

- Holiday Card Contest Results
- Artistic Challenge at Wonderland
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*Recreational Ice Skating* ISSN 0164-4106 (USPS 361-570) is published quarterly; Fall, Winter, Spring, and Summer; by the Ice Skating Institute, 6000 Custer Rd., Bldg. 9, Plano, TX 75023. Annual Subscription Rate is \$12.00 per year. Periodicals postage paid at Plano, TX, and at additional mailing offices. POSTMASTER: Send address changes to *Recreational Ice Skating*, 6000 Custer Rd., Bldg. 9, Plano, TX 75023. Printed in the U.S.A.

Address Subscription Requests to *Recreational Ice Skating*, 6000 Custer Rd., Bldg. 9, Plano, TX 75023. Extra copies are \$4.00 each (includes postage).

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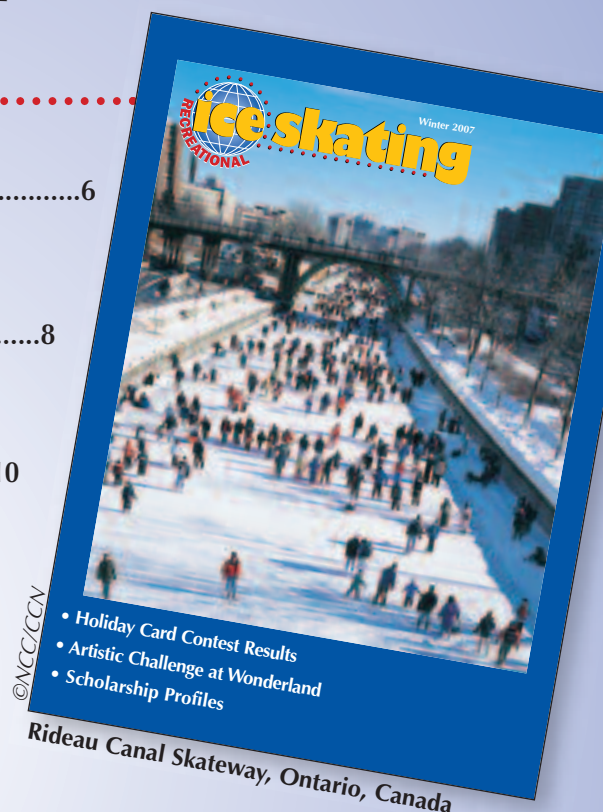
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6000 Custer Rd., Bldg. 9  
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Fax: (972) 735-8815  
e-mail: isi@skateisi.org  
www.skateisi.org

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## the write stuff

### letters from our readers

I love skating! I know that's what everybody says, but it's true! I started skating about a year and a half ago and I fell in love with it. I think it's the best sport ever created. I'm looking for a pen pal about my age and level.

**Sophie Margret Giberson, 10,  
Gamma/Delta**

**Sherwood Ice Arena  
Aloha, Ore.**

I love to skate. I've been skating since I was 3 and have been doing synchro for four years. I skate five days a week and do synchro twice (for the Richmond Twizzlers). I would love to have a pen pal around my age and level who does synchronized skating. I am working on my Axel and I can't get the full rotation on ice, but off ice I do it fine. Do you have any tips?

**Emily Sacks, 12, FS 4/5**

**Richmond Ice Zone  
Richmond, Va.**

*A skater is sometimes so eager to land the Axel that she checks out too soon because of anticipating a wonderful landing. See if you can land the Axel on ice backward on two feet first. That will train your body to learn how long the arms need to stay in and the feet need to stay close together.*

I dance and skate on Synchro St. Louis Gems in my free time. I am working on my double Axel right now. I love to give skaters tips on how to do jumps and I love knowing that people out there want my help. If anyone could be my pen pal, that would be great.

**Raechel McKnight, 12, FS 7/8  
St. Peters Rec Plex  
St. Peters, Mo.**

I love to skate so much, I could do it all day long. I would really like a pen pal around my age and level. Some of my other hobbies are play-

## Season's Greetings



*from ISI's new headquarters in Plano, Texas*

ing the flute and shopping. I have been skating for six years. Four of those years have been with two wonderful coaches — Mary Sullivan and Elizabeth Reed — who have gotten me this far. I am especially proud of Elizabeth because she got a part on a show called “Made” on MTV! I am having trouble on my change-foot spin. When I try to do my second spin (the back spin), I can’t cross my leg. Any tips?

**Kalee Lemieux, 12, FS 2  
Winterland Skating School  
Rockland, Mass.**

*Be sure to keep your free hip up and the knee pointing straight ahead on that back spin so your weight stays over the skating side. Keep practicing — that will be your air position on the jumps you will soon be learning, too.*

I have been skating for about eight months and I’m loving it! I’m working hard on my backward crossovers, spirals and one-foot spins. I would really enjoy a pen pal around my age (10-13) and skating level (Beta or above) to share with them about skating. I love to be on the ice trying to improve and attempting new things 24-7!

**Cassandra Pochy, 11, Beta  
Skatetown  
Roseville, Calif.**

I love figure skating! I have been skating for three years and I hope to skate for much longer. I would like to have a pen pal around my age and skating level. I’m also looking for advice on my sit and camel spins. On my sit spin, I keep bending my knee too much, so it looks like an extremely low scratch spin. On my camel spin, I can’t get spinning.

**Tisha Schnittke, 12, FS 4/5  
Pasadena Ice Skating Center  
South Pasadena, Calif.**

*Keep your back arched and try stretching your hands and free leg forward to straighten that knee on the sit spin. Don’t worry about going too low until you master the correct position. The secret to a camel spin is a good round snap with the leading arm.*

I would like a pen pal near my age and in a slightly higher level. My interests besides skating are volleyball, art and piano. One more thing: I can’t get my inside back edges, so could you give some advice?

**Julie Wu, 11, FS 1, Dance 1  
Ice Chalet  
Knoxville, Tenn.**

*Back inside edges can be tricky, and difficult if you try to make them too small. It’s helpful to practice them on a big circle at first, keeping your shoulder positions strong and your free side up so that you stay over your skating hip. Don’t rush — good edges require solid control!*

I just started skating in February, and I am progressing pretty well. I would like to have a pen pal who is 11 or 12, and in my level or higher. I enjoy horseback riding, painting, writing and, of course, ice skating. I play the violin and used to play the piano.

**Soojeong Yoo, 11, Delta  
Pasadena Ice Skating Center  
Pasadena, Calif.**

I have been skating for about a year and a half, and I just absolutely love it — especially my wonderful coach! I basically just love having fun. I would like a pen pal around my age and level.

**Ashley Visco, 11, FS 2  
Ontario Ice Arena  
Fontana, Calif.**

I would love to have a pen pal near my age and skating level. My favorite spin is the scratch, and my favorite jump is the Axel — if I could land it perfectly. Otherwise, I like the loop and flip, and I can land them perfectly. I’m really bad at the back scratch, so I’m working on that. How can I get better at the Lutz, because I’m always picking with one foot and then jumping off of both feet.

