



Summer 2008

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Artistic Challenge Goes Hollywood

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Heads for the
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the write stuff

letters from our readers

I just started Freestyle 4, and I am overwhelmed! My sit spin is really terrible! I can't seem to get low enough, and if I do, I lose my balance and either stop or fall over, but I've only tried it a few times, so it's no big deal. My coach says that I should be coming three times a week, but the only time I come is for my group lesson once a week. Are there any running or stretching exercises that could make up for my absence? I would like a pen pal around my age, and from the levels Freestyle 2-4.

**Angela Makoviney, 11, FS 4
Sprinker Recreation Center
Tacoma, Wash.**

Do you have roller skates at home? That is a fun way to practice the posture and the balance required in the shoot-the-duck position. On ice, don't worry about getting the sit spin low right away. Work on the position and getting more speed, then gradually practice getting lower and lower.

I've been a figure skater for a year now, and I love it more than anything else! I started out taking group lessons once a week, in a class of mostly 3-year-olds. Now I skate twice a week taking both private and group lessons, along with the occasional off-ice class. I was in our rink's Christmas show, and I participated in my first competition at a Freestyle 2 level this past February. I placed second out of three people! At the moment I'm working on my loop, flip and sit spin. Jumps are my favorite, especially the toe loop. When I'm gliding on the ice, I feel like I'm flying! Do you have any tips on centering spins, especially the scratch spin?

**Francesca Varela, 15, FS 4
Sherwood Ice Arena
West Linn, Ore.**

Many skaters pull in too soon on a scratch spin. Be sure you are stepping into the center of your circle, keeping your free hip up, and give the spin time to center before you start pulling in.

I have just started ice skating in January. I have skipped some classes like Pre-Alpha and Beta. When I was 6, I did take skating lessons but didn't keep on going. I would like to have a pen pal in a level that is in

my range or higher and maybe in my age group. I need a pen pal with experience since I don't know much about ice skating. I need them to answer questions and offer advice with the tricks that I am and will be learning.

**Marianna Correa, 13,
Gamma/Delta
Toyota Sports Center
Hawthorne, Calif.**

I have been skating since I was 6. I love figure skating. I am working on my Axel, double Salchow and split jumps. I'm landing my Axel and double Salchow pretty often, but when I don't, it's usually because I'm falling right off my edge! And on my split jump sometimes my back knee is bent and a chunk off ice flies out. Any advice? I would like a pen pal around my age and level so I could give and/or get advice.

**Darina Korn, 12, FS 5/6
Cottage Grove Ice Arena
Cottage Grove, Minn.**

It sounds like you may be tapping too hard for that split jump. You don't want all the power going downward, when you need to go up! Be sure your shoulders are level on the take-offs of your jumps and focus on landing with your skating side up when you check out — even if it's a little too high — until you get those landings consistent.

I'm looking for a pen pal who is in Freestyle 4 or lower. I've been skating for about two and a half years now, and I love it! I'm really working hard on my full loop jump. My coach tells me the exact things I need to know, but I just can't seem to follow.

**Rachel McBain, 10, FS 4
Homewood-Flossmoor Ice Arena
Mokena, Ill.**

I am requesting a pen pal for figure skating. My pen pal can be either gender, but must be a higher level than me and a little bit older than I am so I can get some advice for my Axel. My interests are figure skating, ice hockey, softball and soccer.

**Deanna Chioros, 12, FS 5
Oakton Ice Arena
Morton Grove, Ill.**

I enjoy reading your magazine. I enjoy dancing, twirlers, Tae Kwon Do, piano, track and singing. I also have a question. How do I make it easier to fully rotate the flip and loop? I know that I have to bring my arms together and get a lot of height but is there something else?

Paulina Pagliughi, 10, FS 4
Old Bridge Ice Arena
Old Bridge, N.J.

That's great that you have so many interests! Yes, bring your arms together but pull in with a lot of power and strength. Feel like you are squeezing tight and try to rotate quickly.

I have been skating since I was 7. I skate three times a week. I would like a pen pal around my age and level. I love skating so much and I want a pen pal who loves it as much as I do. I am working on my sit spin, toe loop and loop jump. I am also looking for some tips on doing a toe loop jump.

Tara Belloma, 12, FS 1
RMU Island Sports Center
Pittsburgh, Pa.

The toe loop is tricky, and difficult to do correctly. Concentrate on keeping the free shoulder checked forward on the

take-off and be sure not to let your upper body pre-rotate the jump.

I have been skating for about a year and a half. Right now I'm working on my camel spin, sit spin, split jump, loop, and very soon I get to learn my Axel! Before I started skating, I played outdoor and indoor soccer for six years. I want a pen pal because I would love someone who is working on the same thing as I am so we could talk about what we need help on and stuff like that.

Lindsey Williams, 11, FS 4
Sherwood Ice Arena
Tigard, Ore.

I have been skating for two years. I am in FS 5. I am having just a little bit of trouble with my camel and I would like to know some things I could do to help me. I am having trouble getting rotations. I would also like to know things that would help me with my layback and how to lay back

farther. I am on a synchronized skating team. My coaches are Miss Kacy and Miss Britni. I would like to have a pen pal who's around my age and my skating level.

Christina Smith, 11, FS 5
Pleasant Prairie IcePlex
Pleasant Prairie, Wis.

When you enter your camel spin, try to get a little snap from moving your skating arm back and straightening your skating knee at the same time as your 3-turn. That "snap" should give you some extra power, and when you have good balance on the ball of your foot, you should have more rotations. To practice your layback position, hold onto the wall with two hands while you are standing on the ice. Push your hips forward (toward the rink wall), pick up your free foot and let your shoulders go back. You can also raise one hand above your head when you reach; practicing that stretch should eventually help your shoulders go lower. ●

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.

