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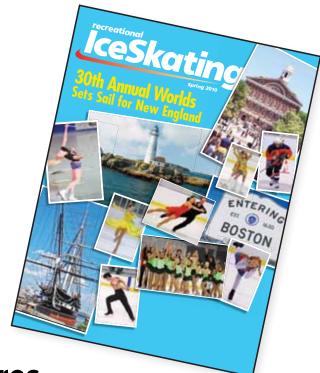




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Recreational Ice Skating

Spring 2010/Vol. 34, Number 3



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Dedicated to providing leadership, education and services to the ice skating industry.

ICE SKATING INSTITUTE

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Be an ISI Pen Pal!

What could be better than making a new friend who loves ice skating as much as you do — someone your own age to share your thoughts and dreams with? Perhaps you'll get acquainted with a pen pal who lives in another part of the country that you've always been interested in. Maybe you'll discover someone whom you will later meet in person at an ISI competition!

If you would like a pen pal, please go to the skaters' page at skateisi.org, and click on the Pen Pal button.
You will be asked to share some basic information, which will later appear on the ISI Pen Pals list.

PLEASE NOTE: We will never publish your ISI member number or your e-mail address, and we NEVER share or sell our members' e-mail addresses.

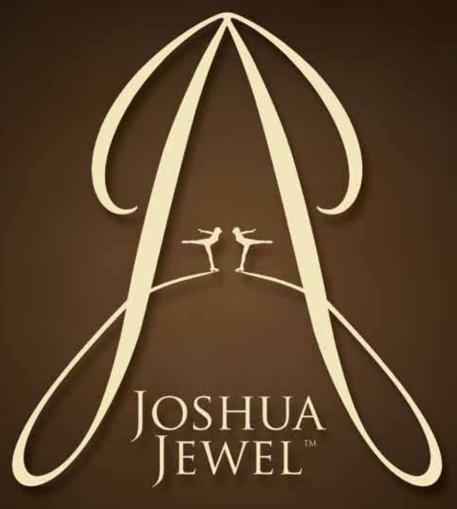
Also, Pen pal requests will never be processed without an ISI member number to verify membership and identity.

You may still send your pen pal requests and letters to the editor to editor@skateisi.org. Please include:

- 1 Your full name
- 2 Your ISI member number (found above your name on your magazine mailing label, and also on your membership card)
- 3 Your age
- 4 Your ISI test level
- 5 The name of your arena
- **6** Your city and state



INTRODUCING . . .



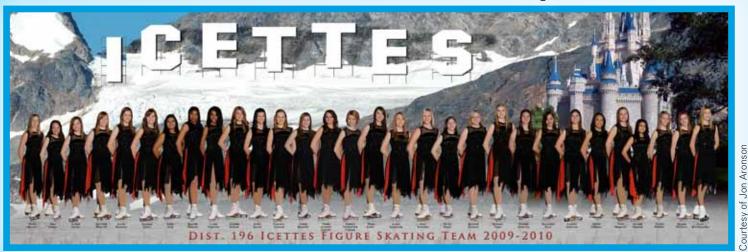
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spotlight

Minnesota Icettes Make the Grade as Varsity Team



by Dale Kowalski

1976, two high schools from the Minnesota Twin Cities Southern Suburb School District 196 each formed high school co-curricular figure skating teams. This was the beginning of the Icettes Figure Skating Team, now a district-wide varsity team comprising 30 athletes from four different high schools. Based at Apple Valley Sports Center, their coaching team includes Ann Harschutz and assistants Rachelle Johnson and Tara Stamm.

Their season is short, running only from November through March. During the first half of the season, the team focuses on local competitions as well as the ISI Winter Classic. In addition to having the opportunity to earn a varsity letter, skaters participate in numerous teambuilding social and volunteer activities.

The second half of the season is spent preparing for and producing the annual Ice Show, held in conjunction with a local learn-to-skate program. The weeks leading up to the show are rigorous, as many new numbers are created in precious little time. The Ice Show also gives each graduating senior the opportunity to perform a senior solo as well as an on-ice senior/parent number to say one last goodbye to the team.

The team's association with ISI began in the early 1980s. Being an ISI-affiliated club is a natural fit for the Icettes. Girls from all Freestyle levels can compete at their own level, but the entire team can compete together as one in a Production number. Jump and Spin is a favorite, as the girls pair up with a friend for the season.

Especially exciting this year has been the chance for

girls who may have not tested certain ISI levels to compete in the Open Freestyle division.

The Icettes try to attend the Winter Classic at least every other year. The warm weather venues are especially attractive to them as they provide a break from the harsh Minnesota winters. They could not escape from frigid Minnesota fast enough this year to reach sunny, warm Anaheim and the 25th Annual ISI Winter Classic. After enjoying a day at Disneyland, it was time to get down to business. For some of the girls on the team, this was their first-ever figure skating competition.

With skill levels ranging from Freestyle 1 through Freestyle 7, the skaters entered many individual events at Winter Classic. But with the Icettes, it's all about being part of the team, and ISI offers the opportunity to excel in the team format. They entered a total five Team Compulsory, five Team Surprise and two Synchro events. They then took the ice as the final skaters of the weekend for their Large Production number, performing "TV Glide," a fast-paced montage of classic TV shows, featuring amazingly quick costume changes that ranged from the Addams Family to the Smurfs. They earned an overwhelming audience reaction as well as the first-place Production trophy.

In fact, the small, dedicated team from Minnesota amassed enough points to take home the fifth-place Overall Team Champion trophy.

To learn more about the Icettes high school figure skating team, go to their Web site: icettes.com.

Skaters Helping Haiti

by Kathy Winter



ON Jan. 12, the citizens of Haiti were struck by a devastating earthquake. While their world came to a screeching halt, people from around the world began to lend a helping hand to a nation in need.

