

recreational

# IceSkating

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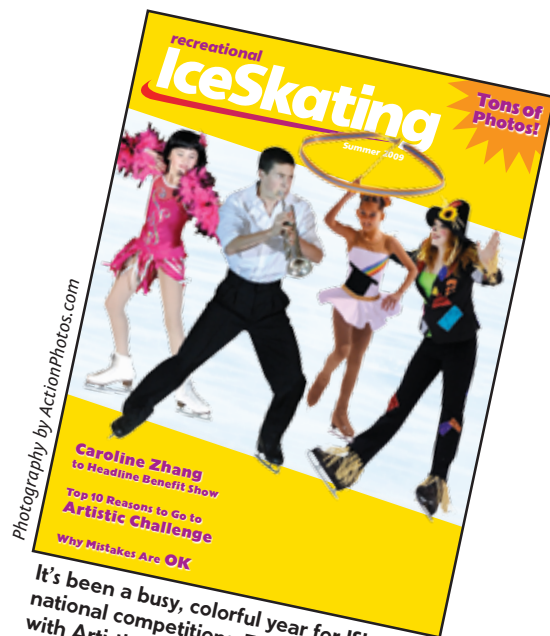
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Recreational Ice Skating

Summer 2009/Vol. 33, Number 4



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## ► the write stuff

# letters from our readers

I love figure skating! I am in Freestyle 3, almost passing into 4. I'd really like a pen pal who is in FS1-FS3. My coach is teaching me my sit spin. I just mastered my toe loop and my change-foot spin. I love the feeling of when I land a really good jump and land it perfectly, without kicking it. (My coach says I kick when I check out of jumps.) I'd like a pen pal who can keep in touch daily. I want to help my pen pal with their maneuvers, and they could help me with mine. I really want a funny, awesome, friendly pen pal!

**Abby Saggio, 11, FS3**  
**Nashoba Valley Olympia**  
**Milford, Mass.**

I have been skating for about four years, and I had to take a six-month break because I badly sprained my ankle. I have landed a loop, and I am about halfway to my flip. I just can't land it on one foot. I am on my change-foot and scratch, and starting the very basics of my camel. I'd like someone my age and level, and they should know my jumps have always been ahead of my spins. MUST BE FUNNY!

**Rebecca Rice, 11, FS2-3**  
**First Arena**  
**Elmira, N.Y.**

I love to ice skate! I have skated for four years. I have always wanted a pen pal. I solo compete and I am on a synchronized skating team called Fire On Ice. I want a pen pal who is on the same level, or at least close. I also want a skater around the same age.

**Tori Churin, 10, FS4**  
**Southwest Ice Arena**  
**Crestwood, Ill.**

I love skating! I have been a skater for five and a half years. I would love someone around my age and level. I'm working on my Axel. I would love someone to talk to about it. My favorite jump is a Lutz. I was on a synchro team for a year.

**Shira Brandhandler, 12, FS5**  
**Skokie Skatium**  
**Wilmette, Ill.**

## Pen Pal Requests

The following ISI members would like pen pals. If you would like to contact any of them, please send an e-mail with the required information (your name, ISI member number, age, skating level, arena and city/state) to editor@skateisi.org.

**Shula Horton, 8, Beta/Gamma**  
Skatium  
Skokie, Ill.

**Amanda Fennell, 10, FS5**  
Fredericksburg, Va.

**Lilly Beck, 12, FS1**  
RMU Island Sports Center  
Pittsburgh, Pa.

## In Memory

Longtime ISI member Hugh John Devore passed away on May 9 at the age of 80 following a long illness.

Known among his friends as "Hoodie," Hugh started ice skating at age 52 and participated in as many as six events at ISI Worlds competitions. He lived in Bloomfield, N.J. and was affiliated with the North Jersey Figure Skating Club at the Fritz Dietl Ice Skating Rink in Westwood, N.J.

"Hoodie was probably one of the most recognized adult skaters in the '70s, '80s and '90s. His programs as well as his costumes were priceless," said Rick Breitweiser, president of the North Jersey FSC.

# HOW TO GET YOUR NAME, LETTER OR PHOTO PUBLISHED

Following these simple guidelines will help you make it into the pages of Recreational Ice Skating magazine! Please note that ISI has more than 30,000 individual skater members and a limited number of magazine pages each quarter, so we cannot guarantee placement — but here is what you need to do to increase your odds.

## LETTERS

- **You MUST include everything in this 6-point checklist:**
  1. Your full name
  2. Your ISI member number (the number on your magazine mailing label and membership card)
  3. Your age
  4. Your ISI test level
  5. The name of your arena
  6. Your city and state
- If you have a skating question, be as specific as possible. Technical questions are 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. Please send your correspondence to: **editor@skateisi.org**.

## PEN PALS

- Pen pal requests are accepted via e-mail only, to **editor@skateisi.org**.
- You MUST include all information in the 6-point checklist, above, when requesting a pen pal or a listing.
- Members' e-mail addresses are never published in the magazine.
- NOTE: We do not "match up" pen pals. We simply publish your requests and forward your letter to specifically requested members. The ISI does not guarantee or monitor member-to-member correspondence.

## PHOTOS

We love to receive your photos! However, please note that, first, we receive hundreds and sometimes even thousands of images from a single event; and second, there are certain criteria that photos must meet in order to be considered for publication. If you follow these guidelines, you are more likely to see one of your photos in print:

1. **Only high-resolution images will be accepted.**  
Make sure your camera is set on the highest resolution when the photos are taken; manipulating the photos in an image-editing program after the photos are taken does NOT increase resolution!
2. **Photos must be sent as individual jpg attachments.**  
Please do not send photo collages or photos pasted into your e-mail document. You may send multiple images in a single e-mail, and "zip" or "stuff" them if you wish. No links to photo Web sites or online photo albums, please!
3. **Limit the number of photos you send to a few (three to five) of your favorites.** Sending dozens does not increase your chances of publication.
4. **Choose the very BEST shots you have.** Pay attention to background and clarity. We like to see happy, smiling faces that illustrate what recreational ice skating and ISI are all about. Say CHEEEEESE!
5. **Please note that individual photo selection is random in terms of identification.** We attempt to prevent publication of multiple images of the same individuals in a given issue, but duplication can sometimes occur. Selection is based primarily on variety and quality.

**Good luck!**



# SYNCHRO CHAMPS

## Draws 116 Teams

by Lori Fairchild

**A**n impressive roster of 116 synchronized teams made up of 1,341 competitors from 10 states resulted in non-stop action both on and off the ice during the ISI 2009 Synchronized Championships.

Arctic Ice Arena in the Chicago suburb of Orland Park, Ill. hosted this year's successful Synchro competition April 17-19.

"The Arctic Ice Arena staff and volunteers were fantastic to work with, and helped make this major event run smoothly and efficiently," said Randy Winship, ISI director of skating programs and events. "As always, our skaters, parents, coaches and judges exhibited the true ISI spirit of friendly participation."

Competitors traveled to Chicago from as far away as California, and made the most of their journey by visiting such famous local attractions as Navy Pier and the Sears Tower.