Kalyn Howard, 10, Beta
 Ice Palace
 Honolulu

Cecilia Wen, 15, FS 5
 Robert Crown Ice Arena
 Evanston, Ill.

Jay Andrea, 13, FS 4
 White Bear Lake Sports Center
 Vadnais Heights, Minn.

Sophie Helinger, 11, FS 5
 McFetridge Sports Center
 Chicago

*** 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:
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 Attention: Editor, RIS
 6000 Custer Rd., Bldg. 9
 Plano, TX 75023

Meet Us in the City by the Bay

2008 ISI Adult Championships goes to San Francisco Oct. 3-5

by Lori Fairchild

Usually, it's all — or, at least, mostly — about the kids. But for one weekend each year, ISI focuses exclusively on its adult

skaters. This year, more than ever, it's all about *you*. First, you requested an event date a little later in the year, so the 2008 Adult Champs has been moved to October. Then we found the perfect location — one of the most desirable destinations in the country: San Francisco! For those who have never visited the world-class City by the Bay, it's an opportunity you won't want to miss. And those who have been there will no doubt be eager to return.

The host facility, Yerba Buena Ice Skating Center, is the city's only year-round ice skating facility, with an NHL regulation-size rink, four dressing rooms, a warming room, a café and permanent seating for 300. Yerba Buena Ice Skating Center is the home of Brian Boitano, four-time U.S. national champion, two-time world champion and 1988 Olympic gold medalist.

This year marks the first time for Ensemble, Rhythmic, A la Carte and Pro Partner dance events in the Adult Champs program, additions that are sure to please participants. These are among ISI's featured events for 2008, with special discounted entry fees.

Ensemble is a group Spotlight event open to groups of three to seven skaters of

all levels and ages, who will be judged on the performance value of the program. There is no technical score.

A la Carte dance events give the skaters a choice of which dance(s) will be performed in solo, similar and mixed dance events. In the new Pro Partner event, skaters can compete with their coach as a partner in separate event categories.

Rhythmic events are for Freestyle 1-10 skaters and require the use of a hand-held prop: a hoop, a ball or a ribbon.

For more detailed skating event descriptions, see the ISI Web site at skateisi.org.

The entry and testing deadline for 2008 Adult Champs is Aug. 15. Forms and additional information are available on the Web site.

For tourist information, visit:

www.sanfrancisco.com
www.onlyinsanfrancisco.com

Adult Champs Hotels

Be sure to request the special ISI group rate when you book your reservation.

Hotel Rex
(415) 433-4434
Rate: \$189
Cutoff date: Thursday, Sept. 11

Hilton Garden Inn San Francisco/
Oakland Bay Bridge
(510) 658-9300
Rate: \$149
Cutoff date: Tuesday, Sept. 16

Hotel Carlton
(415) 673-0242 or
(800) 922-7586
Rate: \$155
Cutoff date: Aug. 18, 5 p.m.

Holiday Inn Civic Center
(415) 575-5263
Rate: \$149
Cutoff date: Thursday, Sept. 4



San Francisco Convention & Visitors Bureau

ISI ADULT CHAMPIONSHIPS

Yerba Buena Ice Skating Center
October 3-5

Entry Deadline: August 15
www.skateusa.org



Artistic Challenge Goes Hollywood

by Lori Fairchild

Take all the fun and creativity of ISI Artistic Challenge's first three years, throw on some

movie-star glitz and glamour, move the competition to December 5-7 to give you more time to prepare your

spotlight-stealing numbers — and what do you have? The 2008 ISI Artistic Challenge, at Pickwick Gardens Ice Center in Burbank, Calif., the media and entertainment capital of the world!

Here's your chance to shine on the ice. Take a break from technical scores and show the world your star quality, individually or with friends. You get special entry rates on featured 2008 events, including Ensemble, Rhythmic, Solo Surprise and Team Surprise entries. The Themed Spotlight for this year is "Movie Memories" — recreate your favorite scene from the big screen, on ice!

Pickwick Ice will make the perfect stage for Artistic Challenge, with ample seating, a lounge with full-service snack bar and video arcade, a sport shop and even a state-of-the-art bowling facility next door. The adjacent Pickwick Gardens offers two and a half acres of beautifully landscaped, flowering gardens, fountains and winding paths.

While in Burbank, be sure to take in the nearby Los Angeles Zoo or a studio tour, or perhaps attend the filming of your favorite TV show or a movie premiere. Among the world-famous companies with production facilities in Burbank are NBC Universal, The Walt Disney Company, Warner Bros. and Nickelodeon. Downtown Los Angeles is only 12 miles away.

Go to skateisi.org for entry forms and other Artistic Challenge details. The entry and testing deadline is Oct. 15. ●

Four Decades of Pickwick Ice Memories

by Denise Lee

I started skating in 1966 at the Olympic Ice Rink in Harbor City, Calif. Pickwick Ice became my home rink in June 1969. I worked in the snack bar making hamburgers on weekends to help pay for my skating lessons. I rode my bike six miles each way from my home to the rink because my father had just passed away and there was no car available to me.

I did the ISIA Open Competition at Pickwick in 1980 in the adult division. I placed first, and what a thrill! This was the first time skating events were opening to adults.

Pickwick had a huge stained glass window that made beautiful colors on the ice, and we would try to place our jumps in the colors. Sadly, it had to be removed many years ago for energy reasons.

I moved up the California coast in 1998 and learned there was NO ice rink near me! I heard the great news in 1999 that Oxnard had built one — but that was 150 miles south! I have been driving five hours each way since then. I am able to go twice a month when not competing and once a week when the ISI competitions get close.

