

recreational
IceSkating

Summer 2013

**Ryan
Bradley**

to Star in Benefit Show

Meet Flip!



**Synchro
Champs
Report**

**Judges Are
People, Too**



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bring spring flowers..



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for summer!

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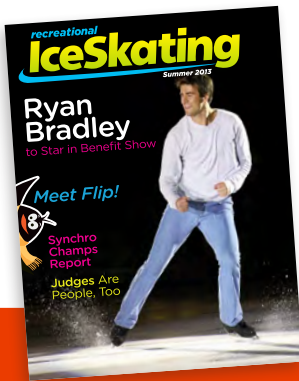
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Recreational Ice Skating ISSN 0164-4106 (USPS 361-570) is published quarterly; Fall, Winter, Spring, and Summer; by the Ice Skating Institute, 6000 Custer Rd., Bldg. 9, Plano, TX 75023. Periodicals postage paid at Plano, TX, and at additional mailing 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).

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► news & notes

Meet Flip!



Hi, ISI skaters! I'm ISI's new mascot, and you'll be seeing much more of me in the future. I thought you might like to know a bit about me.

I was born in Antarctica, and my birthday is coming soon: Aug. 16! I love birthdays, even though I don't know how old I am. But when it comes to my favorite activity — ice skating — age doesn't matter anyway, right? That's one of my favorite things about ISI: anyone of any age or skill level can have fun on the ice, learn new moves, stay fit and even compete!

I started skating after seeing an ice show where some of my friends were performing. They looked awesome out there, and I could tell they were having the time of their lives. I wanted to join them! Since then, I have made many more friends through my ISI *weSKATE* class, the fun public sessions at my rink and the events we all participate in together.

My favorite skating move is a spiral; it looks so graceful, even for a penguin! My least favorite move is Shoot the Duck, for reasons you can probably understand. I'm also struggling to master the Flying Camel, probably because, as everyone knows, penguins can't fly (these are flippers, not wings).

I have never been to an ISI Worlds competition, so I'm very excited about going this year! Have you seen the cutout of me on the back of this magazine? Please cut it out, glue it to a handle of your choice and take me with you to Worlds. ISI wants to see LOTS of "Flat Flips" at Worlds! Have your photo taken holding me, then send it to editor@skateisi.org so we can be in the next magazine together! How about having a photo taken of your entire team holding Flat Flips? Oh, and by the way, Flat Flip photos are NOT just for kids. Remember that "all ages" thing? It applies to this, too!

If you will not be at Worlds, you can still get your photo in the magazine holding Flat Flip. Just take me with you wherever you go this summer, have someone snap a shot of us, then email it to editor@skateisi.org and tell us where the photo was taken. I love to go on vacations with my friends, so I can hardly wait to see where you take me!

Please note that photos need to be taken and emailed on high resolution in order to work for the magazine.

In addition to carrying me with you wherever you go this summer, you can also order a "Flip for ISI!" T-shirt! They are available through the ad on page 10 of this magazine, and they'll also be available at Worlds.

Thank you to Charlotte Elkins, Traci Wagoner and Vicki Busch for helping to name me — I like my name almost as much as I love to skate!

CORRECTION

In the spring issue, the wrong team was listed as No. 8 in the Top 10 Winter Classic results list. The team that placed eighth was from Edge Ice Arena in Bensenville, Ill. Congratulations to them, and we apologize for the error.

► spotlight

Yankton Figure Skaters Growing Strong with ISI



Less than a decade ago, the Yankton Figure Skaters group did not even exist. Today this South Dakota skating organization is growing strong, with nearly 60 skaters ages 3 through 18 who are actively learning, testing, performing and competing in the ISI program.

The nonprofit Yankton Area Ice Association rink (now named the Yankton Kiwanis Ice Arena) opened in December 2005 with funds donated by hockey and figure skating parents, businesses, service organizations and community contributors. Volunteer parents and community members continue to operate and maintain the rink, with a mid-October through mid-March season. An elected board of directors oversees the rink's administrative functions as well as its figure skating and hockey programs.

"Parent participation is required for a child to belong to the group," explains Sue Zavadil, volunteer coordinator parent for the past season. "We have parents assigned to equipment rental and maintenance, fundraising, competitions, performances, communications and all aspects of keeping the rink and group running smoothly. All parents are required to provide 20 hours of service per season. Our parents are awesome at stepping up to pitch in wherever needed."

Yankton's four coaches are all former ISI competitors with a passion for skating, Zavadil adds. "They are talented, energetic

and a real gift to our program."

The rink's limited months of ice availability and distance from major cities create challenges when it comes to event participation, but the Yankton Figure Skaters have managed to keep their skills sharpened with their themed year-end show, which attracts a sell-out crowd every March. In addition, the facility held its first ISI-endorsed in-house competition last year and sends its competitive team to the annual Frosty Blades competition in Blaine, Minn. — a six-hour drive away. Two years ago, Yankton skaters earned several first- and second-place medals at ISI Worlds in Blaine.

Fundraising is an important part of the Yankton Figure Skaters' activities, both for its own programs and operations and to help others in need. Last year the group held a Christmas benefit show, with each participant choosing a Christmas song and creating her own choreography. Admission was a new toy for donation to the local United Way Christmas Toys for Kids program.

"Money is always a challenge, but our parents and skaters are great at pulling together to make our programs work," Zavadil says. "The association will make the last mortgage payment on the rink this year, and that is very exciting for us all. Everyone has worked hard to make this dream come true."



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► spotlight

Ice Skating: Feet Optional



Lily practicing at her home rink, ICE at The Parks in Arlington, Texas

Most of us have wondered at times how individuals with physical “handicaps” are able to function in everyday life. We have a hard time imagining doing all the things we do without all of our senses and body parts intact and in working order. But have you ever thought about how someone could ice skate without ... feet? Sounds impossible, right?

Try telling that to Lilyan (“Lily”) Narrow. “I’m all about

the challenge. You tell me I can’t do something, and I say, ‘Watch me!’” says the striking 16-year-old high school junior, who insists that the term “handicap” is merely a state of mind. “Your only obstacles are what you put in front of yourself.”

Lily was born missing the fibula in both of her legs. The fibula is the outer bone extending from the knee to the ankle, and without it our feet cannot support our bodies. When, as a curious and healthy baby, Lily began pulling herself up to take her first steps, doctors advised her parents to have her feet amputated below the knees as soon as possible so she could get used to prosthetics at an early age.

The surgery took place when she was just 8 months old, and she was fitted with her first pair of prosthetics a month later. With no memory of her natural feet, Lily learned to walk and play normally using her expensive manmade helpers, which must be replaced as she grows or as they wear out.

She even learned to ice skate in them. After exploring many sports and activities over the years — ballet, volleyball, basketball, trampoline and others — when she was in the seventh grade, Lily decided she wanted to try ice skating.

She enrolled in a *weSKATE* class at ICE at The Parks in Arlington, Texas, determined not to let anyone know, at first, that she wore prosthetics.

“I didn’t want to tell the coaches,” she remembers, “because I didn’t want to be treated differently. If people know, they don’t try to get you to your full potential. My prosthetics don’t define me; I define me.”

Lily was more than halfway through her first group lesson semester, progressing well in her class and mastering the basic learn-to-skate moves. Then one day, her Pre-Alpha coach, Jennifer Konen, suggested that Lily bend a bit more at the ankles to help her with her backward swizzle. At that point, Lily knew it was time to come clean.

“She said, ‘I can’t bend them, because I don’t have ankles,’” recalls Coach Jennifer. “I thought I had heard every excuse in the book from kids that age, but that was a new one.”

When Lily showed Jennifer the prosthetics under her pants, “you could have pushed me over with a feather,” Jennifer says. “I couldn’t believe she could even stand up on skates, much less do everything she had been doing. So much of what you do in skating involves balance, and you get so much feedback from your feet.”

Lily is now in low Freestyle classes with Coach Susann Arias, and recently performed in her rink’s summer show.

“She’s such an inspiration,” says Coach Susann. “I love teaching her; it’s just a joy to work with her and she’s so much fun to be around. She’s unbelievably positive. Her only limitation is not being able to move her ankles more freely; it would be like trying to skate on stilts. We have to improvise a lot, but we’ve made it work.”

