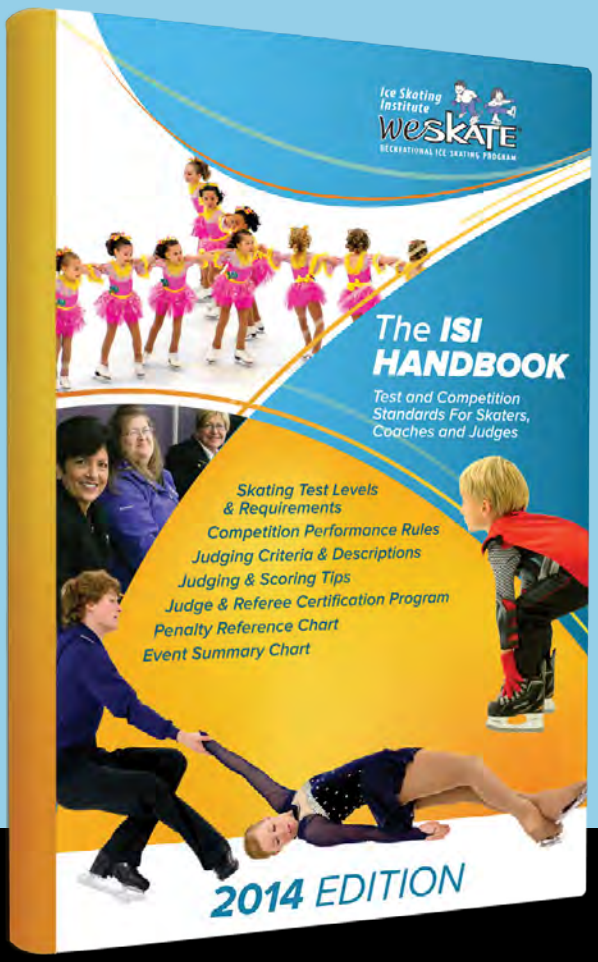
recreational
IceSkating
Fall 2014
2015
National Events
PREVIEW
She's Back!
Mirai Nagasu Wows
Benefit on Ice Crowd
Boston Rocked
Our WORLDS!
NEW!
The Healthy
Skater

Hot Off the PRESS!

The ISI Handbook, 2014 Edition is the only comprehensive resource for:

- ISI test level requirements
- *weSKATE* program information
- Competition events and performance rules
- Judging (including penalty reference chart and quick reference for duration)

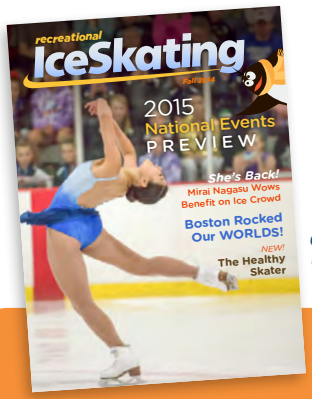


Updated and revised to include the 2014 rule revisions* and new competition events, the 2014 edition provides a wealth of information, standards and resources for learning, teaching and judging the ISI Recreational Skating Program.

Get your copy of *The ISI Handbook, 2014 Edition* at any ISI national event or order it today: skateisi.org/handbook

$25

*The 2014 rule revisions became effective on September 1 and will be observed at all ISI national events.



Gabriele Photography

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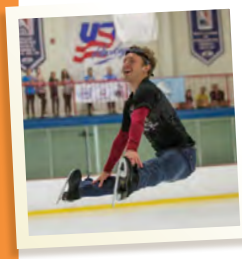

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recreational IceSkating

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Flip & Friends!

I had a fantastic summer! I made my first appearance at ISI Worlds and found the competitors and their families very welcoming and eager to be photographed with me. What a wonderful competition we had in Boston! Next up are Adult Champs near New York City and Holiday Challenge in Southern California. I hope you will take me with you everywhere you go this fall — including Thanksgiving dinner — and snap a photo with me! Be sure to send your photos to editor@skateisi.org. You can find a cutout of me on the ISI website, at skateisi.org/flip.

More Flip & Friends!

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ISIA Education FOUNDATION

The Show Goes On!

by Robyn L. Bentley-Graham, CAM, CAP, CAO
ISIA Education Foundation Secretary
& Show Committee Chair

Mirai Nagasu
Gabriele Photography

Worlds week was well under way and the ISIA Education Foundation Benefit on Ice show committee was already scouting for performers when it was announced that headliner Ashley Wagner had to cancel due to a family emergency. While Ashley and her fans were disappointed with the news, the show went on as scheduled on Aug. 1 at the New England Sports Center, starring 2010 Olympian and 2013 U.S. National bronze medalist Mirai Nagasu. The first skater to star in the show three times, Mirai was enthusiastically welcomed back, and pulled out all the stops for her two crowd-pleasing performances.

As a bonus for the audience and through the generosity of the local skating community, this year's show also featured 2013 U.S. National silver medalist Ross Miner and the most successful U.S. synchronized skating team in the history of the sport, the Haydenettes, winners of 22 U.S. National gold medals and four World bronze medals.

Jason Pische served as our master of ceremonies, demonstrating that successful ice arena managers are multi-talented. When Jason is not working for FMC as the manager of the Chelmsford Ice Forum in Chelmsford, Mass., he can be found doing standup comedy and using his professional announcing skills in other venues.

Ross Miner | *Gabriele Photography*

I was fortunate to have the legendary Mr. Dick Button assisting me in presenting the 2014 scholarships during the show intermission to two of this year's five recipients, Elodie Sandraz of Palo Alto, Calif. and Carly Potts of Jefferson City, Mo., both of whom performed in the show. While the other three (Kailey Fernandez of Tampa, Fla.; Shelby Johnson of Plano, Texas; and Daniel Kulenkamp of Mahtomedi, Minn.) were unable to attend, all five will be featured in the next issue of *Recreational Ice Skating*.

The Haydenettes | *Gabriele Photography*

The Benefit on Ice scouting team observed competitors at all levels throughout Worlds week, selecting participants to join in the Friday night ice skating extravaganza. Through their recommendations, we were able to showcase a variety of talent from across the ISI program spectrum *(see list, next page)*. The first half featured some of our oldest and youngest competitors. Bob and Lorna Hodgson from the Skating Club of Youngstown performed their Family Spotlight and, at ages 89 and 85, respectively, they showed us that skating truly is a lifetime sport.

Two lucky winners secured spots in the show through the Skate with the Stars fundraising raffle. Tickets were sold in the rink Monday through Wednesday and on the Competitors' Cruise Wednesday night just before the drawing. The raffle winners

Foundation Secretary Robyn Bentley-Graham and Dick Button present scholarships to Carly Potts (left) and Elodie Sandraz.
Gabriele Photography

were: Frankie Verna from FMC Natick William L. Chase Arena in Natick, Mass., who decided to share her good luck with her friends and chose to skate their small production number rather than an individual event; and Brittney Neal from the Joliet Park District in Joliet, Ill., who skated her Artistic 7 program.

