



Spring 2008

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Peter Martell
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**Print Production &
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Carol Jackson

Art Director
Cindy Winn Livingston

Contributors
John Mullaney
Ouida Robins

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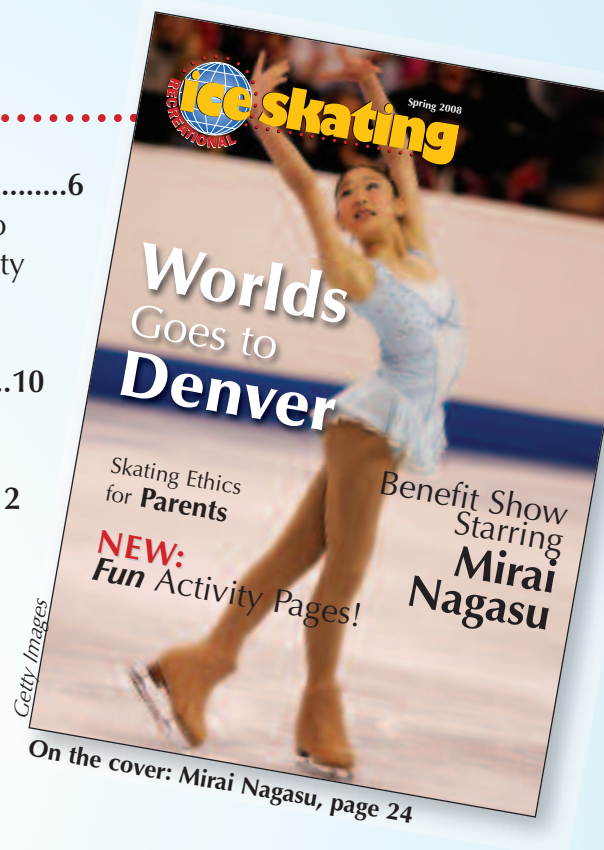
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ice skating industry.*

ICE SKATING INSTITUTE

6000 Custer Rd., Bldg. 9
Plano, TX 75023
Phone: (972) 735-8800
Fax: (972) 735-8815
e-mail: isi@skateisi.org
www.skateisi.org

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the write stuff

letters from our readers

I have been skating for about nine or 10 months, but I'm already at Freestyle 3! I skate seven days a week and do ballet once a week. My coach, Caitlin Brozna, says I'm doing great, and I think it's all because of her! I'm looking for a pen pal who is about my same age (11 and up) and level. I'm working really hard on my sit spin, and enjoy my single flip and loop jump. I love skating so much, and I'm looking for someone else who does, too!

**Jamie Bergos, 12, FS 3/4
Big Bear Ice Arena
Denver**

I started ice skating in South Korea, then I moved here and started to skate. I am working on my spins, because I always seem to be ending up on my toe pick! My coach gives me advice but it never seems to work. I also need help on my loop. I can get the beginning right, but I can't seem to make a full rotation or land on one foot. My biggest problem is that I can't skate fast and do any tricks. I'm scared that I'll fall sometimes. I have always admired Michelle Kwan and Caroline Zhang. I hope to get better.

**Jennifer Kwak, 11, FS 2/3
Kingsgate Ice Arena
Bellevue, Wash.**

I know it's not the most exciting thing in the world, but if you are spinning on your toe pick, you need to spend more time on a two-foot spin, getting the feel of spinning on the balls of the feet. The loop jump is just a back spin in the air, so keep practicing your back spin, too. Don't be afraid of falling — that just means you are trying and learning new things. With each fall, you're getting closer to success as your body learns what it is you are trying to get it to do!

I love to skate. I've been skating since I was 4 years old and I have been skating with a synchro team for two years. I am trying to land my Axel but I can only go 1 1/2 times around. I would appreciate any advice. I would like a pen pal who is my level or a little higher, and around my age. My other hobbies are piano, ballet, jazz dance and singing.

**Gianna DiGregorio, 9, FS 4
Homewood-Flossmoor Ice Arena
Hazel Crest, Ill.**

The single Axel is 1 1/2 times around, so you must be very close to landing it now. Just concentrate on coming down on one foot and a very strong landing position!

I have been skating since I was 6 years old, and so far it is my favorite sport! I would like a pen pal because they could really help me when I need help. I play the clarinet in my school band. I am in fifth grade. I am a big fan of Miley Cyrus and the Jonas Brothers. I am also on a synchronized skating team called the Metroliners. I have two dogs, a Dalmatian named Loco and a dachshund named Freckles. My Aunt Larisa is my private coach and my synchro coach. I am looking for tips on my sit spin.

**Ashleigh Maguire, 10, Delta
Bowie Ice Arena
Stevensville, Md.**

On your sit spin, focus on a quick snap into the proper position, keep your back up and squeeze the legs together to maintain your speed.

I would like to have a pen pal that is around the same age as me. My interests are figure skating, volleyball, softball, French horn and art. How do you get more height in your jumps?

**Katie Britton, 11, FS 1
RDV Sportsplex
Longwood, Fla.**

Higher jumps usually come from skating faster on the entry and more knee bend on your take-offs. Jumping rope is a good off-ice exercise for this, and try to jump without letting the rope touch the ground, so you HAVE to jump high!

I really love ice skating, and would like some advice on how to land my Axel. My coach says that I need to squeeze more tightly, and when I land, open up more quickly. Other than ice skating, I like to snowboard, ski, swim, play violin and piano, and play handball at school. I would like a pen pal older and at a higher level than me to give me more advice.

**Shannon Lee, 10, FS 5/6
Sharks Ice at San Jose
San Jose, Calif.**

Your coach is exactly right. You aren't up in the air very long when you are just getting the Axel, so jump as high as you

RECREATIONAL ICE SKATING, SPRING 2008

can and make your movements very strong and very quick!

I've been skating about a year. I love it so much. It's my favorite sport. I go skating twice a week for lessons and freeskate. I would love to have a pen pal who loves to skate, too! I started at Beta, then soon progressed to Gamma. Now, here I am starting my first Delta class!

Rebecca Daigle, 9, Delta
Dr Pepper StarCenter
Farmers Branch
Lewisville, Texas

I have been skating for two years and I love it! I just started competing at

the FS 2 level but I am having a problem. Whenever I go on the ice, I get really nervous and I don't do as well as I know I can. Do you have any tips on how I can not be nervous?

Kelsey Jurczak, 14, FS 4
Twin Rinks Ice Pavilion
Hawthorn Woods, Ill.

It's good to be a little nervous — that means your thinking cap is on! Do try to focus on skating your best instead of worrying about making mistakes or winning. If you skate the best that you can, you can be pleased with your performance no matter where you may place. Since you are in FS 4 already, keep working hard on whatever element is keeping you from taking your FS 3 test.

I have been skating seriously for about a year now, and have gone up from Delta to Freestyle 3. Skating is incredibly fun, and I love to spend time with my friends and coach at the rink. During my sit spin I always seem to fall.