Wanting to assist in whatever way we could, the skaters of Tampa Bay Skating Academy-Countryside joined together to host "Skaters Helping Haiti," a benefit skating show held at our rink with all proceeds donated to the American Red Cross and earmarked for Haiti relief efforts. Three of our synchronized skating teams, our production team and 36 soloists dazzled spectators with their skating skills with the common goal of helping the victims of the Haiti disaster. Skaters accepted donations prior to the event. One skater raised more than \$200 selling cookies to her neighbors for the cause.

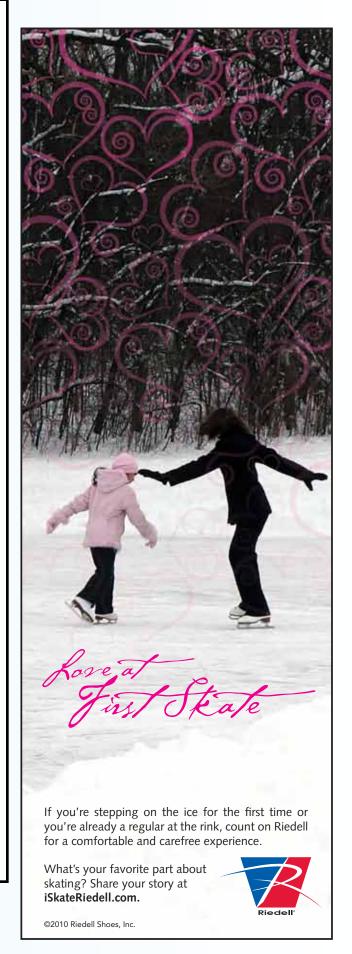
Joining our efforts throughout our local community were: Tampa Bay Skating Academy, The Tampa Bay Lightning Foundation, Broad Reach Television, Westfield Countryside, Skating Fashions by Roz, Bottle Cap Creations, comedian Murv Seymour, sports photojournalist Bob Hansen and parents in our skating family. Thanks to their donations of time, talents and memorabilia, the event raised nearly \$1900.

This is not the first time skaters at TBSA-Countryside have used their skating skills to lend a helping hand. In 2004 when a tsunami destroyed certain areas of Sri Lanka and again in 2005 when New Orleans was completely devastated by Hurricane Katrina, our skaters performed benefit shows to raise funds for those in need. Skaters who had performed in those previous shows approached the rink to suggest a Haiti benefit event.

Bringing our skaters together for good causes is a priority at our rink. Although figure skating is typically thought of as an individual sport, we are incredibly proud of our skaters when they pull together as a team to make a difference. They, too, are richly rewarded by these experiences, feeling both humbled by the needs of others and excited about their ability to contribute.

Congratulations to the skaters of TBSA-Countryside for a job well done, and to our rink, staff and parents for their outstanding support.

Would you like to see your team featured on the Spotlight page? Send your stories, photos and news items to editor@skateisi.org for consideration.



BEANTOWN-BOUND!

30th Annual ISI World Recreational Team Championships Sets Sail for Boston by Lori Fairchild



SI Worlds is returning in July to one of its most popular venues, New England Sports Center, where previous Worlds competitions have attracted as many as 2,300 participants. We're bringing back the biggest crowd-pleasing elements of Worlds week in Boston — think Competitors' Cruise! — and adding some new touches to make the 30th Annual Worlds the best yet.

For instance, this will be the first time for the new Open Freestyle events to be offered at an ISI Worlds competition in the Northeast. The events have been enthusiastically received at recent competitions in California, Texas and Florida.

"We're seeing a lot of excitement and interest here in New England, especially with the new Open Freestyle events offering more cross-over between programs, and therefore opening the door for more skaters to participate in the largest annual recreational ice skating competition in the world," says Tiesha Potvin-Coale, ISI District 1 director, chair of the local Worlds organizing committee and owner

of Symmetrical Skating School. "Participating in ISI Worlds has been one of the most exciting and rewarding experiences in the lives of many thousands of skaters throughout the country. We hope everybody will bring their biggest and best teams this year."

The entry and testing deadline is May 1, and special discounted fees apply to the featured individual, partner and team events listed in the top corner of the entry forms. Remember, the more events you enter, the more points you earn for your team, the more medals you take home and the better your chances of capturing a first-place medal.

"Having Worlds nearby, in the heart of District 1, is a big deal to the skaters, families and coaches in our area, not only because it makes participation so convenient for us but also because it gives us the opportunity to welcome others to one of the best places in the country to visit," notes Potvin-Coale.

Norwich Ice Rink & Skating School, home of the 2009 ISI District 1 champions, is serving as the honorary host club for this year's Worlds.

Located about 40 minutes west of Boston, in Marlboro, Mass., NESC previously hosted Worlds in 1997, 2002 and 2006. The five-rink, two-story facility features an atrium viewing area, a full-service restaurant, a snack bar, a full arcade, a fitness center, spacious team rooms and plenty of convenient parking.

"Worlds skaters, their families and their coaches are always eager to compete at NESC. They love the convenience of having the entire event under one roof, with so much to see and do within a short drive," says Randy Winship, ISI director of skating programs and events.

The family-oriented Boston area is a perfect place for a vacation, with lots of fun attractions for everybody. Founded in 1630, Boston is one of America's oldest cities. It started as a seaport, so it's only fitting for Worlds to include a harbor dinner cruise aboard the Provincetown II on Wednesday, July 28. Advance registration is encouraged (past cruises have sold out!) and a form is available on page 10.

Boston is packed with character and is a fascinating place to explore on foot, so don't forget to bring comfortable walking shoes. Historic landmarks, museums, shopping and restaurants are situated in close proximity, making it easy and enjoyable to get around. It's a big city with small-city convenience.

The city boasts one of America's first historic walking trails, The Freedom Trail, a 2.5 mile sidewalk trail that links historic sites showcasing two and a half centuries of America's richest history. You can cover it in a couple of hours or make a day of it, and there are trolleys available



when your feet need a break. You'll see such famous sites as Boston Common, the Boston Massacre site, the Paul Revere House, the USS Constitution ("Old Ironsides") and the Bunker Hill Monument, to name only a few.

