

*recreational*  
**IceSkating**

*Summer 2014*

**Encore  
Performance!**

*Olympian Ashley Wagner  
Returns for Benefit on Ice*

**Synchro Champs &  
Conference Champs**  
Results & Galleries

**Adult Champs Is  
Big Apple-Bound!**

**Find Flip Contest**



# ALL ABOARD FOR THE 2014 WORLDS COMPETITORS' CRUISE!



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

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

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

**Be sure to order your tickets today — the Competitors' Cruise is always a sell-out!**

Bus transportation, roundtrip from  
New England Sports Center – **\$10 each**

Cruise and dinner  
Children/Youth (under 18) – **\$29.50 each**

Cruise and dinner  
Adults (18 and over) – **\$34.50 each**

**# of Tickets**

**Total Paid**

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

Advance ticket orders must be received in the ISI office no later than July 15. If not sold out, additional tickets may be purchased at Worlds registration.

TOTAL \$ \_\_\_\_\_

**Payment Method:**

- ☐ Check/Money Order  
☐ Visa ☐ MasterCard  
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Make checks payable to  
Ice Skating Institute.  
Mail form and payment to:  
ISI-Events  
6000 Custer Rd., Building 9  
Plano, TX 75023  
OR fax to 972-735-8815

**NO REFUNDS**

NAME FOR TICKET PICKUP AT REGISTRATION

CARD #

EXP. DATE

BILLING ADDRESS

CARDHOLDER'S NAME

SIGNATURE

TELEPHONE (REQUIRED)

EMAIL ADDRESS (REQUIRED)

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





Leah Adams  
Photography

# what's inside

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*Dedicated to providing leadership,  
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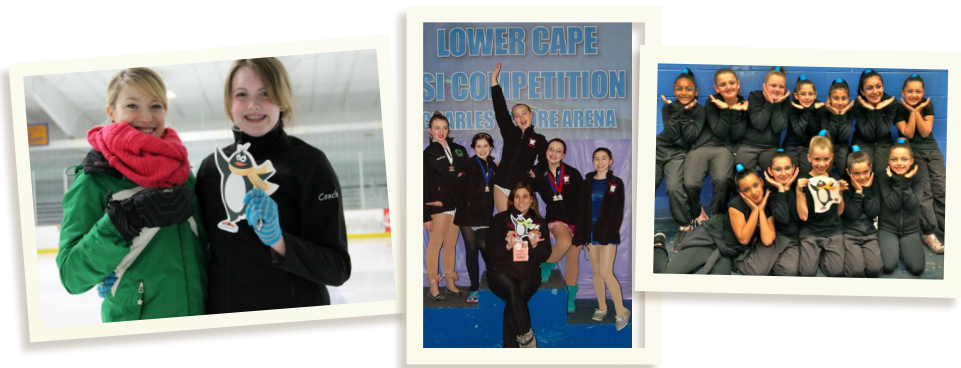
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In honor of my first appearance at Worlds — in Boston! — I'm wearing my patriotic tricorn hat on the back cover of this issue, ready for you to cut out and pose with me for a "Flat Flip" photo. Take me with you and snap a shot with me everywhere you go this summer, and send your photos to [editor@skateisi.org](mailto:editor@skateisi.org), then watch for them in the next issue and on the ISI Facebook page!



## FIND FLIP at Worlds!



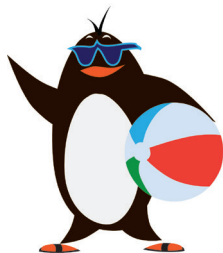
Are you ready for my first-ever FIND FLIP CONTEST? If you are going to be competing at Worlds at the New England Sports Center, look for me in my various poses (see page 5, right) and note where you saw me each day throughout Worlds week. Copies of the contest page will also be available at the Worlds registration desk. ]

Be sure to complete the form at the bottom of the page and turn it in at the Worlds registration desk by noon on Saturday, Aug. 2. The Worlds competitors who get the most locations correct will be entered into a drawing for a special Flip gift package!

NOTE: It's OK if you are not going to be at Worlds the entire week, or if you don't find all of my pictures every day. Just fill in the spaces that you can. The answers and the winner will be announced in the fall issue of this magazine. Good luck!



# AT WORLDS FIND FLIP<sup>V</sup> CONTEST



## BEACH FLIP

Where did you see me on:

Mon \_\_\_\_\_  
Tues \_\_\_\_\_  
Wed \_\_\_\_\_  
Thurs \_\_\_\_\_  
Fri \_\_\_\_\_



## WORLDS T FLIP

Where did you see me on:

Mon \_\_\_\_\_  
Tues \_\_\_\_\_  
Wed \_\_\_\_\_  
Thurs \_\_\_\_\_  
Fri \_\_\_\_\_



## SPIRAL FLIP

Where did you see me on:

Mon \_\_\_\_\_  
Tues \_\_\_\_\_  
Wed \_\_\_\_\_  
Thurs \_\_\_\_\_  
Fri \_\_\_\_\_



## SPIN FLIP

Where did you see me on:

Mon \_\_\_\_\_  
Tues \_\_\_\_\_  
Wed \_\_\_\_\_  
Thurs \_\_\_\_\_  
Fri \_\_\_\_\_



## PIZZA FLIP

Where did you see me on:

Mon \_\_\_\_\_  
Tues \_\_\_\_\_  
Wed \_\_\_\_\_  
Thurs \_\_\_\_\_  
Fri \_\_\_\_\_



## TRICORN HAT FLIP

Where did you see me on:

Mon \_\_\_\_\_  
Tues \_\_\_\_\_  
Wed \_\_\_\_\_  
Thurs \_\_\_\_\_  
Fri \_\_\_\_\_



## SUPERHERO FLIP

Where did you see me on:

Mon \_\_\_\_\_  
Tues \_\_\_\_\_  
Wed \_\_\_\_\_  
Thurs \_\_\_\_\_  
Fri \_\_\_\_\_



## SPLIT JUMP FLIP

Where did you see me on:

Mon \_\_\_\_\_  
Tues \_\_\_\_\_  
Wed \_\_\_\_\_  
Thurs \_\_\_\_\_  
Fri \_\_\_\_\_



## AMERICAN FLAG FLIP

Where did you see me on:

Mon \_\_\_\_\_  
Tues \_\_\_\_\_  
Wed \_\_\_\_\_  
Thurs \_\_\_\_\_  
Fri \_\_\_\_\_

Your Name \_\_\_\_\_ Skating Level \_\_\_\_\_

Your Rink \_\_\_\_\_ Your City & State \_\_\_\_\_

Email Address \_\_\_\_\_

Return this page to the Worlds registration desk by noon on Saturday, Aug. 2 for a chance to win a special Flip gift package. One entry per skater.



## You Asked For It, You Got It! Adult Champs Heads for the Big Apple

If you're an adult who sometimes finds yourself wishing you were a kid again, be careful what you wish for! After all, if you were a kid, you wouldn't be allowed to participate in the ISI 2014 Adult Championships Oct. 10-12 in Little Falls, N.J. That's right: This one's exclusively for skaters 18 and over. It's all about YOU!

Adult Champs offers the perfect chance to exhibit your youthful spirit as well as your mature, artistic side. Past participants' descriptions of this

unique event range from "a blast" to "motivational," and from "a fantastic opportunity" to "a wonderful experience."

This will be the first ISI national competition to use the new 2014 rule revisions, which take effect on Sept. 1.

As with all ISI national competitions, Adult Champs offers a full range of ISI individual, partner and team 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.

Many Adult Champs competitors plan their vacations around this event, and this year's destination is sure to generate interest among those eager to trade the late summer heat for the coolest getaway possible. What could be better than an ice skating competition AND a trip to New York City?

The twin-sheet competition venue, Floyd Hall Arena, is located on the Montclair State University campus, about 30 minutes from the city. Various forms of mass transit are available from the campus and hotels to take you to points of interest such as the Statue of Liberty and recently reopened Ellis Island, Met Life Stadium, Broadway shows, incredible shopping, legendary restaurants and more.

Another way to take full advantage of this year's Adult Champs destination is to experience the beautiful fall foliage of northern New Jersey.

The entry and test deadline for Adult Champs is Sept. 1. An extended deadline of Sept. 10 is available for collegiate teams only, to accommodate their academic schedules. **RS**

### FOR MORE INFORMATION

[skateisi.org/adultchamps](http://skateisi.org/adultchamps)  
[floydhallarena.com](http://floydhallarena.com)

[nycgo.com](http://nycgo.com)  
[visitnj.org](http://visitnj.org)

## Hollywood for the Holidays!

The 3rd Annual ISI Holiday Challenge is set for Dec. 5-7 in sunny Southern California.

Participating in this event provides the perfect opportunity for skaters of all ages to compete in a national ISI competition and, at the same time, fine tune their holiday programs. A full range of ISI competition events is offered — both technical and non-technical — including the increasingly popular Open Freestyle categories.

The 2014 featured individual events include Solo Compulsories, Artistic and Jump & Spin; and featured team events are Team Compulsories and Team Surprise. Entry fees for the featured events are half-price when combined with registration for a full-price event.

This year's "Heroes and Villains" themed Spotlight continues through this last national competition of the year. Here's your chance to be as cool as your favorite superhero or as devious as his or her most clever arch enemy!

The Holiday Challenge venues place competitors in two of Southern California's hottest locations: Burbank and Pasadena.

