



Summer 2006

ice skating

Adults Boot-Scoot to Nashville

Artistic Challenge Aims High in Denver

Synchro Results &
Photo Gallery

Performing
with Props



WANT TO Skate with **Emily Hughes**?

Be sure to purchase raffle tickets from
New England Sports Center Synchronized Team
members during Worlds.

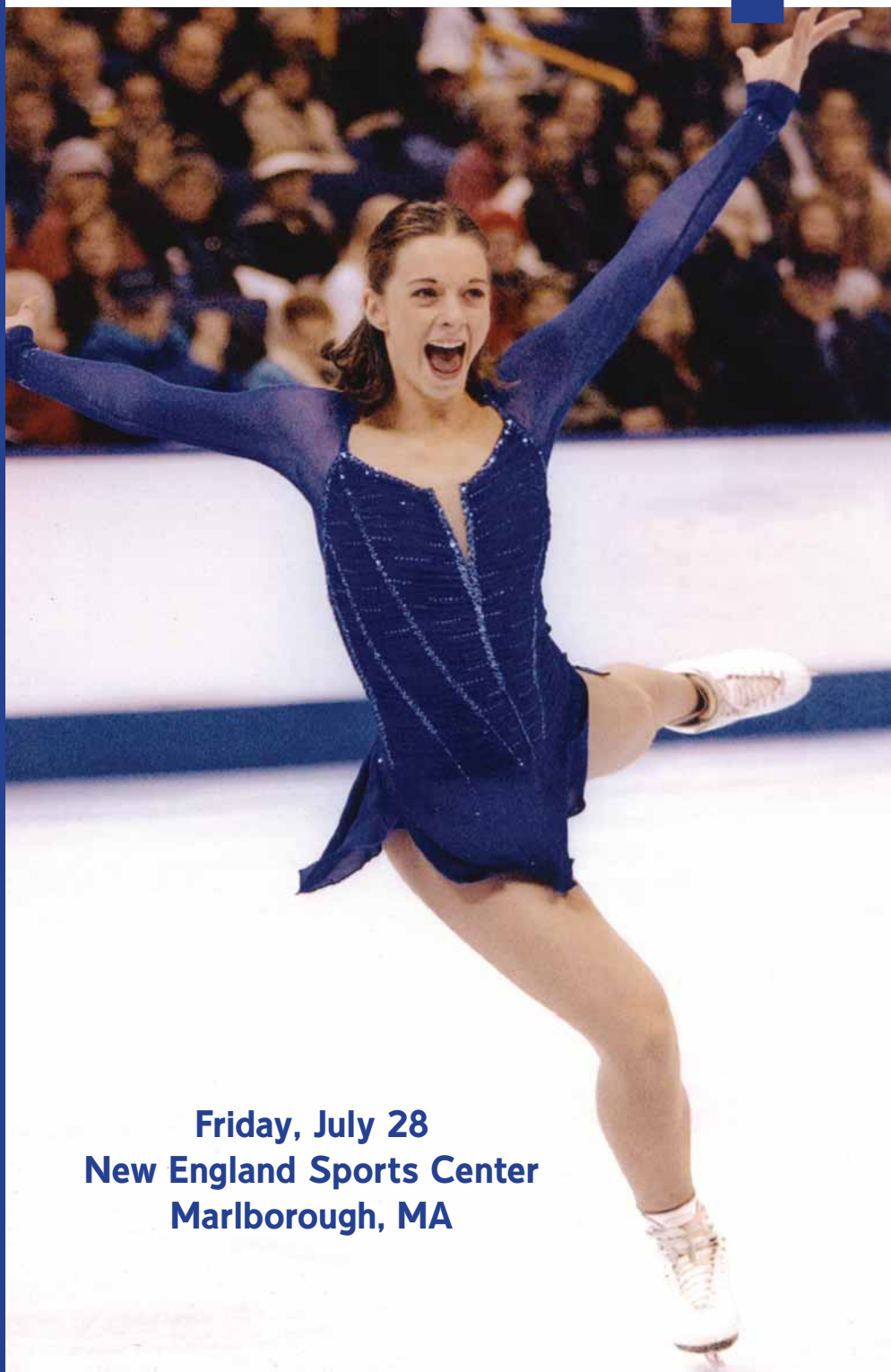
We'll draw two skaters during the Harbor
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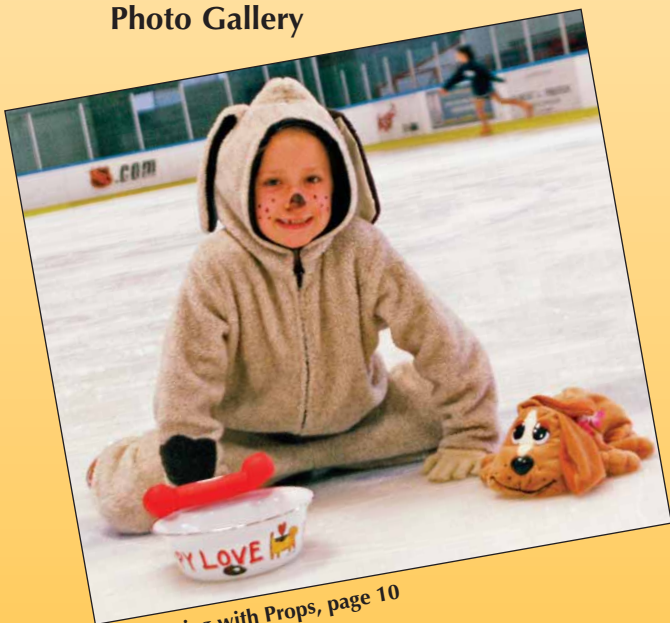
Friday, July 28
New England Sports Center
Marlborough, MA

what's inside

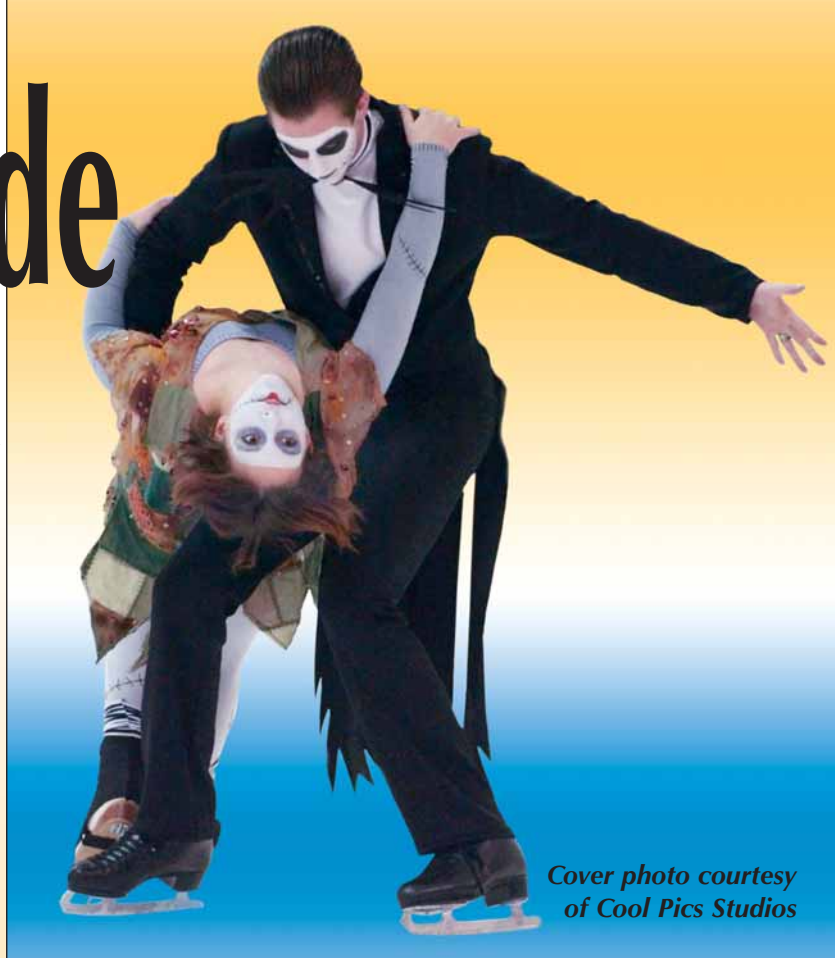
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SUMMER 2006/VOL. 30, NUMBER 4

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the write stuff

letters from our readers

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What is the best sport ever that I am also addicted to? ICE SKATING! I love to ice skate! I am on a synchronized team. It is a BLAST! Could I please have a pen pal who is in my level and is my age? Congratulations to all the teams that skated in Chicago! Everybody skated wonderfully!

