

recreational **IceSkating**

Winter 2014

**2015
Holiday
Card Gallery**

**Adult
Champs
Results &
Photos**



Clip-Out Section:
**Dance Step
Sequence Revisions**

**Scholarship Winners
& Application Tips**



YOU'RE ON COURSE TO MAKE HISTORY IN BOSTON!



ISI CONFERENCE CHAMPIONSHIPS

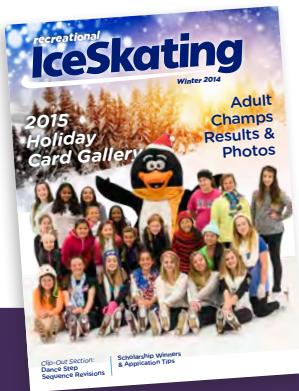
May 22-24

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



Minvi Duncan
Photography

what's inside

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Ice Skating Institute

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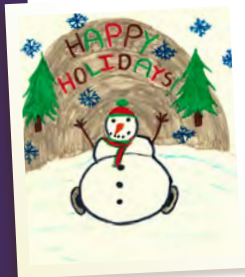
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4 Spotlight



6 ISI Holiday Card Gallery



9 Back to Boston for 2015 Conference Championships

10 Adult Champs Results & Gallery

12 Competitors' Corner



14 Clip-Out Section: New Dance Step Sequences

19 ISIA Education Foundation Scholarship Application Tips

20 2014 Scholarship Winners

22 Ask Mr. Edge About Skate Sharpening



23 Teams in Sync

24 My Coach Rocks!



26 Fun with Flip Adventures & Activities

28 Calendar

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spotlight



Marissa Lumpkin Wins Holiday Card Contest

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).



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 Jodeyne 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 *Iceplorations* (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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Srushti Vaidyanathan



Alice Harnly



Ainsley Johnson



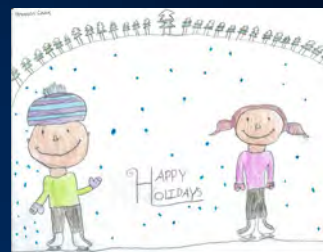
Alexandra Swink



Marissa Lumpkin

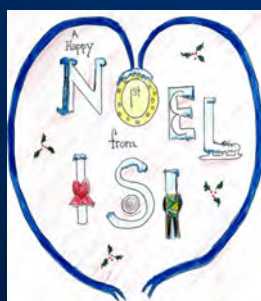


Alexandra Chan

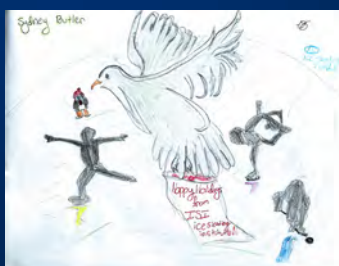


Hannah Chan

2014 Holiday Card Creativity Contest



Betty Sanfrey



Sydney Butler



Audrey Kawasaki



Sarah Rosenson



Sophia Chan



Danielle Tsai



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!



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!

ISI SYNCHRONIZED CHAMPIONSHIPS

April 10-12

Goggin Ice Center, Miami University
Oxford, Ohio

Entry deadline: Feb. 1

SKATEISI.ORG/SYNCHRO



by Lori Fairchild

It's Back to Boston for Conference Champs!

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. **RIS**



MORE INFO

skateisi.org/conferencechamps
skatenashoba.com
bostonusa.com

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More photos on ISI
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GabrielePhoto.com

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2014 ISI



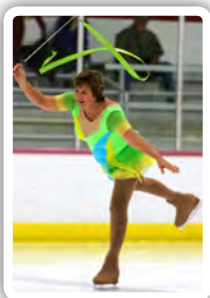
TBSA-Countryside



Sacred Heart University

TBSA-Countryside Does It Again!