In addition to ice skating, Lily loves to sing, write and help others, whether it’s the tots at the rink, the friends she’s met at Texas Lions Camp for children with medical conditions, or her classmates. She hopes to become a physical therapist and work with others who must learn to adapt to prosthetics following accidents and operations.

“I like to use my prosthetics to educate people to make the most of what they have,” Lily says, “because it’s not what you have or don’t have; it’s what you make of it.”

—Lori Fairchild



Lily and her coach, Susann Arias



Lily on her dad's lap after being fitted for her first pair of prosthetics at age 9 months

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

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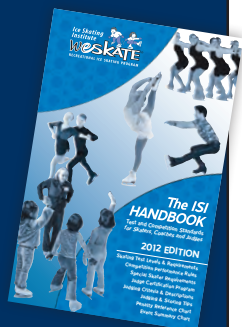
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MUST-HAVE RESOURCES FOR ISI COACHES!



The ISI Handbook includes the latest rule revisions plus detailed event descriptions for national events. It's the only comprehensive resource for ISI test level requirements, *weSKATE* program information, competition events and performance rules, and judging criteria.



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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.



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 ***Ice Skating Institute***



By Lori Fairchild

San Francisco, Here We Come!

It's that wonderful time of year again, when adult skaters age 18 to infinity — in other words, the young as well as the young at heart — are eagerly making plans for ISI Adult Championships. This year's "grownup" competition is set for Oct. 11-13 at the Yerba Buena Ice Skating & Bowling Center in beautiful downtown San Francisco, a destination at the top of everyone's list.



If you've ever been witness to an ISI Adult Champs competition, you know that adult recreational skaters have every bit as much fun, both on and off the ice, as the kids do — maybe more, if that's possible. If you have not been a part of one of these unique weekends, you are missing more than you can imagine, and it's time to do something about that.

As with all ISI national competitions, Adult Champs offers a full range of ISI individual, couple and group events, and is open to all skill levels and categories, including Open Freestyle.

Also like other ISI competitions, camaraderie and team spirit are major factors in the positive memories created. The competition experience and the friendships fostered keep many participants returning year after year.

This year's San Francisco setting offers a bonus for those wishing to complement their competition and social activities with the opportunity to explore one of the most scenic and exciting cities in the U.S.

The Yerba Buena Ice Skating & Bowling Center is located on the rooftop of the Moscone Convention Center and Yerba Buena Gardens in the heart of the city. San Francisco's many iconic landmarks and attractions include: Union Square (for serious shoppers!), the Golden Gate Bridge and Park, the Japanese Tea Garden, Fisherman's Wharf, Chinatown, Coit Tower on Telegraph Hill, Japan Center, North Beach (not a beach, but the Italian quarter), Alcatraz, Ghirardelli Square, many outstanding museums such as the California Academy of Sciences and, of course, cable cars and fantastic food!

The entry and test deadline for Adult Champs is Aug. 10, so sign up, get busy on your program and make your travel arrangements. You know you want to be a part of this! **RS**

MORE INFO

skateisi.org/adultchamps
skatebowl.com
sanfrancisco.travel

Be ready for the new season!

The ISI annual membership term expires on August 31, and skaters who are not current ISI members will NOT be eligible to participate in ISI-endorsed competitions and shows.

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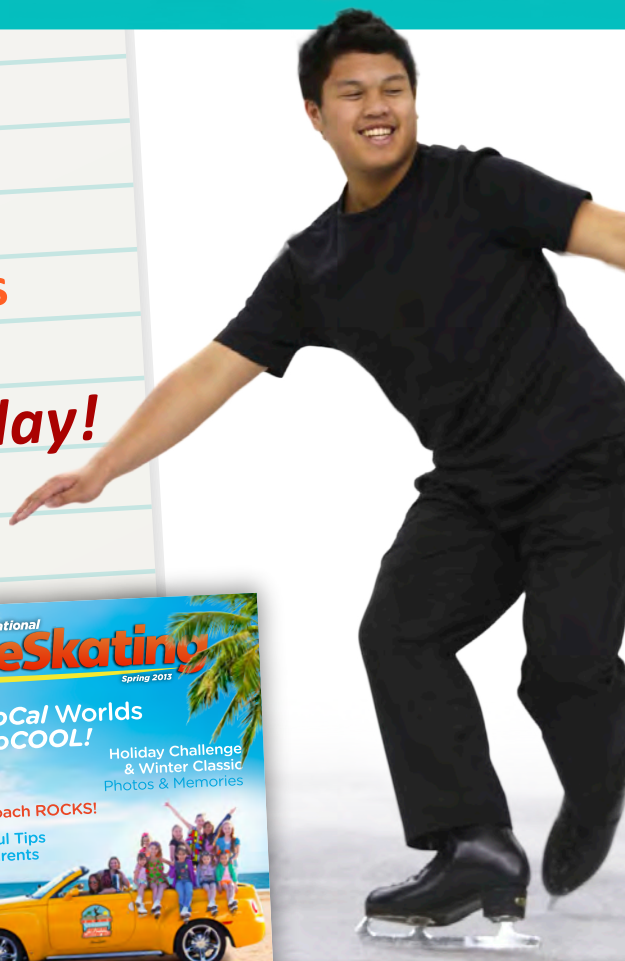
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Encore! And More!

By Lori Fairchild



Ryan Bradley, who wowed the Benefit on Ice crowd two years ago in Minneapolis, will return for an

encore performance at this year's show during Worlds in Anaheim, set for 7:30 p.m. on Friday, July 26.

Since claiming the 2011 U.S. national championship and later retiring from competitive skating, Ryan has entertained in skating shows aboard a Royal Caribbean cruise ship and realized his lifelong dream of joining the *Stars on Ice* cast, touring the United States and Japan. This summer he has been part of the full-time cast in Sun Valley and is staying busy with NBC televised *Disson Skating* specials, skating shows throughout the world and teaching seminars.

Ryan will be joined in the Benefit on Ice by Worlds competitors selected throughout the week. In addition to the skaters chosen by the show scouting team, "Skate with the Stars" drawing winners will also gain a spot in the Friday night exhibition, so be sure to purchase your raffle tickets Sunday through Wednesday at Worlds.

In addition to the sheer joy of watching Ryan's energetic performance filled with his exciting signature moves, those



Ryan Bradley

Brittyni Carlson

who support the Benefit on Ice through ticket sales are helping to fund annual scholarships for ISI members.

This year's scholarship recipients are: Lydia Elizabeth Johnson of Madison Heights, Va., a member of the Lynchburg Figure Skating Club at LaHaye Ice Center; and Sonia Richmond of Acton, Mass., a member of the Sharper Edge Skating School. Both of these college-bound skaters have been invited to this year's Benefit on Ice and will be profiled in an upcoming issue of *Recreational Ice Skating* magazine.

Watch for the 2014 scholarship application to be posted on the ISI website in September. Those who are interested in applying can still meet their volunteer requirements during upcoming ISI national events. The deadline for next year's applications is March 1.

For more information about the Benefit on Ice and a ticket order form, see the ad on the next page. Seating will be limited, so reserve your tickets today! **RS**




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Benefit on Ice

Starring Ryan Bradley

**Reserve your seat now for
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The ISIA Education Foundation welcomes back 2011 U.S. national champion Ryan Bradley as this year's Benefit on Ice featured skater. Ryan dazzled our capacity crowd two years ago with his back flips, quad and famous "kick" moves, earning the distinction of being one of the most entertaining Benefit Show stars ever.

The Benefit on Ice scouting team will be observing competitors at all levels throughout the week, selecting participants to perform in the Friday night ice skating extravaganza. You could also win a spot in the show through the Skate with the Stars drawing — purchase your raffle tickets Sunday through Wednesday from members of the Anaheim ICE'Kateers synchro team. Drawing winners will be announced at the Competitors' Party on Wednesday evening.

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



Andrew Tagoe

Friday, July 26 • 7:30 P.M. • THE RINKS-Anaheim ICE • Anaheim, Calif.

Seating is limited. Reserve your tickets now!

\$25 before July 15, **\$30** at Worlds registration prior to Benefit Show (if not sold out)
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College students don't have to put ice skating on hold! The ISI Collegiate Skating Program gives students the opportunity to maintain or improve their skills, stay fit, be part of a team and compete in ISI events.

ISI member skaters of all skill levels are welcome. There is no minimum or maximum requirement for team size; even a single skater can represent a school. The Collegiate Championship trophy is awarded annually at the ISI Adult Championships.