My friend Kori tells me to keep my back straight and squeeze my legs together. I try, but I fall anyway. Any tips? I also have trouble landing my Lutz. I either: 1) take off from an inside edge; 2) have a good take-off, but land on two feet; 3) rotate only 3/4 of the way around; or 4) a combination of any of those three. Any suggestions on how to improve?

Joanna Liao, 13, Freestyle 3
Mt. View Ice Arena
Vancouver, Wash.

Your friend is right. Don't worry about going all the way down on your sit spin right away; you have to build up to that. Work on technique, speed and position first. On your Lutz, make sure that you take off (jump) as soon as you plant your toe pick so that you do not have two feet on the ice at the same time. And keep your arms in. These things will ensure that you take off from an outside edge and will speed up your rotation. ●

More Pen Pal Requests

The following ISI members seek pen pals close to their age and level. If you would like to respond, please send an e-mail with the required information (see box, right) to editor@skateisi.org.

Arica Shepherd, 10, FS 5
 The Gardens Ice House
 Silver Spring, Md.

Anna Provove, 10, Gamma
 Sprinkler Ice Arena
 Olympia, Wash.

Oleva Berard, 13, FS 5
 Skatequest and Kettler Ice
 Manassas, Va.

Special interest: synchronized skating

Makenna Adler, 10, FS 4
 Westminster Ice Palace
 Fountain Valley, Calif.

Ashley Reaume, 12, FS 3
 Farmington Hills Ice Arena
 Livonia, Mich.

Special interest: synchronized skating

Elizabeth Buckingham, 11, FS 2
 Coral Ridge Ice
 North Liberty, Iowa
Special interests:
volleyball, gymnastics, basketball

Cleo Kantz, 10, FS 4
 Fredericksburg Ice Park
 Fredericksburg, Va.

*** IMPORTANT ***

Please read before sending your letter!

Pen Pals

- 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.

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

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

Destination: Denver

10 Reasons You'll Love Soaring to New Heights in the Mile-High City

by Lori Fairchild

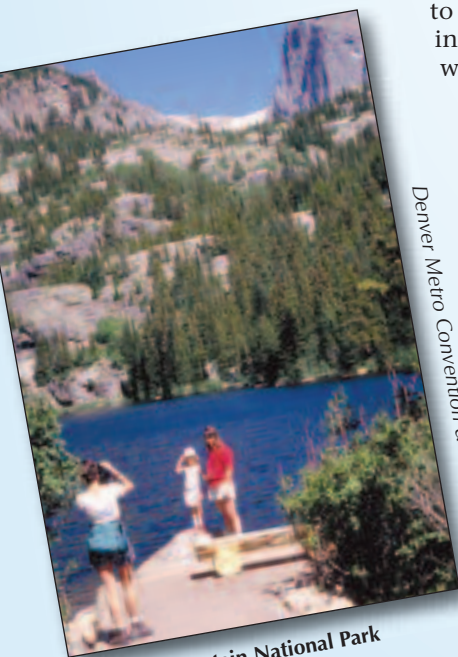


Jean Flynn

Skaters, coaches and staff from South Suburban Ice Arena and South Suburban Family Sports Center in Centennial, Colo. are ready to welcome you to their beautiful, friendly facilities for the 2008 ISI World Recreational Team Championships.

1 A world-class event, open to all

The ISI World Recreational Team Championships is the largest recreational ice skating competition on the planet! Better yet, *everyone* is eligible to participate. Just make sure your ISI membership is current and your testing and event registrations are accurate, and you're welcome to compete — no qualifying, no elimination. That's what ISI is all about!



Rocky Mountain National Park

Denver Metro Convention & Visitors Bureau

2 A perfect location

For the first time in its 27-year history, ISI Worlds is heading to the scenic Rocky Mountains, where just looking out the window makes you take a deep breath and smile. Where else can you find such awe-inspiring views just minutes from parks, arts and culture, entertainment, you name it! The Denver area offers countless possibilities for a family summer vacation.

3 Fun in the sun

With an average of more than 300 days of sunshine each year — that's more than San Diego or Miami! — Denver visitors get plenty of opportunities to enjoy the beautiful outdoors. There are choices for everyone in the family, including hiking and world-famous golfing. And with more than 650 miles of paved bike paths, Denver has been named America's top city for cycling.



Arrowhead Golf Course

Continued on page 8

RECREATIONAL ICE SKATING, SPRING 2008

FEATURING U.S.
NATIONAL CHAMPION

MIRAI NAGASU

ISIA EDUCATION FOUNDATION

Benefit Show

AT WORLDS 2008

Don't miss this once-in-a-lifetime opportunity to see and meet – and maybe even skate with – a history-making U.S. ladies national figure skating champion and ISI member!

August 1 • 7 p.m. • South Suburban Ice Arena

**SEATING IS LIMITED.
RESERVE YOUR TICKETS NOW!**

\$22 by July 18

\$25 at the door (if not sold out)

\$20 group sales (25 or more tickets through the ISI office prior to July 18)

The Benefit Show scouting team will be watching Worlds competitors throughout the week, selecting participants to join Mirai in the Friday night ice skating extravaganza. Whether you're on the ice or in the stands, it's sure to be the highlight of Worlds week!

Photo courtesy of Leah Adams



Benefit Show Starring
MIRAI NAGASU

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WORLDS event tickets will be available for pickup at ISI registration.

RESERVE YOUR TICKETS NOW!

Friday, August 1 • 7 p.m. • South Suburban Ice Arena • Centennial CO

Advance orders must be received by July 18.

Number of tickets _____ Total \$ _____

Name for ticket pickup at registration _____

Card # _____ Exp. date _____

Cardholder's name _____ Telephone (required) _____

Signature _____

Make checks payable to Ice Skating Institute.
Mail order form and payment to: ISI-Events, 6000 Custer Rd., Bldg. 9, Plano, TX 75023



Colorado State Capitol *Denver Metro Convention & Visitors Bureau*

4 Never a dull moment

While the mountains can be a great place to relax, Denver is also a city where there's something to do every day, for every mood and whim. It's home to an 80-acre zoo, more than 40 museums (including children's, nature and science, art), historical sites, the U.S. Mint, impressive government buildings and sports venues including Coors Field, home of the Colorado Rockies and Pepsi Center, home of the NBA Nuggets and the NHL Avalanche.



16th Street Mall in Denver *Denver Metro Convention & Visitors Bureau*

5 Shopping, Denver-style

Even if shopping isn't your thing, you'll love Denver's special brand of "retail therapy." Stroll along the quaint tree-lined streets in nearby downtown Littleton. Or join the bustling crowds along the 16th Street Mall, the 16-block pedestrian and transit mall that forms the retail centerpiece of downtown Denver. The newly expanded Park Meadows in Lone Tree is another tempting option, featuring Colorado's only "retail resort." If you prefer an upscale indoor shopping experience, check out Cherry Creek Shopping Center, southeast of downtown.

6 Convenient transit system

Denver's metro-wide transit system makes getting into and around the city and its suburbs simple, convenient and affordable. Many of the Worlds hotels are within walking distance of one of the light-rail stations. If only every American city had a system like this one!