There's more to Boston than Revolutionary War history, though. How about a Boston Duck Tour, or a ride on a Swan Boat? Food is also a major attraction in Beantown, from the best fresh seafood on the planet to delectable authentic Italian fare. If shopping is on your list, you won't be disappointed. Boston offers plenty of unique shopping districts such as Newbury Street, Faneuil Hall Marketplace and Harvard Square.

Home to the Bruins, Celtics, Patriots and Red Sox, Boston is also a sports lover's paradise, and many would not consider a visit complete without a stop at world-renowned Fenway Park.

On Friday evening, July 30, the ISIA Benefit on Ice show will provide one of the week's most exciting highlights, featuring Worlds participants selected throughout the week, plus a soon-to-be-announced celebrity skater. Seating is limited, so be sure to reserve your spot and receive an early-registration discount with the form on page 25.

For details and updates on Worlds, including entry forms and hotel information, go to the ISI Web site at skateisi.org. Remember, entry and test deadline is May 1!



TRIP TIPS

www.bostonusa.com www.boston-online.com www.bostonhistory.org



ALL ABOARD FOR THE 2010 WORLDS COMPETITORS' CRUISE!

Wednesday, July 28 Boarding time: 6:30 p.m. Cruise time: 7-10 p.m.

Don't miss the three-hour scenic cruise aboard the Provincetown II, Boston Harbor's largest cruise ship, exclusively for ISI Worlds participants and their families!

Enjoy the sites from the harbor, dance to the DJ's tunes and party the night away with your fellow ISI Worlds competitors.

Be sure to order your tickets today — the Competitors' Cruise has sold out twice before!

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2009 ISI Artistic Challenge





Rainy weather in Fort Myers, Fla. didn't dampen the creative performances of the 2009 Artistic Challenge participants or the sunny spirits of their cheering crowds.

Tampa Bay Skating Academy-Countryside secured a place in ISI national event history with their overall team champion award. The team participated in four national events last year, and took home top honors in three of them: the ISI 50th Anniversary Championships, the ISI Adult Championships and Artistic Challenge. No single rink team has ever won three national events in the same calendar year. Additional team results are posted on the ISI Web site, skateisi.org.

Freestyle 6 skater Cecilia Lang, 16, and her father traveled to the competition from her home in South Dakota. Although she had previously participated in Artistic Challenge and Worlds, Cecilia notes, "I have never traveled so far for a competition. It was just really fun! It felt more artistic than ever — the skaters were really focused on artistic and you could tell they really loved what they were doing. At ISI com-

petitions, the competitive edge is there, but it's not harsh or scary; there's not all that rivalry."

Adult skater Pamela Polivka from Lloyd Center Ice Rink in Portland, Ore. is another frequent ISI national competition participant who traveled a great distance to participate in Artistic Challenge.

"One of the impressive things for me was the gracious hospitality of the host rink," says Pamela. "I was without my coach for this competition and the only skater from my rink. The volunteers, staff and coaches provided kind assistance and encouragement to help keep me on time and on the ball so that I could make it through all seven of my programs that day."

Special thanks to Cindy Sokolis and the Fort Myers Skatium management and staff for their outstanding hospitality and organization.

The 2010 Artistic Challenge is set for Dec. 10-12 at Northbrook Sports Center near Chicago.



TISSION SILVENTINE AND IT'S A SULLED By Lisa Fedick

skaters across the country are busy preparing for the upcoming 2010 ISI World Recreational Team Championships and their trip to Boston, the jewel of New England. While tending to the technical work that is required, thoughts always drift to the camaraderie, fun and excitement that the week is guaranteed to provide.

When it comes to "excitement," nothing compares to the experience of the annual ISIA Education Foundation Benefit on Ice show. The 2010 production, will be held on Friday evening, July 30, at the New England Sports Center.

At press time, the identity of our celebrity special guest skater is a mystery. Among the Benefit stars of the past are skaters who began in the ISI Recreational Ice Skating program and went on to become Olympians, including Olympic silver medalist Sasha Cohen, Emily Hughes, Mirai Nagasu and this year's men's Olympic champion Evan Lysacek.

As in previous years, this year's Benefit on Ice featured guest will be available for a meet-and-greet session immediately following the show, offering photo opportunities and autographs.

The guest skater will be a major highlight of the Benefit show, but he or she will certainly not be the evening's only star. Every ISI Worlds competitor is a potential star; representing the true diversity and inclusion of the Ice Skating Institute, skaters selected

throughout the competition week will be invited to give repeat performances of their Worlds numbers for the Benefit on Ice audience. Every skater, at every skill level and in all event categories, has the same opportunity to be chosen to star in the show, so be sure to schedule your travel plans to include the Friday night show, then go out there and give it your all!

Don't forget the Education Foundation's raffle, in which two solo performances in the show will be awarded to the lucky winners. Raffle tickets will be sold throughout the week for \$5 a ticket or five tickets for \$20. The drawing will be held on Wednesday evening, July 28 at the competitor's party.

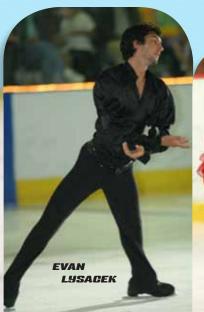
Advance general admission tickets are available through July 16 for \$20, using the order form on page 25 of this issue or on the ISI Web site. Seating is limited and sold-out Benefit on Ice shows are not unusual, please place your order early. The advance group rate for 10 or more is \$15 each, making it ideal for your rink or synchro team. Prepaid tickets will be available for pick-up at the Worlds registration desk. If the show is not sold out, tickets will be available at registration for \$25 each.

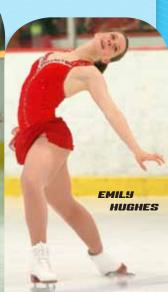
All proceeds from both the raffle and the Benefit Show will be used to endow the ISIA Education Foundation annual scholarships awarded each May. What a great opportunity to make a difference and have some fun at the same time.