Heartfelt thanks and appreciation go out to the FMC skaters and parents, under the direction of Alane Swiderski and Donna Rozon, who donated their time to sell tickets at the rink, and to the members of my team from Syracuse University Skating School, who sold tickets on the cruise.

Special thanks to backstage coordinators Samantha Bentley and Lisa Esterguard and to the referees and other staff who volunteered their time to take tickets, check in music and cover other behind-the-scenes details.

Meeting Mirai Nagasu and getting her autograph was the highlight of the show for Gretchen Irwin (left).

Those who purchased tickets were also treated to the opportunity to meet Mirai after the show, as she signed autographs and posed for photos. If you were in the long autograph line or saw the photos on Facebook, you know what a star she is. We appreciate her professionalism and patience!

Whether on the ice or in the stands, we are certain that this year's Benefit on Ice was an evening that will not be forgotten by those in attendance. If you missed out, be sure to watch for next year's show tickets to go on sale when you register for 2015 Worlds in Chicago.

Thanks to the more than 1,200 people who purchased tickets this year. The proceeds from the show, including the Skate with the Stars raffle, help fund the scholarship program. The ISIA Education Foundation is a 501(c)3 organization (separate from the Ice Skating Institute) whose sole purpose is to provide secondary education scholarships for deserving skaters who have been participants in the ISI program. All of our funding comes from fundraising events like the show and donations. Thanks to all who have donated time and/or money to the cause. Without your support, this wouldn't be possible.

More information about the ISIA Education Foundation can be found at skateisi.org/foundation, or questions can be emailed to isiaef@skateisi.org. Scholarship applications for the 2015-16 school year will be posted soon. RIS

2014 Benefit on Ice ISI Participants

Stars & Stripes • *Kaleidoskate*
Skating Club of Greater Youngstown
Youngstown, Ohio

Bob & Lorna Hodgson
Family Spotlight
Skating Club of Greater Youngstown
Youngstown, Ohio

Ants Go Marching
Small Production/Tot Synchronized
Sharper Edge Skating School
West Concord, Mass.

Brittney Neal • *Artistic 7*
Joliet Park District
Joliet, Ill.

Timmy Chapman
Themed Spotlight FS7
RDV Sportsplex Ice Den
Orlando, Fla.

PacMan • *Ensemble*
SuperStars FSC
Mount Prospect, Ill.

Elodie Sandraz
Open Freestyle Gold
Scholarship Winner 2014
Palo Alto, Calif.

Addison Bradley & RJ Angell
Couples Light Entertainment Spotlight Low
Ice Chalet Knoxville
Knoxville, Tenn.

Donelda Horne
Rhythmic Hoop Gold
RDV Sportsplex Ice Den
Orlando, Fla.

Abigail King
Themed Spotlight FS1
City of Bowie Ice Arena
Bowie, Md.

Brooke Schneider & Mallory Hoffman
Couples Light Entertainment Spotlight Intermediate
Stars of Austin FSC
Austin, Texas

Danbury Ice • *Kaleidoskate*
Danbury Ice Arena
Danbury, Conn.

Alexandra Bernard • *Artistic FS6*
Ice Chalet Knoxville
Knoxville, Tenn.

Camron Nipper & Taylor Green
Couples Themed Spotlight High
Ice Chalet Knoxville
Knoxville, Tenn.

The Limelights - Misfit Toys
Theatre Production
Norfolk Arena
Norfolk, Mass.

Carly Potts • *Platinum Showcase*
Scholarship Winner 2014
Jefferson City, Mo.

Courtney Studwell • *Footwork FS7*
Imperial Skating Academy
Lisbon, Conn.

Taylor Nordquist
Open Freestyle Silver
RDV Sportsplex Ice Den
Orlando, Fla.

Emily Magda & Andi Attia
Couples Light Entertainment Spotlight
K Lynn Skating School
Montgomery, Ala.

Wicked • *Small Production*
FMC Natick William L. Chase Arena
Natick, Mass.

WINTER CLASSIC IN THE HEARTLAND: WHAT'S NOT TO LOVE?

by Lori Fairchild

What better place to enjoy your most beloved winter skating competition over Valentine's Day weekend than in the Heartland? With the soaring Gateway Arch as your landmark, follow the Mighty Mississippi to St. Louis, then travel a short distance west to St. Peters Rec-Plex. This is where, come Feb. 13-15, you'll find Winter Classic — one of ISI's largest national competitions, featuring individual and group events for all ages.

Perhaps you've had the pleasure of experiencing the Midwestern hospitality during the many events that have been hosted at the Rec-Plex. Located just 30 minutes west of St. Louis, this fantastic facility previously has hosted the 1998 ISI Worlds, the 2008 and 2012 ISI Synchronized Championships and several Winter Classic competitions. The complex encompasses two impressively equipped buildings in a park setting, with three NHL-size ice rinks and seating for 300 to 1,200 spectators.

Also known as the Heartland, St. Louis' central location makes it a natural destination for a national event. A visit to the Gateway Arch Riverfront is a must if you want to see the nation's tallest manmade monument, the 630-foot Gateway Arch, which is precisely as wide as it is tall. You can ride an enclosed tram to the top, view informational exhibits and films, experience a giant-screen movie, visit the Museum of Westward Expansion and even go shopping.

The Arch is just one of the marvels to be discovered in St. Louis. Did you know that the city's 1,300-acre Forest Park is one of the largest urban parks in the world, bigger than even New York City's Central Park? Known as "the soul of the city," Forest Park is home to many of St. Louis' most popular attractions, including the city zoo, a science center and planetarium, history and art museums, even an outdoor ice rink for winter skating.

Don't miss Winter Classic in the Heartland! ***Entry and testing deadline is Dec. 1.*** RIS

MORE INFO

skateisi.org/synchro
stpetersmo.net/st-peters-rec-plex.aspx
explorestlouis.com

Ice Skating Institute

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.

3 renewal choices and they're all winners!

- ☑ $15 for 1 membership term (thru August 2015)
- ☑ SAVE $5! $25 for 2 membership terms (thru August 2016)
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- Receive excess accident insurance coverage

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or use the form inside the front cover of this magazine

ISI Synchronized Championships at Miami University — What Could Be Smarter?

by Lori Fairchild

The ISI Synchronized Championships competition returns to Goggin Ice Center at Miami University in Oxford, Ohio for 2015. The event is set for April 10-12, just in time to experience springtime on one of the most appealing college campuses in the nation, which the poet Robert Frost once described as "the most beautiful campus that ever was." Others have called it "a hidden gem."