7 Day tripping

There are so many amazing day trips within easy driving distance of the Denver area, you'll want to build some extra vacation time into your Worlds schedule. You could visit Colorado Springs, Pikes Peak, Garden of the Gods, the Royal Gorge, the Buffalo Bill Museum & Grave, Vail, Boulder — and those are just for starters!

8 Competitors' party

This year's Worlds opening ceremonies and competitors' party will be packed with fun and games, including laser tag, a climbing wall, a bungee trampoline, a dunk tank, mini golf, bumper cars, a bouncy castle and obstacle course, music, face painting, food and more! (See page 13 for order form.)



Climbing wall at Family Sports Center

9 Benefit Show starring Mirai Nagasu

Have you ever seen a national figure skating champion in person? Here's your chance to watch 2008 U.S. ladies national champion Mirai Nagasu perform, and perhaps you'll even get the chance to skate in the same show. The Benefit Show is always the highlight of Worlds week, but seating is limited, so reserve your tickets now (see order form on page 7).

10 Fantastic facilities

The South Suburban Park and Recreation District's two ice arenas are situated just seven miles apart in the southern Denver metropolitan area. Both facilities operate two NHL-size sheets. Family Sports Center also offers an entertainment center with a variety of family-friendly games and features. "Our coaches, skaters, staff, volunteers and even our presenting sponsor, the Denver Broncos Football Club, are all gearing up for the best Worlds ever," says South Suburban's skating director, Gerry Lane. "This is an area that people love to visit, and we want them to remember us long after Worlds."

Entry and testing deadline: May 1! ISI hotel group rates are available through June 15 (go to www.skateisi.org for details).

For more information:

- skateisi.org
- bestchamber.com
- denver.org
- denver.citysearch.com



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Introducing the New Ultra-Lightweight 2010 LS



by John Mullaney

The skating season is almost over! Or is it? Wait, could it just be starting?

Spring and summer ice skating is offered at local rinks nationwide, but sometimes we forget about it. After all, skating is a winter sport, right? It sure is, but it seems to make sense as a summer sport as well. In the middle of July, after a few weeks of 90 degree weather, an ice skating rink becomes an incredibly attractive destination. It's cool,

Find the rink near you that will be open this summer, lace up those skates and get out on the ice!

shaded, and skaters have more time to practice their skills while not in school. Not only that — ice skating is just plain fun, no matter what season it is.

An added benefit of summer skating is sun safety. Skin

cancer accounts for more than half of all cancers in the United States. Ask around a bit, and you will find someone who has had it.

Melanoma is a skin cancer that can start as early as adolescence. Research shows that much of skin damage occurs in the first 18 years of life. Protecting skin and eyes during youth can reduce the risk of some types of skin cancer by up to 78 percent. Children learn healthy habits best at a young age, so it is important to begin protecting kids from the beginning and teaching them the importance of sun safety. With sun damage accumulating over a person's lifespan, beginning sun safety habits at a young age should be a priority.

Last June, the *Skating in the SHADE* program was developed in Massachusetts to promote summer skating and skin cancer awareness. The program, which offers a free public skating hour with complimentary skate rentals once a week, was created to offer a healthy alternative to other summer activities between 10 a.m. and 2 p.m., the sun's peak UV hours. It's a great way to keep kids cool, shaded and fit, emphasizing SHADE's motto of "limiting the sun, not the fun."

Summer is the time to enjoy a break from school, spend time with friends in the warm weather and stay physically active. There are all types of sports, camps and



Don't hide from the sun — just be smart!

- Find an activity, such as skating, that offers shade during peak UV hours.
- Wear SPF 15 or higher when you are enjoying outdoor activities.
- Wear sunglasses and a brimmed hat.
- Do not stay in an unshaded spot for a long stretch of time.
- Be aware that UV rays are constant, even when it's cloudy.
- Visit www.shadefoundation.org for more information on sun-safety tips and Skating in the SHADE locations for this summer.

activities to enjoy during the season, including many ice skating programs.

Find the rink near you that will be open this summer, lace up those skates and get out on the ice! Whether you're a serious skater or a part-timer who loves to go to public skating sessions, check out what's going on at your rink. Bring friends who haven't tried skating and introduce them to a fun sport, and probably the coolest place to hang out during the peak sun hours of the hot summer months. ●

John Mullaney is director of corporate marketing and public relations for FMC Arenas.

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Skaters Pass High-Level Tests

Congratulations to these ISI skaters, who recently passed high-level Freestyle and Dance tests:

FREESTYLE 8

Julia Anastasi

Parade FSC

Ashwini Arumugam

Parade FSC

Ashleigh Edwards

Rolling Meadows

Catherine Garber

Eddie Edgar Arena

Amanda Gutowski

Mike Modano

Ice Arena

Kayla Johnson

St. Croix Valley

Recreation Center

Audra Jones

Arial Lancaster

Nicole Maso

PSA StarCenter

Abigail Lodico

Oakton Ice Arena

Sami Middleton

Northbrook Sports

Center

Ingrid Mui

Centennial Ice Rinks

Wilmette

Mariyah Thurston

Anaheim ICE

Jane Zhang

Owens Center

FREESTYLE 9

Courtney Koenig

Portner Waung

Parade FSC

Kelly McInnis

Parade FSC

DANCE 8

Ashley Deavers

Ice Chalet

Breese Gindlesperger

Planet Ice

DANCE 9

Ashley Deavers

Ice Chalet

INTERNATIONAL ICE

DANCING

(Silver Samba, Rhumba)

Kassandra Hazard

Larry LaBorde

Ice Chalet

Jessica takes it to 10

by Lori Fairchild

You might recognize Jessica Marshall from her previous appearance in these pages, when she received an ISIA Education Foundation scholarship in 2004.

Since then, Jessica has nearly completed her college education at Maryville College in Maryville, Tenn., where she is majoring in history, with a minor in Spanish. During her college years, she has also found time to compete in several major ice skating events and pass Couples 1 through 6 as well as Dance 10.

"Jessica was an absolute delight to work with," says Margy Bennett, skating director at Lou & Gib Reese Ice Arena in Newark, Ohio, who has worked with Jessica at her home rink, the Ice Chalet in Knoxville, Tenn., over the last three summers and served on her Dance 10 judging panels. "She was very determined to pass her Dance 10 test. She is a great listener, a hard worker and has a great attitude. It's obvious that she loves to skate! Jessica is a role model to the younger skaters at the Ice Chalet and she is part of the wonderful, friendly atmosphere there."

Jessica describes the Dance 10 test as "intense." She prepared for six months, working several days a week with Larry LaBorde at the Ice Chalet.

"Jessica is a solid skater and well prepared," LaBorde notes. "She's a good organizer and also very creative and artistic."

Ice dancing is no walk in the park, Jessica points out: "It may look easy to some, but it takes a lot of hard work and repetition. It is a great workout. I love that it is so graceful — but I have taken some hard falls!"