Abby Geniec, 13, FS 4
Wayne C. Kennedy
Recreational Complex
St. Louis

I'm in Freestyle 4 but pretty close to moving on to Freestyle 5. I plan on taking private lessons in the summertime and passing. I also am practicing Freestyle 5 moves. I'm improving my loops, half loops and flips by trying to make them more graceful. But I'm going to need help on my Lutz. Also, I'm improving

my sit and scratch spin, but on my sit spin I have trouble getting my knees together and holding it. I have been skating since I was 5 years old and was in ice shows until I was 9, when I started competing on a synchro team. Next year I'm looking forward to doing solo competitions. I really like this magazine and I hope one day my picture will be in it. I would really like a pen pal that is my age and in my level.

Alexandra (Alex) Spiotto,
13, FS 4
Homewood-Flossmoor
Ice Arena
Tinley Park, Ill.

What a wonderful surprise to see my picture (I am the Girl Scout) in the magazine from the Winter Classic that was held at the Melvindale Civic



*** 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.

Arena, March 3-5. It was a great competition, good memories and, as always, a fun atmosphere.

Mary Moss, 38, Adult FS 4
Melvindale Civic Arena
Allen Park, Mich.

Like everyone else in ISI, I love figure skating. I belong to a synchronized skating team, The Blade Brigade. We have SO much fun. I am interested in having a pen pal. I would like to have a super fun person who is about my age and about my level and is on a synchronized skating team (so we could perhaps see each other at ISI Synchronized Skating Championships).

Alison Geniec, 13, FS 4
Wayne C. Kennedy
Recreational Complex
St. Louis

Skating is great! I am working on my Axel and double Salchow. They're fun, but it's tricky to get all the way around! I am also perfecting my sit spin, back sit spin, layback, and camel. I really love spinning, especially sit spins. I have been skating for about six years and I got my private coach, Jill Mintz, almost four years ago for my birthday. I skate about three or four times a week and I love it! I would love to have a pen pal who is working on their Axel, too. That way, we could help each other out and give each other tips. I am hoping for Ayurella Horn-Muller, Kaitlen Nguyen and Kimberly Willis. Sk8 Gr8!

Carly Hayes, 12, FS 4/5
Parade Ice Arena
St. Paul, Minn.

I love to skate. If I couldn't skate, I don't know what I'd do. Skating, to me, is my best friend. I feel lonely when I can't skate at a local rink or a rink near us. I have to say that I spend my time helping people skate so they have the opportunity to enjoy skating and get help at the same time. I would like a pen pal, preferably a girl, age 11.

Kelsie Rappoport, 11
Bethlehem YMCA
Delmar, N.Y.

I'm a 34-year-old mother of two daughters. I love ice skating and

watching ice skating on TV. I love to bake and I am also a seamstress and quilt maker. I've been in three ISI competitions this year and had a ball. I've been learning how to ice skate on my own with the help of books and videotapes from the library. I am also working on my forward crossovers! I would love to know others who love the sport just as much as myself. That would be great if someone is out there near my age and more experienced than myself and near my home or ice rink area.

Tamelah Morgan, 34,
Pre-Alpha
Palos Verdes Ice Chalet
Carson, Calif.

Continued on page 28



Guidelines for ALL Letters to the Editor

- 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**
- E-mail is preferred. Send your letter to **editor@skateisi.org** or: Ice Skating Institute
 Attention: Editor, RIS
 17120 N. Dallas Parkway, Ste. 140
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- Please keep your letter short.
- Photos are welcome, but cannot be returned. Low-quality digital images may not be suitable for magazine reproduction.
- If you have a skating question, be as specific as possible. Technical questions will be answered by qualified ISI staff but should not be considered a substitute for coaching.
- All letters are printed at the discretion of the editor and may be edited for clarity, accuracy and space.



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Tanya Bakerman Conquers FS 10

by Lori Fairchild

Twenty-year-old Tanya Bakerman of Acton, Mass. has become the latest ISI member to pass the Freestyle 10 test, an achievement shared by only 25 other skaters since 1979.

Conquering FS 10's complicated elements was the culmination of a trying, yet rewarding, era in Tanya's life. An accomplished pairs skater, she had just experienced her third partner crisis and lost her dream of competing in this year's Olympic Games in Torino.

She says watching the Games from home was difficult for her. "I kept thinking, I could have been there; there was that chance."

More females than males are interested in pairs and ice dancing, making it challenging for women to find partners. And starting a new partnership is more difficult than it might seem. "You have to go back to basics," Tanya explains. "You can't just jump into it, so it can be very tedious. If you don't want to put in the grunt work and be totally committed to it, it falls through."

But she refused to dwell on her triple disappointment and instead turned her focus to the triple jumps required in the FS 10 testing. It paid off.

Tanya started in the ISI learn-to-skate program at a tiny ice rink in the Chicago area when she was 5 years old. When her family moved to Massachusetts a few years later, she found a bigger facility and a

more active ISI program at Nashoba Valley Olympia. "When I first walked into the rink and saw girls wearing skating dresses, I thought, Wow, only people on TV wear dresses!" Tanya recalls with a laugh. "It was a big deal for me when I got my first skating dress."

Patti Kennedy, skating director at Nashoba Valley, has coached Tanya ever since. "I could tell right away that she was a talented skater," she says. "She's the most graceful skater

I've ever seen, just beautiful to watch."

Ice skating became Tanya's sport of choice, but along with it she studied ballet, including a class designed specifically for skaters.

In high school, she earned straight A's, participated in chorus and the school musical and served as captain of her gymnastics team. "Gymnastics was a great complement to skating," she says. "I liked floor the best, and my routine would consist of a few tumbling passes and lots of double Axels. I would get bonus points for those because no one else could flip that way."

She says her skating background helped her develop self-discipline and time-management skills. "If you're a skater, you're not only self-motivating but you're probably more likely to do well in other things, too. It carries over."

Tanya's love of skating proved contagious at home. She inspired her parents and older sister to try it, and together they all performed a family spotlight number at Winter Classic a few years ago. Her dad

now competes in the ISI adult program and is working on his double loops. "He's really taken to it. I'm very proud of him and I enjoy coaching him," Tanya says. She credits her close-knit family for their support throughout her trials and triumphs.

"Along with family support, my coaches mean the world to me," she adds. "They've been there with me on and off the ice. It's very important to have a connection with your coaches." In addition to Patti Kennedy, her ISI coach, Tanya acknowledges Alice Hayward, her USFS coach, and Elaine Asanaki, her pairs coach.

She also counts ISI among her "supportive family," and says the organization is a "great stepping stone to lead you on to bigger things."

A senior at Brandeis University, Tanya is majoring in a degree plan titled "Health: Science, Society and Policy," with the goal of working for the Centers for Disease Control in the field of epidemiology. She says she is fascinated by the study of how and why diseases affect the population.

As for ice skating, she'll be participating in ISI Worlds this summer, and after graduation next year she plans to join a touring ice show. And what about that Olympic dream? "Right now, where I am in my life, four years seems far away," she says. "But I'm still open to opportunities, and who knows what partner might come around?"

Passing the Freestyle 10 test was a giant accomplishment, but Tanya says she's also gained a great deal from her less positive recent experiences. "All of these big disappointments were amazing opportunities that I wouldn't have had if it weren't for skating," she notes. "You can't win all the time, so I always try to find something positive to take away, or something that I can learn from it. I feel like I really have grown and matured from each of these events." ●



Tanya Bakerman and Jeremy Corb in novice pairs at the 2001 Eastern Sectionals

Get Ready to Boot-Scoot & Boogie to Nashville



Anywhere you see a group of adult figure skaters, you're sure to find mega doses of laughter, entertainment and good times. This year's Adult Champs, Sept. 8-10 in Nashville, promises all of the above, and then some.

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

This year's Adults event offers the new opportunity to add a second spotlight event to your repertoire. Individual and team surprise categories also have been added, and free dance is being offered for the first time.