"Attending practices is good exercise and a great way to take a break from a hectic college schedule and enjoy the ice."

Elisabeth Pitruzzella,
Alpha-Level Collegiate Skater

"The ISI program is a wonderful vehicle for collegiate teams to explore their talent and experience a stress-free atmosphere."

Monica Malcomson,
Platinum-Level Collegiate Skater

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- Participate in ISI competitions.
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For more information, go to skateisi.org/collegiate or contact the ISI office at (972) 735-8800.

Aim High for Holiday Challenge!

What could be better than starting the winter holiday season in the picturesque Rocky Mountains? The 2nd Annual ISI Holiday Challenge gets under way on Dec. 6 at the South Suburban Family Sports Center in Centennial, Colo., near the Mile-High City — also known as Denver.

Participating in Holiday Challenge provides the perfect opportunity for you to compete in a national ISI event and, at the same time, perfect your holiday program. Holiday Challenge is ISI's newest national competition, having replaced the former Artistic Challenge in order to expand the entry offerings to include all ISI competition events — both technical and non-technical — including the increasingly popular Open Freestyle categories.

The first Holiday Challenge, held last year in Danbury, Conn., was a memorable success and generated a demand for the event to be held in the western U.S. this year.

The Family Sports Center, which was home to ISI Worlds in 2008, is a fun venue for the whole family, with on-site activities and games for a wide range of ages. In addition to its



By Lori Fairchild

two ice rinks, the entertainment center offers a climbing wall, laser tag, inflatables, bumper cars and an eXerGame Zone.

Centennial is located in the South Metro Denver area, near both the city and the longest mountain range in the U.S. So if you have some time to explore, your choices include Denver-style holiday shopping, museum hopping, impressive government buildings and snow sports in the rockin' Rockies — to name a few of your many options.

Denver's metro-wide transit system makes getting into and around the city and its suburbs simple, convenient and affordable. There might even be a light-rail station near your Holiday Challenge hotel.

Now's the time to start planning your mile-high adventure. The entry and test deadline for Holiday Challenge is Oct. 10. **RIS**

MORE INFO

skateisi.org/holidaychallenge
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denver.org
denver.citysearch.com

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Hannah Foust

Achieves ISI Dance 10

By Lori Fairchild

Hannah Foust became the latest ISI Dance 10 skater when she passed the challenging test level in February at the Winter Classic competition in Oxford, Ohio.

Now 23, Hannah began skating at age 12 after watching the 2002 Winter Olympic Games with her grandmother, who gave her lessons at the Ice Chalet in Knoxville, Tenn. for her birthday. "She drove me to classes every Thursday night and to practice every Sunday for four years," recalls Hannah, who started performing in the Chalet's Nutcracker on Ice production, then competing and eventually joining the rink's synchronized skating team, the Robert Unger Stars. She has participated in ISI Synchronized Championships twice and Winter Classic several times.

It was in 2004 that Hannah was introduced to ice dancing, during a summer camp. "I was never interested in jumping," she says, "but I loved spinning, edges and learning new turns, so dance was a perfect fit for me. I love how the dances flow across the ice, and being able to skate deep edges."

Also a Freestyle 4 skater, Hannah saw her opportunity to achieve the highest ISI Dance level at this year's Winter Classic. It was all about finishing what she had started, she explains: "I love dance and I love skating, and there was no excuse not to test. Our team was attending Winter Classic and I knew I could be ready to test. I knew I would be attending graduate school out of state this fall, and I wanted to finish my ISI testing before I moved."

The hardest part, she adds, was to stay focused while avoiding burnout. "Honestly, I wanted to quit so many times, and toward the end I was so frustrated. I had to

remind myself to stay positive and confident. I am my own worst critic."

Practicing six days a week to prepare for the tough test was no easy feat, but Hannah says that, in the end, "it was worth all the blood, sweat and tears, and I wouldn't change a thing. It's hard to put into words all the feelings and emotions that go along with passing Dance 10."

She credits her coaches, Larry LaBorde and Ashley Deavers, with motivating her through the difficult times. "Larry is an absolutely wonderful coach who pushed me when I didn't want to be pushed, encouraged me when I needed it and criticized when necessary, both on and off the ice," Hannah says.

"Last year I began working with Ashley on partnering these dances," she adds. "I am very thankful that he was able to come up from Alabama and work with me to help me prepare for the test."

He also drove from Alabama to Ohio just to take me through my test."

A 2011 graduate of the University of

Tennessee, Knoxville, Hannah works as a State Farm Insurance customer service representative and an instructor at the Ice Chalet. She will attend graduate school this fall at the University of Alabama in Birmingham, where she will pursue master's degrees in business administration and health administration.

She plans to continue her ISI involvement through coaching, competitions and shows, and also is working on her U.S. Figure Skating Gold dances and senior moves in the field.

Hannah's advice to other skaters who would like to try ice dancing: "Do it! Ice dancing will make you an all-around better skater. Try it and stick with it. You'll be surprised how much you really like it!" **RS**



Hannah Foust (Dance 10, FS 4), center, with ISI Judge Margy Bennett and Coach Larry LaBorde

High-Level Tests

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

DANCE 9

Devon Harmon
Ice Chalet Knoxville
Knoxville, TN

FREESTYLE 9

Hannah Post
Owens Recreation
Center
Peoria, IL

FREESTYLE 8

Lexi Barney
Owens Recreation
Center
Peoria, IL

Susie Clark
Ice Chalet Knoxville
Knoxville, TN

Madelyn Driscoll
Charles Moore Arena
Orleans, MA

Kirby Goodman
SportQuest Skating
Academy
Minneapolis, MN



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



SYNCHRO CHAMPS WARMS UP MINNESOTA

Gabriele Photography



St. Louis Diamond Edges

from the Super Rink!

The St. Louis Diamond Edges from St. Peters Rec-Plex reclaimed the Boyd Wietecter Trophy, which they also earned in 2011.

The Synchro Showcase on Saturday night, now in its fourth year, was once again a big hit, featuring

The winter weather didn't keep 880 enthusiastic competitors from 28 rink teams in nine states from springing into action April 13-14 for the 17th annual ISI Synchronized Championships at Schwan Super Rink in Blaine, Minn. Skaters ages 4 through 70 competed in levels ranging from Tot through Masters. The team traveling the greatest distance for the event was Toyota Sports Center's Fusion, from El

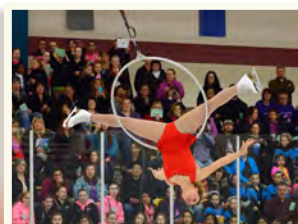
Segundo, Calif. — 1,958 miles



Sabrina Logren

Showcase, offering a DJ and dancing along with plenty of food and fun.

We extend our sincere thanks and appreciation to Schwan Super Rink, Jane Schaber and the staff and volunteers who made this event a huge success filled with ISI spirit, energy and hospitality. **RIS**



Colleen Okolski



Daniel Kulenkamp

Teams in Sync



About: The Texas All Stars group has comprised several teams in varying age divisions over the past 10 years, skating at the Dr Pepper

StarCenter facilities in the Dallas area. Auditions are held annually following summer recruiting. Team coaches create the team(s) based on age and skill level, with the goal of maximizing potential for a successful season. The team loves to get together for parties and fun; each season is kicked off with a team party and bonding activities.

Home Rink: Dr Pepper StarCenter McKinney

Competition Category: Youth Advanced Formation Team

Current Membership: 13 skaters, ages 9-12

Coaches: Liz Mangelsdorf, Kim Hansen

Season: September-May

Team Colors: Red, white and blue

2012-13 Competitions: ISI Love to Skate (McKinney, TX), ISI Synchronized Championships (Blaine, MN), ISI District 11 Championships (Farmers Branch, TX)

Program Themes: Compulsory — "Shake It Up" by Selena Gomez; Long Program — Magic/Witch Montage

Team Saying: "We got this!"

Team Chant: Boom, Snap, Clap (a team ritual with hand motions, used at practices, competitions and get-togethers) — "Boom Snap Clap Ba Boom Snap Clap Snap Boom Snap Ba Boom Snap Shush"

Facebook page: facebook.com/texasallstarssynchro

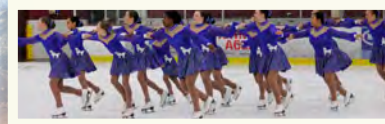
Notes: This season was dedicated to Texas All Stars alumni member Heather VanHoozer, who was tragically killed last year by a suspected drunk driver. Team members made "In Memory" pins to wear on their team jackets. **RIS**

Send your synchro team profile and high-resolution photos to editor@skateisi.org.