An ISI member for nearly 20 years, Jessica says she loves the program and its encouraging approach: "I feel free to explore my skating creatively rather than being upset that I've never landed a double Axel at age 22. With ISI, I can be part of a team and learn to work with others while still developing my own talents."

After graduation, Jessica says she hopes to return to teaching some classes at the Ice Chalet this summer. Her other post-college goals include joining an ice show and later going to graduate school. She is exploring the fields of archival/museum studies and archeology. ●



Jessica Marshall

South Suburban Ice Arena and South Suburban Family Sports Center

DENVER, COLO. • JULY 28-AUGUST 2 • ENTRY DEADLINE MAY 1

ISI 2008 WORLD RECREATIONAL TEAM CHAMPIONSHIPS

Denver 2008



For the first time, the world's largest annual recreational ice skating event heads for the Mile-High City and the majestic Rocky Mountains.

This year's competitors' party on Wednesday, July 30 will feature a fantastic package of entertainment attractions.

Don't miss U.S. ladies national figure skating champion Mirai Nagasu in the ISIA Education Foundation Benefit Show on Friday, August 1.

Make sure you're a part of Worlds 2008 – register today! Go to www.skateisi.org for details.

PRESENTED BY



WORLD'S COMPETITORS' PARTY ORDER FORM



Wednesday, July 30 • 6-10 p.m. • South Suburban Family Sports Center

Parade and opening ceremonies open to all free of charge!

\$12 wristband also includes:

- Unlimited attractions (laser tag, climbing wall, bungee trampoline, dunk tank, mini golf)
- Unlimited rides (bumper cars, SRV motion simulator, Rodeo Rider, Sizzler)
- Unlimited inflatable games (bouncy castle, obstacle course, gladiator joust)
- Unlimited free play on all interactive video games (redemption games available with additional token purchase)
- Free DJ and face painting

Food vouchers:

- Choice of hamburger or hot dog, plus chips & small drink - \$6 (age 12 & up)
- Choice of child-size hamburger or hot dog, plus chips & small drink - \$4 (age 5-11)

Number of wristbands _____ X \$12 each = \$ _____

Food vouchers (adult) _____ X \$ 6 each = \$ _____

Food vouchers (child) _____ X \$ 4 each = \$ _____

Event wristbands will be available for pickup at ISI registration.

Payment Method

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A Winter Blast!

by Lori Fairchild



The Egan Civic Arena skaters from Minnesota couldn't contain their excitement over being on a beach in February, and winning the Board of Directors Award.

They traveled to Florida from as far away as Oregon and Mexico. Thirty-two teams, 658 ISI skaters, dozens of coaches and hundreds of family members, all eager to be a part of everybody's favorite winter blast (without the blizzard!). Yes, it was the ISI Winter Classic in Florida, Feb. 15-17.

Some believe Florida is home to the fountain of youth, which might explain the nearly eight-decade age range among the Winter Classic participants. On the young end of the spectrum were several adorable pre-schoolers, and on the more experienced end, three skaters in their 70s as well as two 80-somethings. Darlyene McGee, 81, from RDV Sportsplex Ice Den, was proud of her

impressive ranking as the oldest female competitor, and Robert Hodgson, 83, from the Skating Club of Greater Youngstown, made the trek from Ohio to claim the most-senior-male honor.

"One thing that we found neat about the competition was the distances traveled to participate," said skating mom Cindy Arkeilpane (mother of skater Emma Probus) of Orlando. "Not just the skaters, but also the workers and volunteers. We especially enjoyed the ISI board members who worked the medals table. They were so pleasant, and

made each skater feel so special as they handed them a medal."

Kassidy Ordish was one of those who traveled a great distance for the special ISI weekend. "What a wonderful first experience at the ISI Winter Classic!" said her mother, Jeanette. "We all will treasure making new friends and having the chance to watch some unbelievable skating. It was a long trip from El Paso, Texas, but worth every second to be part of such an amazing weekend of skating and sportsmanship — memories sure to last my daughter a lifetime."

Other skaters and parents had similar responses to the uplifting event atmosphere and the gracious, hard-working rink staff and volunteers at TBSA-Oldsmar. "Thanks to TBSA-Oldsmar and Countryside for hosting such a well-organized event. ISI makes skating fun for people of all ages and skating abilities!" said Connie Savaglio. "Only in ISI can you find such great friendship among such great competitors!" added Kathy Davidson.

The weekend's many highlights included the successful completion of the first two ISI International Ice Dancing tests. Cassandra Hazard and Larry LaBorde, both from the Ice Chalet in Knoxville, Tenn., passed the Silver Samba and the Rhumba.

Plans are already under way for next year's winter blast — we look forward to seeing ya'll in Dallas, Texas! ●

2008 Winter Classic Final Standings

For a complete list of results, go to www.skateisi.org

PLACE	ARENA	POINTS
1	Tampa Bay Skating Academy-Countryside	1406.0
2	Ice Chalet	1104.0
3	Clearwater Ice Arena	1009.5
4	Skating Club of Greater Youngstown	722.5
5	RDV Sportsplex Ice Den	670.0
6	Tampa Bay Skating Academy-Oldsmar	614.5
7	K. Lynn Skating School	586.5
8	Ice Sports Forum	334.0
9	Ellenton Ice & Sports Complex	317.0
10	Apple Valley Sports Arena	246.0

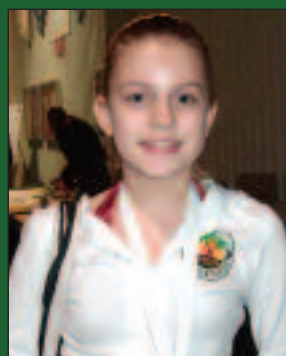
President's Award: K. Lynn Skating School

Board of Directors Award: Egan Civic Arena

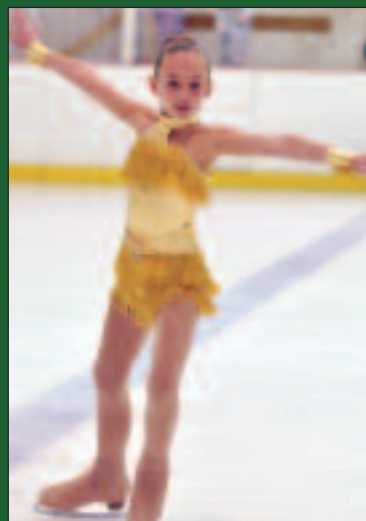
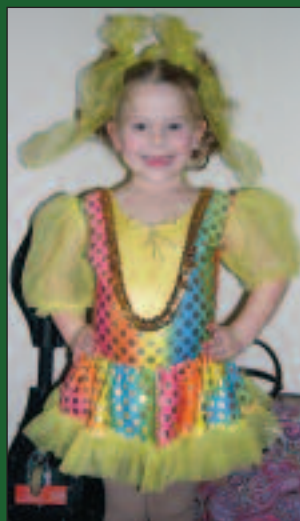
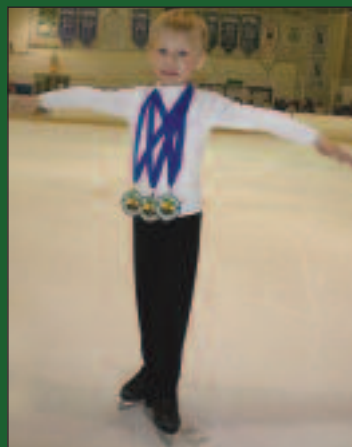
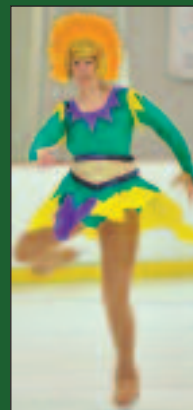
Points Percentage Award: Sierra Providence Events Center