Pickwick Ice is part of the historic Pickwick Gardens in Burbank, the media and entertainment capital of the world. The arena features seating for 800, a lounge with full-service snack

bar and video arcade, a sport shop and even a state-of-the-art bowling facility next door. The adjacent Pickwick Gardens offers two and a half acres of beautifully landscaped, flowering gardens, fountains and winding paths. Downtown Los Angeles is only 12 miles away.

The Pasadena Ice Skating Center has a new location, in the Pasadena Convention Center complex. The Paseo Colorado urban shopping village, located on the famed Colorado Boulevard, is just a short walk from the ice rink. This upscale outdoor mall encompasses three city blocks and features shops, restaurants, a movie theater and much more.

While in Southern California, be sure to take in some of the famous attractions, such as Universal Studios, Hollywood, the Los Angeles Zoo or Knott's Berry Farm.

The entry and test deadline for Holiday Challenge is Oct. 10. Hollywood, here we come! **RS**

### FOR MORE INFORMATION

[skateisi.org/holidaychallenge](http://skateisi.org/holidaychallenge)  
[pickwickgardens.com](http://pickwickgardens.com)  
[skatepasadena.com](http://skatepasadena.com)

[burbank.com](http://burbank.com)  
[visitpasadena.com](http://visitpasadena.com)  
[discoverlosangeles.com](http://discoverlosangeles.com)





# Flip and ISI — Not Just for Kids!



**ISI Adult  
Championships**

**Oct. 10-12**

**Floyd Hall Arena**

**Little Falls, N.J.**

*Entry & Test Deadline:  
Sept. 1*

[skateisi.org/adultchamps](http://skateisi.org/adultchamps)

# 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](mailto:editor@skateisi.org).*

## Team Diamond Aerodrome Ice Skating Complex, Houston

**About:** Team Diamond's two teams (Blue Team and Yellow Team) have been together for three years and skate in ISI and USFS competitions. Their season runs from September to May with about an hour of ice time per team, per week. The girls range in age from 7 to 17 and also compete and test individually.

When Team Diamond was formed, the coaches were hopeful that enough girls would show interest to form one team. In the years since the first tryout, the program has grown continuously. As the teams and parents travel to various competitions, they learn more and more about synchro and have developed a passion for it.



Team Diamond Blue Team

**Home Rink:** Aerodrome Ice Skating Complex

**Competition Categories:** Youth and Team Skating

**Current Membership:** Youth, 20 skaters; Team, 13 skaters

**Coaches:** Michelle Christie and Kelly Hardin

**Season:** September to May

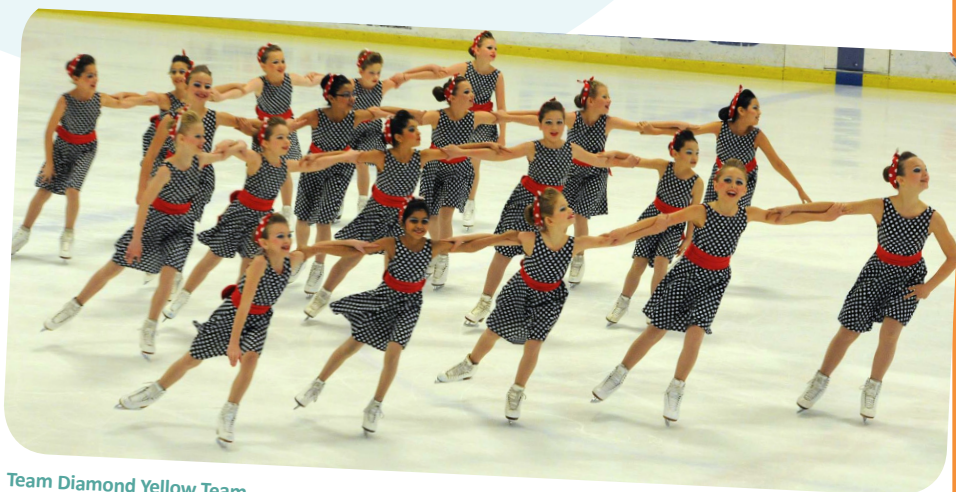
**Team Colors:** Blue and yellow

**Team Slogan:** "Smile, Sparkle and Shine Like a Diamond"

**2014 Competitions and Shows:** ISI Winter Classic, ISI Synchronized Championships and Spring Ice Show at Aerodrome

### Program Theme:

- Youth – "I Love Lucy" / "Happy Days" / "Laverne and Shirley"
- Youth Compulsory – "Singing in the Rain" / "Rain Drops Keep Falling on My Head" / "It's Raining Men"
- Teen – Bon Jovi
- Teen Compulsory – "Light 'em Up"/Fall Out Boy



Team Diamond Yellow Team



## ***Ice Princess Pillows™ Seat Cushions for Skate Bags***



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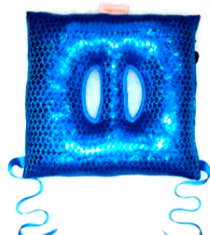
Colors and styles for everyone - **Handmade in the USA**



**Amethyst  
Axel**



**Diamond  
Double-Toe**



**Jade  
Jenkins**



**Lemon  
Lift**



**Beluga  
Bracket**

Visit [www.iceprincesspillows.com](http://www.iceprincesspillows.com) for complete selection



More photos on ISI  
Facebook page and at  
[GabrielePhoto.com](http://GabrielePhoto.com)

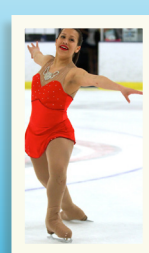
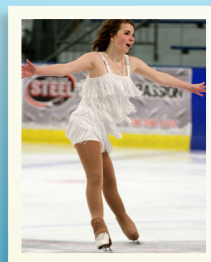
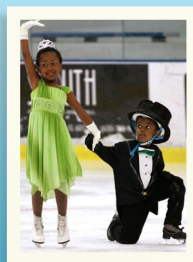
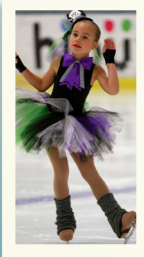
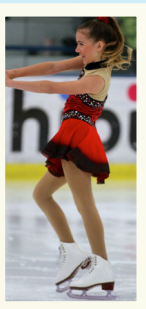
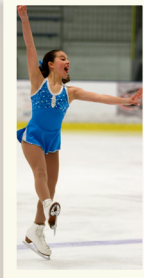
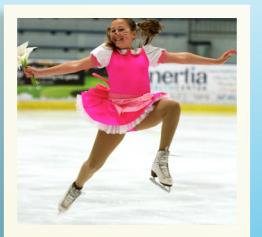
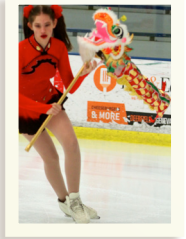
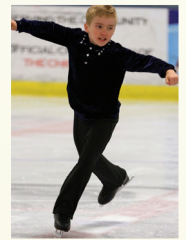
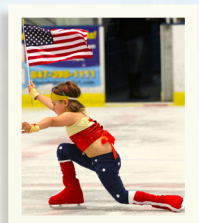
Gabriele Photography & Submitted Photos



# 2014 ISI



Niles Park District Iceland Arena



## TOP 10

PLACE	TEAM	TOTAL POINTS
1	Niles Park District Iceland Arena Niles IL	704.0
2	Edge Ice Arena Bensenville IL	483.0
3	City of Bowie Ice Arena Bowie MD	475.0
4	Joliet Park District Joliet IL	413.5
5	Southgate Civic Arena Southgate MI	332.0
6	Superstars Figure Skating Club Mount Prospect IL	319.0
7	The Ice Ridge Des Moines IA	216.0
8	Franklin Park Ice Arena Franklin Park IL	129.5
9	City of Cottage Grove Ice Arena Cottage Grove MN	86.0
10	Sioux Falls Figure Skating Club Sioux Falls SD	82.0

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



# CONFERENCE CHAMPIONSHIPS

Edge Ice Arena • Bensenville, Ill. • May 23-25



# Encore Performance! Ashley Wagner to Return as Benefit Show Star

## Foundation Announces 2014 Scholarship Winners

The ISIA Education Foundation has announced that 2014 Olympian Ashley Wagner will return as its Benefit on Ice star. Ashley, who wowed the crowd at the 2012 show in Dallas, is the first woman to win back-to-back U.S. Championships since Michelle Kwan in 2005. Her results at the 2013 World Figure Skating Championships were crucial to the United States regaining a third ladies' spot for the 2014 Winter Games in Sochi, where Ashley placed seventh and helped Team USA earn the bronze medal in the inaugural team event.

The Benefit on Ice show is scheduled for Friday, Aug. 1 at New England Sports Center in Marlborough, Mass. (See page 13 for details and a ticket order form.)

The Benefit on Ice show is a major fundraiser benefiting the Education Foundation's scholarship program. This year's scholarship winners were announced at the 2014 ISI Conference in Chicago, and include:

- Shelby Johnson of Plano, Texas
- Daniel Kulenkamp of Mahtomedi, Minn.
- Carly Potts of Jefferson City, Mo.
- Kailey Fernandez of Tampa, Fla.
- Elodie Sandraz of Palo Alto, Calif.

The scholarship recipients are each invited to perform in the Benefit on Ice show along with Ashley and selected Worlds participants as well as winners of the Skate with the Stars raffle (tickets will be sold during Worlds week).

