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
Recreational Ice Skating | Winter | 2014 | Vol. 39, Number 1

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Art and ice skating are Marissa Lumpkin’s favorite things, so it comes as no surprise that she combined her love of both to create the winning design in this year’s ISI Holiday Card Creativity Contest. Her card design features a skating snowman, executed in pencil and marker.

Marissa, a 10-year-old fifth grader who skates at Yerba Buena Ice Skating Center in San Francisco, has been an ISI member for two and a half years. She takes group lessons, has participated in skating camps for the past five summers, and last fall she joined the Tremors synchronized skating team. She has performed with her team at several events, including the 2014 ISI Winter Classic in San Jose.

“What I enjoy most about skating is that I feel like I am flying,” Marissa says. “With every push I feel like I am gliding through the air. Skating has been so great because I have made a lot of new, fun and awesome friends.”

Marissa says that she and her teammates call her sister, Mia, and the other team siblings their mascots “because they patiently wait for four long hours every Saturday and watch us skate out our lessons, practices and rehearsals. They come to all of our shows and competitions. They are our biggest fans.”

When not skating or drawing, Marissa enjoys dancing and singing. Her favorite school subjects are art, PE, music, computers and math.

Congratulations to Marissa on her winning card design, and to each of this year’s contest participants. See all of the entries on page 6 and on the ISI Facebook page (facebook/IceSkatingInstitute).

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Allie White Selected to Perform in Canadian Holiday Show

At 11 years old, Allie White is already living her skating dreams of being a showgirl. She has been selected to skate in the Christmas on Ice Show at Fallsview Theater in Niagara Falls, Ontario, Canada. The show is running Nov. 20-Dec. 7 and features national championship ice skaters, dancers and singers.

This is the first year the producers at Spirit Productions have decided to include a child in the show. Allie prepared for her exciting opportunity with her head coach, Sha’Non Gregory McManus, and Sean Rice and Jodyne Higgins from Seajo Productions, the show’s skating director and choreographer. She will perform two solos and several group numbers with the international cast.

Allie started skating at age 4 and recently passed her FS 6 test. She skates at Tampa Bay Skating Academy-Countryside in Clearwater, Fla. Her mother, Mary White, says Allie’s years of skating in the ISI program have helped to shape her daughter into the performer that she is today.

“The experience of doing many different programs — from Artistic to Spotlight to Footwork to Interpretive, as well as groups of six pack, synchro and production — is one of the reasons for Allie’s early success in the skating show industry,” Mrs. White notes.

While the Canadian show is Allie’s first international opportunity, she has performed in more than 600 shows closer to home at Busch Gardens, including its Christmas show and as the lead child actress in Eclorations (a production that includes skaters, acrobats, animals and actors).

Allie says she is thrilled about this opportunity to skate and perform in Canada, and she also hopes to see snow for the first time while in Niagara Falls.

Send ice skating news, announcements, creative works and letters to the editor to editor@skateisi.org.
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2014 Holiday Card Creativity Contest
Getting the Edge
SUMMER TRAINING PROGRAM

Join us Mondays through Thursdays
June 15-July 9 | July 13-August 6

FS 1-4 (Intermediate) 8:40am-2:30pm
FS 5-6/Pre-Pre (Advanced) 8:10am-2:30pm
FS 7-10/Preliminary & Up (Elite) 7:40am-2pm

Daily Activities
• Freestyle ice: 90 minutes (60 minutes for the Intermediate group)
• On-ice specialty class: jump technique, spin workshops, power and interp
• Four off-ice specialty classes, including ballet, dance styles, Pilates, yoga, off-ice jump, plyometrics, cardio and stretch/flexibility

Features
• Theme days, hot lunches and summer treats
• Use of pool: skaters receive free pool admission after the program day during their registered session.

Olympic Coach
Kori Ade will present an on- and off-ice seminar to each session of this program.

• Olympic, National and International Coach
• 2011 Developmental Coach of the Year (Professional Skaters Association)
• Creator of the TAPS Program (Total Athlete Performance Seminars)

Questions? Contact Heather Aseltine at haseltine@nbparks.org.
Northbrook Sports Center | 1730 Pfingsten Road | 847-291-2993
SKATE TO THE TOP WITH YOUR CLASS!

ISI SYNCHRONIZED CHAMPIONSHIPS
April 10-12
Goggin Ice Center, Miami University
Oxford, Ohio
Entry deadline: Feb. 1

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
The Boston area has been the setting for some of ISI’s most successful and memorable national events. New England will once again be the destination for ISI competitors May 22-24, when ISI Conference Championships will be held at Nashoba Valley Olympia in Boxborough, Mass. (The event precedes and is named for the annual ISI Ice Arena Conference & Trade Show for professional and administrative members.)

Located less than an hour from Boston, Nashoba Valley Olympia is a triple-rink arena with seating for 650 spectators, exercise and dance rooms, a pro shop and a snack bar. Since 1967, the facility has provided ice for learn-to-skate classes, competitive figure skating, and youth and high school hockey programs. Nashoba has produced college and NHL hockey players as well as Olympic figure skating medalists.

Like ISI’s Winter Classic, Worlds and Holiday Challenge competitions, Conference Champs offers all ISI individual and group skating events and categories, for all ages.

If you missed the 2014 ISI World Recreational Team Championships, the 2015 Conference Champs offers another opportunity to experience an ISI national competition in New England, during a beautiful time of year. Whether you are a traveler looking for a fantastic Memorial Day weekend getaway or a local Boston-area resident ready for a fun competition in your own backyard, Conference Champs is a great way to launch your summer!

The entry and test deadline is March 1.

