



Fall 2007

SPECIAL ISSUE

2008 ISI Skating
*Events
Preview*

Wonderful Worlds

- Memories & Photos
- One-on-One with *Evan Lysacek*



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what's inside

RECREATIONAL ICE SKATING
FALL 2007/VOL. 32, NUMBER 1

features.....

What a Wonderful Worlds! 10

by Lori Fairchild

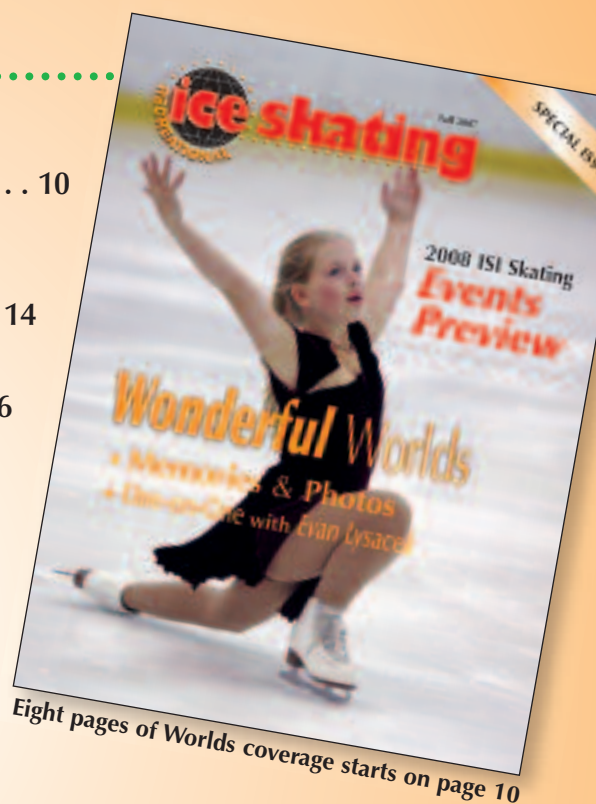
Worlds of Memories 14

Worlds Photo Gallery 16

Evan Lysacek Wows Benefit Show Crowd 18

by Lori Fairchild

**Special Section:
2008 ISI Skating Events Preview 21**



Eight pages of Worlds coverage starts on page 10



2008 ISI Skating Events Preview,
page 21

.....departments

The Write Stuff 4

Health & Well-Being: 6
Turn Your Off-Season Dreams into In-Season Goals
*by David Jacobson,
Positive Coaching Alliance*

Competitors' Corner 8

Calendar 27



*Dedicated to providing leadership,
education and services to the
ice skating industry.*

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the write stuff

letters from our readers

I love ice skating! I have been skating for eight years. I started ice skating when I was 3 years old and I have been skating ever since. I have had a lot of coaches in the past, but right now I only have one; her name is Miss Dana, and she is a wonderful coach. She has made me become a better skater and she taught me just to have fun! I have always admired Olympic skater Michelle Kwan; she is one of my role models! I'm looking for a female pen pal around my age and level.

**Talia Rekosh, 11, FS 2/3
Oak Lawn Ice Arena
Hometown, Ill.**

I love to skate! This is my ninth year of skating, and I'm now on my school's synchronized skating team. I have everything down in Freestyle 7 except my double toe loop! I am having trouble landing on my outside edge. Any tips? I would also like to be pen pals with any skater my age; it doesn't matter what level. My hobbies also include soccer, dance, reading, writing, singing, speech and taking pictures.

**Nicolet Vevea, 13, FS 6/7
Burnsville, Minn. Valley FSC
Eagan, Minn.**

Be sure to shift your weight into a back spin position instead of staying over the picking foot. That will put you into the proper landing position. Having the double loop means you're already strong once you are in that position — good job!

I go skating with my sister once every week, but we are not in the same level so I can't ask her what I need to work on. I would like a pen pal so I can talk to them about stuff. I would prefer a girl 10-12 years old, in Freestyle 1-3.

**Michelle Uminski
Bridgewater Sports Arena
Raritan, N.J.**

I have been skating for two years. I hope to continue skating my whole life and have a career related to the sport. I have the best coach, Katie. She has taken me from the very beginning to where I am today, and

she is still helping me progress. I would like a pen pal my age and near my level. I am working to progress to my loop, flip and combination spin. Sometimes, though I need to just go over the Salchow and toe loop. I also sometimes practice my waltz loop and waltz back spin in preparation for my Axel.

**Jessie Johnson, 12, FS 3/4
RMU Island Sports Center
Pittsburgh, Pa.**

I have been skating for 1 1/2 years. I started learning to skate at San Diego Ice arena, but then we moved. I love to skate, and I will be on the synchro team this year. I want to be pen pals with other girls around my age and level.

**Elyssa Havey, 7, FS 3
Skatetown
Roseville, Calif.**

I absolutely love to ice skate! I have been skating for almost five years. My favorite jump is a Lutz and my favorite spin is a sit spin or illusion. My private coach's name is Tesia Derra. I am working on my layback and back scratch. Do you have any tips for how to get more rotations in a layback? I am on a synchronized skating team. I have been skating synchro for three years. My team's name is the IcePlex Ice Stars. I would love to have a pen pal around my age and in Freestyle.

**Samantha Kammer, 11, FS 4/5
Pleasant Prairie IcePlex
Pleasant Prairie, Wis.**

Be sure you are using your lead arm to snap into the spin, and keep a lot of tension in the free leg with the knee turned out. The proper attitude leg position really helps to make a strong, fast layback spin and is so pretty! Keep practicing!

I love ice skating! I started in February but I have come a long way. I could not even skate then! I know how to do a waltz jump and I can do spins and spirals. I could not go for a week with out skating! I am looking for a pen pal my age and in my skating level, who loves to ice skate.

**Hannah Jordan, 12, Gamma
RDV Sportsplex
Longwood, Fla.**

I have been skating for about 3 1/2 years and love it! I am having a lot of trouble with my sit spin. Any tips? In April, I competed in Freestyle 2 and got first! Ever since then, I have been trying to improve more. I would like my pen pal to be around my level or above my level so we can share our strengths and weaknesses.

Allie Spiekerman, 10, FS 4
Ice Center of San Mateo
Foster City, Calif.

Most skaters try to go all the way down right away and end up sitting on the ice! Try doing your sit spin on two feet and standing back up, to build up leg strength. Later, on one foot, go halfway down and back up, gradually going down a little further each time.

I would like to find someone close to my age and level. Skating is my favorite sport. Some other interests are golf and travel basketball. I love dogs. I have a dog named Girl. In skating, I need to work on my backward edges and spiral.

Catherine Rafuse, 10, FS 1
Bay State Blades-Taunton
Norton, Mass.

I have been skating for eight years. I have skated on a synchronized team for seven years. In synchro, I am currently on a senior youth team (Synchro St. Louis Ice Gems). I enjoy skating a lot and would like to keep doing it. I would like to have a pen pal who is around my age and level, and in synchro.

Kelsey White, 13, FS 4
St. Peters Rec Plex
St. Peters, Mo.