See you at the show!











Aliso Viejo Ice Palace Scores Big at Winter Classic

he Robert Unger championship trophy went home with the Aliso Viejo Ice Palace team following an incredibly successful Winter Classic in Anaheim. The champions racked up 1403.5 points to claim the top ranking.

"With 170 members, this was the largest team we have ever organized for an event," said Aliso Viejo Skating Director Wendy Mortensen. "We decided we wanted to not just put together a large team, but also to win a team trophy . We promoted Spotlight, Couples and team events and got the skaters excited about skating with their friends. There was a lot of motivation, that's for sure!"

This year's Winter Classic roster featured more than 1,250 skaters representing 40 ice arenas from all over the country as well as Mexico, the Philippines and — for the first time ever — Canada. Check out the photo gallery on the next two pages!

"The management and staff of Anaheim ICE and Westminster ICE really pulled out all the stops to make our 25th Annual ISI Winter Classic a monumental success," said Randy Winship, ISI director of skating programs and services.

Next year's Winter Classic is set for Feb. 11-13 at St. Peters Rec-Plex near St. Louis. ●



WINTER CLASSIC TOP 5

Place	Arena	Points
1	Aliso Viejo Ice Palace	1403.5
2	Anaheim ICE	991.5
3	Ice Center San Mateo	715.0
4	Ontario Ice Skating Center	681.5
5	Apple Valley Sports Center	459.0



Winter

2010 ISI W



inter Classic



competitors' corner



30 Years of Champs and Still Going Strong!



by Randy Winship *ISI Director of Skating Programs & Events*

HERE WERE YOU, and what were you doing, 30 years ago? While many of you weren't even born yet, some of you have been skating much longer than this. Whatever your age or skating ability level, we have a grand celebration in store for you in July.

This year we will celebrate our 30th Annual ISI World Recreational Team Championships at the fabulous New England Sports Center in Marlboro, Mass. This is the longestrunning ISI national event as well as the world's largest annual recreational ice skating competition.

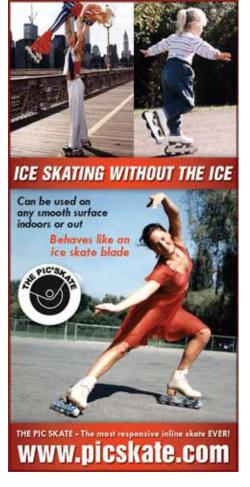
This will be my 27th year attending this event as a coach, referee, assistant chief referee or, for the past three years, as the competition director. This spectacular event continues to be a skating highlight of my year. Back in 1983 when I first heard that there was actually a national competition where skaters of all ages and abilities could compete without elimination or qualifying rounds, I was impressed and inspired by the possibilities. I never dreamed that one day I would actually direct that huge national event! Some of the skaters who were on my teams back in the mid-'80s are still skating, coaching and even competing in this event, proving that there is truly

"something for everyone" in ISI recreational skating competitions.

Even if you are not a seasoned competitor, you will have tons of fun, create priceless memories and have a wonderful experience at this unique skating competition. New friendships, camaraderie, the competitors' party cruise on Boston Harbor, the opportunity to perform and do your best — plus the reward of a medal for every skater in every event — all make for an unforgettable week.

The entry and testing deadline is May 1, so mark your calendar, grab your friends and plan now to be a part of this historic ice skating experience!





FOCUS UNITED TEAM Events

■ wo famous sayings can apply to ISI team events. "The more, the merrier" is definitely true, since more friends can have more fun together. And some new skaters who are nervous about performing alone feel there is "safety in numbers." In both cases, ISI team events provide a wide variety of opportunities for all skaters to shine.

Following is a group event summary including general event information. Please refer to the new 2010 edition of The ISI Handbook for detailed descriptions of specific event guidelines.

ENSEMBLE

This group number event for three to seven skaters from any level is like a "group Spotlight" or "mini-production" number. Skaters can use costumes and props to illustrate any theme. There is no score for technical ability, and teams are grouped by the number of skaters on the team, then by ages, if there are enough entries. See entry forms for special discounted price at 2010 national events!

FAMILY SPOTLIGHT

This Spotlight event is for two or more members of the same family. Entry groupings are by number of skaters and/or age and ability level (two children, parent-child, two teens, etc.), if necessary. Routines can be fun, entertaining or emotional, or portray characters using costumes and props.

FREESTYLE SYNCHRO TEAMS

Groups of three to seven skaters perform a Freestyle program in unison at their corresponding Freestyle level. No skating above or below the skaters' test level is allowed. Every skater must perform each required maneuver in unison. Tip: If you have six skaters at the same level, it's easier for practice (and earns more team points) if you make two groups of three skaters.

JUMP & SPIN TEAM

If you want to skate with your friend, this event is for you! It's easy (like the Solo Compulsories event) with two skaters in same category level, but not necessarily the same test level.

CATEGORY LEVELS

Low Both skaters must be in Pre-Alpha to Delta

levels ONLY.

Medium Both skaters must be in Freestyle 1-3 / Bronze

levels and below.

Intermediate Both skaters must be in Freestyle 4-5 / Silver

levels and below.

Both skaters must be in Freestyle 6-10 / Gold / High

Platinum levels and below.

All Jump & Spin events are done on half ice. Both skaters enter the ice and stop. Skater No. 1 performs the chosen jump twice and stops. Skater No. 2 performs the chosen spin twice and stops. Both skaters exit together.

Skaters perform either the jump or spin selected from the list below:

	Jump	Spin		
Low	2-foot Hop or Bunny Hop	2-Foot Spin		
Medium	1/2 Flip or Toe Loop	2-Foot or		
		1-Foot Spin		
Intermediate	1/2 Loop or Axel	Sit Spin or		
		Back Spin		
High	Double Salchow or	Flying Camel or		
	Double Loop	Flying Sit Spin		

Skaters are only judged on the technical accuracy of maneuvers and not difficulty of maneuver performed. Partners can be from different test levels, but must be in the same category levels. See entry forms for special discounted price at 2010 national events!