In addition to the beauty of the campus, you'll be thrilled at the opportunity to skate in the state-of-the-art Goggin Ice Center, home of Miami University's acclaimed Redhawks varsity synchronized skating teams, which compete at the national, international and world championship levels. The Miami collegiate team made history this year by winning their 10th consecutive national title (for a total of 16!); the senior team has won three national championships and holds the highest placement by any U.S. team at the World Synchronized Skating Championships, where they finished in second place in 2007.

Synchro Champs includes eight age groups: Tot, Junior Youth, Youth, Senior Youth, Teen, Collegiate, Adult and Master. The competition features seven event categories: Synchronized Skating Team, Synchronized Skating Compulsories, Synchronized Formation Team, Synchronized Formation Compulsories, Synchronized Advanced Formation Team, Synchronized Open Skating Team and Synchronized Dance Team.

In addition to the three days of competition events, Synchro Champs weekend includes the annual Synchro Showcase exhibition featuring performances selected throughout the competition as well as special guest skaters.

If your team finds some time for off-ice activities, you can check out the quaint college town atmosphere of Uptown Park or High Street, both packed with local history and fun places to eat and shop. Other nearby attractions include Cincinnati Premium Outlet and THE WEB Extreme Entertainment, a one-stop entertainment destination featuring a multi-level laser tag arena, an electric indoor go-kart track, a blacklight mini-golf course, a bowling alley and an arcade.

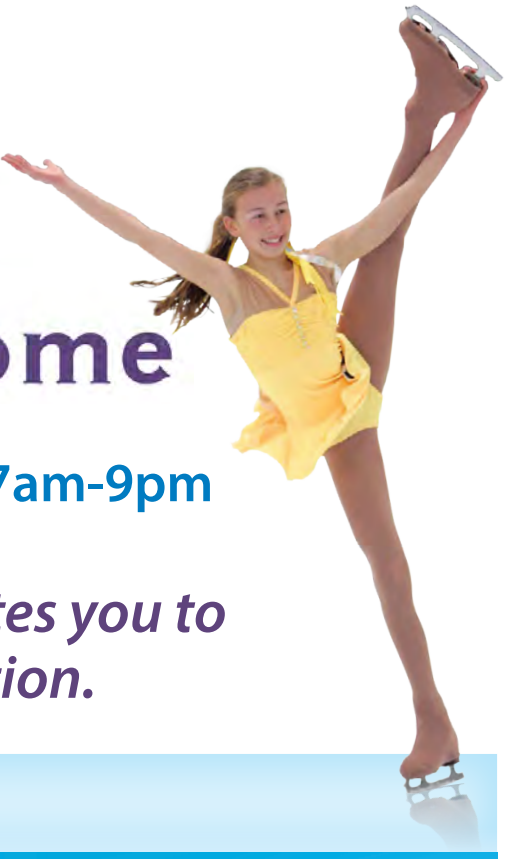
Set in one of Ohio's most scenic areas, Oxford is within convenient travel distance of Chicago, Cleveland, Columbus, Detroit, Pittsburgh, Knoxville and many other areas home to ISI members. Cincinnati and Dayton are less than an hour away.

Join us in Oxford next spring! ***Entry deadline is Feb. 15***.

MORE INFO

skateisi.org
ice.muohio.edu
gettothebec.com (Butler County Visitors Bureau)

Northbrook Winter Welcome



Friday-Sunday | December 5-7 | 7am-9pm

The Northbrook Sports Center invites you to our annual figure skating competition.

Back by popular demand!

Championship Interp Events
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More than 40 different events

All levels and ages welcome

Special lighting during spotlight events

All events are free for spectators!

Registration information is available at nbparks.org after September 15. Registration deadline is Friday, November 7. If you have questions, contact Heather Aseltine at haseltine@nbparks.org.

Northbrook Sports Center | 1730 Pfingsten Road, Northbrook, IL 60062

COLLEGE STUDENTS:

DON'T PUT YOUR SKATING ON HOLD!

Lindenwood University Team

Sacred Heart University Team

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 team size requirement; even a single skater can represent a school.

The Collegiate Championship trophy is awarded annually at the ISI Adult Championships.

Participation in the ISI Collegiate Skating Program offers all of the opportunities, rewards and — most of all — FUN that ISI skaters have come to know and love!

ISI COLLEGIATE SKATERS:

- **Continue to participate in and enjoy a sport they love.**
- **Become part of a group of new friends who share their love of skating.**
- **Participate in ISI competitions.**
- **Stay fit and maintain or improve their skating skills.**

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

Ice Skating Institute

WHERE WILL ISI TAKE YOU IN 2015?

Being a part of ISI leads to all kinds of wonderful things for skaters of all ages and skill levels. From the unique joy of mastering new moves and test levels to the excitement of participating in shows and competitions, ISI skaters have more opportunities — and more fun!

But the ultimate ISI experience, open to all ISI members, is competing in the national events scheduled each year across the country. Look where ISI can take you in 2015!

ISI Winter Classic

Feb. 13-15
St. Peters Rec-Plex
St. Peters, Mo.
Entry/test deadline: Dec. 1
skateisi.org/winterclassic

ISI Synchronized Championships

April 10-12
Goggin Ice Center,
Miami University
Oxford, Ohio
Entry deadline: Feb. 1
skateisi.org/synchro

ISI Conference Championships

May 22-24
Nashoba Valley Olympia
Boxborough, Mass.
Entry/test deadline: March 1
skateisi.org/conferencechamps

ISI World Recreational Team Championships

July 27-Aug. 1
Edge Ice Arena
Bensenville, Ill.
Entry/test deadline: May 1
skateisi.org/worlds

ISI Adult Championships

Oct. 23-25
Las Vegas Ice Center
Las Vegas
Entry/test deadline: Sept. 1 (Sept. 10 for Collegiate)
skateisi.org/adultchamps

ISI Holiday Challenge

Dec. 4-6
Dr Pepper StarCenter
McKinney, Texas
Entry/test deadline: Oct. 10
skateisi.org/holidaychallenge

WARM UP YOUR WINTER WITH A COMPETITION IN THE HEARTLAND!

ISI WINTER CLASSIC

Feb. 13-15
St. Peters Rec-Plex
St. Peters, Mo.
Entry/test deadline: Dec. 1

Escape the winter doldrums with one of ISI's largest national competitions at one of our most welcoming host facilities. St. Peters Rec-Plex offers the warmth of Heartland hospitality and a central location near St. Louis, home of the famous Gateway Arch. A fun winter competition + President's Day weekend = ISI's Valentine to you!

SKATEISI.ORG/WINTERCLASSIC

SKATE TO THE TOP WITH YOUR CLASS!

If you've done your homework, you know that ISI Synchronized Championships is one of ice skating's most rewarding team-building and memory-making competition experiences, and that Goggin Ice Center at Miami University is home to the national champion RedHawk synchronized skating teams. Show off your skating smarts in the synchro capital of America!

SKATEISI.ORG/SYNCHRO

ISI SYNCHRONIZED CHAMPIONSHIPS

April 10-12
Goggin Ice Center, Miami University
Oxford, Ohio
Entry/test deadline: Feb. 1

YOU'RE ON COURSE TO MAKE HISTORY IN BOSTON!