It’s Back to Boston for Conference Champs!

by Lori Fairchild

Backyard dreams really do come true

#FrozenMemories

OUTDOOR ICE RINK Liners, Support Brackets, Boards, Resurfacers and ALL the accessories!
Details-Instructions-Videos-Photos-Chat at NiceRink.com or call 888.642.3746
TBSA-Countryside Does It Again!

Tampa Bay Skating Academy-Countryside has earned the top spot at ISI Adult Champs for the 13th time, and the Sacred Heart University team has once again claimed the collegiate team trophy. This year’s Adult Champs took place Oct. 10-12 at Floyd Hall Arena in Little Falls, N.J. Next year’s competition is set for Oct. 23-25 at Las Vegas Ice Center.

<table>
<thead>
<tr>
<th>PLACE</th>
<th>TEAM</th>
<th>TOTAL POINTS</th>
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<tbody>
<tr>
<td>1</td>
<td>Tampa Bay Skating Academy-Countryside</td>
<td>366.5</td>
</tr>
<tr>
<td>2</td>
<td>Ellenton Ice &amp; Sports Complex</td>
<td>209.0</td>
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<tr>
<td>3</td>
<td>Arkansas Skatium</td>
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<tr>
<td>4</td>
<td>Cape Cod Ice</td>
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<td>5</td>
<td>Skating Club of Greater Youngstown</td>
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<td>6</td>
<td>Dr Pepper StarCenter- Farmers Branch</td>
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<tr>
<td>7</td>
<td>Sky Rink @ Chelsea Piers</td>
<td>59.0</td>
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<tr>
<td>8</td>
<td>FMC Aleixo Arena</td>
<td>51.5</td>
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<tr>
<td>9</td>
<td>Lloyd Center Ice Rink</td>
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<td>10</td>
<td>International Gay Figure Skating Union</td>
<td>39.0</td>
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For a complete list of teams and results, go to skateisi.org/adultchamps
ADULT CHAMPIONSHIPS
NEW YEAR, NEW GOALS

With the thermometer dipping and the holidays quickly approaching, it naturally follows that we all begin to think about the new year. For many of you, it is a time for reflection on what to accomplish in the upcoming months. This could include planning for new tests to take, new tricks to master and which competitions to prepare for.

We at ISI know that your goals are important to you, and having a clear idea of what is offered is essential as you set out to plan your new season. National competitions are perfect landmarks by which to map out your year. They give you an opportunity to set and measure progress as well as to showcase your accomplishments. They are fun events in exciting destinations, giving your family wonderful memories and rewarding you for all your hard work.

This year’s competitions are no exception. We have events from one coast to the other with some great stops in between. From celebrating the winter in the heartland, to welcoming the spring on the Atlantic coast, to ringing in the holidays in the warmth of the Southwest, your year can literally be spent jet-setting across the country, or you can choose the competition nearest your home and minimize your travel. ISI is all about choices!

All of our national competitions are open to all skill levels and (except for Adult Championships) all ages. Our 100+ event categories include disciplines such as hockey, dance, pairs and solo skating. Emphasis is always on participation and encouragement for the love of the sport. That is not to say that our skaters don’t come to win — of course, they do! Skating is and will always be a competitive sport. The hard work and dedication required to be the best one can be ensures that.

We love that our national events give you the opportunity to pursue that excellence in an atmosphere that encourages everyone. If you haven’t had an opportunity to share in that experience, this is your year. Grab some friends, consult your coach and make plans now to join Flip at one or more of our upcoming events. It will be one of the highlights of your skating journey, guaranteed!

BY KIM HANSEN | ISI National Skating Events Coordinator

2015 Event Theme Announced

Did you know that each year, ISI selects a new theme for all of the Themed Spotlight and Themed Production events offered at the next year’s national competitions? This is created as a fun alternative program that still allows for some creativity while keeping the tone of the programs similar. This year is no exception, and we are excited to let you know what we have chosen.

Since we will be celebrating our largest event of 2015 in the Chicago area, it is no surprise that the subject of sports comes to mind. So this year, our theme will be:

“Sports FANatics”
Time to share your enthusiasm for your favorite sports or teams!

We encourage you to work with your coach to create your own version of what that means to you. You might don a favorite jersey of a beloved team or pick an obscure Olympic event to bring to life on the ice. Let your imagination be your guide!

If you decide to use props, make sure they bring something of value to the program. Creating a backdrop can be fun and certainly help to set a tone, but props should be interactive and in some way enhance the program. Think of it as a show; the judges are your audience and you always want to entertain your audience.

Consider beginning these programs now and having them debut at local events so they will be ready for our first 2015 national event, Winter Classic, Feb. 13-15 in St. Peters, Mo. You can continue to use these programs as our 2015 theme will carry on through Holiday Challenge, December 4-6, in McKinney, Texas.