**Katie Hoffman, 11, FS 5  
Fox Valley Ice Arena  
Hinckley, Ill.**

*Tell yourself not to ever have two feet on the ice at a time on the Lutz jump. As soon as you pick, the other foot*

*Continued on page 30*

## 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](mailto:editor@skateisi.org) or:  
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## Pen Pals

- Pen pal requests must be sent by e-mail to [editor@skateisi.org](mailto: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.



# ISI Adult Skaters Hit the Jackpot in Vegas

by Lori Fairchild

There's one thing you can always count on when it comes to ISI's Adult Championships event — adult skaters know how to have a great time together. And when the event is staged in perpetually popular Las Vegas, everyone's a winner.



"What we remember most was how the crowd's enthusiasm for all the skaters was so amazing to feel and hear in the arena," recalls Vivian Harvey of Oxnard, Calif., who participated in Adult Champs with her skating partner, Mark Nolan. "We felt like we were part of a huge family of friends all cheering each other on. We've had such a positive experience as a team at Adult Champs the last two years, we can hardly wait for next year!"

More than 50 rink teams from 21 states gathered for the event at SoBe Ice Arena at the Fiesta Rancho Hotel and Casino Sept. 21-23. More than 600 individual and team entries kept the ice occupied for 21 hours during the course of the event. Tampa Bay Skating Academy brought the largest team, with 16 skaters, including two enthusiastic members who participated in 11 events each. This year's most senior participant was Clara Hoevel, age 77, of Oak Lawn Ice Arena.

"ISI is the only place you can still compete in Figures," notes Lucinda Travis-Salan. "Skating is really a lifetime sport. My favorite memory of Adult Champs was talking with the senior set about the challenges and rewards of skating when you're pushing 60 and older. It's interesting how many adults didn't start skating until they were over 40 or 50."

All adult skaters are encouraged to participate in next year's Adult Championships, Oct. 3-5, 2008 at the Yerba Buena Ice Skating Center in the world-class city of San Francisco. ●



## 2007 ISI Adult Championships Final Standings

For a complete list of participating of arenas and results, go to [www.skateisi.org](http://www.skateisi.org)

PLACE	ARENA	POINTS
1	Tampa Bay Skating Academy Countryside	289.5
2	Ellenton Ice & Sports Complex	172.5
3	Oxnard Ice Skating Center	161.0
4	Bay State Blades Taunton	133.0
5	Skatetown	112.5
6	Anaheim ICE	95.0
7	Centennial Sportsplex	85.5
8	SoBe Ice Arena at Fiesta Rancho	85.0
9	Oak Lawn Park District Ice Arena	83.0
10	Lloyd Center Ice Rink	82.0

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# The Word is Out:

## Artistic Challenge is the Place to Be for Fall Fun

by Lori Fairchild

Artistic Challenge may be only three years old, but with more than 500 individual and team entries this year, the event is gaining momentum as more and more skaters discover its special rewards. ISI skaters from 10 states and 30 teams took the spotlight Nov. 3-4 in Bridgeport, Conn. to be a part of the only national ice skating competition that offers the rare opportunity to showcase creativity without technical scores.

"It was well worth the 400-mile drive to attend this competition," said Pamela Amorisi, whose daughter, Angela, is a member of the event's overall champion team, Fredericksburg Ice Park from Fredericksburg, Va. "It was an exciting event and all of the participants, parents, coaches and rink personnel were extremely friendly and helpful. We all had a wonderful time."

Wonderland of Ice's rink staff and skating club volunteers went out of their way to welcome guests from as far away as Florida, Texas and Washington, noted Randy Winship, ISI's national events coordinator. "Many said it was the smoothest competition they have ever attended, and the most fun, too," he said. "I hope even more of you will

plan to join us at Pickwick Ice Center in Burbank, Calif. Dec. 5-7, 2008, for the fourth annual Artistic Challenge." ●



### 2007 Artistic Challenge Final Standings

For a complete list of results, go to [www.skateisi.org](http://www.skateisi.org).

PLACE	ARENA	POINTS
1	Fredericksburg Ice Park	428.0
2	Wonderland of Ice	342.5
3	Symmetrical Skating School Norwich	170.5
4	Charles Moore Arena	106.5
5	Parkwood Ice Rink	101.0

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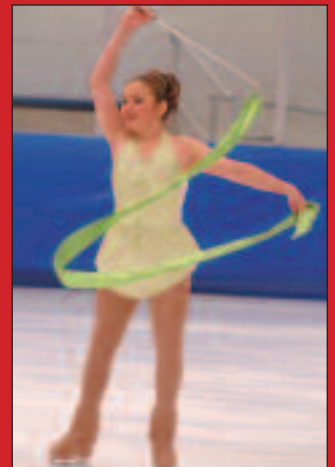
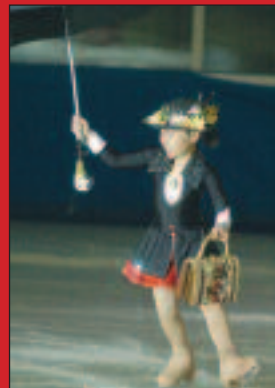
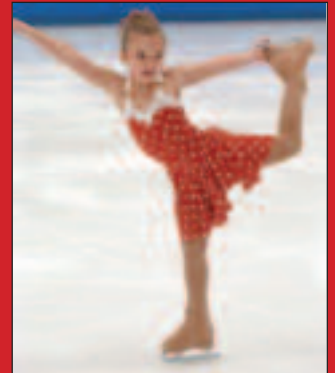
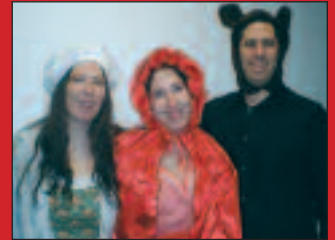
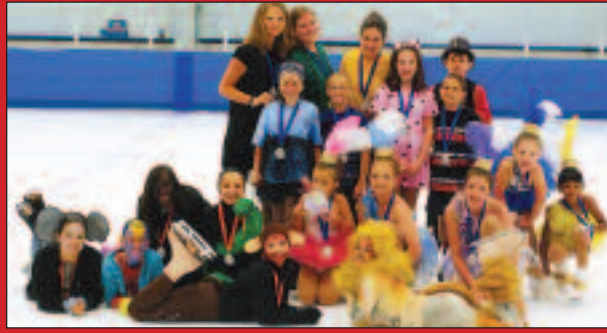
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# 2007 Artistic Challenge





# Skaters from Eight Countries Compete in *Skate Asia 2007*

by Randy Winship

**S**kate Asia 2007 was held Aug. 12-18 in the magnificent SM Mall of Asia in Manila, Philippines. Because of the large number of entries, some events were also held at SM Megamall.

More than 650 competitors from 16 ice rinks in eight countries — China, Hong Kong, Indonesia, Macau, Philippines, Singapore, Taiwan and the United States — participated in more than 3,392 event entries during the eight-day competition.