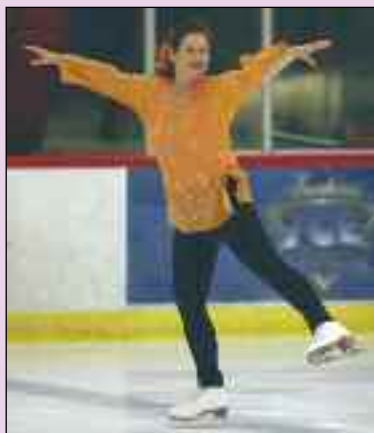
My skating coach, Deanne Laumann, passed away in the last year and a half. I just starting working with Heather Allen and we are getting ready for the Artistic Challenge in Burbank. This is a great competition for all ages, but especially in my situation — I can let my sprit soar and not have to worry about the technical jumps. I will be doing a tribute program in memory of Deanne in the Dramatic Freestyle 3 event. I am entering three events altogether. I have also skated in two ISI Adult Championships.

I am 56 years old, have been married for 35 years and have two grown sons who both work for Cal Fire. I have a 2-year-old granddaughter — the first girl in our family in 50 years! I hope to drive to the ice rink with her when she is older.

I have continued skating all these years because my soul and spirit just soar when I glide on the ice! I encourage others to skate with ISI. All the events are amazing! Make friends, and feel *your* spirit soar!



Denise Lee took first place at the 1980 Pickwick ISIA Open.



Denise looks forward to returning to Pickwick this year for Artistic Challenge.

ISI ARTISTIC CHALLENGE

Pickwick Ice Center
Burbank, California

December 5-7

Entry Deadline: Oct. 15, 2008
www.skateisi.org



Get in touch with your *Artistic* side
in the entertainment capital of the world!

The spotlight is calling you to the fourth annual ISI Artistic Challenge in Burbank, Calif., land of the world-famous movie and TV studios. This is the only national event that gives you the chance to showcase your flair for the dramatic side of skating, with an emphasis on creativity, and no technical score.

Artistic Challenge is quickly becoming a favorite for recreational skaters, featuring Themed Spotlight, Themed Production, Rhythmic Skating and Ensemble events. Make your plans now for your chance to shine in Burbank!



The Value of **STRETCHING** Your Body and Mind

by David Jacobson

ISI competitions provide recreational ice skaters with a fantastic opportunity to enjoy and benefit from discomfort.

"Enjoy and benefit from discomfort" is not a typo, and it's not an oxymoron. Pushing beyond your comfort level, even to discomfort, is the single best way to grow as a skater and as a person. And yes, challenging yourself can truly be fun!

Think about your start as a skater. Could you do then what you can now? Of course not. You fell down. A lot. Yet you persisted, beyond your comfort level and through the discomfort, until you reached a certain level of achievement.

Consider two concepts that are part of the Positive Coaching Alliance training we conduct in workshops for youth and high school sports coaches, parents, administrators and high school-age athletes. One concept is the "Just-Right Challenge." The other is the "Stretch Goal."

The Just-Right Challenge comes from *Motivated Minds: Raising Children to Love Learning* by Deborah Stipek and Kathy Seal. In a study, children were given the opportunity to keep one of 13 puzzles they were asked to play with, ranging in difficulty from easy all the way to very difficult. Invariably, the children chose the puzzle that was "one step ahead" of their current skill level.

The children whipped through easy puzzles without smiling. When they got to ones that were "just-right," they smiled while they worked. This shows there is a desire to push beyond boundaries, past comfort and discomfort. It is very natural and healthy to want to try something just a bit harder than what you are used to.

Applied to skating, seeking a Just-Right Challenge can keep the sport fresh and interesting for you. And, of course, as you try new disciplines and skills, you improve your skating, grow in pride and confidence, and therefore enjoy skating more, which makes you work harder, creating a cycle of improvement.

To help you meet your Just-Right Challenge, establish "Stretch Goals." A Stretch Goal is, by definition, something

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

Stretch Goals give you a tangible target. It is important that they be specific: not "improve my skating" but "nail back-to-back double Axels," for instance.

Within your Stretch Goals, set effort and result goals. For example, "Each practice session, I will attempt 10 back-to-back double Axels" is an effort goal. A result goal might be, "By the end of the third practice session, I will have nailed one back-to-back double Axel."

For competitive purposes, you will need to nail the back-to-back double Axel consistently, so your next Stretch Goal should address consistency. For example, your effort goal becomes "I will work for 15 minutes each practice session on integrating this move into my routine," and your result goal becomes, "Within two months, I will nail this move 95 percent of the time."

Again, discomfort is part of the bargain. But setting a specific goal creates focus and helps you feel good about spending practice time on one specific skill so that when you achieve that skill you have the confidence to set and achieve your next Stretch Goal.

While pursuing your Stretch Goals, you will be tempted to fall back on what you know and do best simply because it is comfortable and because you feel successful. Battle that temptation by reminding yourself that repeatedly doing what you already know how to do is not success. Technical and personal growth are the truer measures of skating success. And bring that growth to ISI events!

David Jacobson is the media/communications manager for Positive Coaching Alliance.

To request information about the ISI-PCA partnership, visit www.PositiveCoach.org/inforequest.aspx or contact PCA at (866) 725-0024 or pca@PositiveCoach.org.





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Introducing the New Ultra-Lightweight 2010 LS

Synchro in St. Louis

by Lori Fairchild



More than 100 teams from 10 states enjoyed a warm Midwestern welcome April 11-13 at the St. Peters Rec-Plex, host of the 2008 ISI Synchronized Skating Championships. Well over 1,000 ISI skaters ages 4 to 69 traveled to St. Louis from as far away as California, and everyone returned home with a medal and a weekend's worth of great memories.

A week before the event, the Spirals team from Webster Groves, Mo., thought their Synchro dreams had been dashed when their team manager's truck was stolen, with all of their costumes inside. But local print and TV news reports and an active ISI "grapevine" resulted in a generous donation of 17 dresses from the St. Peters Rec-Plex teams.