More Synchro
photos on ISI
Facebook page

2013 ISI SYNCHRONIZED CHAMPIONSHIPS





2013 ISI SYNCHRONIZED CHAMPIONSHIPS

Blaine, Minn. • April 12-14

FINAL RESULTS

COMPULSORY TEAMS

YOUTH SYNCHRONIZED FORMATION COMPULSORIES

- | | | |
|---|-----------------|-------------------------------|
| 1 | Texas All Stars | Dr Pepper StarCenter McKinney |
|---|-----------------|-------------------------------|

YOUTH SYNCHRONIZED SKATING COMPULSORIES

- | | | |
|---|-----------------|---|
| 1 | Texas All Stars | Dr Pepper StarCenter McKinney |
| 2 | Team Diamond | Aerodrome Ice Skating Complex-Willowbrook |
| 3 | Synchro Panache | Minneapolis/Augsburg Arena |
| 4 | Team Expression | Roseville Ice Arena |
| 5 | Ice Cubes | University of Illinois Ice Arena |

SENIOR YOUTH SYNCHRONIZED SKATING COMPULSORIES

- | | | |
|---|----------------------|---|
| 1 | Windjammers | Minnetonka Ice Arena |
| 2 | Synchro Panache | Minneapolis/Augsburg Arena |
| 3 | Silver Blade Brigade | Wayne C. Kennedy Rec Complex |
| 4 | Team Diamond | Aerodrome Ice Skating Complex-Willowbrook |
| 5 | Team Expression | Roseville Ice Arena |

TEEN SYNCHRONIZED SKATING COMPULSORIES

- | | | |
|---|---------------------------------|-----------------------------|
| 1 | Synchro St. Louis Diamond Edges | City of St. Peters Rec-Plex |
| 2 | Windjammers | Minnetonka Ice Arena |
| 3 | Synchro Panache | Minneapolis/Augsburg Arena |
| 4 | Gold Blade Brigade | Wayne C Kennedy Rec Complex |

MASTER SYNCHRONIZED SKATING COMPULSORIES

- | | | |
|---|----------------|------------------|
| 1 | Synchro Belles | Alpine Ice Arena |
|---|----------------|------------------|

FORMATION TEAMS

TOT SYNCHRONIZED FORMATION

- | | | |
|---|------------|-------------------|
| 1 | Revolution | Carlson Ice Arena |
|---|------------|-------------------|





JUNIOR YOUTH SYNCHRONIZED FORMATION

- | | |
|---------------------------------|--|
| 1 Teams Elite | Northbrook Sports Center |
| 2 Extreme | Rink Side Ice Arena & Family Entertainment |
| 3 Fusion | Toyota Sports Center |
| 4 Pleasant Prairie Patriotettes | Pleasant Prairie RecPlex Ice Arena |
| 5 Precicettes | Center Ice of DuPage |
| 6 Revolution | Carlson Ice Arena |
| 6 Kansas City Illusion | Line Creek Ice Arena |

YOUTH SYNCHRONIZED FORMATION

- | | |
|------------------------------------|---|
| 1 Ice Infinity | Niles Park District Iceland Arena |
| 2 Chicago Skates | McFetridge Sports Center |
| 3 Synchro St. Louis Emerald Blades | City of St Peters Rec-Plex |
| 4 Team Diamond | Aerodrome Ice Skating Complex-Willowbrook |
| 5 Dreamsicles | City of Cottage Grove Ice Arena |
| 6 Texas All Stars | Dr Pepper StarCenter McKinney |

SR YOUTH SYNCHRONIZED FORMATION

- | | |
|--------------------------------|-----------------------------|
| 1 Synchro St. Louis Ruby Edges | City of St. Peters Rec-Plex |
|--------------------------------|-----------------------------|

ADVANCED FORMATION TEAMS

YOUTH SYNCHRONIZED ADVANCED FORMATION INITIAL ROUND

- | | |
|-----------------------------------|------------------------------------|
| 1 Texas All Stars | Dr Pepper StarCenter McKinney |
| 2 Wisconsin Edge | Petit National Ice Center |
| 3 Precicettes | Center Ice of DuPage |
| 4 Pleasant Prairie Patriotettes 2 | Pleasant Prairie RecPlex Ice Arena |

YOUTH SYNCHRONIZED ADVANCED FORMATION INITIAL ROUND

- | | |
|-----------------------------------|--|
| 1 Teams Elite | Northbrook Sports Center |
| 2 Extreme | Rink Side Ice Arena & Family Entertainment |
| 3 Pleasant Prairie Patriotettes 1 | Pleasant Prairie RecPlex Ice Arena |
| 4 Ice Cubes | University of Illinois Ice Arena |
| 5 Sapphire Jewels | Robert Crown Center |

YOUTH SYNCHRONIZED ADVANCED FORMATION PREMIER FINAL ROUND

- | | |
|-----------------------------------|--|
| 1 Teams Elite | Northbrook Sports Center |
| 2 Wisconsin Edge | Petit National Ice Center |
| 3 Extreme | Rink Side Ice Arena & Family Entertainment |
| 4 Texas All Stars | Dr Pepper StarCenter McKinney |
| 5 Pleasant Prairie Patriotettes 1 | Pleasant Prairie RecPlex Ice Arena |



2013 ISI SYNCHRONIZED CHAMPIONSHIPS RESULTS *continued*

YOUTH SYNCHRONIZED ADVANCED FORMATION SELECT FINAL ROUND

1	Precicettes	Center Ice of DuPage
2	Pleasant Prairie Patriettes 2	Pleasant Prairie RecPlex Ice Arena
3	Ice Cubes	University of Illinois Ice Arena
4	Sapphire Jewels	Robert Crown Center

SENIOR YOUTH SYNCHRONIZED ADVANCED FORMATION

1	Windjammers	Minnetonka Ice Arena
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MASTER SYNCHRONIZED ADVANCED FORMATION

1	Kettering Ice Kadettes	Kettering Figure Skating Club
2	Synchro Belles	Alpine Ice Arena

DANCE TEAM

TEEN SYNCHRONIZED DANCE

1	Wisconsin Edge	Petit National Ice Center
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OPEN SKATING TEAM

TEEN SYNCHRONIZED OPEN SKATING

1	Wisconsin Edge	Petit National Ice Center
2	Revolution	Carlson Ice Arena

SKATING TEAMS

JUNIOR YOUTH SYNCHRONIZED SKATING

1	South Suburban Stars	South Suburban Ice Arena
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YOUTH SYNCHRONIZED SKATING INITIAL ROUND

1	Dazzlers	Downers Grove Ice Arena
2	Starr Blades	Franklin Park Ice Arena
3	Capital Classics Vibrant	Washington Park Ice Arena
4	Chicago Skates	McFetridge Sports Center
5	Revolution	Carlson Ice Arena
6	South Suburban Stars	South Suburban Ice Arena
6	Dream Team	City of Cottage Grove Ice Arena

YOUTH SYNCHRONIZED SKATING INITIAL ROUND

1	Teams Elite	Northbrook Sports Center
2	Kansas City Illusion	Line Creek Ice Arena
3	Synchro Panache	Minneapolis/Augsburg Arena
4	Team Diamond	Aerodrome Ice Skating Complex-Willowbrook
5	Synchro St. Louis Onyx Ice	City of St. Peters Rec-Plex
6	Fusion	Toyota Sports Center
6	Ice Kicks	Bielenberg Sports Center

YOUTH SYNCHRONIZED SKATING PREMIER FINAL ROUND

1	Teams Elite	Northbrook Sports Center
2	Kansas City Illusion	Line Creek Ice Arena
3	Synchro Panache	Minneapolis/Augsburg Arena
4	Team Diamond	Aerodrome Ice Skating Complex-Willowbrook
5	Chicago Skates	McFetridge Sports Center
6	Dazzlers	Downers Grove Ice Arena
6	Starr Blades	Franklin Park Ice Arena
6	Capital Classics Vibrant	Washington Park Ice Arena