Nine-year-old Michael Barbosa from SM Megamall set a new ISI record for the largest number of entries by a single skater at any ISI competition. During the eight days, Michael competed in 33 events. It was hard for Michael to keep his head up at the closing ceremony with all those medals around his neck!

The skaters ranged in age from 2 to 71. The largest skating team was from SM Megamall with 303 skaters. The highest-level competitors included Solo Compulsory Freestyle 10, Freestyle 9, Artistic 9 and Couple 9. Chelsea Gibbons from Nashville, Tenn. traveled the greatest distance to compete in Manila; this was her second year to compete at Skate Asia.

Skaters, coaches and parents



Above: Skate Asia 2007 team champions from SM Megamall. Right: Competition Director Randy Winship and Skate Asia competitor Michael Barbosa, who set an ISI record by competing in 33 events



alike were impressed with the efficient SM rink staff and the smooth competition operations throughout the week. Besides the organizational support and coordination from the SM Corp. senior management staff, sponsorship support from Philippine Airlines, the Philippines Department of Tourism and the local media also contributed to the overwhelming success and daily national publicity

## Skate Asia 2007 Final Team Results

PLACE	ARENA	POINTS
1	SM Megamall - Manila, Philippines	7001.5
2	SM Southmall - Manila, Philippines	2617.0
3	Sky Rink Jakarta - Jakarta, Indonesia	761.0
4	Festival Walk Glacier - Hong Kong	727.0
5	SM International - Manila, Philippines	197.5

## Other Participating Teams

Cityplaza Ice Palace - Hong Kong	Arena Ice Bandung - Indonesia
Future Bright Macau - Macau	Iceland - USA
World Ice Arena - China	Riviera Ice Chalet - Hong Kong
Centennial Sportsplex - USA	Guangzhou Glacier Bay - China
Husky Ice Palace - Taiwan	Fuji Ice Palace - Singapore
Sky Rink Hong Kong - Hong Kong	

for this event. The Department of Tourism even hosted a private party at the convention center for more than 1,200 Skate Asia skaters, parents and coaches, where they presented a fabulous cultural dance display along with authentic Filipino food.

Plans are under way for next year's 9th Skate Asia competition, set for Aug. 9-16, 2008. We will return to Sunway Pyramid Ice in Kuala Lumpur, Malaysia, which will become the only site to host Skate Asia for the third time. Sunway Pyramid is always a popular tourist destination, and with major expansion and renovations at the rink and mall, it's sure to be better than ever. Make your plans now to attend this international ISI event. For more information, check out the Web site: [www.skateasia08.com](http://www.skateasia08.com). ●





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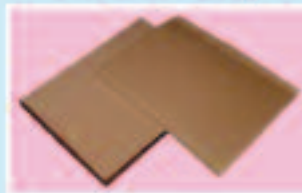
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# Joy on Ice

## Agnes Zawadzki sails through her Freestyle 10 test with an easy smile as big and bright as her talent

by Lori Fairchild

It's a wonder that Agnes Zawadzki's warm personality, megawatt smile and passion for her craft don't melt the ice beneath her lightning-like blades. The brand-new teenager doesn't seem to comprehend the definition of "nervous" or "self-conscious," even when testing for Freestyle 10 before a panel of seasoned ISI judges.

Not only did Agnes pass the demanding test, she became the youngest Freestyle 10 skater in ISI history, achieving the milestone at the age of 12 last May during ISI's annual conference in Minneapolis.

"Agnes is very polished for her age, and very well-rounded," says David Santee, one of her coaches at Oakton Ice Arena in Park Ridge, Ill. "She's a good jumper, a good spinner, and she's very musical. She listens to her music extremely well for her age."

David's wife, Ingrid, also works with Agnes, and describes her as "very coordinated, an outstanding athlete. She's absolutely awesome and amazing."

But Ingrid is as enthusiastic about her student's character as she is about her remarkable skill. "Agnes has a really good head on her shoulders," she notes. "She has a great personality and she's very funny. Everything is always just fine with Agnes. Life is fine. When she's at the rink, she's just a regular kid, not the star."

While the cheerful eighth-grader doesn't behave like a star, no one would deny that she skates like one. She says she loves ice shows, and she can't name her favorite skating moves because "I like all of them." She's landing triples on a regular basis.

Agnes started skating at the age of 5, when her parents took her to a public session at Niles Iceland in Niles, Ill. "At first it was for fun, and then I started taking classes and started loving it," she recalls.

"She was very good from the beginning, but the passion came later," adds her mother, Jolanta Zawadzki.



Coach David Santee and ISI's Randy Winship present Agnes with her Freestyle 10 test certificate.

Lori Fairchild





Agnes Zawadzki was a featured performer in the 2007 ISIA Education Foundation Benefit Show during World Championships week in Chicago.

Agnes has been an ISI member from the time she started skating. She also skates competitively and is the Upper Great Lakes novice regional champion as well as the Junior National intermediate silver medalist.

A knee injury took her off the ice for nearly six months two years ago, but today she skates six days a week, takes ballet three times weekly and does off-ice training once a week.

Her typical day begins at 4:20 a.m. "She has never complained and never has a problem waking up," says Mrs. Zawadzki.

Agnes hits the ice bright and early before heading to public school, where she has a customized schedule that allows her to leave at noon. She goes home for lunch, then back to the rink for up to two more hours of skating. She helps with the Tot skaters at Oakton, which is always a happy place when Agnes is around. She has a 22-year-old brother, Bart, and enjoys spending time with her friends both at the rink and at school.

As strong in the classroom as she is on the ice, Agnes says she likes all of her academic subjects and enjoys drawing and writing stories and poems. Her art has been exhibited at the Oakton Community College, and following her father's death three years ago, her poem about him was published in the *Anthology of Poetry by Young Americans*.

"Agnes wanted to be in gymnastics, too, but there just wasn't enough time, and she tried playing the violin in the orchestra, but she's very social and that required too much time practicing alone," her mother says. "I want her to have fun."

On and off the ice, Agnes always looks as if she is having fun. But when she's skating, this Freestyle 10 star quite obviously exudes pure joy. ●

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# Born to Perform

## Kassandra Hazard dances her way to an ISI "10" in four short years

by Lori Fairchild

**L**ike many of today's top young athletes and performers, Kassandra Hazard exhibited natural talent at a young age and got an early start — not as an ice skater, but as a stage performer on Broadway. She toured the United States, China and Korea in the role of young Cosette in *Les Misérables*, but by the age of 12, she was homesick and ready to take a break from the footlights.

"I wanted something to replace this, so I stopped in at the Ice Chalet (in Knoxville, Tenn.) and met 'Mr. Larry,' and the skating bug hit me," Kassie recalls.

That was just four years ago, and while Kassie started skating a bit later than many of her accomplished peers, her record during that short time is proof positive that any age is the right age to try something new and fun.