"The coaches at St. Peters were able to contact skaters who were willing to donate their used competition dresses from a couple of years ago to the cause. While the music and the dresses weren't a perfect match, the friendships and ISI spirit that happened here were custom made!" said Coach Bridgid LaMear of Webster Groves Ice Arena.

"Sometimes a mishap like this brings out the best in people," added Heather Hyatt, local event chair at St. Peters Rec-Plex. "We even had Paige Scott at Yerba Buena Ice Arena in San Francisco offering to bring dresses for the Spirals. I'm proud of this organization and the great family we have at ISI. A fun little side note to the story: The majority of the Rec-Plex girls who loaned dresses are now on the Ice Gems, who won Senior Youth Premier. The team they loaned them to — the Spirals — won the Youth Premier round."

Heather and her Rec-Plex team received kudos for their hosting hospitality as well. "The staff and volunteers at the Rec-Plex were extremely helpful and polite. They truly made me feel welcome, took the time to answer questions and always had a smile to spare," noted Tina McGee, head synchro coach at Pleasant Prairie IcePlex in Wisconsin. All of the volunteers — registration, awards, hospitality and locker room monitors — helped to make it a great experience for me. I felt that was unusual, and wanted to tell them that they did a great job! Thanks again for a great Synchro Championship!"

It's not too early to mark April 17-19, 2009 on your calendar — that's when ISI Synchronized Championships goes to Arctic Ice Arena in the Chicago suburb of Orland Park, Ill. ●



The Classics from the Carol Stream Ice Rink — one of 41 rinks to participate in Synchro this year — took home a weekend's worth of St. Louis memories.



Members of the St. Peters Rec-Plex Synchro teams (in jackets) demonstrated the ISI spirit when they rallied quickly to donate 17 dresses to the Webster Groves Spirals (in dresses), whose costumes were stolen — along with their team manager's truck — just before the Synchro competition.



The Go Figure Jewel Ice tot team, featuring eight skaters ages 4 to 6, from Line Creek Ice Arena in Kansas City, Mo. was one of several tot groups to participate in Synchro this year. This was their first season to compete in synchronized skating.

Lots more Synchro photos on the following pages!

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ISI 2008 Synchronized

April 11-13 • St. Peters R

FINAL EVENT

For a complete list of re

Youth Formation Compulsories

- 1 Texas All Stars PSA StarCenter
- 2 Oxford Ice Crystals Goggin Ice Center
- 3 St. Louis Petite Brentwood Ice Arena
- 4 Chiller Blades Chiller at Easton

Youth Skating Compulsories

- 1 Synchro Panache Minneapolis/Augsburg Arena
- 2 Oxford Ice Crystals Goggin Ice Center
- 3 Tremors Yerba Buena Ice Skating Center
- 4 St. Louis Esprit Brentwood Ice Arena
- 5 Synchro Starz Aerodrome Willowbrook

Sr. Youth Skating Compulsories

- 1 Synchro St. Louis Ice Gems St. Peters Rec-Plex
- 2 Silver Blade Brigade Wayne C. Kennedy
Recreation Complex
- 3 Chiller Explosion Chiller at Easton

Teen Skating Compulsories

- 1 Synchro Panache Minneapolis/Augsburg Arena
- 2 Synchro St. Louis Diamond Edges St. Peters
Rec-Plex
- 3 Gold Blade Brigade Wayne C. Kennedy
Recreation Complex
- 4 Starr Blades Franklin Park Ice Arena
- 5 Chiller Synergy Chiller at Easton
- 6 Crystal Style Goggin Ice Center
- 6 Sierra Storm Skatetown

Adult Skating Compulsories

- 1 Rhythm 'N Blades Coral Ridge Ice Arena

Tot Formation

- 1 Toe Picks Webster Groves Ice Arena
- 2 Go Figure Jewel Ice Line Creek Ice Arena
- 3 Revolution Carlson Ice Arena

Jr. Youth Formation

- 1 Ice Crystals Crystal Ice House
- 2 The Swizzles Webster Groves Ice Arena
- 3 Rink Side Extreme Rink Side Ice Arena
- 4 Emerald Blades St. Peters Rec-Plex
- 5 Icettes Homewood-Flossmoor Ice Arena

Youth Formation - Group A

- 1 Arctic Blaze Arctic Ice Arena
- 2 The Rockers Webster Groves Ice Arena
- 3 St. Louis North Stars North County
Recreation Complex
- 4 Precicettes Center Ice of Du Page
- 5 Classics Carol Stream Ice Rink
- 6 Cherry Mash Ice Chasers Bode Sports Complex
- 6 St. Louis Petite Brentwood Ice Arena
- 6 Chiller Blades Chiller at Easton

Youth Formation - Group B

- 1 Fire On Ice Southwest Ice Arena
- 2 Ruby Edges St. Peters Rec-Plex
- 3 IcePlex Ice Stars Pleasant Prairie IcePlex
- 4 Texas All Stars PSA StarCenter
- 5 Ice Crystals Crystal Ice House
- 6 Fire On Ice The Cooler
- 6 Joliet Icicles Inwood Ice Arena

Sr. Youth Formation

- 1 St. Louis Synchro Stars North County
Recreation Complex
- 2 Chiller Ice Breakers Chiller at Easton



ActionPhotos.com

Skating Championships

Rec-Plex • St. Peters, Mo.