We look forward to seeing what you come up with and hope you have a FANtastic time creating your sports-themed masterpieces!
High-Level Tests

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

DANCE 10
Christopher Davis
Robert Crown Center
Evanston IL

Christopher Davis
Robert Crown Center
Evanston IL

Lily Carone
Planet Ice
Johnstown PA

Nicole Kuhn
Imperial Skating Academy
Lisbon CT

FREESTYLE 9
Sophia Richardson
Sioux Falls FSC
Sioux Falls SD

Amy Percifield
Owens Recreation Center
Peoria IL

Emily Scherreik
Silver Blades FSC
Findlay OH

Kathy Sliwinski
Niles Park District Iceland
Arena
Niles IL

Gabby Patschull
St. Peters Rec-Plex
St. Peters MO

Alyssa Sarilarp
Niles Park District Iceland
Arena
Niles IL

Morgan Ashleigh Young
Skatetown
Roseville CA

DANCE 9
Sarah Black
Vacaville Ice Sports
Vacaville CA

Christopher Davis
Robert Crown Center
Evanston IL

Brittany Stornetta
Vacaville Ice Sports
Vacaville CA

Olivia McDowell
Sioux Falls FSC
Sioux Falls SD

FREESTYLE 8
Kelly Beaulieu
Imperial Skating Academy
Lisbon CT

Sam Mayer
Nashoba Valley Olympia
Boxborough MA

Emily Scherreik
Silver Blades FSC
Findlay OH

Alyssa Sarilarp
Niles Park District Iceland
Arena
Niles IL

Morgan Ashleigh Young
Skatetown
Roseville CA

DANCE 8
Sarah Black
Vacaville Ice Sports
Vacaville CA

Christopher Davis
Robert Crown Center
Evanston IL

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Owens Recreation Center
Peoria IL

Emily Scherreik
Silver Blades FSC
Findlay OH

Morgan Ashleigh Young
Skatetown
Roseville CA

Are You an ISI Winner?

Enter our Holiday Giveaway today for your chance to win great prizes!

It’s quick and easy!
Scan this QR Code* with your smartphone or tablet

or go to skateisi.org/giveaway

for a chance to win:

• GRAND PRIZE: Choice of Fire HD Kids Edition Tablet OR complimentary individual entry for up to four events at any 2015 ISI national competition (1 lucky winner!)
• ISI apparel (5 winners)
• A Flip gift package (10 winners)

*Download free QR reader from your app provider
The dance step sequences for Freestyle 5-8 tests have been changed and redesigned with new turn requirements. These dance steps, along with other new rule changes and clarifications as listed in our 2014 ISI Handbook, are required for all testing and competitions as of Sept. 1, 2014.

Freestyle 5
- Change Open Choctaw to Closed Choctaw
- Added Right Forward Inside Twizzle and Right Backward Outside Twizzle

Freestyle 6
- Added Right Backward Inside Loop and Left Backward Inside Loop

Freestyle 7
- Added Right Backward Outside Double Twizzle and Left Forward Inside 1½ Twizzle

Freestyle 8
- Added Left Forward Outside 1½ Twizzle and Right Forward Outside 1½ Twizzle and Left Forward Outside Loop

Please note: The diagrams for Dance Step Sequences 6 and 7 have been revised slightly since the printing of the new 2014 handbook. Please use the diagrams on the following pages to replace the diagrams for 6 and 7 in your handbook.

Diagrams for all four new sequences can also be found on the ISI website in both PDF format and with video demonstrations of each pattern.

NOTE: While the steps listed in each sequence are required, the pattern may vary due to the strength and size of the skater. Quality, correctness and definition of the edges and turns should be the key factors in evaluating the dance step sequences.
The skater must demonstrate all required turns separately for the compulsory part of the test: Left Forward Outside Swing Closed Choctaw, Left Forward Inside Open Choctaw, Left Forward Outside Bracket, Right Forward Inside Bracket, Right Forward Inside Twizzle, Right Back Outside Twizzle. In the program part of the test, the skater must demonstrate the Dance Step Sequence shown in the diagram in continuous flowing movement. The pattern must be well-balanced on both sides of the long axis of the rink, as shown in the diagram. The pattern should be proportionate to the skater’s size. This pattern may not be reversed.

The skater should demonstrate correct (clean) turns and edges throughout the Dance Step Sequence.

a. **Left Forward Outside Swing Closed Choctaw** A change foot turn from LFO to RBI, where the free foot moves forward past the skating foot before being brought back to the outside of the skating foot for the turn to backward inside. The skater rotates in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater’s height.

b. **Left Forward Inside Open Choctaw** A change foot turn from LFI to RBO, in which the heel of the free foot moves to the inner edge side of the skating foot before the turn to backward outside. The skater rotates in the direction opposite the curve of the entry edge. Entry and exit edges for LFI Choctaw must be held at least one time the skater’s height.

c. **Left Forward Outside Bracket** A turn from LFO to LBI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater’s height.

d. **Right Forward Inside Bracket** A turn from RFI to RBO, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater’s height.

e. **Right Forward Inside Twizzle** A traveling turn initiated on the forward inside edge of the right foot with one rotation, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the right foot with the left foot in any position during the turn, and then is placed beside the right foot to skate the next steps.

f. **Right Back Outside Twizzle** A traveling turn initiated on the back outside edge of the right foot with one rotation, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the right foot with the left foot in any position during the turn, and then is placed beside the right foot to skate the next steps.
The skater's size, the pattern may not be reversed.

the skater's size, the pattern may not be reversed.

of the ice. Short arcs in the direction of entry should be proportionate to the

moreover, the pattern must be well-balanced utilizing the full surface.

Dance Step Sequence shown in the diagram in continuous flowing

manner, the skater must demonstrate the

ici. If the loop must cross

cross with a change in direction or edge. The entry and exit

within a circle with the skater sliding on the ice without changing direction or edge. The entry and exit edges

one-foot movement initiated on the left back inside edge where the skater slides in an oval pattern without changing direction or edge. The entry and exit edges must cross.

In the program part of the test, the skater must demonstrate the

Dance Step Sequence shown in the diagram in continuous flowing

The skater's size, the pattern may not be reversed.

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one-foot movement initiated on the left back inside edge where the skater slides in an oval pattern without changing direction or edge. The entry and exit edges must cross.

