Worlds ’08 Rocks the Rockies

Report & Results
Photographs & Memories
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RECREATIONAL ICE SKATING
FALL 2008/VOL. 33, NUMBER 1

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letters from our readers

I really want a pen pal who is on a theater on ice team. I’ve been part of the Bourne to Skate Theatre on Ice team for three years now, and I love it! Also, ever since I got my skates sharpened, I seem to not be able to do a camel spin. I keep going up on my toe pick, and I can’t stop! Any advice?

Elizabeth Fallon, 12, FS 5
Bourne Skating Club
Bourne, Mass.

Maybe you got too used to doing the camel spin on dull blades. Be sure you are pulling back on the rocker as you arch even more and stretch the position. You may also want to have your coach check the blade to be sure you haven’t accidentally nicked an edge.

Jewel Jordan, 14, FS 4
Tucker Road Ice Rink
Fort Washington, Md.

It does sound like fear — not ability — is keeping you from a flip jump. How’s your loop jump? It may help to start thinking of the flip as just a quick tap into a loop jump. Once you take off, the air positions and landings are identical. On the sit spin, be sure to step into the center of your circle and bring your free arm and leg around strong, but together. Don’t worry about getting all the way down yet. It’s better to have speed and control first.

I am working on my one-foot spin. It is tricky. I have trouble holding myself up on one foot. It almost makes me fall. I have trouble ending my program with my music. I would like also to get my shoot-the-duck down lower, but that makes me fall. My favorite skating move is my back spiral. I have two cousins, Kailey and Hannah, who live on the same street as me and we go skating together. I go over to their house to stretch before skating. We all have fun on our synchro teams. I would like to have a pen pal between 8 and 10 who is working on Freestyle 1 to 3.

Jacqueline Hayden, 7, FS 1
Winterland Skating School
Rockland, Mass.

I’m in Freestyle 2 and I can’t pass because of the half Lutz. Do you have any tips?

Maggie Carey, 9, FS 2
Oakton Ice Arena
Park Ridge, Ill.

Are you changing to the inside edge at the last second when taking off? That’s a common mistake. Be sure you are tapping behind and not to the side, and don’t let your shoulders rotate before jumping.

I have been skating for about two years. I would like a pen pal because it would give me somebody to talk to who could understand and maybe help me with the problems I have with the spins and jumps. I am also having trouble getting enough rotations on my sit spin and getting the full rotation on my flip. When I enter into the spin, I can get about two rotations, then I begin to lose my balance and can no longer hold the spin. When I perform the flip, I often have to place my left foot down, then my right, to get part of the revolution. I am also slightly afraid to jump the flip because of an accident that I had while doing the jump. What I really need help on is keeping my balance in the entrance to the spin and landing the flip.

Lauren Diuco, 11, FS 4/5
Aliso Viejo Ice Palace
Mission Viejo, Calif.
I am working on my Axel, and have landed it many times on the harness and on the ice. I love skating and have skated for two years now. I have 89 medals, 79 of them first-place ones. I skate five days a week and take group lessons and private lessons. I would like a pen pal of any level who loves to skate as much as I do.

Nykki Olejniczak, 7, FS 5
Lloyd Center Ice Rink
Portland, Ore.

I have been skating since I was 6. This year I made the IcePlex Ice Stars synchronized teen team. I am on a break from private lessons, and I am working on my camel-sit, but I only have enough speed for my first rotation. Do you have any tips? I would like another pen pal, around my age and maybe in Freestyle 6 or 7.

Sammi Kammer, 12, FS 5
Pleasant Prairie IcePlex
Pleasant Prairie, Wis.

Try to get a strong camel spin by itself before combining it with a sit spin. The camel spin entrance is all about timing — step in on a bent knee, then pull around the lead arm at the same time you straighten the knee. Don’t rush either part, and keep your muscles tight.

I’ve been in Freestyle 5 for a while now and the only thing I haven’t passed is my Axel. I can’t seem to get the landing right when I’m not on the harness. I tend to slip backward and land on my butt or back, and I don’t know what to do to perfect it. I would also like to have a pen pal who’s around my age and in Freestyle 4 or 5.

Tori Irvine, 12, FS 5
Fairfax Ice Arena
Springfield, Va.

If you are falling backward, it sounds like your free leg isn’t getting checked out soon enough. Try working on an Axel-toe loop combination jump. By anticipating the toe loop, your free leg will have to reach back to tap, which is where you want it for the landing of the Axel anyway!

I have been skating for five years now. I am cleaning up my double Salchow and starting my double toe. My camel spin keeps tipping off my toe pick, and it’s hard to get the camel consistent. Any tips?