Scholarship applications came from 11 states this year, including California, Florida, Illinois, Massachusetts, Minnesota, Missouri, New York, Ohio, Pennsylvania, Tennessee and Texas, reports ISIA Education Foundation Vice President Debbie Lane. "We had a great cross-section of applications. All of the skaters who apply for scholarships are pretty amazing. I am always blown away by the sense of community that these young people have," she noted.

ISI members interested in applying for next year's scholarship can find information and an application at [skateisi.org/foundation](http://skateisi.org/foundation). "I cannot stress enough the importance of applicants having a checklist to make sure their packet is complete, and then double-checking to ensure they have fully completed all of the required information," Debbie adds.

The Foundation thanks all who make the scholarship program possible through their generous support. **ISI**

## Year-to-Date Donations

For information on tax-deductible donations, the five-year pledge program and memorial or honorary gifts, please go to [www.skateisi.org/foundation](http://www.skateisi.org/foundation).

### 5-YEAR PLEDGE: GUARANTOR

(\$5000+)

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Riedell Skate Co.

Zamboni Co.

### CONTRIBUTOR (\$100-249)

Oakton Figure Skating Club

(In Memory of Catie

Williams-McGill)

## WORLDS SKATER CLINICS with PETER JOHANSSON

Space is limited!

Sign up today to participate in the ISI Worlds Skater Clinic conducted by Skating Club of Boston Director Peter Johansson! Clinic participants must be entered in at least one ISI World Team Championships event. Enrollment is limited and available on a first-come basis.

### Thursday, July 31 • New England Sports Center

- |             |  |
|-------------|--|
| 2-2:45 p.m. | Freestyle 4 skaters only                         |
| 3-3:45 p.m. | Freestyle 5 & Silver Freestyle skaters only      |
| 4-4:45 p.m. | Freestyle 6-7 & Gold Freestyle skaters only      |
| 5-5:45 p.m. | Freestyle 8-10 & Platinum Freestyle skaters only |



Peter is a four-time Swedish champion and former Olympic competitor who, along with partner Mark Mitchell, has built an elite, national and international figure skating program. Their many successful competitive skaters have included world competitors, a Junior World champion and many national and international medalists. Skaters

travel from around the world to train in their program. (For more information, see [mjmskating.com](http://mjmskating.com).)

\$45 per clinic

**Download a clinic registration form at [skateisi.org/clinic](http://skateisi.org/clinic).**



# Benefit on Ice

*Starring  
Ashley Wagner*

## Reserve your seat now for the highlight of Worlds week!

The ISIA Education Foundation welcomes back 2012 U.S. national champion and 2014 Olympian Ashley Wagner as this year's Benefit on Ice featured skater. Ashley drew rave reviews as the 2012 Benefit Show star in Dallas and has kept us on the edge of our seats since then with her competition performances. Here's your chance to see her live and meet her after the show during her autograph session!

The Benefit on Ice scouting team will be observing competitors at all levels throughout Worlds week, selecting participants to join in the Friday night ice skating extravaganza. You could also win a spot in the show through the Skate with the Stars drawing; purchase tickets early in the week, and two lucky winners will be announced on the Competitors' Cruise Wednesday night.

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



*Leah Adams*

**Friday, August 1 • 7 p.m. • New England Sports Center • Marlborough, Mass.**

**Seating is limited. Reserve your tickets now!**

**\$25** before July 15, **\$30** at Worlds registration prior to Benefit Show (if not sold out)

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



### Payment Method:

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

Make checks payable to  
Ice Skating Institute.

Mail form and payment to:

ISI-Events

6000 Custer Rd., Building 9

Plano, TX 75023

OR fax to 972-735-8815

**NO REFUNDS**

NUMBER OF TICKETS \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

NAME FOR TICKET PICKUP AT REGISTRATION \_\_\_\_\_

CARD # \_\_\_\_\_

EXP. DATE \_\_\_\_\_

BILLING ADDRESS \_\_\_\_\_

CARDHOLDER'S NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

TELEPHONE (REQUIRED) \_\_\_\_\_

EMAIL ADDRESS (REQUIRED) \_\_\_\_\_

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





Liz instructs one of her students, Addison Walker, at Cleland Ice Rink in Fort Bragg, N.C.  
Army Sgt. Dianne M. Carter

# Scoliosis and the Skater

by Army Sgt. Dianne M. Carter

"When I was 12, the doctors told my parents my scoliosis was so severe [that I would be in] a wheelchair by age 16 and dead by age 18 if I didn't have corrective surgery," recalls Liz Egetoe, skating director and head coach at Cleland Ice Rink in Fort Bragg, N.C.

Liz's passion for the ice and love of skating kept her strong and motivated her through the long years of healing. Ice skating provided her with a foundation during her hardest childhood years and helped her face the tough decisions she had to make in her life.

When she was young, Liz liked to ski. Then, for her seventh birthday her brother gave her a pair of ice skates. That's when she traded in the snow and developed a taste for the ice. Once she figured out that she could jump on skates the same way she could on skis, she knew she had found her passion.

"When you look forward to arriving at a dark ice rink at 5:30 a.m. so you can breathe in the cold, crisp air and see the fog settled over the ice, and find peacefulness at being greeted by silent stillness — except for the slight hum of the compressor — then you know you're meant to be there," she says.

Liz's childhood dream of becoming a professional ice skater was short-lived. The school nurse diagnosed her with scoliosis at the age of 8. For a few years she stayed true to her calling and continued to skate, learning to compensate for her movements when her body would not bend and twist the way she needed it to.

When the doctors told Liz's parents about her condition, no one was surprised because their family was no stranger to



Liz poses for a photo at an ice skating rink in Germany during the winter of 2001, six months after she was cleared by the doctor to return to skating.

scoliosis. In fact, most of the women in their family have had scoliosis. Unfortunately, a few years after her diagnosis the family was surprised to find out how severe Liz's case had become.

"Scoliosis is a family concern," explains Margaret Egetoe, Liz's mother. "Liz's older sister and I both have scoliosis. Her sister was braced from second grade through high school. Liz's case was different because it became severe very quickly. From age 8 to 12, her curve went from hardly noticeable to a 70-degree curve at the top of her spine and an 80-degree curve at the lower end of her spine."

According to the American Academy of Orthopedic Surgeons, approximately 30 percent of adolescent idiopathic (meaning without a cause) scoliosis patients have a family history of scoliosis. Research is under way to investigate this genetic or hereditary link.



Liz's before and after surgery X-rays

## Dealing with the Diagnosis

When her coach, Matthew "Skip" Mackall, now the skating director at The Ice Zone, heard the news of her diagnosis and upcoming surgery, he sat Liz down for a heart-to-heart talk about her future in skating.

"I basically told her skating in any competition was going to be a thing of the past and her focus should be on coaching and sharing the knowledge she had gained," Mackall says. "Liz maintained

great composure with what must have been devastating news. Following the discussion, we immediately set out to chart a course for her future in skating after her surgery."

After Liz had this discussion with her coach, she admitted to herself that she was too stubborn to let the upcoming surgery and her condition change her life. That day sparked a flame inside her to always push herself to the limit, determined to prove her coach wrong.

The day of her surgery at Shiner's Hospital in Philadelphia is a distant memory for Liz. Doctors had to cut pieces from nine ribs, remove nine discs and use pieces of her ribs to fuse her spine together from the base of her neck to her tailbone. Then the doctors inserted titanium rods on each side and secured her spine with wires and screws.

On day six, the nurses removed the ventilation tubes, and by day seven, she was learning how to walk with a walker. She remembers being very stiff, but by day 10 she was walking again.

While in the hospital recovering, Liz never felt her case was very severe. She was surrounded by children whose problems she felt were worse than hers. For example, she remembers a boy with whom she regularly played video games. He always beat her in the video games, which amazed her because he didn't have arms; he played with his feet.

## Moving On

Recovery from her procedure was a long process that resulted in an improved 15-degree curve at the top of her spine and 23-degree curve at the bottom. For the next two years, Liz spent her time healing and sitting on the sidelines, observing the other skaters and learning how to coach. She soaked in the information from her coach like a sponge, learning how to teach and what to expect from the skaters.

After the surgery, Liz was determined not to let her condition change her life or her dreams. In reality, things were different — very different — but her coach helped her accept it and taught her how to find her "new normal" and come to peace with her new path in life.

"Liz's coach was her primary motivator to help her get through those first few years after her surgery. He helped her get over what she could no longer do and concentrate on what she could do. Really, he was the one who helped her mentally refocus her life, reevaluate her goals and establish new ones," says Liz's mother.

"When Liz returned to the ice, she stayed with me during training with other skaters to observe and share her insight. Liz was always technical and very driven to be the best she could be. Those years of training Liz were more of a collaboration of minds; she was a great help from the start," Mackall adds.

Liz points out that training to be a coach is different than



Liz performs a combination spin at the 2001 ISI World Recreational Team Championships in Columbus, Ohio, one year after she was cleared by the doctor to skate.

training as a skater: "Learning to coach involves being a bit of a science nerd, understanding how things work and why they work that way. Coaches learn that if you move your arm or leg a certain way, that tiny movement will affect your outcome on a jump or posture for better or worse."

## Educating and Inspiring Others

Liz started coaching her own students in 1997. She takes her coaching and skating director job seriously.

"Honestly, my skaters are what drive me entirely to be a better coach. I go through my good days and bad days, but on the bad days my skaters are the reason I get out of bed and push myself to be better," Liz says, fighting tears. "They truly have my heart."

