NEW!
Open Freestyle Tests & Events

Adult Champs
Making Miracles on Ice
at Lake Placid

Artistic Challenge &
Winter Classic
Photos & Results
THE ONLY CUSTOMIZABLE SKATE BAG YOU CAN SIT ON!

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Recreational Ice Skating Spring 2009/Vol. 33, Number 3

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LETTERS FROM OUR READERS

I skate three times a week and am also on a synchro team. I would love to be pen pals with someone who will be traveling to Worlds in California this summer!

Rylan Escobar, 10, FS4
ICE at The Parks
Arlington, Texas

Some of those jumps are tricky, especially if you are working on several at the same time. It always helps to remember what edge you take off from. The take-off edge along with the rotation determines what kind of jump it is. The half-flip takes off from a back inside edge and normally from a 3-turn or Mohawk entry.

The ballet and split jumps are the only two jumps in skating where your legs move apart in the air. With all of the other jumps, your legs should come together. This should help you keep the two jumps separate in your mind when you skate.

It’s normal for skaters to have more difficulties with certain maneuvers. If spins are your weakness, then try working on one type of spin at a time until it is mastered so you don’t go back and forth between the 2-foot and the 1-foot spin. Your body position and weight balance is different for both of those spins and the timing might be throwing you off.

I love skating! I have been skating for four years and competing for three. Once I finally got into the freestyle levels, I became addicted. I have one fabulous pen pal now that I talk to regularly, and I would like to have another one. My favorite skating move is a Biellmann spin or an Axel. I think it would be great to have a pen pal who is around my level and age, but anyone would be great!

Mikaela Barnes, 14, FS6/7
Washington Park Ice Arena
Jefferson City, Mo.

I have been skating for four years and my coach’s name is Kacy Nelson. I’m working on my Axel a lot now. I have also skated on a synchro team for three years. This year I’m on an ISI team. I compete a lot by myself and with the team. Our team name is the Iceplex Icetars.

Madelyn Croft, 10, FS5
Pleasant Prairie Iceplex
Pleasant Prairie, Wis.

I keep mixing up two things. They are the half-flip and the ballet jump (my teacher taught it to me early). Can you help? Also, I keep falling when I do my spins. I can do a 1-foot spin (same deal as ballet). The 2-foot is simple and my teacher knows I can do it, but just sometimes I can’t spin. Is that normal?

Madelynn Hotchkiss, 11, FS1
Larson Ice Arena
Brookings, S.D.

I am looking for a fun and hilarious person to help me with my skating. I love skating and hope to work with my pen pal with techniques on our Freestyle 4 and 5 moves. I love my sit spin and my Freestyle 4 jumps, but my Lutz is a little shaky. I hope to have a great time with my pen pal and become good friends even if we can’t see each other.

Carli Maddock, 12, FS4
Frank Southern Ice Arena
Bloomingon, Ind.

I’ve been skating for nearly two years now and I am on FS4 and 5. I am working on my Lutz and camel and sit spins. I love all aspects of skating, but the best part for me is really just going all out for a jump and landing it smooth and clean. I would like a pen pal around my age and FS2 or above.

Bree Keown, 13, FS4/5
Point Mallard Ice Complex
Decatur, Ala.

I have been skating for four years and my coach’s name is Kacy Nelson. I’m working on my Axel a lot now. I have also skated on a synchro team for three years. This year I’m on an ISI team. I compete a lot by myself and with the team. Our team name is the Iceplex Icetars.

Madelynn Hotchkiss, 11, FS1
Larson Ice Arena
Brookings, S.D.
I’ve been in figure skating for about eight months now. I’m working on my Salchow and toe loops. I’m advanced for my skating level. I’ve already got my shoot-the-duck, waltz jump and spins perfect. I’m looking for a fun pen pal close to my age who loves skating as much as I do.

Alexandria (Ali) Boreman, 10, Gamma/Delta
Iceoplex Skating Rink
Oceanside, Calif.

I have been skating for five and a half years. I would like a pen pal who is around my age and who is in Freestyle 1 or 2. I just landed my loop jump. I can’t land my flip jump. I can’t get a lot of rotation and I am afraid I will fall. I would like a pen pal so we could help each other.

Emma Paradise, 8, FS1
Clifton Park Arena
Clifton Park, N.Y.

The flip jump can be difficult, but it can be easier if you practice the jump off the ice in your tennis shoes first. Practice the jump on the ground and then transfer that energy back to the ice. You’ll be surprised how much easier the jump is to do on the ice after that. Your coach might have some other off-ice rotation exercises you can practice, too.

Send letters to editor@skateisi.org
(please see below)
Icettes Host Skate-a-thon for Breast Cancer

The Senior Youth Synchro Icettes from Homewood-Flossmoor Ice Arena in Flossmoor, Ill. are generating interest and promoting a worthy cause through ice skating. The synchronized skating team recently hosted a Skate-a-thon to raise money and awareness for breast cancer. Proceeds from the Skate-a-thon were donated to the Breast Cancer Network of Strength (formerly known as Y-Me National Breast Cancer Organization), a Chicago-based national nonprofit organization that provides free programs and services for breast cancer patients.

Lynchburg FSC Packs It Up for Operation Christmas Child

The Lynchburg Figure Skating Club at the LaHaye Ice Center in Lynchburg, Va. had a fantastic turnout at the rink to pack shoeboxes for less fortunate children around the world. Coach Dawn Harter coordinated skaters and their families to come with items that would be packed into shoeboxes for Operation Christmas Child. They packed 42 shoeboxes by the end of the evening and had a great time wrapping boxes, eating and talking with one another. For more information on how your rink can participate in this project next year, go to samaritanspurse.org.