Terry Teresa Nguyen, 10, FS 5/6
Anaheim ICE
Garden Grove, Calif.

Because of the forward position, hitting the toe pick on a camel spin is a common problem. Work on arching the back more and pulling back on your blade to keep as much weight as possible off the front. It’s a stretch that is good to practice at the boards with one leg up on the wall. Terry, you also requested a pen pal, however, our pen pal program is exclusive for current registered ISI members. If you did not send us your e-mail address, If you will send it to editor@skateisi.org, we will forward your information to the pen pal you requested.

*** IMPORTANT ***
Please read before sending your letter!

• Pen pal requests must be sent by e-mail to editor@skateisi.org.
• YOU MUST INCLUDE THE MEMBER INFORMATION LISTED BELOW.
• 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.

• 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 questions will be answered by qualified ISI staff but should not be considered a substitute for coaching.
• All letters are printed at the discretion of the editor and may be edited for clarity, accuracy and space.
• E-mail is preferred. Send your letter to editor@skateisi.org or:
  Ice Skating Institute
  Attention: Editor, RIS
  6000 Custer Rd., Bldg. 9
  Plano, TX 75023
The record heat wave that hit Denver in late July might have been a clue that something unusual was in the air. Just as the typically mild climate soared into the triple digits, ISI Worlds made its Colorado debut, rockin’ the Rockies with a recreational ice skating competition unlike anything the region had ever experienced.

“Our people were blown away,” said Gerry Lane, event chairman and skating director for host facilities South Suburban Family Sports Center and South Suburban Ice Arena in Centennial. “Many were first-time ISI competitors, and the atmosphere at this event was wonderful. We have had State Games and other big events in this area, but this was competing on a whole new level for our skaters. They are already talking about going to future big ISI events, like Worlds in San Jose next year.”

Lane said the response was so positive that his facilities are already considering hosting future events. “Despite the incredible amount of work that goes into hosting such a big event, our staff hasn’t given me too many strange looks when I talk about the next one,” he added.

“The week went very smoothly,” noted Randy Winship, ISI’s national skating program and events coordinator. “We received many comments about the great hospitality and wonderful rink facilities, thanks to Gerry, along with facility managers Tim Johnson and Frank Xavier, and their staff and volunteers. Their early planning, preparation and organization made it all possible.”

An ice skating event coordinator’s worst nightmare became a reality on the first day of competition when one of the competition rinks lost its ice. But professional competence, quick action and level heads prevailed, the near-disaster was averted and the first event started only one minute late. “That actually made anything that came up during the rest of the week much easier to deal with!” Lane said.

Indeed, the rest of the week was as refreshing as a mountain breeze (minus a record heat wave). Nearly 90 facilities from 23 states and three foreign countries brought more than 900 competitors who skated a collective total of 2,619 performances. Ages ranged from an adorable 3 to a stunningly graceful 83. Texas brought the most out-of-state competitors, while Singapore and Alaska teams traveled the greatest distance.

Continued on page 8

For the first time ever, the Worlds team trophy will spend a year in Colorado, at South Suburban Ice Arena.
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The full scope of skating levels and abilities was represented, with Freestyle 4 events boasting the most entries. Congratulations to Delanie Honda of Parade Ice Garden in Minneapolis, who joined the ranks of those who have passed the challenging Freestyle 10 test. (Watch for a profile of Delanie in an upcoming issue of RIS.)

Singapore was represented by a full team for the first time at an ISI Worlds event. Coach Jonnansical (“Jonn”) Boo (far left) brought 15 skaters to the event. “It was a great stepping stone for them,” she said, “working as a team and learning what it feels like to skate somewhere else.”

Family and friends of Worlds teams make outstanding fan clubs! The enthusiastic cheering section supporting the Dublin Dazzlers and Dolls was no exception.

Between competition events, visitors took full advantage of the fun attractions at Family Sports Center. It was the first time most had encountered a climbing wall, bumper cars, laser tag and other amusement park attractions under the same roof as an ice rink.

Many families took the opportunity to explore the scenic surroundings, with day trips to Rocky Mountain National Park, Pikes Peak, Garden of the Gods and Elitch Gardens theme park in Denver. Shopping excursions to the area’s wonderful malls were another popular activity.

Worlds week culminated with the ISIA Education Foundation’s sold-out Benefit on Ice show (see page 23) starring the delightful Mirai Nagasu.

Next year’s Worlds event is set for July 27-Aug. 1 in sunny San Jose, Calif., at Sharks Ice, the largest ice skating facility west of the Mississippi River, with four ice surfaces under one roof. See you there!