ISI CONFERENCE CHAMPIONSHIPS

May 22-24
Nashoba Valley Olympia
Boxborough, Mass.
Entry/test deadline: March 1

An ISI national competition can be a history-making milestone in the life of a skater. And when you get to compete in one of America's most historic cities, the treasure is all yours! ISI Conference Champs is Boston-bound, and we invite you to climb aboard and launch your summer with this fun skating event.

SKATEISI.ORG/CONFERENCECHAMPS

GET IN THE GAME FOR WORLDS OF FUN IN CHICAGO!

WORLD RECREATIONAL TEAM CHAMPIONSHIPS

July 27-Aug. 1
Edge Ice Arena
Bensenville, Ill.
Entry/test deadline: May 1

2015 Chicago ISI WORLD RECREATIONAL TEAM CHAMPIONSHIPS

You already know that skating is worlds of fun. But being a part of ISI Worlds in Chicago takes fun and sportsmanship to a whole new level! You'll be blown away by the excitement of the Windy City, home of the world's most spirited sports fans as well as world-famous food like Chicago-style pizza. See you in Chitown!

SKATEISI.ORG/WORLDS

PLAY TO WIN AT ADULT CHAMPS IN VEGAS!

ISI ADULT CHAMPIONSHIPS

Oct. 23-25
Las Vegas Ice Center
Las Vegas
Entry/test deadline: Sept. 1
(Sept. 10 for Collegiate)

Participating in the ISI Adult Championships is never a gamble for adult skaters who love to combine skating and having a great time with their peers. Everybody scores big with the thrill of competition plus the reward of going home feeling like they won the jackpot — especially when Adult Champs is in Vegas!

SKATEISI.ORG/ADULTCHAMPS

YA'LL C'MON DOWN TO DALLAS FOR A HOLIDAY CHALLENGE!

HOLIDAY CHALLENGE

Dec. 4-6
Dr Pepper StarCenter
McKinney, Texas
Entry/test deadline: Oct. 10

Every day feels like a holiday when you're on the ice, but this December competition is a festive event not to be missed! This year marks the 4th Annual Holiday Challenge, where you can compete in an ISI national event while fine-tuning your holiday program. Join us in Dallas, the shopping capital of the U.S., and kick off your holiday season in style. Cowboy gear optional.

SKATEISI.ORG/HOLIDAYCHALLENGE

ISI NATIONAL EVENT CHECKLIST

AT LEAST THREE MONTHS BEFORE EVENT:

- ☐ Go to ISI website (skateisi.org) and print out event entry form.
- ☐ Pass test(s) for skating level you wish to participate in at event.
- ☐ Talk with your coach and decide which events you should enter, and how to enter some extra events that don't require a program routine. (Check out the special discounted events for the year!)

BY ENTRY DEADLINE:

- ☐ Make sure your ISI membership has been renewed for the new membership term. If not, your membership renewal fee can be included on your event entry form.
- ☐ Make sure your highest tests are registered with ISI by your coach.
- ☐ Send in completed entry form.

TWO MONTHS BEFORE EVENT:

- ☐ Make or purchase costumes.
- ☐ Make props for Spotlight events.
- ☐ Learn new routines.

AFTER EVENT SCHEDULE IS RELEASED:

- ☐ Double check that all your events are listed on the schedule, that your name is spelled correctly and that your rink is listed accurately.
- ☐ Make travel plans, including hotel reservations at an ISI host hotel, listed on the ISI website.

WEEK BEFORE EVENT:

- ☐ All national event music must be on CD only (no CD RW). Make sure you have one program per CD, and always make a backup copy, too.

DURING EVENT:

- ☐ Smile!
- ☐ Skate your best.
- ☐ Practice ISI sportsmanship.
- ☐ Meet new friends, trade pins and contact information, etc.
- ☐ Have FUN!

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www.iceprincesspillows.com

Sharper Edge Skating School claimed the Michael Booker Trophy for most team points.
Gabriele Photography

Boston Rocked Our Worlds!

by Lori Fairchild

The 2014 ISI World Recreational Team Championships was a huge hit with the 103 rink teams that brought more than 1,400 participants to New England Sports Center July 28-Aug. 2. Sharper Edge Skating School of West Concord, Mass. took home the Michael Booker Trophy after sweeping the competition with 1712 points.

The annual event featured ISI skaters representing all skill levels and ages, from the four adorable preschoolers to the four "senior" skaters ages 75-89 years young.

Rink teams from 24 states and three foreign countries — China, Philippines and Qatar — participated in the Boston event. The team from the Philippines traveled the greatest distance, an impressive 8,486 miles.

Two local skating facilities, FMC William Chase Arena from Natick, Mass., and Nashoba Valley Olympia from Boxborough, Mass., brought the largest teams, with 113 and 110 members, respectively.

In addition to the competition itself, Worlds was filled with fun attractions and activities all week long.

Flip made three live appearances throughout the week, attracting adoring fans each time.

Flipping for Flip!

The "Find Flip at Worlds" contest was a fun daily activity for Worlds participants and visitors.

One of the BIGGEST — literally! — highlights of Worlds this year was Flip, in all of his various incarnations. He was everywhere! On pins, on the "Flip's Army" volunteer T-shirts and badges, starring in the "Find Flip at Worlds" contest — and in "person"! That's right, the lovable ISI mascot made three live appearances throughout the week, providing hugs and photo opportunities for fans of all ages.

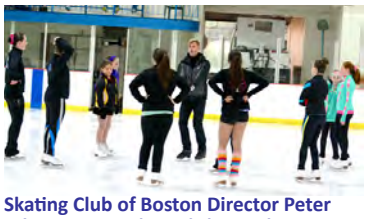
Skaters and visitors scoured the arena Monday through Friday looking for answers to the "Find Flip at Worlds" contest. The winners, who received Flip gift packages were: Ben Cooper (Nashoba Valley); Abigail King (Bowie Ice Arena); Joseph Breeden (Gardens Ice House); Danielle Woolever (Nytex Sports Centre); Amelia Seydel (The Rinks-Lakewood ICE); and GRAND PRIZE winner Jakub Nejedly (Belmont Iceland).

All Aboard the Competitors' Cruise!

Worlds participants, coaches and family members boarded the bus caravan at New England Sports Center for the Wednesday evening Competitors' Cruise. The beautiful sunset cruise on Boston Harbor, included dinner, a DJ, sightseeing and some of the most picture-perfect weather in ISI Competitors' Cruise history. More than 800 participants gathered, mingled, ate, posed for scenic selfies, danced, enjoyed the sea breeze and departed as they had arrived — with smiles on their faces.

More than 800 Worlds participants, coaches and family members enjoyed dinner, music, sightseeing and sea breezes on Boston Harbor.