2008 ISI Wi



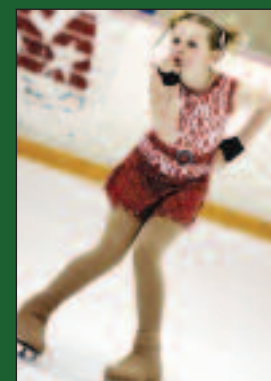
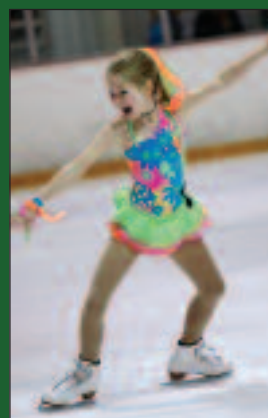
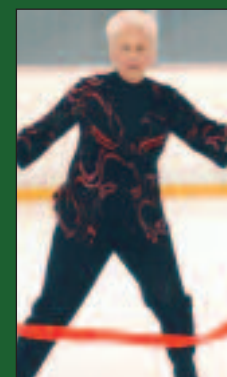
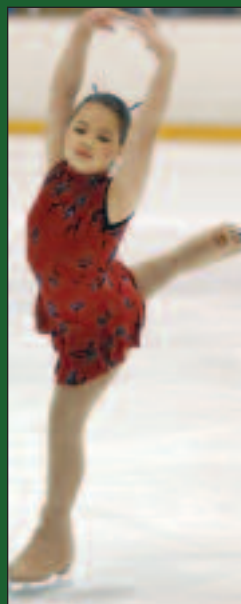
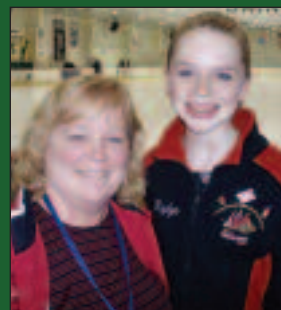
Tampa Bay Skating Academy-Countryside has won a national competition four times.



Winter Classic



became the first team in ISI history to win



Skating Ethics for Parents

by Ouida Robins

Summer is just around the corner! Many skaters use this time to train without the time constraints of a school schedule, and others take advantage of the cool alternative the sport offers during the hot summer months. Whatever the case, most skaters find that summer offers a wonderful opportunity to improve on their skating skills.

In addition to practice, parents may also find a need to facilitate their child's improvement by taking private lessons from a skating instructor in the rink. Once a relationship with an instructor has been formed, parents are responsible for practicing ethical behavior to ensure a healthy learning environment for the skater.

What is ethics as it pertains to figure skating? Mike Paikin, former chair of the ISI ethics committee defines ethics as "the branch of philosophy dealing with values relating to human conduct, with respect to the rightness and wrongness of certain actions as well as the motives and ends of such actions."

Ethics is about knowing the difference between right and wrong, and it starts the moment parents begin their search for a skating instructor. When looking for a coach, rely primarily on your own judgment. Although it is always acceptable to take into consideration the opinions of other parents, ultimately, decisions should be made based on personal observation and the child's individual

needs. It is also essential to select a coach based on qualifications and positive rapport, not because of discounts or false promises regarding your child's future. Parents who make the mistake of hiring a coach based on "under the table" deals often regret doing so later and deprive their child of time better spent with another instructor.

Once you, as a parent, have carefully observed the coaches at your rink and selected a suitable instructor, do your part to help establish a strong working relationship. There are myriad ways you can build a true partnership with your child's coaches. The most significant way is to have open communication with the instructor. As time goes on, there will undoubtedly be issues you feel should be addressed regarding your child's skating. *Go first to the instructor.* He or she will be the only one to understand and correct a problem if it needs to be fixed. Outside individuals — such as other parents, coaches or friends — may offer their advice, but the instructor is the one you should go to for clarification and solutions to an existing problem. You have hired your coach to guide your child's skating future to the best of his or her ability. Allow the coach to do his or her job.

Another aspect of parental skating ethics pertains to the interaction between parents whose children take lessons from different coaches. *It is unethical to coerce parents working with a different coach into taking lessons from your child's instructor.* Every parent has the right to make an



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individual choice regarding who their child works with, without having another parent influence their decision. If another parent is impressed by your child's progress and inquires about your instructor, answer their questions, but let them make up their own minds. What is good for your child may not be good for someone else's.

It is unethical to coerce parents working with a different coach into taking lessons from your child's instructor.

There may come a time when you would like to make changes in your child's skating career. One of these changes could be the addition of a second instructor. It is perfectly within the rights of a parent to hire another instructor, but good ethics encourages parents to inform the primary coach of the new addition. This will maintain good communication between the two coaches and will prevent misunderstandings or "hard feelings."

Sometimes a parent may want to change coaches completely and discontinue working with the current instructor. Again, it is within the parents' rights to make this decision. *However, you must inform your current coach of your change before you hire another instructor.* All accrued bills must be paid before the lessons with the new coach can begin. The fact that bills must be paid in full is a strong reason why parents should not enter into a barter system with their coaches, as it will cause future problems when/if they want to move to a new instructor.

Skating should be an enjoyable experience. It is a wonderful sport that can be pursued at all levels, from recreational to competitive. Many diverse groups and individuals are attracted to the sport for different reasons. However, no matter what the goal, skaters should hold a love for the sport that continues as long as they are involved in it. Coaches, parents and skaters have a responsibility to each other in working together to ensure a positive learning environment. When parents understand their role in their child's skating career and use good ethics in their decisions, they create a recipe for success! ●



Ouida Robins is an instructor at Pasadena Ice Skating Center in Pasadena, Calif.

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by Randy Winship
ISI National Skating
Program & Events
Coordinator

Head West!

Our 2008 national event "tour" across the USA has begun! We started in Tampa for this year's Winter Classic event and our next stop is near the Gateway Arch in St. Louis for our Synchronized Championships. Make your plans now to head west for our final three national events in 2008.

Grab your friends and family and join us for this year's 28th Annual ISI World Recreational Team Champi-

onships in Denver July 28-Aug. 2. The South Suburban Ice Arena and South Suburban Family Sports Center arena facilities are convenient for both local and out-of-town skaters, and many special events are planned throughout the week. The entry deadline is May 1, so don't wait — plan now to skate in Denver for 2008! See pages 6 and 13 for details about Worlds week and Destination: Denver.