KALEIDOSKATE TEAM

This colorful group event is for eight or more skaters of all ages and levels. Costumes of contrasting colors should be used to create interesting designs and shapes, with changing formations to resemble the unique visual patterns similar to those seen in a kaleidoscope. There should be smooth, constant flow and movement. Hand-held props can be used to accentuate the creative skating arrangements and patterns.





PATTERN SKATING

Patterns using a basic circle concept, working off a common circle, are skated by a group of at least four people. They can "draw"

figures, flowers and other designs on the ice to music of their choice. All skaters must pass the Delta test to compete in this event.

PRODUCTION TEAM

This event is for your entire competitive team. Skaters of all ages and levels are encouraged and all types of skating maneuvers are permitted. Teams are divided into event groups by number of skaters, then age of participants, if necessary. This should be a lavish, creative, artistic work marked by extreme freedom of style and structure using costumes and props to illustrate the number. All participants must wear skates.

SYNCHRONIZED TEAM COMPULSORIES

Teams (minimum eight skaters) perform four or five required maneuvers to a music program with no additional moves permitted. Competition divisions are in Skating and Formation categories. Event groups are divided by age groups. See detailed maneuver descriptions on the ISI Web site or in The ISI Handbook.

SYNCHRONIZED TEAMS - FORMATION/ SKATING/DANCE

This original form of group skating events is for skaters of all ages and ability levels, with a minimum of eight and maximum of 24 skaters per team. Synchronized skating emphasizes the importance of unison and synchronization of the team while performing various formations. Teams are divided by age groups and category level. See divisions and duration times in *The ISI Handbook*.

- Formation Teams Routines can only incorporate forward steps and backward two-foot skating. This is a good category for beginning teams with basic group skating experience.
- Skating Teams Routines with a minimum of stops or pauses with smooth transitions, speed, difficulty and accuracy are all important in this category.
- Dance Teams Skaters move in unison using steps such as tap, jazz, ballet, etc. Routine can resemble Broadway and



"show" style routines. No props permitted. Not based on ice dancing, but can use dances for theme such as Square Dance, Polka, Flamenco, Tango, etc.

TEAM COMPULSORIES

A team of six skaters (seven skaters are required for Freestyle levels 6-10) competes together on a Freestyle-level team. Each skater performs only one of the six (or seven) required compulsory maneuvers from that Freestyle level. Music and background choreography is required. Skaters may skate above their registered test level, but not below. Pre-Alpha through Delta skaters can participate on a Freestyle 1 team.

TEAM SURPRISE

This is a new "team" version of Surprise events. Each team must have four skaters from the same category level listed below. Skaters may skate in a higher team category but not in a lower team category from their current test level. Each skater may only participate on one team. Skaters under age 6 are not permitted to compete in Team Surprise events.

CATEGORY LEVELS

Low: All skaters must be in
Pre-Alpha to Delta levels ONLY.
Medium: All skaters must be in
Freestyle 1-3 / Bronze levels and below.
Intermediate: All skaters must be in
Freestyle 4-5 / Silver levels and below.
High: All skaters must be in Freestyle
6-10 / Gold / Platinum levels and below.

These team "surprises" will be a relaytype event in which every member of
the team must complete a required
task. Grab your friends and join
this exciting new team event! See
entry forms for special discounted
price at 2010 national events!
ISI team events are a great way to build
team spirit, earn more team points
and have FUN! If you have any questions or need additional information,
e-mail me at randy@skateisi.org.





Classified Advertising

BOOK FOR YOUNG SKATERS — The Champion Behind The Champion. Silver recipient of the prestigious Mom's Choice Award for Values & Life Lessons. GREAT BOOK for young skaters, parents, coaches. Follow LambieAnn's skating career to Nationals through a fun and educational story with charming, original illustrations. \$23.95 plus S&H.

Web site: www.BarbarAnn.com
Call author direct at (440) 546-9152 for multiple orders.

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MAY 15 — Final closing sale! All inventory reduced 40-75%. Figurines, Plates, Prints, Skates, Photos, Programs, Posters, Pins, Magazines, etc. Check Web site at www.theskatinggallery.com. Contact Rita Lowery (440) 290-8089.

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



The brand new 2-in-1 ISI Handbook is now available!

- New 2010 combined edition includes all material previously contained in BOTH Skaters & Coaches Handbook AND ISI Judge Manual!
- Convenient new format featuring handy page tabs, spiral binding and 3-hole punch
- Expanded table of contents puts all ISI test and competition details at your fingertips

Section 1 - Program information

Section 2 - Test level requirements

Section 3 - Competition event summary chart

- Performance rules for every event

Section 4 - Judging (includes penalty reference chart)

- Quick reference for duration

Section 5 - Appendix with sample programs and diagrams of all dance step sequences

Order your new handbook today!

Go to www.skateisi.org or call (972) 735-8800

High-Level Tests

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

FREESTYLE 8

Elizabeth Burke

Parade FSC

LeAnna Davis

Brett Memorial Arena

Kailey Dreyfus

Centennial Ice Arena -Highland Park

Jennifer Garbarz

Rolling Meadows

Kate Kamish

Parade FSC

Michelle Locascio

Northbrook Sports Center

Mirae Mastrolonardo

Oakton Ice Arena

Xinghua Turner

Harry J. McDonald Memorial Center

Kristen VanTine

Oakton Ice Arena

FREESTYLE 9

Michelle Locascio

Northbrook Sports Center

Jorie Singer

Northbrook Sports Center

Lauren Vicik

Nashoba Valley Olympia

DANCE 8

Angela Bean

ICE at The Parks

Paige DiToppa

Center Ice Arena

No matter what your level, be sure your rink registers ALL of your ISI tests as you move up the ladder! All of your ISI tests up to your highest level must be registered in order for you to be eligible to compete in any ISI competition.