YOUTH SYNCHRONIZED SKATING SELECT FINAL ROUND

1	Synchro St. Louis Onyx Ice	City of St. Peters Rec-Plex
2	Fusion	Toyota Sports Center
3	Dream Team	City of Cottage Grove Ice Arena
4	South Suburban Stars	South Suburban Ice Arena
5	Revolution	Carlson Ice Arena

5	Ice Kicks	Bielenberg Sports Center
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SENIOR YOUTH SYNCHRONIZED SKATING INITIAL ROUND

1	Teams Elite	Northbrook Sports Center
2	Silver Blade Brigade	Wayne C. Kennedy Rec Complex
3	Chicago Skates	McFetridge Sports Center
4	Windjammers	Minnetonka Ice Arena
5	Starr Blades	Franklin Park Ice Arena
5	Synchro St. Louis Jade Blades	City of St. Peters Rec-Plex
6	Team Diamond	Aerodrome Ice Skating Complex-Willowbrook

SENIOR YOUTH SYNCHRONIZED SKATING INITIAL ROUND

1	Synchro St. Louis Ice Gems	City of St. Peters Rec-Plex
2	Wisconsin Edge	Petit National Ice Center
3	Capital Classics Radiance	Washington Park Ice Arena
4	Pleasant Prairie Patriettes	Pleasant Prairie RecPlex Ice Arena
5	Dazzlers	Downers Grove Icearena
6	Ruby Jewels	Robert Crown Center
6	Ice Kicks	Bielenberg Sports Center

SENIOR YOUTH SYNCHRONIZED SKATING PREMIER FINAL ROUND

1	Teams Elite	Northbrook Sports Center
2	Silver Blade Brigade	Wayne C. Kennedy Rec Complex
3	Windjammers	Minnetonka Ice Arena
4	Synchro St. Louis Ice Gems	City of St. Peters Rec-Plex
5	Wisconsin Edge	Petit National Ice Center
6	Capital Classics Radiance	Washington Park Ice Arena
6	Pleasant Prairie Patriettes	Pleasant Prairie RecPlex Ice Arena
6	Chicago Skates	McFetridge Sports Center

SENIOR YOUTH SYNCHRONIZED SKATING SELECT FINAL ROUND

1	Synchro St. Louis Jade Blades	City of St. Peters Rec-Plex
2	Starr Blades	Franklin Park Ice Arena
3	Dazzlers	Downers Grove Ice Arena
4	Ruby Jewels	Robert Crown Center
5	Ice Kicks	Bielenberg Sports Center
6	Team Diamond	Aerodrome Ice Skating Complex-Willowbrook

TEEN SYNCHRONIZED SKATING INITIAL ROUND

1	Synchro St. Louis Diamond Edges	City of St. Peters Rec-Plex
2	Capital Classics Intensity	Washington Park Ice Arena
3	Kansas City Illusion	Line Creek Ice Arena
4	Synchro Panache	Minneapolis/Augsburg Arena
5	Ice Kicks	Bielenberg Sports Center
6	Windjammers	Minnetonka Ice Arena

TEEN SYNCHRONIZED SKATING PREMIER FINAL ROUND

1	Synchro St. Louis Diamond Edges	City of St. Peters Rec-Plex
2	Kansas City Illusion	Line Creek Ice Arena
3	Synchro Panache	Minneapolis/Augsburg Arena
4	Capital Classics Intensity	Washington Park Ice Arena
5	Windjammers	Minnetonka Ice Arena
6	Ice Kicks	Bielenberg Sports Center

ADULT SYNCHRONIZED SKATING

1	Revolution	Carlson Ice Arena
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MASTER SYNCHRONIZED SKATING

1	La Furia	Ice Centre at the Promenade
2	Kettering Ice Kadettes	Kettering Figure Skating Club
3	Revolution	Carlson Ice Arena

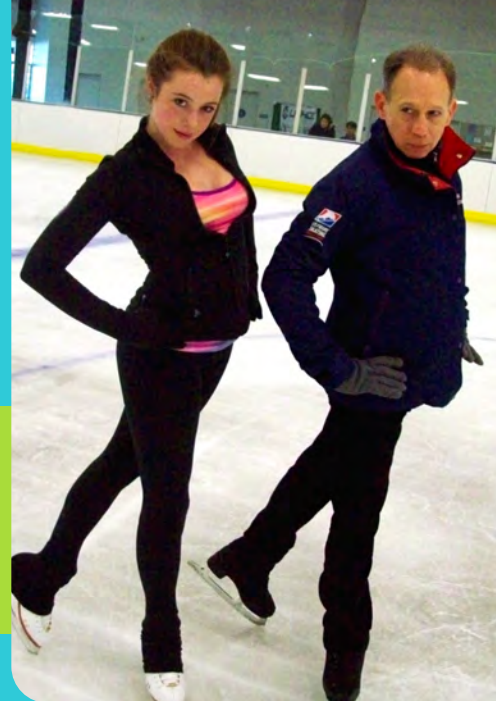
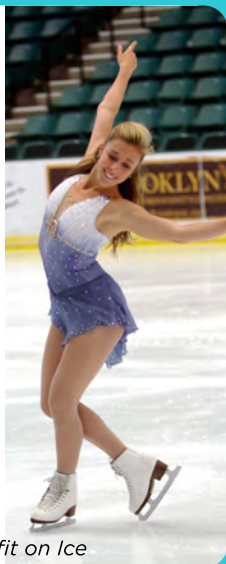
Work with the Choreographer of Champions!

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.

"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*



*Choreographer Phillip Mills with
student Arianna Barry*

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

Mr. Mills 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* **NO REFUNDS

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



competitors' corner

BY KIM HANSEN | ISI National Skating Events Coordinator

Judges Are People, Too!

Have you ever wondered about the judges at competition? Who are they? What are they looking for? Will they like your skating, your music, your outfit? Will they forgive your fall, your traveling spin or your missed step? Do they know you're nervous, confident, tired or sick?

It's only natural to wonder about these things. After all, these are the people who watch every detail of your performances and make decisions about what you have presented to them. It can be intimidating to see them sitting there and not know what is going through their minds. And while all judging is based partially on opinion, there are some things that are always true.

Judges want you to do well.

All ISI judges are coaches who spend some portion of their time teaching skaters just like you. They know how hard it is to master the tricks you are performing and they know how hard you have worked to put these into a nice program. They love skating and they want you to love it, too. It gives judges great pleasure to see skaters go out on the ice and truly do their best.

Judges understand that you might be nervous.

You can't fool the judges into believing that you're not nervous if your knees are shaking, but the good news is, most of these people either were or are skaters and they know how you feel. There is nothing more normal than to feel anxious when you take the ice for a performance, but don't let the presence of the judges add to your anxiety. Remember, they are on your side and they want you to succeed.

Judges follow the rules to protect all skaters.

Being an ISI judge requires more than just being a coach. These are coaches who have studied the ISI rules and have taken and passed tests to demonstrate that they understand these rules and know how to apply them in competition.

This means that they may have to give a penalty score now and then when someone does something outside of the rules. This is not meant to be cruel, but rather to protect everyone else who did what they were supposed to do. While judges know that sometimes a penalty score is earned unintentionally — meaning the skater simply made a mistake — they still have to follow through with the penalty to keep the competition fair for everyone.

Judges recognize mistakes as well as exceptional quality.

It's always hard to smile through a program when you know you have made a mistake. Your first thought will probably be "I wonder if they noticed?" The answer, most of the time, is "Yes, they noticed." But just as they noticed you put your foot down on your Salchow, they also saw how nicely centered your change-foot spin was. They have the ability to separate the good and the bad and to consider both.

This is especially true in ISI judging because rather than each judge simply looking at the performance as a whole and giving one or two blanket scores, ISI judges each have different criteria they are looking for. This means that one judge might have given you a third-place score on your Salchow, but the other judge, who is looking for the change-foot spin, might have given you the highest score in that column.

We call this vertical judging, which means that we compare your moves individually against each of the other skaters' same move. You can think of it as "comparing apples to apples and oranges to oranges" — as opposed to "fruit basket to fruit basket."

If you have ever wondered why you do not see what place each judge gave you, this is the reason. Since they are judging different things, unless you were consistent in every maneuver, it would be unlikely that their placements all matched and therefore that becomes less important than the combined score of all three judges.

Judges have
a passion for
figure skating,
and they want to
share that passion
with you.



Focus On

Team Compulsory

Judges have to judge more than just “tricks.”