The Champion Behind The Champion

Adult figure skater BarbarAnn Fitzgerald has released a children’s book about the rewards of ice skating that count most. *The Champion Behind The Champion* is a story about a little lamb who sees lambs skate on TV and wants to learn to skate, too. The book takes LambieAnn through all the stages of skating: group lessons, private lessons, joining a club, skating in a club ice show, summer skating, living a well-balanced life and competition participation. The lesson LambieAnn learns through the process is that medals and trophies are not that important. What matters most is what she has learned along the way to her goal. She learns that, for this reason, she is “The Champion Behind The Champion.” For more information or to order the self-published book ($23.95 plus shipping), go to BarbarAnn.com.

ISI Skaters Pass High-Level Tests

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

**Freestyle 8**

Brittany Besse
Golden Blades

Brianna Byrd
Southgate Civic Center

Carson Dembrosky
Southgate Civic Center

Francesca Fusaro
Symmetrical Skating School

Erika Galloway
Downers Grove Ice Arena

Michele Guarnieri
St. Peters Rec-Plex

Michelle Madaras
Homewood-Flossmoor Ice Arena

Shawn McCrimmons
Downers Grove Ice Arena

Kirsten Olson
Parade Figure Skating Club

Morgan Ratkovich
Homewood-Flossmoor Ice Arena

Katy Ruzynski
White Bear Lake Sports Center

Courtney Van Horn
The Cube

**Freestyle 9**

Mariyah Thurston
Culver Ice Arena
Jeremy Abbott
2009 U.S. National Champion
2008-09 ISU Grand Prix Champion

Do You?

Share stories & photos on the Riedell Facebook page or iSkateRiedell.com.
See our NEW 2009 boot & blade collection at riedellskates.com.
Where the Fun Never Stops!

by Lori Fairchild

Sharks Ice at San Jose
Participating in America’s largest annual recreational ice skating event is always an exciting experience — but it’s even more special when the event is hosted at the largest ice skating facility west of the Mississippi River. The official training facility of the NHL’s San Jose Sharks, this mega-arena one of only seven in the U.S. that operates at least four NHL-size ice rinks. You’ll also love its full-service restaurant, Stanley’s Sports Bar, which overlooks three of the rinks.

Competitors’ Parade and Party
Every ISI Worlds skater is invited to participate in the annual Competitors’ Parade and Party. The parade is open to the public; tickets are required for party admission. (See order form, right)

Benefit on Ice Show
The major fundraiser for the ISIA Education Foundation is also the most star-studded happening of Worlds week. (See pages 10-11.)

New ISI Open Freestyle Events
This year marks the first ISI Worlds competition in which the new Open Freestyle events will be offered, giving more skaters than ever before the opportunity to participate in ISI competitions. (See pages 19-22.)

San Jose
A city of many contrasts, San Jose is the largest city in northern California, but it is filled with small-town charm. It’s the oldest civil settlement in California and the site of the first state capital, yet today the city boasts the cutting-edge nickname “Capital of Silicon Valley,” thanks to its status as the world’s leading center for innovation and technology. It’s known for its clean, safe environment and its sunny, pleasant climate, making it a great place for strolling the streets.

Sights, Shops and Special Stops
San Jose's amazing diversity (more than 40 languages are spoken here) is mirrored in the many flavors of its shops, restaurants and festivals. Santana Row is a hip strip with some 70 shops and dozens of eateries. The 120-acre San Jose Flea Market is the largest open-air flea market in America. The Downtown Farmer's Market at San Pedro Square is hopping on Fridays from 10 a.m. to 2 p.m. One of the most intriguing shopping areas is Japantown, one of only three remaining in the U.S.

The Tech Museum of Innovation is home to the ultimate immersive movie experience and northern California’s only domed IMAX screen. Its themed galleries explore the fun side of innovation, the Internet, the human body and exploration. In the giant purple Children’s Discovery Museum of San Jose, kids can explore how things work on two floors of interactive fun.

Day Trips
San Jose visitors love nearby Great America, the 100-acre theme park with a complete water park inside and the most thrill rides in northern California. Other outstanding day trip destinations include the beautiful beaches at Santa Cruz, Carmel and Monterey and the easy 45-minute drive to San Francisco.

For more Worlds information, entry forms and a listing of hotels offering an ISI group rate, go to skateisi.org. Register today — entry deadline is May 1!
You’re Invited!

WHO: ISI Worlds participants and their families
WHAT: Backyard Ball Park BBQ, DJ, dancing, karaoke, balloon art & face painting
WHERE: Sharks Ice at San Jose & San Jose Giants Ball Park
WHEN: Wednesday, July 29, 7-9:30 p.m. (Immediately following the Competitors’ Parade)
ADMISSION: See below
RSVP: To ISI by July 17 for advance admission price

Worlds Competitors’ Party ORDER FORM

Wednesday, July 29 • 7-9:30 p.m. • Sharks Ice at San Jose & San Jose Giants Ball Park

Party wristband – $10 (advance) – includes:
- DJ entertainment
- Video board
- Karaoke
- Party dance lessons
- Balloon art
- Face painting

Food voucher – $8 – includes:
- Choice of hot dog, hamburger or chicken sandwich
- Choice of chips, cookie or fruit salad
- Non-alcoholic beverage

Number of wristbands ............................................ X $10 each = $ ______
Number of food vouchers ..................................... X $8 each = $ ______

Advance orders must be received by July 17. Wristbands at the gate: $12

Party wristbands will be available for pickup at ISI registration.