In the program part of the test, the skater must demonstrate the

Dance Step Sequence shown in the diagram in continuous flowing

The skater's size, the pattern may not be reversed.
The skater must demonstrate all required turns separately for the compulsory part of the test: Right Forward Outside Rocker, Right Forward Inside Counter, Left Forward Inside Counter, Left Back Inside Rocker, Right Back Outside Double Twizzle, Left Forward Inside 1½ Twizzle. In the program part of the test, the skater must demonstrate the Dance Step Sequence shown in the diagram in continuous flowing movement. The pattern must be well-balanced utilizing the full surface of the ice, as shown in the diagram. Pattern should be proportionate to the skater’s size. This pattern may not be reversed.

The skater should demonstrate correct (clean) turns and edges throughout the Dance Step Sequence.

a. **Right Forward Inside Counter** A one foot turn from RFI to RBI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater’s height.

b. **Left Forward Inside Counter** A one foot turn from LFI to LBI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater’s height.

c. **Left Back Inside Rocker** A one foot turn from LBI to LFI, with the skater rotating in the direction of the curve of the entry edge. Entry and exit edges must be held at least one time the skater’s height.

d. **Right Back Outside Double Twizzle** A traveling turn initiated on the back outside edge of the right foot with two rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the right foot with the left foot in any position during the turn, and then is placed beside the right foot to skate the next steps.

e. **Left Forward Inside 1½ Twizzle** A traveling turn initiated on the forward inside edge of the left foot with 1 ½ rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the left foot with the right foot in any position during the turn, and then is placed beside the left foot to skate the next steps.
The skater must demonstrate all required turns separately for the compulsory part of the test: Right Forward Outside Rocker, Right Forward Inside Counter, Left Forward Inside Counter, Left Back Inside Rocker, Left Forward Outside 1½ Twizzle, Right Forward Outside 1½ Twizzle, Left Forward Outside Loop. In the program part of the test, the skater must demonstrate the Dance Step Sequence...
For students age 13 and older, it’s not too early to start thinking about college and the ISIA Education Foundation scholarship. If you haven’t already done so, now is the time to start keeping records, working on your academic standing and thinking about applying for future scholarships.

Take a look at the guidelines on the ISI website to help you get started. The application, which can now be completed online at skateisi.org/foundation, is updated annually in the fall, and the deadline is March 1 of the year in which the scholarship is awarded.

Following are some tips for prospective scholarship applicants:

- **Keep a log of your service hours as you perform them.** *(Example: Student helper – 3 hours – date).* This will make gathering information for your application easier. Service may be from more than one location. Credit for service hours will be given for service rendered beginning at age 13. Please be sure to indicate whether the hours are volunteer only or if you received payment.

- **A form that is neat and easy to follow is appreciated.** Consistency of accounting is also important; help the committee easily recognize how much work you’ve put in and where you’ve put your time in.

- **Having your service hours verified is required.** Although a minimum number of volunteer hours must be associated with an ISI member facility, it’s also important to log hours of other community involvement, which shows that you are a well-rounded individual.

- **If you are having a challenge getting hours in at your local facility, why not help out at a district or national event?** Contact your district director or the national programs director at the ISI office and let them know that you would like to volunteer.

- **Keep a log of the local, regional and national ISI competitions and ISI-endorsed shows that you have participated in.** Your placement at competitions is not as important as your participation. Education Foundation members realize that by competing, skaters are motivated and challenged and gain a sense of accomplishment as well as friendships. These all contribute to your growth as an individual.

- **Read the profiles of the previous scholarship winners.** This will help you better understand the criteria.

- **If you are coaching, be sure that you are a current professional member of the ISI.** If you have any weSKATE or judging certifications, please list them.

- **You must submit two evaluation forms.** One evaluation must be from the supervisor at the site where a majority of your service hours took place; the second should be from an adult not associated with ice skating and not related to you. In addition, one letter of recommendation may be included with the application. [Note to skating directors and managers: This is where you can help! Please write why you recommend this student; do not just check the box. Help the committee by telling them what sets this person apart.]

- **A typed statement of 500 words or less on “Why I Should Receive an ISIA Education Foundation Scholarship” must accompany application.** This essay is an important part of the score. Tell the committee what sets you apart and what you’ve learned from your experiences in skating and ISI, and how it has helped you or will help you in the future.

- **Your community service, community service awards, education awards and recognition, educational goals and competitive ice skating experience will be considered in the screening and selection process.** The committee assigns a score to each of these areas. Much like the ISI judging system, each area is assigned points that are added to reach an overall score and ranking.

- **When it’s time to apply, please read carefully and follow the most up-to-date guidelines listed.**

- **Please proofread your application carefully before submitting.** Look at the packet and put yourself in the position of the evaluators. What does the committee see? Is it a true reflection of you and the image you wish to project? If you were evaluating applications, what would you think? Is it neat, complete and easy to follow? Do you see a first-place performance?

- **Your application packet MUST be complete in order to be considered for the scholarship.**

Good luck! We’re eager to hear from you. The Ice Skating Institute of America (ISIA) Education Foundation does not discriminate in academic scholarship selection on the basis of age, sex, religion, marital status, etc. Any questions or comments should be sent to ISIAEF@skateisi.org.
Congratulations to this year’s ISIA Education Foundation scholarship recipients. The 2015 scholarship application is posted at skateisi.org/foundation; application deadline is March 1.

Kailey Fernandez | Tampa, Fla.