It’s easy to think someone skated a great program when they landed all their jumps or centered all their spins. But did you know that the judges are looking also at several “non-technical” things, such as pattern, choreography, posture, rhythm and artistic impression? Not all of these criteria are in every event, but knowing which ones are will help you understand what they are looking for. All ISI criteria are listed in *The ISI Handbook* by event to help you with this.

Judges want to be entertained.

Remember, the judges are your key audience in a competition, and just as with a show or exhibition, you want to entertain them. They want to sit back, relax and enjoy what you are performing for them. They don’t like it when you choose to do things that could fall into a “gray area” or that are too difficult for you. That makes them uncomfortable and could put them in a position to have to stop and assess a penalty. Do what you can do well and do what is permitted — and no more. Knowing the rules on your end makes the judges’ jobs much easier and allows them to enjoy your performance.

Judges are human.

Remember, judges are just people. They can have opinions different from each other. They can feel happy, sad, sick or tired. They are not stopwatches, measuring tapes or video cameras. They are human. Just like you. And, just like you, they have a passion for figure skating, and they want to share that passion with you. **RIS**

One of the key elements of ISI competitions is the fact that every skater earns points for his or her rink team, both for participation and for placement. This unique factor helps to create team spirit within the rink and among the skaters, which adds another dimension to the sense of accomplishment for everyone.

Team points are accumulated for all events — solo, couples and group — but several group events are given a higher weight in points due to their need for advance planning, additional ice requirements and, in some cases, level-specific skaters. These events receive 25 points for first place as opposed to the 5 that are normally awarded.

One such event is Team Compulsory. This is a great event for skaters of similar ability who would like to do something together that is fun and creative as well as judged technically. The key to this event is finding six or seven skaters (depending on the level) who are able to demonstrate the required maneuvers from a specific Freestyle level.

For example, if your rink wants to do a FS 4 Team Compulsory, you would need to have six skaters who are able to perform one of the following: flip jump, loop jump, sit spin, half-loop jump, 2 backward arabesques and dance step.

None of the skaters could be tested higher than FS 4; however, it would be fine for a skater of a lower level to participate on that team provided they can perform one of the elements.

While the program should focus on presenting each of the required moves in an accomplished manner, there is lots of room for creativity. For example, costumes are encouraged if they add to the performance, and props are allowed as long as there is no additional setup time. The program should be no longer than 3:30 and the maneuvers must be presented in the order they are listed in *The ISI Handbook*.

So, if your rink team wants to rack up some great points and have a little fun in the process, get a group together and start planning your number now for your next competition. It’s not only a fun way to skate with your friends and show off your skills, it can mean a big trophy at the end of the day! **RIS**



BY KIM HANSEN

ISI National Skating Events Coordinator

Your Child's First Competition: What to Expect



You have signed up for group classes; found a private coach; bought new skates; shopped for dresses, guards and gloves; and driven your skater enough miles to and from the rink to qualify for a commercial driver's license. You finally feel like you have the routine down and everything under control.

And then the coach throws a monkey wrench at you. Your skater is now ready to compete. Yikes! Now what? If you never participated in a competitive sporting event as a child, you might feel as if you are navigating uncharted territory. And even if you did compete as a youth, your role as a parent will be significantly different. You will want to do your best to help your skater meet this new challenge, so you will want to know what to expect.

Preparing for Competition

The coach may ask you to fill out the entry form for the competition, or she may do it for you. Either way, she will need to sign it and verify the level and events your skater will be doing before the form is sent in. If she asks you to send it in, be sure to do so before the deadline as you do not want to incur late fees.

Your skater will begin working on a program of elements appropriate to her tested level. During this time, she will be learning to put the skills she has mastered together with music and choreography. If your skater is very young, she may need some help in remembering the order of her elements. As a parent, you can support this by asking the coach for a written program plan and by talking the order through with your skater at home or off the ice. If the skater is older, you can simply involve yourself by offering to be her audience as she practices.

Always remember to leave the coaching to the coach. Your role at this time is just to support your skater. Make sure you get her to the rink for all scheduled practices and lessons. While this is always important, it is particularly critical in the weeks leading up to the event. The coach has a plan for your skater, and excessive absences will jeopardize the preparations.

Also during this time, be sure you check with your coach before you purchase new skates or even take the current ones for sharpening as this can dramatically affect your skater's ability to do her best.

Competition Day

The special day has arrived and everyone is excited! Since this is your skater's first competition, she is probably going to be a bit nervous. She may have even forgotten to eat, or say she can't. It is important

that you encourage her to have something, even if it is light. Try to keep the day as normal as possible and your conversation as positive and reassuring as you can. If she expresses fear about falling or forgetting her program, make sure you focus on her hard work and assure her that her coach has prepared her well.

Your main job now is to make sure that you know where you are going and when you need to be there. Most coaches ask their skaters to be in the building one hour before the scheduled start of the event warm-up. This is a good rule of thumb as competitions can sometimes run early, and the last thing you want to do is have your child stressed because your coach is rushing her onto the ice the minute you arrive.

It is best to get to the arena with plenty of time to check in both at the registration desk and with the coach. The registration is usually well marked and centrally located in the arena. This is often where your skater will check in and turn in her music (at larger events, the music registration is sometimes in another area). Some competitions will give out goody bags and programs, but regardless, they need to know that your skater is there.

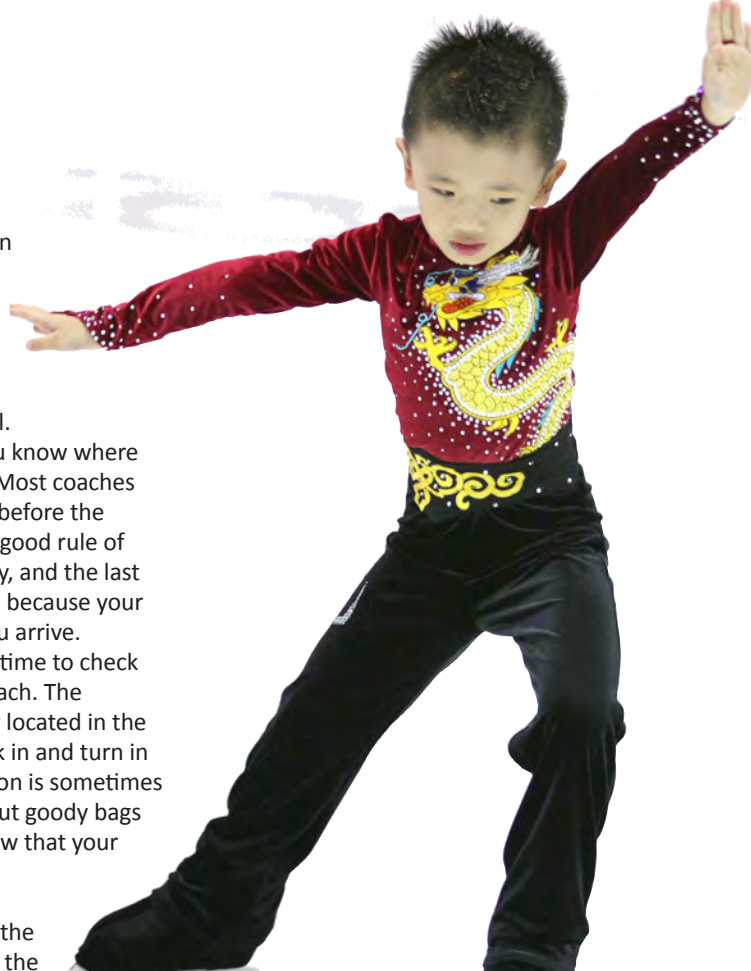
Once you have finished checking in at the registration desk, it is usually a good idea to let the coach know you are in the building. Sometimes the coach is busy with another skater or on a judging panel, so it may not be possible to speak with her at that time. If this is the case, stay with your skater and pay attention to the schedule.

As you get closer to the warm-up time, help your skater get her skates on. If you are tying her skates, be sure to do it the same way you always do, or if she normally does it, let her take care of it. It is best not to change the way she prepares to skate.