She holds multiple Professional Skaters Association ratings and is a Gold-certified ISI judge. In addition, she is a certified fitness trainer with the International Sports Sciences Association and a Level II TRX Force Trainer. She is currently pursuing degrees in exercise science and sports physiology. She continues to strive to be the best at what she does, and attends yearly continuing education seminars and conferences to keep and improve her ratings.

Liz has plans to start a program of her own to help other children recover both mentally and physically from spinal deformities.

She calls it Back-to-Basics. The program will be dedicated to helping children and athletes find an outlet and a community to lean on for support.

"I want to help kids be kids through games, exercise and athletic passion," she says.

The experiences Liz faced growing up taught her how important a coach can be as a role model in a child's life. She feels there is currently no way for athletes with spinal deformities to learn how to be athletes again, and she wants to provide a program for them. "I want to help these children find their 'new normal' as my coach did for me." **RI3**

For more information about the Back-to-Basics program, contact Liz at [sk8erlizzard@yahoo.com](mailto:sk8erlizzard@yahoo.com) or at the Cleland Ice Rink, (910) 396-5127.

**"On the bad days my skaters are the reason I get out of bed and push myself to be better. They truly have my heart."**  
— Liz Egetoe





# St. Louis Diamond Edges Team Reclaims Synchro Champs Title

Gabriele Photography

For the third time since 2011, the Synchro St. Louis Diamond Edges have once again taken the Boyd

Wietector Trophy back home to St. Peters Rec-Plex. The Diamond Edges were one of 91 teams that competed in the 18th Annual ISI Synchronized Championships at RecPlex Ice Arena in Pleasant Prairie, Wis. The event drew nearly 900 skaters ages 5 to 76 from 10 states and 37 rinks.

The weekend started with the warmest weather Pleasant Prairie had seen in months, providing the perfect opportunity for teams to practice on the grassy shores of Lake Andrea, next to the rink. All of the competition events attracted large crowds to the beautiful RecPlex facility.

Seven new rink teams participating in the event meant many new faces and plenty of excitement. Enthusiastic pin trading resulted in all of the new Flip pins selling out early.



Synchro St. Louis Diamond Edges



Synchro St. Louis Diamond Edges

Photo, video and T-shirt vendors stayed busy throughout the weekend.

The 5th Annual Synchro Showcase was well attended and featured a varied program, including a Production number from the Ice Formetts of Florida and performances by new FS 9 skater Stephanie Lecheler and the Teen

Premier Champions, Synchro St. Louis Diamond Edges. The final rounds went off like clockwork, and the coaches and skaters headed home with smiles on their faces.

Special thanks and appreciation go to RecPlex's learn-to-skate coordinator,

Katie Kerley, and ice operations manager, Brian Luburich, as well as their staff and volunteers. Their efforts made this Synchro Champs one to remember.

We look forward to seeing your team at next year's ISI Synchronized Championships April 10-12, 2015, when we return to the Goggin Ice Center on the campus of Miami University in Oxford, Ohio. **RIS**



Freestyle 9 skater Stephanie Lecheler in Synchro Showcase



## 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

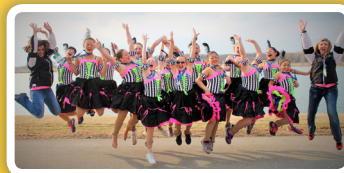
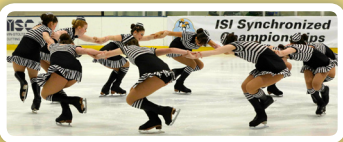
**Order your copy today at [skateisi.org/dvd/](http://skateisi.org/dvd/)!**



# 2014 ISI SYNCHRONIZED CHAMPIONSHIPS



More photos on ISI Facebook page







# 2014 ISI SYNCHRONIZED CHAMPIONSHIPS

Pleasant Prairie, Wis. • April 11-13



Gabriele Photography



## EVENT 1 - FINAL ROUND SENIOR YOUTH SKATING COMPULSORIES

- |                        |                                     |
|------------------------|-------------------------------------|
| 1 Texas All Stars      | Dr Pepper StarCenter McKinney       |
| 2 Southwest Sparklers  | Ice at the Parks                    |
| 3 Silver Blade Brigade | Wayne C. Kennedy Recreation Complex |
| 4 Electric Edges 1     | Skating Club of Greater Youngstown  |

## EVENT 2 - FINAL ROUND YOUTH SKATING COMPULSORIES

- |                |   |
|----------------|---|
| 1 Team Diamond | Aerodrome Ice Skating Complex Willowbrook |
| 2 IceStars     | RecPlex Ice Arena in Pleasant Prairie     |

## EVENT 3 - FINAL ROUND TEEN SKATING COMPULSORIES

- |                                   |   |
|-----------------------------------|---|
| 1 Synchro St. Louis Diamond Edges | City of St. Peters Rec-Plex               |
| 2 Gold Blade Brigade              | Wayne C. Kennedy Recreation Complex       |
| 3 The Ice Formetts                | Ice Sports Forum                          |
| 4 Team Diamond                    | Aerodrome Ice Skating Complex Willowbrook |

## EVENT 4 - INITIAL ROUND YOUTH FORMATION GROUP A

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1 Teams Elite                      | Northbrook Sports Center    |
| 2 Chicago Skates                   | McFetridge Sports Center    |
| 3 Crystal Edges                    | The Edge Ice Arena          |
| 4 Synchro St. Louis Emerald Blades | City of St. Peters Rec-Plex |
| 5 Fusion                           | Toyota Sports Center        |

## EVENT 5 - INITIAL ROUND YOUTH FORMATION GROUP B

- |                     |  |
|---------------------|--|
| 1 Ice Infinity      | Niles Park District Iceland Arena          |
| 2 Ice Cubes Blue    | University of Illinois                     |
| 2 Rink Side Extreme | Rink Side Ice Arena & Family Entertainment |
| 4 Precicettes       | Center Ice of Du Page                      |
| 5 Electric Edges 2  | Skating Club of Greater Youngstown         |

## EVENT 6 - FINAL ROUND COLLEGIATE OPEN SKATING

- |                         |                       |
|-------------------------|-----------------------|
| 1 Lindenwood University | Lindenwood University |
|-------------------------|-----------------------|

## EVENT 7 - FINAL ROUND JUNIOR YOUTH FORMATION

- |                        |                    |
|------------------------|--------------------|
| 1 Crystal Edges        | The Edge Ice Arena |
| 2 Darien Diamonds      | Darien Sportsplex  |
| 3 Revolution           | Carlson Ice Arena  |
| 4 Iceland Ice-Cadettes | Paramount Iceland  |

## EVENT 8 - FINAL ROUND SENIOR YOUTH DANCE

- |                 |                    |
|-----------------|--------------------|
| 1 Crystal Edges | The Edge Ice Arena |
|-----------------|--------------------|

## EVENT 41 - FINAL ROUND TEEN DANCE

- |                         |                                   |
|-------------------------|-----------------------------------|
| 1 Team Iceland Rhapsody | Niles Park District Iceland Arena |
|-------------------------|-----------------------------------|

## EVENT 9 - FINAL ROUND TEEN OPEN SKATING

- |                     |                           |
|---------------------|---------------------------|
| 1 Arctic Snowflakes | Lou & Gib Reese Ice Arena |
|---------------------|---------------------------|

## EVENT 10 - FINAL ROUND ADULT FORMATION

- |                         |                                    |
|-------------------------|------------------------------------|
| 1 Sophisticated Company | Skating Club of Greater Youngstown |
|-------------------------|------------------------------------|

## EVENT 11 - FINAL ROUND ADULT SKATING

- |                    |                      |
|--------------------|----------------------|
| 1 Revolution       | Carlson Ice Arena    |
| 2 Sheboygan Lakers | Sheboygan Lakers FSC |

## EVENT 12 - FINAL ROUND MASTER SKATING

- |                          |                                     |
|--------------------------|-------------------------------------|
| 1 L Furia                | Ice Center @ the Promenade          |
| 2 Kettering Ice Kadettes | Kettering Adult Figure Skating Club |
| 3 Radiance on Ice        | Seven Bridges Ice Arena             |

## EVENT 13 - FINAL ROUND MASTER SKATING COMPULSORIES

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







#### EVENT 14 - INITIAL ROUND YOUTH SKATING GROUP A

- |                                 |  |
|---------------------------------|--|
| 1 Synchro St Louis Jade Blades  | City of St. Peters Rec-Plex                |
| 2 Rink Side Extreme             | Rink Side Ice Arena & Family Entertainment |
| 3 Kansas City Illusion          | Line Creek Ice Arena                       |
| 4 Capital Classics Team Vibrant | Washington Park Ice Arena                  |
| 5 Sheboygan Lakers              | Sheboygan Lakers FSC                       |
| 6 Flatirons Sparks              | YMCA of Boulder Valley/FFSC                |

#### EVENT 15 - INITIAL ROUND YOUTH SKATING GROUP B

- |                  |   |
|------------------|---|
| 1 Teams Elite    | Northbrook Sports Center                  |
| 2 Ruby Jewels    | Robert Crown Center                       |
| 3 Wisconsin Edge | Pettit National Ice Arena                 |
| 4 Chicago Skates | McFetridge Sports Center                  |
| 5 Team Diamond   | Aerodrome Ice Skating Complex Willowbrook |