See you at the top!

parents' page

Promote Skater Development with ISI Events by Julia Sm

How does a skater create milestones, not just in tests, but also in competition? ISI competitions enhance your skater's development and allow for increased self-esteem with more chances for success.

Competition can be tough. Wouldn't it be better to report competition results of a fourth and a first place, rather than just a fourth place? The entry deadline for the ISI World Recreational Team Championships is May 1, so if your coaches have not yet approached you about adding events, you'll want to approach them after you read this.

Consider the following events and the positive impact they can have on your skater's development.

- **ARTISTIC SKATING** Without the constraints of the required elements in Freestyle programs, Artistic events let skaters learn to make their moves fit the music.
- SIMILAR AND MIXED COUPLES What's better than skating with your best friend? Most of the Couples curriculum is included in the Freestyle tests, making it a simple introduction to this event while reinforcing the practice of compulsory maneuvers. Learning to skate comfortably in close proximity with others is an important asset for ice dancing and all team events.
- **FOOTWORK** Don't underestimate the value or work involved in a one-minute footwork program. In my opinion, this is the most valuable event your skater can enter, because a well-constructed footwork program challenges physical and mental aspects of skating. Learning difficult turns involves exact body position and alignment that necessitates a detailed mental memory for achievement.
- **ICE DANCING** A fluid skating knee is the golden reward of ice dancing. If your skater has access to ice dance lessons, take advantage of the opportunity, and then sign up to compete.
- INTERPRETIVE With its focus on creativity and entertainment, some skaters embrace the freedom while others might be hesitant about its lack of structure. Be patient and encouraging if your skater is among the hesitant. Think of the Interpretive event as the equivalent of an improvisational speech in front of a crowd. It's a very common fear, but conquering fear translates into an abundance of self-esteem!
- **COMPULSORIES** Achieving success three elements at a time with this event helps build a solid foundation for continued accomplishment with the Freestyle program.
- **SPOTLIGHT** While creating a welcome diversion from required maneuvers, the varied Spotlight categories provide opportunities to display the theatrical flair and expression that distinguishes good from great athletic performances.

TEAM COMPULSORIES
This event is enjoyable for everyone, plus the skater chosen for the performance of each element becomes the recognized champion for that particular move.

FREESTYLE SYNCHRO
This fun event reinforces required skills while allowing skaters to participate with their friends,

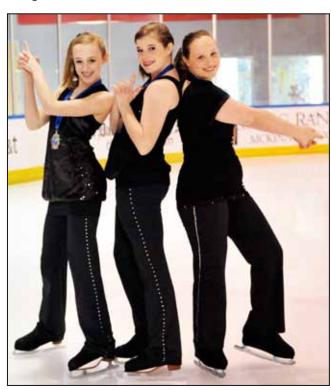
creating camaraderie and team spirit. (See page 19 for more

COST-CONSCIOUS TIPS

information about this event.)

Adding events to your skater's next competition schedule does not have to be cost-prohibitive. Here are a few suggestions:

loween or dance recitals, and don't forget to check resale and consignment stores.



MUSIC Ask your coach about the program duration and cut several appropriate pieces of music, leaving the final decision with the instructor. You and your skater feel empowered!

LEARNING THE FUNDAMENTALS Ask your skating director or manager for development of group classes to fit your needs.

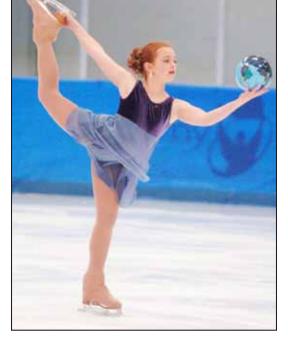


BENEFITS BEYOND THE COMPETITION

Some of the events listed above necessitate additional testing. Every test a skater passes becomes a part of a permanent, personal résumé. This record indicates perseverance and scope of experience, and is one of five categories reviewed should your skater decide to apply for an ISIA Education Foundation scholarship.

When considering entering additional offerings and testing in areas other than Freestyle, think about these words of Jean Albrightson, chair of the Education Foundation Scholarship Selection

Committee: "We are looking for applicants who truly have used the ISI system to forge their skating career. Participation in multiple events at numerous and recent national events is reviewed." The events referenced include ISI World Recreational Team Championships, Synchronized Championships, Winter Classic, Artistic Challenge, district championships and local ISI-endorsed competitions.



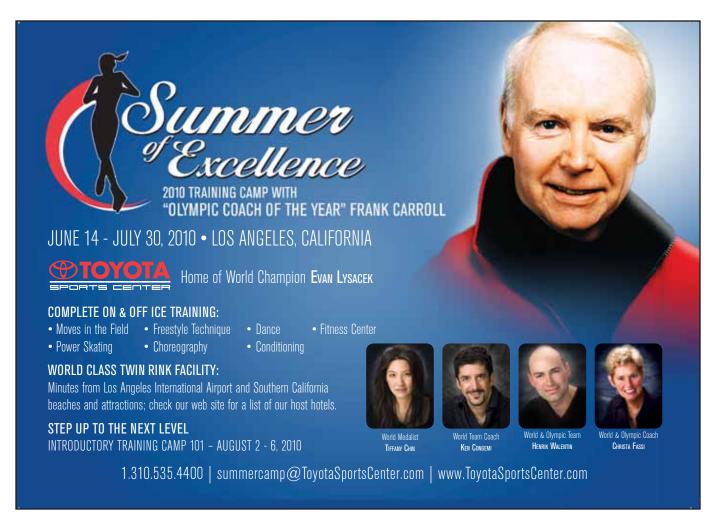
Being a part of the ISI program cultivates skating abilities and much more. Personal determination, perseverance and dedication to the sport foster growth in the areas of selfesteem, confidence and maturity. The skater's discipline evolves along with time management, goal setting and goal assessment skills.

Realistically, only a few people make it to the Olympics, but all ISI skaters can enjoy the many rewards of participating to their fullest. Being able to say "Our team won a trophy at ISI World Recreational Championships" is a significant and exciting achievement.