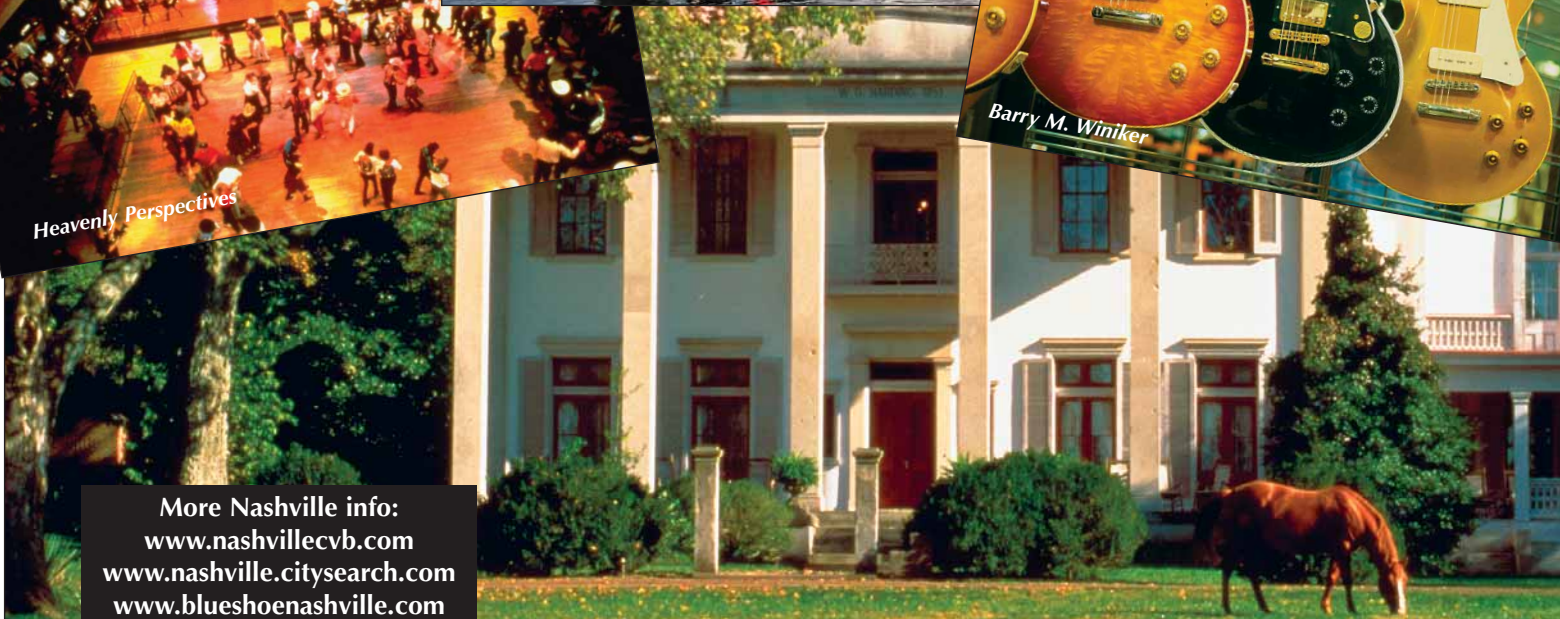
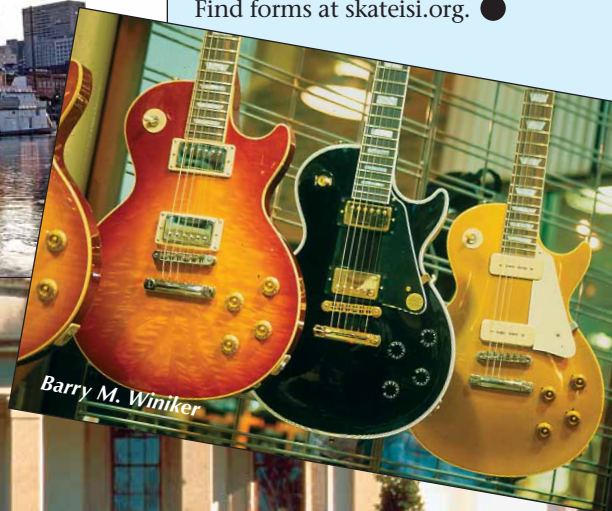
Don't forget to pack your Western boots along

with your skates. Nashville, aka Music City USA, is home to the famous Wild Horse Saloon and the Country Music Hall of Fame, where you'll find artifact displays and interactive exhibits that let you hear vintage recordings and view rare photos. And of course, don't forget the Grand Ole Opry, the world's longest-running radio program, celebrating its 80th anniversary.

Nashville skaters aren't the only stars who will be out at night. Where else can you step into a honky tonk and see famous faces? Sometimes the stars will even give an impromptu performance. The Nashville scene also boasts blues, jazz and other trendy clubs, for a musically diverse nightlife you'll find nowhere else on the planet.

There are plenty of other attractions, too, including art museums, plantation homes, botanical gardens, historic sites and professional sports.

Day or night — regardless of your taste in entertainment — Nashville promises a memorable time for Adults '06 participants. Sharpen your blades and shine your boots ... but first, get that entry form in before the Aug. 1 deadline! Find forms at skateisi.org. ●



More Nashville info:
www.nashvillecvb.com
www.nashville.citysearch.com
www.blueshoenashville.com

Robin Hood

The Ascent of Possibilities

by Stephanie Rostad

Cancer is a clarifying experience, and healing takes many forms. I was a 41-year-old wife and mother when I was diagnosed with breast cancer in 2001. As an oncology nurse, I learned about life by working with death, and I viewed health as a privilege, a precious gift and a responsibility.

had invaded our family. At first, I would watch her glide along with gleeful abandonment, feeling vicariously her joy and freedom and admiring her unabashed determination for mastery.

My daughter's joy was contagious. Soon I decided to share the excitement and ventured onto the

helped me not only on the ice, but in my life off the ice, too.

During treatment, I resisted the possibility that my identity would become defined by illness. It felt as if cancer eclipsed who I was before in life. The rink became my place of refuge where no one knew me as a patient. I realized the depth of the word "recreation" as I re-created myself through this sport. For my daughter, it was her safe world of happiness. It was a new beginning for both of us. We were strengthening more than our muscles; we were healing our spirits. Each of us was working out our unspoken issues through the creative movement and music that touched our souls, rekindling feelings of life and hope and possibility. Within months, while my daughter surpassed my reserved accomplishments on the ice, I gained courage to spin and jump, surprising myself at what I originally had thought was impossible or insane.

Five years later, what began as recreation for my daughter has become therapy for both of us and has yielded unimaginable, unexpected rewards. She now competes in ice skating events, and I have befriended the body that I previously felt betrayed me. I have sculpted muscles that have tone and strength, and I have also shaped a new mind and identity. I continue to discover new boundaries each day. Those I surpass I celebrate, while accepting with peace unchangeable limits. I measure my success by my own accomplishments, rather than comparing myself to others.

Coming to know myself through this sport, I've learned that while the endeavor might be worthwhile, our motives can set us up for failure. When we perform with the end in mind (i.e., to lose weight, get in shape, etc.), we forget the reasons that



Stephanie Rostad and daughter Rachel

I had been involved in recreational athletics since childhood, until I became the proud but exhausted mother of three children under the age of 4. During the next decade, my main exercise was simply trying to keep up with them.

After cancer treatment, I emerged from my somnolent cocoon to reclaim my self. I took my 10-year-old daughter to an ice skating rink one day and watched with delight as she discovered her passion, a welcome distraction from the illness that

ice. Initially shy and reserved, I quickly redefined my limits and expanded my preconceived boundaries. I discovered that, in any sport, the ascent of possibilities begins in our minds. Sadly, many of us defeat ourselves with fear, and our lack of confidence imprisons us. The key to freedom was simply my willingness to let go and, without expectation, allow myself the opportunity to explore and experience each moment without judgment. This shift in attitude

defined our passion in the first place. Without that pleasure fueling our bodies and minds, we burn out. While skating, each movement brings me joy. I have no self-proclaimed destination, and in my imperfection I've found my perfection. I have been able to "stick with it" with momentary pleasure long enough to notice the benefits of feeling stronger and having increased endurance and greater confidence to try new moves and develop muscles.

I continue to skate and do Pilates and yoga. Training alongside my daughter has been rewarding, making memories that will be lifelong companions for us both. I continue to struggle with my health and have periods of infirmity when my activity is abbreviated. It's hard to accept the limitations that are my handicap, and I don't always realize how far I've

come until I'm forced through illness to stop. Upon my return, I recognize through my loss what I had previous-

The cancer has helped me separate the essential from the unimportant, and with numbered days (as we all have), the urgency to accomplish what I value has propelled me along my course.

I truly am becoming the healthy person I wanted to be, emerging victoriously from the cancer that tried to take my life, dignity and joy. My identity as a patient has been expanded by my new perception of myself as an athlete, a skater, a strong woman of courage who is taking risks and accomplishing the impossible, both on and off the ice. ●

"The rink became my place of refuge where no one knew me as a patient. I realized the depth of the word 'recreation' as I re-created myself through this sport."

— Stephanie Rostad

ly gained. I remind myself that if I did it before, I can do it again; it just takes committed work and time. Some days I know I might only have "100 steps" of energy, but I choose to make nurturing my body a priority. In doing so, I also nourish my spirit.

Stephanie Rostad is an ISI member who skates at various ice arenas in the Seattle area.



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Performing with Props:

Tips & Techniques for a Show-Stopping Skate

by Barbara Denise Files

Do you like to perform with props? Olympic gold medalist Viktor Petrenko captivates crowds worldwide with dazzling technique and inventive artistry that includes dramatic costumes and outrageous stage props.