Turn the page for more Worlds memories and photos, and don’t miss the Education Foundation fundraiser report, featuring Benefit Show highlights, starting on page 23.
Aim High
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riedellskates.com

Introducing the New Ultra-Lightweight 2010 LS
It was amazing to watch the advanced skaters, as we are from a fairly new rink and don’t have many older skaters to look up to. One of the best parts of our week was when our team, new to Worlds, made it to fourth place and was only one-tenth of a point away from third! We finished at sixth, and are immensely proud of ourselves. Thanks, Denver, for putting on such a great week!

Cecilia Lang • Rapid City, S.D.
We had a fabulous time. We only had eight skaters, and one of the most memorable events was the parade of participants when they called out “Fairfax Ice Arena.” We were so proud to be there, even though we did not have a banner for our group. Several other groups saw us and invited us to join them in the march. Everyone was so friendly. Thank you for a great time at Worlds that we will never forget!

Susan Roesch • McLean, Va.

Our family had a great time. Among other events, our children participated in the Family Spotlight. I had looked forward to meeting other large skating families to see what else we might have in common besides skating. I wasn’t disappointed. The other families in our category were a delight to meet, and the entire atmosphere on Friday at the Family Spotlight events was heartwarming. It emphasized what skating is all about for our family: fun, friendship and togetherness.

Cindy Arsenault • Highlands Ranch, Colo.

The thing I enjoyed most in addition to performing my two programs was the team aspect of the competition. My fellow teammates and I rallied around each other, and we were so excited to earn points for our rink, Big Bear! It’s great to be a part of ISI Worlds.

Jamie Bergos • Aurora, Colo.

For me, the best part was having a caring ISI coach, Crystal, step in to put me on the ice when my own coach had a conflict with another skater and judging obligations. Crystal helped warm me up, was there when I finished my technical program and stayed with my mom and me until the placements were announced. I will never forget her kindness, which helped make my first Worlds a wonderful experience. Thank you, ISI!

Shelbi Todd • El Paso, Texas

ISI Recreational World Team Championships was a wonderful experience. My coach helps keep ice skating fun for her students. I met lots of new friends and shared Webkinz stories, e-mail addresses and a few phone numbers. I also met some teenage girls from Austin, Texas who braided my hair for my competition. But what I loved the most was skating my favorite program of all times, Romeo and Juliet. We only had eight skaters, but I think the audience knew that Arkansas was there — we should have won the loudest-group contest, for sure!

Kayla Alspach • Van Vuren, Ark.

What a great event and location Denver was! We loved the pin trading and look forward to making some pen pals. It was neat to see all the doors at the hotel plastered with signs — everyone was so welcoming and excited! Denver and the surrounding communities were packed with great views and fun things to do. We look forward to training hard and skating at Worlds in the future!

Sara Preston Davidson and (Mom) Kathy Davidson • Countryside, Fla.

Thank you from the bottom of my heart for making my daughter’s summer one we will never forget — building confidence, exceptional skating, a few disappointments, great sportsmanship and getting to meet and watch Mirai Nagasu skate. All I can say is thank you for giving my daughter a week of memories to carry her through a lifetime.

Jeanette Ordish • El Paso, Texas
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- Recreational Ice Skating magazine
- The opportunity to participate in local and national ISI competitions and shows, including the annual ISI World Recreational Team Championships – the largest recreational ice skating event in the world!
- A convenient new universal membership renewal term (all memberships renew on Sept. 1 of each year and run through Aug. 31 of the following year)

To join or renew, go to www.skateisi.org or call (972) 735-8800

Ice Skating Institute
2009 ISI National Skating Events

ISI 50th Anniversary Skating Championships
May 23-24
RDV Sportsplex • Orlando, Fla.
Entry Deadline: March 1

ISI synchronized Championships 2009
April 17-19
Arctic Ice Arena • Chicago, Ill.
Entry Deadline: Feb. 1

San Jose
July 27-Aug. 1
Sharks Ice at San Jose • San Jose, Calif.
Entry Deadline: May 1

ISI synchronized Challenge 2009
Oct. 2-4
Olympic Center • Lake Placid, N.Y.
Entry Deadline: Aug. 15

ISI Winter Classic
Feb. 13-15
Dr Pepper StarCenter • Plano, Texas

ISI Artistic Challenge
Dec. 4-6
Fort Myers Skatium • Fort Myers, Fla.
Entry Deadline: Oct. 15

Expand Your Horizons with Six Coast-to-Coast Destinations

Ice Skating Institute
Go to www.skateisi.org for entry forms and additional event details.
ISI Winter Classic

Feb. 13-15
Entry deadline: Dec. 1, 2008

Blaze a trail to the Lone Star State for ISI’s first national event of 2009!