Tracy Griffin Photography



Skating Club of Boston Director Peter Johansson conducted skater clinics with ISI skaters during Worlds week.

Gabriele Photography

Clinically Speaking

Every day of Worlds held new possibilities. Thursday featured skater clinics conducted by Skating Club of Boston Director Peter Johansson, a four-time Swedish champion, former Olympian and coach to many world competitors and international medalists. Skaters travel from around the world to train in his program with Co-Director Mark Mitchell. These clinics, though, were offered exclusively to Worlds competitors on-site at the New England Sports Center. Skaters "had a blast," coaches were pleased with the instructional opportunity for their skaters, and Johansson was complimentary of the ISI skaters' focus and skills.

Celebrity Meet-and-Greets

Former Olympians Dick Button and Mirai Nagasu get acquainted in the Skaters' Marketplace.

Tracy Griffin Photography

Flip wasn't the only celebrity sighting during Worlds week. The legendary former Olympian and TV commentator Dick Button was a major attraction in the Skaters' Marketplace, where he autographed copies of his book, *Push Dick's Button*, and posed for photos with fans.

Former ABC TV producer/director Doug Wilson also was on hand to sign copies of his book, *The World Was Our Stage.*

The excitement in the Skaters' Marketplace reached a fever pitch on Friday when Benefit on Ice show star Mirai Nagasu arrived, sporting her signature friendly smile and looking as comfortable meeting and greeting as she did later that evening on the ice. *(Read about the Benefit on Ice on page 6.)*

Pin trading is a fun tradition that helps competitors make friends and memories.

Until We Meet Again…

The ISI Worlds competition, the largest of its kind on the entire planet, never fails to create lifelong memories and friendships. This year was no exception. By the end of the week, 5,819 individual and team performances had taken place on four ice surfaces, for a total of 211 hours of competition.

Special thanks and appreciation go to the ISI District 1 host committee, the hundreds of volunteers from all over the country who made up Flip's Army, New England Sports Center, presenting sponsor Dream Duffel and, of course, the competitors, their families and their coaches.

Next year's Worlds is set for July 27-Aug. 1 at Edge Ice Arena in Bensenville, Ill. See you in Chicago!

Worlds volunteers, easily identifiable in their badges and neon T-shirts, helped keep the competition running smoothly for six days.

Tracy Griffin Photography

TOP 10

PLACE	TEAM	TOTAL POINTS
1	Sharper Edge Skating School West Concord MA	1712.0
2	FMC William Chase Arena Natick MA	1182.5
3	Nashoba Valley Olympia Boxborough MA	1133.8
4	Skating Club of Greater Youngstown Poland OH	1048.5
5	K Lynn Skating School Montgomery AL	792.5
6	Imperial Skating Academy Lisbon CT	761.0
7	Tampa Bay Skating Academy Countryside Clearwater FL	632.5
8	Stars of Austin Figure Skating Club Pflugerville TX	552.5
9	Joliet Park District Joliet IL	382.5
10	Planet Ice Johnstown PA	382.0

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

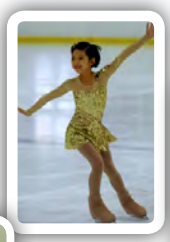
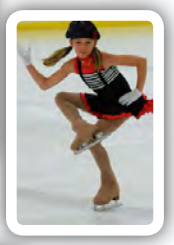
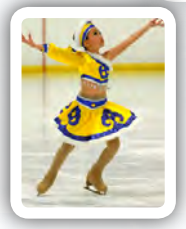
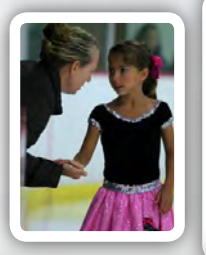
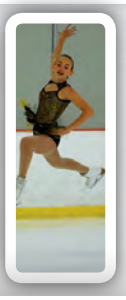
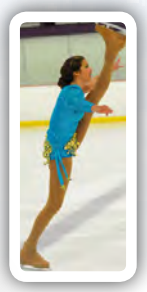
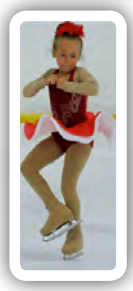
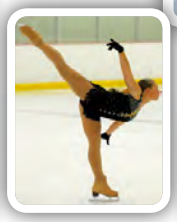
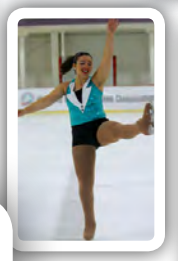
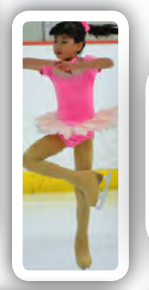
2014 ISI WORLD

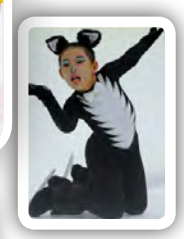
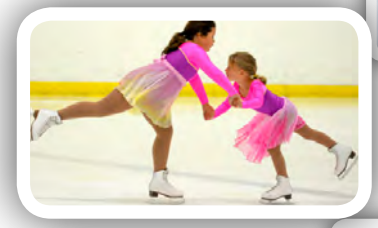
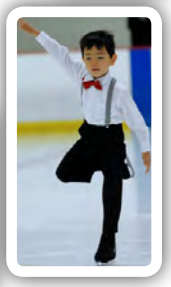
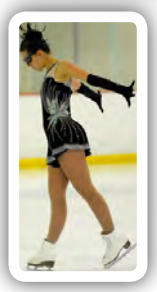
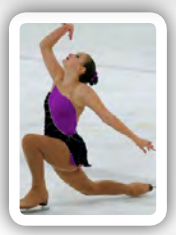
More photos on ISI Facebook page and at GabrielePhoto.com

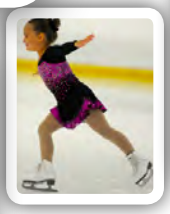
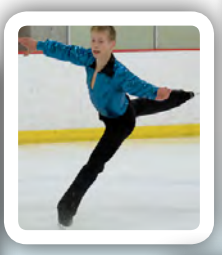
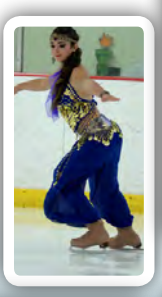
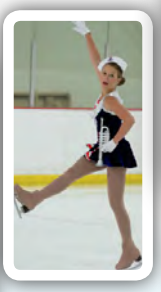
Professional On-Ice Photos by Gabriele Photography

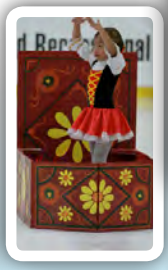
ISI WORLD RECREATIONAL TEAM CHAMPIONSHIPS
Boston 2014

