Worlds 2006
Making History in Boston

Winter Classic
Results & Photos

Interview with an Olympian
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**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-
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.
- E-mail is preferred. Send your letter to editor@skateisi.org

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Dallas, TX 75248-1187
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Fax (972) 735-8815

Direct inquiries regarding Recreational Ice Skating Magazine display and classified advertising to:
Carol Jackson, (972) 735-8800
“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,继续到第8页
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.
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 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.

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

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<table>
<thead>
<tr>
<th>Cost</th>
<th># of Tickets</th>
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<tr>
<td>$28 per non-competitor</td>
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$ ____________________
Total ____________________

Payment Method (check one)

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

Name for tickets pickup at registration

Card # ____________________ Exp. Date ________________

Cardholder’s Name ____________________ Telephone (Required) __________

Signature ____________________

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WORLDS special events tickets can be picked up at ISI Registration.
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 Female Sportmanship 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.

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 solve problems. 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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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 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

<table>
<thead>
<tr>
<th>Item</th>
<th>Approx. Water Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diet soft drink, tea, coffee</td>
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</tr>
<tr>
<td>Celery</td>
<td>95%</td>
</tr>
<tr>
<td>Sports drink</td>
<td>94%</td>
</tr>
<tr>
<td>Tomato</td>
<td>94%</td>
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<tr>
<td>Cantaloupe</td>
<td>90%</td>
</tr>
<tr>
<td>Milk</td>
<td>90%</td>
</tr>
<tr>
<td>Soup</td>
<td>90%</td>
</tr>
<tr>
<td>Soft drink, juice</td>
<td>89%</td>
</tr>
<tr>
<td>Carrot</td>
<td>87%</td>
</tr>
<tr>
<td>Apple</td>
<td>84%</td>
</tr>
<tr>
<td>Yogurt</td>
<td>80%</td>
</tr>
<tr>
<td>Corn</td>
<td>76%</td>
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<tr>
<td>Baked potato</td>
<td>74%</td>
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<tr>
<td>Cooked rice</td>
<td>73%</td>
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<tr>
<td>Cooked pasta</td>
<td>66%</td>
</tr>
<tr>
<td>Taco</td>
<td>59%</td>
</tr>
<tr>
<td>Chicken</td>
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<tr>
<td>Ground Beef</td>
<td>53%</td>
</tr>
<tr>
<td>Pizza</td>
<td>50%</td>
</tr>
</tbody>
</table>
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Are You A Storyteller?

Help Us Name the weSKATE™ Characters!

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:

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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!
<table>
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<th>PLACE</th>
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<td>Southgate Civic Center</td>
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<td>Homewood-Flossmoor Ice Arena</td>
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<td>3</td>
<td>Hartland Ice House</td>
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<td>4</td>
<td>Northbrook Sports Center</td>
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<td>5</td>
<td>Mike Modano Ice Arena</td>
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<tr>
<td>6</td>
<td>Saddle &amp; Cycle Club</td>
<td>281.0</td>
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<tr>
<td>7</td>
<td>Livonia Eddie Edgar</td>
<td>277.5</td>
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<tr>
<td>8</td>
<td>Farmington Hills Ice Arena</td>
<td>252.0</td>
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<tr>
<td>9</td>
<td>Wayne Community Center</td>
<td>209.0</td>
</tr>
<tr>
<td>10</td>
<td>Taylor Sportsplex</td>
<td>170.0</td>
</tr>
</tbody>
</table>

For a complete list of team standings, go to www.skateisi.org.
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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*Seating is limited, so be sure to reserve your spot today!*  
$20 before July 14, 2006  
$25 at the door

---

**Starring Emily Hughes**  
**Friday, July 28**  
**New England Sports Center**  
**Marlborough, MA**

---

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.
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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<th>Entry Deadline</th>
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<td>Nashville, TN</td>
<td>September 8-10</td>
<td>August 1, 2006</td>
<td>August 1, 2006</td>
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</tbody>
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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.)

- Synchronized Formation Compulsories
- Synchronized Skating Compulsories
- Synchronized Formation Team
- Synchronized Skating Team
- Synchronized Dance

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

Age Category (select one)
- Junior Youth
- Senior Youth
- Youth
- Teen
- Adult

- Family Spotlight
- Jump & Spin 2-Person Teams
- Production Team
- Pattern Team
- Kaleidoskate Team
- Team Compulsories: Level*
- Freestyle Synchro: Level*

*Indicate 1-10

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.