Next year the Synchronized Championships competition moves to the beautiful new state-of-the-art Goggin Ice Center on the campus of Miami University in Oxford, Ohio. Mark your calendar for March 26-28! (See results and photos on pages 8-11.)



*St. Louis Synergy coaches Ramona Peterson and Karen Giedeman accept the Boyd Wietector Trophy, awarded to the team that wins the Teen Premier Round at the ISI Synchronized Championships.*



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**Jeremy Abbott**

2009 U.S. National Champion  
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## April 17-19 · Arctic Ice Arena · Chicago

### FINAL ROUND EVENT RESULTS

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

### COMPULSORY TEAMS

#### Youth Formation Compulsory

- 1 Angelettes ..... Garfield Heights FSC
- 2 Arctic Snowflakes ..... Lou & Gibb Reese Ice Arena
- 3 St. Louis Petite ..... Brentwood Ice Arena

#### Youth Skating Compulsory

- 1 Synchro Panache ..... Minneapolis/Augsburg Arena

#### Sr. Youth Skating Compulsory

- 1 Synchro St. Louis Ice Gems ..... City of St. Peters Rec-Plex
- 2 St. Louis Esprit ..... Brentwood Ice Arena

#### Teen Skating Compulsory

- 1 Synchro St. Louis Diamond Edges ..... City of St. Peters Rec-Plex
- 2 Synchro Panache ..... Minneapolis/Augsburg Arena
- 3 Capital Classics ..... Washington Park Ice Arena
- 4 The Fine Line ..... Cottage Grove Ice Arena
- 5 Starr Blades ..... Franklin Park Ice Arena

#### Adult Skating Compulsory

- 1 Rhythm 'N' Blades ..... Coral Ridge Ice Arena



### FORMATION TEAMS

#### Tot Formation

- 1 Junior Icettes ..... Homewood-Flossmoor Ice Arena
- 2 St Louis Synergy ..... Webster Groves Ice Arena
- 3 Arctic Sparks ..... Arctic Ice Arena

#### Jr. Youth Formation - Group A

- 1 St. Louis Rising Stars ..... The Ice Zone
- 2 Synchro St. Louis Emerald Blades ..... City of St. Peters Rec-Plex
- 3 Extreme ..... Rink Side Family Entertainment Center
- 4 Revolution ..... Carlson Ice Arena

#### Jr. Youth Formation - Group B

- 1 Mini Blades ..... Glenview Ice Center
- 2 Dazzlers ..... Downers Grove Ice Arena
- 3 St. Louis Synergy ..... Webster Groves Ice Arena
- 4 Team Chiller Flurries ..... Chiller LLC
- 5 Southgate Twinkling Stars ..... City of Southgate Civic Center

#### Jr. Youth Formation - Group C

- 1 Chicago Skates ..... McPetridge Sports Center
- 2 Ice Crystals ..... Crystal Ice House



#### Youth Formation - Group A

- 1 Teams Elite ..... Northbrook Sports Center
- 2 Arctic Blaze ..... Arctic Ice Arena
- 3 Ice Crystals ..... Crystal Ice House
- 4 Dazzlers ..... Downers Grove Ice Arena
- 5 Southgate Sparkling Stars ..... City of Southgate Civic Center

#### Youth Formation - Group B

- 1 IcePlex Ice Stars ..... Pleasant Prairie IcePlex
- 2 Synchro St. Louis Ruby Edges ..... City of St. Peters Rec-Plex
- 3 Silver Leafs ..... Leafs Ice Centre
- 4 Fire on Ice ..... Southwest Ice Arena
- 5 Icettes ..... Homewood-Flossmoor Ice Arena

#### Youth Formation - Group C

- 1 Stellar Blades ..... Glenview Ice Center
- 2 Precicettes ..... Center Ice of DuPage
- 3 Crystals ..... Winterland Skating School
- 4 Team Chiller Storm ..... Chiller LLC
- 5 Ice Kicks ..... Bielenberg Sports Center
- 6 Arctic Snowflakes ..... Lou & Gibb Reese Ice Arena
- 6 The Jewels ..... Robert Crown Ice Center

### Youth Formation - Group D

- 1 St. Louis North Stars . . . . . The Ice Zone
- 2 Angelettes . . . . . Garfield Heights FSC
- 3 32 Degrees . . . . . US Ice Sports Complex
- 4 Revolution . . . . . Carlson Ice Arena
- 5 St. Louis Petite . . . . . Brentwood Ice Arena

### Adult Formation

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



## SKATING TEAMS

### Jr. Youth Skating

- 1 Teams Elite . . . . . Northbrook Sports Center
- 2 Chicago Jazz Mousettes . . . . . Rolling Meadows Park District
- 3 Royal Ice . . . . . Line Creek Ice Arena

### Youth Skating - Select Round

- 1 Silver Leafs . . . . . Leafs Ice Centre
- 2 The Jewels . . . . . Robert Crown Ice Center
- 3 Tremors . . . . . Yerba Buena Ice Skating Center
- 4 St Louis Synergy . . . . . Webster Groves Ice Arena
- 5 Sparks on Ice . . . . . Winterland Skating School
- 6 Icettes . . . . . Homewood-Flossmoor Ice Arena
- 6 Parade Polar Edge . . . . . Parade Figure Skating Club
- 6 River's Edge . . . . . Quad City Sports Center
- 6 Starr Blades . . . . . Franklin Park Ice Arena
- 6 Team Chiller Blizzard . . . . . Chiller LLC
- 6 Fire on Ice . . . . . Southwest Ice Arena

### Youth Skating - Premier Round

- 1 Junior Blades . . . . . Glenview Ice Center
- 2 Synchro Panache . . . . . Minneapolis/Augsburg Arena
- 3 Chicago Jazz Shooting Stars . . . . . Rolling Meadows Park District
- 4 IcePlex Ice Stars . . . . . Pleasant Prairie IcePlex
- 5 Ice Crystals . . . . . Crystal Ice House
- 6 Angelettes . . . . . Garfield Heights FSC
- 6 Capital Classics . . . . . Washington Park Ice Arena
- 6 Dazzlers . . . . . Downers Grove Ice Arena
- 6 Go Figure Regal Ice . . . . . Line Creek Ice Arena
- 6 Extreme . . . . . Rink Side Family Entertainment Center
- 6 Ice Kicks . . . . . Bielenberg Sports Center
- 6 Synchro St. Louis Jade Blades . . . . . City of St. Peters Rec-Plex

### Sr. Youth Skating - Select Round

- 1 Dazzlers . . . . . Downers Grove Ice Arena
- 2 St. Louis Esprit . . . . . Brentwood Ice Arena

- 3 Oxford Ice Crystals . . . . . Goggin Ice Center
- 3 Southgate Shooting Stars . . . . . City of Southgate Civic Center
- 5 Team Chiller Blast . . . . . Chiller LLC
- 6 Revolution . . . . . Carlson Ice Arena