"It's my way of growing and trying something different," Petrenko says. "I try to ... come up with something which is never done before."

Skaters arrive at ISI competitions

with unusual props, delighting viewers with the variety and creativity of their programs. In addition to the entertainment value of a prop, there's an artistic component that receives a grade. Judges rank skaters who demonstrate the most cohesive theme and polished prop skill.

How do you stand out in a rink full of eye-catching costumes and props? How do you sharpen your prop technique? If you want to challenge yourself artistically and score well in competition, consider the following tips.

Pick the perfect prop

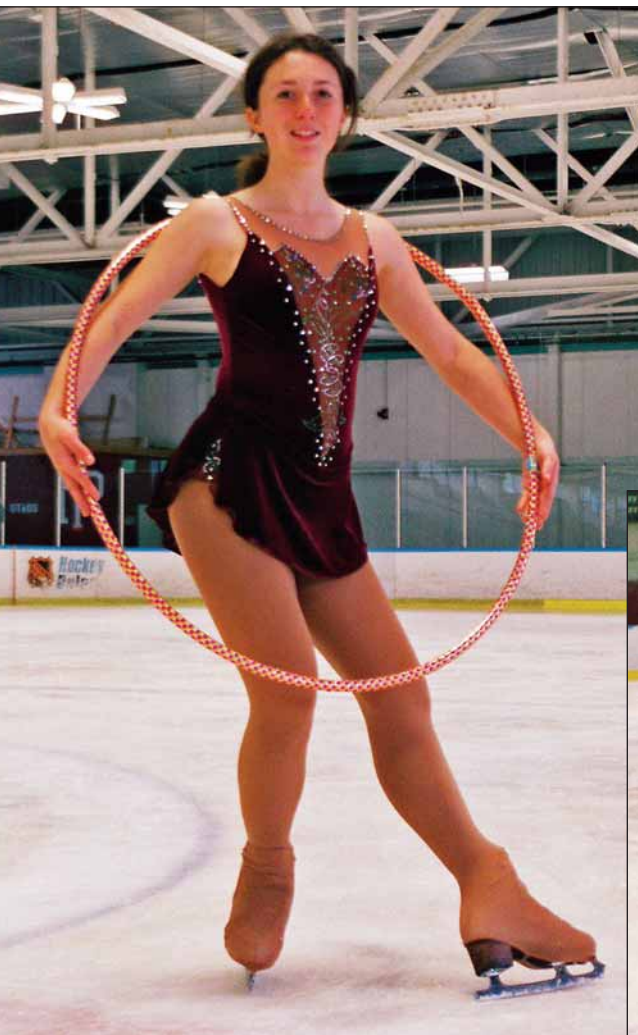
Pick a great prop and you've set the stage for success. The best props give the audience a glimpse of your interests and personality. When your prop has personal significance and kindles special memories, it adds a sparkling

energy to your skating. The audience senses your natural enthusiasm and pays closer attention to your performance.

Musical instruments, stuffed animals and sports equipment reveal your favorite hobbies off the ice. A delicate flower, an ornamental fan, an hourglass or a filmy veil adds drama and emotion to your technique. A Hula-Hoop, an oversized pair of eyeglasses, a magic wand or a beach ball shows off your sense of humor and original wit.

When selecting the perfect prop, make sure it's self-explanatory. Choose an object that is large enough for everyone to see. In an oval-shaped rink, the audience faces you on all sides, so check to see if people recognize your prop from as many angles (front, side and rear) as possible. Avoid letters of the alphabet, written words or symbols that may be difficult to read at a distance or backward.

Photos of Bridgeport Skating Club members taken at Wonderland of Ice in Bridgeport, Conn., by Barbara Denise Files



Megan Pritts, FS 7, has competed in ISI competitions with many props, including a blow-up guitar, a jungle tree, a doghouse, a large clock and a storefront window. Here she demonstrates an artistic way to hold a hoop.



Dominique Photos, FS 4, holds a basketball while performing a shoot-the-duck move to the song "How to Beat Shaq."

Think about safety on the ice. Are there rough edges or sharp corners that may scratch your skin or snag your costume? Is there loose glitter or a streamer that may fly into your eyes? Keep things light; consider the weight of your prop and how much heavier it will feel by the end of your program.

Make the most of your prop

Make a lasting impression on the ice by maximizing the use of your prop. Judges cite a common problem in spotlight events: programs that start strong but lose momentum. Skaters run out of ideas and stop using their props.

The solution to this problem results from your actions off the ice, long before you enter the rink. With careful planning, you may eliminate gaps or low points in your program and keep the surprises coming. If you'd like to test your readiness for competition, consider the following questions:

1. What are five distinctive ways to hold or grasp your prop?
2. What are 10 unique moves with your prop? Do you slide it along the ice, twirl it, pass it behind your back or juggle it?
3. For pairs or team skaters, what happens when you need to link arms with another skater?



Cyntrea Dixon, FS 1, started skating lessons just a few months ago and is learning to work with her first prop, a swirling pink ribbon.

After you've explored possible moves for your prop, think about ways to integrate those actions into your skating. Figure skaters frequently stand still while working with a prop, then put the prop down and skate off without it. If you want to increase your program's level of difficulty, bring your prop along for the ride.

If you've deposited a prop on the sideboards in the past, spend more time with it in the future. Advanced artistry results from a high level of prop interaction. The more you skate

with your prop, the higher your relative score. As you map out your choreography, identify simple ways to display your prop during these moves:

1. Lunge
2. Footwork sequence
3. Sustained glide or edge, such as a spiral
4. Spin
5. Jump

Relate to your prop

Give the audience a reason to care about your prop and open the door

Continued on page 12

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Kelly Arel, FS 4, skates to the song "Puppy Love" with a doggy dish, a big red bone and her favorite stuffed dog, "Skater."

Continued from page 11

low the methods of professional actors by giving your prop a name and describing its onstage personality. Does it have quirky habits that translate into funny actions? Does it have moods you can express on the ice?

Elevate the artistry in your skating by telling a story. By building a storyline into your program, you add more opportunities to highlight your prop. Here are some examples of storytelling activities:

1. Discovery - Meet your prop and introduce yourself.
2. Conversation - Chat with your prop.
3. Conflict - Quarrel with your prop.
4. Trust - Share a secret with your prop.
5. Admiration - Point out your prop's beautiful features to the audience.
6. Adventure - Journey to a magical world with your prop.

Practice makes perfect

Practice your prop skills until they become second nature. You'll feel more confident in competition knowing you're well rehearsed. When the judges see smooth movements and an enthusiastic performance, they'll reward your efforts with high marks.

After all your hard work, don't forget to practice a unique bow with your prop. This final gesture creates a lasting impression with the audience and judges. On competition day, take your time and enjoy the applause. Let the people express their appreciation for a great show and a job well done. ●

*ISI member Barbara Denise Files is a Russian-trained ballerina who specializes in artistic coaching to figure skaters. She is the author of the book **Ballet Secrets for Skaters: How to Hone Your Artistic Competitive Edge**, a speaker and the creator of unique workshops, such as *Performing with Props*. For more information, see her Web site: www.balletsecretsforskaters.com.*

to higher artistic marks. Intrigue the audience. Ignite the judges' curiosity. Entice them to discover more about your prop. If you create an emotional bond with your prop, the audience will, too. The crowd tunes in to your humor or drama and enjoys the moment.

Treat your prop like another skater — your artistic partner. Fol-

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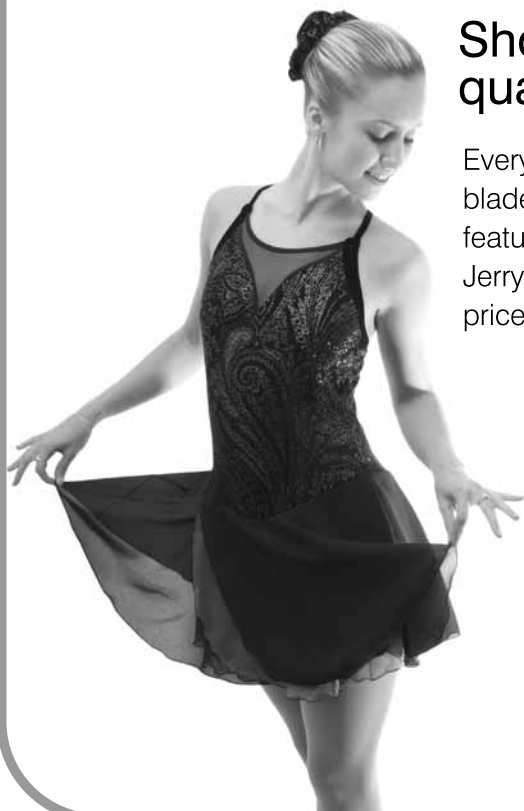
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ARTISTIC CHALLENGE

Aims HIGH in Denver

If just thinking about the ISI Artistic Challenge in the “Mile High City” leaves you a bit short of breath or your heart beating a little faster, you might be preparing yourself for an altitude adjustment. Or it might mean that you’re excited about participating in this fun-filled second annual event, Nov. 3-5 at South Suburban Ice Arena in the Denver area.