Win more medals, earn more team points and save money by entering extra events with our special 2008 fea-

tured event pricing for the newest national events — Rhythmic Skating and Ensemble Team — along with Solo Surprise and Jump & Spin events. See entry forms for discount price details.

For the first time at any ISI national event, skaters are permitted to enter more than one Solo Spotlight event category (i.e., Character, Dramatic, Light Entertainment) and also more than one Rhythmic Skating event category (i.e., Ball, Hoop, Ribbon).

Another debut for Denver will be our "a la carte" dance events. You can choose to enter any or all of the dances from your current dance test level for solo, similar and mixed ice dancing events. The new "Pro Partner" event will debut in Denver and will allow coaches to partner with their students at the students' current test level. In addition, hockey skills events including skating, puck handling and goaltender skills, are being added.

More details about all of the new events — and all of our ISI national events — can be found on our Web site at www.skateisi.org, and on the respective entry forms.

Speaking of our westward trek ... it's not too early to make plans for our Adult Championships, Oct. 3-5 in San Francisco and Artistic Challenge, Dec. 5-7 in Burbank, Calif. ●

Focus on INTERPRETIVE

Who can do Interpretive events: Interpretive events are usually open to any skater in Freestyle 1 or higher, although some local competitions might allow lower-level skaters to participate.

What is an Interpretive event: The emphasis is for skaters to create their own program after hearing a piece of music only three or four times. Skaters cannot receive any assistance during this event from their coach, parents or other skater friends. All skaters in the same competition group event compete with the same music that has been pre-selected by the competition director.

Skaters usually meet in a locker room to hear the music for the first time, then move onto the ice for their warm-up. The music is usually played twice more during the warm-up. The skaters then return to the locker room — except the first skater (or first two skaters if a double-panel format is used). Those skaters listen to the music one more time from outside the rink.

When the first skaters enter the ice to compete, the next two skaters come out from the locker room and sit with their back to the ice so they can listen one more time before their performance. For ISI national events, we use a double-panel format so there are usually two skaters on the ice at the same time, but they are not competing against each other.

Tips for a "winning" program: Don't focus on technical skating maneuvers during an Interpretive event. The most important thing to do is to *fit the music* while you come up with some creative skating ideas. This is a great event to learn how to "think on your feet." A winning Interpretive routine will be entertaining, spontaneous and typically has some unique highlights. It's a fun event, too, since

there is no advance preparation involved. Take a chance and let your creativity shine!

The best thing: Even though you have no idea what music will be chosen for your group, you can still practice for this event by taking some free time every day while you are practicing at the rink to let yourself skate to whatever music is playing during your session. It might be public session music — or even your friend's skating program music. The more "practice" you get making up a program to different kinds of music, the more prepared you will be to skate to any kind of music that is chosen for your event and the more successful you will be in creating a winning Interpretive routine.

You don't need a special costume for this event; you can wear your favorite skating outfit or dress.

Other event notes: Most competition directors select music that is 1 to 1 1/2 minutes for all levels.

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

Skaters in Freestyle 1-4 can do any single-rotation jumps (a single Axel and split jumps are permitted) along with any spins and any uncaptured maneuvers. Freestyle 5-10 skaters can do any single or double jumps along with any spins and any uncaptured maneuvers.

Keep in mind, there is no score for technical merit. *The most important part of this event is to have your skating choreography fit the music — not the difficulty of your skating maneuvers!*

Judging criteria: Artistic impression, choreography and pattern, correctness, creativity, musical interpretation, posture and carriage



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Skating on Easter Island!

A Summer to Remember

"I will *never* be able to sleep tonight!" Lizzie said to Alex. "This is just way too exciting!" After their skating lesson, Lizzie and Alex's teacher had told them about the ISI World Recreational Team Championships competition they could participate in this summer in Denver, Colo., along with many other skaters from their rink. Not only would they be able to earn medals themselves, they also would be able to earn points for their rink's team, and perhaps bring back a team trophy to show off in the lobby of the rink.

Lizzie wanted to compete in as many events as possible! Maybe she would even do Jump & Spin or Couples Spotlight with Alex, too.

Her teacher explained that they would meet skaters from all over the United States, and even some from other countries. She told them about the trading pins that many of the skaters bring to Worlds to exchange with their new friends. Their skating director was ordering these pins, along with matching T-shirts for the skaters to wear for the Worlds opening ceremonies and competitors' party.

Denver — the Mile-High City in the Rocky Mountains! What an exciting place to visit! Lizzie had never before skated at a rink so far from home, but her parents

thought it was a great place for a family vacation. They would

take several days to drive there and stop along the way to see some relatives they hadn't seen for a very long time.



Lizzie's teacher told her that her Freestyle 1 program was just about ready. She still needed to practice those back edges a bit more, but now Lizzie was ready to work harder than ever before.

Later that night, she sat down with her mother to make a checklist of the things they would need to do to prepare for her first Worlds competition:

- ☐ Go to ISI Web site (www.skateisi.org) to print out entry form
- ☐ Pass Freestyle 1 test before May 1 deadline
- ☐ Send in entry form before May 1 deadline
- ☐ Learn new routines for additional events
- ☐ Make an additional back-up copy of all music
- ☐ Mom: Make costumes
- ☐ Dad: Make prop for Spotlight event
- ☐ Make travel plans
- ☐ Make hotel reservations at an ISI host hotel, listed on the Web site
- ☐ Polish skates
- ☐ Go and HAVE FUN!

Mom wrote "HAVE FUN" in great big letters. But Lizzie told her she didn't have to worry about that part at all. This was going to be the most fun summer yet — one that she knew she was going to remember for the rest of her life! ●

Find the events that Lizzie and Alex want to participate in at Worlds.

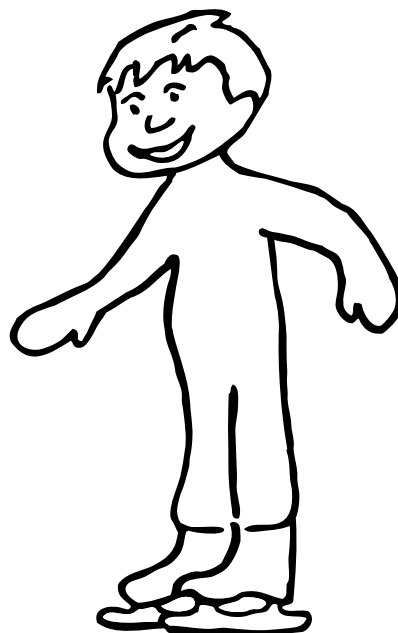
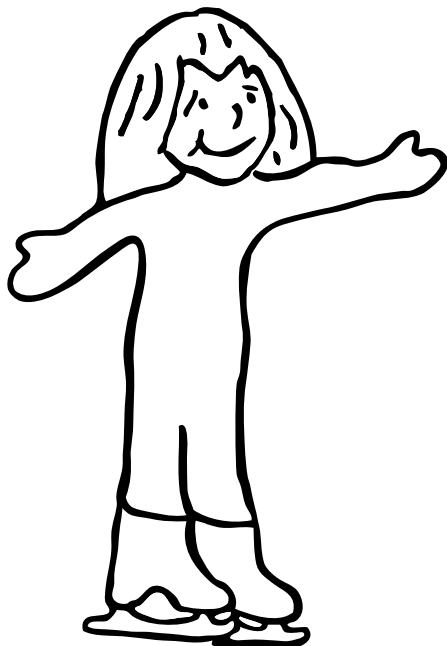
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Lizzie & Alex Go to Worlds

Lizzie and Alex need your help selecting their skating costumes for Worlds. Create your own designs on their forms below.