Just when you are ready for a post-holiday break, it’s time for the hottest winter event in recreational ice skating. Scheduled just before President’s Day to give you a long weekend, this year’s Winter Classic takes you to Dallas — also known as “Big D,” where the motto is “Live Large. Think Big.” Big, indeed! The Dallas area is the shopping capital of the U.S. and offers more than 6,000 restaurants, not to mention arts and historic districts, parks and museums. Come on down for a hearty helping of Texas hospitality!

For more information:
skateisi.org
visitdallas.com
plano.gov/departments/cvb
drpepperstarcenter.com
ISI Synchronized Championships

April 17-19
Entry deadline: Feb. 1.

All together now – get swept off your feet in the Windy City!

You’re sure to be blown away by the excitement and cultural richness of Chicago. The Windy City is the birthplace of the skyscraper, a food-lover’s paradise and home to architectural marvels, world-renowned museums, Michigan Avenue’s “Magnificent Mile”, Navy Pier, a 50-acre waterfront playground of parks, shops and restaurants, Lincoln Park Zoo, one of the best free zoos in the country, historic Wrigley Field and the elevated public train line famously known as the “L.” Chicagoland is the Midwestern Mexico with lots to see, do – and eat!

FOR MORE INFORMATION
HealthLine.com
shoesonchicago.com
arthcticiceskates.com
ISI 50th Anniversary
Skating Championships

May 23-24
Entry deadline: March 1

Skate in this special competition celebrating our 50th anniversary and be a part of ISI history!

Orlando is the perfect place for ISI’s 50th Anniversary celebration – the area hosts nearly 50 million visitors every year! And no wonder: it’s the place for pure fun and fantasy, packed with the nation’s greatest theme parks. Meet a fairytale princess or a superhero. Splash and slide at a giant water park. Swim with a beluga whale. Be an astronaut for a day. And skate with us at the world-class RDV Sportsplex, home of the NBA’s Orlando Magic. We’ll be making our own magic – on ice! ISI skaters of all ages and abilities are welcome, and everyone will receive a commemorative 50th Anniversary medal.

FOR MORE INFORMATION
skateisi.org
orlandoinfo.com
orlando.com
visitflorida.com
rdvsportsplex.com/rdv спортсыпек
ISI World Recreational Team Championships

July 27 - Aug. 1
Entry deadline: May 1

ISI skaters know the way to San Jose!

San Jose may be the capital of Silicon Valley, but it's so much more than microchips. It boasts a cityscape made for skating, featuring colorful corridors, a vibrant farmers' market and sidewalk dining. Go festival hopping, check out America's largest open-air flea market or spend a day at the Great America theme park. But the best reason to visit San Jose in 2009 is ISI Worlds, hosted by Sharks Ice at San Jose, the largest ice skating facility west of the Mississippi and the official training facility of the NHL's San Jose Sharks.

FOR MORE INFORMATION
skateisi.org
SanJose.org
sharksatmjsod.com
ISI Adult Championships

Oct. 2-4
Entry deadline: Aug. 15

Join us at the Olympic Center in Lake Placid and make your own “Miracle on Ice”!

ISI adult skaters are a special breed. They find joy in recreational ice skating, each other’s company, this fun annual event and life itself — and it shows! Make your own tracks in the same place where “The Miracle on Ice” happened in 1980, with the U.S. hockey team’s surprise victory over the Soviet Union, and where, in 1932, Sonja Henie won her second of three consecutive gold medals. Visit the on-site 1932 and 1980 Lake Placid Winter Olympic Museum. Take in the Adirondack mountain views, some Main Street shopping, a spa visit. And, as you always do, have the time of your life!

FOR MORE INFORMATION
skateisi.org
lakeplacid.com
orda.org
ISI Artistic Challenge

Dec. 4-6
Entry deadline: Oct. 15

Showcase your creativity and celebrate the art of ice skating!

The freedom of personal expression without technical scores has made Artistic Challenge a popular event for skaters who love the opportunity to focus on showmanship, costumes and creativity. It’s a low-pressure environment with a high fun factor! The fifth annual Challenge will be staged in Fort Myers, Fla., the “City of Palms.” Here you’ll find white sand beaches, exotic tropical wildlife and marine life, and the Fort Myers Skatium, a family entertainment facility featuring laser tag, a video arcade and an inline rink, in addition to its NHL-size ice surface.

FOR MORE INFORMATION
skateisi.org
fortmyers.org
fortmyers-sanibel.com
visitflorida.com
fmskatium.com
ISI National Event Checklist

At least three months before event:
- Go to ISI Web site (skateisi.org) and print out event entry forms.
- Pass test for skating level you wish to participate in at event.
- Talk with your coach and decide how many events you should enter, and how to enter some extra events that don’t require a program routine.