### Sr. Youth Skating - Premier Round

- 1 St. Louis Synergy-Juvenile . . . . . Webster Groves Ice Arena
- 2 St. Louis Synergy-Open Juvenile . . . . . Webster Groves Ice Arena
- 3 Synchro St. Louis Ice Gems . . . . . City of St. Peters Rec-Plex
- 4 Wisconsin Edge . . . . . Pettit National Ice Center
- 5 Precicettes . . . . . Center Ice of DuPage
- 6 Tremors . . . . . Yerba Buena Ice Skating Center
- 6 Silver Blade Brigade . . . . . Wayne C. Kennedy Rec Complex
- 6 IcePlex Ice Stars . . . . . Pleasant Prairie IcePlex
- 6 Icettes . . . . . Homewood-Flossmoor Ice Arena

### Teen Skating - Select Round

- 1 Ice Kicks . . . . . Bielenberg Sports Center
- 2 Revolution . . . . . Carlson Ice Arena
- 3 Parade Polarettes . . . . . Parade Figure Skating Club
- 4 Team Chiller Avalanche . . . . . Chiller LLC
- 5 Gold Blade Brigade . . . . . Wayne C. Kennedy Rec Complex
- 6 Robert Crown Jewels . . . . . Robert Crown Ice Center
- 6 Southgate Ice Stars . . . . . City of Southgate Civic Center
- 6 Winterettes . . . . . Winterland Skating School

### Teen Skating - Premier Round

- 1 St. Louis Synergy . . . . . Webster Groves Ice Arena
- 2 Synchro St. Louis Diamond Edges . . . . . City of St. Peters Rec-Plex
- 3 Synchro Panache . . . . . Minneapolis/Augsburg Arena
- 4 Icettes . . . . . Homewood-Flossmoor Ice Arena
- 5 Go Figure Imperial Ice . . . . . Line Creek Ice Arena
- 6 Starr Blades . . . . . Franklin Park Ice Arena
- 6 IcePlex Ice Stars . . . . . Pleasant Prairie IcePlex
- 6 Silver Leafs . . . . . Leafs Ice Centre
- 6 Capital Classics . . . . . Washington Park Ice Arena

### Adult Skating

- 1 Texas Chilly Peppers . . . . . Dr Pepper StarCenter - Farmers Branch
- 2 Capital Ice . . . . . Skatetown
- 3 Revolution . . . . . Carlson Ice Arena
- 4 Rhythm 'N Blades . . . . . Coral Ridge Ice Arena
- 5 Classic Reflections . . . . . US Ice Sports Complex

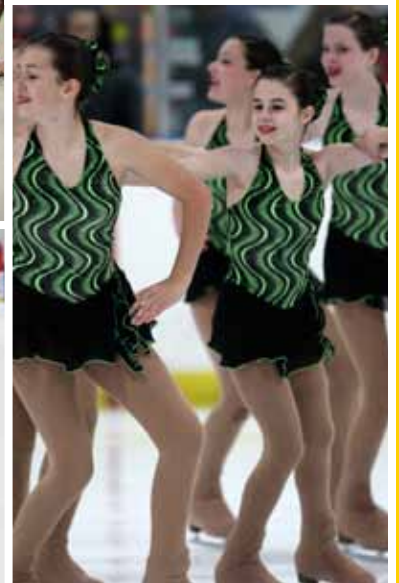
### Adult Master Skating

- 1 Kettering Ice Kadettes . . . . . Kettering Adult Figure Skating Club
- 2 Radiance on Ice . . . . . International Ice Center

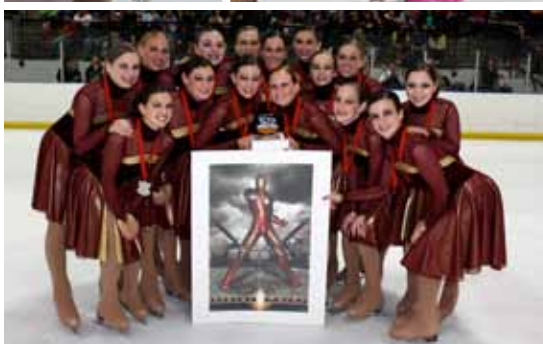
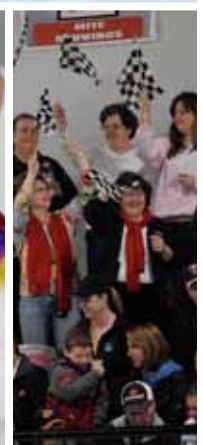




# 2009 ISI Synchroni



# ized Championships





Alane Swiderski is the director of skating programs for FMC Ice Sports.

# Summer Practice:

## *The Sunny Side of Skating*

by Alane Carin Swiderski, CAP

When summer arrives and fun-seekers head to the beaches and ball fields, ice rinks can be left behind in wintry memories, like skates stored away in the garage waiting for next year. But as the temperature rises with the bright summer sun, consider keeping those skates handy. Ice rinks are a great place to go on a rainy summer afternoon or when the temperature rises a little too high. In an ice rink, everyone — young and old — can stay active in a cool environment, out of the sun's heat and harmful rays.

Skaters who take classes during the regular season can benefit and improve from summer skating, which can make the investment of the regular season worthwhile. While it's good to be involved in other sports for cross-training and variety, taking several months off from skating can have a frustrating effect on progress and strength. Even skating once a week reinforces consistent, repetitious movements that build strength and muscle memory throughout the entire body, which get lost after too much time off.

Perhaps what isn't so obvious about skating is that the movements are contrary to our body's natural function. It's not often that we find ourselves gliding on one leg, stretching one leg out with our toe pointed and hip open, leaping into the air or spinning. Therefore, a skater's body needs to be introduced to these motions, trained to accept them and then strengthened to be able to do the movements well and with more speed, agility and strength. Consistent practice allows this to happen and in turn maintains steady progress.

What also might not be so obvious is the importance of having the opportunity and ability to practice on your own. All skating maneuvers are made up of a specific sequence of movements that, in the right combination, produce a desired result. Practice provides you the opportunity to create the necessary relationship with your body to learn those required movements, commit them to memory, be able to call on them at will and, finally, be able to do them under pressure.

Since you can't see yourself skate, you have to learn to feel your movements and know when you are making the right ones, which is much harder

than it seems. For example, if you had to consciously think about all of the movements it takes to pick up a glass and drink from it, that simple task would be time-consuming and tedious. It's much easier when you don't think about it and just do it. However, at some point in your life, you had to learn that skill. At the start, you had to think about the movements in order to do them right. With time and practice, you were able to commit the movements to memory and be able to lift the glass and drink when you wanted to without issue. Now you are able to do it at will.

There are still times, though, when you're distracted or nervous and you might spill on yourself trying to take a drink. So even a trusted motion you've done for years can still be thrown off under pressure. Skating is the same way. It's not just the challenge of learning the skill, but being able to do it at will and under heightened circumstances. With practice the entire process is attainable, so even a few months can make a big difference.