#### EVENT 16 - INITIAL ROUND SENIOR YOUTH ADVANCED FORMATION GROUP A

- |                   |                               |
|-------------------|-------------------------------|
| 1 Texas All Stars | Dr Pepper StarCenter McKinney |
| 1 Ice Stars       | Fox Valley Ice Arena          |
| 3 Precicettes     | Center Ice of Du Page         |
| 4 Chicago Skates  | McFetridge Sports Center      |

#### EVENT 17 - INITIAL ROUND SENIOR YOUTH ADVANCED FORMATION GROUP B

- |                                   |                            |
|-----------------------------------|----------------------------|
| 1 Southwest Sparklers Silver Team | Ice at the Parks           |
| 2 Synchro St Louis Ruby Edges     | City of St Peters Rec-Plex |
| 3 Team Chiller                    | Chiller LLC Easton         |
| 4 Ice Cubes Orange                | University of Illinois     |

#### EVENT 24 - FINAL ROUND TOT FORMATION

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

#### EVENT 25 - FINAL ROUND JUNIOR YOUTH FORMATION COMPULSORIES

- |            |                                       |
|------------|---------------------------------------|
| 1 IceStars | RecPlex Ice Arena in Pleasant Prairie |
|------------|---------------------------------------|

#### EVENT 26 - FINAL ROUND YOUTH FORMATION COMPULSORIES

- |                    |                                    |
|--------------------|------------------------------------|
| 1 Lone Star Blades | Allen Community Ice Rink           |
| 2 Electric Edges 2 | Skating Club of Greater Youngstown |

#### EVENT 27 - FINAL ROUND ADULT FORMATION COMPULSORIES

- |                         |                                    |
|-------------------------|------------------------------------|
| 1 Sophisticated Company | Skating Club of Greater Youngstown |
|-------------------------|------------------------------------|

#### EVENT 28 - FINAL ROUND JUNIOR YOUTH ADVANCED FORMATION

- |                     |                           |
|---------------------|---------------------------|
| 1 St. Louis Synergy | Webster Groves Ice Arena  |
| 2 Wisconsin Edge    | Pettit National Ice Arena |

#### EVENT 29 - FINAL ROUND MASTER ADVANCED FORMATION

- |                          |                                     |
|--------------------------|-------------------------------------|
| 1 Kettering Ice Kadettes | Kettering Adult Figure Skating Club |
| 2 Revolution             | Carlson Ice Arena                   |
| 3 Synchro Belles         | Alpine Ice Arena                    |
| 4 Eble Elite Edgers      | Pettit National Ice Arena           |

#### EVENT 30 - FINAL ROUND TEEN ADVANCED FORMATION

- |                     |                           |
|---------------------|---------------------------|
| 1 Arctic Snowflakes | Lou & Gib Reese Ice Arena |
| 2 Wisconsin Edge    | Pettit National Ice Arena |

#### EVENT 31 - INITIAL ROUND SENIOR YOUTH SKATING GROUP A

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1 Synchro St. Louis Ice Gems    | City of St. Peters Rec-Plex        |
| 2 Southwest Sparklers Blue Team | Ice at the Parks                   |
| 3 Sheboygan Lakers              | Sheboygan Lakers FSC               |
| 4 Flatirons Sparks              | YMCA of Boulder Valley/FFSC        |
| 5 Electric Edges 1              | Skating Club of Greater Youngstown |

#### EVENT 32 - INITIAL ROUND YOUTH ADVANCED FORMATION GROUP A

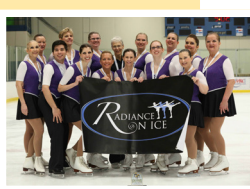
- |                   |                          |
|-------------------|--------------------------|
| 1 Teams Elite     | Northbrook Sports Center |
| 2 Fusion          | Toyota Sports Center     |
| 3 Sapphire Jewels | Robert Crown Center      |

#### EVENT 33 - INITIAL ROUND YOUTH ADVANCED FORMATION GROUP B

- |                              |  |
|------------------------------|--|
| 1 Synchro St. Louis Onyx Ice | City of St. Peters Rec-Plex                |
| 2 Revolution                 | Carlson Ice Arena                          |
| 3 Lone Star Blades           | Allen Community Ice Rink                   |
| 4 Rink Side Extreme          | Rink Side Ice Arena & Family Entertainment |

#### EVENT 34 - INITIAL ROUND TEEN SKATING

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 Synchro St. Louis Diamond Edges | City of St. Peters Rec-Plex |
| 2 Capital Classics Team Intensity | Washington Park Ice Arena   |
| 3 Sharper Blades                  | Sharper Edge Skating School |





<<

- 4 Wisconsin Edge
- 5 Team Diamond
- 6 Starr Blades
- 6 The Ice Formetts

Pettit National Ice Arena  
Aerodrome Ice Skating Complex Willowbrook  
Franklin Park Ice Arena  
Ice Sports Forum

#### EVENT 35 - INITIAL ROUND SENIOR YOUTH SKATING GROUP B

- 1 Kansas City Illusion Line Creek Ice Arena
- 2 Silver Blade Brigade Wayne C. Kennedy Recreation Complex
- 3 Starr Blades Franklin Park Ice Arena
- 4 Capital Classics Team Radiance Washington Park Ice Arena
- 5 Revolution Carlson Ice Arena

#### EVENT 18 - PREMIER FINAL ROUND YOUTH FORMATION

- 1 Teams Elite Northbrook Sports Center
- 2 Chicago Skates McFetridge Sports Center
- 3 Crystal Edges The Edge Ice Arena
- 4 Ice Infinity Niles Park District Iceland Arena
- 5 Ice Cubes Blue University of Illinois
- 6 Rink Side Extreme Rink Side Ice Arena & Family Entertainment

#### EVENT 19 - PREMIER FINAL ROUND YOUTH ADVANCED FORMATION

- 1 Teams Elite Northbrook Sports Center
- 2 Fusion Toyota Sports Center
- 3 Synchro St. Louis Onyx Ice City of St. Peters Rec-Plex
- 4 Revolution Carlson Ice Arena

#### EVENT 20 - PREMIER FINAL ROUND YOUTH SKATING

- 1 Teams Elite Northbrook Sports Center
- 2 Synchro St. Louis Jade Blades City of St. Peters Rec-Plex
- 3 Kansas City Illusion Line Creek Ice Arena
- 4 Rink Side Extreme Rink Side Ice Arena & Family Entertainment
- 5 Ruby Jewels Robert Crown Center
- 6 Wisconsin Edge Pettit National Ice Arena

#### EVENT 21 - PREMIER FINAL ROUND SENIOR YOUTH ADVANCED FORMATION

- 1 Southwest Sparklers Silver Team Ice at the Parks
- 2 Texas All Stars Dr Pepper StarCenter McKinney
- 3 Ice Stars Fox Valley Ice Arena
- 4 Synchro St. Louis Ruby Edges City of St. Peters Rec-Plex

#### EVENT 22 - PREMIER FINAL ROUND SENIOR YOUTH SKATING

- 1 Kansas City Illusion Line Creek Ice Arena
- 2 Synchro St. Louis Ice Gems City of St. Peters Rec-Plex
- 3 Silver Blade Brigade Wayne C. Kennedy Recreation Complex
- 4 Southwest Sparklers Blue Team Ice at the Parks
- 5 Sheboygan Lakers Sheboygan Lakers FSC
- 6 Starr Blades Franklin Park Ice Arena

#### EVENT 23 - PREMIER FINAL ROUND TEEN SKATING

- 1 Synchro St. Louis Diamond Edges City of St. Peters Rec-Plex
- 2 Capital Classics Team Intensity Washington Park Ice Arena
- 3 Wisconsin Edge Pettit National Ice Arena
- 4 Sharper Blades Sharper Edge Skating School
- 5 Starr Blades Franklin Park Ice Arena
- 6 The Ice Formetts Ice Sports Forum
- 6 Team Diamond Aerodrome Ice Skating Complex Willowbrook

#### EVENT 36 - SELECT FINAL ROUND YOUTH FORMATION

- 1 Fusion Toyota Sports Center
- 2 Precicettes Center Ice of Du Page
- 3 Synchro St. Louis Emerald Blades City of St. Peters Rec-Plex
- 4 Electric Edges 2 Skating Club of Greater Youngstown

#### EVENT 37 - SELECT FINAL ROUND YOUTH ADVANCED FORMATION

- 1 Rink Side Extreme Rink Side Ice Arena & Family Entertainment
- 2 Lone Star Blades Allen Community Ice Rink
- 3 Sapphire Jewels Robert Crown Center

#### EVENT 38 - SELECT FINAL ROUND SENIOR YOUTH ADVANCED FORMATION

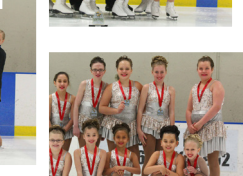
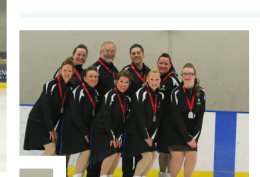
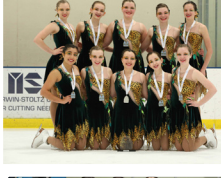
- 1 Precicettes Center Ice of Du Page
- 2 Ice Cubes Orange University of Illinois
- 3 Team Chiller Chiller LLC Easton
- 4 Chicago Skates McFetridge Sports Center

#### EVENT 39 - SELECT FINAL ROUND YOUTH SKATING

- 1 Capital Classics Team Vibrant Washington Park Ice Arena
- 2 Team Diamond Aerodrome Ice Skating Complex Willowbrook
- 3 Chicago Skates McFetridge Sports Center
- 4 Sheboygan Lakers Sheboygan Lakers FSC
- 5 Flatirons Sparks YMCA of Boulder Valley/FFSC

#### EVENT 40 - SELECT FINAL ROUND SENIOR YOUTH SKATING

- 1 Capital Classics Team Radiance Washington Park Ice Arena
- 2 Revolution Carlson Ice Arena
- 3 Electric Edges 1 Skating Club of Greater Youngstown
- 4 Flatirons Sparks YMCA of Boulder Valley/FFSC





# 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](http://skateisi.org/holidaychallenge)





## competitors' corner

BY LIZ MANGELSDORF | ISI National Skating Programs Coordinator

# 2014 Rule Revisions Become Effective September 1



ISI is committed to listening to our coaches and making revisions and improvements to our programs in hopes that they will create new opportunities for you as skaters.

