **Fairfax, Va.**
Fairfax Ice Arena
Annual ISI Spring
Competition
- 13-14 **Yorba Linda, Calif.**
Yorba Linda Ice Palace
3rd Annual ISI Open
- 19-20 **Clearwater, Fla.**
Tampa Bay Skating
Academy
TBSA Spring Competition
- 20 **Richmond, Va.**
Richmond Ice Zone
2006 Spring Splash

- 26-28 **San Francisco**
Yerba Buena Ice
Skating Center
Skate Out Challenge Cup
- 27-28 **San Diego**
San Diego Ice Arena
ISI Open Championships

june

- 2-4 **New York**
Sky Rink@Chelsea Piers
20th Annual Sky Rink
Team Competition
- 3 **Dale City, Va.**
SkateQuest Prince
William
Blades of Summer 2006
- 17 **Carencro, La.**
Louisiana Hockeyplex
Louisiana Cajun Open
- 17-18 **Chicago**
McFetridge Sports
Center
17th Annual School's
Out Competition
- 22-25 **Orleans, Mass.**
Charles Moore Arena
16th Annual New
England District 1
Championships
- 23-25 **Clearwater, Fla.**
SunBlades Ice Arena
20th Annual ISI
Championships
- 30-
July 2 **Austin, Texas**
Chaparral Ice-
Northcross
Texas Hill Country
Independence Open

july

- 1-2 **Las Vegas**
Las Vegas Ice Center
Red, White and Blue ISI
Open Competition
- 8 **White Bear Lake, Minn.**
White Bear Lake
Sports Center
Skate at the Lake
District 10
Competition
- 13-15 **Honolulu**
Ice Palace
2006 ISI Hawaiian
Open
- 14-16 **Ontario, Calif.**
Center Ice Arena
1st Annual ISI Open
Competition



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

september



- 8-10 **Nashville, Tenn.**
Centennial Sportsplex
ISI Adult Championships
- 15 **Arlington, Texas**
ICE at The Parks
3rd Annual ISI Open
Competition

october

- 28-29 **Rockland, Mass.**
Winterland Skating
School
20th Annual Winterland
Halloween Classic

november



- 3-5 **Denver**
South Suburban
Ice Arena
ISI Artistic Challenge

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

shows & exhibitions

april

- 1** **Montgomery, Ala.**
K. Lynn Skating School
Easter Bunny Arrival
- 1-2** **Stevens Point, Wis.**
KB Willett Ice Arena
Lights, Camera, Skate
- 4** **Little Rock, Ark.**
Arkansas Skatium
Future Olympians
Exhibition
- 7-9** **Southgate, Mich.**
Southgate Civic Center
What A Character
- 8** **Greensburg, Pa.**
Kirk S. Nevin Arena
Celebrate! Holidays
Through the Year
- 8-9** **Birmingham, Mich.**
Birmingham Ice
Sports Arena
Club Birmingham
- 9** **Highland Park, Ill.**
Centennial Ice Arena-
Highland Park
Spring Exhibition
- 9** **Franklin, Mass.**
Franklin Blades
Skating School
Showtime '06
- 9** **Vineland, N.J.**
Vineland Ice Arena
Spring Show On Ice
- 12** **Louisville, Ky.**
Alpine Ice Arena
Alpine Spring Show
- 12-15** **University Park, Pa.**
Penn State Ice Rink
Annual Ice Show-
A Brand New Day
- 18** **Arlington, Texas**
ICE at The Parks
Spring Fling 2006
- 21-22** **Carol Stream, Ill.**
Carol Stream Ice Rink
Fairy Tales
- 21-22** **Newark, Ohio**
Newark Ice Arena
Hooray For Hollywood
- 21-23** **Park Ridge, Ill.**
Oakton Ice Arena
37th Annual Oakton Ice
Show-Love, Laugh &
Dance
- 21-23** **Roseville, Minn.**
Roseville Skating Center
37th Annual Everything's
Coming Up Roseville