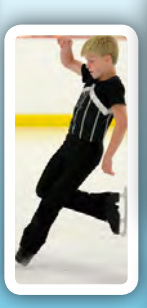
PRESENTED BY
DreamDuffel

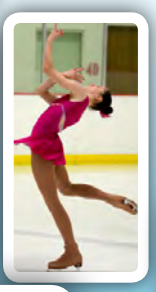
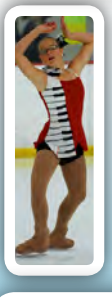











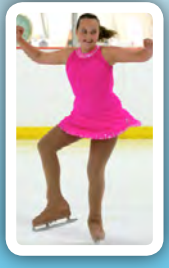






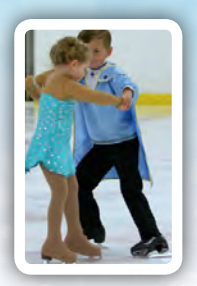
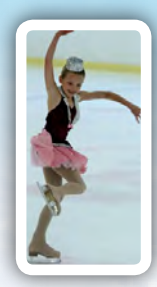
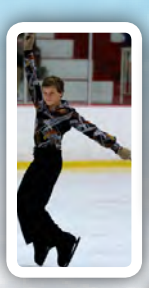
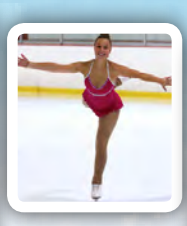
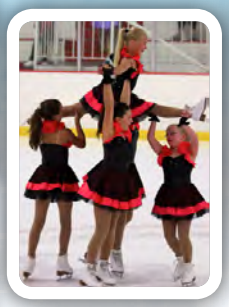


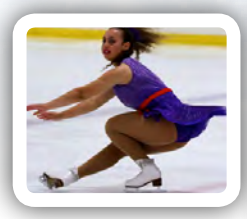


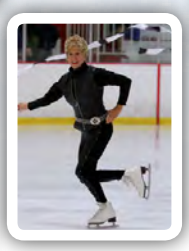



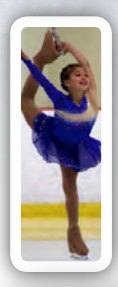
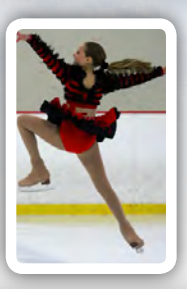
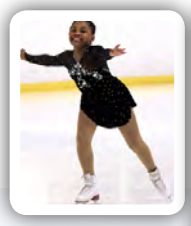
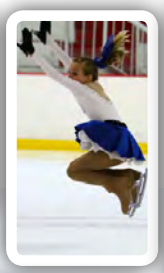
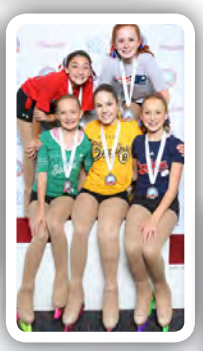


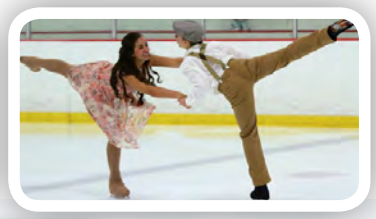
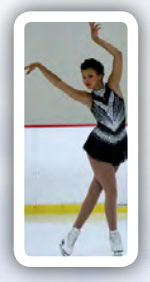
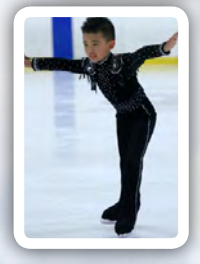
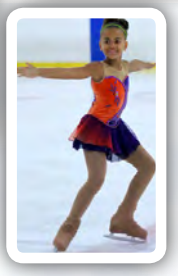
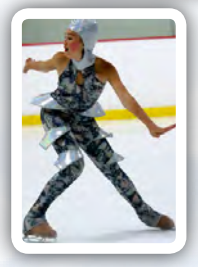
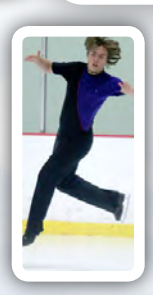
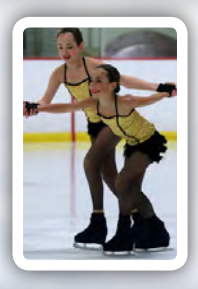
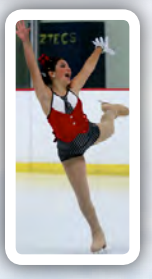
RECREATIONAL TEAM CHAMPIONSHIPS

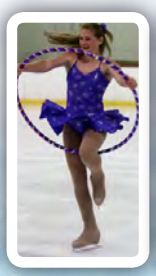
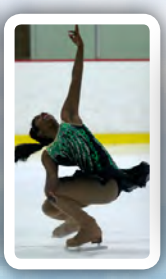






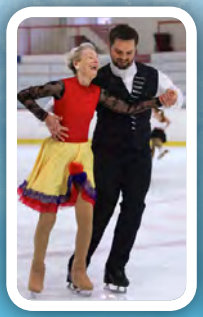
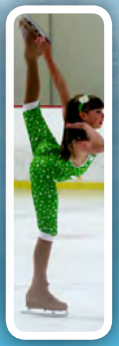


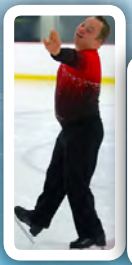
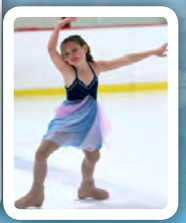
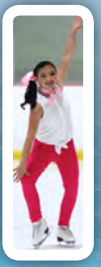
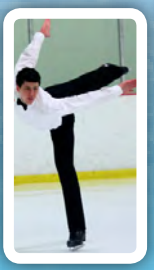
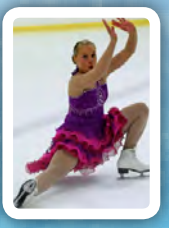


The Healthy Skater

by Andrea Sobieraj, MS, CSCS

Nutrition 101 for Young Skaters

What is nutrition?

Nutrition is getting the fuel (like gas in a car) to make your muscles move. We get our fuel from the foods we eat. The three main fuels are carbohydrates, fats and protein. When you eat a meal, your digestive system (your tummy) breaks down the food you have eaten into these main fuels.

From the digestive system, the fuels travel through your blood to the muscles you will use to skate. Your muscles take the fuel from the blood and bring them into a special part of the muscle cell called the mitochondria. Inside the mitochondria the fuels are broken down even more by cool chemical reactions to create ENERGY! (*See Figure 1.)*

When to eat? What to eat?

You want to make sure you provide your muscles with fuel (to make ENERGY) before you skate because when we skate the stomach does not work as fast. Eat meals three to four hours before skating.

During practice it is wise to keep providing some fuel, but at a smaller serving size than a meal. Foods or drinks with carbohydrates work best. Many foods and drinks designed for sports are good choices during exercise as they have carbohydrates that are easy for the stomach to break down.