FUNdraising at Worlds

Golf tournaments, Benefit Show to raise scholarship funds

You've probably heard of the ISIA Education Foundation and read about the ISI members who have been awarded one of the college scholarships sponsored by the Foundation. Perhaps you've even attended or participated in the spectacular Benefit Show, held each year at the end of Worlds week.

The Foundation shares ISI's emphasis on the importance of having fun, and looks forward to hosting several activities in Denver during

Worlds that will serve the dual purpose of raising funds for a worthy cause and creating loads of fun.

Worlds competitors and their families will have the opportunity to support the Foundation's scholarship program not only through the annual Benefit Show, but also by participating in its silent auction or one of its golf outings.

The auction, held throughout the week at the Foundation booth in the Skaters' Marketplace, will feature

ice skating memorabilia, apparel and equipment.

The Foundation will also host a family miniature golf night at the South Suburban Family Sports Center competition venue. The mini-golf tournament will take place on Thursday, July 31, after the day's competitive events. The evening will include an old-fashioned barbecue dinner, a real tournament with sponsored prizes, music and FUN!

The fifth annual ISIA Education Foundation Golf Tournament will be held on Friday, Aug. 1 in Denver. The morning tee-off will be a great opportunity for dads and siblings of Worlds competitors to have an activity of their own — a full day of fun! — and still be back in time for the Foundation Benefit Show starring 2008 U.S. ladies national champion Mirai Nagasu.

Benefit Show seating will be limited, so be sure to reserve your tickets early. Look for the form on page 7 of this issue or on the ISI Web site at www.skateisi.org. ●

Meet Mirai!

2008 U.S. ladies national champion Mirai Nagasu will star in this year's Benefit Show. Mirai, 14, has been an ISI member for nine years. She is a freshman in high school in Arcadia, Calif. and grew up skating at Pasadena Ice Skating Center. Mirai was the 2007 U.S. junior ladies national figure skating champion, and in January earned the highest-ever score for a ladies' short program at any U.S. national figure skating event.



Getty Images

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ISI ADULT CHAMPIONSHIPS

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Entry Deadline: August 15
www.skateisi.org



2008 San Francisco

calendar

ISI-endorsed competitions & shows/exhibitions

Deadline for the next *RIS* Calendar: April 15

For regular calendar updates, see www.skateisi.org, Skating Competitions

competitions

march

- 1-2 **Highland Park, Ill.**
Centennial Ice Arena
The Lucky Stars Open
- 1-2 **San Diego**
San Diego Ice Arena
California State Games
- 1-2 **Minneapolis**
Parade Figure Skating Club
2008 Blades of March ISI Open Competition
- 1-2 **Wasilla, Alaska**
Brett Memorial Ice Arena
Iditarod Days Skatefest
- 7-9 **Park Ridge, Ill.**
Oakton Ice Arena
Ice Breaker Classic
- 7-9 **Vancouver, Wash.**
Mt. View Ice Arena
9th Annual ISI Open
- 7-9 **Hartland, Mich.**
Hartland Ice House
Ice House Skating Academy
Spring Fling 2008
- 8 **Champaign, Ill.**
University of Illinois Ice Arena
Illini Ice Competition
- 8-9 **Natick, Mass.**
Bay State Blades Natick
Natick 37th Annual ISI Competition
- 8-9 **Jefferson City, Mo.**
Washington Park Ice Arena
15th Annual Capital City Classic
- 9 **Montclair, N.J.**
Montclair Inside Edge
26th Annual ISI Team Competition
- 9 **College Park, Md.**
Herbert Wells Ice Rink
Spring Inter-Rink Competition
- 14-16 **Fairview Heights, Ill.**
US Ice Sports Complex
7th Annual Spring Fling
- 14-16 **Homewood, Ill.**
Homewood-Flossmoor Ice Arena
28th Annual ISI District 8 Competition
- 15 **Pittsburgh**
RMU Island Sports Center
Shamrock Skate

- 15 **Lewis Center, Ohio**
Chiller North
Chiller Spring Classic
- 15-16 **Dallas**
Galleria Ice Skating Center
2008 State of Texas ISI Team Competition
- 15-16 **Youngstown, Ohio**
Skating Club of Greater Youngstown
ISI Team Competition 2008
- 15-16 **Easton, Md.**
Talbot County Community Center Ice Rink
Skate Annapolis 2008
- 15-16 **Peoria, Ill.**
Owens Rec Center
2008 Spring Thaw
- 15-16 **Charlottesville, Va.**
Charlottesville Ice Park
St. Patrick's Day Open
- 15-16 **Van Nuys, Calif.**
Van Nuys Iceland
5th Annual ISI Open Competition
- 21-22 **Oldsmar, Fla.**
Tampa Bay Skating Academy
4th Annual Open Easter Weekend Competition
- 28-30 **Knoxville, Tenn.**
Ice Chalet
39th Annual Mississippi Valley District Competition
- 28-30 **Tacoma, Wash.**
Sprinker Recreation Center
21st Annual ISI Spring Fever Team Competition
- 28-30 **Kansas City, Mo.**
Line Creek Ice Arena
District 9 Championships
- 29-30 **San Francisco**
Yerba Buena Ice Skating Center
Golden Gate Skate
- 29-30 **Johnstown, Pa.**
Planet Ice
Spring Challenge Championship
- 30 **Franklin Park, Ill.**
Franklin Park Ice Arena
Kickline Synchronized Skating Competition
- 30-31 **Monsey, N.Y.**
Sport-O-Rama
Spring Classic

april

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

- 4-6 **Orleans, Mass.**
Charles Moore Arena
30th Annual Lower Cape Competition
- 5-6 **Soldotna, Alaska**
Soldotna Sports Center
Riverskate