NT RESULTS

Results, go to skateisi.org



Adult Formation

- 1 Kettering Ice Kadettes . . . Kettering Adult Figure Skating Club

Sr. Youth Dance

- 1 Chiller Ice Breakers Chiller at Easton

Jr. Youth Skating

- 1 Teams Elite. Northbrook Sports Center
- 2 Mini Blades Glenview Ice Center
- 3 The Brackets Webster Groves Ice Arena
- 4 Silver Leafs Leafs Ice Centre
- 5 Go Figure Royal Ice Line Creek Ice Arena
- 6 Revolution Carlson Ice Arena

Youth Skating - Select

- 1 The Jewels. Robert Crown Ice Center
- 2 IcePlex Ice Stars. Pleasant Prairie IcePlex
- 3 The Dazzlers Downers Grove Ice Arena
- 4 The Extreme Rink Side Ice Arena
- 5 Go Figure Regal Ice Line Creek Ice Arena
- 6 Synchro Starz Aerodrome Willowbrook
- 6 Ice Innovation The Skating School @ Fox Valley

Youth Skating - Premier

- 1 The Spirals Webster Groves Ice Arena
- 2 Stellar Blades. Glenview Ice Center
- 3 Tremors. Yerba Buena Ice Skating Center
- 4 Synchro Panache. Minneapolis/Augsburg Arena
- 5 Ice Prisms Kenosha Ice Rink
- 6 Synchro St. Louis Jade Blades St. Peters Rec-Plex
- 6 Precicettes Center Ice of Du Page
- 6 Revolution Carlson Ice Arena
- 6 St. Louis Esprit Brentwood Ice Arena

Sr. Youth Skating - Select

- 1 Capital Classics-Senior Youth Washington Park Ice Arena
- 2 The Dazzlers Downers Grove Ice Arena
- 3 Chiller Explosion Chiller at Easton
- 4 IcePlex Ice Stars. Pleasant Prairie IcePlex
- 5 Robert Crown Jewels. Robert Crown Ice Center
- 6 Peoria Pizazz-Style Owens Recreation Center

Sr. Youth Skating - Premier

- 1 Synchro St. Louis Ice Gems. St. Peters Rec-Plex
- 2 The Blades Webster Groves Ice Arena
- 3 Go Figure Imperial Ice Line Creek Ice Arena
- 4 St. Louis Fleur de Lis. Brentwood Ice Arena
- 5 Junior Blades Glenview Ice Center
- 6 Silver Blade Brigade. Wayne C. Kennedy Recreation Complex

- 6 Shooting Stars Nashoba Valley Olympia
- 6 Icettes Homewood-Flossmoor Ice Arena

Teen Skating - Select

- 1 The Edge Webster Groves Ice Arena
- 2 Sierra Storm Skatetown
- 3 IcePlex Ice Stars. Pleasant Prairie IcePlex
- 4 Gold Blade Brigade Wayne C. Kennedy Recreation Complex
- 5 Revolution Carlson Ice Arena
- 6 Chiller Synergy. Chiller at Easton

Teen Skating - Premier

- 1 Synchro Panache. Minneapolis/Augsburg Arena
- 2 St. Louis Fleur de Lis. Brentwood Ice Arena
- 3 Silver Leafs Leafs Ice Centre
- 4 Synchro St. Louis Diamond Edges St. Peters Rec-Plex
- 5 Fire On Ice. Southwest Ice Arena
- 6 Capital Classics-Teen Washington Park Ice Arena
- 6 Starr Blades Franklin Park Ice Arena

Adult Skating

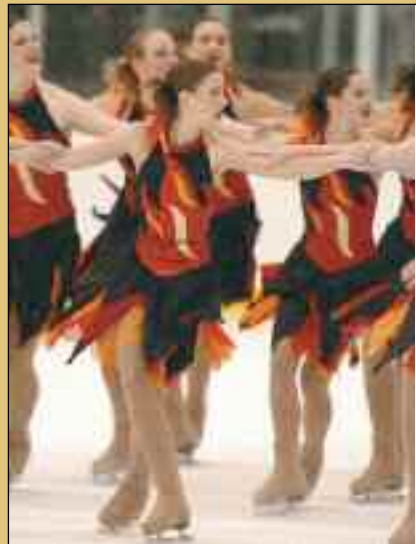
- 1 Texas Chilly Peppers. Dr Pepper StarCenter-Frisco
- 2 Revolution Carlson Ice Arena
- 3 Go Figure Majestic Ice Line Creek Ice Arena
- 4 Rhythm 'N Blades Coral Ridge Ice Arena
- 5 Classic Reflections. U.S. Ice Sports Complex

Adult Master Skating

- 1 Revolution Carlson Ice Arena
- 2 Kettering Ice Kadettes Kettering Adult Figure Skating Club



ActionPhotos.com







Spotlight

Katie Proia:

A Shining Reminder that *ISI Is for Everyone*

Katie Proia is a special skater whose dreams came true when she found ISI. After her shining performance at last year's World Recreational Team Championships

in Chicago, we wanted to share her story.

Katie, 18, has a rare genetic disability diagnosed at birth that causes her to have low muscle tone, loose

joints, blood pressure and heart rate fluctuations and problems processing what she hears and says.

At age 9, Katie watched the 1998 Winter Olympics in Nagano, Japan and fell in love with figure skating. She watched Tara Lipinski skate for the gold and told us she wanted to be a famous skater like that someday. We wanted to show our support for her enthusiasm and determination, even though we didn't have a clue how she could achieve them.

That winter, Katie asked for a skating birthday party and asked to take skating lessons. We found a private lesson skating coach and Katie was also included in ISI group lessons at our rink, The Gardens Ice House in Laurel, Md. We were unsure she could even stand on a single-blade skate, let alone skate on it, but Katie surprised us all when she graduated from a double blade to a single and kept improving in her lessons.

Most of all, Katie loved to skate and felt a passion for this sport that she had never felt with anything else in her life! As a kid with a disability, she was constantly reminded of her struggles with academics and things she couldn't do as well as other kids or her siblings. She also struggled in most team sports, unable to hear to follow directions and keep up with the fast pace of the game. As her parents, we wanted to support Katie in this sport that brought her such a sense of accomplishment and joy.

