

recreational

IceSkating

Spring 2013

A SoCal Worlds
Is SoCOOL!

Holiday Challenge
& Winter Classic
Photos & Memories

My Coach ROCKS!

Helpful Tips
for Parents



What makes ZUCA special?



Built-in seat
supports up to
300 lbs

Push or Pull
your ZUCA bag

Front door for easy access
& pockets for quick storage

Climb stairs
& roll up curbs
with ease

Mix & Match your favorite insert
with one of our 10 frames:



Black + Flashing Wheels



Black + Non-Flashing Wheels



Blue + Flashing Wheels



Pink + Flashing Wheels



Orange + Flashing Wheels



Brown + Flashing Wheels



Green + Flashing Wheels



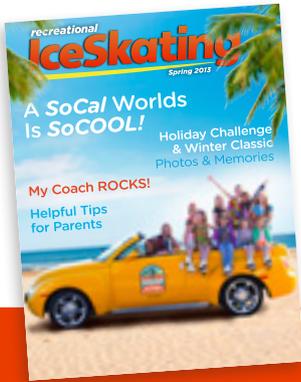
Gray + Flashing Wheels



White + Flashing Wheels



Red + Flashing Wheels



Tanni Tronsen

what's inside

Recreational Ice Skating | Spring | 2013 | Vol. 37, Number 2

Publisher
Ice Skating Institute

Editor
Lori Fairchild

Editorial Advisors
Peter Martell
Kim Hansen
Liz Mangelsdorf

Print Production & Advertising/Sponsorship Manager
Carol Jackson

Graphic Designer
Dallas Drotz

Recreational Ice Skating ISSN 0164-4106 (USPS 361-570) is published quarterly; Fall, Winter, Spring, and Summer; by the Ice Skating Institute, 6000 Custer Rd., Bldg. 9, Plano, TX 75023. Periodicals postage paid at Plano, TX, and at additional mailing offices. POSTMASTER: Send address changes to Recreational Ice Skating, 6000 Custer Rd., Bldg. 9, Plano, TX 75023. Printed in the U.S.A.

Extra copies are \$4.00 each (includes postage).

©2013 by the Ice Skating Institute. Reproduction in whole or in part is prohibited unless expressly authorized in writing by publisher. All rights reserved. Opinions expressed by contributors do not necessarily represent the views of the Ice Skating Institute, the publisher or the advertisers. Submissions of manuscripts, materials, photographs, and artwork are made at mailer's risk and must include self-addressed envelope with sufficient postage for return. No responsibility will be assumed for unsolicited materials. ISI reserves the right to edit material submitted for content and space consideration.

► features

Holiday Challenge Results & Report. 6

Holiday Challenge Gallery. 8

A West Coast Worlds. 10

Winter Classic Results & Report 12

Winter Classic Memories. 14

Winter Classic Gallery. 16



► departments

News & Notes 4

Spotlight 5

Competitors' Corner 18

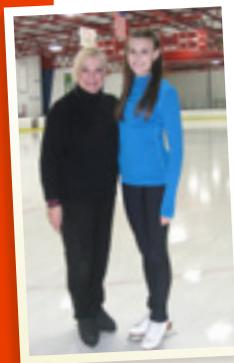
My Coach Rocks! 20

Parents' Page 22

weSKATE Kids Adventures & Activities. 24

Calendar 26

Write On! 28



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

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

ISI INTERNATIONAL
HEADQUARTERS

Executive Director
Peter Martell
Controller
Donna Crooks

Assistant Controller
Heather Loller

Membership Coordinator
Mary Ann Mangano

National Skating Events Coordinator
Kim Hansen

National Skating Programs Coordinator
Liz Mangelsdorf

**Print Production & Advertising/
Sponsorship Manager**

Carol Jackson

Administrative Services Manager
Jeff Anderson

Administrative Assistant
Angela Tooley

ISI OFFICERS

President	Jim Hartnett
1st Vice President	Mike Paikin
2nd Vice President	Janice Forbes
Treasurer	Rob McBride
Secretary	Margy Bennett
Immediate Past President	Jim Lange

DIRECTORS

District 1	Alane Swiderski
District 2	Robyn Bentley
District 3	Lisa Fedick
District 4	Christine Wilson Brinton
District 5	Larry LaBorde
District 6	Jodi Truel
District 7	Jamie Baringer
District 8	Susan D'Aquila
District 9	Heather Hyatt
District 10	Jane Schaber
District 11	Caroline Baker
District 12	Debbie Lane
District 13	
District 14	Paige Scott
District 15	Darlene Sparks
District 16	Cindy Solberg
District 18	Glyn Jones
Builders & Suppliers	Doug Peters
Instructors	Shane Douglas
Commercial Facilities	Jon Gustafson
Public/Not-for-Profit Facilities	Sean Flynn
Schools/Colleges/ Universities	Scott McCoy
iAIM Chair	Kevin McCormack
PSA Representative	Gerry Lane
USFSA Representative	Homer Hagedorn
ISIA Asia Representative	Paul Wong
PPIRMC Representative	Trudy Ivory
MIAMA Representative	Dean Mulso
MIRMA Representative	Judy Sniffen
Education Foundation	Don Bartelson
Lifetime Honorary Member	Carol Zdziebko

► news & notes

What's going on at your home ice arena, or with your skating club or team?
Share your news and photos with editor@skateisi.org.

ISI Launches The Skating Scoop E-newsletter



Have you seen the latest from ISI? It's *The Skating Scoop*, an electronic newsletter packed with updates, tips, links and announcements exclusively for ISI members. You might even

see yourself or your coach, rink, club or team featured in a future issue!

If you have a current and valid email address registered with ISI, you will receive *The Skating Scoop* quarterly, between issues of *Recreational Ice Skating* magazine. If you did not receive the first *Scoop* in March, please go to skateisi.org/UpdateInfo and register your email address so you won't miss any important ISI information!

ISI Skater's Creed

If you've ever participated in a national ISI competition, you have probably seen the *ISI Skater's Creed* in the program book. Have you taken the time to read it, and think about it? Please share a specific example of any part of the Creed that you have witnessed or been a part of at an ISI event. Send your comments to editor@skateisi.org, and include a photo if you'd like!

I will try to do my own personal best.

I will support and encourage my fellow teammates.

I will make three new friends at this competition from ice rinks other than my own.

I will be a good representative from my home rink team.

I will skate at my own true level of ability.

I will be modest in victory.

I will be gracious in defeat.

I will not focus on winning but on my participation and enjoyment of ice skating.



Alert the Media!

Does your local newspaper, magazine or TV station know about your facility, ISI programs, teams and events? Keep them informed with news releases and request their coverage of your events. It's great publicity for your group as well as for the sport we all love! Be sure to send links to your published coverage to editor@skateisi.org and we'll share them on Facebook!

▶ spotlight

ISI Facebook Friend: Kirsten Holles



Kirsten Holles is an adult skater who joined ISI just two years ago when her family moved to Laramie, Wyo. and joined the Laramie Figure Skating Club.

"I skated occasionally growing up," she says. "When I was 30, a friend invited me to lessons with her, and I took lessons for a year before taking a break for graduate school and kids. I started up again when my daughters, Sarah and Sydney, started taking lessons."

Kirsten's coach recently moved, and she is hoping to resume lessons soon with a new

coach. She has tested through the Alpha level, and in 2011 she participated in her first competition, competing in Compulsory and Family Spotlight at the Ice Breaker event in Gillette, Wyo.

She says her proudest skating moment was when she landed her first Waltz Jump: "Within days, I'd followed it up with two other half-rotation jumps. At 45, I'd managed

to land three half-rotation jumps. It was something I'd never imagined I could do."

One of the challenges that comes with learning to skate as an adult is an increased fear of injury, she notes. "As soon as I get over my fear of falling while skating backward or going too fast, I'm sure my skating will progress much faster. But I don't mind letting the kids in the club see me struggle as I try to learn elements because I think it's important to let kids know that everyone struggles doing hard things. I feel strongly that you don't stop doing the things you love or learning new things just because you get older or have kids. It just changes how you accomplish new things. That is why I skate — for me, and for my daughters."

Daughter Sarah is a seventh grader and has passed Freestyle 1. Fourth-grader Sydney is close to passing Delta.

"My husband, Joe, supports me in all my crazy ideas," Kirsten adds. "He is a true skating dad and husband — as long as we don't ask him to put on a pair of skates."