It all starts with adding another event or two to your skater's competi-

tion list, and telling others just how much fun they are missing if they choose not to participate. Make ISI World Champs an annual part of your skater's development and, in the process, help create memories and milestones.

Julia Smith is a longtime ISI coach, judge, assistant chief referee and former skating director.



Who Will it Be?

This year's Benefit on Ice guest ska<mark>ter will be announced soon, but it's not too early to reserve your seat!</mark>

Friday, July 30 • 7 p.m.

New England Sports Center

Marlboro, Mass.



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 guest skating star. Previous featured guests have included such notable Olympic figure skaters 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!

\$20 before July 16 **\$25** at Worlds registration prior to Benefit Show (if not sold out) **\$15** group sales (10 or more tickets through the ISI office prior to July 16)

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Friday, July 30 • 7 p.m. • New England Sports Center • Marlboro, Mass.

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Discover					
American Ex	press				

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

Signature

Number of tickets	Total \$
Name for ticket pickup at registration	
Card #	Exp. Date
Billing address	
Cardholder's name	Telephone (required)

Capture that Extra Credit!

Did you know that your ISI Handbook has several pages of "Uncaptured Moves" that can be added to your routines for additional content? These skills can help to connect other required moves while adding to your Extra Content, General Overall and Judge Appeal scores. How many of them do you already know? Match the maneuver with its correct description.

Attitude	Double Walley
Double Bunny Hop	Charlotte
I-Foot Salchow	Quarter Flip
Inside Axel	Broken Leg Spin
Corkscrew Spin	Split Flip
Forward Outside Pivot	Grafstrom Spin

- A 1 full revolution in the air, taking off and landing on a backward inside edge
- B Similar to a half flip but takes off and lands on same toepick
- C A sit spin but with free leg bent and out to the side
- D A camel spin with a very bent skating knee
- E A split jump that then snaps in and rotates one full revolution to land backwards
- F 1 ½ revolutions, taking off on a forward inside edge and landing on a backward outside edge
- G An upright one- foot glide with bent free leg knee and thigh held behind at hip level
- H Backwards glide with body bent down and free leg straight in air in split position
- I A skip, taking off and landing forward on same toepick
- J Skater glides forward on an outside edge around stationary toepick
- K A spin with bent skating knee and and free leg crossed behind
- L 2 revolutions from a backward inside edge and landing on a backward outside edge





What is the best reason to ice skate?

Start with the S in the highlighted box, and follow the correct path of letters to create the ISI weSKATE slogan:

Р	0	В	F	E	М	D	0
R	S	L	l	P	E	F	R
Α	K	U	С	Α	N	l	J
С	Α	С	E	F	U	N	U
Т	Т	K	Н	l	S	0	М
1	E	Α	Т	R	Υ	F	P
С	F	0	R	В	W	l	Т
E	Α	L	E	S	S	0	N

(Answer: Skate for the fun of it!)

Skate Into Springtime!

Can you find 8 things that are different about our two skating bunnies?