Home Rink: Brandon Ice Sports Forum
High School: T. R. Robinson High School
College: Cornell University
Major: Hospitality
ISI Level: FS 7
Activities Highlights: International Baccalaureate Program, Student Government Vice President & President, Light the Knight Pep Rally Organizer, Leadership Workshop Founder, Starlet Winterguard, Varsity Lacrosse, Varsity Golf, Kailey’s Kitchen (cooking/nutrition class for disadvantaged children through Metropolitan Ministries), Mayor’s Youth Corps, Florida Girls’ State Senator
Honors & Awards: AP Scholar, National Honor Society, Spanish Honor Society, Florida Commission on the Status of Women Achievement Award, Dr. Sylvia Richardson Young Women of Promise, Girl Scout Gold Award

“Although I love the precision of practice and competition, my greatest reward has been sharing my love of figure skating with the people around me. Whether it is teaching learn-to-skate classes to young children at our ice rink or stopping my practice ice time to mentor a young skater, I hope to make a difference in the lives of other people by helping them create a vision for themselves as athletes and entertainers. I hope to skate with the Cornell Figure Skating Club and continue sharing the joys of the sport with others.”

Shelby Johnson | Plano, Texas

Home Rink: Dr Pepper StarCenter McKinney/Plano/Farmers Branch
High School: Plano Senior High School
College: University of North Carolina at Chapel Hill
Major: Neuroscience
ISI Levels: FS 7, Open Platinum FS
Activities Highlights: Student Council Member & President, Destination Imagination, Stars Figure Skating Club Junior Board, Library Book Club, Skating Competition Volunteer
Honors & Awards: National Honor Society, National History Day, Destination Imagination State & Global Competitions, Honor Roll

“The ice allows me to combine all aspects of my life — rhythm, dance, athleticism and academic education — into one, to create a well-rounded individual ready to make a difference in the world. I hope to spread my experiences to others and share with them the joy that the ice brings, not only to our lives, but also to those whose lives we touch. In college and beyond, I hope to inspire others as a role model through coaching and judging, while combining my academic studies with athletics to push to new horizons.”

2014 Scholarship

Daniel Kulenkamp | Mahtomedi, Minn.

Home Rink: White Bear Lake Sports Center
High School: MTS Minnesota Connections Academy
College: Barrett College of Honors, Arizona State University
Major: Pre-Med or Computer Science
ISI Level: FS 10
Activities Highlights: Figure Skating Instructor, Volunteer (White Bear Lake Sports Center, Hand in Hand Christian Montessori), Skatemare on Ice Benefit Show Organizer
Honors & Awards: Dean’s List (University of Minnesota College of Continuing Education), National Honor Society, USFS Scholastic Honors Team, Four-time Minnesota State Champion (Pre-Juvenile, Intermediate, Novice, Junior)

“School has always been just as important to me as skating. I have always worked very hard to get top grades, and when I found about the PSEO (Post-Secondary Education Option) program, I new this was what I wanted to do for my last two years of high school. I took all of my high school classes at the University of Minnesota, which was challenging but a whole lot of fun. It gave me the chance to explore different career choices as well as continue to push myself to the next level, and it gave me the chance to learn how to succeed in college.”
Recipients

Carly Potts | Jefferson City, Mo.

Home Rink: Washington Park Ice Arena
High School: Jefferson City High School
College: Lindenwood University
Major/Minor: Elementary Education
ISI Levels: FS 6, Dance 6, Figures 3, Couples 1
ISI National Competitions: Winter Classic (2011-12), Synchronized Championships (2007-14)
Activities Highlights: Student Council, Orchestra, Academic Tutor, Figure Skating Instructor, Senior Sing, Parks & Recreation Softball
Honors & Awards: National Honor Society, Girl Scout Bronze & Silver Awards, Honor Roll, ISI Synchro Showcase, Jefferson City Figure Skating Club Volunteer of the Year

Elodie Sandraz | Palo Alto, Calif.

Home Rink: Nazareth Ice Oasis
High School: Palo Alto High School
College: University of California San Diego
Major: Chemistry
ISI Levels: Open Gold FS, Dance 8
Activities Highlights: Science Lab Assistant, Academic Tutor, Skating School Assistant, Special Skaters Program Volunteer, Ice Skating Camp Counselor
Honors & Awards: AP Scholar, Certificate of Recognition (Spanish Aptitude), National Solo Ice Dance Championships Competitor & Finalist, Local Chemistry Olympiad, Outstanding Achievement (History & Social Science)

“You could be a skating scholar!”

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!

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.

For more information or to apply, go to skateisi.org/foundation or call (972) 735-8800.
Sharpen Your Blades Regularly and Skate Safely

Even the best of skaters can have a bad accident if their blades are not sharpened regularly. Blades can dull gradually to very quickly, depending on how often one skates. So why take a chance on that happening? Be sure and have your blades sharpened regularly by a competent skate sharpener.

A good blade sharpening begins with the individual who does the sharpening; figure skaters will sometimes travel great distances to have their blades sharpened. A good blade sharpener must have a keen eye for detail, steady hands and many hours of practice on a machine. Sometimes it can take several months or more for an individual to perfect the technique to an acceptable level of consistent quality.

Factors Affecting Blade Sharpening

- Ice conditions: hard, medium or soft ice
- Skating level: beginner, intermediate or advanced
- Skating discipline: dance, freestyle, recreational or synchro
- Number of hours per week on the ice

How Often Blades Should Be Sharpened

Recreational indoor skaters who skate a couple of hours a week can go as long as six to eight weeks between sharpenings. Outdoor skaters will need a sharpening after about three or four hours of skating. Competitive skaters should have their skates sharpened at least once a month.

Increasing blade life while maintaining edge sharpness requires honing the blade edges between sharpenings. Regular edge honing will determine how long it will be before the next machine sharpening is required. Honing the blade edges is easily done by placing a generous amount of honing oil on a hand stone and running it gently along the edges of the blade.