Here is a sampling of some of the new rule revisions and clarifications. Please make sure you and your coach have a copy of the NEW 2014 ISI Handbook available for purchase thru the ISI office (see details on next page).

- Revised Open Freestyle levels:
  - Open Bronze – Freestyle 1-3
  - Open Silver – Freestyle 4-5
  - Open Gold – Freestyle 6-7
  - Open Platinum – Freestyle 8-10
- A short program option has been added at competitions for Open Gold or Open Platinum skaters.
- The dance step sequences within the traditional

Freestyle 5-8 levels now include new steps like loops and twizzles. Download the four new diagrams and turn descriptions from the website ([skateisi.org](http://skateisi.org)).

- A new category in ice dancing has been added: Open Solo Free Dance – Divided into five levels, this category is a chance for skaters to express their own inspirational and artistic capabilities as solo ice dancers.
- Freestyle 9: A new spin requirement has been added — a spin in the opposite direction (camel, layback or sit spin).
- Freestyle 8: The Illusion has been removed as a choice element and is now considered an uncaptured maneuver.
- Ice dancers wanting to compete in Footwork events are now allowed to enter the event using their highest dance test passed and registered with the ISI office.

All skaters must use the NEW test requirements for competitions beginning Sept. 1, regardless of when they passed the test. **RIS**



## Ask Mr. Edge About Stinky Skates



With summertime in full swing, let's take a few moments to talk about tips to help reduce or eliminate the odor from your skating boots and feet. You can also take these same precautions when wearing your everyday shoes.

- ✓ Wash feet daily with an antibacterial soap. Scrub thoroughly using a soft brush to remove any dead skin cells.
- ✓ Completely dry feet after washing. Use a hairdryer if necessary. Apply foot-specific antiperspirants or antibacterial gels to control moisture and bacterial growth. Antifungal powder also can be applied to help prevent athlete's foot.
- ✓ Wear absorbent cotton socks rather than nylon ones. Change socks daily, or even twice a day, if necessary.
- ✓ Wear shoes that breathe, such as sandals or shoes made from mesh or canvas. Bacteria love warm, moist, dark

places in which to grow, so these types of shoes help prevent bacterial growth.

- ✓ At the end of the day, remove insoles from skates and allow them to air out and dry for 24 to 36 hours. Loosen the laces and pull the tongue forward to allow the inside of the boots to dry.
- ✓ Dryer sheets, such as Bounce, placed inside the boots will help absorb odor. **RIS**

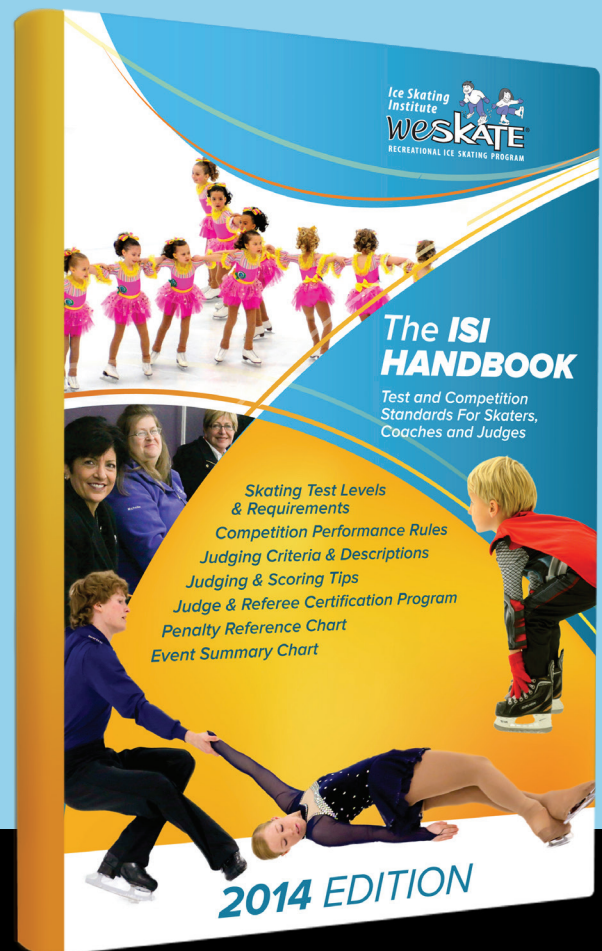
**John Harmata, a.k.a. Mr. Edge, is a skate technician with more than 35 years of experience in servicing figure skaters throughout the United States, Canada and overseas. He is the author of *Anatomy of a Figure Skating Injury*, available at Amazon.com. For more information, visit [askmredge.com](http://askmredge.com).**

# 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](http://skateisi.org/handbook)

**\$25**

\*The 2014 rule revisions become effective on September 1 and will be observed at all ISI national events after that date.



# Focus On

## Solo Free Dance



ISI is excited to introduce solo free dance to its testing and competition offerings. Solo free dance has been around for several years and is growing in popularity with recreational and competitive ice skaters. It features all of the elements of couples free dance but without the lifts and couple elements. Emphasis will be on demonstrating strong bilateral skating skills, power, edging, turn quality and variety, ice coverage, beautiful extensions, music interpretation, timing, ease of flow, transitions and style.

There are prescribed elements to each of the five levels (Bronze, Silver, Gold, Platinum and Diamond). The same duration rules apply that are used for other ISI disciplines so skaters may be under the prescribed time without penalty. Judging criteria are outlined in the chart below. Testing will begin on Sept. 1 and events will be added to competitions beginning after that date.

The dance should reflect the character and rhythm of the music through the steps, turns, body movement and costuming. Examples of solo free dance themes include cultural or ethnic musical theme (Latin, Irish, etc.), rhythm theme (rhumba, tango, march, etc.), time period theme (1920s, 1930s, etc.) or artist theme (Beatles,



Benny Goodman, etc). The costuming should reflect the theme, period or story line of the routine. Skaters and coaches should be mindful that the dances should remain technical without becoming overly showy.

This new ISI discipline is a great way for coaches to capture skaters with stronger skating skills who may not want to pursue couples skating or difficult jumps. It's also another great way for ice dancers to expand their horizons in dance by exploring more creative skating and a wider variety of musical themes. **RIS**

Solo Free Dance	Suggested ISI Skater Level	Duration
Bronze	Free Dance 1-2, Dance 1	1:40
Silver	Free Dance 3-4, Dance 2	2:00
Gold	Free Dance 5-6, Dance 4	2:20
Platinum	Free Dance 7-8, Dance 6	2:50
Diamond	Free Dance 9-10, Dance 8-10	3:20

### If a USFS skater has passed dance test below

One dance of Preliminary Dance Test  
All Preliminary  
All Bronze  
All Pre-Silver  
All Silver Dance  
All Gold

### Skater must test/compete in ISI no lower than

Bronze Open Solo Free Dance  
Bronze Open Solo Free Dance  
Silver Open Solo Free Dance  
Gold Open Solo Free Dance  
Platinum Open Solo Free Dance  
Platinum Open Solo Free Dance

**Judging Criteria:** Test Level Maneuvers, Correctness, Interpretation, Extra Content, Pattern, Timing, Posture, General Overall  
Please refer to the NEW 2014 Edition of *The ISI Handbook* for more detailed information.

# 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](mailto:editor@skateisi.org). Note: Essays must be composed by skaters (not their parents). Skaters and coaches must be current ISI members.



## EJ BOCAN & MARIA KOMAN

My coaches, Maria Koman and EJ Bocan, rock! Maria was EJ's coach when he was younger; now Maria is my Freestyle coach and EJ is my dance coach. EJ is patient, supportive and has a great sense of adventure. In addition to helping me refine my dance technique, he is an awesome free dance partner. Maria has the keenest eye for bad habits and the biggest bag of tricks for overcoming them. I think I always have an extra revolution or two in my spins when she is watching, just from the force of her belief in me! Maria and EJ make it fun to work hard on tough days as well as good ones, and I am grateful to both of them!

**Elizabeth Weiss Ozorak**  
Adult Skater, FS 3/Bronze, Dance 5,  
Free Dance 6  
Skating Club of Greater Youngstown



## COLLEEN OKOLSKI

Colleen Okolski is the best coach in the whole wide world! She gives me helpful feedback on everything I do. Which helps me skate better. She also helps me think positive when I am frustrated with my skating. She tells me to believe in myself. She lets me pick my own music and style for my programs. She even let me pick it from my favorite movie, *The Great Race!* She is always smiling and really loves kids. Colleen is the best coach anyone could ever have!