Now 16, she recently passed her ISI Dance 10

test with her coach, Larry LaBorde (aka "Mr. Larry" as her partner. Her other ISI levels include Figures 2, Freestyle 5, Pairs 3 and Couples 2. Last year she began competing in U.S. Figure Skating events and medaled in each one, landing a bronze in Intermediate Dance at Junior Nationals.

"Kassie's goal-oriented nature is part of what has helped her make such tremendous progress, one determined step at a time," says LaBorde. "She is a sponge for knowledge, always hanging around people who know more than she does, absorbing information. She never stops learning."

Ballet training has helped Kassie develop excellent posture and extension on the ice, and that, combined with her gift for understanding music, makes ice dancing a natural outlet for her talents, notes Julia Hardin, skating school director for the Ice Chalet's Robert Unger School of Skating.

In addition to LaBorde, Kassie has worked with some of ice skating's best teachers, including Mary Lu Shipstad, Konstantin Baradokov, Margy Bennett and several Olympic coaches. She was also one of the last students of the late Robert Unger.

"Kassie seeks help from a variety of professionals, knowing that she can learn something valuable from each of them," Hardin says. "She accepts criticism very well. She is also her own worst critic, but that probably helps keep her motivated."

Kassie's involvement and success in both recreational and competitive ice skating has given her a healthy perspective on the sport as well as the organizations that support it. "I believe that ISI and USFSA each have a significant purpose, and they really complement each other. After competing in USFSA, I missed ISI and wanted to come back for the fun and love of skating. In ISI, everyone gets to compete, do all their programs and show off their abilities

and accomplishments. In getting the opportunity to perform many different styles of skating, I feel that I've grown tremendously as a well-rounded skater. I enjoy performing with costumes and friends, and I always have fun. I also love the artistic side of skating and enjoy being able to do more of this in ISI. I get to work on all 10 levels of dance and international dances every week. Many of my best memories of skating are around my ISI experiences."

Knoxville's legendary Mississippi Valley District Competition, various ISI events, synchronized skating, theater on ice and a variety of exhibitions are among Kassie's creative outlets. She will perform this holiday season as the Sugar Plum Fairy in the Ice Chalet's annual production of *Nutcracker On Ice*.

Family and academics are top priorities in Kassie's busy life. She and her parents often visit her brother, Kris, at college in North Carolina, where he is a dancer and musical theater major.

Kassie's dual-enrollment academic program allows her to take classes at a local college while she finishes her high school requirements. By the time she is 17, she will have her high school diploma and will be finishing her associate's degree in professional theater performance. Beyond that, she is considering four-year schools for performing arts and says she might audition for Disney On Ice. Currently an ice skating teaching apprentice, she says, "I think I'm destined to perform, and I definitely see teaching in my future."

There's no question that Kassie Hazard is a multi-talented young lady. But it's her character that shines the brightest, no spotlights required.

"Kassie has the most amazing work ethic of anyone I've ever known," says Hardin. "She also happens to be a loving and thoughtful young lady. She offers help without being asked and is genuinely pleased to see others succeed. It's wonderful to have such a great role model for the younger skaters, both as a skater and as a person." ●



Kassandra Hazard ice dances with her coach, Larry LaBorde.

Kathy Wolf



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## ISI 2008 WORLD RECREATIONAL TEAM CHAMPIONSHIPS

# Denver 2008



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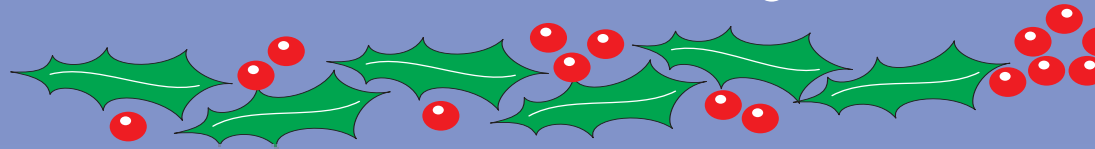
"World's" in 2007, had over 1,600 skaters from 26 states and 3 foreign countries. Skaters

ranged in age from 2 years to 82 years – proving that there truly is "something for everyone" at all ISI competition events. Make your plans now to join us in Denver for the 28<sup>th</sup> annual ISI World Recreational Team Championships.

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# 2007 ISI Holiday Car

To view all contest entries  
To see the winner



Carrie Ann Danielson



Karley Ehms



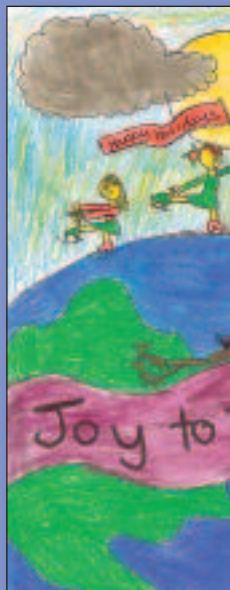
Mari



Courtney Hendsbee



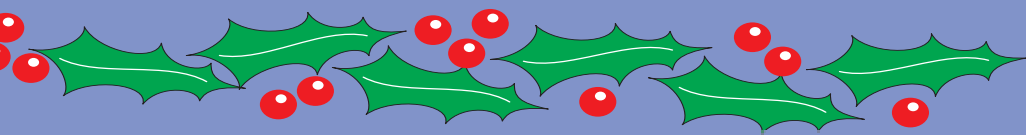
Olivia Grenzebach



Stephan







# rd Creativity Contest



s, go to [www.skateisi.org](http://www.skateisi.org).  
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isa Lu



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# Spotlight

## Widjaja Wins!

**G**abrielle Widjaja's action-packed, cartoon-style holiday card design took top honors in ISI's third annual holiday card creativity contest. Her design will be produced and used as ISI's official greeting card for this holiday season.



Gabrielle Widjaja

"Cartoons are my specialty; I prefer humor and using my imagination," says the fifth-grader, who skates at Dublin Iceland in California. She started drawing cartoons at age 7 and took a cartooning class last summer.

Her ISI card design was inspired by the Dublin Iceland mascot, and she says she also finds artistic inspiration in books such as the Geronimo Stilton series as well as "Calvin and Hobbes" and "Garfield" comic strips. "Sometimes the way my friends act around me — funny, silly, weird — also gives me ideas to draw," she adds.

Prior to the holiday card contest, Gabby's art won a Caldecott-Newbery Award sponsored by her local public library. She says she would like to become a famous cartoonist someday, perhaps working for Pixar Animation Studios or The Walt Disney Co.

Gabby, who lives in Pleasanton, Calif. with her parents and 6-year-old brother, has been ice skating since January and is in Freestyle 1. She also takes piano and Chinese lessons. Among her personal mottos are "Friends come and go, but family stays forever" and "It's cool to try, then fail, but not trying is NOT cool." ●







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# Sharp Skaters

*The ISIA Education Foundation congratulates  
Alice Murphy and Stephanie Zastrow,  
recipients of this year's college scholarships*

by Lori Fairchild



**Alice Murphy**  
Greenbelt, Md.

**ISI activities:** ISI individual member (9 years) • ISI professional member (1 year) • Freestyle 7 • ISI World Championships (2002, 2006) • ISI competitions (27) • Production team captain • Group lesson instructor • Volunteer

**Scholastic and community activities/achievements:**

National, Slavic and French Honor Societies • People to People Ambassador program to Australia and New Zealand • Tutor • Essay, photography and Science Fair award winner • Kids Enjoy Exercise Now (KEEN) volunteer • National Geographic assistant translator

• • •

Ice skating is an important part of Alice Murphy's life, but it shares the spotlight with another passion: school.