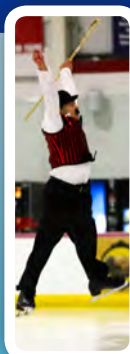
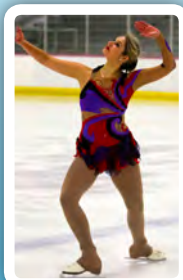
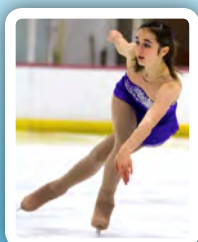
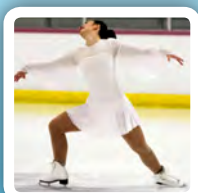
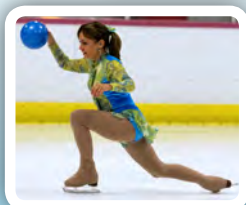
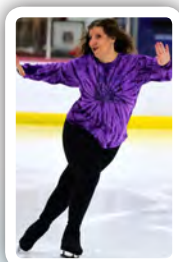
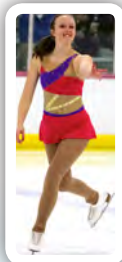
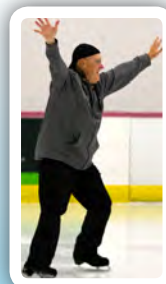
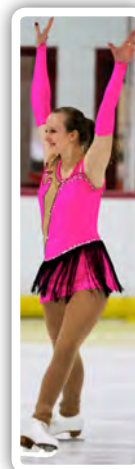
Tampa Bay Skating Academy-Countryside has earned the top spot at ISI Adult Champs for the 13th time, and the Sacred Heart University team has once again claimed the collegiate team trophy. This year's Adult Champs took place Oct. 10-12 at Floyd Hall Arena in Little Falls, N.J. Next year's competition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



TOP 10

| PLACE | TEAM | TOTAL POINTS |
|-------|--|--------------|
| 1 | Tampa Bay Skating Academy-Countryside | 366.5 |
| 2 | Ellenton Ice & Sports Complex | 209.0 |
| 3 | Arkansas Skatium | 149.0 |
| 4 | Cape Cod Ice | 143.0 |
| 5 | Skating Club of Greater Youngstown | 126.0 |
| 6 | Dr Pepper StarCenter- Farmers Branch | 76.0 |
| 7 | Sky Rink @ Chelsea Piers | 59.0 |
| 8 | FMC Aleixo Arena | 51.5 |
| 9 | Lloyd Center Ice Rink | 40.0 |
| 10 | International Gay Figure Skating Union | 39.0 |

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



ADULT CHAMPIONSHIPS





competitors' corner

BY KIM HANSEN | ISI National Skating Events Coordinator

2015

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! **RS**

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!

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- **ISI apparel** (5 winners)
- **A Flip gift package** (10 winners)

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

DANCE 9

Sarah Black
Vacaville Ice Sports
Vacaville CA

Christopher Davis
Robert Crown Center
Evanston IL

DANCE 8

Sarah Black
Vacaville Ice Sports
Vacaville CA

Lily Carone
Planet Ice
Johnstown PA

Christopher Davis
Robert Crown Center
Evanston IL

Brittany Stornetta
Vacaville Ice Sports
Vacaville CA

FREESTYLE 9

Sophia Richardson
Sioux Falls FSC
Sioux Falls SD

FREESTYLE 8

Kelly Beaulieu
Imperial Skating Academy
Lisbon CT

Nicole Kuhn
Imperial Skating Academy
Lisbon CT

Sam Mayer
Nashoba Valley Olympia
Boxborough MA

Olivia McDowell
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 Step Sequences

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.

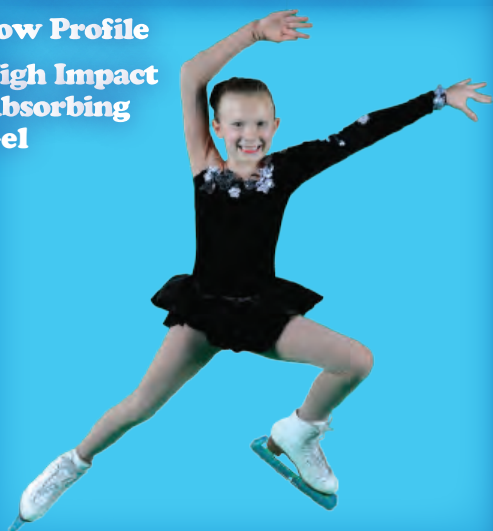
NOTE: While the steps listed in each sequence are required, the pattern may vary due to the strength and size of the skater. Quality, correctness and definition of the edges and turns should be the key factors in evaluating the dance step sequences.