competitions

march

21 Dallas TX Galleria Ice Skating Center 26th Annual State of Texas ISI Team

Competition

26-28 Oxford OH **Miami University** ISI Synchronized Skating Championships

26-28 Tacoma WA Sprinker Recreation Center

23rd Annual ISI Spring Fever Competition

Yorktown VA

Hampton Roads IcePlex 3rd Annual Spring Fling Open

27-28 Riverside CA

Ice Town

Riverside Icetown Orange Twist Open

27-28 Peoria IL

Owens Recreation Center Spring Thaw

april

2-3 Oldsmar FL

Tampa Bay Skating Academy 2010 ISI Spring Fling Competition

Knoxville TN 9-11

Ice Chalet

41st Annual Robert Unger Competition

9-11 Orleans MA

Charles Moore Arena

32nd Lower Cape ISI Team Competition

17-18 Monsey NY

Sport-O-Rama Ice Rinks Sport-O-Rama Spring Classic

17-18 **Delmont PA**

Center Ice Arena Golden Blades

17-18 San Mateo CA

Ice Center San Mateo

District 14 Team Championships

23-24 Boxborough MA

Nashoba Valley Olympia

Nashoba Valley ISI Team Competition

24-25 Johnstown PA

Planet Ice

Spring Challenge Championship

24-25 Franklin Park IL

Franklin Park Ice Arena Spring Fever Competition

24-25 Pasadena CA

Pasadena Ice Skating Center 26th Annual ISI Open Competition

30-May 2 **McKinney TX**

Dr Pepper StarCenter

ISI 2010 District 11 Championships

may

El Segundo CA 1-2

Toyota Sports Center

2010 Spring Fling Open Competition

Great Neck NY

Andrew Stergiopoulos Ice Rink 6th Annual Long Island Classic

1-2 Fairfax VA

Fairfax Ice Arena

2010 ISI Spring Competition

14-16 Acton MA

Sharper Edge Skating School 11th Annual Skater's Cup

Wellesley MA

Babson College Skating School Babson Blast

june

4-6 **New York NY**

Sky Rink @ Chelsea Piers 24th Annual ISI Team Competition

Chicago IL

McFetridge Sports Center 2010 School's Out Competition

july

17 Wilmette IL

Centennial Ice Rinks Mid-Summer Classic



26-31 Marlborough MA

New England Sports Center 30th Annual ISI World Recreational Team Championships

31 **Gurnee IL**

Rink Side Family Entertainment Center Summer Chiller

september

Valencia CA

11-12

Ice Station Valencia

5th Annual Autumn Classic Competition

october



8-10 Las Vegas NV **ISI Adult Championships**

Las Vegas Ice Center

23-24 Hingham MA

Winterland Skating School 24th Annual Halloween Classic

december



Northbrook IL **Northbrook Sports Center ISI Artistic Challenge**

shows & exhibitions

march

13 **Gurnee IL**

Rink Side Family Entertainment Center

Dance, Dance, Dance

13-14 St. Louis MO

Wayne C. Kennedy Recreation Complex

Annual Ice Recital

Oak Park IL 16-21

Ridgeland Common Stars on Broadway

19-20

Luverne MN

Blue Mound Figure Skaters

Bedazzled on Ice

20 Laconia NH

Oak Lawn IL

Central New Hampshire Skating Academy

Spring Show 20

Oak Lawn Park District Ice Arena

District 8 Championships Exhibition

20-21 Southgate MI Southgate Civic Center What's your Favorite Color? Soldotna AK Soldotna Sports Center '60s on Ice april 10-11 Stevens Point WI KB Willett Ice Arena Celebr8 & Sk8 16-17 **Carol Stream IL** Carol Stream Ice Rink Up Up and Away 16-17 **University Park PA** Penn State Ice Rink The Ice Is a Stage Joliet IL 16-17 Joliet Park District / Inwood Ice Arena Imagination Station 17-18 **Brentwood MO** Brentwood Ice Arena Skates on Broadway 23-25 Park Ridge IL Oakton Ice Arena Round-Up at the Oakton Corral 23-24 **Downers Grove IL** Downers Grove Ice Arena Up Up and Away 23-24 Newark OH Lou & Gib Reese Ice Arena 5th Annual Jane McConnell Ice Show Chicago IL McFetridge Sports Center Extra. Extra Skate All About It 23-25 Roseville MN Roseville Skating Center 41st Annual Roseville Ice Show Everything's Coming Up Roseville 23-25 Coon Rapids MN Cook Memorial Arena

Go for the Gold FMC Navin Arena Skating to the Movies Iceoplex Simi Valley 1-2

30-May 2

White Bear Lake Sports Center

may

White Bear Lake MN

Marlboro MA

Simi Valley CA

Cottage Grove MN

Geneva IL

Northbrook IL

Wasilla AK

Skokie IL

Dimondale MI

Spring Fling City of Cottage Grove Ice Arena Carnivals on Ice The Skate School @ Fox Valley Spring Ice Show Northbrook Sports Center Northbrook-On-Ice 2010 Brett Memorial Ice Arena Spring Ice Show 13-16 Skatium One Hit Wonders The Skate School @ The Summit Spring Ice Show 14-16 14-16

Wilmette IL Centennial Ice Rinks The Olympic Dream...on Ice Franklin Park IL Franklin Park Ice Arena 2010 Spring Ice Show From **Fundamentals**

14-16 Niles IL Niles Park District Iceland Our 40th Year 16 Nashville TN Centennial Sportsplex Annual Spring Ice Show 18-19 Skokie IL Skatium Superstars on Ice 21-23 Glenview IL Glenview Ice Center 37th Annual Ice Show 21-23 **Evanston IL** Robert Crown Ice Center 90 Days of Summer Plano TX 22 PSA StarCenter Rock Thru the Ages 22-23 Bensenville IL Edae Ice Arena W EDG Radio 22-23 Boxborough MA Nashoba Valley Olympia Out of this World 23 Glen Ellyn IL Center Ice of DuPage Musical Memories **Orland Park IL** 28-29 Arctic Ice Arena

december

Magical Mystery Ice Tour

7-11 Knoxville TN Ice Chalet 23rd Annual Nutcracker on Ice

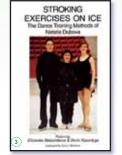


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The 21st Annual Ice Fantasy

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10th Annual Ice Show

World Ice Arena

Spring Ice Recital

Sioux Falls FSC Famous Lines on Ice

29-May 1

30-May 2

Minnetonka Ice Arena

Wayne Community Center As Seen on TV

36th Annual Silver Skates Ice Revue

24-25

25

25

Stillwater MN

Flushing NY

Sioux Falls SD

Minnetonka MN

Wayne MI







Support Those Who Support the ISI Mission!

The ISIA Education Foundation is proud to welcome U.S. Icewear as a fundraising partner. When you order tights from U.S. Icewear, the company will donate 50 percent of the suggested retail price to the ISIA Education Foundation in support of its scholarship program.

U.S. Icewear serves ISI members with superb quality, reasonable prices and, with this partnership, generous support of the ISIA Education Foundation.

For more information and to order your U.S. Icewear tights, go to skateisi.org and select the skaters' page.



Every credit card sends you a statement. This card lets you make one.

Support the ISI with every purchase and turn your purchases into points.

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ISI ADULT CHAMPIONSHIPS





Oct. 8-10

Las Vegas Ice Center • Las Vegas, NV Entry & Test Deadline: Aug. 15

ISI Adult Skaters Love Going for the Gold in Vegas!

No matter where they live, ISI adult skaters are willing to go the distance when their favorite skating competition is held at the ultimate adult playground: Vegas! This year's Adult Championships schedule, over Columbus Day weekend, provides a little extra fun time. And the two-sheet Las Vegas Ice Center is located on West Flamingo Road, just blocks from The Strip!

FOR MORE INFORMATION

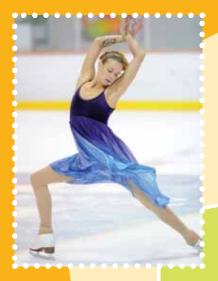
skateisi.org visitlasvegas.com lasvegasice.com

Schedule and venue subject to change.



ISI VORLD RECREATIONAL TEAM CHAMPIONSHIPS





July 26-31

New England Sports Center • Marlboro, MA Entry & Test Deadline: May 1

Discover the Exciting Worlds of ISI!

Navigate northeastward for the 30th Annual ISI World Championships. By popular demand, ISI returns to the two-story New England Sports Center for the largest annual recreational ice skating competition on the planet. The spacious center offers everything needed for a wonderful Worlds: five rinks under one roof, a full-service restaurant, plentiful parking and a perfect tourist location near Boston. Plans are in the works for a harbor cruise, always a hit with fun-loving Worlds competitors.

FOR MORE INFORMATION

skateisi.org bostonusa.com www.nes.com

Schedule and venue subject to change.