Last year, the groundbreaking first Artistic Challenge offered the opportunity for artistic expression, with an emphasis on showmanship and creativity — and no stress about technical scores. This unique concept appealed to ISI skaters, who came from all across the country to display their creative side with spectacular costumes and props. Simply stated, Artistic Challenge offers a low-pressure environment with a high fun factor, and it has now become an annual event.

Last year’s competition introduced new categories that are being continued, including couples interpretive, themed spotlight, ensemble and rhythmic skating. The ensemble event proved especially popular, allowing smaller numbers of skaters to perform group numbers.

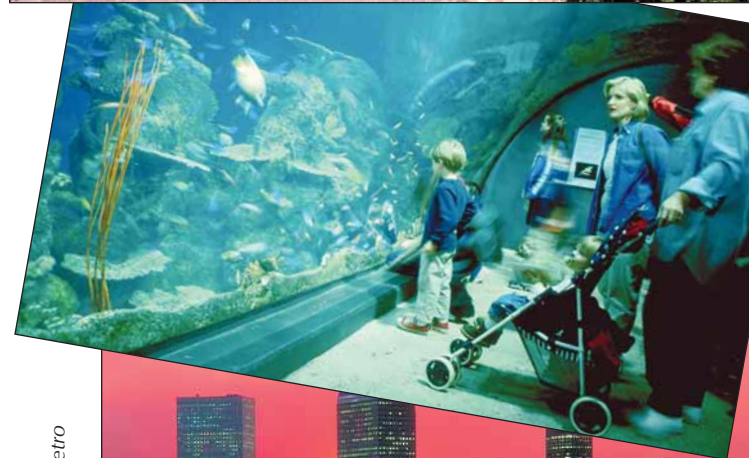
South Suburban Ice Arena is a nationally recognized ice skating complex with twin ice sheets and a great location. There’s no better place for Artistic Challenge ’06. Located at the base of the Rocky Mountains, nearby Denver artfully combines cosmopolitan attractions with panoramic mountain views to give us one of America’s most beautiful and enjoyable tourist spots. Its mile-long promenade is lined with outdoor cafés and shops. Among its special attractions are its zoo, art museum and downtown aquarium. Indoors and out, with more annual hours of sun than San Diego or Miami Beach, Denver has something for everyone.

Start making plans now to show the world your flair for the dramatic side of ice skating at Artistic Challenge. Entry deadline is Sept. 1. Find forms at skateisi.org. ●



More Denver info:

www.denver.org
www.milehighcity.com



Photography courtesy of Denver Metro
Convention & Visitors Bureau



ISI 2006 Synchronized

April 7-9 • The Edge Ice

FINAL ROUND

For a complete list of results



Jr. Youth Formation Compulsory

- 1 Derby City Guys and Dolls Louisville Iceland Sports Complex

Youth Formation Compulsory

- 1 Tremors. Yerba Buena Ice Skating Center
- 2 Les Petites Fleur Brentwood Ice Arena
- 3 Team Chiller. Chiller LLC

Sr. Youth Formation Compulsory

- 1 Synchro Shining Starz Aerodrome Willowbrook

Adult Formation Compulsory

- 1 The Crystals. Oak Lawn Ice Arena

Jr. Youth Formation – Group A

- 1 Team Elite Jr. Northbrook Sports Center
- 2 Go Figure Line Creek Ice Arena
- 3 Harmony. Hartland Ice House
- 4 Jr. Youth Fantasia Farmington Hills Ice Arena

Jr. Youth Formation – Group B

- 1 Chicago Jazz Mousettes Rolling Meadows
- 2 Ice Crystals. Crystal Ice House
- 3 Emerald Blades St. Peters Rec Plex
- 4 Twinkling Starz Aerodrome Willowbrook
- 5 Rockin Swizzles Webster Groves Ice Arena

Youth Formation – Group A

- 1 Go Figure Line Creek Ice Arena
- 2 Rink Side Extreme. Rink Side Ice Arena
- 3 Crystal Edges. Edge Ice Arenas
- 4 The Coral Belles Coral Ridge Ice Arena
- 5 Les Petites Fleur Brentwood Ice Arena

Youth Formation – Group B

- 1 Tremors. Yerba Buena Ice Skating Center
- 2 Shining Stars Twin Rinks Ice Pavilion
- 3 Fire On Ice. Southwest Ice Arena
- 4 Dazzling Starz Aerodrome Willowbrook
- 5 Icettes. Homewood-Flossmoor Ice Arena
- 6 Ice Kicks-Red Line. Bielenberg Sports Center

Youth Formation – Group C

- 1 Sierra Storm. Skatetown
- 2 Dazzlers Downers Grove Ice Arena
- 3 Chicago Skates McFetridge Sports Center

Youth Formation – Group D

- 1 Petite Elite. The Skate School LLC @ Fox Valley
- 2 Mini Blades Glenview Ice Center
- 3 Robert Crown Jewels. Robert Crown Ice Center
- 4 Team Chiller. Chiller LLC

Sr. Youth Formation

- 1 Synchro Shining Starz Aerodrome Willowbrook
- 2 Capital Classics Washington Park Ice Arena
- 3 St. Louis North Stars. North County Rec Complex
- 4 Icettes. Homewood-Flossmoor Ice Arena
- 5 Ruby Edges St. Peters Rec Plex

Teen Formation Skate

- 1 32 Degrees US Ice Sports Complex
- 2 Fort Wayne Fire McMillen Ice Arena

Adult Formation Skate

- 1 Kettering Ice Kadettes Kettering Adult FSC
- 2 Belles On Ice Louisville Iceland Sports Complex
- 3 The Crystals. Oak Lawn Ice Arena
- 4 Fort Wayne Silver Blades McMillen Ice Arena

Youth Skate Compulsory

- 1 Sierra Storm. Skatetown
- 2 Les Fleur De Cristal Brentwood Ice Arena

Sr. Youth Skate Compulsory

- 1 Synchro St. Louis Ice Gems. St. Peters Rec Plex
- 2 Ice Crystals of Eagan Eagan Civic Arena
- 3 Silver Blade Brigade Wayne C. Kennedy Rec Complex
- 4 Team Chiller. Chiller LLC

Teen Skate Compulsory

- 1 Synchro St. Louis Diamond Edges. St. Peters Rec Plex
- 2 Gold Blade Brigade. Wayne C. Kennedy Rec Complex



Skating Championships

Arena • Bensenville, Ill.

AND RESULTS

Results, go to skateisi.org

Adult Skate Compulsory

- 1 Cincinnati Style Cincinnati Gardens
- 2 Kettering Ice Kadettes Kettering Adult FSC
- 3 Rhythm N' Blades Coral Ridge Ice Arena
- 4 Belles On Ice Louisville Iceland Sports Complex
- 5 Fort Wayne Silver Blades McMillen Ice Arena

Jr. Youth Synchronized Dance

- 1 Pizazz Razmatazz Owens Center

Youth Synchronized Dance

- 1 Pizazz Flair Owens Center

Select Youth Skate

- 1 Capitol Steps Fairfax Ice Arena
- 2 Dazzlers Downers Grove Ice Arena
- 3 Harmony Synchro Hartland Ice House
- 4 Ice Stars Pleasant Prairie Ice Plex
- 5 Synchro St. Louis Jade Blades St. Peters Rec Plex
- 6 Louisville Riverblades Louisville Iceland Sports Complex
- 6 Team Elite Youth A Northbrook Sports Center
- 6 Synchro St. Louis Spirals Webster Groves Ice Arena
- 6 Les Fleur De Cristal Brentwood Ice Arena
- 6 Youth Fantasia Farmington Hills Ice Arena
- 6 Synchro Sublime Plymouth Pandas

Select Sr. Youth Skate

- 1 Team Elite The Skate School LLC @ Fox Valley
- 2 Chicago Jazz Shooting Stars Rolling Meadows
- 3 Mirror Images Thomas Creek FSC
- 4 Ice Crystals of Eagan Eagan Civic Arena
- 5 Team Chiller Chiller LLC
- 6 Capital Classics Washington Park Ice Arena
- 6 Tropical Blades Pines Ice Arena
- 6 Wayne Jazz Wayne Community Center
- 6 Silver Blade Brigade Wayne C. Kennedy Rec Complex