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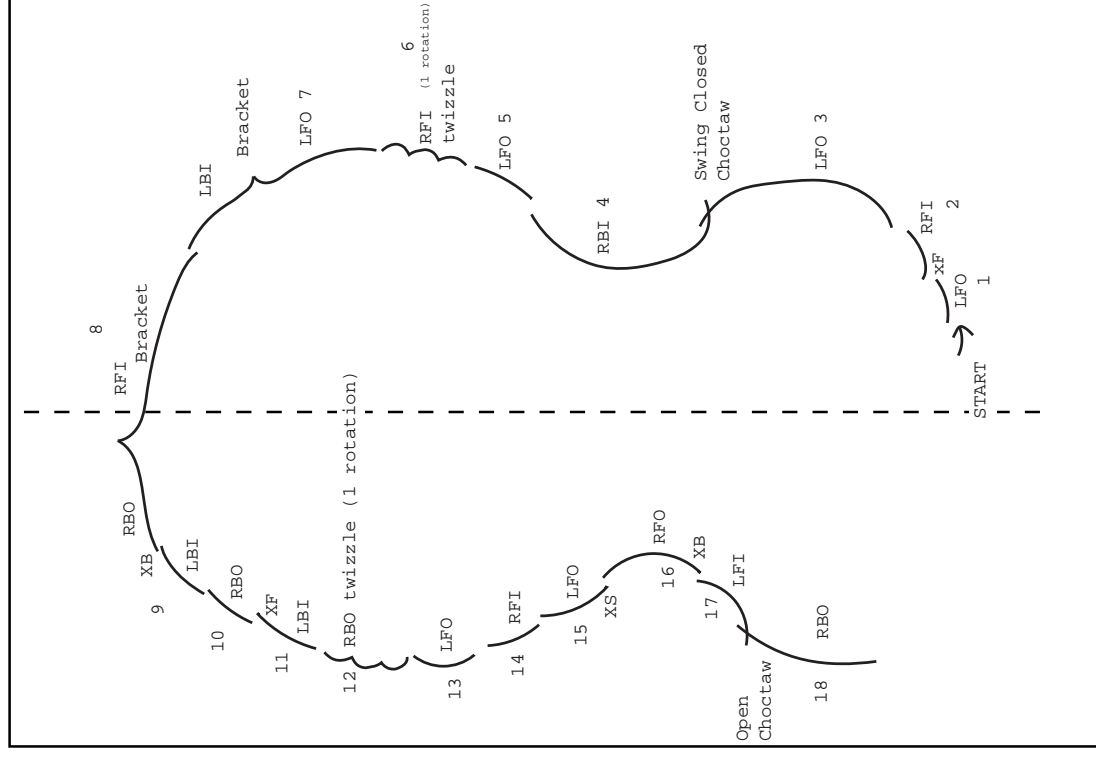
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ISI Freestyle 5, Couple 5 and 6

Dance Step Sequence



ISI Freestyle 5, Couple 5 and 6

Dance Step Sequence

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. 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.

ISI Freestyle 6 and Pair 5

Mandatory Dance Step Sequence

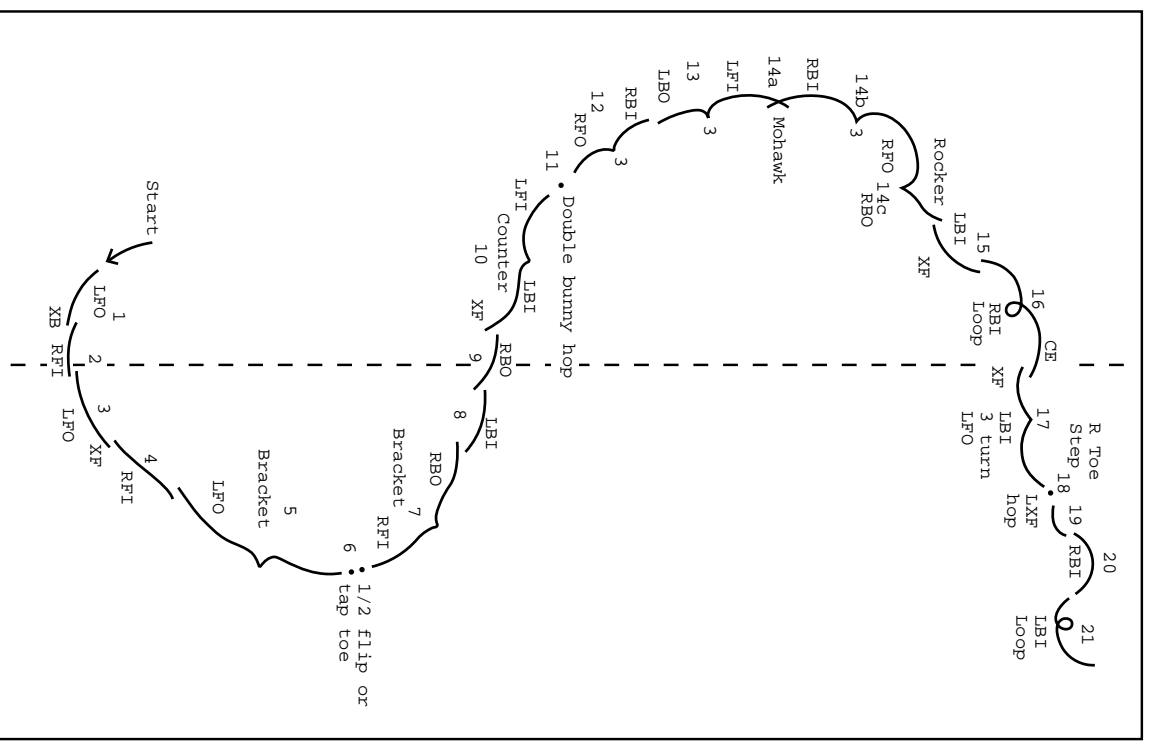
Loop.