By entry deadline:
- Make sure your ISI membership is current through the end of the competition. If not, your membership renewal fee can be included on your event entry form.
- Make sure your test is registered.
- Send in completed entry forms and fees.
- Make travel plans, including hotel reservations at an ISI host hotel, listed on the ISI Web site.

Two months before event:
- Make or purchase costumes.
- Make props for Spotlight events.
- Learn new routines.

Two weeks before event:
- Make an extra back-up copy of all music.
- Practice several times in full costume with all props.
- Polish skates.

During event:
- Smile!
- Skate your best.
- Practice ISI sportsmanship.
- Meet new friends, trade contact information, pins, etc.
- Have FUN!
Foundations Takes 2008 Fundraisers to the Mile-High City

by Lisa Fedick

Worlds 2008 in Denver was a big week for the ISIA Education Foundation. The festivities started on Wednesday evening with the opening ceremonies and competitors’ party, where the ISI celebrity dunk tank was a huge hit — and a successful fundraiser.

Event Chairman Gerry Lane and ISI President Jim Hartnett braved the “treacherous” waters not once, not twice, but a combined total of seven times, raising $100 per dunk for the Foundation’s scholarship fund.

Thursday evening the Foundation hosted a mini-golf tournament at the South Suburban Family Sports Center. Hometown girl and Worlds adult skater Liz Avery

won the grand prize of a pair of Klingbeil custom skating boots, generously donated by Donald Klingbeil. (The best score was actually earned by another adult competitor, Barbara Mozug, who graciously passed on the skates, as she had just gotten a new pair. Barbara, you are a true champion!) Rob Laurence Hawk of Melvindale, Mich. took home the MacGregor putter.

The highlight of the week for skaters and spectators alike was the Benefit on Ice show on Friday evening at South Suburban Ice Arena. The talented cast of 2008 ISI Worlds champions was joined by the two lucky “Skate with a Star” raffle winners, Carly Andrews from Northbrook Sports Arena and Angelina Giuliano from Franklin Park Ice Arena.

Both of the 2008 ISIA Education Foundation scholarship recipients were in attendance and honored by Foundation President Donald Bartelson and ISI Past President Boyd Wietester. Emily Miller skated a beautiful hoop Rhythmic program, and Jessica Stachulak performed an ambitious Artistic program (see page 26 for profiles).

The show was filled with the ISI spirit, from Brittany Bowlen’s amazing four-hula-hoop Spotlight program to

Carly Andrews and Angelina Giuliano were the lucky winners of the “Skate with a Star” raffle.

Brittany Bowlen wowed the Benefit Show audience with her Light Entertainment Spotlight program featuring the simultaneous use of four hula hoops.
Yvonne and Sherry Dowlen’s touching “Mother/Daughter Special.” Yvonne was the oldest Worlds competitor this year, at 83 — but she both looks and skates like a woman a fraction of her age. It must be true that the ice keeps skaters young. The oldest male competitor, Ken Miller, is 80 and also could pass for a man decades younger.

Just when we thought the show couldn’t get any better, it was time for 2008 U.S. Senior Ladies Champion Mirai Nagasu to perform. The 15-year-old was pure graceful energy as she effortlessly executed a triple loop, triple toe loop and double Axel, but it was the flexibility of her spin positions that took our breath away. I’m not sure who had more fun at the meet-and-greet session after the show, the crowd or Mirai. She stayed late into the evening, until every last audience member had gone home with her autograph.

A heartfelt thank-you goes out to all of you who have contributed in any way to the Foundation this season; it is your generosity that makes dreams come true. The five-year capital fund drive is now in full swing. For more information on this or any of the ISIA Education Foundation’s programs, please visit www.skateisi.org and click on the Education Foundation tab on the toolbar.
ISIA Education Foundation Donations

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- Paige Wardell (in memory of Robert Unger)
2008 Scholars Shine, On and Off the Ice

by Dianne Powell

The ISIA Education Foundation is proud to announce the recipients of its 2008 college scholarships. Congratulations to Emily Miller and Jessica Stachulak.

Emily Miller, Sioux Falls, S.D.

ISI activities: ISI Individual member (11 years) • ISI Professional member (2 years) • Freestyle 7, Dance 2 • ISI World Recreational Team Championships (2000, 2004) • ISI competitions (25) • Group and private lessons instructor • Volunteer

Scholastic and community activities/achievements: National Honor Society • Marching Band/Color Guard • Warrior Club • Peer Helpers • Renaissance Committee • Governor’s Leadership Excellence Award • Washington Award for Excellence

Whether Emily Miller is working on her skills, competing, performing, coaching or choreographing routines for younger skaters, she says figure skating is a passion for her. “Not only do I love to skate, but I take enormous pride in coaching and helping others,” says Emily. “All of my non-school activity focus has been centered on figure skating, and over the years my passion has only grown exponentially for the sport.”