Make no mistake, lessons are important. Skaters need to learn the skill and get feedback on how they are performing. However, many aren't aware how important practice is to making those lessons worthwhile. A good rule of thumb is for each 30-minute private lesson or 45-minute class, practice at least an additional hour to hour and a half to get the most out of the instruction.

So consider making a trip to the ice rink a part of your summer day. Practice doesn't have to be expensive. Many rinks have summer public sessions and specials that the whole family can enjoy. And since most people don't think of the ice arena on a summer afternoon, the ice probably won't be too busy — a great environment for practice.

Another great option is pre-registered or contracted freestyle ice. Again, since participation may drop in the summer, if you're willing to make a commitment, you might be able to purchase ice time for the entire summer at a great discount. Even skating just once a week is worthwhile when you consider it to be support for the investment you've made over the regular season.

Think of summer as the sunny side of skating — staying healthy and fit, staying cool, staying out of the sun and staying sharp! ●

*Skaters who take classes during the regular season can benefit from summer skating.*

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# ISI Adult Championships



Oct. 2-4

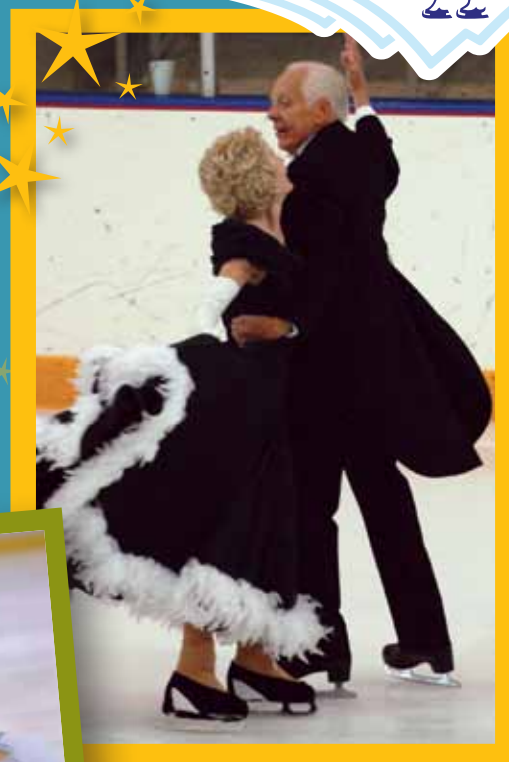
Entry deadline: Aug. 15

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](http://skateisi.org)  
[lakeplacid.com](http://lakeplacid.com)  
[orda.org](http://orda.org)





# A Golden Opportunity to Make History

by Lori Fairchild

**ISI**'s 50th Anniversary offered a golden opportunity for members to make history in a one-time commemorative national skating competition, and nearly 600 competitors ages 2 to 75 jumped at the chance. The event was held May 22-25 at RDV Sportsplex Ice Den in Orlando, Fla., immediately preceding ISI's 50th Anniversary Conference & Trade Show.

"The rink management and staff really pulled out all the stops to make this competition a smooth-sailing success. It was even more involved than most of our national competitions because it was scheduled between the PSA and ISI conferences *and* over the Memorial Day holiday weekend," noted Randy Winship, ISI director of skating programs and events.

The highlight of the four-day competition was the enthusiasm generated by the new Open Freestyle events, he added.

Tampa Bay Skating Academy-Countryside of Clearwater, Fla. claimed Overall Team Champion honors. Center Ice Arena of Delmont, Pa. received the Board of Directors' Award for the small-size team earning the most points among teams placing below the top five. Fredericksburg Ice Park of Fredericksburg, Va. was awarded the Overall Percentage Trophy for the team earning the highest average number of team points per skater.

Turn the page for the 50th Anniversary photo gallery.

## 50th Anniversary Skating Championships Final Standings

PLACE	ARENA	POINTS
1	Tampa Bay Skating Academy-Countryside . . .	1194.5
2	RDV Sportsplex Ice Den. . . . .	681.5
3	Tampa Bay Skating Academy-Oldsmar. . . . .	596.5
4	Clearwater Ice Arena . . . . .	514.0
5	City of Bowie Ice Arena . . . . .	279.0
6	Center Ice Arena. . . . .	249.0
7	Ice Sports Forum. . . . .	233.0
8	Planet Ice . . . . .	224.0
9	Fredericksburg Ice Park. . . . .	217.0
10	Norwich Skating School . . . . .	189.5

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

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# ISI 50th Anniversary Sk



# Skating Championships



# ISI Artistic Challenge

Fort Myers Skatium • Fort Myers, Fla.  
Dec. 4-6  
Entry deadline: Oct. 15

**Showcase your creativity and  
celebrate the art of ice skating!**

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



**FOR MORE  
INFORMATION**

skateisi.org  
fortmyers.org  
fortmyers-sanibel.com  
visitflorida.com  
fmskatium.com



by Randy Winship  
ISI Director of Skating  
Programs & Events

# Summer Time = Fun Time

While you're staying cool in the rink this summer, why not have even more fun preparing a new Open Freestyle event program? Many skaters across the country have already tried this new competition event and really like the new format.

It's the only Freestyle event with no required maneuvers — so you can choose your best stuff, as long as you create a well-rounded program. The judging criteria for the new Open Freestyle events are: correctness, choreography and pattern, variety of moves, posture, music interpretation, presentation, duration and general overall.

Skaters can do any maneuvers from the highest level of their category. The maneuver limitations follow the chart below:

## **Open Bronze (Freestyle 1-3 skaters)**

*Any maneuvers from Freestyle 3 and below*

## **Open Silver (Freestyle 4-5 skaters)**

*Any maneuvers from Freestyle 5 and below*

## **Open Gold (Freestyle 5-6 skaters)**

*Any maneuvers from Freestyle 6 and below*

## **Open Platinum (Freestyle 7-10 skaters)**

*Any maneuvers*

It's possible for Freestyle 5 skaters to choose either the Silver level or Gold level event, so be sure to discuss this option with your coach.

Speaking of events, don't forget our final three national events of our special 50th Anniversary celebration year.



*The first group of skaters to participate in the new ISI Open Freestyle events on a national level competed in the ISI 50th Anniversary Skating Championships in Orlando.*

If you are practicing for the ISI World Team Championships in San Jose, don't forget to check our Web site for all the up-to-date competition and practice ice details. Be sure to order your advance tickets for the spectacular ISIA Education Foundation Benefit On Ice show and also the Backyard Ball Park BBQ party for all competitors and their families.

Adults, grab your friends, pack your bags and get ready for our Olympic retreat! We're off to the historic Olympic Center in Lake Placid, N.Y. for this year's Adult Championships event.

If the sun isn't bright enough for you and you want to be in the spotlight, join us in sunny Florida in December for our fifth annual Artistic Challenge event. With the focus on FUN, there is something for everyone at this entertaining event.

A new season of local and district events is on the way, so your new Open Freestyle program is sure to get lots of practice ... and lots of medals, too!

# FOCUS ON

## BRAIN POWER!

Just because school is out doesn't mean your brain can be on vacation all summer! Did you read the announcement in our last issue about the new Open Freestyle tests and events? If so, then this **QUICK QUIZ** should be a piece of cake for you! See how many answers you can get correct.