At some point, usually several minutes before the warm-up is slated to begin, the coach will be looking for your skater. This is the time that you will turn her over to the coach so they can begin their preparation together. They will enter into an area that is reserved for coaches and skaters only. You will not be permitted to follow them into this area as it is usually quite busy with skaters, coaches and ice monitors trying to help the skaters get on to the ice well prepared and in order. Once you have wished your daughter well, it's time to take your seat and get ready for her performance. After she performs, you will have plenty of opportunity to congratulate her on a job well done — and again, focus on the effort, not the outcome.

Rewards Beyond Results

At most competitions, the results are posted on the wall in a common area, often near the awards table. ISI event results are listed in order of placement, first through fifth, with all others in the group listed as sixth place. You will notice a number next to your skater's name. This corresponds with the number of points she has just earned based on her placement. First place earns five points, second earns four, thirds earns three and so forth. All skaters earn at least one participation point as well. These points are awarded to your skater's team or rink and added to a grand total at the end of the competition. Rink teams are then usually awarded trophies for top placements.



Always remember to leave the coaching to the coach. Your role is to support your skater.

Be sure to remind your skater how important her effort was for the team and help her focus on that, particularly if her program didn't go as well as she had hoped. The fact that she went out there and tried was still a help to the team and she can share in that reward at the end of the day.

Knowing a little about what to expect before the big day should help you feel more confident and excited for your child, and that will most certainly add to her confidence as she begins her competitive journey. **RIS**

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.



KIRK FORBES

Kirk Forbes is my coach and I'll always remember what he said to me when I first met him. He said that he saw something very special in me, and he was the only one who gave me a chance and actually believed in me. It was hard at first, but after practicing and facing trials of many kinds, I was able to push through due to Kirk's words of encouragement. I began working on my Axel in the middle of August and landed my first one in September. This gave me the confidence I needed to start competing. After I had gotten the Axel down, I also landed the double Salchow and one double loop. I will be competing at Worlds this summer with my sister and we will be skating to "Phantom of the Opera." Kirk is still my coach and is as encouraging as ever.

Cassandra Shearin, 14, FS 6

**Van Nuys Iceland
Van Nuys, Calif.**

OLGA GARRITY

My extraordinary coach is Olga Garrity (right). She is incredibly dedicated and devotes even her "free time" to making costumes and scenery for the Virginia Ice Theatre of Fairfax, which she founded. She also is beloved by many adult skaters — including me! — for her patience and enthusiasm at every lesson. She understands just the right amount to push, and has coached me from Delta to an Axel in less than two years, which I think says a lot about her coaching ability! Olga also conceived a hilarious adult ensemble piece for our home ISI show this past May. Not only did we win a gold medal, but our rehearsals provided belly laughs and forged new friendships among all of "Olga's Family."

**Caitlin Zinsser, Adult Skater, FS 4
Fairfax Ice Arena
Fairfax, Va.**



RANDY GARDNER

My coach, Randy Gardner, is the best. I have been working with him for almost five years. He always makes the lessons fun and challenging, and he has endless patience. Randy brings out the best in my skating and works hard with me so I'm able to meet my goals. Working with him is such a pleasure and I am very happy to have him as my coach. (Photo: Randy with his former pair partner, Tai Babilonia, left, and Lisa, right)

Lisa Capri, Adult Skater, Gold Freestyle

**Pickwick Ice Arena
Burbank, Calif.**

MY COACH ROCKS!

SHA'NON GREGORY MCMANUS CAVALLARO

My coach's name is Sha'Non Gregory McManus Cavallaro, and she is passionate about all of her students. Back in 2010, I got a great opportunity to be in the Christmas on Ice show at Busch Gardens. Guess what? I was side by side with Mrs. Sha'Non because she was in the show too! We became very close and soon after that she became my coach. I love Mrs. Sha'Non because she works me hard every lesson and makes me feel good about myself. Sometimes when I am having a bad day and can't land my jumps or do my spins right, she still believes in me and is patient. Just recently my little sister started skating and she has Mrs. Sha'Non too! She says Mrs. Sha'Non rocks because she teaches her how to skate, makes her laugh and makes skating fun — not to mention she always has treats after her lesson and, well, my sister has a BIG sweet tooth. My sister and I have different personalities but Ms. Sha'Non understands that with us, and with all of her students. She works all of us in different, magical ways.

Allie White, 10, FS 5
Jadyn White, 7, Delta
TBSA Countryside
Trinity, Fla.



ELAINA EMERY

My coach is Elaina Emery, and she totally rocks! In the past year and a half, she has helped me learn skills to move from a Pre-Alpha competitor all the way up to Silver Freestyle. We clicked right from the start. She is great, because she is so patient with me when I am working to land my Axel the right way every time and on other hard moves. She encourages me when I compete and when I take tests. I believe in her. I know she believes in me! We are excited to go to Worlds in Anaheim this summer.

Molly Rendel, 8, Silver Freestyle
Corona, Calif.



SAUNDRA TOOR

My coach/sister Sandra Toor (right) from the KROC Center in San Diego ROCKS! She coached me long distance — from San Diego to Louisville, Ky. — in preparation for 2012 Adult Champs. She kept me calm and centered when I prepared to skate in honor of two precious lives lost last summer (one of whom was a fellow skater's daughter). She had me dig down deep into my core and get back to basics, and get my head out of what I was doing wrong so I could focus on what I know to be right mechanically. She was supportive as I did my events and she reminded me of why I skated and why I was there. "Look around," she said. "That's right — this is family."

Christine Crowe, Adult Skater, FS 4/Dance 4
Goggin Ice Center
Louisville, Ky.



Ice Skating
Institute



WeSkATE®

RECREATIONAL ICE SKATING PROGRAM

**ADVENTURES
& ACTIVITIES**

SWIZZLE-SWIZZLE-SWIZZLE

START	HERE	➔	S	W	I	Z	Z	L	E
S	W	I	Z	Z	L	E	S	W	S
E	Z	Z	L	E	S	W	I	I	W
L	I	L	E	S	W	I	Z	Z	I
Z	W	Z	E	L	Z	Z	Z	Z	Z
Z	S	Z	I	W	S	E	L	L	Z
I	E	L	Z	Z	I	W	S	E	L
W	S	E	L	Z	Z	I	W	S	E



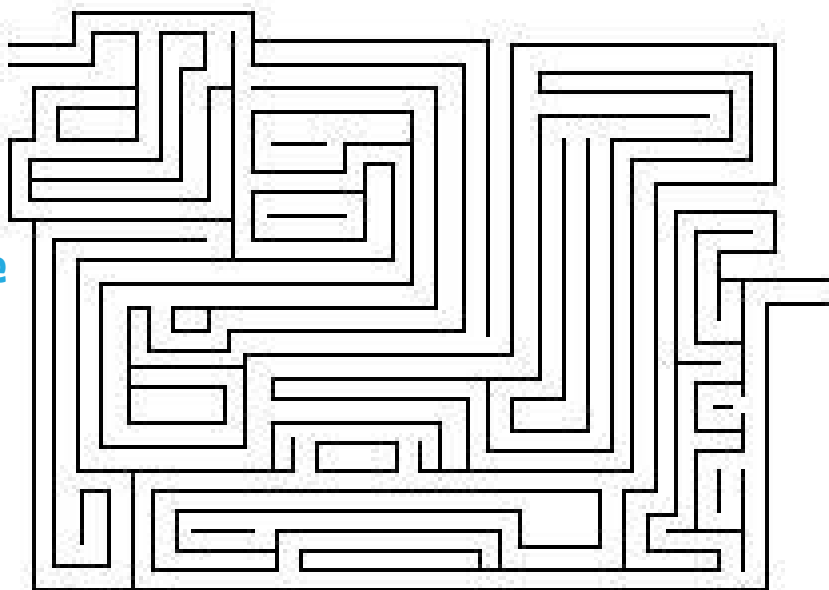
No matter what level skater you are, it's fun to see how many swizzles you can do in a row. It's good practice and good exercise!

How many swizzles can you find in a row, in the puzzle?