Heather Frazer, skating director for the Sioux Falls Figure Skating Club, praises Emily as both a skater and a coach. “Emily’s performance has been superior,” Frazer notes. “She is organized, dependable, enthusiastic and knowledgeable. Her outgoing personality, combined with her determination and perseverance, make her a guaranteed success.”

While skating has been a key part of Emily’s life, academics also play an important role. She maintained a 4.0 GPA in high school while taking accelerated and advanced placement classes, participating in extracurricular activities and earning recognition and awards for her accomplishments. Emily ranked first in her high school graduating class.
During her senior year, she served as a classroom mentor for second-grade teacher Nicole Gardner-Fink, who describes Emily as energetic, mature beyond her years and a natural leader, role model and voice for her peers. “Emily has all the qualities and character traits that emulate success,” Gardner-Fink says. “She has a positive, go-getter attitude which has allowed her to accomplish many things in school, athletics and her other interests. Emily will be an asset to the institution of higher learning and career of her choosing.”

Emily is a freshman at South Dakota State University, majoring in electrical engineering.

Jessica Stachulak, Joliet, Ill.

ISI activities: ISI Individual member (7) • ISI Professional member (1) • Freestyle 7 • ISI World Recreational Team Championships (2003, 2007) • ISI competitions (27) • Group and private lessons instructor • Volunteer

Scholastic and community activities/achievements: National Honor Society • Pi Sigma Pi (History Honors Society) • Drug Prevention Club • Joliet Township Math Team • Academic Medallion recipient • Relay for Life Spirit Award • Outstanding Student of America • Student aide

Jessica Stachulak refers to Joliet Park District’s Inwood Ice Arena as her second home. “Figure skating and ISI competitions have been a part of my life for as long as I can remember,” she says. Skating has taught her “to remain kind, caring, honest and compassionate when interacting with people, and always remain willing to help other skaters and parents,” Jessica adds.

In addition to skating and graduating from high school with a 4.29 GPA based on a 4.0 point system, Jessica enjoys volunteering in her community. She has volunteered with the Humane Society, in the park district’s preschool program and at the Joliet Elks Lodge. She especially enjoys her work with the American Cancer Society’s Relay for Life, where she has volunteered for five years, and as a counselor at Camp Anokijig in Plymouth, Wis., where she has served as a volunteer junior staff member instructing campers in horsemanship since 2003.

Darin Holden, program director for Camp Anokijig, describes Jessica as a leader and notes: “She epitomizes what can be right about today’s young adults. With her drive and determination, she will, no doubt, take any opportunity provided and make the most out of it.”

Glen Marcum, co-chair of Joliet Relay for Life, describes Jessica as a bright, mature, take-charge young person. “One thing I admire most about Jessica is her ability to work with other people,” he says. “She does a wonderful job of listening to people, then making good decisions and acting on what she has heard.”

Jessica is majoring in recreation management at Carroll University in Waukesa, Wis. “Someday I hope to run an ice arena facility similar to the one I know and love,” she says. “I seek to repay figure skating for all that it has allowed me to become.”
Who can do Jump & Spin events: Jump & Spin events are open to all skaters in Pre-Alpha level and higher. It’s one of the few ISI competition events in which skaters from different skating levels can compete together.

Jump & Spin event description: This event is usually done on half ice. Two skaters enter the ice together and stop. Skater No. 1 begins and performs the same chosen jump two times, and stops. Skater No. 2 then performs the same chosen spin two times, and stops. Both skaters then exit the ice together. Only the best performance by each skater will be scored against the performance of other teams in the same event group.

Like the Solo Compulsories event, there can be no other required test level or uncaptured maneuvers performed in the Jump & Spin event.

The best thing: The best thing about a Jump & Spin event is that there is no program routine and nothing to prepare. You will already be practicing your jumps and spins for your other program routines, so why not grab your friend and win another medal?

There’s no performance pressure of a program, and you can be on the ice with your friend, so it’s also a great way to compete in your first ISI competition.

There is no score for costumes; some partners get matching T-shirts, hats or skating dresses and others just wear whatever they choose. It’s simple and easy, so ask your coach about this fun event.

Jump & Spin event levels: Two-person teams are divided into the following four event levels.

- Low = Pre-Alpha-Delta skaters only
- Medium = Skaters from Freestyle 1-3 and below
- Intermediate = Skaters from Freestyle 4-5 and below
- High = Skaters from Freestyle 6-10 and below

If partners are of different levels, they will compete in the level of the higher partner.