1

**Do all skaters participating in an Open Freestyle event have to take the new Open Freestyle tests?**

No. All current ISI skaters who have passed any ISI Freestyle test automatically qualify for the Open Freestyle equivalent level. Those skaters do not need to take any additional test unless they want to move up to a higher level.

All skaters who have not passed any ISI Freestyle test must take and pass the new Open Freestyle test before competing at that test level. If they are competing at the equivalent level, they must only take one test. If they are competing at a higher level, they must first pass the equivalent test level and then any additional higher test level(s).

2

**Does your new Open Freestyle competition event program have to include all the required maneuvers for the Open Freestyle test at that same level?**

No. This is a big difference between the traditional Freestyle 1-10 programs and the new Open Freestyle events. For the new Open Freestyle competition event programs, there are no required maneuvers. Skaters can do any maneuvers from the levels listed below:

Bronze	Freestyle 3 and below
Silver	Freestyle 5 and below
Gold	Freestyle 6 and below
Platinum	Any skating maneuvers

4

**Your Freestyle 1-10 program music is shorter than the duration times listed for the new Open Freestyle events – do you have to make your program longer and re-cut your music?**

No. There is never any penalty for skating under the prescribed program time in any ISI competition event. The new Open Freestyle event judging criteria is different from the traditional Freestyle events criteria, so “Extra Content” is not scored. Therefore, having a slightly shorter duration time will not affect the judging of the overall program quality. You can use the same traditional Freestyle program in the new Open Freestyle events, or you can create a different program for the new event entry.

3

**Can skaters who have only passed the new Open Freestyle tests compete in Solo Compulsory events?**

Yes. Skaters who have only passed the Open Freestyle tests (and not the traditional Freestyle 1-10 tests) must compete at these levels for Solo Compulsory events:

Bronze	Freestyle 3
Silver	Freestyle 5
Gold	Freestyle 6
Platinum	Can choose any Freestyle 7-10 level

Skaters who have passed the traditional ISI Freestyle 1-10 test level tests will continue to compete in their highest test level for Solo Compulsory events.

5

**What are the judging criteria for the new Open Freestyle events?**

*(This is a tough one – but you need to know before you make your new program!)*

Judge 1 = Correctness / Choreography & Pattern / General Overall

Judge 2 = Variety of Moves / Posture / General Overall

Judge 3 = Music Interpretation / Presentation / General Overall / Duration

# Membership Madness!



# 5 Years for \$50

The exciting 50th Anniversary promotions continue at ISI! Next on our list: A limited, one-time only offer to sign up for five full years of ISI Individual membership for only \$50. That's a savings of 23 percent!

Where else can you find such a crazy bargain in 2009? For only \$50, you get five years (that's 60 months, 260 weeks or 1,825 days!) of:

- Membership in the world's largest recreational ice skating organization
- Test registration and badges
- *Recreational Ice Skating* magazine
- The opportunity to participate in local and national ISI competitions and shows, including the annual ISI World Recreational Team Championships – the largest recreational ice skating event in the world!
- Excess accident and liability insurance
- Convenient universal membership renewal term (all memberships renew Sept. 1 of each year and run through Aug. 31 of the following year)

***Hurry! Lock in this low rate today –  
Membership Madness  
expires Aug. 31.***

**To join or renew,  
go to [www.skateisi.org](http://www.skateisi.org)**

or call (972) 735-8800

# WHY MISTAKES ARE OK

by David Jacobson

**A**t this month's ISI World Recreational Team Championships, nobody knows who will finish in which place. While all competitors will win medals, some will be thrilled to achieve personal bests and others will fall short of their own expectations. The only certainty is that nearly everyone competing will make mistakes.

That's why Positive Coaching Alliance (PCA) is providing this primer and reminder of our philosophy on how to handle those mistakes. One of the underlying principles of Positive Coaching is to redefine "winner" by emphasizing mastery of a sport, rather than scoring and results.

After all, skaters can control their own performances. But they cannot control their opponents' performances, ice conditions, judging and all the other elements that determine the "scoreboard winner" of a competition. Because skaters cannot control those factors, focusing on them only introduces more pressure to avoid mistakes.

Ironically, the pressure to avoid mistakes hinders performance, due to physical and mental tension. Also, skaters may fear mistakes so much that they do not go all out and avoid the very risks that are necessary to achieve mastery and top medals.

In the month before Worlds, and at the event itself, we suggest you keep in mind the "ELM Tree of Mastery," where ELM stands for Effort, Learning and Mistakes are OK. If you give your best effort, continually learn and bounce back from your mistakes (driven and comforted by the knowledge that at least you are trying to improve), then you are a winner, regardless of what the scoreboard says.

For young skaters to take the ELM Tree approach to heart and reap all the benefits, they and their parents and coaches must be on the same page. A great way to unify skaters, coaches and parents in creating resilience against mistakes is use of a Mistake Ritual.

A Mistake Ritual is a physical gesture that helps athletes move beyond their mistakes and re-establish focus on the next action. The idea was put to great use by Ken Ravizza, a sports psychologist who was working with the Cal State Fullerton University baseball team in 2004.

Mid-season, the players were so concerned with their results, which were not good, that they lost focus on mastering skills and controlling what they could. To correct that situation, Ravizza bought a

small toy toilet and placed it on a shelf in the dugout. When players made mistakes, they were supposed to flush the toy toilet as a reminder to "flush" mistakes from their systems.

Soon, coaches and players were making the flushing motion to show support for any teammate who made a mistake in the field or at bat. Fueled by the Mistake Ritual and the relaxation and focus it brought, Cal State Fullerton went on to win the College World Series that season!

You can use other gestures, such as "brush it off" (a gesture like brushing ice off your shoulders after a fall) or "no sweat" (wiping the brow and flicking away imaginary sweat). It helps skaters more than you can imagine when they see parents and coaches making the same gestures because it reinforces support for the skater and reassures everyone that they are doing their best in the common effort to win – in terms of both mastery and medals.

When a coach, parent and athlete all use the same Mistake Ritual, all three take great strides toward adopting the models PCA has established: Double-Goal Coaches®, Second-Goal Parents™ and Triple-Impact Competitors™.

Double-Goal Coaches have winning as their first goal while pursuing the second, more-important goal of teaching life lessons through sports. The Mistake Ritual lets Double-Goal Coaches remind skaters to continue working to improve and reinforces the value of resiliency, which is one of the most important life lessons in sports. Second-Goal Parents, who are focused on the "second goal" (life lessons), use the Mistake Ritual to remind their youth athletes that they love and support them, regardless of results.

And that level of support helps skaters become Triple-Impact Competitors, continuously working to have impact on three levels: improving themselves, their teammates and their sport as a whole. The Mistake Ritual frees skaters to take the risks in practice and performance that are a necessary part of improving oneself. It also gives skaters a tool to help support their teammates, which helps them improve, too, and when all the skaters are improving, the sport as a whole improves.