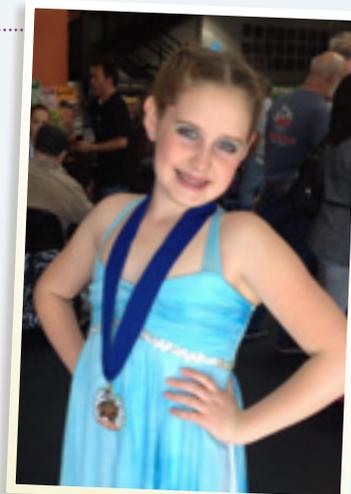
In addition to skating, Kirsten enjoys ballet, Pilates and quilting. She says is between careers, with a background in project management, accounting and marketing.

Happy skating to our Facebook friend, Kirsten Holles!

—Lori Fairchild

Ice Poets "Up and Down"

Skating has many ups and downs.
Up in a Loop. Down in a Sit Spin.
Up in an Axel. Down in a fall.
Up in a bunny hop. Down in a lunge.
Up when you're practicing with friends.
Down when you can't land that jump.
When you're feeling a down,
Just remember all those ups you had last week.
When you're feeling an up,
Don't get ahead of yourself
Because you had a down yesterday.
No matter how many ups and how many downs,
If you have fun at skating, be a skater.



Gemma Sherman, 10, FS 4
Van Nuys Iceland
Encino, Calif.



First ISI Holiday Challenge: Something to Celebrate!

The first-ever ISI Holiday Challenge in Danbury, Conn. the first weekend in December was a fun, festive competition featuring some 260 competitors representing 32 rink teams from eight states. This brand new event replaced the Artistic

Challenge competition, offering all competition events and providing more opportunities for skaters of all levels.

“This was the first ISI national event for many of the competitors, and we heard nothing but excitement and enthusiasm from skaters, parents and coaches about their positive, rewarding experiences,” said Kim Hansen, ISI’s national skating events coordinator. “Even the volunteers were excited about seeing some of the events that ISI regularly offers but that they had not seen at other competitions.”

Some of the participating teams represented rinks that were affected by Hurricane Sandy in October, but still managed to be ready for Holiday Challenge. Despite being first-time ISI national event hosts, Danbury Ice Arena staff and volunteers looked like seasoned pros, filled with ISI spirit and energy.

Special thanks to Kevin McCormack, Jody Haliskoe and Joanne Ihlefeld for leading the efforts. The Danbury team took the first place in the event.

Next year’s Holiday Challenge is set for Dec. 6-8 at South Suburban Family Sports Center in Centennial, Colo. **RIS**

TOP 10

PLACE	TEAM	TOTAL POINTS
1	Danbury Ice Arena Danbury CT	381.5
2	Imperial Skating Academy Lisbon CT	353.5
3	RDV Sportsplex Ice Den Orlando FL	224.5
4	Montclair Inside Edge Skating Club West Caldwell NJ	203.0
5	Sacred Heart University Fairfield CT	193.0
6	FMC Aleixo Arena Taunton MA	139.0
7	Ice Time Sports Complex Newburgh NY	121.0
8	FMC Pirelli Veteran's Skating Arena Franklin MA	106.5
9	World Ice Arena Flushing NY	106.0
10	Wonderland of Ice Bridgeport CT	98.0

For complete list of teams and results, go to skateisi.org/holidaychallenge.



Summer of Excellence 2013

June 10-July 26, 2013 • Los Angeles, California

TOYOTA WHERE CHAMPIONS ARE MADE
SPORTS CENTER

Complete on and off Ice Training:



Freestyle Technique



Dance



Choreography



- Moves in the Field
- Power Skating
- Conditioning
- Acting on Ice
- Fitness Center

With Special Guests:



2-Time US Olympic Team Coach, PSA & US Figure Skating Coach of the Year

Audrey Weisiger*



US Olympic Silver Medalist, US Figure Skating Hall of Fame

Paul Wylie*



World Champion, Olympic & World Coach & Choreographer

Yuka Sato*



US National Pairs Champion, US Olympic Team, World Team Coach

Jason Dungjen*

Featuring Olympic, World & National Coaching Staff Including:



World Medalist
Tiffany Chin



World & Olympic Coach
Christa Fassi



World Team
Bebe Liang

*For Limited Engagement

WORLD CLASS THREE RINK FACILITY

Minutes from Los Angeles International Airport and Southern California beaches and attractions

Check our web site for our host hotels, including neighboring Hilton Garden Inn

STEP UP TO THE NEXT LEVEL

Introductory Training Camp 101 July 29 - August 2, 2013



Test Sessions available through the FSC of Southern California • www.fscsocal.org

Southern California Open Championships June 15, 2013

310.535.4400 • summercamp@ToyotaSportsCenter.com • www.ToyotaSportsCenter.com

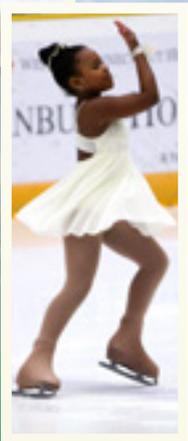
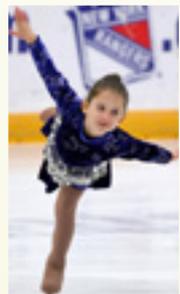
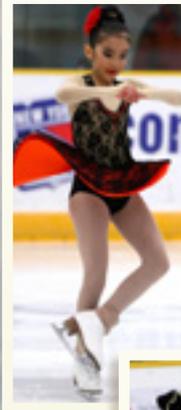
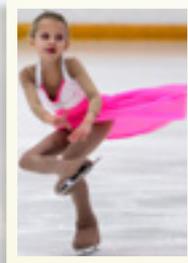
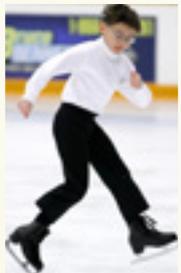
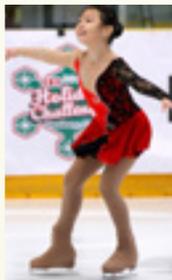
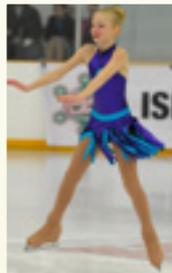
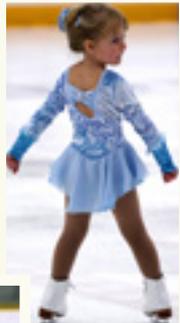
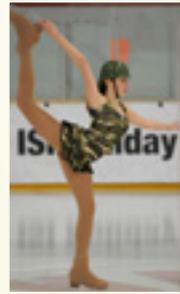
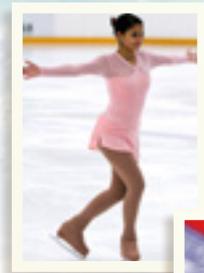


More Holiday Challenge
photos on ISI
Facebook page

ISI 2012 Holiday Challenge Danbury, CT

2012 ISI

Professional on-ice photography by Gabriele Photography



HOLIDAY CHALLENGE





The latest water craze: stand-up paddling
Newport Dunes



PRESENTED BY
Dream Duffel

SoCal-is SoCool!

Don't Miss Your Chance to Experience a West Coast Worlds



John Mairs/AOCVCB



©Disney



Silver Bullet suspended coaster ride at Knott's Berry Farm
Knott's Berry Farm



Queen Mary in Long Beach
©Queen Mary



LEGOLAND's California Coast Cruise
LEGOLAND

ISI Worlds returns to Southern California this year, always one of our most popular destinations, thanks to the many opportunities it offers for families wishing to combine their competition trip with an awesome vacation.

Our West Coast Worlds will be based at THE RINKS-Anaheim ICE, with events also scheduled in Lakewood and Westminster. The Worlds page on the ISI website (skateisi.org/worlds) is your go-to spot for registration forms, hotel information, Worlds activities, updates and more. The full event schedule will not be available until early this summer, but a *tentative* schedule has been posted to help with your travel plans.

Check the full-page ads in this issue as well as the Worlds website page for the exciting activities planned during Worlds week. You won't want to miss the competitors' beach party at family-friendly Newport Dunes on Wednesday evening, the skater clinics with professional choreographer Phillip Mills on Thursday morning or the ISIA Education Foundation Benefit Show on Friday night.