An ice rink was on Alice's priority list when she began her college search — along with Russian, Arabic and a good international relations program.

"I have high goals for both my education and my figure skating during college," says Alice, who is studying international relations at Boston University. "Just as ISI tries to bring the world together through skating, I hope to bring the world together through my future career."

Alice graduated with honors from Eleanor Roosevelt High School, with a 4.0 grade point average. She has been fascinated with foreign languages since being enrolled in a French immersion school at age 5, which led to her interest in world history and current events. She hopes to go on to a graduate degree, perhaps law school, and work in a field that involves international travel.

A Freestyle 7 skater who has trained and participated at both Herbert Wells Ice Rink and Bowie Ice Arena in Maryland, Alice says she plans to continue with the ISI program as a skater and a coach. "I'm working on my Freestyle 8 test and plan to test through FS 10 while in college, and continue teaching group lessons," she notes.

Christine Wilson Brinton, the figure skating director

at Bowie Ice Arena, says Alice is a prime example of good sportsmanship: "Through her volunteer work at the ice arena, she has become a mentor to many of the younger skaters. And instead of the rivalry you would expect, she is supportive of her competitors and appreciates a good performance, even when it is not her own. I have never been to an event with her where a judge, coach or spectator has not sought us out to compliment not only her skating, but also her kindness and support of other competitors. She has made me a better coach and set a very high bar for her teammates."

Alice performed and was recognized as a scholarship recipient during the Benefit Show starring Evan Lysacek at ISI Worlds 2007 in Chicago.



**Stephanie Zastrow**  
Forest Lake, Minn.

**ISI activities:** ISI individual member (13 years) • ISI professional member (1 year) • Freestyle 10 • ISI World Championships (2000) • ISI competitions (26) • ISI ice shows (16) • Group and private lesson instructor • Volunteer

**Scholastic and community activities/achievements:**

National Honor Society • National Merit Award • AP scholar with honors • State Farm Scholastic Honors Team • President's Excellence Award • All-American Scholar • State Fair Grand Champion (Education Department) • University of Minnesota Northern Stars Leader • Math and English tutor

• • •

ISI began teaching Stephanie Zastrow life lessons the first time she stepped on the ice at age 6, she recalls: "I learned to bounce back quickly after making mistakes and to deal with my mistakes instead of leaving them to become more difficult to handle. With the help of good coaches, ISI gave me a solid foundation for my skating and instilled the attitude in me that skating and working hard can and should be fun."



Stephanie has successfully transferred those valuable lessons to other aspects of her life, particularly academics. For instance, she learned from skating that, in order to succeed in academics, she had to put in time and effort on homework, prepare well for tests and fully understand all the material being covered. It was a strategy that paid off: Stephanie graduated from Forest Lake Senior High School first in her class of 582, with a perfect 4.0 grade point average.

Stephanie's calculus teacher, Larry Matzdorf, was impressed not only with her academic excellence, but also her healthy, mature approach to learning. "When things have gone wrong in class, Stephanie has never made an excuse or blamed others," he says. "She meets the conflict head on. She will ask questions and rethink the concept. She realizes that understanding the concept will be to her advantage later on down the road. She has challenged herself with the classes she has taken."

Fewer than 30 skaters in ISI history have passed the rigorous Freestyle 10 test, but Stephanie joined those ranks in 2004 at the age of 15. She has skated at the White Bear Lake Sports Center for 12 years, where she has been an active ISI participant and a group and private lesson instructor. She has been a guest skater at multiple ice shows throughout the state of Minnesota, and is the 2007 Upper Great Lakes regional Senior Ladies bronze medalist and a five-time Minnesota state champion at the Juvenile, Intermediate, Novice and Junior levels.

Stephanie is studying mechanical engineering in the University of Minnesota Institute of Technology honors program and wants to become an orthodontist. ●

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# New Year's Resolutions for Skaters and Hockey Players

The tradition of the New Year's resolution is a great way to start on a path to improvement. Positive Coaching Alliance and the Ice Skating Institute urge you to improve yourself, your teammates and your sport as a whole.

Those three levels of improvement make you a "Triple-Impact Competitor." We know from experience how hard it can be to stay true to a New Year's resolution. Commitment tends to thaw about the same time as the ice outdoors!

However, the love of skating and hockey that keeps you coming back to that year-round indoor ice can help you maintain commitment to the New Year's resolutions that we are suggesting here. Fortunately, keeping that commitment becomes easier and more important as you feel less pressure, experience improved individual and team results and enjoy skating or hockey that much more.

## Improve Myself

I resolve to:

- Master my sport by tending to the ELM Tree of Mastery, where ELM stands for Effort, Learning and bouncing back from Mistakes.

- Put forth my best Effort in every practice and competition.
- Learn by studying my sport, seeking advice from my coaches, parents and teammates and watching others perform.
- Bounce back from Mistakes by understanding mistakes are OK, that they are how we learn and improve and that mistakes are not character flaws, but the natural result of trying things that we do not already know how to do.

## Improve My Teammates

I resolve to:

- Fill "emotional tanks," because skaters have emotional tanks just as cars have gas tanks, and an empty tank can take us nowhere, but a full tank can take us anywhere.
- Support my teammates with a steady stream of "You can do it!" and "Great try!"
- Use a "Buddy System," finding the teammate each day who needs a little extra lift and filling his or her emotional tank.

## Become a *Scholarship Winner*

Annually, the ISIA Education Foundation awards scholarships with a \$4,000 minimum value to ISI skaters for study in universities, colleges and technical schools throughout the US. Application for the scholarship is made in your senior year of high school.

However, most scholarship recipients began their qualification process during middle school years. Start your four-step process of qualification

today so you will be ready to apply your senior year.

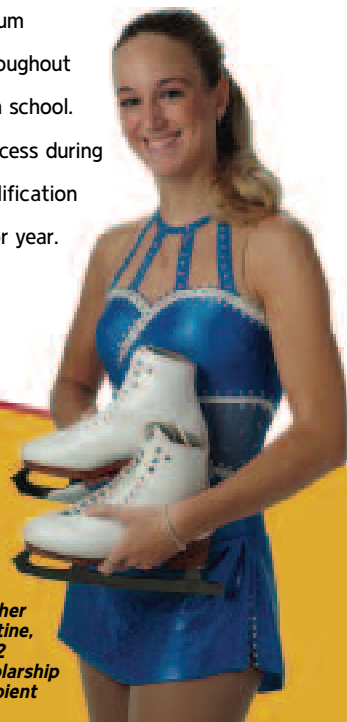
- 1** Maintain at least a 3.0 GPA.
- 2** Participate in a variety of school and community activities. Keep detailed records, including frequency of participation.
- 3** Continue to test and compete in the ISI program, especially during the two years prior to application. Keep good records of all skating activity.
- 4** Prior to application, you must have completed 120 hours of verified service, of which at least 60 hours must be volunteered for ISI recreational skating activities. This information must be tracked on the "Hours of Service Verification Form" available at [www.skateisi.org](http://www.skateisi.org).