Make checks payable to Ice Skating Institute.
Mail form and payment to: ISI-Events
6000 Custer Rd., Building 9
Plano, TX 75023
Perhaps you’ve attended an ISIA Education Foundation Benefit on Ice Show at a previous Worlds competition. If so, you know what all the excitement is about — the Benefit Show is the highlight of Worlds week every year. And if you have never had the opportunity to experience this fantastic ice skating exhibition, this is your year!

The show will be held at Sharks Ice at San Jose on Friday, July 31. The show will be headlined by a soon-to-be announced “celebrity” skater. Sasha Cohen, Emily Hughes, Evan Lysacek and Mirai Nagasu are just a few of the champions and Olympians who have starred in Benefit on Ice.

In addition to the featured skater, the show will be built around Worlds participants invited by a selection committee to give repeat performances of particularly memorable routines from the week of competition, representing the true diversity of the Ice Skating Institute. This means that every skater at every skill level has the same opportunity to be chosen. As always, the diverse lineup will include skaters representing a variety of ages, skating levels, events and home arenas from all over the country.

Don’t forget the Education Foundation’s Skate with a Star raffle, in which two solo performances in the show will be awarded to the lucky raffle winners. Tickets will be sold throughout the week for $5 each, or five tickets for $20. The drawing will be held on Wednesday, July 29 at the Backyard Ball Park BBQ competitors’ party. The raffle has become a popular feature of Worlds week and an important component of the Foundation’s fundraising program for annual scholarship endowment.

Seating in the arena will be limited, but general admission tickets are still available until July 17 at a special reduced price of $22. Sold-out Benefit Shows are not uncommon, but if tickets are still available, they may be purchased at the door for $25.

The Foundation offers a special group admission rate of $20 for 25 or more. This offer, which also expires on July 17, is perfect for your rink or synchro team. Advance ticket orders should be placed with the ISI office in Dallas; the order form can be found on the next page of this issue or on the ISI Web site at www.skateisi.org. Prepaid tickets will be available for pick-up at the Worlds registration desk.

All the proceeds from both the raffle and the Benefit Show will be used to endow the ISIA Education Foundation Scholarships to be awarded in May 2010. What a great opportunity to make a difference and have some fun at the same time.

See you at the show!
Benefit on Ice!
Support the ISIA Education Foundation at Worlds 2009!

Friday, July 31 • 7pm • Sharks Ice at San Jose • San Jose, CA

The ISIA Education Foundation Benefit on Ice Show is always the highlight of ISI Worlds week, and this year will be no exception.

The Benefit Show scouting team will be observing competitors at all levels throughout the week, selecting participants to join in the Friday night ice skating extravaganza.

If you’re selected, you’ll have the unique privilege of sharing the program spotlight with ISI peers as well as a soon-to-be-announced champion guest skater. Previous featured guests have included such notable figure skating stars as Sasha Cohen, Evan Lysacek, Emily Hughes and Mirai Nagasu.

Whether you’re on the ice or in the stands, this year’s Benefit on Ice will be an evening you won’t forget.

Seating is limited. Reserve your tickets now!

$22 before July 17
$25 at the door (if not sold out)
$20 group sales (25 or more tickets through the ISI office prior to July 17)

Payment Method:
- Check/Money Order
- Visa
- MasterCard
- Discover
- American Express

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

Name for ticket pickup at registration

Card #                   Exp. Date

Billing address

Cardholder’s name   Telephone (required)

Signature
Participation in the ISI Artistic Challenge doubled in 2008, making it the biggest Artistic competition to date and demonstrating the appeal of showcasing creativity and enjoying a break from technical scores. Teams from as far away as Great Neck, N.Y. and Honolulu made the trip to Burbank, Calif. in December for the fourth annual Artistic Challenge.

The new Ensemble and Rhythmic Skating events, originally created specifically for Artistic Challenge, continue to grow in popularity, and were offered in 2008 for the first time at several other ISI national events. Host team Pickwick Ice Center of Burbank, Calif. brought 97 skaters to Artistic Challenge and claimed first place in overall team points.

“This is such a great event because everyone is a ‘star’ out there having fun,” said Pickwick’s Joan Chanel, the oldest Artistic Challenge participant at age 67. “It seemed to be not so much about the medals, but the love of skating and performing! Everyone felt like a winner, young and old cheering for each other. That’s what skating is all about. The audience was given a great show. Thank you so much, ISI, for this competition!”

The 2009 Artistic Challenge is set for Dec. 4-6 in Fort Myers, Fla.

<table>
<thead>
<tr>
<th>2008 Artistic Challenge Final Standings</th>
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Dec. 5-7, 2008
Pickwick Ice Center • Burbank, Calif.

by Lori Fairchild

Artistic Challenge
Skaters Glide into the Spotlight

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Adult Champs
Making Miracles
on Ice at Lake Placid

by Dianne Powell

Watching Olympic skaters gracefully glide across shimmering ice, completing complicated maneuvers with style and seeming ease as euphoric smiles of accomplishment brighten their faces causes ice skaters of all levels to dream of what could be or might have been. Olympic dreams are contagious and spring eternal in skating enthusiasts of all ages. For adult skaters in the 2009 ISI Adult Championships, the fantasy of skating on Olympic ice can come true Oct. 2-4 at the Olympic Center in Lake Placid, N.Y. This will mark the first time an ISI national event has been held at the historic arena in this picturesque Adirondack village.

Lake Placid was the site of two Winter Olympics: in 1932, when figure-skater-turned-movie-star Sonja Henie won the second of her three Olympic gold medals, and in 1980, when the U.S. Olympic hockey team upset the Soviets to take the gold in what is now widely known as the “Miracle on Ice.”