Select Teen Skate

- 1 Revolution Hoffman Estates Ice Arena
- 2 Ice Kicks-Blue Line Bielenberg Sports Center
- 3 Tremors Yerba Buena Ice Skating Center
- 4 Starr Blades Franklin Park Ice Arena
- 5 Teen Fantasia Farmington Hills Ice Arena
- 6 Robert Crown Jewels Robert Crown Ice Center
- 6 Harmony Hartland Ice House
- 6 Ice Stars Pleasant Prairie Ice Plex

Select Adult Skate

- 1 Belles On Ice Louisville Iceland Sports Complex
- 2 Rhythm N' Blades Coral Ridge Ice Arena
- 3 Frederick Flair Skate Frederick
- 4 Radiance On Ice Joliet Park District

Premier Youth Skate

- 1 Team Elite Youth B Northbrook Sports Center
- 2 Stellar Blades Glenview Ice Center
- 3 Ice Kicks-Green Line Bielenberg Sports Center
- 4 Dazzlers Downers Grove Ice Arena
- 5 Shining Stars Twin Rinks Ice Pavilion
- 6 Wisconsin Edge Pettit National Ice Center
- 6 Ice Prisms Kenosha Ice Arena
- 6 Icettes Homewood-Flossmor Ice Arena
- 6 The Ice Crystals Crystal Ice House

Premier Sr. Youth Skate

- 1 Twin Ponds Reflections Twin Ponds FSC
- 2 Junior Blades Glenview Ice Center
- 3 Dazzlers Downers Grove Ice Arena
- 4 Synchro St. Louis Blades Webster Groves Ice Arena
- 5 Synchro St. Louis Ice Gems St. Peters Rec Plex
- 6 The Ice Crystals Crystal Ice House
- 6 Fire On Ice Southwest Ice Arena
- 6 The Shooting Stars Nashoba Valley
- 6 Cincinnati Style Cincinnati Gardens

Premier Teen Skate

- 1 Wisconsin Edge Pettit National Ice Center
- 2 Dazzlers Downers Grove Ice Arena
- 3 Synchro St. Louis Diamond Edges St. Peters Rec Plex
- 4 Synchro St. Louis Edge Webster Groves Ice Arena
- 5 Fire On Ice Southwest Ice Arena
- 6 Capital Classics Washington Park Ice Arena
- 6 Gold Blade Brigade Wayne C. Kennedy Rec Complex
- 6 Cincinnati Style Cincinnati Gardens
- 6 Icettes Homewood-Flossmoor Ice Arena
- 6 Mirror Images Thomas Creek FSC
- 6 St. Louis North Stars Elite North County Rec Complex
- 6 Dazzlers Downers Grove Ice Arena

Premier Adult Skate

- 1 Texas Chilly Peppers Dr Pepper StarCenter-Frisco
- 2 Revolution Hoffman Estates Ice Arena
- 3 Classic Reflections US Ice Sports Complex
- 3 Go Figure Line Creek Ice Arena
- 5 Cincinnati Style Cincinnati Gardens
- 6 Revolution Carlson Ice Arena





ISI 2006 Synchroni



ized Skating Gallery



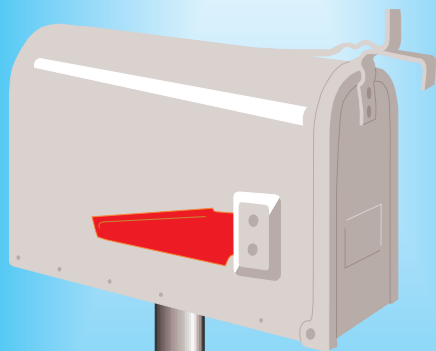
Buckley's Studio

The Wisconsin Edge of Pettit National Ice Center took first place in the Premier Teen Division and also took home the prestigious Boyd Wietector Award.

Watch Your Mailbox

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**Recreational
Ice Skating**
magazine and the
**2007 ISI
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event dates,
locations and details
in one handy section of your
favorite ice skating magazine!



**Expected arrival:
mid-September**



competitors' corner



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

Look out, Beantown! The ISI skaters soon will have their own version of the famous tea party — and this one is on ICE!

As the clock ticks toward the start of another exciting ISI World Recreational Team Championships, skaters, coaches and parents are putting the crowning touches on costumes, choreography and travel plans. Our 2006 event is sure to have Boston in a tailspin with well over 1,900 participants. Now that's some tea party!

Sharpen Your Edge

As you prepare for the extravaganza in Boston, the upcoming Artistic Challenge in Denver, Adult Champs in Nashville — or any other competition — think about this: The key piece to your performance is ...

Do you give up?

It's the MUSIC!

Music is the engine that runs figure skating. You don't believe me? OK, next time you are watching a performance on TV, hit the mute button, watch the performance and pay attention. You'll see skating, jumping, gesturing, facial expressions of all kinds and a hundred other happenings on the screen. And it will make as much sense as a silent movie without subtitles.

The timing of elements such as jumps, spins, intricate footwork and every feeling and emotion that a skater tries to convey is generated first by the *music* to which he/she chooses to skate. *Music* creates and colors the tone of the program.

This vitally important piece of your performance is usually not a solo decision. (*Little secret: I always picked out my own music.*) The coach and/or choreographer usually make the final decision, because they can objectively assess your personality and strengths — but that doesn't mean you should be eliminated from the selection process. You, better than anyone, know what you like and what you don't like. Your program can hardly reflect the upbeat mood of the music if your own mood is sour.

Obviously, you must be able to skate to the music. Your selection should have well-defined highlights that suggest where the jumps, spins and other elements should be placed. ISI has no restrictions on music choices, which opens the door to a wide variety of music, both instrumental and vocal.

Music makes the world go 'round, so always keep your ears open for good skating music. Write down the names of songs you like from movies, TV shows and the radio. As your list of music grows and broadens, you'll find it easier to make your selections for future programs.

Put Your Music on Ice and Skate to the Beat!

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Make an Impression



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Becoming a Competitor

Part 1 of a 2-part series

by David Jacobson

In anticipation of the ISI World Recreational Team Championships, it is time for skaters to hone their competitive edges. An important step is to consider what it means to become a competitor.

Most skaters, indeed most athletes, are “participants.” They enjoy skating and they may even excel and win championships. But “participants” are not necessarily competitors.

In Positive Coaching Alliance’s “Becoming a Competitor” workshops, we define “competitors” as those who strive to make themselves better, make teammates better and make the sport better. You can begin by evaluating your own view of “competition” and considering your answers to these questions:

- Does competition mean “striving with” — in keeping with the word’s Latin root — or does it mean “seeking domination”?
- Do you view competition as a partnership or as a war?
- Are your opponents gifts who inspire your best effort, or are they enemies?
- Do you see judges and officials as facilitators or as obstacles?
- Are rules an imperfect guide to fairness or are they partially tolerated restraints?
- Is your goal mastery and excellence or to win at all cost?

We will share our answers toward the end of this article. Meanwhile, you might notice that our questions address some of the concepts at the center of the PCA-ISI partnership, such as “Honoring the Game” by getting to the ROOTS of positive play. Remember, ROOTS stands for respecting Rules, Opponents, Officials, Teammates and Self.

Honoring the Game improves not only yourself, by building character, but also your performance. Just imagine how well you can do if you are not thinking about how to get around rules, how your opponents might perform or how officials or teammates may react.

When you honor the game, your example can inspire teammates to do the same. Then their performance also can improve, meaning that as a competitor you really do make your teammates better. In turn, your honoring the game makes the sport itself better, because you, your teammates, opponents and officials are free of distraction and able to perform their best, so the entire competitive environment improves.

Now, back to the answers to our questions. In each case, PCA prefers the first option. If you can frame your thinking that way, you will remove much of the pressure that comes from focusing on elements of competition that you do not control. Then you are free to pour all that extra energy into your performance, meaning you likely will enjoy better “scoreboard success” and you will definitely come away a winner in terms of Honoring the Game.

Whether or not you are headed to Boston, these ideas are worthwhile to consider. Next time we will provide exercises that will help you become a competitor. ●

David Jacobson is PCA’s media/communications manager. To learn more about PCA’s “Becoming a Competitor” and “Developing Competitors” workshops and how the ISI-PCA national partnership benefits your skating community, contact PCA at (866) 725-0024 or PCA@PositiveCoach.org, or visit PositiveCoach.org.



Don't Miss the Benefit on Ice!

Support the ISIA Education Foundation at Worlds '06!

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!