<table>
<thead>
<tr>
<th>Name</th>
<th>USFS</th>
<th>Age on 7/1/06</th>
<th>IS#</th>
<th>Name</th>
<th>USFS</th>
<th>Age on 7/1/06</th>
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* 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
- MasterCard
- Discover

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!**

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**Your Information (Please Print)**

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>ISI Member #</th>
<th>Exp. Date*</th>
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<table>
<thead>
<tr>
<th>Address</th>
<th>Birthdate</th>
<th>Age on first day of event</th>
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<table>
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<tr>
<th>City</th>
<th>State/Province</th>
<th>Zip</th>
<th>USFS Test Level</th>
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<th>Phone #</th>
<th>Country</th>
<th>Home Rink</th>
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<th>Female</th>
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**Individual Events**

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<tr>
<th>Pre-Alpha - Delta</th>
<th>Freestyle 1-10</th>
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<tbody>
<tr>
<td>□ Pre-Alpha - Delta Program</td>
<td>□ Freestyle 1-10 Program</td>
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<tr>
<td>□ Stroking</td>
<td>□ Footwork</td>
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<tr>
<td>□ Spotlight (choose 1) *</td>
<td>□ Interpretive</td>
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<td>□ Character</td>
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<td>□ Surprise</td>
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<td>□ Light Entertainment</td>
<td>□ Surprise</td>
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**Partner Entries**

- □ Couple Level ______ Sim ___ | □ Dance Level ______ Sim ___ |
- □ Pair Level ______ Sim ___ | □ Free Dance (1-10) Level ______ Sim ___ |
- □ Couple Spotlight Low * (F55-F54) | □ Couple Spotlight Med * (F55-F54) |
- □ Couple Spotlight High * (F53-F51) | □ Couple Spotlight High * (F53-F51) |

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<th>Date Rec'd</th>
<th>Check #</th>
<th>Amount</th>
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**Fees and Payment (all amounts are US dollars)**

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

*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 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.

**Payment Information**

- □ American Express
- □ Visa
- □ MasterCard
- □ Discover

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

For calendar updates, check ISI’s Web site at www.skateisi.org
**shows & exhibitions**

**april**

1. Montgomery, Ala.
   K. Lynn Skating School
   Easter Bunny Arrivals

1-2. Stevens Point, Wis.
    KB Willett Ice Arena
    Lights, Camera, Skate

4. Little Rock, Ark.
   Arkansas Skatium
   Future Olympians Exhibition

     Southgate Civic Center
     What a Character

   Kirk S. Nevin Arena
   Celebrate! Holidays Through the Year

     Birmingham Ice Sports Arena
     Club Birmingham

   Centennial Ice Arena - Highland Park
   Spring Exhibition

   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

       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
       Show-Love, Laugh & Dance

21-23. Roseville, Minn.
       Roseville Skating Center
       37th Annual Everything's Coming Up Roseville

    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

       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
    Bret 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

     Wayne Community Center
     Dance Craze

5-7. Crestwood, Ill.
     Southwest Ice Arena
     Spring Ice Show

   Winterland Skating School
   Winterland Ice Show

   Bay State Blades Brockton
   3rd Annual Spring Show

   Bay State Blades Navin Celebrate

10-11. Honolulu
       Ice Palace
       2006 Spring Show

    Northbrook Sports Center
    Let Ice Entertain You

12-13. Houston
       Aerodrome Willowbrook
       11th Annual Spring Ice Show

       Melvindale Civic Arena
       Superstars On Ice

       Glenview Ice Center
       33rd Annual Ice Show

       Skatium
       Pump Up The Volume

19-20. Pleasant Prairie, Wis.
       Village of Pleasant Prairie Ice Plex
       Skating Through The Decades

       Franklin Park Ice Arena
       Books on Blades - Volume 5

       Robert Crown Center
       Skate to the Greats - 30th Anniversary

       Centennial Wilmette N'ice Memories

       Centennial Ice Arena
       A Celebration Of Colors On Ice

    Hoffman Estates Park District Ice Arena
    Saturday at The Music

       Bremerton Ice Skating Center
       Cruisin’ Around the World

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

**june**

2-3. Orland Park, Ill.
    Arctic Ice Arena
    Olympic Dreams

       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
    Summer Time 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!

I have been skating for about five years and have been in 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 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. 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.

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.

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.

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.

Two of my favorite movies are Grease and Grease. I like that movie. 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.
Adulst 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 tons 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!

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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.

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