Advantages of a Good Blade Sharpening

**Level edges:**
- Provide an identical feel for the ice no matter which edge the skater is on
- Make it easier to spin and maneuver on the ice
- Facilitate landing jumps correctly and on the proper edge

**Sharp edges:**
- Increase edge bite (grip) in the ice
- Increase speed with less effort
- Make edge jumps easier
- Allow for deeper knee bends without slipping

After sharpening, it is best to check the squareness of the blade edges with one of the many gauges made specifically for this purpose.

Sharpening blades on a regular basis will provide a skater with many hours of enjoyment and a sense of security as well.

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.

Give a Gift That Makes a Difference

When you're looking for a meaningful gift for any occasion — holiday, birthday, anniversary, retirement, appreciation — an ISIA Education Foundation donation in your gift recipient's name is sure to please. Donations may be made in any amount, are tax-deductible and support the Foundation's scholarship program.

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

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Teams in Sync

Stars of Austin Figure Skating Club
Pflugerville, Texas

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

Coaches: Dawn Dudley & Cathryn Tremewan
Season: September-August
Website: starsofaustinfsc.com
Facebook Page: facebook.com/StarsofAustinFSC
Team Cheer: “Smile, shake it, we love you!”
2014-15 Competitions: Local Exhibition, Love to Skate, ISI District 11 Championships, ISI Worlds, USFS Midwestern Synchronized Skating Sectional Championships

About: The Stars of Austin Figure Skating Club has four synchronized skating teams, two of which have been competing at ISI Worlds every year since 2004 (Austintatious Stars Adult Team and Sparkling Stars Sr. Youth Team). This year we have added the Sparkling Stars Teen Skating Team. Last year we brought back our beginner adult team, the Super Stars. They did an amazing job at Worlds in Boston and are working to defend their title in 2015. We enjoy all of our time skating with our friends and being a part of the synchronized skating community.

Austintatious Stars Adult Skating Team
Current Membership: 9 team members age 16-40
Team Color: Red

Sparkling Stars Teen Skating Team
Current Membership: 10 members age 12-17
Team Color: Pink

Super Stars Adult Formation Team
Current Membership: 8 members age 17-60
Team Color: Teal

Sparkling Stars Senior Youth Advanced Formation Team
Current membership: 16 members age 8-16
Team Color: Pink
Our coach, Laurie Burns, is the best! She is a true “KrocStar” at Kroc Center Ice in San Diego! The four of us all began figure skating as adults, taking lessons from Laurie. This is a difficult sport to begin as an adult. It is raw, emotional, and incredibly rewarding. Coach Laurie serves to inspire all of us adult skaters! She is more than just a coach; she is a friend, and she encourages us on and off the ice. She makes us feel good about our skating and the dedication we bring to the ice, even on the wobbly days! Laurie’s unwavering support and belief in our abilities is what keeps us fearlessly taking the ice day after day. Thank you for making us KrocStarz, Laurie!

Melinda Clark, Adult Skater, FS 3
David Giammona, Adult Skater, FS 1
Elana Hamovitch, Adult Skater, FS 2
Jenni Morel, Adult Skater, FS 3
Kroc Center Ice
San Diego, Calif.

Kim Werths

My coach, Kim Werths, is the best coach! She lets me choose what I want to work on during my lessons, and lets me put my favorite elements in my programs when possible. She is very patient and helpful when I get frustrated working on my skills, and always keeps my spirits up when I can’t get something as soon as I’d like, or when I don’t do as well as expected in a competition. I have been taking lessons from her for four years, and she’s gotten me through FS 3 and a lot of my FS 4. She also coaches my mom, who is working on FS 1. Coach Kim has motivated me to continue skating, help her coach group lessons at our rink and become a private coach!

Miranda Price, 22, FS 3/Open Bronze
Granite City Figure Skating Team
Granite City Park District Ice Arena
Granite City, Ill.

Vicky Klinko

Vicky Klinko has been my coach for five years. She has been my biggest encourager and friend from the very beginning. When others told me I would never land my Axel, she came along to prove them wrong. She has been patient to help me understand when my brain couldn’t make the connections. Her expertise in the sport of figure skating has proven that even when someone like me has a disability, you can still rise above your limitations and make something beautiful of your life. Vicky Klinko is not only my coach but she’s my friend, too!

Amberlee Whitcomb, 17, FS 5
Franklin Park Ice Arena
Franklin Park, Ill.

Does your ISI coach rock? Please send a short essay (about 125 words) telling us why, along with a high-resolution photo, to editor@skateisi.org. Note: Essays must be composed by skaters (not their parents). Skaters and coaches must be current ISI members.
SARA BAILEY

My coach rocks! Sara Bailey, I have NO idea what I would do without you! I am not sure I will ever find anyone who will put up with me as much as you do. I know at times I may not be the easiest person to deal with, but you always know how to put a smile on my face, and get me to keep pushing on. I really do appreciate you and all you have ever done for me! Thanks for everything!

Jasmin Barrows, 15, FS 3
Imperial Skating Academy
Salem, Conn.

YULIA BORISSOVA

Yulia Borissova ROCKS!
Our rink has many issues, including the fact that it is currently shut down. But nothing ever stops Yulia from finding ice time for her entire skating school! She is always on top of things and does whatever she has to, to make sure we all get the practice we need! I am so happy to be a part of Imperial Skating Academy and so happy to have her as a coach!