**Application deadline is March 1, 2008.**

For more information or to apply, visit [www.skateisi.org](http://www.skateisi.org) or call 972.735.8800.

Heather  
Aseltine,  
2002  
Scholarship  
Recipient





- Use the Magic Ratio of five specific, truthful praises for every one constructive criticism.
- Look through windows, not into mirrors, meaning I will concern myself with more than just my performance, so that I can consider my teammates performances and share what I see with teammates to help them improve.
- Make sure my teammates are ready to accept my input by asking, "Are you open to a suggestion?" or "What do you think about this?" or suggesting "Here's an idea" or "Here's something I noticed."

## Improve My Sport

I resolve to:

- Get to the ROOTS of a positive skating experience, where ROOTS stands for respecting Rules, Opponents, Officials, Teammates and Self.
- Compete by the Rules, even when it's possible to break them without getting caught, because I understand that victory without honor has no value.
- Stay mindful that without a worthy Opponent, we would have no competition, that a worthy Opponent is a person, who like me, is out for fun, challenge and improvement.
- Treat Officials respectfully, remembering that they have been selected and trained to enforce rules, that they have a very hard job, keeping our competitions safe and fair, and that they, like me, may occasionally make mistakes.

- Hold my Teammates in the highest esteem, realizing that without them I am alone, and that as a teammate I represent something larger than myself, so I will never do anything to embarrass my team.
- Show Self-respect by living up to my own personal standards even if those around me do not.

## Resolve to Stay Resolved

Remember, it is important not just to make these resolutions, but also to keep them, even on days when you do not feel up to trying your hardest or when your own emotional tank is so drained that you can't imagine filling someone else's tank.

We hope you will return again and again to this page when you need a lift and a reminder of what you resolved. If you can just push through in one way or another, that is when your greatest growth will occur. On the other side of any adversity is an improvement in yourself, your team and your sport.

To learn more about PCA's "Becoming a Triple-Impact Competitor" and "Developing Triple-Impact Competitors" workshops, request information by contacting the appropriate PCA representative, listed by region when you click the Contact button at [www.PositiveCoach.org](http://www.PositiveCoach.org), or contact PCA at (866) 725-0024 or [PCA@PositiveCoach.org](mailto:PCA@PositiveCoach.org).



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**by Randy Winship**  
ISI National Skating  
Program & Events  
Coordinator

## Get ready — here they come!

Not only are the holidays here, but with the start of the new year also come our 2008 national competition events. We have some great cities, new locations and fantastic vacation destinations planned for our events throughout the coming year. Just take a look at the list: Tampa, Fla.; St. Peters, Mo.; Denver; San Francisco; and Burbank, Calif. WOW, what a great “tour” year ahead!

We have lots of special things planned and we hope you will make your plans now to be a part of the 2008 skating action. Be sure to read the “Focus on” article, below, that explains our new featured events.

There will be other fun things coming, too, so check out the details and get all the up-to-date information for each event on our Web site: [www.skateisi.org](http://www.skateisi.org).

Remember, when you enter any national competition event, please plan ahead and make sure your individual membership is current through the event dates and all of your tests are registered. It will help us get the event schedule posted even sooner if you do this before you submit your entry registration.

Practice hard, pack your bags and let's make a year of it as we travel across the country in 2008. ●

### Focus on FOOTWORK!

## 2008 Featured Events

Instead of featuring only one skating event, this time we will focus on all of our 2008 featured events.

Enter any individual or partner event for \$65 (first entry fee) and then enter any or all of these events for only \$10 each: Rhythmic Skating (ball, hoop or ribbon); Jump & Spin Team (two-person team only); and Solo Surprise.

Enter any team event entry for \$25 (first entry fee) and then enter Ensemble and/or Team Surprise for only \$10 each.

More event details can be found on the “2008 National Event Descriptions” listed on the ISI Web site or in the *2008 Skaters and Coaches Handbook*.

**Rhythmic Skating** is similar to rhythmic gymnastic events — but on ice! This is the first year it will be included as a Winter Classic and World Team Championship event. Choose a prop (ball, hoop or ribbon) and choreograph a skating program using that prop throughout your routine. There are no required maneuvers, but the emphasis is on creatively using the prop throughout your routine. No props are allowed during the event warm-up.

**Ensemble Team** is a new group event for three to seven skaters. It's like a group Spotlight program or a mini Production number. Any kind of routine can be performed, and there are no required maneuvers or maneuver limitations. Props are limited to those that can be set up during your 30-second set-up time. No props are allowed on the ice during warm-up. Judging

criteria is the same as for Spotlight and Production team events.

**Jump & Spin Team** allows two skaters from different test levels to compete together within the same category level. It's like Solo Compulsories for two people. One skater does a required jump two times; then the other skater does a required spin two times. The judges score the best attempt. Skater teams are grouped by category: Low (Pre-Alpha-Delta); Medium (Freestyle 1-3); Intermediate (Freestyle 4-5); and High (Freestyle 6-10) — and then by partner ages.

**Solo Surprise** is a fun event that we've been offering at ISI national events since 2005. It usually consists of a task or game not related to skating ability or skill. Skaters of similar age and levels are grouped together to perform the task or game. Some Freestyle-level events might require completing skating skills from their level or below. It's a great way to earn another medal as well as more team points.

**Team Surprise** is our newest group event. It's like Solo Surprise, but for a team of four skaters. This event is typically a relay-style game that is age-appropriate for the level and skill of the participants. It's a great way to have fun while competing with your friends.

As you can see, there are lots of fun events and competitions in store for 2008. Grab your skates, and your family and friends, too!



ICE SKATING INSTITUTE

# 2008 National Skating Events

Five Events You Don't Want to Miss!

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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.