**Natalie Schoenberger, 9, FS 4**  
Northern Blades Figure Skating Club  
National Sports Center  
Blaine, Minn.



## ALYN LIBMAN

My coach rocks because he is really fun and lets me spray him with snow when I do a hockey stop. Alyn knows when I am getting tired of practicing one thing and then he moves onto something else. He always seems to know what I want to do next. Sometimes he will carry my little brother around the rink and that is really funny.

My little brother loves it. When I grow up I want to be a skating coach like Alyn.

**Sarah Grace Rosenson, 7, Delta**  
Oakland Ice Center – Sharks Ice  
Oakland, Calif.



## SAMANTHA LEW

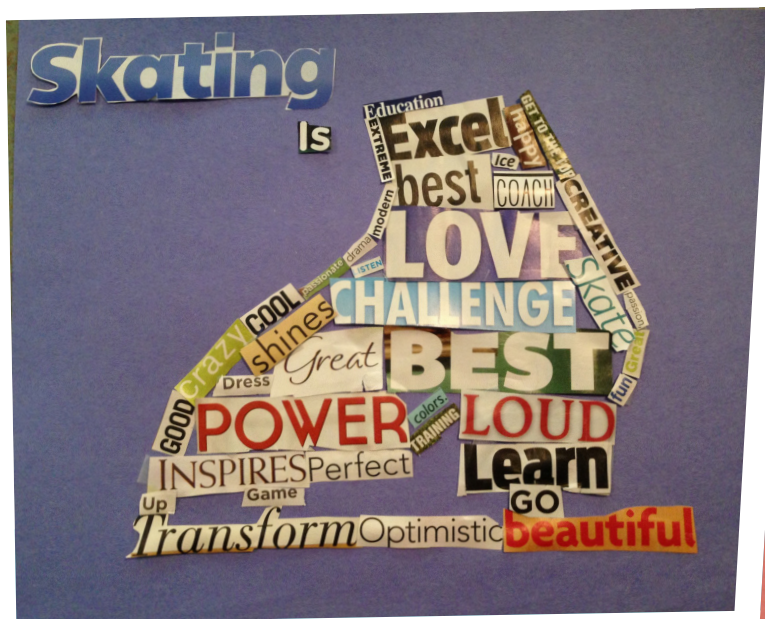
My coach is Samantha Lew from Oakland Ice Center and she ROCKS! She is very nice, and she never lets me give up. I like how she teaches me new spins and jumps in a pattern so that they look beautiful. At competitions she always tells me that it doesn't matter what place I get, as long as I do my best and have fun. It is great skating with Samantha!

**Myroslava Fisun, 8, FS 3**  
Oakland Ice Center – Sharks Ice  
Oakland, Calif.

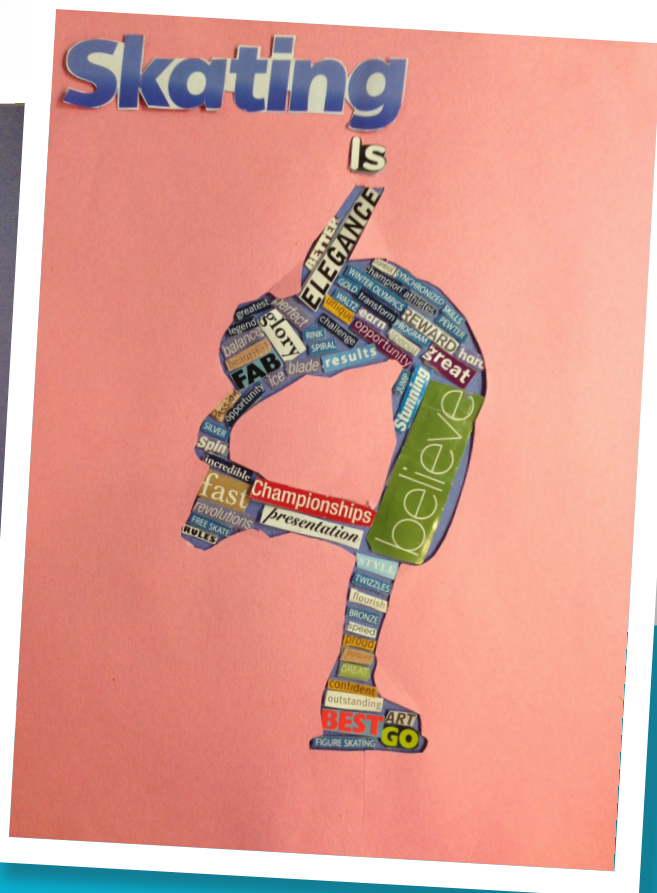


# EXPRESS YOURSELF!

Skaters are creative people, both on and off the ice. Share your skating creations — including essays, stories, poetry and artwork — by sending them to [editor@skateisi.org](mailto:editor@skateisi.org). We can't wait to see what you send us for the next issue!



Michaela DeToma, 11, FS 3, Open Bronze  
FMC Franklin Finesse  
Franklin, Mass.



Katie Nay, 13,  
Open Platinum  
Dr Pepper StarCenter  
McKinney  
McKinney, Texas

## Ode to the Rink

6:45 in the morning, I arrive  
With eyes half shut  
I don't call it weird  
I don't call it strange  
I call it dedication.

Colorful Zucas line the wall  
We all stretch  
Then tie our snow white skates  
And step on.

We fall  
And cold ice covers our legs  
We spin  
And carve swirls into the ice  
And we land  
The most amazing feeling in the world.

To me this is my second home  
The only place  
Where things make sense.

# Skating Relationships

It all started with a fifth-grade reading assignment. Lily Carone was asked to write a letter to her favorite author. She has been skating for six years, skates Freestyle 6, is working on Dance 8 and 9 and loves to read the “Skateland” books by Dr. Olga Jaffae. Lily had read several books of the series and had them autographed in person by Olga at a skating competition a year ago. Lily didn’t hesitate to identify Olga as her favorite author and wrote her a letter outlining the reasons she enjoyed reading the Skateland books and stated that she admired Olga for her ability to write such wonderful stories about a topic to which Lily greatly connected.

Weeks passed and the fifth graders received return letters from the authors. Some of the correspondence was brief and some even came as prewritten template letters. Lily was thrilled to receive a letter from Olga in the mail and opened it excitedly. Surprisingly, Olga wrote her a 1 ½-page personal letter that was touching, inspirational and encouraged Lily to keep working toward her goals as a skater and student. As Lily read her letter in class, she noticed that her teacher, Mrs. Pomputius, had been so touched by it that she had tears in her eyes.

Months later, Olga was selling and signing books at a competition in Pennsylvania where Lily was competing. We told Olga how touched we were by her letter and she replied that she was equally affected by Lily’s letter to her. She said that she reads all of her letters from skaters when she becomes down or stuck while she is writing her books. Olga promised to watch Lily’s programs and Lily was so happy to know that Olga took an interest in her skating.

After Lily skated, Olga asked if she could interview Lily and take some photos for her website blog. A very touching story appeared in Olga’s blog about Lily, her skating and her goals. Olga, being an adult skater, was able to understand and comment on Lily’s skills and artistry from her program dedicated to cancer victims, including Mrs. Pomputius. Lily is happy to have met this humble and dedicated author who shows a passionate commitment to both entertaining and promoting the well-being of young skaters. We are also thankful for Mrs. Pomputius and her

Olga Jaffae and Lily Carone



reading assignment that started a meaningful relationship between author and skater!

Lily has been fortunate to have skating as a thread that has woven through many aspects of her life creating lasting friendships and meaningful experiences.

Co-written by Stacy (Lily’s mom) and Lily Carone, 12, FS 6, Dance 7  
Skating Club of Planet Ice  
Johnstown, Pa.



**FEATURES INCLUDE:**

- ONE-TOUCH TELESOPING GARMENT RACK TO HANG AND ORGANIZE COSTUMES!
- TROLLEY HANDLE AND WHEELS FOR EASY TRANSPORT TO AND FROM COMPETITIONS
- THERMAL POCKET FOR SNACKS AND DRINKS DURING COMPETITIONS!
- STOOL POCKET FOR THE DREAM DUFFEL® FOLDING STOOL - ZIPPERS FOR EXTRA STORAGE!
- VELCRO PATCHES TO PERSONALIZE YOUR DREAM DUFFEL®

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Or call with questions at **877-378-1260**