If you're among the lucky Worlds travelers who will be venturing beyond the rinks in search of tourist treasures, you won't have to go far to strike gold. Anaheim is the second largest city in Orange County and serves as a hub to many area attractions. And Orange County is perfectly located in the center in Southern California, only about 30 miles south of Los Angeles and a reasonable 90 miles north of San Diego. Along that stunning stretch of coastline you will find beaches, the world's most famous amusement and theme parks, beaches, shopping paradise and ... did we mention beaches?

In addition to making some lifelong memories at Disneyland, Universal Studios, Knott's Berry Farm, LEGOLAND or SeaWorld, you might want to take an ocean excursion or a scenic coastal tour, catch the ferry to Catalina Island, check out the Queen Mary in Long Beach, visit the historic seaside attraction of Balboa's



"Snoopy...Unleashed" ice skating show at Knott's Berry Farm
Knott's Berry Farm

Fun Zone or try some new water sports like the latest craze — stand-up paddling. You'll find great travel, transportation and tourism tips at anaheimoc.org.

No matter where you live, how far you travel or which Worlds events you compete in, you will have the time of your life at the largest annual recreational ice skating competition on the planet. **ISI**

MORE INFO

skateisi.org/worlds
anaheimoc.org

Paradise Pier in Disneyland Resort
©Disney



2013 MIAMI UNIVERSITY summer skating camps

Elite Synchronized Skating Camp

- July 14-19, 2013

Figure Skating Camps

- July 21-26, 2013

- July 28-August 2, 2013

ISI Testing each week & USFSA Test Session August 2 & 3

Synchronized Skating Camp

- August 4-9, 2013

FOR MORE INFORMATION, APPLICATIONS OR
ON-LINE REGISTRATION VISIT:

www.ice.muohio.edu
GOGGIN ICE CENTER 513-529-9803

SKATE YOUR WAY THE ICE ADVENTURES OF 2013



July 22-27
Anaheim, California
skateisi.org/worlds



Oct. 11-13
San Francisco, California
skateisi.org/adultchamps



Dec. 6-8
Centennial, Colorado
skateisi.org/holidaychallenge





ICE CHALET RECLAIMS THE ROBERT UNGER TROPHY

The ISI Winter Classic’s Robert Unger Trophy has returned to the Ice Chalet in Knoxville, Tenn., where it last resided in 2007. Coincidentally, the Ice Chalet’s Robert Unger School of Ice Skating hosted the very first ISI recreational competition in 1969, and the late Mr.

Unger, a pioneer of the ISI learn-to-skate program, is now known as “the father of ISI competitions.”

The Ice Chalet’s team of 82 skaters earned 1458.5 points for the top honors in the 28th annual Winter Classic. More than 830 skaters ranging in age from 2 to 88 represented 51 rink teams from 17 states Feb. 8-10 at the beautiful Goggin Ice Center on the campus of Miami University in Oxford, Ohio. The group traveling the greatest distance for the competition — 3,382 miles! — was the Harry J. McDonald Memorial Center team from Eagle River, Alaska.

In addition to the 1,863 competition event performances, Hannah Foust of the Ice Chalet earned a spot on the exclusive list of skaters who have passed the ISI Dance 10 test. (Watch for her profile in the next issue of *Recreational Ice Skating*.)

ISI’s first-ever “sold-out” national competition will be remembered for its long days and tight schedules as well as the many factors that allowed it to run smoothly: Lindsay Fenton and Goggin Ice Center’s efficient staff and outstanding volunteers; the dedicated team of ISI referees and judges; the patient, cheerful competitors, parents and coaches; and even the cooperative weather.

Next year’s Winter Classic is set for Feb. 14-16 at Sharks Ice in San Jose, Calif. **RIS**

TOP 10

PLACE	TEAM	TOTAL POINTS
1	Ice Chalet Knoxville TN	1458.5
2	Skating Club of Greater Youngstown Youngstown OH	1096.5
3	Goggin Ice Center-Miami University Oxford OH	829.0
4	Apple Valley Sports Arena Apple Valley MN	543.5
5	Silver Blades Figure Skating Club Findlay OH	418.0
6	Lou & Gib Reese Ice Arena Newark OH	373.8
7	Center Ice Arena Delmont PA	373.5
8	Edge Ice Arena Owensboro KY	364.0
9	Joliet Park District Joliet IL	304.0
10	North Park Ice Rink-Allegheny County Allison Park PA	275.0

For complete list of teams and results, go to skateisi.org/winterclassic.



Benefit on Ice

Reserve your seat now for the highlight of Worlds week!

**Friday, July 26 • 7 p.m.
THE RINKS-Anaheim ICE
Anaheim, Calif.**



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 champion figure skaters as Sasha Cohen, Rachael Flatt, Evan Lysacek, Mirai Nagasu, Ryan Bradley and Ashley Wagner.

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!**

\$25 before July 15

\$30 at Worlds registration prior to Benefit Show (if not sold out)

\$20 group sales (10 or more tickets through the ISI office prior to July 15)



Friday, July 26 • 7 p.m. • THE RINKS-Anaheim ICE • Anaheim, Calif.

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

NUMBER OF TICKETS _____ TOTAL \$ _____

NAME FOR TICKET PICKUP AT REGISTRATION _____

CARD # _____ EXP. DATE _____

BILLING ADDRESS _____

CARDHOLDER'S NAME _____ SIGNATURE _____

TELEPHONE (REQUIRED) _____ EMAIL ADDRESS _____

(OPTIONAL) ISIA Education Foundation Donation (tax deductible IRS# 36-3638131) \$ _____



WINTER CLASSIC MEMORIES



The District 196 Icettes from Apple Valley, Minn., one of the few varsity high school figure skating teams in the country, has attended Winter Classic the last seven years. If you were there, you probably heard their team cheers and Bob the bus driver's booming "Oh yeah!" echoing throughout the arena.

"The Ohio ISI Winter Classic competition is what the Icettes have trained so hard for. In just two and a half months, the team learned two synchro programs, five team compulsories, three team ensembles, production and all their various individual programs — and placed fourth overall against 51 other teams!" says Head Coach Rachelle Johnson. "Not only did we work toward a goal, we worked together as a team, and that is why this trip to Ohio has been the best trip so far. The Goggin Ice Center was a fabulous place to host this year's Winter Classic. The Icettes enjoyed the atmosphere, the friendly staff and the locker rooms. To rate our experience: 10 out of 10!" —Dale Kowalski, Apple Valley Sports Arena, Apple Valley, Minn.





Eight weeks before Winter Classic, I had major jaw surgery causing me to be off the ice for seven weeks before competing, so I only had a week to practice. My theater team, *Wonka On Ice*, won first place, and being able to be the role of Wonka and show

my theatricality along with pulling off my Axel and doubles with only a week of practice was so rewarding! My ensemble team, *No Place Like Home*, also received first! The most rewarding memory though, was being able to be there with my strong mom/coach, Yvonne Nelson-Reid, who had liver surgery only three weeks prior to Winter Classic. To have her there with me while we both were recovering and having her be the one to guide us to success was the best feeling in the world!

— Jimmi Nelson-Reid, Lynchburg Figure Skating Club, Lynchburg, Va.



Wow! Once again we attended a great ISI event and had the best time. Our favorite memory this time was sharing this experience with an exchange student from Italy. My daughters Olivia and Mauriana each had 10 events, and Cecilia really brightened our trip. The other memory was being with our team of 14 and cheering for each other. We met some great people and reunited with skaters we had not seen in awhile. We loved the Miami campus — it is amazing, and so was this competition. Thank you, ISI!

— Tracey Dorsch, Center Ice Arena, Delmont, Pa.



SP-Teri



ZERO GRAVITY LICENSE TO FLY

The latest light weight skating boots.

Standard Features:

- V notch for optimal ankle flex.
- Low cut back for ideal toe pointing and better Achilles comfort.
- Cushioned insole for shock absorption with anti friction top cover.
- Suede synthetic lining to wick moisture from feet and ankle comfort.