- 11-13 **St. Louis**
St. Peters Rec-Plex
ISI Synchronized Skating Championships
- 12 **Delmar, Pa.**
Center Ice Arena
Golden Blades Championship of Pittsburgh
- 12-13 **Richmond, Va.**
Richmond Ice Zone
2008 District 4 Championships
- 12-13 **Little Falls, N.J.**
Floyd Hall Arena
District 3 Skate for Knowledge Championships
- 13 **Geneva, Ill.**
Fox Valley Ice Arena
Spring Invitational
- 19 **Yorktown, Va.**
Hampton Roads IcePlex
1st Annual Spring Fling Open
- 19-20 **San Mateo, Calif.**
Ice Center San Mateo
April Ambush
- 19-20 **Paramount, Calif.**
Paramount Iceland
Paramount Iceland Open Competition
- 26-27 **Franklin Park, Ill.**
Franklin Park Ice Arena
Spring Fever
- 26-27 **Pasadena, Calif.**
Pasadena Ice Skating Center
24th Annual ISI Open Competition
- 26-27 **Coral Ridge, Iowa**
Capitol Ice Academy
2008 Iowa ISI Open Competition

may

- 2 **Fort Myers, Fla.**
Fort Myers Skatium
2nd Annual District 18 Championship

- 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

june

- 1 **Dale City, Va.**
SkateQuest Prince William
Blades of Summer
- 6-8 **New York**
Sky Rink @ Chelsea Piers
22nd Annual ISI Team Competition
- 14-15 **Chicago**
McFetridge Sports Center
2008 School's Out Competition
- 18-22 **Mexico City**
La Pista San Jeronimo
Tri-Americas International ISI Open Championships
- 21-22 **Breezy Point, Minn.**
Breezy Point Arena
ISI Summer Breeze Competition
- 27-29 **Austin, Texas**
Chaparral Ice
District 11 Champs-Texas Hill Country Open

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
- 25-26 **Rockland, Mass.**
Winterland Skating School
22nd Annual Halloween Classic

december



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

shows & exhibitions

march

- 7-8 **Pekin, Ill.**
Pekin Memorial Arena
Rated G
- 8-9 **St. Louis**
Wayne C. Kennedy Recreation Complex
Annual Ice Recital
- 8-9 **Hutchinson, Minn.**
Burich Arena
Ice Musicals
- 11 **Soldotna, Alaska**
Soldotna Sports Center
Welcome to Broadway
- 14-15 **Luverne, Minn.**
Blue Mound Ice Arena
Broadway: A Skating Revue
- 14-16 **Findlay, Ohio**
Silver Blades FSC
Magical Music Theatre
- 15 **Gurnee, Ill.**
Rink Side Ice Arena
A Night at The Movies
- 29-30 **Stevens Point, Wis.**
K.B. Willett Arena
Love to Skate

april

- 4-6 **Jefferson City, Mo.**
Washington Park Ice Arena
Masquerade on Ice
- 13 **Brentwood, Mo.**
Brentwood Ice Arena
Got to Get Down to Funky Town Spring Ice Show
- 13 **Highland Park, Ill.**
Centennial Ice Arena
Spring Exhibition
- 18 **Inver Grove Heights, Minn.**
Inver Grove Heights Parks & Rec
Inver Grove Heights Spring Ice Show

- 18-19 **Carol Stream, Ill.**
Carol Stream Ice Rink
Museum Tour
- 18-19 **Champaign, Ill.**
University of Illinois Ice Arena
A Night at the Movies
- 22 **Arlington, Texas**
ICE at The Parks
Spring Fling
- 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
- 25-27 **Chicago**
McFetridge Sports Center
Viva Skate Vegas
- 27 **Sioux Falls, S.D.**
Sioux Falls FSC
Once Upon a Dream

may

- 2-4 **Indian Trail, N.C.**
Extreme Ice Center
That's Life 2nd Annual Ice Show
- 2-4 **White Bear Lake, Minn.**
White Bear Lake Sports Center
White Bear Lake Ice School Musical
- 3 **Marlboro, Mass.**
Navin Arena
Summer Splash
- 3 **Eagan, Minn.**
Eagan Civic Arena
Skating For a Living
- 3 **Rockland, Mass.**
Winterland Skating School
Winterland Ice Show
- 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
- 10-11 **Orleans, Mass.**
Lower Cape FSA
World Carnival
- 16-18 **Highland Park, Ill.**
Centennial Ice Arena
Flights of Fancy
Carnivale
- 16-18 **Evanston, Ill.**
Robert Crown Center
Oscars on Ice
- 17 **Natick, Mass.**
Bay State Blades-Natick
You Oughta Be In Pictures
- 17-18 **Boxborough, Mass.**
Nashoba Valley Olympia
Ice Magic



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

august

- 21 **Arlington, Texas**
ICE at The Parks
Summertime

december

- 28 **Arlington, Texas**
ICE at The Parks
Holiday in The Parks



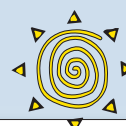
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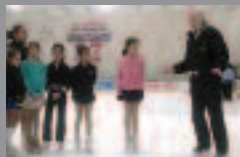
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To place classified advertising, call Carol Jackson, advertising sales manager, at (972) 735-8800, fax to (972) 735-8815 or send e-mail to cjackson@skateisi.org. The deadline for the next issue of *RIS* is April 25.

Callie Cat, Ice Skater

by Lori Fairchild

Eileen Spinelli is not one to boast, but she will not hesitate to tell you that she is much better at writing children's books than she is at ice skating. In fact, she is the author of dozens of books, including the recently released *Callie Cat, Ice Skater* (\$16.95, Albert Whitman & Co.), geared to readers ages 6-9.



The book, delightfully illustrated by Anne Kennedy, follows the efforts of Callie Cat, who loves ice skating more than chocolate cake or going to the mall. When she has the opportunity to compete in the Honeybrook Ice Skating Contest, Callie sets her sights on the big prize and begins practicing day and night. Will her hard work pay off?

Callie Cat, Ice Skater is a shining example of the ISI philosophy, which focuses on participation, fun and ice skating as a lifelong sport. Its author shares that philosophy, and that's why she decided to write about it.

"Ever since I was a little girl, I've loved to watch ice skaters. And I could never pass a frozen puddle without sliding across it," Spinelli recalls. "Even today I'm tempted."

Growing up in Pennsylvania, she and her friends spent countless hours playing in the snow and ice skating on frozen ponds. As an adult she and her family lived near an indoor skating and hockey rink, The Skatium, where her children spent so much time that Spinelli couldn't resist joining the fun and taking a few ice skating lessons herself. "I was never very good, but oh, was it fun!" she says.

And in addition to the pure joy of it, the author notes, recreational ice skating can help develop perseverance, cooperation, fairness, respect, teamwork, a love of fitness and many other important life lessons. "Play serves as practice for later life," she says.

Spinelli remembers when playtime and sports were far less structured than they are today: "When I was a kid, we 'ran the show,' playing basketball, having races, forming our own softball teams and teaching each other to ice skate — all with little input from adults. Having fun was more important than winning."

While it's a fact that today's youth activities are more organized than in decades past, love of the game can still be Goal No. 1. "I'm not saying that it's not nice to win," Spinelli explains. "I simply feel that the true reward of what we do in life comes from doing the things we love — things we would do even if there were no prizes to be had."

To learn the outcome of the Honeybrook Ice Skating Contest, look for *Callie Cat, Ice Skater* on Amazon.com or in your bookstore. ●



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