# calendar

## ISI-endorsed competitions & shows/exhibitions

Deadline for the next *RIS* Calendar: Jan. 15

For regular calendar updates, see [www.skateisi.org](http://www.skateisi.org), Skating Competitions

### competitions

#### december

- 29 **Pleasant Prairie, Wis.**  
Pleasant Prairie IcePlex  
Winter Wonderland  
Open

#### 2008

#### january

- 5-6 **Brockton, Mass.**  
Bay State Blades  
Brockton  
2nd Annual Brockton  
Blizzard
- 11-13 **Webster Groves, Mo.**  
Webster Groves Ice  
Arena  
Show-Me State Games
- 12-13 **Fort Myers, Fla.**  
Fort Myers Skatium  
City of Palms ISI  
Competition
- 13 **Greenfield, Mass.**  
Bay State Blades  
Greenfield  
Midwinter Classic  
Invitational
- 17-20 **Mamaroneck, N.Y.**  
Riverdale Ice  
Lake Placid ISI  
Championships
- 18-20 **Westland, Mich.**  
Mike Modano Arena  
Tropical Days
- 18-20 **St. Peters, Mo.**  
St. Peters Rec Plex  
Missouri State  
Invitational
- 19-20 **Centennial CO**  
South Suburban Family  
Sports Center  
ISI Competition
- 19-20 **San Diego**  
Kroc Center Ice  
Kroc Center Ice 2008  
ISI Open

#### february

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

- 8-10 **Blaine, Minn.**  
Schwan Super Rink  
2008 Frosty Blades
- 8-10 **Niles, Ill.**  
Niles Park District  
Iceland  
28th Annual  
Sweetheart Open
- 8-10 **Eugene, Ore.**  
Lane Events Center-ICE  
Love to Skate
- 8-10 **St. Louis**  
Wayne C. Kennedy  
Recreation Complex  
18th Annual  
Sweetheart Open



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

- 16 **Oak Lawn, Ill.**  
Oak Lawn Ice Arena  
Reach for the Stars
- 23-24 **Plano, Texas**  
Dr Pepper StarCenter  
ISI Love to Skate 2008

#### march

- 1-2 **Highland Park, Ill.**  
Centennial Ice Arena  
The Lucky Stars Open
- 1-2 **San Diego**  
San Diego Ice Arena  
California State Games
- 7-9 **Park Ridge, Ill.**  
Oakton Ice Arena  
Ice Breaker Classic
- 8-9 **Natick, Mass.**  
Bay State Blades Natick  
Natick 37th Annual ISI  
Competition
- 14-16 **Homewood, Ill.**  
Homewood-Flossmoor  
Ice Arena  
28th Annual ISI  
District 8  
Competition
- 15 **Pittsburgh**  
RMU Island Sports  
Center  
Shamrock Skate

- 28-30 **Knoxville, Tenn.**  
Ice Chalet  
Mississippi Valley  
District Competition
- 29-30 **San Francisco**  
Yerba Buena Ice  
Skating Center  
Golden Gate Skate
- 30 **Franklin Park, Ill.**  
Franklin Park Ice Arena  
Kickline Synchronized  
Skating Competition

#### april

- 4-6 **El Segundo, Calif.**  
Toyota Sports Center  
8th Annual Spring Fling  
Open Competition



- 11-13 **St. Louis**  
St. Peters RecPlex  
ISI Synchronized  
Skating  
Championships
- 12 **Delmar, Pa.**  
Center Ice Arena  
Golden Blades  
Championship of  
Pittsburgh
- 26-27 **Franklin Park, Ill.**  
Franklin Park Ice Arena  
Spring Fever

#### may

- 17 **West Concord, Mass.**  
Sharper Edge Skating  
School  
10th Annual Skater's  
Cup Competition
- 23-25 **San Diego**  
San Diego Ice Arena  
ISI Open  
Championships

#### july

- 5-6 **Evanston, Ill.**  
Robert Crown Center  
31st Annual July Open
- 10-12 **Honolulu**  
Ice Palace  
2008 ISI Hawaiian  
Open



- 28-  
Aug. 2 **Denver**  
South Suburban Family  
Sports Center &  
Ice Arena  
ISI World  
Recreational Team  
Championships

#### august

- 9 **Orland Park, Ill.**  
Arctic Ice Arena  
2nd Annual Arctic  
Heat Wave

#### september

- 19-21 **Arlington, Texas**  
ICE at The Parks  
5th Annual ISI Open  
Competition

#### october



- 3-5 **San Francisco**  
Yerba Buena Ice  
Skating Center  
ISI Adult  
Championships



## december



5-7 **Burbank, Calif.**  
Pickwick Ice Center  
ISI Artistic Challenge

## shows & exhibitions

### december

- 9 **Hoffman Estates, Ill.**  
Hoffman Estates Park  
District Ice Arena  
Snowflakes on Ice
- 14 **Glenview, Ill.**  
Glenview Ice Center  
Winter Exhibition
- 15 **Marlboro, Mass.**  
Navin Arena  
Snowflake Sparkler
- 15 **Oakland, Calif.**  
Oakland Ice Center  
Old Fashion Christmas
- 15 **Wasilla, Alaska**  
Brett Memorial Ice  
Arena  
Alaskan Christmas
- 15 **Indian Trail, N.C.**  
Extreme Ice Center  
Skate a Gift 2007
- 15 **San Jose, Calif.**  
Sharks Ice at San Jose  
Skate a Holiday Present
- 15 **Cromwell, Conn.**  
Champions Skating  
Center  
Champions Holiday  
Exhibition
- 15 **Laconia, N.H.**  
Central NH Skating  
Academy  
The Polar Express
- 15 **St. Peters, Mo.**  
St. Peters Rec Plex  
Winter Wonderland  
on Ice
- 15-16 **Frisco, Texas**  
Dr Pepper StarCenter  
Rudolph on Ice 2007

- 16 **Arlington, Texas**  
ICE at The Parks  
Holiday In The Park  
2007
- 16 **St. Louis**  
Wayne C. Kennedy  
Recreation Complex  
Holiday Celebration
- 16 **Johnstown, Pa.**  
Planet Ice  
Time For The Holidays
- 16 **Fort Myers, Fla.**  
Fort Myers Skatium  
Merry Christmas  
Charlie Brown
- 17 **Portland, Ore.**  
Lloyd Center Ice Rink  
Twas the Night Before  
Christmas
- 18 **Soldotna, Alaska**  
Soldotna Sports Center  
Little Bit Country, Little  
Bit Rock n Roll
- 22 **Vancouver, Wash.**  
Mt. View Ice Arena  
A Holiday Showcase
- 22-23 **Dallas**  
Galleria Ice Skating  
Center  
Galleria Annual Tree  
Lighting Shows
- 22-23 **Richmond, Va.**  
Richmond Ice Zone  
2007 Holiday on Ice
- 23 **Yonkers, N.Y.**  
E.J. Murray Skating  
Center  
Holiday Show on Ice

## 2008

### january

- 3 **Glenview, Ill.**  
Glenview Ice Center  
Winter Carnival  
Synchronized  
Exhibition

### march

- 8-9 **St. Louis**  
Wayne C. Kennedy  
Recreation Complex  
Annual Ice Recital

## april

- 13 **Highland Park, Ill.**  
Centennial Ice  
Spring Exhibition
- 18 **Inver Grove Heights, Minn.**  
Inver Grove Heights  
Parks & Rec  
Spring Ice Show
- 18-19 **Carol Stream, Ill.**  
Carol Stream Ice Rink  
Museum Tour
- 25-26 **Downers Grove, Ill.**  
Downers Grove Ice  
Arena  
Museum Tour 2008
- 25-27 **Glenview, Ill.**  
Glenview Ice Center  
35th Annual Ice Show
- 25-27 **Yonkers, N.Y.**  
E.J. Murray Skating  
Center  
Annual Ice Show