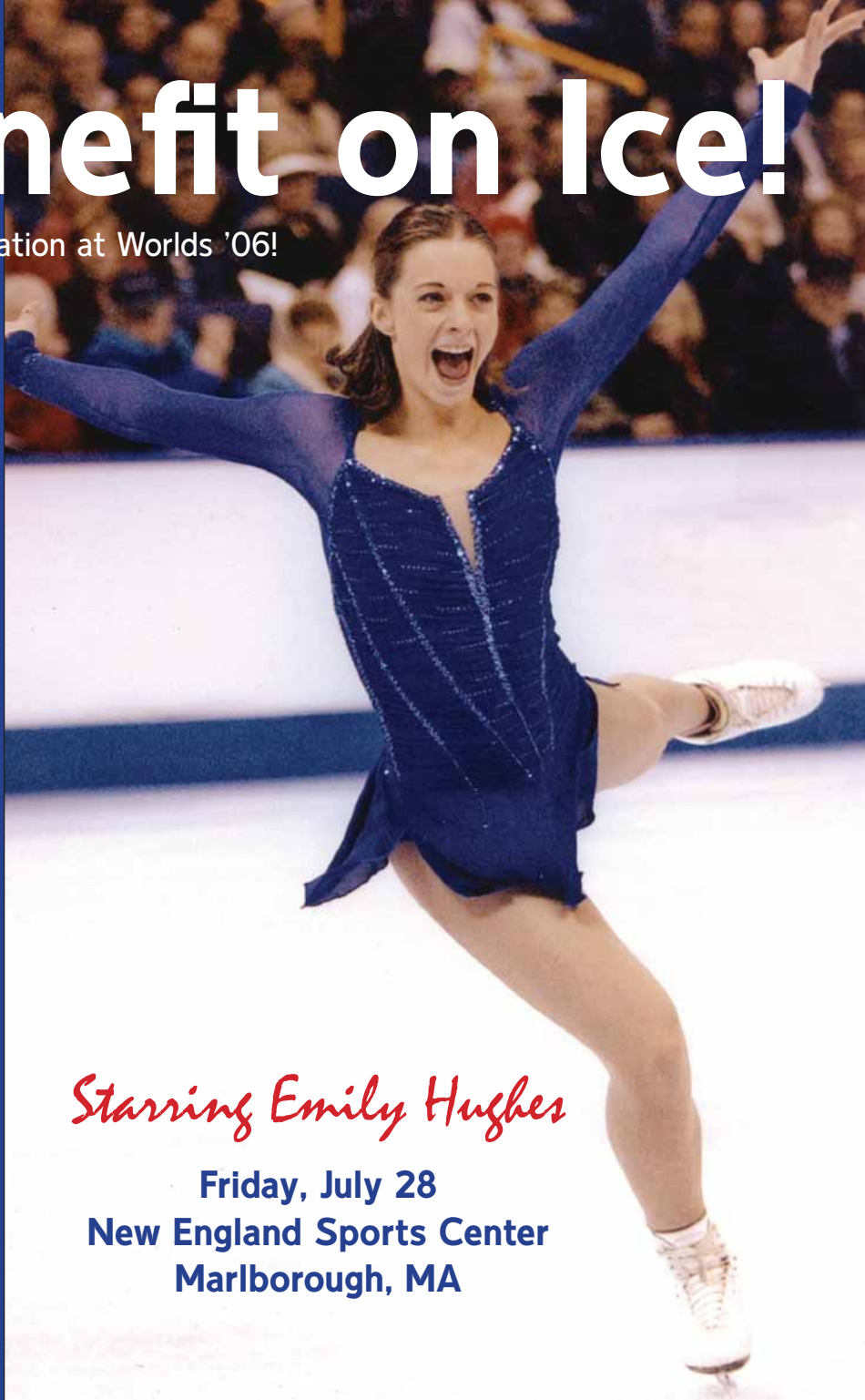
Whether you skate in the event or are there to watch the show, you won't want to miss this exciting chance to see one of your favorite skaters while you support the ISIA Education Foundation!

We'll see you at Worlds 2006!

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Spotlight

Senior Skater urges adults to join the fun



Goggin Ice Arena's Coach Libby Rhodes and ISI skater Sandie Baker

I'm proud to say that I am a 62-year-old senior citizen, and have been skating for ISI for the last 15 years and loving every minute of it. Skating ISI competitions is so much fun, even at my age. The other competitors are always younger, but I'm used to that, since my skating days have been spent at Goggin Ice Arena on the beautiful Miami University campus in Oxford, Ohio. This is the arena I represent at all the ISI competitions. Everyone at my home arena and at the competitions treats me very well.

I would like to boast about my coach of several years, Libby Rhodes, skating director at Goggin. Libby recognizes the difficulties of coaching a senior. She has always shown me a great amount of patience and dignity. She creates some great, cute programs that push me to do better. Bravo to Libby!

Libby and I wish to extend an early warm welcome to ISI skaters for next year's Winter Classic, which will be hosted by the new Goggin Ice Center. Since I'm usually the oldest freestyle competitor at most events, I'm hoping that more seniors will take advantage of the wonderful arena, campus and the great people you will meet. See you there!

—Sandie L. Baker, Brookville, Ind.

Skate for Knowledge winners honored in Yonkers

YONKERS, N.Y. — The MIRMA District 3 Skate for Knowledge scholarship awards ceremony at the E.J. Murray Skating Center honored the 2005 high-point winners in their respective freestyle test levels. Four of the skaters pictured (noted with an *) also won their color grouping and were each awarded a \$1,000 check to be placed in their 529 college funds. Pictured, from left, are: (front) Casey Kral, Kelly Arel, Christian Photos, Robert Photos Jr.* and Gabriella Photos; and (back) Megan Pritts, Lisa Fedick (District 3 representative), Amelia Heller, Erica Cohen, Allison Van Leer, Audrey Wessel*, Jacqueline Sullivan*, Judy Sniffen (MIRMA president) and Lauren D'Ascanio*.

—Lisa Fedick, MIRMA District 3



Skate for Knowledge high-point winners

Montclair Inside Edge skaters recognized at awards dinner

MONTCLAIR, N.J. — On April 6 the Montclair Inside Edge FSC held its award dinner. Each member received a trophy, and the club was able to pay for each member's dinner with funds raised from our competition. Many skaters who have done an outstanding job during 2005-06 received awards. This year we had members who competed in the MIRMA District 3 Skate for Knowledge Championships, and Inside Edge had six of the top 10 winners in their respective groups. Deana Sroka coaches them all. We were so proud of their results that we gave them each an extra gift of a skating bear with a gold spinning medal.

— Montclair Inside Edge Board



Montclair Inside Edge FSC award recipients, from left: Victoria Herzig Deribin, Allison Von Leer (back), Kathryn Salerno, Audrey Wessel, Francesca Gerard (front), Abbey Wessel and Coach Deana Sroka

Deadline:
October 15, 2006

Back by Popular Demand The 2nd Annual ISI Holiday Card Creativity Contest!



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

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

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

Send us your ORIGINAL design following these guidelines:

- 8 1/2" X 11"
- Any medium (paint, marker, pencil, pastel, etc.) – but two-dimensional only, please.
- Be sure to sign your art!
- Do not fold or bend your art.
- You may send the artwork only, or you may add a sentiment if you wish.
- Include your full name, address, telephone number, e-mail address and ISI member number on a separate note.
- Submissions MUST be received in the ISI office no later than October 15, 2006.
- NOTE: Materials cannot be returned.



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

E-mail questions to editor@skateisi.org.

*The winning artist must assign the Ice Skating Institute ownership of, and all rights to, the winning design.

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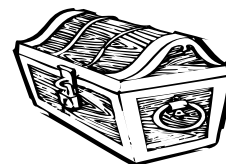
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calendar

ISI-endorsed competitions & shows/exhibitions

Deadline for Fall *RIS* Calendar: July 15

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

competitions

june

- 17 **Carencro, La.**
Louisiana Hockeyplex
Louisiana Cajun Open
- 17-18 **Chicago**
McFetridge Sports
Center
17th Annual School's
Out Competition
- 18 **Oxnard, Calif.**
Oxnard Ice Skating
Center
2006 ISI Oxnard Open
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
- 24-25 **Ashburn, Va.**
Ashburn Ice House
Summer Glide
- 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
- 1-2 **Roseville, Calif.**
Skatetown
2006 ISI West Coast
Championships
- 8 **White Bear Lake, Minn.**
White Bear Lake
Sports Center
Skate at the Lake
District 10
Competition
- 8-9 **Evanston, Ill.**
Robert Crown Center
29th Annual July Open
- 13-15 **Honolulu**
Ice Palace
2006 ISI Hawaiian Open
- 14-15 **Eagle River, Alaska**
Harry McDonald
Memorial Center
2006 ISI Summer
Competition

- 14-16 **Ontario, Calif.**
Center Ice Arena
1st Annual ISI
Open Competition
- 16-22 **Chicago**
McFetridge Sports
Center
Gay Games VII
- 22-23 **Panorama City, Calif.**
Valley Ice Center
2006 Open ISI
Competition



- 24-30 **Marlboro, Mass.**
New England Sports
Center
2006 ISI World
Recreational Team
Championships