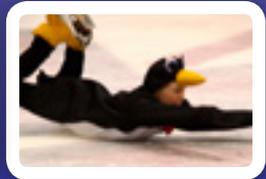
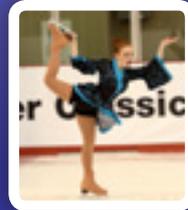
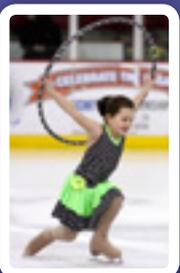
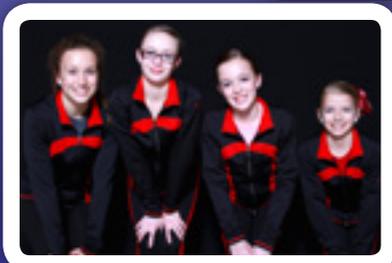
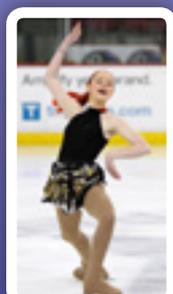
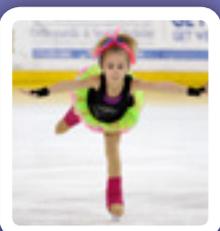
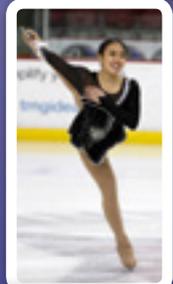
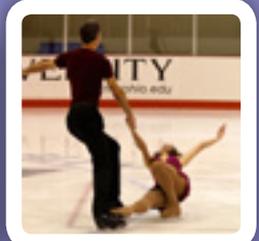
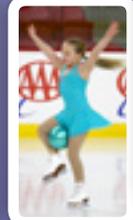
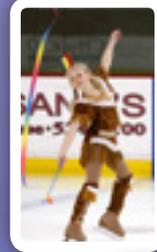
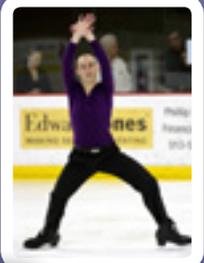
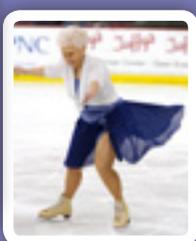
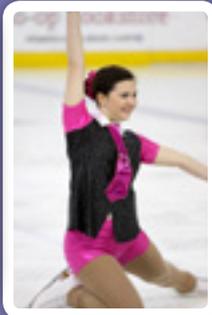
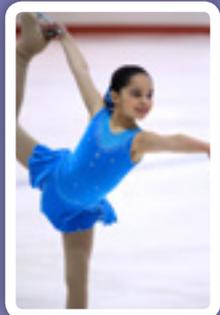
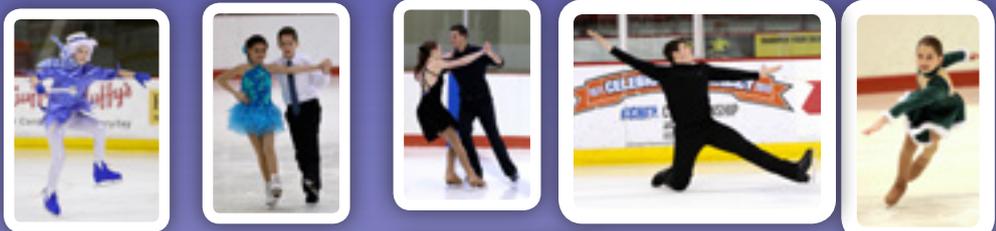
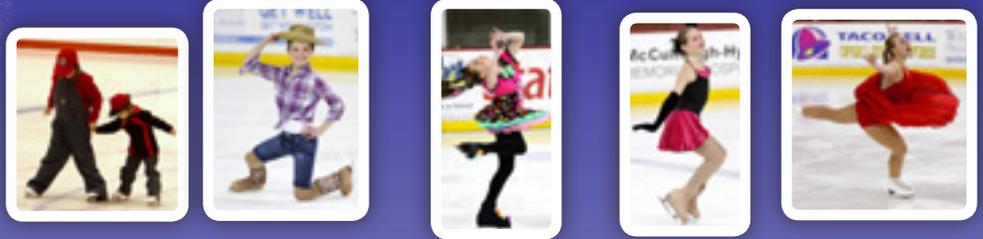
Available at a SP-Teri dealer near you.

SP-Teri Co., Inc. 436 North Canal Street, Unit 1 • South San Francisco, CA 94080
Phone (650) 871-1715 • Fax (650) 871-9062 • www.spteri.com



2013 ISI WINTER

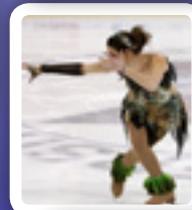
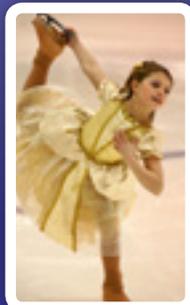
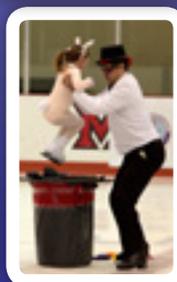
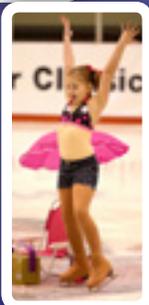
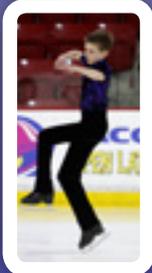
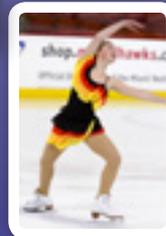
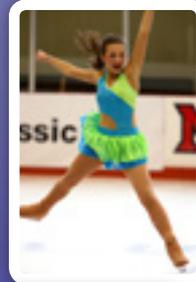
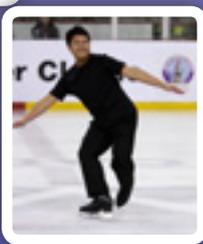
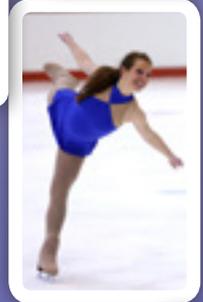
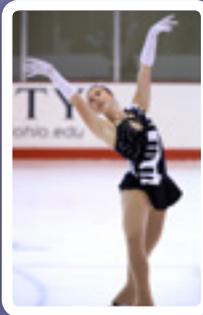
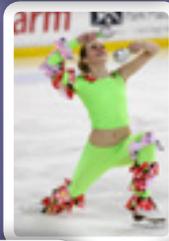
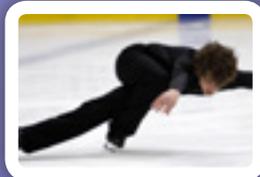
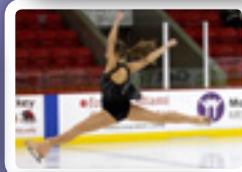
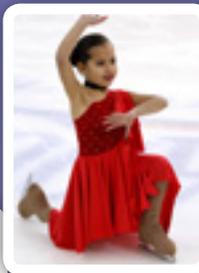
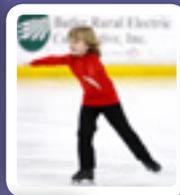
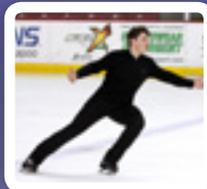
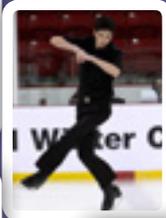
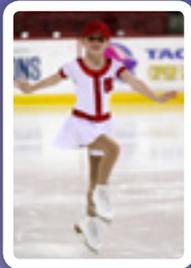
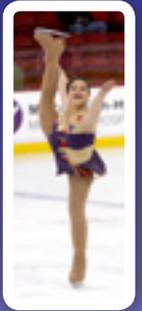
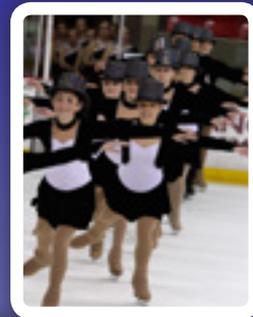
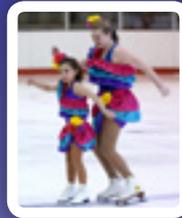
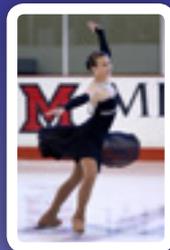
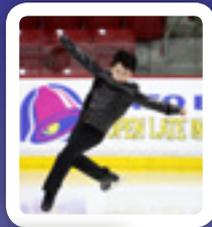
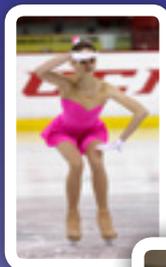
Professional on-ice photography by Gabriele Photography



CLASSIC GALLERY



More Winter Classic photos on ISI Facebook page





competitors' corner

BY LIZ MANGELSDORF | ISI National Skating Programs Coordinator

Focus On

FAMILY SPOTLIGHT



SI World Team Recreational Championships will be here before we know it! Have you ever thought about how much fun it would be to have your brother, sister, mom, dad — or even your whole family — on the ice with you?