I absolutely love ice skating! I've been skating since I was 7 years old. I've been doing ISI for two years. I have a lovely coach named Catherine. I'm working on my double toe and inside Axel; do you have any advice? I also play the piccolo and flute, speed skate and do synchronized skating. I would like to request a pen pal around my level or higher.

Anais Baker, 13, FS 6/7
Skate School at The Summit
Dimondale, Mich.

You do a lot on the ice — that's great! I'm sure you have some very strong basics and will do great at the higher ISI Freestyle levels. Just remember that every attempt teaches your muscles what you want them to do and gets you that much closer to landing these more difficult jumps. Keep up the good work!

I love to skate so much. I never want to leave. I've always wanted a pen pal near my age and level. I am working on my Axel. Tips would be nice. I have been skating for about six years. My wonderful coach, Rebecca, taught me a lot and is so nice.

Kaylynn Walker, 10, FS 4
Norwalk Ice Arena
La Mirada, Calif.

I would really like to have a pen pal near my age and level because I only have two friends at my rink, both not in my level. I would also like a pen pal because I love making new friends.

Abigail Saggio, 10, FS 1
Nashoba Valley Olympia
Hopedale, Mass.

This is my second letter to this magazine. I have a great pen pal and I would always love to have more! I've been skating for almost six years. I'm going to start doing synchro skating soon. I'm working my Salchow, back edges and back spins. I have a hard time crossing my leg on the back spin; I always end up having to stop. Any tips? I would really like a pen pal around my age and level.

Chava Hirsch, 11, FS 4
Iorio Arena
Sharon, Mass.

The leg is difficult to cross if you have weight on it. Be sure to stand up tall and keep the free hip elevated. Crossing the foot below the knee helps. Don't give up! The jumps you'll soon be learning are much easier once you've mastered this spin!

Skating is so much fun! I love it! I am almost ready to pass FS 5 if I can land my Axel. I rotate 1 1/4 times, then I land on two feet. Any advice? I have been skating for three years and competing for one. I have two really great

Continued on page 28

Letters to the Editor

- You must include:
 - Your first and last name
 - Your ISI member number (the six-digit number on your magazine mailing label)
 - Your age
 - Your skating level
 - The name of your arena
 - Your city and state
- Photos are welcome, but cannot be returned.
- If you have a skating question, be as specific as possible. Technical ques-

tions will be answered by qualified ISI staff but should not be considered a substitute for coaching.

- All letters are printed at the discretion of the editor and may be edited for clarity, accuracy and space.
- E-mail is preferred. Send your letter to editor@skateisi.org or:
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Pen Pals

- Pen pal requests must be sent by e-mail to editor@skateisi.org.
- You must include the member information listed above.
- The pen pal program is exclusively for current registered ISI members.
- E-mail addresses 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.

Turn Your Off-Season *Dreams* into In-Season *Goals*

by David Jacobson

Many ice skaters and hockey players spend their off-season dreaming about their sport. Visions of fun, accomplishment and victory run through their heads, whether they are awake or asleep.

The first step in achieving your dreams is to turn them into goals. Do you know the difference between dreams and goals? Goals are written down.

As you enter your next season, write a list of goals. The list should be as long and as specific as possible. It is important to have a long list because your confidence grows as you achieve each goal. As your confidence grows, you are more likely to achieve more goals. And you must be very confident to achieve what Positive Coaching Alliance calls "Stretch Goals."

A Stretch Goal is, by definition, something that you can't do right away. If you could, it wouldn't force you to stretch. Stretch Goals go a little beyond what people think they can do, but are reachable with effort, over time.



Reaching your Stretch Goals will keep you excited about learning and improving, and they will keep you in love with your sport. Revisit your Stretch Goals regularly to ensure they are not so ambitious that you get discouraged. You may have to adjust them to make them more motivating.

Your list of goals may align with your competition schedule. For example, if you have 10 competitions, set at least one goal for each of them.

That way, you are not working all season for one huge goal that you may or may not actually achieve. Instead, you are working toward smaller goals that keep you motivated and direct your effort toward preparing for each competition.

The reason for listing specific goals is that specifics keep your vision clear, so you can see progress toward your goals over time and recognize the instant when you achieve one of them. For example: "I want to nail a dou-

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ble Axel in competition so thoroughly that I feel like I could have turned it into a triple."

You need not confine your list of goals to on-ice performance. There is so much more about your sport that can help you grow as a person, which in turn will help you grow as an athlete.

You can set goals for the way you interact with your coach. Many athletes are afraid to ask their coaches questions, so you might set a goal to ask your coach at least two questions in your next practice.

Other areas for goal-setting can include:

- How well you get along with your fellow skaters and parents
- How much you learn about the places you travel
- How many opponents you talk to, learn about and stay in touch with
- How much energy you bring from skating to the classroom
- How your self-image improves

Your season is starting soon. If you want to turn your dreams into goals, sit down and write them down — right now!

David Jacobson is PCA's media/communications manager. To request information about how the ISI-PCA partnership can benefit you, visit www.positivecoach.org/inforequest.aspx or contact PCA at (866) 725-0024 or PCA@PositiveCoach.org.



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by Randy Winship
ISI National Skating
Program & Events
Coordinator

Who can do Footwork events: Footwork events are open to all skaters in Freestyle 1 level and higher.

Footwork vs. dance step sequences — note of clarification: Many skaters (and some coaches too!) tend to confuse the required dance step sequences in our ISI Freestyle tests as "Footwork." They are not the same thing. Dance step sequences (for Freestyle test levels) require strong edges, turns and flow to

complete a required pattern of steps. The dance step sequence requirement scores as much as any required jump or spin in each Freestyle level. It's possible to even win or lose a Freestyle competition event by the quality

of your dance step sequence. Some parts from those sequences can be incorporated into a footwork program, but you should not use the entire dance step sequence to make a Footwork program. You must use variety to create a unique Footwork program routine. Footwork in a freestyle program, however, would include the connecting steps, turns and edges in between other skating maneuvers like jumps and spins.

Tips for a "winning" program: Most Footwork program music is peppy — but it doesn't have to be. Be creative and come up with the best program for you to fit the specific judging criteria below. The main emphasis for all Footwork programs should be the use of correct turns and edges, flow, music interpretation and general overall performance. Special energetic choreography that fits the music and can get the crowd going and "bring down the house" is always a plus!

The best thing: Like Spotlight and Artistic programs, you can use the same Footwork program for more than one Freestyle test level. You don't need to get a new program every time your test level changes, so it's great for your parents if you can reuse the same music and costume for several competitions throughout the year. With your coach's help and advice, you can always change the choreography in your routine between competitions. Of course, some skaters think the best thing about a Footwork program is that you can keep both feet on the ice while perfecting the connecting moves that will improve all your skating programs.

Duration: Footwork program duration time is 1 minute for all levels.

Maneuver limitations: The focus should be on "footwork," so your feet should be moving while doing turns and edges, too. You may include other types of skating maneuvers like spirals and arabesques, pivots and spins (fewer than three revolutions), and half-revolution jumps (like half flips, waltz jumps, bunny hops, etc.) to help make a creative program. Keep in mind there is no score for technical merit. Props are not permitted in Footwork events.