Jasmin Barrows

RACHEL BAILEY & SEBASTIEN GEERENS

Our coaches rock! Rachel Bailey and Sebastien Geerens are awesome! They gave us the cutest, funniest and best Family Spotlight ever! We enjoyed doing it so much and we loved seeing the smiles on Seb and Rachel’s face the whole time we were doing it! You guys made our lessons some of the best ever! Thank you for all your help this past season!

Jasmin Barrows

Classified Advertising


Find out how to advertise your ice skating products and services in Recreational Ice Skating! Contact Carol Jackson at (972) 735-8800 or c.jackson@skateisi.org.
Fun with Flip Adventures & Activities

Flip’s Fun Winter Word Search

Find each of the words from the list below in the puzzle (left)
(HINT: The words might appear horizontally, vertically, diagonally or even upside-down or backward.)

FLIP’S SNACK RECIPE

Flip’s Winter Party Mix - Snowman in a Bowl

INGREDIENTS:
- Pretzel sticks – Snowman’s arms
- Mini marshmallows – Snowman’s body
- Mini Chocolate chips – Snowman’s eyes and buttons
- Orange Slices (cut up) – Snowman’s nose

INSTRUCTIONS:
These snack mixes can be prepared for individual servings in cups or made in a big glass bowl for all to share.

RECREATIONAL ICE SKATING, WINTER 2014
**PENGUIN PLATE CRAFT**

**SUPPLIES:**
- 2 paper plates
- Orange and black paint, markers or crayons
- 2 “googly” eyes
- Glue
- Scissors

**INSTRUCTIONS:**
1. Cut plate as shown:
   - 2 pieces on the side = wings
   - Top triangle = beak
   - Bottom triangle cut in half = feet
   - Middle circle = face

2. Color the wings black.
3. Color the beak and feet orange.
4. Make a black outline on the top of his head and color in black.

5. Glue the two wings onto the top rim of the second plate.
6. Glue the beak and eyes to the face, then glue the face to the top of the second plate.
7. Glue the feet to the back of the bottom of the plate.
competitions

december

6
FMC Navin Arena
Marlboro MA
Icicle Invitational

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

5-7
Northbrook Sports Center
Northbrook IL
2014 Northbrook Winter Welcome

7
Great Neck NY
Andrew Stergiopoulos Ice Rink
11th Annual Long Island Ice Classic

january

16-18
Luverne MN
Blue Mound Ice Arena
Blue Mound Figure Skaters Inc.
Ice Crystal Classic

17-18
Centennial CO
South Suburban Family Sports Center
Family Sports Center ISI Competition

30-Feb. 1
Owensboro KY
Edge Ice Center
Living on The Edge ISI Invitational Team Competition

february

6-8
Blaine MN
Schwan Super Rink-NSC
Frosty Blades 2015

may

15-17
Farmers Branch TX
Dr Pepper StarCenter-Farmers Branch
ISI District 11 Championships

22-24
Boxborough MA
Nashoba Valley Olympia
ISI Conference Championships

july

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

october

23-25
Las Vegas NV
Las Vegas Ice Center
ISI Adult Championships

shows & exhibitions

november

1-Jan. 31
Valencia CA
Ice Station Valencia
Exhibitions - Weekly

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

19-Dec. 25
Pittsburgh PA
The Rink @ PPG Place
RMU Island Sports Center
Light Up Night

Mark the date - the Spring Fling is earlier this year!

2015 Spring Fling ISI Open Competition
March 28-29, 2015

Check our website at www.ToyotaSportsCenter.com for competition information.

28 RECREATIONAL ICE SKATING, WINTER 2014
<table>
<thead>
<tr>
<th>Date</th>
<th>Location/Details</th>
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<tr>
<td>20-Feb. 20</td>
<td>Cromwell CT Bushnell Park Champions Skating Center - Winterfest</td>
</tr>
<tr>
<td>28-Dec. 20</td>
<td>Dallas TX Galleria Ice Skating Center - Macy's Grand Tree Lighting Celebration</td>
</tr>
<tr>
<td><strong>December</strong></td>
<td></td>
</tr>
<tr>
<td>2-6</td>
<td>Knoxville TN Ice Chalet - The 27th Annual Nutcracker on Ice</td>
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<tr>
<td>5-6</td>
<td>Belmont CA Belmont Iceland - In The Mood for the Holidays</td>
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<td>Oak Lawn IL Oak Lawn Park District Ice Arena - Holiday on Ice</td>
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<tr>
<td>6-7</td>
<td>Pittsburgh PA RMU Island Sports Center - The Holiday Spectacular</td>
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<td>Westminster CA The Rinks-Westminster ICE - 5th Annual Westminster ICE Holiday Celebration</td>
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<tr>
<td>10-11</td>
<td>Honolulu HI Ice Palace Hawaii - Merry Christmas - Greetings from New York</td>
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<td>12</td>
<td>Breckenridge CO Stephen C. West Ice Arena - That was Then, This is Now</td>
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<td>12-14</td>
<td>Evanston IL Robert Crown Center - 40th Annual Nutcracker on Ice</td>
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<tr>
<td>12-14</td>
<td>San Francisco CA Yerba Buena Ice Skating Center - A Cartoon Christmas</td>
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<td>12-14</td>
<td>Oakland CA Oakland Ice Center-Sharks Ice - Holiday Lights by the Bay 2014</td>
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<td>Arlington TX ICE at The Parks - Holiday Show</td>
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<td>Danbury CT Danbury Ice Arena - Sugarplums &amp; Snowflakes Holiday Show</td>
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<tr>
<td>13</td>
<td>Anaheim CA The Rinks-Anaheim ICE - 20th Annual Anaheim ICE Holiday Spectacular</td>
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<tr>
<td>13-14</td>
<td>Redwood City CA Nazareth Ice Oasis - Rockin' Through the Holiday</td>
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<td>St. Louis MO Wayne C. Kennedy Rec Complex - The Holiday Celebration</td>
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<td>14</td>
<td>Fremont CA Sharks Ice @ Fremont - Skate a Holiday Present</td>
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<td>14</td>
<td>Boardman OH The Ice Zone - Holiday Cheer</td>
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<td>14</td>
<td>Valencia CA Ice Station Valencia - A Spirit of the Season</td>
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<tr>
<td>15</td>
<td>Findlay OH The Cube - Silver Blades FSC - Findlay Silver Blades Holiday Exhibition</td>
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<td>18</td>
<td>Flushing NY World Ice Arena - Annual Winter Wonderland Show</td>
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<td>Flushing NY Aerodrome Nutcracker - Lou &amp; Gib Reese Ice Arena - 10th Annual Holiday Ice Show</td>
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<td>20</td>
<td>Newark OH Rockett Arena - Viking Skating Club</td>
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<td>20</td>
<td>Salem MA Viking Skating Club's 3rd Annual Holiday</td>
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<td>20-22</td>
<td>Findlay OH World Ice Arena - Spring Showcase</td>
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<td>24-25</td>
<td>Newark OH Lou &amp; Gib Reese Ice Arena - 10th Annual Jane McConnell Spring Ice Show</td>
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<td>24-26</td>
<td>Park Ridge IL Oakton Ice Arena - Heroes and Villains</td>
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<td>28</td>
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<td>29</td>
<td>Flushing NY World Ice Arena - 6th Annual Show: Alice in Wonderland</td>
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Statement of Ownership, Management and Circulation