Family Spotlight is a special event designed to allow family members to participate together in ISI competitions. Every member of your family can show their skating skills on the ice at the same time. This event is open to two or more family members of any age and skating level.

Have you ever seen “Family Game Night” on TV? My daughter and son love watching this show and always say, “We should go on that show!” They see how much fun those families are having together. The Family Spotlight event lets you do the same thing with your family, but on the ice. You get to compete against other families and earn team points for your rink team — and everyone in your family will receive a medal!

Family Spotlights should be fun and entertaining; typically they are portrayals of characters using costumes and props to create the story or theme on the ice.



When deciding on your theme, start by thinking about something that your family can relate to and which/how many family members will be performing. Popular movies, TV shows, music and books are helpful in coming up with creative ideas.

Costumes can really enhance your program and help your character come to life on the ice. Check your closet, old Halloween costumes or clothes you use for playing “dress-up.”

If you decide to use props in your program, keep in mind that they should be “purposeful props.” That means the prop should be “used” by the skater(s) as a way to help illustrate the theme of the program. Don’t just have a prop on the ice for the sake of having one.

Always know your audience (in this case, keep in mind that you are performing for judges). Your theme should be easily recognizable and your music should match the costumes, the props and the choreography. Don’t make the judges “guess” what is going on during your program.

Duration: 1:30 minutes

Judging Criteria: Music & Choreography, Costume & Prop, Originality, Duration, Judge Appeal

High-Level Tests

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

DANCE 10

Hannah Foust
Ice Chalet Knoxville
Knoxville, TN

Taylor Harris
Schwan Super Rink
Blaine, MN

Sarah Mitty
Sharper Edge Skating School
West Concord, MA

Tess Perrone
Winterland Skating School
Rockland, MA

FREESTYLE 8

Morgan Gamble
TBSA Countryside
Tampa, FL

Jarod Alexander Largent
Owens Recreation Center
Peoria, IL

Madalyn Moree
SportQuest Skating Academy
Minneapolis, MN

Madison Staggert
Schwan Super Rink
Blaine, MN

Jessica Goble
Owens Recreation Center
Peoria, IL

Danielle McManamon
Clearwater Ice Arena
Clearwater, FL

Olivia Morrisey
Sharper Edge Skating School
West Concord, MA

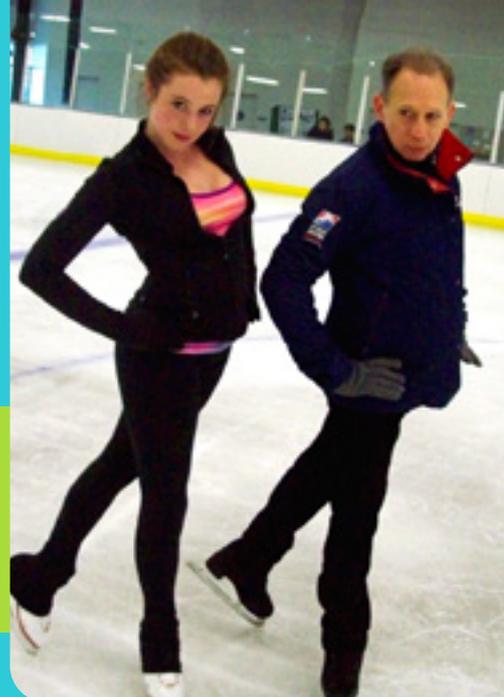
Emily Vogel
New Ulm Figure Skating Club
New Ulm, MN

Carolyn Meyer
White Bear Lake Sports Center
White Bear Lake, MN

Gabrielle Patschull
St. Peters Rec Plex
St. Peters, MO

Work with Ashley Wagner's Choreographer!

Don't miss this once-in-a-lifetime opportunity to participate in a clinic conducted by World and Olympic figure skating choreographer Phillip Mills — the choreographer for many national champions in singles, pairs and dance.



Choreographer Phillip Mills with student Arianna Barry

"Phillip choreographed my programs for the 2012-13 season. These pieces are completely different than other programs I have skated to in the past. Phillip brought out my strengths but also pushed me to new heights and areas of expression."

—U.S. Champion Ashley Wagner



Ashley Wagner in 2012 ISIA Education Foundation Benefit on Ice

Phillip Mills works at the forefront of figure skating and its ongoing changes and challenges. In addition to his current student U.S. Champion Ashley Wagner, he has created acclaimed programs for Michelle Kwan, Sasha Cohen, Courtney Hicks, Tara Lipinski and many more.

Mr. Phillips will conduct clinics on the morning of Thursday, July 25 during the ISI World Team Championships, exclusively for Worlds competitors. The clinic sessions will be divided by ISI test level. Each skater may participate in only one session, based on your highest test passed.

You must be entered in at least one event of the ISI World Team Championships to participate in a clinic.

Enrollment is limited and available on a first-come basis.

Worlds Clinic with Phillip Mills

Thursday, July 25

**THE RINKS-
Westminster ICE**

Check ONE:

- 9-9:45 a.m. Freestyle 4 skaters only
- 10-10:45 a.m. Freestyle 5 & Silver Freestyle skaters only
- 11-11:45 a.m. Freestyle 6-7 & Gold Freestyle skaters only
- Noon-12:45 p.m. Freestyle 8-10 & Platinum Freestyle skaters only

NOTE: Session levels will be combined if necessary.

\$45 Check/Money Order* Visa MasterCard Discover

*Payable to Ice Skating Institute

SKATER'S NAME _____

CREDIT CARD NUMBER _____ EXP DATE _____

BILLING ADDRESS _____

CARDHOLDER'S NAME _____ TELEPHONE _____
(required)

EMAIL _____ SIGNATURE _____

Fax form to
972.735.8815 or
mail form with
payment to:

ISI-Events
6000 Custer Rd.,
Building 9
Plano, TX 75023

MY COACH ROCKS!

Does your ISI coach rock? Please send a short essay (about 125 words) telling us why, along with a high-resolution photo, to editor@skateisi.org. Note: Only skaters may submit essays. Skaters and coaches must be current ISI members.



BARBARA GAHAGEN

I have the BEST coach ever! Her name is Barbara Gahagen, and she dedicates many hours, seven days a week, to her skaters. Barb has a true passion for coaching and skating that she instills in all of her students. We all look forward to coming to the rink every day and getting to work with our coach. Coach Barb and my family have shared many memorable moments together that I will cherish throughout my life. I love our road trips to competitions where we have shared new adventures and non-stop laughs together. I am going to miss her so much when I begin college in the fall at Miami University in Oxford, Ohio. I have been a student of Coach Barb since I was 5 years old. Over the years she has become like a second mother to me. I am so honored to be where I am in my skating career, and none of it would be possible without her guidance and expertise.

Paige DiToppa, 17, FS 7 & Dance 10
Center Ice Arena
Delmont, Pa.

KATIE WELZ

Our coach, Katie Welz, listens to us and encourages us to do our best. It is easy to learn from Katie because she always comes out on the ice with us to show us proper technique. Our favorite skill so far is the Salchow, and now we do synchronized Salchows in our Family Spotlight. When Katie became our private coach, we were in Beta. One year later, we are Freestyle 3! Katie encourages us to go to competitions and accomplish things we never thought we could do before, and that is why she ROCKS!

Kimmy Kopman, 8, FS 2
Maddie Kate Kopman, 8, FS 2
Inwood Ice Arena/Joliet
Park District
Joliet, Ill.



JOHN SAITTA

My coach is John Saitta, skating director at THE RINKS-Anaheim ICE. John is a great proponent of ISI programs, and organizes and directs many ISI events. He is one of the most amazing coaches around and coaches all levels. His technical prowess as a coach is stellar. He made a huge difference in my skating, increasing my technical abilities and helping me gain confidence, speed and success on the ice. Our lessons are always focused but also full of fun, laughter and encouragement. John always ends each lesson with a recounting of what went well in the lesson. He is so positive and optimistic. John Saitta makes an impact on his skaters every day.

Merry Neitlich, FS 4
THE RINKS-Anaheim ICE
Anaheim, Calif.

MY COACH ROCKS!