Competition event groups: Since there is no score for technical maneuvers, the competition director may group skaters together by combining levels and genders.

Judging criteria: Continuity and flow, variety of turns and edges, correctness of turns and edges, music interpretation, originality and creativity, pattern, presentation, duration and general overall. ●

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- **Submissions MUST be received in the ISI office no later than October 15, 2007.**
- NOTE: Materials cannot be returned.

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*The winning artist must assign the Ice Skating Institute ownership of, and all rights to, the winning design. Current ISI members of any age and membership level are eligible to participate.



E-mail questions to editor@skateisi.org.



What a Wonderful Worlds!

ISI World Recreational
Team Championships



by Lori Fairchild

Maybe it was that inimitable Midwestern friendliness, combined with all that makes The Windy City a must-visit destination. Perhaps it was the host facilities' convenient locations and parking. The ISI spirit of recreational skating for fun and friendship could have been the key. The on-time event schedule certainly didn't hurt. Then there were the festive opening ceremonies and the Party in the Park. Dedicated, tireless personnel, volunteers, judges and referees deserve plenty of credit. And what about all the excitement generated by the Benefit Show appearance of Olympian Evan Lysacek?

With so much going for it, attributing the success of this year's

ISI World Recreational Team Championships to just one factor is impossible. It was the entire package that created a wonderful Worlds 2007. The Edge Ice Arena in Bensenville was the primary host facility, with additional events scheduled at nearby Franklin Park Ice Arena.

Nearly 1,600 ISI competitors from more than 120 facilities in 26 states and four countries gathered in suburban Chicago to put their ice skating skills to the test, but also to share their love of recreational skating and to make new skater friends.

This year's event included the full spectrum of ISI membership. Where else will you find an event that features both a 2-year-old and an 82-year-old skater — and pretty much every age in between? Skill levels ran the gamut, from Tot and Pre-Alpha to Dance 9 and Freestyle 10. Special skaters were well represented, including a sizable team from Hoffman Estates, Ill.

Colorful characters filled the lobbies and locker rooms, from Winnie the Pooh to Dora the Explorer, hula girl to Material Girl, wizard to princess.

Skaters' Marketplace vendors enjoyed brisk business throughout

the week, and ended on a high note with the influx of synchro-team shoppers on Friday afternoon.

Facility team sizes ranged from a single skater to 96 members, with the largest team coming from Downers Grove, Ill. The Notches from Capitol Ice Academy in Des Moines represented the largest skating family; the five Notch children, ages 5 through 8 (Alpha through Freestyle 2), collec-



Worlds participant Dominique Photos from Wonderland of Ice in Bridgeport, Conn. claimed the distinction of skating in the most events, with 16 to her credit. She also performed her Freestyle 6 Light Entertainment Spotlight number in the Benefit Show.

Lori Fairchild



Lori Fairchild

Opening ceremonies featured a parade of entertainers and Worlds teams followed by the "Party in the Park," complete with a DJ, light show, dancing and games.

tively participated in more than 30 events, including a Family Spotlight.

Franklin Park Ice Arena claimed top team honors with 604 points. "One of the marks of a great competition is a list of relatively close scores, and numerous teams fared very well this year," notes Carrie

Continued on page 12



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Franklin Park Ice Arena of Franklin Park, Ill., captured the Worlds Team Champion title and trophy, with 604 points.



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Clarke, ISI's director of skating programs and services.

When they weren't on the ice or

shopping in the Skaters' Marketplace, Worlds competitors enjoyed the sights and sounds of Chicagoland.

Among the most popular tourist destinations were downtown Chicago, Navy Pier, Six Flags and American Girl Place.

Randy Winship, ISI's national skating program and events coordina-

Top 25

ISI 2007 World Recreational Team Championship Results

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

PLACE	ARENA	POINTS
1	Franklin Park Ice Arena	604.0
2	Joliet Park District	585.5
3	Northbrook Sports Center	574.0
4	Downers Grove Ice Arena	518.0
5	Norwich Skating School	503.0
6	Edge Ice Arenas	475.0
7	Skating Club of Greater Youngstown	460.5
8	K Lynn Skating School	403.5
9	Oak Lawn Ice Arena	392.5
10	Capital of Texas FSC	375.5
11	PSA StarCenter	291.5
12	SM Megamall-Philippines	282.5
13	Oakton Ice Arena	276.5
14	ICE at The Parks	274.0
14	Parade Figure Skating Club	274.0
16	Homewood-Flossmoor Ice Arena	267.5
17	McFetridge Sports Center	265.0
18	SM Southmall-Philippines	258.0
19	Ellenton Ice & Sports Complex	233.5
20	Capitol Ice Academy	216.0
21	Center Ice Arena	210.5
22	Southgate Civic Center	208.0
23	World Ice Arena-China	202.5
24	Schwan Super Rink-National Sports Center	199.5
25	Wonderland of Ice	194.0

Team Trophies

Michael Booker Trophy: Franklin Park Ice Arena

Team that accumulates the most overall team points during the week

President's Trophy: Skating Club of Greater Youngstown

Team with 14-34 skaters that accumulates the most team points and does not place in the top five teams overall

Board of Directors' Trophy: Hess Ice Rink

Team with 1-13 skaters that accumulates the most team points and does not place in the top five teams overall

Percentage Point Trophy: Montclair Inside Edge Skating Club

Team with five skaters or more that does not place in the top five overall and gets the highest point percentage per skater (does include team event points)

Percentage Placement Trophy: Hoffman Estates Park District

Team with five skaters or more that does not place in the top five overall and gets the highest placement percentage per skater (does not include team event placement)

Special Thanks to 2007 ISI Worlds Sponsors:

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Lori Fairchild

The World Ice Arena team from Shenzhen, China took this year's honors for traveling the greatest distance for the ISI Worlds competition.



Lori Fairchild

The Skaters' Marketplace, conveniently situated between the busy East and West rinks in the Edge Ice Arena, featured a variety of vendors offering anything and everything skating-related, from novelties to necessities.

tor, says planning, preparations and people were the key to the week's success: "I'd like to thank the host rink facilities for their efforts and energy, especially Sue D'Aquila of The Edge Ice Arena and Rosalind Giulietti of Franklin Park, and all of the skaters, parents, coaches, judges and referees who contributed to a wonderful week of skating."

Next year's Worlds competition is set for July 27-Aug. 2 at South Suburban Ice Arena in Denver, Colo. It isn't too early to start planning your visit to "The Mile-High City"! ●

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Worlds of



Participating in the ISI Worlds this year has to be one of the best things I have done all summer and one of the most exciting skating events I have been in! The Benefit Show was a huge highlight and showed what ISI is all about — not just who is the best skater, but who can perform and who can be creative.

I also got to meet my skating idol, Evan Lysacek! I enjoyed spending more time with friends from my rink, getting to know them better and experiencing Illinois together. We went to Six Flags, the Brookfield Zoo and the city of Chicago. And of course, I met new people! It was my first time trading pins. I had the experience of a lifetime!