Lake Placid has helped hone the skills of legendary skaters and coaches such as: Ron Ludington, a four-time U.S. pairs champion and 1960 Olympic bronze medalist who spent 10 summers coaching at Lake Placid; Gus Lussi, who coached Dick Button and Dorothy Hamill; and Olympic gold medalist Sarah Hughes. Lake Placid’s Olympic Center also offers hockey, curling, concerts and other events and is the site of the Olympic Oval, where speed skater Eric Heiden won five Olympic gold medals.

ISI Adult Championships skaters will not only have the unique opportunity to skate in a venue shared by skating legends, they’ll also get to tour the 1932 and 1980 Winter Olympic Museum with its video booths, exhibits and equipment used by some of the world’s greatest athletes.

Imagine the photographic images of you in this Olympic village that you’ll share with friends back home. Look forward to donning your Adult Championships medals and telling your friends, “I own a place in history with the skating greats; I competed at Lake Placid. I made my own ‘Miracle on Ice.’”

As if skating on Olympic ice weren’t enough enticement to join the fun at the 2009 ISI Adult Championships, you’ll enjoy the added treat of a magnificent natural setting. “Breathtaking,” “spectacular” and “stunning” are descriptions often afforded the Adirondack Mountains. Moderate weather with highs in the upper 50s and colorful autumn foliage make October a fabulous time of year to visit Lake Placid.

Soak up the grandeur of the natural surroundings, partake in nature’s beauty by hiking beautiful trails and reward yourself with stunning views in a drive up Whiteface Mountain Veterans Memorial Highway, the only road that takes you to the top of an Adirondack High Peak.

Be sure to allow time to tour the various impressive Olympic venues such as: the Ski Jumping Complex with its stately towers; the Freestyle Aerial Training Center with its 75,000-gallon pool used for training freestyle aerials, skiing and snowboarding; and the Olympic Sports Complex, home of the bobsled/luge/skeleton run and other events.

The entry deadline for the 2009 ISI Adult Championships is Aug. 15. Be sure to register for the new Open Freestyle events, which are being offered at Adult Champs for the first time. These new events do not have any required skating maneuvers, so skaters can choose their best moves as long as they follow the maneuver limitation levels. See all the new Open Freestyle event details in this issue’s Competitors’ Corner.

The medals you take home are sure to be accompanied by treasured memories of an event where, in the spirit of true Olympians, you put forth your best efforts in a legendary location and a competition filled with fantastic fun, athletic fellowship and adult camaraderie.
ISI Adult Championships

Oct. 2-4
Entry deadline: Aug. 15

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

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

Take in the Adirondack mountain views, some Main Street shopping, a spa visit. And, as you always do, have the time of your life!

FOR MORE INFORMATION
skateisi.org
lakeplacid.com
orda.org
Winter Classic
Skaters Blaze a Trail to Dallas
Dr Pepper StarCenter • Plano, Texas
by Lori Fairchild

Nearly 760 ISI skaters ranging in age from 3 to 72 gathered at the Dr Pepper StarCenter and PSA StarCenter in the Dallas suburb of Plano, Texas for this year’s Winter Classic.

The Ice Crystals of Eagan, Minn. made their 16-hour trip in a bus, but cramped quarters and lack of rest did not appear to have taken a toll on their enthusiasm for the big event. Others who traveled a great distance included teams from Michigan, Florida and Mexico.

Outstanding organization and many helping hands from the host facilities, ISI staff and other local participating arenas contributed to the smooth success of the Classic. Pleasant Dallas weather and that positive ISI spirit completed the Valentine’s weekend package.

“We had so much fun at Winter Classic!” said Amy Carey, mother of 6-year-old Lauren Carey who skates at Dr Pepper StarCenter-Plano. “This was certainly a fun and bustling competition that continued to emphasize so many positive elements of the sport of figure skating. Lauren made some new friends, challenged herself and had fun. Congrats on a wonderful event!”

The competition schedule included a combined total of 2,180 individual and team entries, for more than 75 hours of competition over three days on three rinks.

Next year, the 25th Annual ISI Winter Classic will be held Feb. 12-14 in Anaheim, Calif.

2009 Winter Classic Final Standings
For a complete list of results, go to www.skateisi.org.

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2009 MIAMI UNIVERSITY
summer skating camps

Elite Synchronized Skating Camp
- July 12-17, 2009

Figure Skating Camps
- July 19-24, 2009
- July 26-31, 2009

"ISI Testing each week & USFS Test Session July 31 & August 7"

Synchronized Skating Camp
- August 2-7, 2009

FOR MORE INFORMATION & APPLICATIONS VISIT:
www.ice.muohio.edu
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2008 ISI WINTER CLASSIC

Photography by ActionPhotos.com and ISI members
ISI World Recreational Team Championships

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

ISI skaters know the way to San Jose, where the fun never stops!

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

FOR MORE INFORMATION
skateisi.org
sanjose.org
sharksiceatsanjose.com
The Ice Skating Institute is 50 years old and we’re having a special celebration year — just for you! I hope you are planning to join us for our special 50th Anniversary Skating Championships competition event May 23-25 in Orlando. What better place for a holiday celebration? Even if you won’t be in Orlando, we have some big surprises for all ISI skaters this year.

Have you heard about the new Open Freestyle tests? All Freestyle skaters will now have a choice: follow our traditional Freestyle 1-10 test program or use the new ISI Open Freestyle test program. Skaters who have already passed any ISI Freestyle-level tests can also choose to participate in this new test program. In fact, you can do both the traditional test levels and the new Open Freestyle test levels!