- the skater's height.

- exit of the loop must cross.

- the loop must cross.

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





Dance Step Sequence

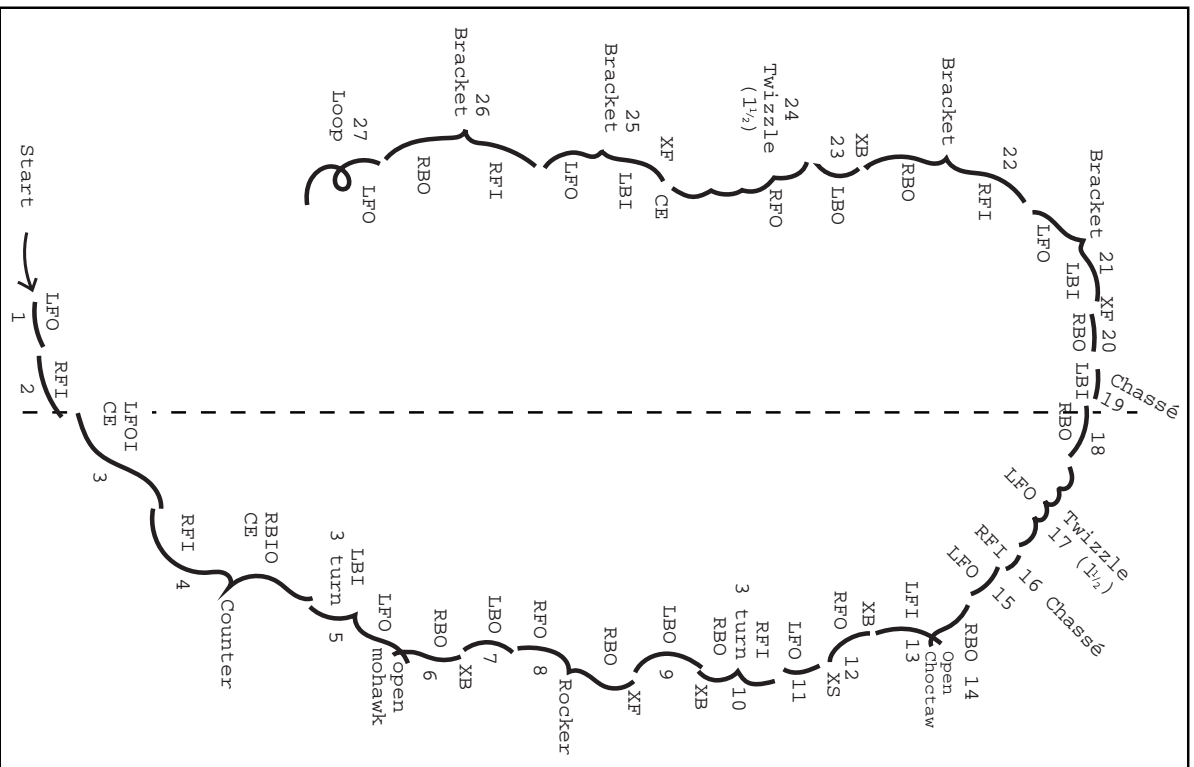
Dance Step Sequence

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



Freestyle 8, Couple 9 and Pair 7

Mandatory Dance Step Sequence



Freestyle 8, Couple 9 and Pair 7

Mandatory Dance Step Sequence

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

b. **Left Forward Outside 1½ Twizzle** A traveling turn initiated on the forward outside edge of the left foot with 1½ 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.

c. **Right Forward Outside 1½ Twizzle** A traveling turn initiated on the forward outside edge of the right foot with 1½ 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.

d. **Left Forward Outside Loop** A one-foot movement initiated on the left forward outside edge where the skater skates an oval pattern within a circle without changing direction or edge. The entry and exit of the loop must cross.