Valerie Turgeon
Coon Rapids, Minn.

ISI World Recreational Team Championships



Going to Worlds this year with my best friend and skating partner, Holly Piroli, and seeing our friend Morgan from Florida was the best part about Worlds. We had a lot of fun trading pins, shopping at the Skaters' Marketplace and going to American Girl Place in Chicago together. The parade at the Party in the Park was a lot of fun, too. The most special part about Worlds was skating against and meeting Annie Kang from China. Congratulations, Annie, on winning first in our FS 3 technical program.

Victoria Hodge
Valencia, Calif.

The Worlds event was very special for me because I got to participate in the Jump and Spin Intermediate event with a friend of mine, Dakota Golde. We met at learn-to-skate lessons when I was 5 years old. It was also special because my sister (Kelsey Philipps) was participating in the Worlds events as well, and we always encourage each other and root each other on. What I like best about ISI events is that the skaters and people who run the events are always so nice and that my sister and I both participate in ISI events together.

Reilly Philipps
Arlington Heights, Ill.



I'm from Peoria, Ill., and about six weeks ago while on vacation I went to a public skate in Ellenton, Fla. I noticed a lady practicing swing rolls and realized she was an ice dancer like me. I was even more surprised to find out that she and her husband (Beverly and Jack Rienks) were entered in the Mixed Dance 5 event at Worlds, the same event as my partner and me. As adult ice dancers are very few and far between, it was a wild coincidence to be a thousand miles from home and run into another team competing at our level.

Unfortunately, my partner suffered an injury before the competition that made it necessary for him to withdraw, but the officials were kind enough to move me to a solo event in the "11th hour" so I could still compete.

Jennifer Malcome
Cazenovia, Ill.



This was my first Worlds experience and I had so much fun! I made a new friend, landed a flip and partied at the Party in the Park! I also did a lot of sightseeing in downtown Chicago.

Sara Cuozzo
Natick, Mass.

Michaela Eide had a wonderful time at ISI Worlds. Carrie Clarke helped her on the ice for her programs and made our daughter feel comfortable. Michaela came as a team of one and did very well. We were very impressed by how well run the events were. We all especially enjoyed the exhibition. We look forward to attending ISI events in the future and will try to get to Florida in February 2008!



The Eide Family
Rapid City, N.D.



I can't express the joy I felt watching the skaters interact with one another and the excitement in their eyes throughout all of the activities surrounding the weeklong event. Not only was this trip an opportunity for the skaters to bond, but the parents and skaters were able to connect. I really felt a familial bond with our team. I was actually sad when the event was over.

Leah Ross
Sewickley, Pa.

It was the biggest competition of my life — because it was Worlds! Skating is just so cool, it is good for exercise and I just love it! Competing helps me work so hard, lets me meet new friends and try my best!

Jocelyn Kalkman
Long Grove, Ill.



Memories



What made this special for me is that I got to skate with my children and get them involved in something I did for years as a child. What we like best about skating ISI is how fun and flexible the competitions are. ISI has brought the FUN back into skating.

Karen Caicco
New Hudson, Mich.

I had such a great time competing, making new friends and trading pins. Not to mention the Party in the Park, Bensenville Theater, Navy Pier and the Benefit



Show with Evan Lysacek. The list was endless, with something to do every day. I highly recommend going to Worlds to all my skating friends and teammates. What a great way to start off the upcoming skating season!

Kali Ilges
St. Louis



Olivia had a great time and she says what made it special was making new friends. We truly feel that making these friends builds good sportsmanship. It was a great experience to see the good sportsmanship among the skaters and the parents. We plan to participate in the event next year in Denver. Olivia hopes she sees her new friends there, too. Thanks for a great event in Chicago.

Tracey Dorsch
Export, Pa.

I asked my friend Alyssa Yelnick to be my partner in a "Blades of Glory" couples Spotlight, knowing she could really ham it up and have fun with me. Unfortunately, a miscommunication left us without any music. We were going to scratch but decided just to ask if we could perform without it. One person began to clap a beat and then others joined in until the whole rink was cheering us on. When we were done we were so happy and proud we performed, and where we placed wasn't that important anymore. But, to our amazement, we had placed first out of eight couples.



Paige Magee
Channahon, Ill.



This was my first time in Chicago and my first time I have been out of town with my team. I met lots of new people, especially when we were trading pins. I loved the competition because we did great, we had fun and I was with my best friends!

Bianca Monet Miller
Murrieta, Calif.

My best memory of skating in the ISI Worlds competition this year was taking first place in the Jump and Spin Low event with my friend Emily Styzinski. It was really fun to wear our racing car costumes from our ISI synchro team, the Chicago Jazz Mousettes, and compete at Worlds!

Kelsey Philipps
Arlington Heights, Ill.



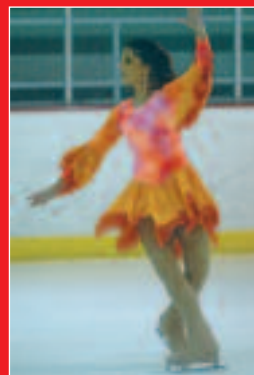
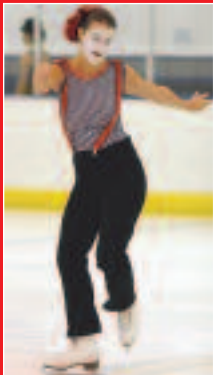
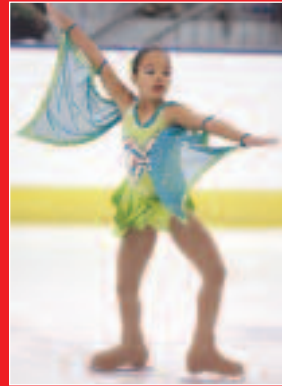
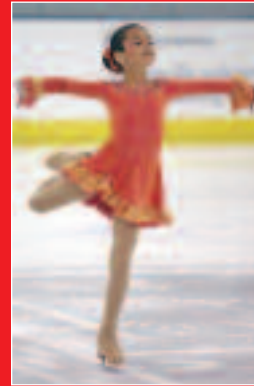
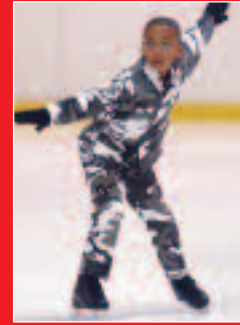
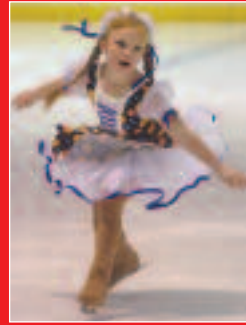
This was my first time competing at Worlds and it was an awesome experience. I love how ISI embraces adult skaters. Worlds was a very special competition for me and knowing I reached my goal of competing at Worlds and skating my best after having my baby has given me so much confidence back in my skating. Thank you, ISI, for putting on such a great event and emphasizing the fun in skating!

Brandi Warnock
Elgin, Ill.