RACHEL DUCKWORTH & NICOLE WEST

My coaches, Rachel Duckworth and Nicole West, are the absolute greatest coaches I've ever had the opportunity to skate with. They are my heroes. They both coach the synchro team here at the Tampa Bay Skating Academy in Oldsmar. The amount of time and effort they have put into this team is incredible, and words cannot adequately describe how grateful I am for them. Off the ice, they are beyond coaches — they are my friends. There will be days when I can't seem to do anything right, but they are there with words of encouragement and good advice to help me become a better skater and person. I can't picture skating without them. There is a big spot in my heart for them and I look forward to the things to come for our team.

Olivia Naab, 18, FS 6
Tampa Bay Skating Academy-Oldsmar
Oldsmar, Fla.



DOLLY DUKE-MAGGIO

Our Tropical Ice synchro team has accomplished so much because of our coach, Dolly Duke-Maggio. We earned bronze at ISI Worlds in Dallas last summer, and we couldn't have been any happier! She strives for her students to be the best and pushes us to our full potential. As my sisters' and my coach for a few years now, I can say Dolly is one of the most outstanding coaches out there. She's a hard-working woman, and she has even started her own business, Princess Pillows for ZUCA bags. We love you, Dolly!

Nicole Garchitorena, 17, FS 3
Palm Beach Skate Zone
West Palm Beach, Fla.



LYSSA COBB

My coach's name is Lyssa Cobb. She lives in Illinois and drives to St. Louis, Mo. to train her students. My coach rocks because she is a black belt in Taekwondo and she can break bricks and wood. She is 26 years old and has a degree in early childhood education. She is very supportive and pushes me to work hard. I have always loved to do jumps but I hated spins — she helped me to love them, too. My most recent jump is the Waltz Jump-Loop Jump, and my most recent spin is the Camel Spin. In the picture, I am on the right and my friend Riana is on the left. Lyssa is her coach, too. We performed in the Winter Show together. My coach rocks.

Skye Patton, 8, FS 3
Brentwood Ice Arena
St. Louis, Mo.





Understanding Your Role in Your Child's Skating

As a parent, you are faced with many decisions to make on your child's behalf every day. These can be as simple as what they eat for breakfast or as important as choosing where they go to school.

As the parent of a new skater, these decisions can be confusing and at times, a bit overwhelming. Unless you have been a skater yourself, this is a whole new world to you. You may wonder what your role is and how best to support your child in their new sport.

If your skater is young, your first duties will include simple tasks such as getting them to the rink on time for practice sessions and classes, tying their skates and communicating with the instructors any concerns or issues your skater has. At this point, it should feel very natural to you. These duties mimic the kinds of things you have done hundreds of times with your child. It all makes sense and you navigate through it with ease.

As your skater progresses in the sport, however, your role may expand to include some new experiences such as selecting a coach, buying new skates and blades, selecting costumes and in some cases picking out program music.

Wow! Suddenly you feel like you've stepped into a whole new world. Unless you have a skating background, you will undoubtedly be confused and quickly figure out that you need guidance. Naturally, you will turn to the people in the rink for help. These may include coaches, rink staff, other skaters or other parents.

At this time, you often feel like a sponge soaking up all the information you can. After all, you have a new role.

You are suddenly feeling like you must grasp it all and be an instant expert. What if you make a wrong decision, pick the wrong skates, buy the wrong dress? That would mean you have let your child down, right?

Here's the good news: Your role as a parent never really has to change. You do not need to be the expert. That's what coaches are for — to guide you along with their vast experience, allowing you to focus on your area of expertise — your child.

Smart parents will follow these basic guidelines when deciding how best to support their skater:

Focus on effort, not outcome. Your child may not always do something correctly, place first in a competition or pass a test. But the fact that they are out there trying and doing their best should be celebrated. They know when they have made a mistake. When a parent acknowledges that but focuses on the effort, the skater has a much easier time dealing with the disappointment and can move on mentally to future successes.

Teach your skater humility and compassion. This is done through modeling. Your child will pick up on your cues from things you say. It's fine to be competitive and, in fact, it's a must in a tough sport, but there is an opportunity here to demonstrate a skill that will help children be kinder people. This is not to say that you cannot celebrate a big moment and demonstrate pride in accomplishment. Reminding your child that there may be others around who did not have as much success and empathizing with their experience can go a long way in helping them form friendships that may end up lasting a lifetime.





The coach is the expert; let them do their job. Unless you are a coach, you do not know how to teach skating. Ironically, even coaches with kids often do not teach their own children. This is because pupils and teachers need to share a unique bond that is different from the parent/child relationship. While it may seem tempting to correct your skater because you feel you have seen a thousand Axels and you know what it should look like, you do not know what your skater's specific problem is. That is your coach's role. You should simply smile and encourage them. Resist the temptation to "help."

Keep a healthy perspective. Remember why you started this whole journey. Your child wanted to have fun and learn to do "some tricks." No matter how accomplished they become, you can't lose sight of the fact that they have to enjoy what they are doing. For example, don't load up on too many lessons or buy the most expensive boots or costumes so that this sport becomes a strain on your family budget. With that kind of pressure, it will be difficult to maintain perspective on the enjoyment and true rewards of the activity. Being realistic about your child's talent and interest is also very important. Success is not something that you can buy, will or force. It can be wished for, nurtured and supported — but only if the skater wants it.

Wanting to be the best parent you can be is natural and admirable. Offering your child an opportunity to participate in a fun sport and providing unconditional support is all you need to do to achieve that. Sit back and enjoy the journey. **RIS**

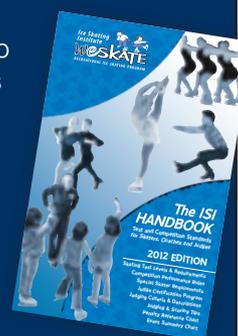
Dream Duffel
www.DreamDuffel.com
(877) 378-1260

Facebook icon, Twitter icon, QR code

MUST-HAVE RESOURCES FOR ISI COACHES!



The NEW 2012 ISI Handbook has been updated and revised to include the 2012 Rule Revisions plus detailed event descriptions for new national events. It's the only comprehensive resource for ISI test level requirements, weSKATE program information, competition events and performance rules, and judging criteria.



\$25 each or special rate of \$20 for orders of 10 or more — stock up for your staff, pro shop and judge stand!

skateisi.org/handbook

The weSKATE Test Standards DVD offers detailed demonstrations of the passing standards for each required ISI test maneuver in the Pre-Alpha through Delta and Freestyle 1-10 levels. You'll also see evaluations of the skater's moves, and even common test mistakes and how to help your students avoid them.



A skating instructor's dream deal at only \$20!

skateisi.org/dvd

 **Ice Skating Institute**

Ice Skating
Institute



weSKATE[®]

RECREATIONAL ICE SKATING PROGRAM

**ADVENTURES
& ACTIVITIES**

CHOICES, CHOICES, CHOICES...

You have so many events to choose from at ISI national competitions, such as the World Recreational Team Championships this summer in California! Enter as many as you wish and be rewarded with a medal in each for your efforts!

Unscramble the following to reveal popular competition categories.
Use your *ISI Handbook* for help!



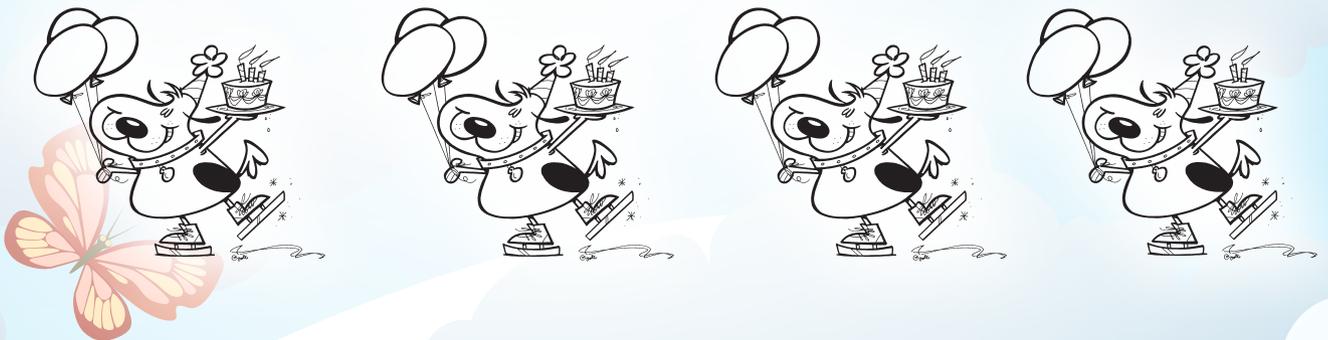
1. TOWOKFOR _____
2. RUPESSIR _____
3. STIRATIC _____
4. GIRESFU _____
5. KNTROSIG _____
6. MICHYRHT _____
7. CENAD _____
8. KEYHO _____
9. UPSECOL _____
10. NEESBLEM _____
11. LOPSITTGH _____
12. VETERNIPTIRE _____



1. Footwork, 2. Surprise, 3. Artistic, 4. Figures, 5. Stroking, 6. Rhythmic, 7. Dance,
8. Hockey, 9. Couples, 10. Ensemble, 11. Spotlight, 12. Interpretive

THE SMALL STUFF MATTERS

A good skater pays attention to all the little details when perfecting a skill.
Can you find the one picture in each row that is different from the others?
Look very carefully!