Summer is a great time to skate with friends -

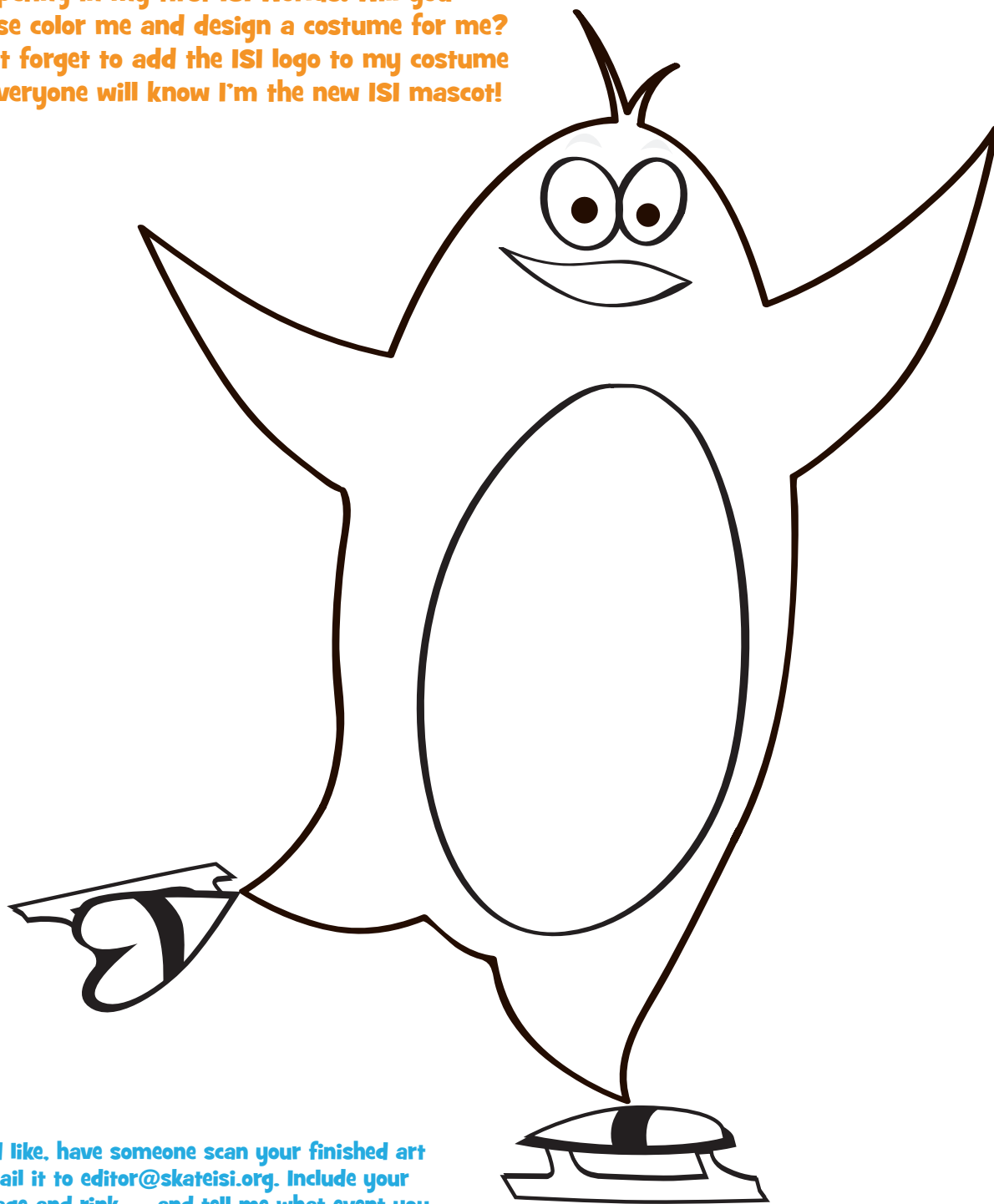
Help Alex find Lizzie at the rink so they can practice together!



Answer: 17

Dress Flip!

Hi! I'm Flip, and I'm very excited to be competing in my first ISI Worlds! Will you please color me and design a costume for me? Don't forget to add the ISI logo to my costume so everyone will know I'm the new ISI mascot!



If you'd like, have someone scan your finished art and email it to editor@skateisi.org. Include your name, age and rink — and tell me what event you chose for me (Freestyle, Character Spotlight, etc.).

competitions

july

6-7 **Evanston IL**

Robert Crown Ice Center
36th Annual July Open

8 **Newark DE**

Pond Ice Arena
2013 Pond ISI Summer Invitational

13 **Winnetka IL**

Winnetka Ice Arena
Hosted by Centennial Ice Rink-Wilmette
Mid-Summer Classic

13-14 **Cottage Grove MN**

Cottage Grove Ice Arena
CG Sunburst Challenge

13-14 **St. Peters MO**

St. Peters Rec-Plex
Summer Get-A-Way ISI Competition



31-Aug. 4 **Harrisburg PA**

York City - Twin Ponds - Klick Lewis Arenas
Central PA FSC
State Games of America

august

3-4 **Decatur AL**

Point Mallard Ice Complex
10th Annual Wind, Rain or Shine ISI Team
Competition

13-15 **Honolulu HI**

Ice Palace Hawaii
ISI Hawaiian Open

16-18 **San Diego CA**

UTC Ice
Skate by the Sea

24-25 **Panorama City CA**

Los Angeles Kings Valley Ice Center
1st Annual Los Angeles
Kings Valley Ice Center
ISI Open

26-27 **Rockland MA**

Rockland Ice Rink
Winterland Skating School
27th Annual Halloween Classic

december



6-8 **Centennial CO**

South Suburban Family
Sports Center
ISI Holiday Challenge

february



14-16 **San Jose CA**

Sharks Ice
ISI Winter Classic

shows & exhibitions

july

13 **Roseville CA**

Skatetown
Skating Through the Decades

august

1 **Oak Lawn IL**

Oak Lawn Park District Ice Arena
Salute to Heroes

10 **Fort Myers FL**

Fort Myers Skatium
Skating for Dogs

december

3-7 **Knoxville TN**

Ice Chalet
Nutcracker on Ice

4-5 **Honolulu HI**

Ice Palace Hawaii
Gift for You

14 **Arlington TX**

ICE at The Parks
Holiday at The Parks 2013

Ice Pink
SKATEWEAR
www.icepinkskatewear.com

september

14-15 **Arlington TX**

ICE at The Parks
10th Annual Open
Competition

20-22 **Gatlinburg TN**

Ober Gatlinburg Ice
Ober Gatlinburg ISI Invi-
tational Team Competition

october



11-13 **San Francisco CA**

Yerba Buena Ice Skating
Center
ISI Adult Championships



DESTINATION: MILE-HIGH FUN!

**ISI HOLIDAY CHALLENGE
DECEMBER 6-8**

**SOUTH SUBURBAN
FAMILY SPORTS CENTER
CENTENNIAL, COLORADO**

**ENTRY & TEST
DEADLINE: OCT. 10**



Denver



Elevate your holiday spirit to the peak of fun and excitement — gear up for a trip to the Mile-High City in early December! Denver is a great place to kick off the season and get the most mileage from your holiday skating programs. South Suburban Family Sports Center offers an outstanding competition facility as well as 37,000 square feet dedicated to family fun, including such features as a climbing wall, a laser tag arena and a video arcade. Set your sights on the 2nd Annual Holiday Challenge in the Rocky Mountains!

skateisi.org/holidaychallenge



@IceSkatingISI #ISIHoliday

THERE'S NOTHING ELSE LIKE THE ISI COMPETITION EXPERIENCE

Ask anyone who has participated in an ISI national competition — it's a fun and rewarding experience! Friendships are formed and fostered, skills are sharpened and wonderful memories are created.

With no qualifying or elimination rounds, all current ISI members are eligible to compete in any ISI national competition (except Adult Championships, which is limited to skaters 18 and older), and you can choose from dozens of individual, couple and group events. ISI truly offers something for every skater, from those who want to skate "just for fun" to aspiring champions.

UPCOMING NATIONAL EVENTS



**WORLD RECREATIONAL
TEAM CHAMPIONSHIPS**
July 22-27
The Rinks – Anaheim ICE
Anaheim, California
Entry & Test Deadline: May 1
skateisi.org/worlds



HOLIDAY CHALLENGE
Dec. 6-8
Family Sports Center
Centennial, Colorado
Entry & Test Deadline: Oct. 10
skateisi.org/holidaychallenge



ADULT CHAMPIONSHIPS
Oct. 11-13
Yerba Buena Ice
Skating Center
San Francisco, California
Entry & Test Deadline: Aug. 10
skateisi.org/adultchamps



WINTER CLASSIC
Feb. 14-16
Sharks Ice at San Jose
San Jose, California
Entry & Test Deadline: Dec. 1
skateisi.org/winterclassic