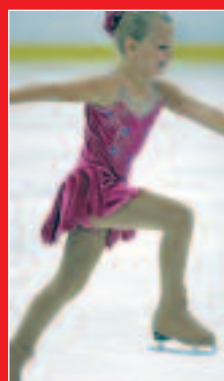
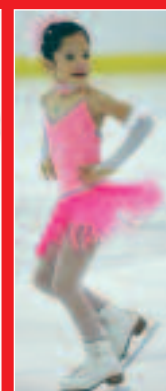
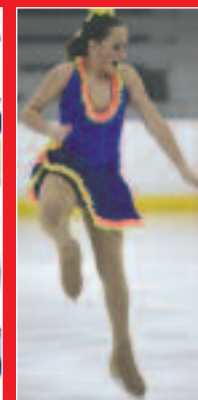
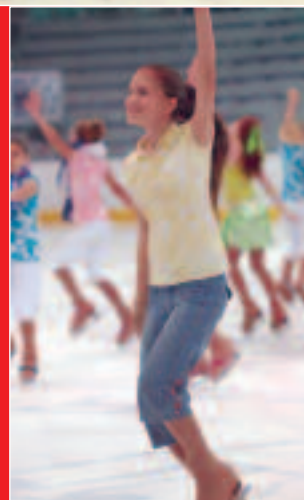
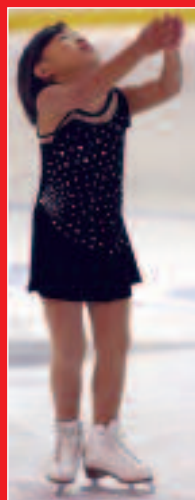
This was my first time to enter the Worlds competition. It was very much worth the entry. I was scared and hesitant to participate, but it was so much fun. I will do it again next year. My favorite time was meeting girls and boys from all over the United States. I will treasure my pins forever. Another great time was the opening ceremony. It was a fun event, and being first in the parade line-up made it even more special for our team.

Elma Medina
Round Rock, Texas





ds 2007



Evan Lysacek WOWS Benefit Show Crowd

by Lori Fairchild

Photos by ActionPhotos.com and Lori Fairchild

U.S. national champion, two-time World bronze medalist and 2006 Olympian Evan Lysacek didn't hold back in his energetic performance at this year's ISIA Education Foundation Benefit Show. The event was held at The Edge Ice Arena in Bensenville during the ISI World Recreational Team Championships. More than 900 tickets were sold for the show, benefiting the Foundation's scholarship program.

"Evan gave us at least four triples, which is highly unusual in an exhibition performance," said Foundation President Don Bartelson. "The quality and difficulty of his content was outstanding, and the dynamic choreography was entertaining for skaters and non-skaters alike, male and female, young and old. He is definitely a crowd-pleaser, and we look forward to seeing where his skating career will take him."

Lysacek performed the final numbers at the end of both the first and second halves of the two-hour Benefit Show. But the Olympian was

not the only skater to bring the audience to its feet. In addition to a "celebrity" skater, the show is built around Worlds participants invited by Foundation trustee Jean Albrightson and her selection committee. As always, the diverse lineup included skaters representing a variety of ages, skating levels, events and home arenas from all over the country.

The local star power of Naperville, Ill. native Lysacek and father-daughter Family Spotlight team Steve and Carly Andrews of Northbrook Sports Center helped ISI and the Foundation garner Chicago TV coverage. Steve is a cancer survivor who shared his inspirational story as well as one of the show's most endearing performances.

Another show-stopper was 5-year-old Khailen Carlton from Summit Academy School at The Peak in Romulus, Mich. The tenacious little girl performed her Pre-Alpha-level Spotlight program without music following a technical difficulty, earning an enthusiastic standing ovation — and the



Evan Lysacek gave one of the most crowd-pleasing performances in Benefit Show history at ISI Worlds 2007 in his hometown of Chicago.

respect of every skater in the audience.

Unflappable Foundation board trustee Boyd Wietecter once again put his smooth delivery to work as Benefit Show announcer.

The 2007 Foundation scholarship recipients — Alice Murphy of Greenbelt, Md. and Stephanie Zastrow of Forest Lake, Minn. — were announced following intermission. Alice was present to accept her scholarship and skate a stunning Artistic 7 program.

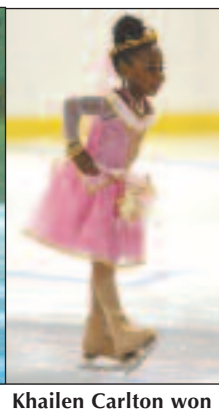
Courtne Coon of Bowie Ice Arena and Liza Birnbaum of Northbrook



Volunteers from Northbrook Sports Center worked in the Education Foundation booth and sold raffle tickets.



Father-and-daughter team Steve and Carly Andrews attracted Chicago media attention with their poignant story and performance.



Khailen Carlton won the audience's hearts — and a standing ovation.



Scholarship recipient Alice Murphy accepted a congratulatory bouquet from Tot 4 skater Joshua Beechler of Downers Grove Ice Arena.

Sports Center were the lucky Worlds participants who held the winning "Skate with a Star" raffle tickets drawn earlier in the week. The raffle has become a popular feature of Worlds week and an important component of the Foundation's fundraising program for annual scholarship endowment.

While the appreciative audience clearly was not ready for the show to end, the promise of an autograph and photo opportunity with Evan got the attendees out of their seats and into a line that spanned the width of the arena. Thanks to the efforts of arena personnel and ISI staff, the line moved quickly and efficiently, and everyone left the arena glowing from the excitement of the evening.

"The Benefit Show was a tremendous success and exceeded our expectations in every way, including ticket sales," said Foundation Treasurer Judy Sniffen. "We were also very gratified by the results of our silent auction, held throughout the week in the Skaters' Marketplace. We had bidding wars on several items, including some of our



Foundation President Don Bartelson announced the lucky winners of the "Skate with a Star" raffle: Liza Birnbaum and Courtnie Coon.

Emily Hughes-autographed items, the Zamboni coffee-table book and the Riedell boots and blades – and we ended up selling everything."

Marketplace vendors at this year's event donated items that Lysacek autographed for future auctions, Sniffen added. "We want to sincerely thank all those who have donated to our auction and fundraising efforts, as well as those who bid on and bought the auction items." ●

One-on-One with *Evan Lysacek*

ISI: *As a competitive skater, on what level can you identify with recreational skaters? What's in it for all the ice skaters who are not necessarily Olympics-bound?*

Lysacek: Once you get to a certain level of competitive skating, you feel a lot of pressure, even in training, from the outside: agents, coaches, judges, corporate endorsements. But it's what comes from the inside that's the most important: the pure pleasure of skating, enjoying the process of challenging yourself, skating for exercise — these are things that skaters of any age and ability can do. Figure skating is a very unique sport. It's so individual; you can make it whatever you want it to be. Competitive skating is limited by rules, but recreational skating offers so much flexibility. Have fun, experiment and test yourself. It's about personal gratification and accomplishing your goals. It's all you — you take the responsibility and you also get the full credit.



Benefit Show attendees had the opportunity to meet Lysacek, get his autograph and pose for photos with him.