(Answers: Writing is missing on the third bear's candy box; More stripes on the second boy's flag; Blade is missing from the first hockey dog's skate; Only two candles on the fourth party dog's cake)

competitions

april

5-7 **Knoxville TN**
Ice Chalet
44th Annual Robert Unger ISI Team Competition

5-7 **Delmont PA**
Center Ice Arena
Golden Blades Championship of Pittsburgh

6-7 **Luverne MN**
Blue Mound Ice Arena
Blue Mound Figure Skaters Inc.
Spring Fling 2013

6-7 **El Segundo CA**
Toyota Sports Center
Spring Fling ISI Open

6-7 **Orleans MA**
Charles Moore Arena
ISI Annual Team Competition

6-7 **Bayville NY**
Sport-O-Rama
MIRMA
MIRMA ISI District 3 Skate for Knowledge Championships

6-7 **Peoria IL**
Owens Recreation Center
2013 District 9 Championships



12-14 **Blaine MN**
Schwan Super Rink
ISI Synchronized Championships

12-14 **Tacoma WA**
Sprinker Recreation Center
26th Annual ISI Spring Fever Team & Basic Skills Competition

12-14 **Soldotna AK**
Soldotna Sports Center
Riverskate ISI Team Competition

13-14 **San Mateo CA**
Ice Center San Mateo
April Ambush

13-14 **Bowie MD**
City of Bowie Ice Arena
ISI District 4 Champs

13-14 **Paramount CA**
Paramount Iceland
Paramount Iceland 2013 ISI Open

19-20 **Boxborough MA**
Nashoba Valley Olympia
Nashoba ISI 33rd Annual Team Competition

20-21 **Franklin Park IL**
Franklin Park Ice Arena
Spring Fever Skating Competition

20 **Richmond VA**
Richmond Ice Zone
2013 Spring Splash

26-28 **Pasadena CA**
Pasadena Ice Skating Center
29th Annual Pasadena Open ISI Competition

27-28 **Johnstown PA**
Planet Ice
Spring Challenge Championship

may

4-5 **Van Nuys CA**
Van Nuys Iceland
Van Nuys Iceland Spring Competition

4-5 **Fairfax VA**
Fairfax Ice Arena
Fairfax Ice Arena's 2013 Spring ISI Competition

4-5 **Great Neck NY**
Andrew Stergiopoulos Ice Rink
Ninth Annual Long Island Ice Classic

17-19 **West Concord MA**
Valley Sports Ice Arena
Sharper Edge Skating School

18-19 **Farmers Branch TX**
13th Annual Sharper Edge Skater's Cup
Dr Pepper StarCenter Farmers Branch

31-June 2 **New York NY**
ISI District 11 Championships
Sky Rink @ Chelsea Piers

27th Annual ISI Team Competition

june

20-23 **Natick MA**
FMC William Chase Arena
23rd Annual ISI District 1 Championships

29-30 **Oxnard CA**
Channel Island Ice Center
Summer Skatefest

july

13 **Winnetka IL**
Winnetka Ice Arena
Centennial Ice Rink
Mid-Summer Classic



22-27 **Anaheim CA**
The Rinks-Anaheim ICE
ISI World Recreational Team Championships

august

9-10 **Natick MA**
FMC William Chase Arena
42nd Annual Natick ISI Competition

september

14-15 **Arlington TX**
ICE at The Parks
10th Annual Open Competition

20-23 **Gatlinburg TN**
Ober Gatlinburg Ice
Ober Gatlinburg ISI Invitational Team Competition

october



11-13 **San Francisco**
Yerba Buena Ice Skating Center
ISI Adult Championships

december



6-8 **Centennial CO**
South Suburban Family Sports Center
ISI Holiday Challenge

shows & exhibitions

april

4 **Greensburg PA**
Kirk S. Nevin Arena
City of Greensburg Rec Dept.
Western Ice Roundup!

6-7 **Stevens Point WI**
K.B. Willett Ice Arena
Skate Bandstand

12-13 Joliet IL

Joliet Park District
A Night at the Oscars

19-20 Woodbury MN

Bielenberg Sports Center
Skate Woodbury-Everything Disney

19-20 Belmont CA

Belmont Iceland
Heroes of Childhood

19-21 Wilmette IL

Centennial Ice Rink
What's Your Number?

19-21 Chicago IL

McFetridge Sports Center
Calendar Cabaret

20 Carol Stream IL

Carol Stream Ice Rink
Great Skate Exhibition

25-27 Minneapolis MN

Parade Ice Garden
SportsQuest Skating Academy-Parade
Cirque Du Parade

26-27 Newark OH

Lou & Gib Reese Ice Arena
8th Annual Jane McConnell Spring
Ice Show

26-28 Park Ridge IL

Oakton Ice Arena
Vegas!

26-28 Roseville MN

Roseville Skating Center
44th Annual Roseville Ice Show-Every-
thing's Coming up Roseville

may

3-5 Niles IL

Niles Iceland
Fantastic Creatures, Critters and Fairies!

4-5 Cottage Grove MN

Cottage Grove Ice Arena
Show Stoppers-Name Droppers

10-11 Boxborough MA

Nashoba Valley Olympia
Time

11 Wasilla AK

Brett Memorial Ice Arena
Spring Through Time

11 Gloucester MA

Talbot Rink
Cape Ann Figure Skating Club
Set Sail with CAFSC

17-19 St. Peters MO

St. Peters Rec-Plex
Adventures of Seuss: One Skater, Two
Skater, Red Skater, Blue Skater

18 Long Island City NY

City Ice Pavilion
Spring Show

june

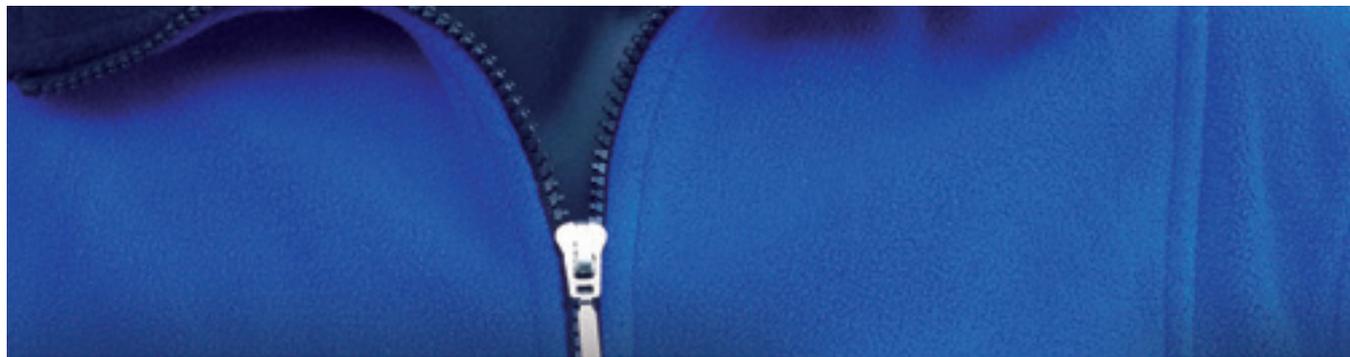
15 Arlington TX

ICE at The Parks
Summertime 2013

december

14 Arlington TX

ICE at The Parks
Holiday at The Parks 2013



Check out the **ALL NEW**
Ice Skating Institute Apparel store!
www.FineDesigns.com/isi



Performance Tee + customize logos and colors
Performance Long + customize logos and colors
Embroidered Fleece Jacket
Embroidered Fleece Vest

Limited time offer of
10% off
coupon code:
ISI2013
Expires July 30, 2013





Anthony Piteo with his mom/coach, Kathy (right); her assistant, Shelby Morissette (left); and skater Jenna Nebel

write on!