We hope you take this approach to Worlds and that it helps you master your sport!

*David Jacobson is the media/communications manager for Positive Coaching Alliance. For more information, visit [www.PositiveCoach.org/inforequest.aspx](http://www.PositiveCoach.org/inforequest.aspx) or contact PCA at (866) 725-0024 or [pca@PositiveCoach.org](mailto:pca@PositiveCoach.org).*





# TOP 10

## Reasons to Sign Up for Artistic Challenge **Today!**



- 10 You'll have a jump start on the Oct. 15 entry deadline.
- 9 This is the final national competition of ISI's 50th Anniversary year.
- 8 The emphasis is on creative expression in non-technical events.
- 7 No technical scores means less pressure and more fun!
- 6 You can enter as many as three solo Spotlight events.
- 5 And up to three Rhythmic events!
- 4 You can create an Ensemble team number with your friends.
- 3 This year's Themed Spotlight, Themed Couples Spotlight and Themed Production events will showcase your "Fabulous '50s" costumes and props.
- 2 You'll shine on the ice under a *real* spotlight!
- 1 You'll get to have fun in the Florida sun — in December!



Join the fun and show off your creative side. Make your plans today to participate in the fifth annual ISI Artistic Challenge Dec. 4-6 at Fort Myers Skatium in beautiful Fort Myers, Fla. Individual and team entry forms as well as hotel information are available on the ISI Web site, [skateisi.org](http://skateisi.org). See you in the Sunshine State!

## classified advertising

BOOK FOR YOUNG SKATERS — *The Champion Behind The Champion*, just released. Follow LambieAnn to Figure Skating Nationals. \$23.95 plus shipping. Action Skating Portraits and Heirloom Gold Skating Pendants available, too! [www.BarbarAnn.com](http://www.BarbarAnn.com) or (440) 546-9152



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

## Coming in September!

### Watch Your Mailbox

for the Fall 2009 issue of *Recreational Ice Skating* magazine and the 2010 Events Preview

Get the event dates, locations and details for the 2010 ISI National Events

# College Chronicles: Year One

2008 ISIA Education Foundation scholarship recipients Emily Miller and Jessica Stachulak have completed their freshman year of college and are here to tell us about it. Emily is majoring in electrical engineering at South Dakota State University. Jessica is majoring in recreation management at Carroll University in Waukesa, Wis.

## Tell us about your first year of college.



**EMILY:** My first year of college has been great. I have met a lot of new and exciting people, and I have had the opportunity to learn many life lessons. My freshman year has been a paragraph in a book of many more chapters to be learned and written. The course of study I have chosen is more difficult and time consuming than I anticipated, but a little time management and self discipline is all that is needed to make it work.



**JESSICA:** My first year in college has been packed full of new adventures, both academically and with extracurricular activities. College is a challenge, but I have enjoyed every bit of it. I have definitely gained more independence. It is a lot of studying and work, but the discipline I gained from skating is what pushed me through it.

## Have you had the opportunity to skate in the past year?

**EMILY:** Yes, I have coached for the Brookings Figure Skating Club in Brookings, S.D., and I also continue to work with several students from the Sioux Falls Figure Skating Club as time allows. Time on the ice is one of the best stress relievers from schoolwork. I am confident that I will always want to be involved in figure skating in some way.

**JESSICA:** No, I have not had the opportunity to skate much this year, mainly because I have not had the time. I really miss my time at the rink and everyone there, and I plan on taking time over the summer to skate at home.

## How do you feel your skating background has affected your life, including your first year of college?

**EMILY:** My skating background has greatly affected my life. Time management and self-discipline are two of the many les-

sons that I have learned in skating that carry over to everyday life. In skating, in order to excel in the levels and at competition, you need to prepare and practice diligently. However, you have to balance your skating life with your scholastic life. It takes self-discipline to practice without someone constantly telling you to, but it also takes self-discipline to know when to stop and move onto something else, such as schoolwork.

**JESSICA:** My skating background certainly helped my life in so many ways; it gave me discipline, determination and another family that I know I will always have. I would not have been able to handle the academic challenges of this year without the core values that skating instilled in me. I gained more life skills from skating than I can even put into words. The support system from skating also forever changed my life for the better.

## How has your ISIA Education Foundation scholarship helped with your college expenses?

**EMILY:** As you know, higher education is expensive, and the four-year scholarship will be a huge help in the years to come. However, the honor of being chosen as a scholarship recipient and having the opportunity to perform in the Benefit Show in Denver in front of my peers was also a thrilling and rewarding part of the scholarship.

**JESSICA:** The scholarship has helped a great deal in paying for my education. Without it, school probably would not be possible, and the fact that it is spread out over four years will help a lot in the future.

## Do you have any advice for students regarding applying for scholarships?

**EMILY:** When applying for scholarships, I found that it was best to start early, especially if the scholarship involves tracking volunteer hours. The earlier you start, the easier it is to fill out the application. The extra time not only gives you time to check over it and correct any errors, but it also gives your references a little more time to complete their sections. When starting high school, make it a point to not only excel academically but to participate in extra-curricular activities as well. I have found that most scholarships are given to students who demonstrate the ability to balance schoolwork with other activities. Get involved in your school and community. If references are needed for the scholarship or if the high school counseling office needs to complete anything, give them plenty of time. They will be more willing to help you out in the future if you help them by giving them sufficient time. Keep in mind that most scholarships need to be detailed, but concise at the same time.

**JESSICA:** Start early with scholarships, looking far in advance for any you may be eligible for. I knew when I was at the 2003 ISI World Recreational Team Champs that I might be eligible for the ISIA Education Foundation scholarship and started logging my community service hours then. My other advice is to get out in your community; be active and volun-

teer. What you learn and how you feel by giving of yourself to others is invaluable.

## What are you doing this summer?

**EMILY:** My summer plans consist of coaching students from the Brookings and Sioux Falls figure skating clubs. I will also be working part-time in the human resources department at Dakota Kitchen and Bath in Sioux Falls and spending time with family and friends.

**JESSICA:** I am working for the State Attorney's Office and will have time to skate again. I'll also spend time with my other passion in life, the horses I love to exercise. The one thing I will not do is homework! I'll rest and relax and get ready to study hard again in the fall. ●

## Caroline Zhang to Headline Worlds Benefit Show



The ISIA Education Foundation is delighted to announce that U.S. bronze medalist Caroline Zhang will headline the Benefit On Ice show during ISI Worlds in San Jose, Calif. The highly anticipated show is set for Friday, July 31 at Sharks Ice at San Jose.

Caroline, 16, ranks among the top 10 skaters in the world and is considered a serious contender for 2010 Winter Olympic Games in Vancouver, B.C. She is the 2009 U.S. senior ladies bronze medalist and the top U.S. ladies finisher in three international events.

Caroline began skating at age 5 in southern California and was an ISI member for six years. In addition to figure skating, she is a talented pianist and violinist, and also enjoys ballet, art, reading and animals.

Benefit On Ice show attendees will not only get to see Caroline perform; they also will have the opportunity meet her and get her autograph following the show. Seating will be limited and advance ticket reservations are strongly recommended. For ticket information, see page 29 of this issue.