- 22** **Cadillac, Mich.**
Northern Edge
Skating Club
Northern Edge-
Our City On Ice
- 22** **Garner, N.C.**
Garner Ice House
Spring Fling
- 22-23** **Cottage Grove, Minn.**
Cottage Grove
Ice Arena
Animation Ice Station
- 26-30** **Coon Rapids, Minn.**
Cook Ice Arena
17th Annual Ice Fantasy
- 28-29** **Minneapolis**
Parade FSC
The Color Of Ice
- 28-29** **Taylor, Mich.**
Taylor Sportsplex
What a Feeling
- 28-30** **Chicago**
McFetridge Sports
Center
Let's Dance
- 28-30** **Yonkers, N.Y.**
EJ Murray Memorial
Ice Rink
All American Express
- 28-30** **White Bear Lake, Minn.**
White Bear Lake
Sports Center
Sun, Surf & Skate
- 28-30** **Chicago**
McFetridge Sports
Center
Let's Dance
- 29** **Wasilla, Alaska**
Brett Ice Arena
Spring Ice Show
- 29** **Bakersfield, Calif.**
Bakersfield Ice
Sports Center
Bakersfield Blades
Spring Fling

may

- 4-6** **Minnetonka, Minn.**
Minnetonka Ice Arena
32nd Annual Silver
Skates Ice Revue
- 5-6** **Blaine, Minn.**
Schwan Super Rink
9 to 5
- 5-7** **Wayne, Mich.**
Wayne Community
Center
Dance Craze
- 5-7** **Crestwood, Ill.**
Southwest Ice Arena
Spring Ice Show

- 6** **Rockland, Mass.**
Winterland Skating
School
Winterland Ice Show
- 6** **Brockton, Mass.**
Bay State Blades
Brockton
3rd Annual Spring Show
- 6** **Marlboro, Mass.**
Bay State Blades Navin
Celebrate
- 10-11** **Honolulu**
Ice Palace
2006 Spring Show
- 12** **Northbrook, Ill.**
Northbrook Sports
Center
Let Ice Entertain You
- 12-13** **Houston**
Aerodrome Willowbrook
11th Annual Spring
Ice Show
- 12-13** **Melvindale, Mich.**
Melvindale Civic Arena
On Broadway
- 12-14** **Niles, Ill.**
Niles Park District
Iceland
Television Treasures
- 16** **Skokie, Ill.**
Skatium
Superstars On Ice
- 17-21** **Glenview, Ill.**
Glenview Ice Center
33rd Annual Ice Show
- 18-21** **Skokie, Ill.**
Skatium
Pump Up The Volume
- 19-20** **Pleasant Prairie, Wis.**
Village of Pleasant
Prairie Ice Plex
Skating Through The
Decades
- 19-21** **Franklin Park, Ill.**
Franklin Park Ice Arena
Books on Blades-
Volume 5
- 19-21** **Evanston, Ill.**
Robert Crown Center
Skate to the Greats-
30th Anniversary
Spring Ice Show
- 19-21** **Wilmette, Ill.**
Centennial Wilmette
N'ice Memories
- 19-21** **Highland Park, Ill.**
Centennial Ice Arena
A Celebration Of
Colors On Ice
- 20** **Hoffman Estates, Ill.**
Hoffman Estates Park
District Ice Arena
Saturday At The Music

- 20-21** **Bremerton, Wash.**
Bremerton Ice Skating
Center
Cruisin' Around the
World



- 31- June 3** **Boston**
Seaport Hotel/World
Trade Center
iACT/NEISMA
Conference &
Tradeshow

june

- 2-3** **Orland Park, Ill.**
Arctic Ice Arena
Olympic Dreams
- 10-11** **Boxboro, Mass.**
Nashoba Valley
Olympia
Ice Magic
- 16-17** **Glen Ellyn, Ill.**
Center Ice of DuPage
Tuned In

july

- 16-22** **Chicago**
McFetridge Sports
Center
Gay Games VII
Exhibition

august

- 17** **Arlington, Texas**
ICE at The Parks
Summertime 2006

december

- 8-10** **Houston**
Aerodrome Willowbrook
9th Annual Nutcracker
On Ice
- 17** **Arlington, Texas**
ICE at The Parks
Holiday In The Park-
2006

Has someone requested you as a pen pal?

If you see your name in one of these letters as a pen pal request, be sure to send your e-mail address to editor@skateisi.org. Let us know you are registering for the pen pal program!

I have been skating for about two years and absolutely love it. I skate five times a week, and twice a week I get up at 4:30 a.m. to skate. I am working on my Axel, perfecting my sit spin, camel, back scratch, back sit and also my Biellmann pull-over. I have been having trouble landing my Axel. I can get the rotations easily, but I just can't seem to land it. My private coach, Judy Sher, has been helping me all the way through, and we go on the harness occasionally. Can you give me any tips? I would like a pen pal my age and level who is also working on the Axel, so we can help each other out — preferably Chrissy Korper or Katie Logsdon. Oh, and I wanted to say that I LOVE this magazine!