Avoid proteins immediately before and during exercise. Drink water every 15 minutes during exercise, as this will keep the blood flowing better and getting those fuels to your muscles faster.

Once you have stopped skating, you need to get even more fuel to those muscles. This is important because during exercise muscles get some wear

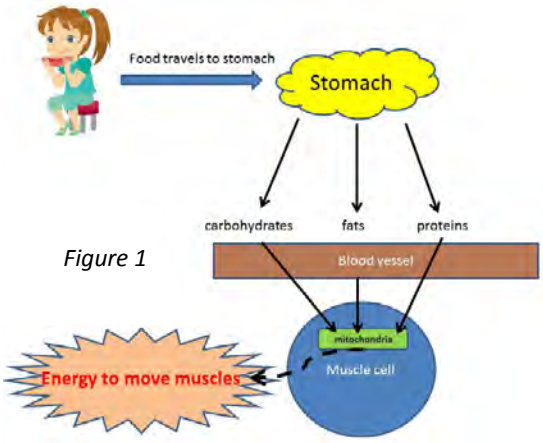


Figure 1

weSKATE Test Standards DVD

A must-have for all ISI coaches and skaters!

For only $20, you get all this:

- Detailed demonstrations of the passing standards for each required ISI test maneuver in the Pre-Alpha through Delta and Freestyle 1-10 levels
- Evaluations of the skater's moves
- Demonstrations of mistakes during a freestyle test program — and how to avoid them

Order your copy today at skateisi.org/dvd!

and tear, and they need extra fuel to get back to feeling well enough to skate again. After your skate time, as soon as you feel up to it, have a snack with carbohydrates and proteins. Some suggestions are chocolate milk, a sports bar with protein, peanut butter crackers, a banana or a handful of nuts.

Take-home points

Feed your body foods that you know do not upset your stomach. You will feel best if you eat foods on a regular schedule so your stomach learns how to anticipate and react.

Quick Quiz

1. Which is not a main fuel?

A. Air
B. Carbohydrates
C. Fats
D. Proteins

2. A meal will provide the best energy for skating if eaten

A. Eight hours before you skate
B. Five minutes before your skate
C. Three to four hours before you skate
D. The day before you skate

3. Which fuel should generally be avoided during a skate session?

A. Fats
B. Carbohydrates
C. Proteins
D. All of the above

4. During skating it is best to drink water

A. Every 15 minutes
B. Never break for water during a skate session
C. Every hour
D. Every 30 minutes

5. A post-skate snack should include

A. Carbohydrates and protein
B. Fats and protein
C. Carbohydrates only
D. Protein only

1. A 2. C 3. C 4. A 5. A

Coaches, parents and skaters: If you have a question that you would like to see addressed in "The Healthy Skater," please send it to editor@skateisi.org.

Andrea Sobieraj teaches exercise physiology at Brown University. In addition, she is a skater, skating director at FMC Driscoll Arena in Fall River, Mass. and co-owner of VO2breathe, a metabolic fitness company. Read her articles on training and nutrition at vo2breathecom.

YOU COULD BE A SKATING SCHOLAR!

APPLICATION DEADLINE IS MARCH 1

ISI members are well-rounded individuals who put as much energy into their life off the ice as they do on it. Each year, the ISIA Education Foundation awards scholarships to ISI skaters who have demonstrated a commitment to academics and service. The application process is open to students in their senior year of high school through their junior year in an undergraduate program. However, most recipients begin their qualification process during their middle-school years. Start your four-step process of qualification today!

ALICE MURPHY, 2007 · ALISSA KITCHEN, 2009 · MICHAEL FERLIC, 2003 · DELANIE HONDA, 2010 · BLAIR MACK, 2012

1 Maintain at least a 3.0 GPA.

2 Participate in a variety of school and community activities. Keep detailed records, including frequency of participation.

3 Continue to test and compete in the ISI program, especially during the two years prior to application. Keep good records of all skating activity.

4 Prior to application, complete 120 hours of verified service, of which at least 60 must be in association with an ISI member facility. This information must be recorded on the Service Hours Verification Form, which is part of the scholarship application available at skateisi.org/foundation.

ISIA Education FOUNDATION

For more information or to apply, go to skateisi.org/foundation or call (972) 735-8800

Teams in *Sync*

Would you like your synchro team(s) to be featured in Teams in Sync? Send your team profile (using info below as a guideline), logo (if you have one) and high-resolution photos to editor@skateisi.org.

Revolution

Carlson Ice Arena, Rockford Park District
Loves Park, Ill.

Coach: Jenn Caron

Season: June-May

Team Colors: Black and green

Facebook Page: revolution-synchronized skating-teams

Website: www.revolutionskating.org

Revolution Tot Formation Team

About: These skaters started in the learn-to-skate program, and some tried out for synchro in rental skates. They practice on ice with Coach Jenn for 20 minutes a week.

Current Membership: 9 team members age 4-8

Team Cheer or Slogan: *"We don't get what we wish for; we get what we work for!"*

Competitions & Shows: Last season's included club winter show benefiting St. Jude, Spring Ice Show, Ice Breaker in Park Ridge and ISI Synchronized Championships.

Program Theme: "Pitch Perfect"

About: Most of the skaters on this team also skate on our Tot or Youth team. We have had a team in the Junior Youth division for several years, winning the Synchro Championships gold medal in 2010.

Current Membership: 9 team members age 5-9

Team Cheer or Slogan: *"Teamwork Makes the Dream Work"*

Competitions & Shows: Last season's included club winter show benefiting St. Jude, Spring Ice Show, Ice Breaker in Park Ridge and ISI Synchronized Championships.

Program Theme: Magic

Revolution Junior Youth Formation Team

Revolution Youth Team

About: These skaters are in private lessons and also compete as solo skaters. They help out with the Tot team at practice and competitions.

Current Membership: 10 team members age 8-11

Team Cheer or Slogan: *"Every great accomplishment begins with a dream."*

Competitions & Shows: Last season's included club winter show benefiting St. Jude, Spring Ice Show, USFS Basic Skills competitions in Wisconsin and Michigan, Ice Breaker in Park Ridge and ISI Synchronized Championships.

Program Theme: "Fame"

Teams in *Sync*

Revolution Senior Youth Team

About: These skaters are in middle and high school, with aspirations of skating synchro in college. They practice once weekly with the other Revolution teams but are also very diligent in practicing on their own off-ice so we can maximize our short time together each week. These girls are great role models on and off the ice for the younger skaters.

Current Membership: 11 team members age 12-18

Team Cheer or Slogan: *"Don't Stop Believing"*

Competitions & Shows: Last season's included club winter show benefiting St. Jude, Spring Ice Show, USFS Basic Skills competitions in Wisconsin and Michigan, Ice Breaker in Park Ridge and ISI Synchronized Championships.