Maneuver selections:

<table>
<thead>
<tr>
<th>Jump Choice</th>
<th>Spin Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>Spin Choice</td>
</tr>
<tr>
<td>2-foot hop or bunny hop</td>
<td>2-foot spin</td>
</tr>
<tr>
<td>Medium</td>
<td>2-foot or 1-foot spin</td>
</tr>
<tr>
<td>Half flip or toe loop jump</td>
<td>Sit spin or camel spin</td>
</tr>
<tr>
<td>Intermediate</td>
<td>High</td>
</tr>
<tr>
<td>Half loop or Axel jump</td>
<td>Double Salchow or double loop</td>
</tr>
<tr>
<td>High</td>
<td></td>
</tr>
</tbody>
</table>

In this event, skaters are not judged by the difficulty of the maneuver chosen, but rather the technical accuracy of the performance.

Competition event groups: Skater teams are grouped together within the event levels (listed above) but not by the specific Freestyle test level. Groups are also usually divided — based on the entries received — either by the average age of the two skaters on a team or by the age of the oldest skater. The competition director may also combine genders for this event.

Judging criteria: All three judges only judge the technical accuracy of the best performance for the maneuvers performed.

Featured event: This is a relatively new ISI event and it has been gaining popularity across the country. It’s also a special “featured event” in 2008 for all of our national competition events, so it could soon be offered at your local and district competitions, too.
The ISI Holiday Card Creativity Contest has become an annual tradition with ice skaters across the country. If your design is chosen, it will be used as the official ISI 2008 holiday card and you will receive recognition in Recreational Ice Skating magazine as well as on the card itself.*

Send us your original design following these guidelines:
• 8 ½” X 11”
• Any medium (paint, marker, pencil, pastel, etc.) – but two-dimensional only, please.
• Be sure to sign your art!
• Do NOT fold or bend your art.
• You may send the artwork only, or you may add a sentiment if you wish.
• Include your full name, address, telephone number and ISI member number on a separate note.
• Submissions MUST be received in the ISI office no later than October 15, 2008.
• NOTE: Materials cannot be returned.

Send to:
Ice Skating Institute
Attn: Magazine Editor
6000 Custer Rd., Bldg. 9
Plano, TX 75023

*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.
Lizzie and Alex returned from the ISI World Recreational Championships in ____________ where they both
had a _____________ time. Together they brought home _____________ medals and are excited about taking them
to _____________ for show-and-tell.

Lizzie’s favorite event was her _____________ routine. “I was so nervous at first. My stomach felt like it had
______________ in it and they were doing cartwheels! But as soon as I heard my name announced
and saw all the ______________ in the stands ______________ for me, I couldn’t wait to show them my
program – especially my _______________!” she said.

Alex’s favorite event was the Surprise event, where Randy made everybody ______________ through an obsta-
cle course while ______________ a ______________ and not letting it pop or touch the ice. But Alex is very fast, so
it was easy for him to get ________ place in that event.

On Wednesday at the opening parade, Lizzie and Alex both ______________ with their team, carrying the
_______________ from their rink. At the party afterward, they played laser tag, miniature ______________,
_______________ on the climbing wall, and took turns dunking their friend ______________ in the dunk tank.

Lizzie and Alex also made many new friends, whom they continued to see at the rink for the rest of the week.
One girl was from ______________ and they met a ______________ their own age from ______________.
All the kids traded ______________ and exchanged email addresses so they can keep in touch until next year’s
Worlds in San Jose, California.
Can You Name These Skating Skills?

Carefully study the following word arrangements, which represent skating skill terms.

1. JUMP (on Freestyle 6 test)
2. EUQSEBARA (on Freestyle 3 test)
3. EAGLE (uncaptured move)
4. LOOP LOOP (on Freestyle 7 test)
5. - - IP (on Freestyle 1 test)
6. STOP O P (on Beta test)
7. NRUT 3 (on Freestyle 4 test)
8. L E A F (uncaptured move)
9. RFI } (on Freestyle 5 test)
10. F T SPIN O O F T (on Freestyle 6 test)


ISI Skaters Speak Greek!

Did you know that Alpha, Beta, Gamma and Delta are the first four letters of the Greek alphabet?