One great new benefit is that U.S. Figure Skating skaters who have already passed the Pre-Preliminary, Adult Pre-Bronze or any higher tests and wish to compete in ISI Freestyle events do not need to pass any previous ISI tests. In the past, the ISI Alpha-Delta and individual Freestyle-level tests were required before USFS skaters could compete at a higher Freestyle level — but not anymore! They only have to take one of the new Open Freestyle tests corresponding to their current USFS test level.

Each skater taking these new tests must be a current ISI Individual or Professional member. All skaters who have not passed USFS Pre-Preliminary, Adult Pre-Bronze or ISI Freestyle 1 test must pass the ISI Alpha-Delta tests before taking the Bronze test.

Another great aspect of these new Open Freestyle tests is that you have the option of choosing the required maneuvers you do best. While you still have to complete all types of skating maneuvers to pass the tests, you can choose your best jump or best spin within each test-level category.

These new tests have the same format, guidelines and general rules as the current ISI Freestyle tests. Each test level consists of two parts: the compulsory maneuvers and the program portion. Skaters must pass the compulsory maneuvers before attempting the program portion of the test. Only one current ISI Professional member is required to judge and pass this equivalency test.

* Skaters can participate in a higher level, but not a lower level, based on the test equivalents.

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### New Open Freestyle tests

<table>
<thead>
<tr>
<th>If the skater has already passed ISI Freestyle tests:</th>
<th>If the skater has already passed USFSA Free Skate tests:</th>
<th>New Open Freestyle level* will be:</th>
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<tr>
<td>Delta or Freestyle 1-3</td>
<td>Pre-Preliminary</td>
<td>Bronze test</td>
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<td></td>
<td>Adult Pre-Bronze</td>
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</table>

Continued on page 20
**ISI Bronze Freestyle Test**

1. Any two jumps from Freestyle 1-3 levels — can be done solo or in combination
2. One additional jump combination with any two jumps from Freestyle 1-3 levels
3. Two spins or spin combinations — can include upright 2-foot or 1-foot and change-foot spins only
4. Two different arabesques — can be forward or backward and on different feet and/or different edges
5. Dance step sequence — either the Freestyle 2 or Freestyle 3 dance step sequence or at least 10 steps of the skaters’ own design and pattern. Should include variety of 3-turns and Mohawks.

**Solo program duration:** 2:00 minutes including all of these required maneuvers and any additional maneuvers from Freestyle 3 and below

---

**ISI Silver Freestyle Test**

1. Any two jumps from Freestyle 4-5 levels — can be done solo or in combination
2. One additional two-jump combination with any two jumps from Freestyle 4-5 levels
3. Two spins or spin combinations — can include upright/sit/camel positions. One spin must be a combination spin with a change of position or a sit spin or a camel spin.
4. Two backward arabesques — must be on different feet
5. Dance step sequence — either the Freestyle 4 or Freestyle 5 dance step sequence or at least 16 steps of the skaters’ own design and pattern. Should include turns such as: 3-turns, Mohawks, brackets, Choctaws, etc.

**Solo program duration:** 2:00 minutes including all of these required maneuvers and any additional maneuvers from Freestyle 5 and below

---

**ISI Gold Freestyle Test**

1. Any two jumps from Freestyle 4-5 levels — can be done solo or in combination
2. One additional two-jump combination with any two jumps from Freestyle 4-5 levels
3. Two spins or spin combinations — can include upright 2-foot or 1-foot and change-foot spins only
4. Two backward arabesques — must be on different feet
5. Dance step sequence — either the Freestyle 4 or Freestyle 5 dance step sequence or at least 16 steps of the skaters’ own design and pattern. Should include variety of 3-turns and Mohawks.

**Solo program duration:** 3:00 minutes including all of these required maneuvers and any additional maneuvers from Freestyle 5 and below

---

**ISI Platinum Freestyle Test**

1. Any two jumps (or jump sequence requirement) from Freestyle 7-10 levels — can be done solo or in combination
2. Two additional jump combinations with at least one double jump in each combination
3. Two spins — one must be a flying camel or flying sit spin
4. One spin combination with at least three different positions and one change of foot
5. Dance step sequence — either the Freestyle 7, Freestyle 8 or Freestyle 9 dance step sequence, or a footwork sequence covering the length of the ice of the skater’s own design and pattern. Should include a variety of turns and edges along with superior control, flow and speed.

**Solo program duration:** 4:00 minutes including all of these required maneuvers and any additional maneuvers

---

**ISI Bronze Freestyle Test Note**

All jump requirements for these tests can have the same jump(s) repeated for different test requirements.

---

**ISI Silver Freestyle Test Note**

Specific passing standard descriptions for the required maneuvers from the current ISI Freestyle 1-10 test maneuvers can be found in the 2008 edition of the Skaters and Coaches Handbook.
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NEW OPEN FREESTYLE EVENTS

After you pass one of the new Open Freestyle tests, then what can you do?

You can compete in the new Open Freestyle competition events at the Bronze, Silver, Gold or Platinum level. All ISI skaters who have already passed the traditional Freestyle 1-10 test levels are not required to pass any additional test before they can also compete in the new corresponding level for the Bronze, Silver, Gold and Platinum Open Freestyle events.

For the Open Freestyle competition events, there are no required maneuvers.

• Bronze-level skaters can do any maneuvers from Freestyle 3 and below.
• Silver-level skaters can do any maneuvers from Freestyle 5 and below.
• Gold-level skaters can do any maneuvers from Freestyle 6 and below.
• Platinum-level skaters can do any maneuvers.