# Are You a Skating Scholar?



*Emily Miller, 2008 scholarship recipient*

ISI members are well-rounded individuals who put as much energy into their life off the ice as they do on it. We believe that both educational and recreational pursuits are necessary to achieve a balanced life.

Each year, the ISIA Education Foundation awards scholarships to ISI skaters who have demonstrated a commitment to academics and service. The application process is open to students in their senior year of high school through

their junior year in an undergraduate program. However, most recipients began their qualification process during their middle-school years. Start your four-step process of qualification today!

- 1** Maintain at least a 3.0 GPA.
- 2** Participate in a variety of school and community activities. Keep detailed records, including frequency of participation.
- 3** Continue to test and compete in the ISI program, especially during the two years prior to application. Keep good records of all skating activity.
- 4** Prior to application, complete 120 hours of verified service, of which at least 60 must be in association with an ISI member facility. This information must be recorded on the Service Hours Verification Form, which is part of the scholarship application available at [skateisi.org](http://skateisi.org).

**Application deadline is  
March 1**

For more information or to apply, go to [skateisi.org](http://skateisi.org) or call (972) 735-8800



## SPELL THAT MOVE!

Use the letters below to complete the names of the test maneuvers listed. Cross them out as you go — every letter will be used if you are correct.

HINT: You may want to use your *Skaters and Coaches Handbook* or the requirements shown on our Web site ([skateisi.org](http://skateisi.org)) to help you spell them correctly.

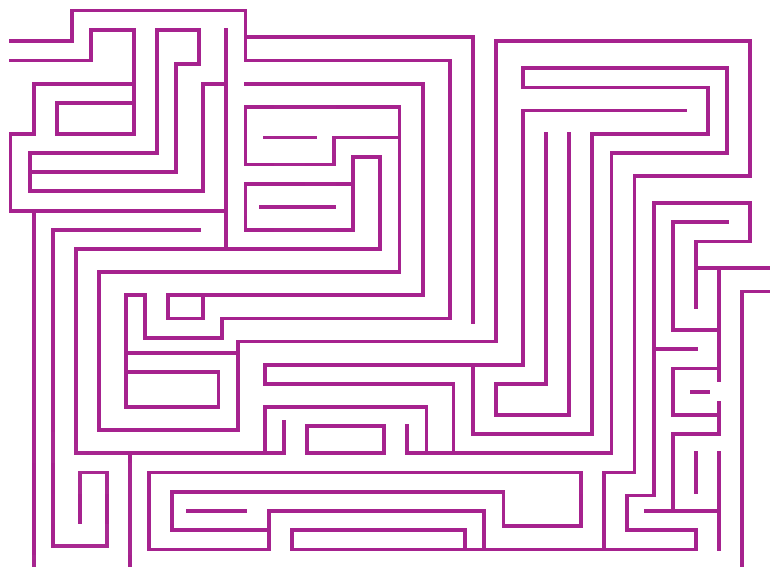
**A A A B C E F F H H I I I I K L L L L L L L L L L M N N O O O O O O  
P P P P S S S S T T T T T T U U W W W W W W X Y Y Z Z Z**

— — — — — <b>H</b> — —	<b>(Delta)</b>
— — <b>E</b> — — <b>O</b> — —	<b>(FS3)</b>
— — — — <b>Z</b> — — —	<b>(Pre-Alpha)</b>
— — <b>H</b> — — —	<b>(Gamma)</b>
— <b>A</b> — — — — <b>I</b> —	<b>(FS1)</b>
— — <b>E</b> —	<b>(FS5)</b>
— <b>S T</b> — —	<b>(Beta)</b>
— <b>R</b> — <b>S</b> — — — — <b>T</b>	<b>(Hockey 3)</b>
— — <b>L</b> — <b>E</b> —	<b>(FS7)</b>
— <b>A</b> — — — — <b>O</b> —	<b>(FS3)</b>
— — <b>L</b> — — — — — <b>T</b> —	<b>(FS8)</b>
— <b>A</b> — — — — — <b>F</b> —	<b>(Couple 4)</b>

(Answers: Bunny Hop, Toe Loop, Swizzle, Mohawk, Half Flip, Axel, T Stop, Wrist Shot, Valley, Salchow, Split Lutz, Waltz Lift)

# IT'S TIME TO SKATE

*HELP LIZZIE & ALEX get to their LESSON*



## TIPS FOR TEAMS

You're always part of a team in ISI skating, since rink teams are the foundation of all ISI competitions. When you compete in any ISI competition, you earn participation points and placement points for your rink team. The more points that skaters from your facility accumulate, the greater your team's chance of becoming the overall team champion for the event. In addition to your rink team, perhaps you skate on a synchronized or production team, or in a Team Compulsory or Family Spotlight event. It's all about teamwork in skating — and in life — and when you work well with others, you gain the tools for success.

### Teamwork

**Communication** – Open communication with team members / Learn to listen to coach and other team members

**Cooperation** – Help team members and work together

**Trust** – Common goal is necessary for success

### Effort

**Goal Setting** – Long- and short-term goals / Group and individual goals

**Persistence** – Come to practice ready to work / Always give your best effort

**Commitment** – Participate in goal setting / Focus on task

### Attitude

**Positive** – Maintain positive attitude for maximum success

**Enjoyment** – Remember why you chose to participate / Focus on process

**Sportsmanship** – Be a good sport / Give and take with team members

### Mental Skills

**Imagery** – Mental practice

**Relaxation** – Progressive relaxation and centering

**Positive self-talk** – Verbal cues / Stop negative thoughts

***Together Everyone Achieves More!***

### Parents Want to Know

**Q. I see that the ISI World Championships is advertised as a "team" competition. Does that mean my child won't be receiving any individual awards?**

**A.** Not at all. Every skater receives an individual medal for his or her accomplishments at the World Team Championships. But this event, like all ISI inter-rink competitions (in which more than one facility participates), is also a team event, meaning that all participants are earning points for the ISI rink or club they are representing. Every time they skate, they earn participation points for their team. In addition, each individual first place earns 5 placement points; second place receives 4 points; third place, 3 points; fourth place, 2 points; and fifth place, 1 point toward the team total. For team events (Production, Kaleidoskate, Pattern, Team Compulsory and Synchronized teams), they earn 25 points for first place; 20 points for second place; 15 points for third place; 10 points for fourth place; and 5 points for fifth place. At the end of the event, all team points are totaled and the top five teams are awarded team trophies. All skaters can be proud of the fact that they successfully added to their team's final result.

**PARENTS:** Tell us what you want to know! Send your questions to [editor@skateisi.org](mailto:editor@skateisi.org).

### Recreational Skating

Since ISI's recreational concept for ice skating competitions was developed to encourage "participation, not elimination," several parts of our judging system also have been adapted toward that goal.

One reason so many different types of events are offered at an ISI competition is that each competition event has been developed to improve one specific part of the skater's total development.