There are 24 letters in the Greek alphabet. It was the first alphabet to use separate symbols for each vowel and consonant, and is the oldest alphabet in use today!
### ISI-endorsed competitions & shows/exhibitions

Deadline for the next RIS Calendar: Oct. 1
For regular calendar updates, see www.skateisi.org, Skating Competitions

#### Competitions

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<th>Month</th>
<th>Date</th>
<th>Location</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td><strong>September</strong></td>
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<tr>
<td></td>
<td>6-7</td>
<td>Westminster, Calif.</td>
<td>Westminster Ice Arena ISI Open Competition</td>
</tr>
<tr>
<td></td>
<td>19-21</td>
<td>Arlington, Texas</td>
<td>ICE at The Parks 5th Annual ISI Open Competition</td>
</tr>
<tr>
<td></td>
<td>27-28</td>
<td>Valencia, Calif.</td>
<td>Ice Station Valencia 3rd Annual Autumn Classic</td>
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<tr>
<td><strong>October</strong></td>
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<tr>
<td></td>
<td>3-5</td>
<td>San Francisco</td>
<td>Yerba Buena Ice Skating Center ISI Adult Championships</td>
</tr>
<tr>
<td></td>
<td>17-19</td>
<td>Aliso Viejo, Calif.</td>
<td>Aliso Viejo Ice Palace Annual ISI Open</td>
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<tr>
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<td></td>
<td>Naperville, Ill.</td>
<td>All Seasons Ice Rinks Great Pumpkin Competition</td>
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<td></td>
<td>25-26</td>
<td>Rockland, Mass.</td>
<td>Winterland Skating School 22nd Annual Halloween Classic</td>
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<td></td>
<td>Irmo, S.C.</td>
<td>Palmetto Skate Club Palmetto Classic</td>
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<tr>
<td><strong>November</strong></td>
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<tr>
<td></td>
<td>1</td>
<td>Boardman, Ohio</td>
<td>The Ice Zone Autumn Fest</td>
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<td>1-2</td>
<td>Yorktown, Va.</td>
<td>Hampton Roads IcePlex 7th Annual Fall Classic</td>
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<td>7-9</td>
<td>Northbrook, Ill.</td>
<td>Northbrook Sports Center Northbrook Park District Falling Leaf Open</td>
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<td>9</td>
<td>Anaheim, Calif.</td>
<td>Anaheim ICE 8th Annual Anaheim ICE Synchronized Team Competition</td>
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<tr>
<td></td>
<td>29-30</td>
<td>Skokie, Ill.</td>
<td>Skatum All American Team Competition</td>
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<tr>
<td><strong>December</strong></td>
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<tr>
<td></td>
<td>13-15</td>
<td>Dallas</td>
<td>Dr Pepper StarCenter ISI Winter Classic</td>
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<tr>
<td></td>
<td>17-19</td>
<td>Chicago</td>
<td>Arctic Ice Arena ISI Synchronized Championships</td>
</tr>
<tr>
<td></td>
<td>25-26</td>
<td>Anaheim, Calif.</td>
<td>KHS Ice Arena Jump Into Spring Annual ISI Open Competition</td>
</tr>
</tbody>
</table>

#### Shows & Exhibitions

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<thead>
<tr>
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<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>November</strong></td>
<td></td>
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<tr>
<td></td>
<td>1</td>
<td>Brentwood, Mo.</td>
<td>Brentwood Ice Arena Holiday Icetravaganza</td>
</tr>
<tr>
<td><strong>December</strong></td>
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<tr>
<td></td>
<td>3-4</td>
<td>Honolulu, Hawaii</td>
<td>Ice Palace Nutcracker</td>
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<tr>
<td></td>
<td>12-14</td>
<td>Evanston, Ill.</td>
<td>Robert Crown Center 34th Annual Nutcracker on Ice</td>
</tr>
<tr>
<td></td>
<td>28</td>
<td>Arlington, Texas</td>
<td>ICE at The Parks Holiday In The Parks</td>
</tr>
</tbody>
</table>

### 2009

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Location</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td><strong>April</strong></td>
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</tr>
<tr>
<td></td>
<td>17-19</td>
<td>Chicago</td>
<td>Arctic Ice Arena ISI Synchronized Championships</td>
</tr>
<tr>
<td></td>
<td>23-24</td>
<td>Orlando, Fla.</td>
<td>RDV Sportsplex ISI 50th Anniversary Skating Championships</td>
</tr>
<tr>
<td><strong>May</strong></td>
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<tr>
<td></td>
<td>27-29</td>
<td>Orlando, Fla.</td>
<td>Hilton in the Walt Disney World® Resort ISI Ice Arena Conference &amp; Trade Show</td>
</tr>
</tbody>
</table>

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December 5-7

www.skateisi.org

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To place classified advertising, call Carol Jackson, advertising sales manager, at (972) 735-8800, fax to (972) 735-8815 or send e-mail to cjackson@skateisi.org. The deadline for the next issue of RIS is Sept. 25.
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