Scholarship Application

Tips

by Robyn L. Bentley-Graham, CAM, CAP, CAO
ISIA Education Foundation Secretary

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. **RIS**

2014 Scholarship

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.

"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."



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

ISI National Competitions: Winter Classic (2008)

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



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

ISI National Competitions: Worlds (2007-08, 2012-13), Winter Classic (2009), Synchronized Championships (2008)

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 best part of ISI is that I have never felt out of place for being a teenager just learning how to skate. I have never experienced the stereotypical, drama-filled life of a skater with obsessive parents and ugliness at competitions. Instead, I have been able to give 110 percent at practice and to help inspire others to do the same thing. Being one of the older girls at the rink, I know that the younger girls watch me as an example and I try my best to show good sportsmanship and promote volunteering at all of the local competitions."

"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 knew 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."



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

ISI National Competitions: Worlds (2004, '11)

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)

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



"ISI has allowed me to pursue my love and passion for skating in many different ways, including individual and synchronized skating, competing and coaching. I always take every opportunity to share my love of skating with others. I love working with kids and being able to find any way for a child to understand skating. Coaching builds my confidence and skills in teaching individuals and groups."

"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."



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

ISI National Competitions: Worlds (2009, '13), Winter Classic (2010, '14)

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!

APPLICATION DEADLINE IS MARCH 1

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



ERIN SPRENGER, 2012



CARLY POTTS, 2014



DANIEL KULENKAMP, 2014



MELISSA FELPS, 2011



SONIA RICHMOND, 2013

1 Maintain at least a 3.0 GPA.

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

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

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

ISIA Education FOUNDATION

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



Sharpen Your Blades Regularly and Skate Safely

Ask Mr. Edge

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

- Carbon or stainless steel blades; stainless holds an edge much longer
- Weight of skater

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. **RIS**

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.



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.

Teams in Sync

Stars of Austin Figure Skating Club Pflugerville, Texas

Coaches: Dawn Dudley & Cathryn Tremewan

Season: September-August

Website: starsofaustrinfsc.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

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.

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

Austintatious Stars Adult Skating Team

Current Membership:

9 team members age 16-40

Team Color: Red



Super Stars Adult Formation Team

Super Stars Adult Formation Team

Current Membership:

8 members age 17-60

Team Color: Teal

Sparkling Stars Teen Skating Team

Current Membership:

10 members age 12-17

Team Color: Pink



Sparkling Stars Teen Skating Team

Sparkling Stars Senior Youth Advanced Formation Team

Current membership:

16 members age 8-16

Team Color: Pink



Sparkling Stars Senior Youth
Advanced Formation Team

MY COACH ROCKS!

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



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.



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.



(front: David Giammona; back, from left: Jenni Morel, Coach Laurie Burns, Elana Hamovitch and Melinda Clark)

LAURIE BURNS

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.

MY COACH ROCKS!

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.



RACHEL BAILEY & SEBASTIEN GEERENS

Our coaches rock! Rachel Bailey and Sebastian 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



(from left: Coach Sebastian Geerens, James Barrows, Jasmin Barrows, Coach Rachel Bailey)

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



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FLIP'S FUN WINTER WORD SEARCH

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| T | O | W | C | D | I | B | N | S | P |
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| O | E | K | S | F | W | N | B | E | P |

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.)

FROZEN
GLIDING
ICICLE
MITTENS
PEPPERMINT
POND
SKATER
SLED
SNOWMAN
WINTER



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.