**Ayurella Horn-Muller, 12, FS 3-4-5
Sunrise Ice Skating Center
Plantation, Fla.**

Seems the Axel jump is a stickler for many. Stay positive, and if you are working on a jump harness, that should give you the feel for the correct landing. The key is to carry that feeling over to doing it off the harness. I would suggest practicing Axels on the floor as much as possible. One more suggestion for the landings: As you touch down, check the rotation by opening up your arms and landing with your body square. Remember, hard work, determination and commitment always pay off!

I have been skating for about five years and have been in Freestyle 4 three times. I keep falling down. I also keep falling on my one-foot spin. Any help? I am on a synchronized ice skating team called Capitol Steps. It is fun. I also like *Grease* (it's a '70s movie), American Girl and the computer. I would like Erin Pryde for my pen pal, or Nikki Menas or someone my age and level who also likes *Grease*.

**Callista Vojvodich, 9, FS 4
Fairfax Ice Arena
Annandale, Va.**

I think it is time to sharpen your edges — seriously. If you are continually falling, there is a problem with your edges, blades or boots. My first stop would be the nearest skate dealer, or talk with your coach for some direction. Don't worry about being at the Freestyle 4 level longer than you think you should be. That level is where many skaters are put on hold. Get your skates checked, and I'm sure you'll stay vertical!

I love to skate, and my coach is really nice. I'm working on my loops, flips, Lutz, sit spins and scratch spins. Do you have any tips on the sit spin? I can do it, but I can't get down all the way, or I pull my self off-center and can't spin anymore. I would like a pen pal my age and level.

**Ashley Fannon, 13, FS 5-6
Skatequest of Prince William
Manassas, Va.**

To be a wiz at the sit spin and go as low as you can go, I would practice holding a shoot-the-duck the full length of the ice, and those skating knees are going to have to be very flexible. Centering the spin will help keep the spin rotating. Find the sweet spot on your blades to maintain great balance. You're on your way to be a spinning top!

Looking for a pen pal!

Kimberly Willis, 10, FS 5
Skatetown Roseville
Rio Linda, Calif.

If you would like to be Kimberly's pen pal, send your name, e-mail address and ISI member number to editor@skateisi.org.

I love skating but I've stopped for awhile because we have been so busy. I want to go, but there is never enough time. I recently went ice skating and had a great time. I would like some tips on the Axel. How do I get high enough and how can I find enough time to cross my legs? I would like a pen pal who has mastered the Axel to give me tips, who is around my age and, if possible, goes to a rink near Long Beach.

**Kaitlen Nguyen, 10, FS 4
Ice Land
Long Beach, Calif.**

I can totally understand about life being too busy! But take some time and enjoy the things that make you the happiest. It sounds like skating is the ticket for you. Sometimes skaters do what's called a "whaxel" instead of an Axel. That's when they swing the free leg forward too soon and throw off their balance. Skaters often turn too much on takeoff, which keeps the free leg from getting a good follow-through, thus not getting enough height. If possible, work on a jump harness with your coach to get the right air position and landing feel.

Recent Pen Pal Requests

In addition to the names mentioned in these letter, the following have been requested for pen pals, but we do not have your e-mail address:

Naomi Borowski
Alyson Farley
Lilly Fouty
Danielle Sauve

If you would like a pen pal, please send your e-mail address to editor@skateisi.org.

I love to figure skate. The feeling I get when I am out on the ice is the best ever. I started three years ago and now am in Freestyle 5, in a power class and on a teen synchronized line. Competing is fun. I need some help on my camel spin. I can never seem to hold my leg up for more than two rotations, even if my core is tight. What should I do? I am looking for a pen pal who loves skating and music and is my age.

**Stacey Roth, 13, FS 5
Chaska Ice Rink, CFSC
Chaska, Minn.**

Hats off to you for the great strides in three years! Five camel spin tips to help you:

1. Look straight ahead, not down.
2. Enter the spin on a forward outside edge.
3. Maintain balance on the sweet spot of your blade as you straighten your spinning leg.
4. You don't want the straightening action to tilt you forward on to the toe pick (this will slow you down).
5. To hold the spiral/camel position while spinning, hold the abdominals tight. To keep those abs tight, you might consider doing sit-ups and crunches to develop a strong middle. ●

JAN

FEB

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APR

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AUG

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Adults scoot your boots over to Nashville!