These competition event programs should be well balanced and have the same duration times as the test-level requirements. Even though some duration times for these new levels are slightly longer than the traditional ISI Freestyle events, all ISI Freestyle skaters can use the same Freestyle program to compete in this new event category since there is never any penalty in ISI competitions for skating under the prescribed duration time. Because there is no score for “extra content” in the new Open Freestyle events, the slight difference in duration times won’t be a factor in the overall quality of the program.

The following judging criteria will be used for the new Open Freestyle events: correctness, variety of moves, music interpretation, choreography and pattern, posture, presentation, duration and general overall.

So you also want to participate in other ISI competition events such as Artistic, Footwork, Interpretive, Spotlight, Solo Compulsories and Rhythmic Skating?

No problem! You can sign-up for any or all of these events in the Bronze, Silver, Gold or Platinum levels by following the performance rules for each event. The only ISI Freestyle-level competition events you cannot do by only passing the Bronze, Silver, Gold or Platinum tests are the individual Freestyle events — such as Freestyle 1, 2, 3, etc.

The ISI competition director now has the option to group entries into Bronze, Silver, Gold and Platinum categories for the following ISI events:

• Artistic • Footwork
• Spotlight • Solo Compulsories
• Interpretive • Rhythmic

For example, entries can be grouped with “Artistic 1-2-3” skaters together and with “Artistic Bronze” skaters together in separate groups, or they can be combined into a single “Artistic Bronze” event group. The competition event groups can be further divided based on the entries received and the age of the skaters with no more than nine competitors in any event group.

The event divisions are:

• Bronze - Freestyle 1-3 skaters and Bronze-level skaters
• Silver - Freestyle 4-5 skaters and Silver-level skaters
• Gold - Freestyle 5-6 skaters and Gold-level skaters
• Platinum - Freestyle 7-10 skaters and Platinum-level skaters

Note: ISI Freestyle 5 skaters have a choice of competing in the Silver or Gold event level for each event, i.e. Open Freestyle, Artistic, Spotlight, Interpretive, etc. They must stay in the same level (Silver or Gold) for all events at the same competition.

Solo Compulsory events - If skaters who have only passed the Open Freestyle tests want to compete in a Solo Compulsory event, they must skate in the corresponding levels listed below:

• Bronze - Solo Compulsory Freestyle 3
• Silver - Solo Compulsory Freestyle 5
• Gold - Solo Compulsory Freestyle 6
• Platinum - Choose any Freestyle 7-10 level on the entry form for that competition event.

You think that’s a lot of new stuff? Well, you’re right! We’ve already received many phone calls from excited coaches and skaters about these new tests and the new competition events.

2009 Competition Event Rule Revisions

All ISI skaters and coaches should carefully check the new duration times and maneuver limitations for some ISI events. For all ISI competitions before May 1, the competition director has the option of including these new revisions, so be sure to check with them before you change your current programs. After May 1, these changes are mandatory for all ISI competitions. (See pages 23-25 for the 2009 Rule Revisions.)
In addition to the new Open Freestyle tests and competition events, the following 2009 Revisions are optional for ISI competitions after Jan. 1 and mandatory after May 1, 2009.

Changes for 2009 noted in color.

These new revisions will now make all of our competition events consistent within the same levels. With the announcement of our new Open Freestyle tests and competition events, these changes will also allow more crossover participation in more ISI competition events.

Please note: Even though some duration times below have increased, it is still possible for all skaters to use their current program routines since there is never any penalty for skating under the prescribed event duration times.

In the events below with a new longer duration time, there is no “extra content” or technical score, so using a shorter program for those events will not affect the judging of the program.

1. Skaters who have passed the USFS Juvenile Free Skate test can compete no lower than ISI Freestyle 6 level.

2. Skaters who have passed the USFS Adult Pre-Bronze Free Skate test can compete no lower than ISI Freestyle 2 level.

3. SOLO SPOTLIGHT divisions will be as follows:

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<tr>
<th>Category</th>
<th>Test Levels</th>
<th>Duration</th>
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4. COUPLES SPOTLIGHT divisions will be as follows:

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5. ARTISTIC EVENT divisions will be as follows:

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<td>FS4 and below</td>
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<tr>
<td>Freestyle 4-5 / Open Silver</td>
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<td>FS6 and below</td>
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<tr>
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6. RHYTHMIC SKATING EVENT divisions will be as follows:

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<td>Freestyle 4-5 / Open Silver</td>
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7. INTERPRETIVE EVENTS – the following maneuver limitations will apply:

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</tr>
<tr>
<td>Freestyle 6-10 / Open Gold / Open Platinum</td>
<td>Any maneuvers</td>
</tr>
</tbody>
</table>

Continued on page 24
8. SYNCHRONIZED SKATING AND SYNCHRONIZED FORMATION EVENTS – The 5 basic elements (Block, Circle, Line, Intersection and Wheel) will each be added in both events as a separate Judge Criteria score.

If more than one of the same element is skated during the routine, as for all other ISI competition events, the best performance will be used as the element score and the additional elements will be scored under Technical Merit or Correctness.

There are many variations of each element. The descriptions below are the minimum requirements. If performed well, adding features such as step sequences, changes of hold, changes of configuration, changes of rotation and traveling can increase the difficulty of the element.

Block: An element where skaters are arranged in a minimum of 3 lines. The lines may be a straight, diagonal, curved or circular pattern. The lines of skaters should be straight with all skaters evenly spaced.

Circle: The shape should be round with even spacing between the skaters. There should not be any pulling or tugging between skaters.

Line: The line can be skated in one straight line, parallel lines, diagonal lines, etc.

Intersection: Any element where one half of the team intersects the other half of the team. No backward spirals are allowed.