In 2002, one of Katie's skating coaches, Stephanie (Garafolo) Hanel, who headed up the ISI program at our rink, told us that Katie could learn a program and skate in a Special Skater class at the ISI Winter Open



Katie's Pocahontas Spotlight at 2007 Worlds earned her a first-place medal.

event at our rink. This was the first skating competition we had heard of that Katie could participate in.

We previously had bought her a beautiful skating dress, thinking she would only be able to play dress-up in it, but now she was wearing this dress to compete on the ice! Katie skated a perfect Special Skater Level 2 Freestyle program to music from *Lord of the Rings*. She was thrilled to win her first gold medal!

Katie continued to win gold medals in ISI competitions. In 2004, she also won a gold medal at the Special Olympics Virginia Winter Games. This medal qualified her by lottery to go to the 2005 Special Olympics World Winter Games in Nagano, Japan. Katie lived out her dream of being a famous skater in Nagano, winning two silver medals in Freestyle 4.

Stories about Katie's disability and her skating made the news in such magazines as *PARADE* and *National Geographic Kids*, local newspapers and TV.

Katie reached another great goal in 2007 when she received her high school diploma. She learned discipline and hard work with her skating, and applied these

same principles to all aspects of her life, including academics. She has to work three times as hard as her peers to do both academics and sports, but she perseveres.

Katie has also always wished to trace her Native American heritage by visiting a Chippewa reservation in Michigan. As a high school graduation gift, we gave her the opportunity to live out the two great passions of her life, with a trip from Maryland to Chicago to skate in ISI Worlds and, on the way back home, to visit a Chippewa reservation in Michigan.

Katie skated in Freestyle 4, Artistic FS 4 and Spotlight FS 4. She had a fall in her Freestyle program and received second place. Competing against nine skaters in Artistic FS 4 was difficult. Katie didn't place, but she was thrilled to get a medal. She reminded us that she was doing what she loved most in life, and this was all that was important to her. It was not about winning.

That Thursday, Katie skated her final competition in Spotlight FS 4 to *Pocahontas*. This program was Katie's idea and the last program she learned before heading to Chicago. She picked the music and even creat-

ed some of her own choreography and prop ideas with Coaches Jacques Gilson and Summer Kendall. She skated beautifully and won a first-place medal.

As we traveled back home to Maryland, Katie beamed with happiness as she experienced the joy of skating once again in competition and also tracing her Native American roots, where she feels she gets her gift of balance in doing her spirals and spins.

It was a great summer and a great skating experience for Katie, thanks to ISI and the Worlds host facility, The Edge Ice Arena in Bensenville, Ill. Everyone was so nice and friendly to us and our team.

Katie finished her first year at a local community college in May, and continues to skate in ISI events along with her friends in the ISI Special Skater program. She plans to join an ISI ensemble team, skate in pairs and continue to skate and test in Freestyle and Ice Dance. With her coaches, Jacques Gilson and Ted Kelton, she hopes to compete for the first time at the ISI Championships in Lake Placid, N.Y. in 2009. ●

—Submitted by Judy Proia, Katie's Mom

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

School's Out! Skating's In!

When the heat is on, the coolest place in town is always your local ice rink. Grab your friends and enjoy the free air-conditioning inside.

Our Winter Classic and Synchronized Championships were both smooth-sailing successes in Tampa, Fla. and St. Peters, Mo., and now we are beginning our westward trek for the final three events of 2008.

Participants in the 28th annual ISI World Team Championships in Denver are in for a real treat. The local organizing committee and host rinks are pulling out all the stops for a top-notch event. You'll meet up with friends old and new, from 22 states and even other countries such as the Philippines, Singapore and Taiwan. Worlds week will be a wonderful memory you won't soon forget!

Be sure to keep up to date on all the Denver competition information by regularly checking our event Web site at www.skateisi.org (follow the links for skating competitions, national competitions and then World Recreational Team Championships).

Don't forget to purchase advance tickets for the Competitors Party on July 30 and also the ISIA Education Foundation show starring the current U.S. National Ladies Champion Mirai Nagasu on Friday, Aug. 1. *But hurry! Advance ticket orders must be received at the ISI office by July 18.*

If summer is here, fall is not far behind. Adult skaters won't want to miss the 2008 Adult Championships Oct. 3-5 in San Francisco. Join us in the City by the Bay for this adult fall classic.

Skaters of all ages should be planning to tap into their artistic side and attend the fabulous 2008 Artistic Challenge event Dec. 5-7 in Burbank, Calif. The new Ensemble and Rhythmic Skating events have been taking off at many local, district and national skating events, and they both began at Artistic Challenge.

Summer is a great time to get new ideas, music and costumes while you improve your skating skills and programs for your next skating season. Start planning now ... you'll be way ahead of the game in September. ●

Focus on STROKING EVENT

Clean edges and no toe picks should get gold results!

Who can do Stoking events: Stoking events are usually open to all Alpha through Delta level skaters. Some local and district events might also offer Stoking for Pre-Alpha and/or Freestyle level skaters.

Event procedure: There is no solo program to prepare for Stoking events. All skaters in your Stoking event group enter the ice and skate at the same time. The competition director usually provides music with a beat for Stoking events. Skaters usually wear a colored number for easier judge identification. The judges compare each skater's performance against specific judging criteria.

Skaters will start as a group, all going one direction around the rink. After a couple of minutes, the referee will ask the announcer to tell the skaters to stop and change direction. The skaters then skate in the opposite direction doing forward stroking only.

Competition event groups: Stoking event groups usually combine ages, genders and levels.