1. Title of Publication: Recreational Ice Skating 2. Publication No.: USPS 361-570 3. Date of Filing: 9-29-14 4. Frequency of Issue: Quarterly 5. No. of Issues Published Annually: Four (4) 6. Annual Subscription Price: $12. 7. Complete Mailing Address of Known Office of Publication: 6000 Custer Road, Bldg. 9, Plano, TX 75023 8. Complete Mailing Address of Headquarters or General Business Office of the Publisher: Ice Skating Institute, 6000 Custer Road, Bldg. 9, Plano, TX 75023 9. Full Names and Complete Mailing Address of Publisher, Editor and Managing Editor: Publisher, Ice Skating Institute, 6000 Custer Road, Bldg. 9, Plano, TX 75023; Editor, Lori Fairchild, 6000 Custer Road, Bldg. 9, Plano, TX 75023; Managing Editor, None. 10. Owner: Ice Skating Institute, 6000 Custer Road, Bldg. 9, Plano, TX 75023 11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities: None 12. Tax Status: Has Not Changed During the Preceding 12 months 13. Publication Title: Recreational Ice Skating 14. Issue Date for Circulation Data: 9/30/13-9/30/14 15. Extent and Nature of Circulation: A. Average No. Copies Each Issue During Preceding 12 Months (net press run): 30,988 Actual No. Copies of Single Issue Published Nearest to Filing Date: 37,400 B1. Average Paid and/or Requested Circulation Outside-County Mail Subscriptions: 29,490 Actual No. Copies of Single Issue Published Nearest to Filing Date: 36,510 B2. Average Paid or Requested Circulation In-County Subscriptions: 0. Actual No. Copies of Single Issue Published Nearest to Filing Date 0. B3. Average Sales Through Dealers and Carriers and other non-USPS Paid Distribution: 40. Actual No. of Copies of Single Issue Published Nearest to Filing Date: 34 B4. Average No. Copies of Other Classes Mailed Through the USPS: 18. Actual No. Copies of Other Classes Mailed Through the USPS: 17 C. Average Total Paid and/or Requested Circulation: 29,548. 5. Actual No. Copies of Single Issue Published Nearest to Filing Date: 36,561. D1. Average Free Distribution by Mail Outside-County: 599. Actual No. Copies of Single Issue Published Nearest to Filing Date: 575. D2. Average and Actual No. Copies Free Distribution In-County: 0. D3. Average No. Copies Free Distribution Other Classes Mailed through USPS: 10. Actual No. Copies of Single Issue Published Nearest to Filing Date: 10. D4. Average Free Distribution Outside the Mail: 29. Actual No. Copies of Single Issue Published Nearest to Filing Date: 26 E. Average Total Free Distribution: 638. Actual No. Copies of Single Issue Published Nearest to Filing Date: 611. F. Average Total Distribution: 30,186. Actual No. of Copies of Single Issue Published Nearest to Filing Date: 37,172. G. Average Copies not Distributed: 802. Actual No. Copies of Single Issue Published Nearest to Filing Date: 228. H. Average Total: 30,988. Actual No. Copies of Single Issue Published Nearest to Filing Date: 37,400. I. Average Percent Paid and/or Requested Circulation: 97.8%. Actual No. Copies of Single Issue Published Nearest to Filing Date: 98.3%. 16. Publication of Statement of Ownership will be printed in the Winter 2014 issue of this publication. 17. I certify that all information furnished on this form is true and complete: (signed) Elizabeth Kibat, Controller (date) 9/29/14
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

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
WHERE WILL ISI 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 Conference Championships**
May 22-24
Nashoba Valley Olympia
Boxborough, Mass.
Entry/test deadline: March 1
skateisi.org/conferencechamps

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

**ISI World Recreational Team Championships**
July 27-Aug. 1
Edge Ice Arena
Bensenville, Ill.
Entry/test deadline: May 1
skateisi.org/worlds

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