Program Theme: Music of Rihanna

About: These skaters are in high school and college. They also compete USFS and have won medals at Midwesterns for the past six seasons in a row. They practice once a week with the other Revolution teams but are also very diligent in practicing on their own off-ice so we can maximize our short time together each week.

Current Membership: 9 team members age 12-39; Coach Jenn skates on this team.

Team Cheer or Slogan: *"Thanks for making me a fighter!"*

Competitions & Shows: Last season's included club winter show benefiting St. Jude, Spring Ice Show, USFS Basic Skills competitions in Wisconsin and Michigan, USFS Midwesterns, Ice Breaker in Park Ridge and ISI Synchronized Championships.

Program Theme: Music of Fun

Revolution Adult Team

Revolution Masters Team

About: These skaters have the most fun! Most are family members of the skaters on the younger teams. They practice once a week with the other Revolution teams but are also very diligent in practicing on their own and enjoying social time on and off the ice with their teammates.

Current Membership: 9 team members age ??? (We don't discuss age on this team!)

Team Cheer or Slogan: *"Don't Stop Believing"*

Competitions & Shows: Last season's included club winter show benefiting St. Jude, Spring Ice Show, USFS Basic Skills competitions in Wisconsin and Michigan, USFS Midwesterns, Ice Breaker in Park Ridge and ISI Synchronized Championships.

Program Theme: Music of ZZ Top

About the Coach

Revolution Coach Jenn Caron was diagnosed with a large brain tumor just two weeks after ISI Synchronized Championships in April. With only a 50 percent chance of surviving the seven-hour surgery to remove the tumor, she not only survived but was back at home with her husband and baby 48 hours later. An MRI confirmed the tumor had been completely removed. Within three days, Coach Jenn was back at the rink watching her Revolution skaters perform in their Spring Ice Show. Ironically, her adult team, which she both coaches and skates with, had chosen the slogan *"Thanks for making me a fighter!"* well before Jenn's diagnosis.

A Toronto native, Coach Jenn was a competitive solo skater before joining Black Ice, a national and international championship synchro team. She moved to the U.S. in 2000 to coach a Junior international team, winning a silver medal in the Czech Republic and a pewter at U.S. Nationals.

With the dream of having her own team, she started Revolution the very next season. Jenn has also served as the head synchronized skating coach at Northwestern University and Illinois State University.

calendar

ISI-Endorsed Competitions & Shows/Exhibitions
Deadline for the next RIS calendar: Sept 15

For regular calendar updates, see www.skateisi.org, (Events)

competitions

october

4 — **Roseville CA**
Skatetown
Octoberfest

4-5 — **Columbus OH**
Chiller@Easton
Chiller Classic Competition

5 — **Escondido CA**
Ice-Plex Escondido
2014 Haunted Halloween Spooktacular
ISI Open Championships

10-12 — **Little Falls NJ**
Floyd Hall Arena
ISI Adult Championships

18-19 — **St. Peters MO**
City of St. Peters Rec-Plex
Halloween Spooktacular

18-19 — **Aliso Viejo CA**
Aliso Viejo Ice Palace
19th Annual ISI Open Competition

24-25 — **Woodbury MN**
Bielenberg Sport Center
Skate Woodbury ISI Classic

november

7-9 — **Tampa FL**
Ice Sports Forum
ISI Fall Challenge

8-9 — **Johnstown PA**
Planet Ice
Falling Leaf

16 — **Anaheim CA**
The Rinks-Anaheim ICE
14th Annual Anaheim ICE
Synchronized Team Championships

december

5-7
Burbank & Pasadena CA
Pickwick Ice Gardens & Pasadena Ice Skating Center
ISI Holiday Challenge

6 — **Marlboro MA**
FMC Navin Arena
Icicle Invitational

february

13-15 — **St. Peters MO**
St. Peters Rec-Plex
ISI Winter Classic

13-15 — **Oxford OH**
Goggin Ice Center
2015 ISI Miami Open Team Competition

march

7-8 — **Marlboro MA**
FMC Navin Arena
Annual ISI Competition

27-29 — **Knoxville TN**
Ice Chalet
The 46th Annual Robert Unger ISI Team Competition

april

10-12 — **Oxford OH**
Goggin Ice Center
ISI Synchronized Championships

may

22-24 — **Boxborough MA**
Nashoba Valley Olympia
ISI Conference Championships

july

27-Aug. 1
Bensenville IL
Edge Ice Arena
ISI World Recreational Team Championships

shows & exhibitions

november

12-Jan. 20 — **San Francisco CA**
Yerba Buena Ice Skating Center
Holidaze

14 — **Montgomery AL**
Eastdale Mall
K Lynn Ice Skating School
Magical Santa Arrival on Ice

december

2-6 — **Knoxville TN**
Ice Chalet
The 27th Annual Nutcracker on Ice

12 — **Breckenridge CO**
Stephen C. West Ice Arena
That Was Then, This Is Now

12-14 — **Evanston IL**
Robert Crown Center
40th Annual Nutcracker on Ice

12-14 — **San Francisco CA**
Yerba Buena Ice Skating Center
A Cartoon Christmas

13 — **Arlington TX**
ICE at The Parks
Holiday Show

14 — **St. Louis MO**
Wayne C. Kennedy Rec Complex
The Holiday Celebration

march

7-8 — **St. Louis MO**
Wayne C. Kennedy Rec Complex
Annual Ice Recital

may

8-10 — **Northbrook IL**
Northbrook Sports Center
Northbrook-On-Ice 2015

8th Annual ISI Holiday Card creativity contest

Will YOUR design become the official 2014 ISI holiday card?

The ISI Holiday Card Creativity Contest has become an annual tradition with ice skaters across the country. If your design is chosen, it will be used as the official 2014 ISI holiday card and you will receive recognition in *Recreational Ice Skating* magazine as well as on the card itself.*

Send us your original design following these guidelines:

- 8 ½" X 11"
- Any medium (paint, marker, pencil, pastel, etc.) – but two-dimensional only, please.
- Be sure to sign your art!
- Do NOT fold or bend your art.
- You may send the artwork only, or you may add a sentiment if you wish.
- Include your full name, address, telephone number and ISI member number on a separate note.
- Submissions MUST be received in the ISI office no later than October 25.
- NOTE: Materials cannot be returned.

Send to:

Ice Skating Institute
Attn: Magazine Editor
6000 Custer Rd., Bldg. 9
Plano, TX 75023

**The winning artist must assign the Ice Skating Institute ownership of, and all rights to, the winning design. Current ISI members of any age and membership level are eligible to participate.*

Ice Skating Institute

Skate-a-brate the Holidays in Hollywood!

ISI Holiday Challenge

Dec. 5-7
Pickwick Ice Gardens &
Pasadena Ice Skating Center
Burbank & Pasadena, Calif.
Entry & Test Deadline: Oct. 10

skateisi.org/holidaychallenge