## may

- 3 **Marlboro, Mass.**  
Navin Arena  
Summer Splash
- 3 **Eagan, Minn.**  
Eagan Civic Arena  
Skating For a Living

- 9-10 **Orland Park, Ill.**  
Arctic Ice Arena  
Ice, Camera, Action!
- 9-11 **Niles, Ill.**  
Niles Park District  
Iceland  
2008 Ice Show-Once  
Upon a Time
- 10 **Hoffman Estates, Ill.**  
Hoffman Estates Park  
District Ice Arena  
ICE-FM
- 10 **Wasilla, Alaska**  
Brett Memorial Ice  
Arena  
Spring Ice Show
- 17-18 **Boxborough, Mass.**  
Nashoba Valley  
Olympia  
Ice Magic



27-30 **Anaheim, Calif.**  
ISI Ice Arena  
Conference  
& Tradeshow  
Hyatt Regency  
Orange County

**For calendar  
updates, check ISI's  
Web site at  
[www.skateisi.org](http://www.skateisi.org)**

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Academy Oldsmar

### FS 9

- **Bryant Lampkin**  
Hampton Roads  
Iceplex

### FS 10

- **Agnes Zawadzki**  
Oakton Ice Arena

### Dance 10

- **Katie Otano**  
Dr Pepper  
StarCenter-Euless
- **Leigh Seitz**  
Richmond Ice Zone
- **Tara TenEyck**  
Over the Edge Inc.
- **Kassandra Hazzard**  
Ice Chalet-Knoxville
- **Jessica Marshall**  
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*2008 ISI  
Synchronized Skating  
Championships*

# St. Louis

St. Peters RecPlex  
St. Peters, Missouri, April 11-12



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At last year's event, more than 1,000 skaters on 110 teams from 11 states competed for a total of 2,800 medals and 90 team trophies.

Teams can enter Synchronized Skating, Synchronized Formation and/or Synchronized

Dance categories. There are also compulsory events for both Skating & Formation teams. Skaters receive medals for every competition performance.

Teams are divided by age groups (Tot, Jr, Youth, Youth, Sr, Youth, Teen, Adult and Masters) and number of skaters for initial round events. All skating team age divisions with more than eight teams in the initial round skate a two-round format.

For St. Louis tourist tips, go to:  
[www.explorestlouis.com](http://www.explorestlouis.com)  
[www.stlatractions.org](http://www.stlatractions.org)



Entry Deadline  
**February 1, 2008**

### Don't forget!

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

Send it to [editor@skateisi.org](mailto: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

*comes off the ice quickly and crosses in front, just like a loop jump, shifting your weight immediately.*

I would like a pen pal who is about my age and skating level. I love animals. I have a dog named Angel. I have fish, too. I have two sisters and loving parents. I'll be turn-

ing 9 in January. I love to dance, sing, play and ice skate.

**Alexandria Ariel Wright-Fraser, 8, Alpha-Beta Ice Sports Forum Tampa, Fla.**

I have been skating for about four and a half years, but have only been taking lessons since Jan. 9. I am working on my Salchow and change-foot spin. I'm looking for a pen pal around my age or level. I am nuts about Ekate-

**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.**

rina Gordeeva, so I talk about her a lot. She is the reason I like skating. I was in the Viva Las Vegas ice show at my rink. It was so much fun.

**Rebekah (Bekah) Bright, 15, FS 2/3 Line Creek Ice Arena Kansas City, Mo. ●**

### Statement of Ownership, Management and Circulation

1. Title of Publication: *Recreational Ice Skating* 2. Publication No.: USPS 361-570 3. Date of Filing: 9-26-07 4. Frequency of Issue: Quarterly 5. No. of Issues Published Annually: Four (4) 6. Annual Subscription Price: \$12. 7. Complete Mailing Address of Known Office of Publication: 17120 N. Dallas Pkwy., Ste. 140, Dallas, TX 75248-1187 8. Complete Mailing Address of Headquarters or General Business Office of the Publisher: 17120 N. Dallas Pkwy., Ste. 140, Dallas, TX 75248-1187 9. Full Names and Complete Mailing Address of Publisher and Managing Editor: Publisher, Ice Skating Institute, 17120 N. Dallas Pkwy., Ste. 140, Dallas, TX 75248-1187; Editor, Lori Fairchild, 17120 N. Dallas Pkwy., Ste. 140, Dallas, TX 75248-1187; Managing Editor, None. 10. Owner: Ice Skating Institute, 17120 N. Dallas Pkwy., Ste. 140, Dallas, TX 75248-1187 11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities: None 12. Tax Status: Has Not Changed During the Preceding 12 months 13. Publication Title: *Recreational Ice Skating* 14. Issue Date for Circulation Data: Winter 2006-Fall 2007 15. Extent and Nature of Circulation: A. Average No. Copies Each Issue During Preceding 12 Months (net press run): 43,385 Actual No. Copies of Single Issue Published Nearest to Filing Date: 40,530 B1. Average Paid and/or Requested Circulation Outside-County Mail Subscriptions: 40,434 Actual No. Copies of Single Issue Published Nearest to Filing Date: 39,273 B2. Average Paid or Requested Circulation In-County Subscriptions: 0. Actual No. of Copies of Single Issue Published Nearest to Filing Date: 0. B3. Average Sales Through Dealers and Carriers and other non-USPS Paid Distribution: 47. Actual No. of Copies of Single Issue Published Nearest to Filing Date: 37 B4. Average No. Copies of Other Classes Mailed Through the USPS: 19. Actual No. Copies of Other Classes Mailed Through the USPS: 31 C. Average Total Paid and/or Requested Circulation: 40,500. 5. Actual No. Copies of Single Issue Published Nearest to Filing Date: 39,341. D1. Average Free Distribution by Mail Outside-County: 1.663. Actual No. Copies of Single Issue Published Nearest to Filing Date: 0. D2. Average and Actual No. Copies Free Distribution In-County: 0. D3. Average No. Copies Free Distribution Other Classes Mailed through USPS: 5. Actual No. Copies of Single Issue Published Nearest to Filing Date: 5. D4. Average Free Distribution Outside the Mail: 120. Actual No. Copies of Single Issue Published Nearest to Filing Date: 0 E. Average Total Free Distribution: 1,788. Actual No. Copies of Single Issue Published Nearest to Filing Date: 5. F. Average Total Distribution: 42,288. Actual No. of Copies of Single Issue Published Nearest to Filing Date: 39,346. G. Average Copies not Distributed: 1,097. Actual No. Copies of Single Issue Published Nearest to Filing Date: 1,184. H. Average Total: 43,385. Actual No. Copies of Single Issue Published Nearest to Filing Date: 40,530. J. Average Percent Paid and/or Requested Circulation: 95.75%. Actual No. Copies of Single Issue Published Nearest to Filing Date: 99.9%. 17. I certify that all information furnished on this form is true and complete: (signed) Karen J Schaffer, Controller (date) 9/26/07

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