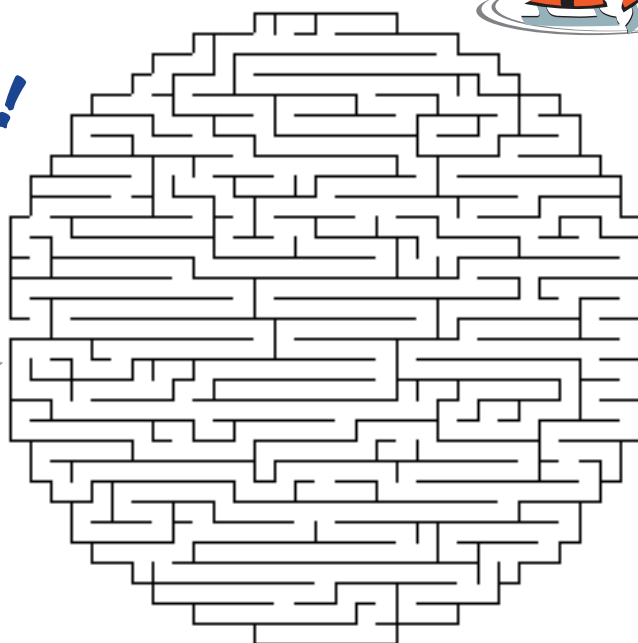


# Fun with Flip

## Adventures & Activities



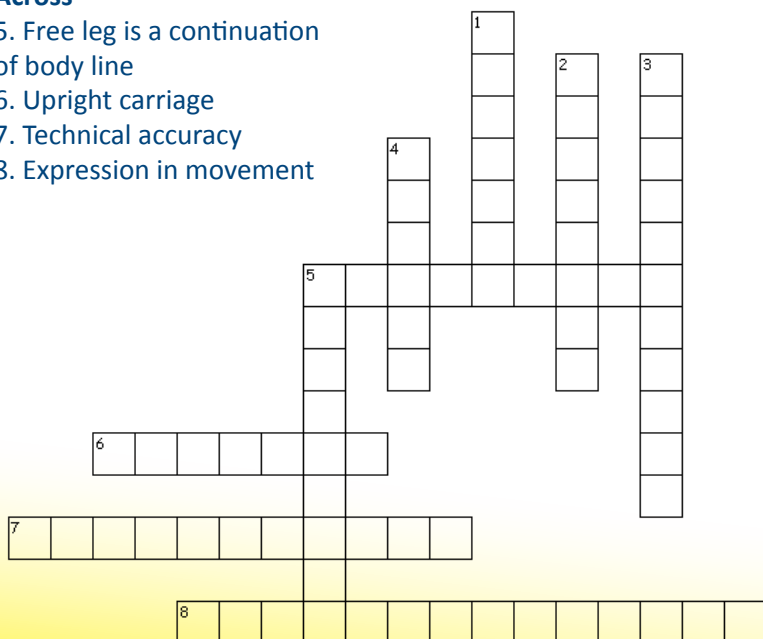
*Help Flip find his way to Worlds!*



## Judging Criteria

### Across

5. Free leg is a continuation of body line
6. Upright carriage
7. Technical accuracy
8. Expression in movement



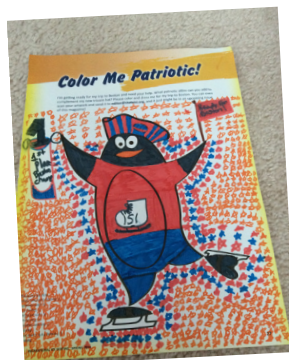
### Down

1. Overall plan and sequence of maneuvers
2. Prescribed time limit for program
3. Clever new idea or theme
4. Coordination between movement and music
5. Maintain good form and speed for extended period of time

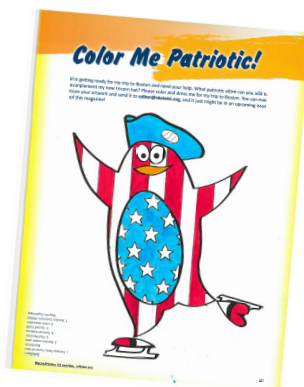
*Solution*  
 Across  
 5. Extension  
 6. Posture  
 7. Correctness  
 9. Interpretation  
 Down  
 1. Pattern  
 2. Duration  
 3. Originality  
 4. Rhythm  
 5. Endurance

# I'm Ready for Worlds in Boston!

In the last issue, I asked you to "Color Me Patriotic" to get me ready for my trip to Worlds in Boston. Thank you for your help — I'm Boston-bound! See you there!



Elise Lavaty



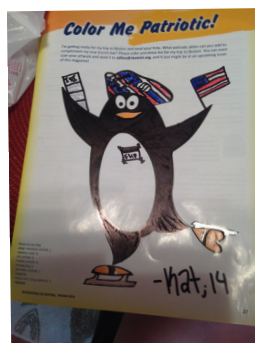
Lucas Rosa



Elka Larson



Emma Hoffer



Katherine McConville



Elise Edwardsen

Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number.

MUPT ADN SIPN

1	2	3	4	5	6	7	8	9	10	11	12
---	---	---	---	---	---	---	---	---	----	----	----

COTUSEM

1	2	3	4	5	6	7	8	9	10	11	12
---	---	---	---	---	---	---	---	---	----	----	----

LIMFYA SIPTLHTOG

1	2	3	4	5	6	7	8	9	10	11	12
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SELSNSO

1	2	3	4	5	6	7	8	9	10	11	12
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ROPRAGM

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SUIMC

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1	2	3	4	5	6	7	8	9	10	11	12
---	---	---	---	---	---	---	---	---	----	----	----

13	14	15
----	----	----

16	17	18
----	----	----

ARE FUN  
COMPETITIONS  
-----  
MUSIC  
PROGRAM  
LESSONS  
FAMILY SPOTLIGHT  
COSTUME  
JUMP AND SPIN  
Solution



## competitions

### july

**thru Sept. 21** **Roseville CA**  
Skatetown  
Skatetown Exhibitions

**5-6** **Las Vegas NV**  
Las Vegas Ice Center  
Annual Red, White & Blue ISI Open  
Competition

**12** **Wilmette IL**  
Centennial Ice Rink  
Mid-Summer Classic

**12-13** **South St. Paul MN**  
Wakota Civic Arena Summer Breeze  
Invitational

**12-13** **Fairbanks AK**  
University of Alaska - Patty Ice Arena  
Summer Fun Skate Competition

**26-27** **Westminster CA**  
The Rinks-Westminster ICE  
3rd Annual Westminster ICE ISI Open  
Competition



**28-Aug. 2** **Marlborough MA**  
New England Sports  
Center  
ISI World Recreational  
Team Championships

### august

**9-10** **San Diego CA**  
UTC Ice  
Skate by the Sea 2014

**12-13** **Cleveland OH**  
Serpentini Arena  
International Gay Figure Skating Union  
Gay Games 9

**12-14** **Honolulu HI**  
Ice Palace Hawaii  
ISI Hawaiian Open

### september

**13-14** **Arlington TX**  
ICE at The Parks  
11th Annual ISI Open Competition

**19-21** **Gatlinburg TN**  
Ober Gatlinburg Ice  
Ober Gatlinburg ISI Invitational Team  
Competition

### october



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

### december



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

### february



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

### march

**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

## shows & exhibitions

### july

**19** **Johnstown PA**  
Planet Ice  
Summer Showcase

### august

**14** **Cleveland OH**  
Serpentini Arena  
International Gay Figure Skating Union  
Gay Games 9 Exhibition

### november

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

### december

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

## High-Level Tests | Congratulations to the following ISI skaters who have recently passed high-level tests:

#### Freestyle 8

**Marissa Avery**  
Bowling Green State  
University  
Bowling Green, OH

**Lizzy Fitzpatrick**  
Bowling Green State  
University  
Bowling Green, OH

**Greta Paschke**  
SportQuest Skating  
Academy-Parade  
Minneapolis, MN

**Madison Hales**  
Vacaville Ice Sports  
Vacaville, CA

**Abbie Kowalke**  
Schwan Super Rink  
Blaine, MN

**Victoria Moriarity**  
Oak Lawn Park District  
Oak Lawn, IL

**Olivia Slack**  
Sioux Falls FSC  
Sioux Falls, SD

**Sydney Ullman**  
Schwan Super Rink  
Blaine, MN

# Be ready for the new season!



**3 renewal  
choices  
and they're  
all winners!**



**\$15**  
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(thru August 2015)



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**\$25** for 2 membership terms  
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**SAVE \$25!!!**  
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It's fast and easy at [skateisi.org/renew](http://skateisi.org/renew)  
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**ONLY** current ISI members can:

- Register tests
- Enter local, district and national ISI competitions and shows
- Receive *Recreational Ice Skating* magazine
- Receive excess accident insurance coverage







# Follow Flip to ISI's 2014 National Events!



## Winter Classic

Feb. 14-16

Sharks Ice at San Jose  
San Jose, CA

Entry & Test Deadline: Dec. 1  
[skateisi.org/winterclassic](http://skateisi.org/winterclassic)



## Synchronized Championships

April 11-13

RecPlex Ice Arena in Pleasant Prairie  
Pleasant Prairie, WI

Entry & Test Deadline: Feb. 15  
[skateisi.org/synchro](http://skateisi.org/synchro)



## Conference Championships

May 23-25

Edge Ice Arena  
Bensenville, IL

Entry & Test Deadline: March 1  
[skateisi.org/conferencechamps](http://skateisi.org/conferencechamps)

## World Recreational Team Championships

July 28-Aug. 2

New England Sports Center  
Marlborough, MA

Entry & Test Deadline: May 1  
[skateisi.org/worlds](http://skateisi.org/worlds)



## Adult Championships

Oct. 10-12

Floyd Hall Arena  
Little Falls, NJ

Entry & Test Deadline: Sept. 1  
[skateisi.org/adultchamps](http://skateisi.org/adultchamps)

PRESENTED BY  
DreamDuffel

## Holiday Challenge

Dec. 5-7

Pickwick Ice Gardens & Pasadena Ice Skating Center  
Burbank & Pasadena, CA

Entry & Test Deadline: Oct. 10  
[skateisi.org/holidaychallenge](http://skateisi.org/holidaychallenge)