Wheel: An element where all of the skaters rotate around a common center point. It can be done in different formations including 2-, 3-, 4- and 5-spoke wheels and parallel wheels. All spokes of the wheel should be straight and the lean of the skaters should be in the same direction.

9. SYNCHRONIZED FORMATION COMPULSORY EVENTS – Each element below is to be performed only one time, in any order. If performed more than once, as per all other ISI competition events, the first performance will be scored. Extra elements can be performed but won’t be judged. Vocal music is acceptable.

Forward Line: Must be performed in shoulder hold to cover at least half of the ice surface and consist only of forward strokes or marching.

Forward Circle: No change from the previous requirement description.

Forward Two-Spoke Wheel: No change from the previous requirement description

Forward Block: Must be performed in shoulder hold covering at least half of the ice surface. Any forward skating steps may be performed; however, no additional moves such as arabesques, lunges, bunny hops, etc. are allowed.

10. SYNCHRONIZED SKATING COMPULSORY EVENTS – Each element below is to be performed only one time, in any order. If performed more than once, as per all other ISI competition events, the first performance will be scored. Extra elements can be performed but won’t be judged. Vocal music is acceptable.

Line: No change from the previous requirement description.

Footwork Block: A block of at least three lines consisting of any skating steps and turns that covers the length of the ice. The block may change direction, and changes of hold are also permitted.

Circle: No change from the previous requirement description.

Wheel: No change from the previous requirement description.

Intersection: Any intersection or combination of intersections in which one half of the team moves through the other half of the team. If multiple intersections are performed, they must be continuous. Team members may perform different steps.
## 2009 ISI Competition Events

### Recreational Ice Skating, Spring 2009

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<tr>
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<th>Footwork Duration</th>
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</table>
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Everything from Sonja Henie in Sun Valley
Serenade to Sarah Hughes gold medal performance at the 2002 Olympics.

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CAN YOU FIND 10 THINGS THAT HAVE BEEN CHANGED IN THE PICTURE BELOW? (YOU CAN HAVE FUN COLORING BOTH PICTURES, TOO!)

Calendar

ISI-endorsed competitions & shows/exhibitions
Deadline for the next RIS calendar: April 15

competitions

march
20-22  Pleasant Prairie WI
   Pleasant Prairie IcePlex
   District 8 Team Championships
21-22  Fairview Heights IL
   US Ice Sports Complex
   8th Annual Spring Fling Invitational
21-22  Annapolis MD
   Brigade Sports Complex
   Skate Annapolis 2009
22    Dallas TX
   Galleria Ice Skating Center
   25th Annual State of Texas ISI Team Competition
27-29  Riverside CA
   Ice Town
   Riverside Open
27-29  Hartland MI
   Hartland Ice House
   Spring Fling
28-29  Peoria IL
   Owens Recreation Center
   Spring Thaw 2009
28-29  Yorktown VA
   Hampton Roads IcePlex
   2nd Annual Spring Fling
28-29  San Francisco CA
   Yerba Buena Ice Skating Center
   Golden Gate Skate
29    Franklin Park IL
   Franklin Park Ice Arena
   KICKLine Synchronized Skating Competition

april
3-5    Knoxville TN
   Ice Chalet
   40th Annual Robert Unger ISI Competition
3-5    Tacoma WA
   Sprinker Recreation Center
   22nd Annual ISI Spring Fever Team Competition
3-5    Orleans MA
   Charles Moore Arena
   31st Annual ISI Team Competition
4-5    Anaheim CA
   KHS Ice Arena
   Jump Into Spring Annual ISI Open Competition
4-5    Saratoga Springs NY
   Saratoga Springs FSC
   12th Annual Saratoga Springs Invitational
4-5    Soldotna AK
   Soldotna Sports Center
   Riverskate
4-5    Little Falls NJ
   Floyd Hall Arena
   District 3 Skate for Knowledge Championships
4-5    Newark DE
   University of Delaware Ice Arena
   ISI District 4 Championships

may
1-3    Sherwood OR
   Sherwood Ice Arena
   Spring Classic
2-3    Fairfax VA
   Fairfax Ice Arena
   2009 Spring ISI Competition
2-3    Pasadena CA
   Pasadena Ice Skating Center
   25th Annual ISI Open Competition

june
5-7    New York NY
   Sky Rink @ Chelsea Piers
   23rd Annual ISI Team Competition
19-21  Clearwater FL
   Clearwater Ice Arena
   23rd Annual ISI Competition

july
9-11   Honolulu HI
   Ice Palace
   2009 ISI Hawaiian Open

august
1      Gurnee IL
   Rink Side Family Entertainment Center
   The Summer Chiller
8      Orland Park IL
   Arctic Ice Arena
   3rd Annual Arctic Heat Wave

september
11-13  Clearwater FL
   Clearwater Ice Arena
   District 18 Championships
18-20  Arlington TX
   ICE at The Parks
   6th Annual Open Competition
### October

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-4</td>
<td>Lake Placid NY</td>
<td>Olympic Center, ISI Adult Championships</td>
</tr>
<tr>
<td>24</td>
<td>Simi Valley CA</td>
<td>Iceoplex Simi Valley, 7th Annual ISI Open Competition</td>
</tr>
<tr>
<td>24-25</td>
<td>Rockland MA</td>
<td>Winterland Skating School, 23rd Annual Halloween Classic</td>
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### November

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>6-8</td>
<td>Montgomery AL</td>
<td>K Lynn Skating School, 1st Annual Competition</td>
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### December

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Event Details</th>
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</thead>
<tbody>
<tr>
<td>4-6</td>
<td>Fort Myers FL</td>
<td>Fort Myers Skatium, ISI Artistic Challenge</td>
</tr>
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### Shows & Exhibitions