The best thing: The best thing about Stoking events is that there is nothing to prepare! You have already learned good stroking skills in Alpha and you can just practice that skill to do your best — and win another medal! Also, you can wear the same skating outfit as for your Alpha-Delta program routine event. Continuing to practice stroking skills after the Alpha level will reinforce good basic fundamentals that will make you a better skater as you improve to higher levels.

Tips for a winning performance: The most important part for stroking is to have good posture, clean edges and **NO TOE PICK PUSHES!** Skaters start around the rink and perform forward stroking down the long sides of the ice. On the corners and ends of the rink, you can do either stroking or crossovers. *Crossovers are not required and are not scored by the judges.* While you are trying to do your best strokes, listen to the music and try to stroke in rhythm. That will get some "extra points" from the judges!

Duration: Since all skaters perform in a group, the group will continue to skate until the judges are finished. That's why it's a good idea to practice stroking several times around your rink before the competition. Sometimes your arms can get very tired if you're not used to skating for two to three minutes in each direction around the rink.

Judging criteria: Cleanness of edges, endurance, extension of free leg, flexible skating knee, flow, posture, proper push-off, rhythm



It's about time!

New universal term makes membership renewal a breeze!

ISI Membership Made Simple

- Effective Sept. 1, 2008, ISI will be changing to a universal membership term for both Professional and Individual members. Memberships will begin on Sept. 1 and expire on Aug. 31 of each year.
- Annual membership fees will remain the same (\$75 for Professional, \$13 for Individual), and will be prorated after March 1 of each year (\$45 for Professional, \$9 for Individual).
- Existing memberships that expire after Sept. 1, 2008 remain in effect through the end of their current membership period, then depending on that date, renew at either the full or pro-rated rate for the remainder of the 2008-09 term.
- By Sept. 1, 2009, all memberships will renew on the same date each year!



FAQs

Why a universal membership term?

We have received considerable feedback from our Administrative members who have told us that our "12 months from inception" membership period was difficult to track and an administrative challenge for many rink managers and skating school directors. This new system will eliminate those issues and streamline the process for all involved — rinks, coaches, skaters, parents and the ISI headquarters. It's an easy date to remember, and coincides with the ISI hockey membership renewal date. It will be especially appreciated by families with multiple ISI members currently renewing on different dates.

In the future, will new members have to join at the beginning of the universal term?

No, new members are welcome to join anytime during the year. The full annual membership rate applies between Sept. 1 and March 1; the pro-rated fee applies March 1 through Aug. 31. After that, their memberships will always renew on Sept. 1.

If I renewed in April 2008, do I still get a full year?

Yes. Your membership will expire in April 2009, and at that time you may renew at the discounted rate of \$9 (Individual) or \$45 (Professional). On Sept. 1, 2009, you will renew at the full rate for 12 months.

For more information, go to www.skateisi.org.



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Skaters Pass High-Level Tests

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

FS 8

Danica Gahm
South Suburban
Ice Arena

Daniel Gore
Northbrook
Sports Center

Jenna Gowell
Nashoba Valley
Olympia

Allyson Hughes
Owensboro
Ice Arena

Bonnie Lynch
Nashoba Valley
Olympia

Jesse MacDonald
Symmetrical
Skating School

Blair Mack
Northbrook
Sports Center

Gabrielle McMullen
White Bear Lake
Sports Center

Nicole Perry
Golden Blades
Skating School

Ashley Plaven
South Suburban
Ice Arena

Brittany Plaven
South Suburban
Ice Arena

Nicole Rosenwasser
Northbrook
Sports Center

Ashton Williams
Wilcoxon
Ice Complex

FS 9

Katy O'Malley
Centennial Ice Rinks -
Wilmette

Dance 8

Brittany Bowlen
South Suburban
Ice Arena

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 BRONCOS

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.

Name for wristband pickup at registration _____

Credit card# _____

Exp. date _____

Cardholder's name _____

Telephone (required) _____

Signature _____



Payment Method

- ☐ Check/Money Order
☐ Visa
☐ MasterCard
☐ Discover
☐ American Express

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

Advance orders must be received by July 18. Wristbands at the gate: \$15

Support Education at Foundation's Summer FUNdraising Activities

By Lisa Fedick

You are going to the ISI World Recreational Championships this summer, in Denver, the Mile High City — a city full of excitement and energy — and you just assumed that you would be spending the week in *another ice rink*, right? WRONG!

The ISIA Education Foundation has big plans for your week, whether you are a competitor or one of the skaters' support personnel such as the chauffeur,

hairdresser or equipment manager. Of course, we are talking about Mom, Dad and your siblings.

On Tuesday, July 29 at the end of the day's competitive events, the Education Foundation will be hosting a miniature golf tournament at the Family Sports Center's fun-filled and very challenging course. This event is open to everyone — no experience necessary — and for those of you who can't get enough competition on the ice, this is a real tournament with real prizes! The entry fee is \$20 for an individual and \$70 for a foursome, which includes your green fees and equipment, T-shirt and goody bag, an old-fashioned barbecue dinner and an awards ceremony with prizes galore! It will be a complete evening of family entertainment. Register during the Worlds competition at the Foundation booth in the Skater's Marketplace.

And while you are there, check out the great prizes in this year's silent auction. In addition to a large assortment of figure skating equipment, apparel and memorabilia, there will be a collection of one-of-a-kind hockey items donated by such notables as Mike Eruzione, Chris

Drury and the National Hockey League, just to name a few.

Be sure not to miss the opening ceremonies, the competitors' parade and competitors' party (order form on page 23) on Wednesday evening. The festivities will include some celebrity splashing when the Foundation takes over the dunk tank from 7:30 to 8:30 p.m. Seats on the dunk chair will be available through a silent auction, where you can bid on the opportunity to plummet such ISI notables as Gerry Lane, Scott McCoy and President Jim Hartnett into the treacherous waters. Of course, you might have another victim in mind! All proceeds will go to the scholarship program.