For example, besides technical events like Pre-Alpha through Delta and Free-style, there are other individual events like Spotlight, Artistic and Interpretive that develop the skater's performance skills. Footwork and Stroking are specialized events that can improve all other program routines.

Among the partner events are Couples, Pairs, Dance, Jump & Spin and Couple Spotlight.

Team events include Family Spotlight, Production, Synchronized, Kaleidoskate and Pattern.

The more different types of competition events that skaters can participate in, the more medals they will win and the more they will develop and improve ALL of their future skating skills. With the additional experience from doing many different events, they will become better and more well-rounded skaters.

### Comparative Judging

When there are two or more entries in an event, only comparison judging is used. That means the judges will compare the performance of the two skaters for each specific judging criteria and then give the better performance a higher numerical score.

For most events, the judges are judging "apples with apples," so they are judging the *quality* of each maneuver performed and not only the overall performance or program routine.

Sometimes it's still possible for there to be a tie because each judge is judging different criteria for most ISI events.

### Skating Against the Book

When there is only one entry in a category or event, they are said to be "*skating against the book*." The skater or team will not automatically receive first place just for showing up. They must receive an average of 80 percent of the total scores possible from all three judges to get first place.

For second place, the skater or team must receive 60 to 79.9 percent of the total possible points.

If there are required maneuvers in the program, such as Pre-Alpha through Delta or Freestyle programs, the judges must score each maneuver. If one maneuver is lower than 80 percent but the next one is higher than 80 percent, the *average* is still above the 80 percent requirement for first place.

If there are no required maneuvers in the program, the judges will look at the overall performance and evaluate each judging criteria. Again, the total average for all three judges must be above 80 percent for first place.

### Medals and Trophies

*For all ISI national events, every skater in every event receives a medal for each performance.*

If the skater's name is not listed in the first through fifth place result boxes, it will be listed at the bottom right hand side as sixth place. All skaters on that list will receive a sixth-place medal. The sixth place name order is a random list, not in actual placement order.

All large event teams (Synchronized, Production, Kaleidoskate and Pattern) will have on-ice awards. Each skater receives an individual medal and the team receives a trophy for the top five placements.



Presented by  
 ZÜCA®

# Backyard Ball Park BBQ!

## 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 = \$

### Payment Method:

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

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

Party wristbands will be available for pickup at ISI registration.

Name for wristband pickup at registration

Credit card #

Exp. date

Billing address

Cardholder's name

Telephone (required)

Signature

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

# calendar

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

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

## competitions

### july

**4-5** Las Vegas NV  
Las Vegas Ice Center  
Red, White & Blue ISI Open Competition

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

**11-12** Evanston IL  
Robert Crown Ice Center  
32nd Annual July Open

**11-12** Blaine MN  
Schwan Super Rink  
Summer Sizzle 2009

**11-12** Lakewood CA  
Glacial Garden Skating Arena  
13th Annual ISI Open Competition

**18** Wilmette IL  
Centennial Ice Rinks  
Mid-Summer Classic

**18-19** Ontario CA  
Center Ice Arena  
4th Annual ISI Open



**27-Aug. 1** San Jose CA  
Sharks Ice at San Jose  
ISI World Recreational  
Team Championships

**29-Aug. 2** Colorado Springs CO  
World Arena and Ice Hall  
State Games of America

### august

**1** Gurnee IL  
Rink Side Family Entertainment Center  
The Summer Chiller

**8** Orland Park IL  
Arctic Ice Arena  
3rd Annual Arctic Heat Wave

**8-9** Decatur AL  
Point Mallard Ice Complex  
6th Annual Wind, Rain or Shine ISI  
Competition

**13-16** San Diego CA  
Ice Town  
Skate by the Sea

**14-16** Oxnard CA  
Channel Islands Ice Center  
Summer Skatefest Open ISI Competition

### september

**11-13** Clearwater FL  
Clearwater Ice Arena  
District 18 Championships

**18-20** Arlington TX  
ICE at The Parks  
6th Annual Open Competition

**26-27** Valencia CA  
Ice Station Valencia  
4th Annual Autumn Classic

### october



**2-4** Lake Placid NY  
Olympic Center  
ISI Adult Championships

**24** Simi Valley CA  
Iceoplex Simi Valley  
7th Annual ISI Open Competition

**24-25** Rockland MA  
Winterland Skating School  
23rd Annual Halloween Classic

## november

**6-8** Montgomery AL  
K Lynn Skating School  
1st Annual Competition

**28-29** Skokie IL  
Skatium  
All America Competition

## december



**4-6** Fort Myers FL  
Fort Myers Skatium  
ISI Artistic Challenge

## shows & exhibitions

### august

**10** Evanston IL  
Robert Crown Ice Center  
Annual End of Summer Exhibition

**16** Fort Myers FL  
Fort Myers Skatium  
Endless Summer Ice Show

## december

**7** Luverne MN  
Blue Mound Ice Arena  
We'll Skate, You Donate

**11-13** Evanston IL  
Robert Crown Ice Center  
35th Anniversary Nutcracker on Ice

**18-19** Simi Valley CA  
Iceoplex Simi Valley  
Lion Kings on Ice

**19** Arlington TX  
ICE at The Parks  
Holiday in The Parks

# Don't Miss Benefit On Ice

***Starring  
Caroline  
Zhang***

**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. ISI is proud to present U.S. Bronze Medalist **Caroline Zhang** as the evening's featured guest.

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.

Be sure to buy your **Skate with the Stars** raffle tickets for a chance to perform in the show. Two solo performances will be awarded to the lucky drawing winners, who will be announced at the Competitors' Party on Wednesday. Raffle tickets will be available from the Golden State Synchro Skaters for \$5 each, or five for \$20.

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)



***Featured Guest  
Caroline Zhang***



**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**

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

Number of tickets \_\_\_\_\_

Total \$ \_\_\_\_\_

\_\_\_\_\_  
Name for ticket pickup at registration

\_\_\_\_\_  
Card #

\_\_\_\_\_  
Exp. Date

\_\_\_\_\_  
Billing address

\_\_\_\_\_  
Cardholder's name

\_\_\_\_\_  
Telephone (required)

\_\_\_\_\_  
Signature

# Olympic Champions Practice on Super-Glide. Do you?

Decades ago when the idea of using plastics for skating was new, the technology was imperfect, and the experts said "it's not ready, maybe in the future it will be better."

Global Synthetic Ice

is proud to announce that the future is now! The

latest generation of Super-Glide synthetic ice IS "ready" today for rinks indoors or out; large or larger; for hockey, figure skating or recreational use.

The Super-Glide polymer material has been perfected to provide the ultimate in ice-like feel. Our non-silicone skate-enhancing lubricant is clean and dry to the touch. Our new

patented seamless technology locks panels together, prevent-

ing movement in every direction. Training on Super-Glide allows for more practice time and improves both skill and strength. The best skaters in the world train on Super-Glide synthetic ice, you should, too.



Join the ranks of the champions who have worked their way to the Gold by training on Super-Glide!

Call us today for more information: (305) 218-2966



## The Future is Super-Glide!