ISI: *Figure skating is not the top sport choice among boys. What would you say to boys to encourage them to give it a try, or to stick with it?*

Lysacek: Skating has a unique feeling for anyone who loves to go fast and experience a certain feeling of freedom. It's something you don't get from many other sports. I actually see it as an extreme sport, which is defined as one that takes you out of your normal element and puts you in a foreign element — in this case, on the ice — where you do tricks and challenging moves. It's a sport that allows you to build on your challenges; it's limitless. I was fortunate to have a cool group of friends in high school who supported my skating. People don't realize how difficult it is until they try it. I have a friend who plays soccer, and after I got him out on the ice, he found out what it takes. We both respect and appreciate each other's sports.

ISI: *Why is a balanced life important, even to an Olympic athlete?*

Lysacek: I think goals are very important; they give you purpose. It's important to have a to-do list of what you want to accomplish, not just in skating, but in life. But goals are like a ladder, and sometimes the ladder starts to curve in a different direction on the way up and you might drift to something else, something even better than your original goal. That's why is so important to have a good education as a foundation for anything you might want to do in life. I laugh when people tell me they have to be home-schooled in order to make it in sports. I was never home-schooled. I graduated with honors from high school, and one of my biggest goals now is to graduate from college. I think education should be a priority over everything else. That's why I couldn't pass up this invitation to skate for the ISIA Education Foundation Benefit Show.

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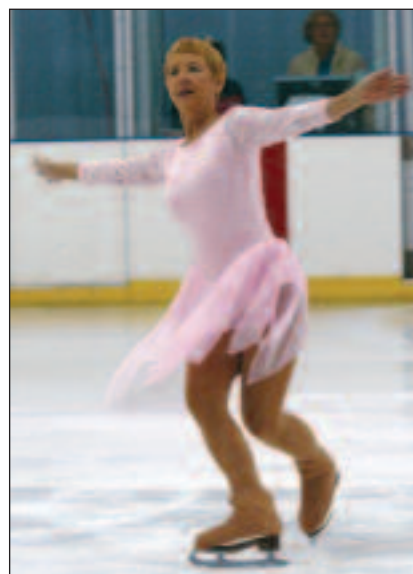
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Skating for Susan

by Lori Fairchild

For adult synchro team Tropical Spice on Ice from Ellenton Sports Complex in Florida, skating in this year's ISI Worlds competition was a bittersweet experience. Spice members received word while in Chicago that their teammate Susan Evans had died following her five-year battle with breast cancer.

"Susan never missed a competition throughout her treatment," recalls



Susan Evans, 1947-2007

teammate Linda Spinale. "She used her skating routines as an incentive to get her through her sickest days. She was in remission for about four years when her disease came back a year ago. Again, she fought a valiant battle, hoping to compete at Worlds. She skated until she was too weak to skate anymore, just a few weeks before the competition. Sadly, she passed away during competition week. We were shattered, but knew it was important to skate for her. Winning a medal didn't seem to have the importance as just going on the ice and skating for Susan, who taught us the meaning of courage."

The first team number was difficult, Linda says, because members keenly felt the absence of Susan and her husband, Bob. "We were all teary-eyed as we took to the ice, but we very quickly got into our skating mode. Our numbers were kind of bungled, but we skated with our hearts and won two gold medals, one silver medal and one fourth place."

Susan had confided to team members that her wish was for Bob to keep skating, and he has decided to attend ISI Adult Championships in Las Vegas in September. The couple skated together last year at ISI Worlds in Boston, where they were selected to perform their Aladdin and Jasmine pairs number in the Benefit Show starring Emily Hughes.

Susan and Bob were married for 35 years and have three daughters: Carol, Stacy and Kimberly. Susan enjoyed a 15-year career with Coldwell Banker and served as president of the Women's Council of Realtors. She was active in her church and taught ice skating at Ellenton Ice Complex.

Tropical Spice on Ice, which formed 14 years ago under the leadership of Erika Amundsen, previously lost another team member, Janece Owen, to breast cancer. Two of the current members are breast cancer survivors. The team now dedicates all performances to the importance of the early breast cancer detection through self-examination and mammography. ●

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2008 Winter Classic

Tampa Bay Skating Academy
Oldsmar, Florida
February 15-17

(Entry Deadline: Dec. 1, 2007)



2008 Synchronized Championships

St. Peters RecPlex
St. Louis, Missouri
April 11-13

(Entry Deadline: Feb. 1, 2008)



2008 World Recreational Team Championships

South Suburban Ice Arena
South Suburban Family Sports Center
Denver, Colorado
July 28-August 2

(Entry Deadline: May 1, 2008)



2008 Adult Championships

Yerba Buena Ice Skating Center
San Francisco, California
October 3-5

(Entry Deadline: Aug. 15, 2008)



2008 Artistic Challenge

Pickwick Ice Center
Burbank, California
December 5-7

(Entry Deadline: Oct. 15, 2008)

Start planning your schedule now. The new competition season is right around the corner.



Tampa Bay Skating Academy

Entry Deadline:
December 1, 2007

Entry forms on
www.skateisi.org



Tampa's scenic beaches



Downtown Tampa at night



Oldsmar, Florida
February 15-17

ISI Winter Classic, the first event this season, will be held at Tampa Bay Skating Academy—Florida's first twin ice rink, home of the Tampa Bay Skating Club and the Central Florida Hockey League. The 67,000-sq.-ft. facility has two NHL-regulation-size ice rinks, a café, bar and grill, and full-service pro shop.

When you are not competing, explore the beauty of Tampa Bay. Walk the Bayshore Boulevard—the longest sidewalk in the United States. Enjoy the great outdoors along the Sunshine Skyway Bridge—the world's longest bridge. Learn about Tampa's diverse history at the National Historic Landmark District. Visit Tampa Union Station—a historic train station between downtown and Ybor City.

Find out more about things to do in Tampa:
www.tampaattractions.com
www.visittampabay.com
www.tampagov.net





St. Peters, Missouri April 11-13

The ISI Synchronized Championships will be held at St. Peters RecPlex—a 124,000-sq.-ft. family recreation and athletic training complex. In addition to three NHL-regulation-size rinks, this new facility has an aerobic and dance room, elevated running track, food court, locker room complete with showers, weight/exercise room with modern equipment and more.

Don't miss this chance to explore St. Louis, also known as the Gateway to the West. Learn more about its French and German heritage and Victorian past by strolling the streets or visiting the St. Louis Art Museum which houses an extensive collection of master works including paintings by Rembrandt, Van Gogh, Pissarro and Picasso. The Missouri History Museum has a detailed exhibit on Lewis and Clark's voyage. Other attractions include St. Louis' Union Station, the Basilica of St. Louis—more commonly known as the "Old Cathedral," historic Eads Bridge—popular for its restaurants and nightclubs, and of course, the Gateway Arch—the city's best-known landmark.