The Foundation Benefit Show starring U.S. Ladies National Champion Mirai Nagasu will take place on Friday, Aug. 1 at the South Suburban Ice Arena (order form on page 25). This is always an unforgettable event, not only for the ISI skaters who are fortunate enough to participate in the show, but also for those who will have an opportunity to meet one of their ice skating role models following the performance.

If you have questions about any of these Foundation events, contact Lisa Fedick at LAFMIRMA@aol.com.

The ISIA Education Foundation awards up to four college scholarships annually to qualified ISI skater scholars. Congratulations to 2008 scholarship recipients Emily Miller of Sioux Falls, S.D. and Jessica Stachulak of Joliet, Ill. Read more about these young women in a future issue of *RIS*.

The scholarship program is completely funded through the generosity and support of ISI members, friends, vendors and suppliers. Learn more about the ISIA Education Foundation, including scholarship application procedures and the new five-year capital fund drive, at www.skateisi.com; click on the Education Foundation button on the toolbar. ●



A miniature golf tournament for the whole family is scheduled for Tuesday, July 29.



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

**ISIA Education
FOUNDATION**

**Benefit Show Starring
MIRAI NAGASU**

Payment Method
(check one)

- ☐ Check/Money Order
☐ Visa
☐ MasterCard
☐ Discover
☐ American Express

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

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Match the following skating skills with the weSKATE badge test it is required on.
(You may look in your *Skaters and Coaches Handbook* for help!)



Forward Stroking	Pre-Alpha
Sit Spin	Beta
Waltz Lift	Freestyle 8
Right T-Stop	Alpha
Forward Swizzles	Freestyle 4
Half Flip Jump	Freestyle 10
Backward Inside Eight	Pair 6
Lunge	Ice Dance 2
Axel	Couples 4
Double Loop Jump	Freestyle 1
Triple Salchow Jump	Freestyle 5
Press Lift	Delta
Dutch Waltz	Figure 3

weSkate Scramble

Unscramble the letters in these words to find three great things about participating in ISI events!

DELAMS _____ NIRSEDF _____ VATLER _____

Answer Key:

SKILLS: Forward Stroking – Alpha; Sit Spin – Freestyle 4; Waltz Lift – Couples 4; Right T-Stop – Beta; Forward Swizzles – Pre-Alpha; Half Flip Jump – Freestyle 1; Backward Inside Eight – Figure 3; Lunge – Delta; Axel – Freestyle 5; Double Loop Jump – Freestyle 8; Triple Salchow Jump – Freestyle 10; Press Lift – Pair 6; Dutch Waltz – Ice Dance 2
UNSCRAMBLE: medals, friends, travel

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ISI member number and age, and we might publish your response in a future issue
of *Recreational Ice Skating* magazine!

Cool to Color!



calendar

ISI-endorsed competitions & shows/exhibitions

Deadline for the next *RIS* Calendar: July 15

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

competitions

july

- 5-6 **Evanston, Ill.**
Robert Crown Center
1st Annual July Open
- 5-6 **Las Vegas**
Las Vegas Ice Center
Red, White & Blue ISI
Open Competition
- 10-12 **Honolulu**
Ice Palace
2008 ISI Hawaiian
Open
- 11-13 **Eagle River, Alaska**
Harry J. McDonald
Memorial Center
ISI Summer
Competition
- 11-13 **Blaine, Minn.**
Schwan Super Rink
Summer Sizzle 2008
- 19-20 **Decatur, Ala.**
Point Mallard Ice
Complex
5th Annual Wind, Rain
or Shine Competition
- 19-20 **Ontario, Calif.**
Center Ice Arena
3rd Annual ISI Open
Competition
- 19-20 **St. Peters, Mo.**
St Peters Rec-Plex
2008 Summer Get-A-
Way ISI Competition



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

august

- 1-3 **Jefferson City, Mo.**
Washington Park Ice
Arena
State Games of Mid
America
- 2 **Orlando, Fla.**
USA on Ice
Summer Camp Show
- 2 **Gurnee, Ill.**
Rink Side Ice Arena
The Summer Chiller
- 9 **Orland Park, Ill.**
Arctic Ice Arena
2nd Annual Arctic
Heat Wave
- 14-17 **San Diego**
Ice Town La Jolla
Skate by the Sea
- 23-24 **Portland, Ore.**
Lloyd Center Ice Rink
Beach Party Tribute
- 30-31 **Oldsmar, Fla.**
Tampa Bay Skating
Academy
ISI Labor Day Classic

september

- 19-21 **Arlington, Texas**
ICE at The Parks
6th Annual ISI Open
Competition

october



- 3-5 **San Francisco**
Yerba Buena Ice
Skating Center
ISI Adult
Championships
- 17-19 **Aliso Viejo, Calif.**
Aliso Viejo Ice Palace
Annual ISI Open
Competition

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

december



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

2009

february



- 13-15 **Dallas**
Dr Pepper StarCenter
ISI Winter Classic

april



- 17-19 **Orland Park, Ill.**
Arctic Ice Arena
ISI Synchronized
Championships

shows & exhibitions

july

- 12 **Anaheim, Calif.**
Anaheim ICE
3rd Annual In-House
Exhibition
- 18 **Oak Lawn, Ill.**
Oak Lawn Ice Arena
Summer Exhibition

august

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

september

- 6-7 **Westminster, Calif.**
Westminster Ice Arena
ISI Open Competition

december

- 12-14 **Evanston, Ill.**
Robert Crown Center
34th Annual
Nutcracker on Ice
- 28 **Arlington, Texas**
ICE at The Parks
Holiday in The Parks

2009

may



- 26-29 **Orlando, Fla.**
ISI Ice Arena
Conference &
Trade Show
Hilton in the Walt
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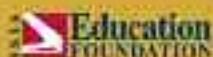


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