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 **Marlboro MA**
FMC Navin Arena
Icicle Invitational



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

5-7 **Northbrook IL**
Northbrook Sports Center
2014 Northbrook Winter Welcome
5-7 **White Bear Lake MN**
White Bear Lake Sports Center
2014 White Bear Lake Holiday Open
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



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

13-15 **Oxford OH**
Goggin Ice Center

2015 ISI Miami Open Team Competition

13-15 **Niles IL**
Niles Park District Iceland Arena
Sweetheart Open

21 **Brockton MA**
FMC Asiaf Arena
Skate for the Love of It

21 **Oak Lawn IL**
Oak Lawn Park District Ice Arena
Reach for the Stars

28-March 1 **Newark OH**
Lou & Gib Reese Ice Arena
2015 Newark ISI Spring Open

march

6-8 **Park Ridge IL**
Oakton Ice Arena
Ice Breaker Classic

7-8 **Natick MA**
FMC William Chase Arena
Annual ISI Competition

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

april



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

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. 555 N Nash St, El Segundo CA 90245

TOYOTA
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20-Feb. 20 **Cromwell CT**

Bushnell Park Champions Skating Center
Bushnell Park Exhibition Series -
Winterfest

28-Dec. 20 **Dallas TX**

Galleria Ice Skating Center
Macy's Grand Tree Lighting Celebration

december

2-6 **Knoxville TN**

Ice Chalet
The 27th Annual Nutcracker on Ice

5-6 **Belmont CA**

Belmont Iceland
In The Mood for the Holidays

6 **Oak Lawn IL**

Oak Lawn Park District Ice Arena
Holiday on Ice

6-7 **Pittsburgh PA**

RMU Island Sports Center
The Holiday Spectacular

8 **Westminster CA**

The Rinks-Westminster ICE
5th Annual Westminster ICE Holiday
Celebration

10-11 **Honolulu HI**

Ice Palace Hawaii
Merry Christmas - Greetings from
New York

12 **Breckenridge CO**

Stephen C. West Ice Arena
That was Then, This is Now

12-14 **Evanston IL**

Robert Crown Center
40th Annual Nutcracker on Ice

12-14 **San Francisco CA**

Yerba Buena Ice Skating Center
A Cartoon Christmas

12-14 **Oakland CA**

Oakland Ice Center-Sharks Ice
Holiday Lights by the Bay 2014

13 **San Jose CA**

Sharks Ice @ San Jose
Skate a Holiday Present

13 **Pekin IL**

Pekin Park District Memorial Arena
Winter Wonderland Skate Expo

13 **Arlington TX**

ICE at The Parks
Holiday Show

13 **Danbury CT**

Danbury Ice Arena
Sugarplums & Snowflakes Holiday Show

13 **Anaheim CA**

The Rinks-Anaheim ICE
20th Annual Anaheim ICE Holiday
Spectacular

13-14 **Redwood City CA**

Nazareth Ice Oasis
Rockin' Through the Holiday

14 **St. Louis MO**

Wayne C. Kennedy Rec Complex
The Holiday Celebration

14 **Fremont CA**

Sharks Ice @ Fremont
Skate a Holiday Present

14 **Boardman OH**

The Ice Zone
Holiday Cheer

14 **Valencia CA**

Ice Station Valencia
A Spirit of the Season

18 **Findlay OH**

The Cube
Silver Blades FSC
Findlay Silver Blades Holiday Exhibition

20 **Flushing NY**

World Ice Arena
Annual Winter Wonderland Show

20 **Houston TX**

Aerodrome
Nutcracker

20 **Newark OH**

Lou & Gib Reese Ice Arena
10th Annual Holiday Ice Show

20 **Salem MA**

Rockett Arena
Viking Skating Club
Viking Skating Club's 3rd Annual Holiday

Exhibition

20 **Wasilla AK**

Brett Memorial Ice Arena
iholiday-Christmas Ice Show

21 **Johnstown PA**

Planet Ice
2014 Holiday Show

march

7-8 **St. Louis MO**

Wayne C. Kennedy Rec Complex
Annual Ice Recital

8 **Salem MA**

Rockett Arena
Viking Skating Club
Welcome to the British Invasion

20-22 **Findlay OH**

The Cube
Silver Blades FSC
Ice Classics Monopoly - Ruby Edition

28 **Flushing NY**

World Ice Arena
Spring Showcase

april

24-25 **Newark OH**

Lou & Gib Reese Ice Arena
10th Annual Jane McConnell Spring Ice
Show

24-26 **Park Ridge IL**

Oakton Ice Arena
Heroes and Villains

may

8-10 **Northbrook IL**

Northbrook Sports Center
Northbrook-On-Ice 2015

june

20-21 **Boxborough MA**

Nashoba Valley Olympia
Ice Magic 2015 - Hollywood

28 **Flushing NY**

World Ice Arena
6th Annual Show: Alice in Wonderland



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St. Peters Rec-Plex
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skateisi.org/winterclassic



ISI Synchronized Championships

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



ISI Conference Championships

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



ISI World Recreational Team Championships

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



ISI Adult Championships

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



ISI Holiday Challenge

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