Send your letters or essays to editor@skateisi.org.

Hi, I am Anthony Piteo and my mom is my coach. Her name is Kathy Piteo. I would like to say she rocks. She has supported me when I really want to skate and when I am scared to go and perform. She let me wear her hockey skates when I grew out of my figure skates.

My friend Jenna forgot one of her skates and my mom let her wear her figure skates at the competition until her dad could go all the way home and back to the rink with her second skate. My friend is a really good skater. My mom had many students at the competition that day and she had to judge at the end of the day.

I won a gold medal at the Nutmeg Games in 2011 and the ISI Holiday Challenge was my second skating competition. My mom says I can compete at Hershey, Pa. this summer, but I am scared to perform in the big State Games.

My mom put up our Christmas tree and I surprised her and said, "Look Mom, I decorated the tree!" My mom was so surprised and gave me a big hug and is very proud of me. My Holiday Challenge medal is the first ornament we put on our tree. I kept it that way for a week and then I decided to put more decorations on.



Anthony Piteo, 10, Pre-Alpha FMC Smead Arena Broad Brook, Conn.

Anthony's Holiday Challenge medal on the Christmas tree

As an adult skater, I have competed in several ISI events, and I have several trophies and medals that serve as wonderful memories. I train at Sky Rink at Chelsea Piers in New York City. Unfortunately, the facility's equipment was destroyed by the recent hurricane. We were closed for two months, but, thankfully, things are now back in order.

I have two wonderful coaches: Maria O'Connor and Denise Beaumont. Both give the confidence, technique and inspiration that is necessary. In addition, Maria and Denise were especially helpful with my "day job" as a theatrical costume designer. I have designed over 100 theater, ballet and opera productions throughout North America. Now my career is directly linked to figure skating. The union is an ideal combination of my two great passions.

My greatest inspiration and my dearest friend is Czech national champion Tomáš Verner. I have the great honor and pleasure of designing his competition clothes. I just returned from Poland where Tommy won his ninth championship.

The clothes were made at Parsons-Meares Ltd., the premier costume shop in the USA for theatre, dance, opera and film.

Due to my three inspirations, I look forward to continuing skating with extra determination. And I look forward to watching Tomáš Verner at the European and World championships as he skates spectacularly. I am so proud that he will be wearing my designs.

James Scott, 51, FS 4 Sky Rink at Chelsea Piers New York



Skater and costume designer James Scott at a fitting with Czech champion Tomáš Verner

DANCIN' AT THE DUNES!

WORLDS COMPETITORS' PARTY

Newport Dunes Waterfront Resort

Wednesday, July 24

6-10 p.m.



Here's just a sampling of what you can look forward to:

- Swimming
- Sandcastle building
- Beach Olympics
- Horseshoes
- Tug-of-war
- Tetherball
- Beach volleyball
- Water balloon volleyball
- Limbo
- DJ and dancing

We're beach-bound for this year's Worlds Competitors' Party! Newport Dunes Waterfront Resort in Orange County's beautiful Newport Beach will be our private party setting, complete with a waveless beach, waterpark, Southern California sunset, campfire pits and more fun than you've ever seen packed into four hours!

Water sport equipment rentals available at additional cost, and specialty food trucks will be on-site to provide items for purchase. Parking is included.

Don't miss the Competitors' Party at the beach — order your advance tickets today!

Advance tickets (by July 15): \$34.50 x _____ = \$ _____

Orders must be received in the ISI office by July 15.

Please pick up your tickets and Newport Dunes map at the ISI Worlds registration desk.

Tickets purchased at registration desk: \$40 each

Payment Method:

- Check/money order*
- VISA
- MasterCard
- Discover

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

NAME FOR TICKET PICKUP AT REGISTRATION	TEAM NAME
CARD #	EXP. DATE
BILLING ADDRESS	
CARDHOLDER'S NAME	SIGNATURE
TELEPHONE (REQUIRED)	EMAIL ADDRESS

write on! (cont'd)



Lok-See Lam at World Ice Arena

One day my friends invited me to skate with them. I accepted their offer and that was the day that I fell in love

with ice skating. After fooling around and skating every once in a while for about two years, I finally asked my mom if I could learn figure skating.

After my first lesson, I was so motivated to continue. I had confidence that I would do great and have a fantastic time. It has been a little more than a year since I first took figure skating.

By the time I learned my first jump and my one-foot spin, in my heart I knew that I had improved tremendously. After learning the waltz jump, I knew what my lifelong dream was going to be. My goal was and still is to become an Olympic figure skater.

Each time I couldn't do a jump or spin, I would just take a deep breath and try again. I found it very helpful, at least more helpful than being frustrated. Each time I perfected a jump or spin, I felt that I just took one step closer to my dream. This helped me to realize that when I have troublesome elements, that I must practice it more and not avoid it. I was delighted every time I learned something new.

Every time I said to my coach, Kevin Sidwell, that I couldn't do a certain element and that it was irritating, he would tell me that I can do it and he would help me. Kevin is an amazing coach on the ice and off. He always has a smile and is very patient even when I can't get something right repetitively. He is so funny and makes us laugh all the time. My favorite time is when I take my lessons with my coach.

Elisa, my friend, also figure skates and is Kevin's student as well. We constantly give each other advice and support. Elisa was the first one who came with me to a 6 a.m. freestyle session before school. We would practice hard but at the same time have so much fun.

My best friend, Gabriela, is always supporting me and listening to me while I talk about my practice from the previous day even though she doesn't figure skate. She still takes the time to listen, encourage and support what I do on the ice.

Now, I take my skating and practice really seriously, but not that I stress myself and don't have fun. If I could, I would wake up at the crack of dawn every weekday and go skate, but I can't. However, I was able to experience what it would be like to wake up at 4:30 a.m. and skate at 5:30 a.m. It was tiring, but that's the way I would like to start my days. Even though my teachers and classmates say that I'm crazy that I skate that early, I think of it as a compliment considering that not many people wake up that early in the morning.

I am very proud to have achieved being in Freestyle 4 from learning my crossovers on the first day to doing my sit-spins and Camel spins now. I will continue to follow my dream, and exceed it. Even though I have only been in two competitions, one of which was national, I know I can reach my goal but that means I must work very hard. I'll put all my effort into making it happen!

**Lok-See Lam, 12, FS 4
World Ice Arena
New York**



Ice Skating Institute

THE QUEST FOR YOUTH ENDS HERE



**ISI ADULT
CHAMPIONSHIPS
OCTOBER 11-13**
**YERBA BUENA ICE
SKATING CENTER,
SAN FRANCISCO,
CALIFORNIA**
**ENTRY & TEST
DEADLINE: AUG. 10**

Years and fears vanish at Adult Champs, where young-at-heart skaters of all levels exhibit their skills among supportive friends old and new. This year's Adult Champs participants will enjoy the good fortune of a journey to Yerba Buena Skating Center in beautiful downtown San Francisco, on the roof of the Moscone Convention Center. Don't sit at home feeling like a relic when other adult skaters from age 18 to 80+ are discovering the secret of youthful energy and having the time of their lives at Adult Champs.



@IceSkatingISI #ISIadultchamps

skateisi.org/adultchamps



YOU'RE THE HERO OF THE WORLDS THE HERO OF LEGEND

ISI WORLD RECREATIONAL TEAM CHAMPIONSHIPS
JULY 22-27
 THE RINKS - ANAHEIM ICE
 ANAHEIM, CALIFORNIA
 ENTRY & TEST
 DEADLINE: MAY 1



The westward trail to ISI Worlds never fails to yield valuable rewards. Always one of the most popular sites for an ISI competition, there's no place like southern California to get the most from your travels. Where else can you combine your skating expedition with legendary vacation destinations like Disneyland, Universal Studios and Knott's Berry Farm? Best of all, Worlds is known as the largest annual recreational ice skating competition on the planet, offering more than 25 different skating event categories for individuals, partners, groups and teams. This is your chance to shine — compete against skaters from across the country and beyond, and help your team claim the prized World Champs trophy!



PRESENTED BY
 Dream Duffel



@IceSkatingISI #ISIworlds

skateisi.org/worlds