Find out more about things to do in St. Louis:
www.explorestlouis.com
www.stlattractions.org



St. Peters RecPlex

Entry Deadline:
February 1, 2008

Entry forms on
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*Thrilling rides and entertainment
are close by at Six Flags Park.*



*The 630-ft.-high Gateway Arch is the
ultimate symbol of St. Louis providing
an astounding view from the top.*





South Suburban
Ice Arena
South Suburban Family
Sports Center

Entry Deadline: May 1, 2008

Entry forms on
www.skateisi.org



The Colorado mountains offer lots of recreational opportunities year-round.



The Denver Mint holds the largest gold reserves outside of Washington, D.C.



Denver, Colorado
July 28-August 2

The ISI World Recreational Team Championships will be held at Centennial's South Suburban Ice Arena and South Suburban Family Sports Center. South Suburban Ice Arena includes two NHL-regulation-size ice surfaces equipped with jump harnesses, a concession stand and an off-ice dance and workout studio. The Family Sports Center also includes two NHL-regulation-size ice surfaces plus an arcade, climbing wall, bouncy castle, gladiator joust, bungee run, bumper cars, laser tag, 9-hole golf course, driving range and full-service restaurant and bar.

Visit the historic sites of Denver and learn about its Wild West history and glory days as a mining camp. See the famous buildings such as the Colorado State capital, Governor's Mansion, Molly Brown House, Civic Center and more. Learn how United States coins are made at the Denver Mint—the largest gold reserves outside Washington, D.C.

Find out more about things to do in Denver:
www.denver.org



San Francisco, California
October 3-5

The ISI Adult Championships will be held at Yerba Buena Ice Skating Center—San Francisco's only year-round ice skating center. The NHL-regulation-size rink has four dressing rooms, a ballet room, warming room and café.

It's no wonder San Francisco is one of America's top cities with its many attractions. The 1.7-mile-long Golden Gate Bridge is one of America's construction marvels, and Alcatraz Island and Prison are known all over the world. Fisherman's Wharf overlooks San Francisco Bay, the Golden Gate Bridge and still serves as a commercial fishing pier. Other attractions include Barbary Coast, Ferry Building, South of Market, Nob Hill, Union Square, Chinatown, North Beach, and more. Don't miss visiting Lombard Street—the "world's crookedest" street.

Find out more about things to do in San Francisco:
www.sanfrancisco.com
www.onlyinsanfrancisco.com



Yerba Buena Ice Skating Center

Entry Deadline:
August 15, 2008

Entry forms on
www.skateisi.org



The Golden Gate Bridge, the second longest suspension bridge in the United States, was the largest at the time it was completed in 1937. Since then, it has become an internationally recognized symbol of San Francisco.



Alcatraz Island has served as a lighthouse, a military fortification, a military prison and finally a federal prison until 1963, when it became a national recreation area.



Pickwick Ice Center

Entry Deadline:
October 15, 2008

Entry forms on
www.skateisi.org



Photographer: Glenn Cormier/LACVB
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Universal CityWalk has
65 cool things to do
that include entertainment,
dining and shopping.



Originally created as an advertisement
in 1923, the Hollywood Sign is a
famous landmark in the Hollywood
area of Los Angeles.



Burbank, California December 5-7

The ISI Artistic Challenge will be held at Burbank's Pickwick Ice Center. The arena seats up to 800 guests and is a part of a larger complex which also includes a two-and-a-half acre garden and state-of-the-art bowling facility.

Burbank is located in the eastern region of the San Fernando Valley, north of Downtown Los Angeles. Also known as the "Media Capital of the World," many media and entertainment companies have production facilities there. So while in town, don't miss an opportunity to visit Universal Studios, Hollywood, Warner Bros. Studios and other attractions like Disney's California Adventure Park, Knott's Berry Farm, Six Flags, the Long Beach Aquarium and the Queen Mary.

Find out more about things
to do in L.A.:
www.greaterlosangeles.com
www.lacity.org



calendar

ISI-endorsed competitions & shows/exhibitions

Deadline for the next *RIS* Calendar: October 1

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

competitions

september

- 14-16 **Arlington, Texas**
Ice at the Parks
4th Annual ISI Open
Competition



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

october

- 6-7 **Newark, Ohio**
Lou & Gib Reese Ice
Arena
2nd Annual ISI
Competition
- 12-14 **Aliso Viejo, Calif.**
Aliso Viejo Ice Palace
12th Annual Aliso Viejo
ISI Open
- 13 **Coral Springs, Fla.**
Incredible ICE
8th Annual Incredible
Challenge
- 19-20 **Clearwater, Fla.**
Tampa Bay Skating
Academy
TBSA Countryside ISI
Fall Competition
- 20 **Simi Valley, Calif.**
Iceoplex Simi Valley
5th Annual ISI Open
Competition
- 27 **Boardman, Ohio**
The Ice Zone
Autumn Fest
- 27-28 **Rockland, Mass.**
Winterland Skating
School
21st Annual Halloween
Classic

november



- 3-4 **Bridgeport, Conn.**
Wonderland of Ice
ISI Artistic Challenge

- 3-4 **Yorktown, Va.**
Hampton Roads IcePlex
6th Annual Fall Classic
Open
- 9-11 **Northbrook, Ill.**
Northbrook Sports
Center
Falling Leaf Open Team
Competition
- 9-12 **Portland, Ore.**
Lloyd Center Ice Rink
20th Anniversary Ice
Crystal Classic
- 11 **Anaheim, Calif.**
Anaheim ICE
7th Annual Anaheim
ICE Synchronized
Championships
- 17 **Marlboro, Mass.**
Navin Arena
Thanksgiving Classic
- 24-25 **Skokie, Ill.**
Skatium
All America Competition

december

- 8-9 **Centennial, Colo.**
South Suburban Ice
Arena
Winterfest ISI
Competition
- 28 **Rolling Meadows, Ill.**
Rolling Meadows Park
District
Frost Fest

2008

january

- 5-6 **Brockton, Mass.**
Bay State Blades
Brockton
2nd Annual Brockton
Blizzard
- 19-20 **Centennial, Colo.**
South Suburban Family
Sports Center
ISI Competition

february

- 1-3 **Glenview, Ill.**
Glenview Ice Center
February Freeze



- 15-17 **Oldsmar, Fla.**
Tampa Bay Skating
Academy
2008 Winter Classic

april



- 11-13 **St. Louis, Mo.**
St. Peters RecPlex
2008 Synchronized
Championships

july



- 28-
Aug. 2 **Denver, Colo.**
South Suburban
Family Sports Center
2008 World
Recreational
Team Championships

shows & exhibitions

september

- 8 **San Jose, Calif.**
Logitech Ice at San Jose
Bay Skates

- 23 **Vacaville, Calif.**
Vacaville Ice Sports
Bay Skates Vacaville
2007-Ice Funtastic

december

- 7-9 **Evanston, Ill.**
Robert Crown Center
33rd Annual
Nutcracker on Ice
- 8 **Eules, Texas**
Dr Pepper StarCenter
Ice Fest 2007
- 8 **Highland Park, Ill.**
Centennial Ice Arena
An Evening at
Centennial-Winter
Exhibition
- 15 **Marlboro, Mass.**
Navin Arena
Snowflake Sparkler
- 15 **San Jose, Calif.**
Logitech Ice at San Jose
Skate a Holiday Present
- 15-16 **Frisco, Texas**
Dr Pepper StarCenter
Rudolph on Ice 2007
- 16 **Arlington, Texas**
ICE at The Parks
Holiday In The Park
2007

2008

april

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

may

- 3 **Marlboro, Mass.**
Navin Arena
Summer Splash

advertiser index

Cyclone Taylor Figure Skating	7
Ice Light Productions	20
The Leading Edge	28
Lindy Z	32
N'Ice Rink	20
Riedell Skate Co.	11
Skatebuys.com	13
Skatetape.com	7
Skating Safe	28
SP-Teri Co.	6
Sports & Beyond	30
Step and Glide	2
Super Glide	29
USA Skates	8

coaches, Jennifer and Jill. I would love to have a pen pal around my age and level.