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Location</th>
<th>Event Details</th>
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</thead>
<tbody>
<tr>
<td>March</td>
<td>20-21</td>
<td>Luverne MN</td>
<td>Blue Mound Ice Arena, Melodies on Ice</td>
</tr>
<tr>
<td></td>
<td>20-21</td>
<td>Norwich CT</td>
<td>Norwich Skating School, Dorothy's Journey Through OZ</td>
</tr>
<tr>
<td></td>
<td>20-22</td>
<td>Oak Park IL</td>
<td>Ridgeland Common, Awesome Action and Adventures</td>
</tr>
<tr>
<td></td>
<td>21</td>
<td>Springfield MA</td>
<td>FMC Ice Sports-Forest Park, Anything Goes</td>
</tr>
<tr>
<td></td>
<td>21</td>
<td>Laconia NH</td>
<td>Central New Hampshire Skating Academy, Spring Show</td>
</tr>
<tr>
<td></td>
<td>22</td>
<td>Bremerton WA</td>
<td>Bremerton Ice Center, Dance thru the Decades 5th Annual Ice Show</td>
</tr>
<tr>
<td></td>
<td>22</td>
<td>Franklin MA</td>
<td>Franklin Blades Skating School, Showtime '09</td>
</tr>
<tr>
<td></td>
<td>27-28</td>
<td>Joliet IL</td>
<td>Inwood Ice Arena, Skate TV</td>
</tr>
<tr>
<td></td>
<td>28-29</td>
<td>Stevens Point WI</td>
<td>KB Willett Ice Arena, One Hit Wonders on Ice</td>
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### April

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>3-5</td>
<td>Jefferson City MO</td>
<td>Washington Park Ice Arena, Continental Tours</td>
</tr>
<tr>
<td>4</td>
<td>Breckenridge CO</td>
<td>Stephen C. West Ice Arena, Spring Skate Show: VMA's on Ice</td>
</tr>
<tr>
<td>5</td>
<td>Brentwood MO</td>
<td>Brentwood Ice Arena, Once Upon the Ice… Dreams Come True</td>
</tr>
<tr>
<td>17-18</td>
<td>Carol Stream IL</td>
<td>Carol Stream Ice Rink, Stars and Stripes</td>
</tr>
<tr>
<td>23-25</td>
<td>Champaign IL</td>
<td>University of Illinois Ice Arena, Animation Celebration</td>
</tr>
<tr>
<td>24-25</td>
<td>Newark OH</td>
<td>Lou &amp; Gib Reese Ice Arena, Skate in High Definition</td>
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<tr>
<td>24-25</td>
<td>Rapid City SD</td>
<td>Roosevelt Park Ice Arena, Viva Las Vegas</td>
</tr>
<tr>
<td>24-26</td>
<td>Park Ridge IL</td>
<td>Oakton Ice Arena, Still Rockin’ After 40 Years!</td>
</tr>
<tr>
<td>24-26</td>
<td>Chicago IL</td>
<td>McFetridge Sports Center, Skating… In Color</td>
</tr>
<tr>
<td>24-26</td>
<td>Roseville MN</td>
<td>Roseville Skating Center, 40th Annual Everything’s Coming Up Roseville</td>
</tr>
<tr>
<td>24-26</td>
<td>White Bear Lake MN</td>
<td>White Bear Lake Sports Center, Dancin’ Tunes Skate &amp; Groove</td>
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<tr>
<td>24-26</td>
<td>Eden Prairie MN</td>
<td>Eden Prairie Community Center, What’s on Your iPod</td>
</tr>
<tr>
<td>26</td>
<td>Sioux Falls SD</td>
<td>Sioux Falls FSC, United Skates</td>
</tr>
<tr>
<td>30-May</td>
<td>Minnetonka MN</td>
<td>Minnetonka Ice Arena, 35th Annual Silver Skates Revue</td>
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### May

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<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>1-2</td>
<td>Downers Grove IL</td>
<td>Downers Grove Ice Arena, Stars and Stripes</td>
</tr>
<tr>
<td>1-2</td>
<td>Minneapolis MN</td>
<td>Parade Figure Skating Club, Instant Replay</td>
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<tr>
<td>1-3</td>
<td>Glenview IL</td>
<td>Glenview Ice Center, 36th Annual Ice Show</td>
</tr>
<tr>
<td>1-3</td>
<td>West Dundee IL</td>
<td>Leaf’s Ice Centre, Starry Starry Ice</td>
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<tr>
<td>2</td>
<td>Marlboro MA</td>
<td>FMC Ice Sports-Marlboro, Summer Dance Party</td>
</tr>
</tbody>
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### June

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>13-14</td>
<td>Boxborough MA</td>
<td>Nashoba Valley Olympia, Ice Magic</td>
</tr>
<tr>
<td>22</td>
<td>Arlington TX</td>
<td>ICE at The Parks, Summer Time</td>
</tr>
</tbody>
</table>

### December

<table>
<thead>
<tr>
<th>Date</th>
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<th>Event Details</th>
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<tbody>
<tr>
<td>7</td>
<td>Luverne MN</td>
<td>Blue Mound Ice Arena, We’ll Skate, You Donate</td>
</tr>
<tr>
<td>18-19</td>
<td>Simi Valley CA</td>
<td>Iceoplex Simi Valley, Lion Kings on Ice</td>
</tr>
<tr>
<td>19</td>
<td>Arlington TX</td>
<td>ICE at The Parks, Holiday in The Parks</td>
</tr>
</tbody>
</table>
classified advertising

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3. Skating is fun — so SMILE!

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