Wherever you see a group of adult figure skaters you're sure to find mega doses of excitement, laughter and entertainment. Join the group at Adult Champs in Nashville and you're in for a whole year's worth of FUN, FUN, FUN – on and off the ice!

Adults '06 will give you the chance to scoot your skating boots across the ice at the Centennial Sportsplex, central Tennessee's historic ice rink. The Centennial is the ultimate fitness complex, with two sheets of ice surrounded by an aquatic center, tennis center and fitness facility.

Don't forget to pack your western boots in with your skates – after all, country music is the lifeblood of Nashville. You can explore musical attractions like the Grand Old Opry, the Ryman Auditorium and the Country Music Hall of Fame. There are plenty of other attractions too, from legendary musical venues to art museums, natural beauty to plantation homes and historic sites to professional sports.

Adult Champs also gives you a unique way to mix and mingle with outstanding skaters from all over while you get your party on. You'll have the time of your life, because in

Nashville skaters aren't the only stars that'll be out at night. Where else can you step into a honky tonk, look around and see famous faces? Sometimes the stars will even give an impromptu performance!

And the honky tonks aren't the only place to go to hear great music and hang out. There are also small dives tucked away throughout the city where the legends of Nashville go to make music. In addition to country establishments like the famous Wild Horse Saloon, the Nashville scene also boasts blues, jazz and other trendy clubs.

Day or night – regardless of your taste in entertainment – Nashville promises a memorable time for Adults '06 participants! What are you waiting for? Shine your boots, perfect your program and sign up for Adults '06 today!

For tourist information:
www.nashvillecvcb.com
www.nashville.citysearch.com
www.blueshoenashville.com
www.nashvillecitypaper.com



Nashville, Tenn.
Sept. 8-10
Centennial Sportsplex
Entry Deadline: Aug. 1



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The deadline for the next issue of *RIS* is April 30.

Skaters Pass FS 8, 9, 10 Tests

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

FS 8

Alexander Allen
Ashburn Ice House

Lily Altshuler
Golden Blades FSC

Katie Ays
Parade Ice Gardens

Jill Defiel
White Bear Lake
Sports Center

Rebecca Goldstein
Northbrook Park Dist.
Sports Center

Jennifer Millewski
Charles Moore Arena

Abby Shamin
Northbrook Park Dist.
Sports Center

Heather Spoelstra
Montclair Inside Edge

Maria Starr
White Bear Lake
Sports Center

FS 9

Megan Bellman
Hancock
Recreation Center

Megan Klosowski
Hartland Ice House

Kaycee Nelson
White Bear Lake Sports
Center

Rikki Wescott
Oakton Ice Arena

FS 10

Tanya Bakerman
Nashoba Valley



Trustees Revise Scholarship Requirements

In an effort to make the ISIA Education Foundation scholarships more attainable, the board of trustees has reduced the number of volunteer service hours required for application.

"The Foundation respects and rewards academic achievement, and recognizes that the top students are typically the busiest students," notes Foundation President Donald Bartelson. "In keeping with ISI's philosophy that well-rounded youth are more likely to become successful adults, the Foundation has elected to reduce volunteer service requirements to allow applicants more time for academics and other valued activities."

Scholarship applicants are now required to complete 120 hours of volunteer service, at least 60 of which must be in association with an ISI member facility. The new requirement represents 50 percent of the previous time commitment.

The ISIA Education Foundation has awarded more than \$200,000 in scholarships to outstanding ISI scholar/skaters since its inception. The scholarship program is funded through individual, group and corporate donations as well as fundraisers, such as the annual Benefit Show at the ISI World Recreational Championships, which features a figure skating celebrity and selected Worlds participants. For more information about this year's Benefit Show, see page 19.

It is not too early to begin preparing for next year's scholarship application deadline: March 1, 2007. For more information, go to www.skateisi.org or call (972) 735-8800.

Recent Education Foundation Donations

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Tropical Spice On Ice
& Friends
(in memory of Erika
Amundsen)

Beth & Don Weiner

Other

Kristen Meredith

Contributor

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Tommy & Ann Stanley
(in memory of Joel Bishop)
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