Mikaela Barnes, 13, FS 4/5
Washington Park Ice Arena
Jefferson City, Mo.

Pen Pals Requested

Send your ISI information to editor@skateisi.org if you'd like to be pen pals with:

Christine Antosca, 23, Beta
 Sky Rink @ Chelsea Piers
 New York, N.Y.

Tisha Schnittke, 11, FS 4
 Pasadena Ice Skating Center
 South Pasadena, Calif.

Hannah van Aelstyn, 10, FS 3
 Yerba Buena Ice Skating Center
 San Francisco, Calif.

I was born to figure skate! I have been skating for almost two years now and love it! I am hoping soon to do a perfect sit spin. I only skate one day a week, but on that day, I skate nearly all day long. Some of my other hobbies are tap dancing, drawing, watching TV, playing with my friends, riding my scooter. I would like a pen pal close to my age and level, but far in distance.

Caitlin Stovall, 10, FS 2/3
Pepsi Ice Midwest Skating Center
Blue Springs, Mo.

I am able to do everything required to pass the Freestyle 5 test beautifully, but I can't land my Axel. I work on it off-ice and on-ice, but I can't get the 1 1/2 revolution needed on either surface. Anna, my coach, tells me that I need more height and a quicker snap to get my legs into the correct air position. Are there any ways to work on those off-ice so they can transfer over to on-ice? I would also like to have a pen pal

who is around the same age and level as me.

Bailey Hollerud, 12, FS 5
Schwan Super Rink
Coon Rapids, Minn.

Working on more height and a quick snap off-ice is the best way. When doing that, try to land on two feet first. Sometimes, trying too hard to land on just one foot will make you check out too soon and not get the full rotation.

Skating is the best sport on earth. I am getting ready to test for Freestyle 7 this fall. I would like to thank my coaches, Lisa O'Neil and Sergey Minaev, for the wonderful experience in the skating world. I am very lucky to have them as coaches. I would like to have a pen pal my age and level so we can write about things that we're working on. I am working on being consistent with landing the double loop, double toe and double flip. In the beginning of August, I went to the State Games of America. I

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hope I can find a pen pal so that we start a friendship.

Caroline Gordon, 10, FS 6
Bridgewater Ice Arena
Golden Blades Skating School
Bridgewater, Mass.

I have been skating for many years, but I have never taken private lessons. The only lessons I have ever taken were at ice skating camp, and they were in groups. I would say that I am at about Freestyle 2 level. I can do crossovers forward and back, one- and two-foot spins and scratch spins. I can do edges, lunges, spirals and Chinese spirals. I can do a waltz jump and a Salchow, and I'm working on my toe loop and loop jump. My toe loop just needs practice, but my loop jump — well, I've never had off-ice training, so my legs aren't very strong. It's hard to take off and land on the same foot. I either land on my opposite foot, or I stumble and fall. I love skating so much, but my mom is more concerned about how

I'm doing academically, and I understand. My favorite thing to do is jump. The feeling when you nail it, and you know you did it perfectly, is indescribable. My greatest weakness is my lack of leg strength and flexibility. I try to stretch every day to get my Chinese spiral higher, and I do leg lifts while wearing my skates to increase my leg strength. This helps improve my spiral. I would appreciate any tips on my loop jump.

Lauren Kearney, 13
Floyd Hall Arena
Montclair, N.J.

Jumping rope is another great way to strengthen your legs and core — and you can even do it on just your loop jump leg. On the ice, practice your back spin to get the feel of the loop jump and many more jumps to come.

I am very new to ice skating and could use some help. I didn't pass my test to get into Alpha, and I am going to take private lessons. Besides skat-

ALL letters must include all information listed on page 5. Letters without a valid ISI member number will not be considered for publication or the pen pal program.

ing, I like to write, read, sing, draw and jump rope with my friends. I also like to watch ice skating and gymnastics on TV.

Jamie Einiger, 9, Pre-Alpha
Princeton Sports Center
North Brunswick, N.J.

I am working on my double loop; I just won't stay upright! I would love to have a pen pal who is in FS 7 and

Continued on page 30



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Another Satisfied Customer!

has the double loop to give me tips. Will you help me?

Libbie Hamner, 11, FS 6/7
Richmond Ice Zone
Rockville, Va.

Keep practicing your fast back scratch spin from FS 5, but once you have a tight spin going, jump and check out quickly while keeping the back up nice and straight. That will give you the feeling of successfully landing the double loop.

I started skating when I was 3 years old. I had to stop when I was 5 in FS 1 because my school was far from my rink. I am back skating again in Delta after two years' rest. I can do my waltz, my Salchow, my Mohawk and my three turn. My lunge, my loop and my attitude are good, too. I would like to have a pen pal who would like to talk about skating. I love pets, too! I have a turtle, tortoise, cats, dogs, hamsters, fish, frogs, chickens, pigeons and a parrot. I love your magazine.

Marcelina Roccoforte, 7, Delta
San Diego Ice Arena
San Diego

I love skating! I am having trouble with my change-foot spin; I keep traveling. My wonderful coach, Crystal, is moving, so I'm pretty sad about that. I would like to request a pen pal who is my age and in my level.

Emily Fisher, 12, FS 3
Cottage Grove Ice Arena
St. Paul Park, Minn.

The change-foot spin sometimes moves a little bit, but you don't want to encourage that by stepping out and pushing into each spin. Think of it more like marching in place when changing feet.

I really would like a pen pal who I can talk to all the time about ice skating. Even though I am 11, I have only been skating for one year now. I hope I can have a new friend to talk to.

Nikki Jenkins, 11, FS 1/2
Westminster Ice Palace
Huntington Beach, Calif.

I am working on my one-foot spin. Any tips? I can't seem to keep my balance. I play the piano and roller

skate. I would like a pen pal around my age and level.

Angela Makoviney, 11, FS 2
Sprinkler Recreation Center
Olympia, Wash.

To get the balance, start with a two-foot spin, then lift your free foot and hip. Think of yourself as a lollipop on a stick! And stay on the ball of your foot — don't try to spin on your toe pick. ●

Don't forget!

Are you writing a letter to the editor or requesting a pen pal?

Send it to editor@skateisi.org, and don't forget to include:

- Your full name
- Your ISI member number
- Your age
- Your skating level
- The name of your arena
- Your city and state

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