- 25-26 **Decatur, Ala.**
Point Mallard Ice
Complex
3rd Annual Wind, Rain
or Shine ISI Team
Competition

august

- 5-6 **Gurnee, Ill.**
Rink Side Ice Arena
Summer Chiller
- 17-20 **San Diego**
Ice Town
Skate By The Sea

september



- 8-10 **Nashville, Tenn.**
Centennial Sportsplex
ISI Adult
Championships

- 8-10 **Westminster, Calif.**
Westminster Ice Arena
District 15
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

- 4-5 **Yorktown, Va.**
Hampton Roads
IcePlex
5th Annual Fall
Classic Open

march

- 30-
April 1 **Knoxville, Tenn.**
Ice Chalet
38th Annual MVDC

shows & exhibitions

june

- 16-17 **Glen Ellyn, Ill.**
Center Ice of DuPage
Tuned In
- 17 **South Lake Tahoe, Calif.**
South Tahoe Ice Arena
Spring Showcase

july

- 1-
Sept. 30 **Houston**
Aerodrome
Willowbrook
Skating Academy
Exhibition
- 15 **Oldsmar, Fla.**
Tampa Bay Skating
Academy
American Pride Figure
Skating Show
- 16-22 **New York**
International Gay
Figure Skating Union
Gay Games VII
Exhibition
- 26 **Renton, Wash.**
Castle Ice Arena
Summer Exhibitions

august

- 14 **Evanston, Ill.**
Robert Crown Center
End of Summer
Exhibition
- 17 **Arlington, Texas**
ICE at The Parks
Summertime 2006

december

- 1-2 **Springdale, Ark.**
Arkansas FSA
A Rootin' Tootin'
Country Christmas
- 6-9 **Knoxville, Tenn.**
Ice Chalet
Nutcracker On Ice
- 8-10 **Houston**
Aerodrome
Willowbrook
9th Annual Nutcracker
On Ice
- 8-10 **Evanston, Ill.**
Robert Crown Center
32nd Annual
Nutcracker
- 17 **Arlington, Texas**
ICE at The Parks
Holiday In The
Park 2006

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

Adults scoot your boots over to Nashville!

Nashville, Tenn.
Sept. 8-10, 2006
Centennial Sportsplex
Entry Deadline: Aug. 1

Shine your boots, perfect
your program and sign up
for Adults '06 today!

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I was wondering if I could have someone who is 9 years old who is in Alpha and can help me with my crossovers. I like to ice skate very much. I go every Monday. I also like to play pool and take walks, and I like music a lot. I have been skating for about one year.

**Taylor Liedel, 9, Alpha
Skate Zone
Westminster, Calif.**

I have been skating for two to three years now and I love it! I feel like if I don't get on the ice I will scream. I would like to thank my coach, Jere-my Barrett, for helping me improve

my skating. I am having trouble with my Salchow and my one-foot spin. Do you have any tips? I would like to request Kirsten Olson or someone who likes Sasha Cohen and hockey or is around my age.

**Crystal Curry, 15,
Ellenton Ice and Sports
Complex
Parrish, Fla.**

One of the biggest things to keep in mind with the Salchow is the control of the back outside edge on takeoff. If you don't maintain a secure grip on the ice with that edge, the jump will be a real downer.

To spin like a top, the key is balance and finding the sweet spot, which is back from the toe pick on the ball of the foot, but not TOO far back. It's forward on the blade without hitting the toe pick. If you hit that toe pick, you're going to slow down. Practice, practice! You sound like a dedicated skater. Keep up the good work!

I love to skate. I have been a skater since I was 3. I am currently working toward landing my double Salchow and my Axel consistently. I can land them sometimes, and other times I can't. I can get full rotation, though. In spins, I'm working on my camel change and my sit change. I'm also shooting for my layback. In my free time, I like to play the piano and also play softball in the summer. During the summer my rink closes, so I go to another rink down south. I'm also on a team called the Capital Classics. We recently participated in the nationals in Bensenville, Ill. Anyone around my age and level would work as a pen pal. I want someone to keep in touch with.

**Katie Lister, 12, FS 5
Jefferson City Figure
Skating Club
Jefferson City, Mo.**

I am in Gamma and I just did my first competition. I would like two pen pals: one that is younger than me to teach them stuff I already know; and one that is older and in a higher level than me to teach me stuff I don't know. Can I please have someone that lives in Nevada, preferably in Las Vegas?

**Megan Cutchins, 11, Gamma
Sobe Ice Arena at Fiesta Rancho
Las Vegas**

I love skating. I have been skating for about seven years. I would like to have Stacey Roth and Ashley Fannon as my pen pals, or anyone else around my age and level. I also am having some trouble getting my sit spin down lower. Any suggestions? Thank you!

**Annie Shuey, 13, FS 5
Winter Lodge
Palo Alto, Calif.**

Let's go for a spin! The sit spin is my all-time favorite. To get that gold-medal sit spin position, practice your shoot-the-ducks. See if you can go from

Skaters Pass 8, 9, 10 Tests

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

FS 8

Annie Hsiao
Aerodrome Willowbrook

Kelly McInnis
Plymouth Ice Center

Hannah Mullenix
Skatetown – Roseville

Katy O'Malley
Centennial Ice Rinks-Wilmette
Park District

Emily Slaven
Skating Club of Greater
Youngstown

Ciara Viola
Southgate Civic Center

FS 9

Brittany McLeod
Aerodrome Willowbrook

Alexie Mieskoski
Chiller LLC

Chelsea Ridley
Niles Park District Iceland

Alexandra Schwartz
Niles Park District Iceland

Shelby Wyrwa
Northbrook Park District Sports
Center

Agnes Zawadzki
Niles Park District Iceland

Dance 8

Fiona O'Mara
Aerodrome Willowbrook

Joylyn Yang
Ice Oasis

Dance 9

Joylyn Yang
Ice Oasis

one end of the rink to other. You will be the sit spin queen!

I am 15 but I only started skating a year ago. I only have one friend that likes to skate and she is 8 years old. I am having a tough time paying for my lessons so I have to make every moment on the ice count. It would be really cool if I could have someone to talk to who skates.

Samantha Loftus, 15, FS 1/2
Ice Station Valencia
Canyon Country, Calif.

I have been ice skating for about four years, but I have only been serious about it for two years. Right now I am working my Axel and everything is perfect until I rotate. Ice skating is so much fun and I love it. I hope one day I can be an Emily Hughes. I love music, shopping and skating. I want Stacey Roth to be my pen pal.

Shelby Minarik, 13, FS 5
Yorba Linda Ice Palace
Corona, Calif.

I always was interested in ice dancing, but Massachusetts is not the biggest ice dancing state and I have had the hardest time finding a partner. I have been skating since I was 7 and competing since I was 9. I'm not the best jumper, but I'm a really good artistic skater. Skating is the only sport I'm really into, and I hope that if I do find a partner I'll be able to create a name for both of us. If you know anyone who is interested in ice dancing and is around my age and level in Massachusetts, please let me know.

Simone Kushnirsky, 13, FS 4
Franklin Blades Skating School
Sharon, Mass.

I love to skate! I had been skating one day a week until just this year. My mom signed me up for some freestyles and now I skate about three days a week and I have definitely improved. Last fall I landed my Axel the first day I really tried it! Then in December I landed my double Salchow on the first day and on only my sixth attempt. Just recently I started the double loop, and yes, I landed it on the first day, too. My Axel is pretty consistent, and my

double Sal and double loop have their good days and bad days, but I usually land some every time I skate. In the spin department, I'm working on getting a consistent camel so I can pass Freestyle 5. I absolutely love the flying camel and I am starting to get a decent lay-back. Do you have any tips for trying an Ina Bauer? Thanks for such a great magazine!

Alyssa Jacobsen, 14, FS 5
Inwood Ice Arena
Minooka, Ill.

I love the look and line of the Ina Bauer! As you begin your quest to develop an Ina Bauer, start with an inside spread eagle, then bend the lead knee. As you become comfortable, you can switch your edge to outside. There are endless body and arm positions to get the line you want!

I love skating. I have been skating for about two and a half years, but I only got serious on Feb. 29, when my mom got me a coach. I would like to have a pen pal who is two or three levels ahead of me; that way they could probably give me some advice. I would love to have Amber Croan and Megan Young for pen pals.

Darina Korn, 10, FS 1
Cottage Grove Ice Arena
Cottage Grove, Minn.

Looking for a pen pal!

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

Caitlin Shanahan, 9, FS 5
Northern Ice Skating Club
Bolingbrook, Ill.

Emily Doss, 13
Plymouth Ice Center
Plymouth, Minn.

Grace Wood, 11, FS 6
ICE at The Parks
Arlington, Texas

Nathan Doss, 37
Plymouth Ice Center
Plymouth, Minn.

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