Be a Sport!
Come to WORLDS in the Windy City

Competition Galleries
Why Is Your Coach a Judge?
What ISI Means to YOU
GET IN THE GAME
FOR WORLDS OF
FUN IN
CHICAGO!

WORLD RECREATIONAL
TEAM CHAMPIONSHIPS

July 27-Aug. 1
Edge Ice Arena &
West Meadows Ice Arena,
Bensenville &
Rolling Meadows, IL
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
Rolling Meadows Park District Skaters
Colleen Gallagher/Lifetime Treasures Photography

4 Spotlight

6 Be a Sport! Come to Worlds in the Windy City

8 Dance 10 Profile: Christopher Davis

10 Pasadena Takes the (Holiday) Challenge!

12 Holiday Challenge Gallery

14 St. Peters Wins Winter Classic

16 Winter Classic Gallery

18 What ISI Means to You!

20 ISIA Foundation Report: It’s Showtime!

22 Competitors’ Corner

24 The Healthy Skater

26 Teams in Sync

28 Calendar
Spotlight

Holiday Giveaway Winners Announced

Congratulations to the following winners of the Recreational Ice Skating magazine Holiday Giveaway.

- **Grand Prize** (individual event entry for four events at any 2015 ISI national competition):
  - Dana Ginsberg, Oakton Ice Arena

- **ISI apparel**:
  - Rina Canute, Sharper Edge
  - Rachel Anderson, FMC Navin Rink
  - Kaitlyn Garcia, Oak Lawn Ice Arena
  - Janie Moore, Dublin Chiller/Skating Club of Central Ohio
  - Ashley Morrell, Norwich Rose Garden Arena

- **Flip gift package**:
  - Sarai Cruz, Yerba Buena Ice Skating Center
  - Ksenia Koroleva, Nazareth Ice Oasis
  - Katherine Celli, St. Peters Rec-Plex
  - Jacey Thomas, Eagan Skating School
  - Courtney Bunch, Iceoplex Simi Valley
  - Kyle Thompson, Brett Ice Arena
  - Erin Darang, Brookings Figure Skating Club
  - Jessica Han, Wonderland of Ice
  - Cori Toomer, Aliso Viejo Ice Palace
  - Taylor Browning, SkateNation Plus

Fritz Dietl Ice Rink’s Vintage Zamboni Gets a Facelift

The Fritz Dietl Ice Rink recently gave its 1956 vintage, working Zamboni ice resurfacing machine a special facelift with the official Zamboni signature of the time. This Model F #60 (right) has resurfaced the ice for thousands of skaters in Westwood, N.J. since 1958. The Model F was used during the 1960 Winter Olympic Games in Squaw Valley, Calif. and was among the first mechanical ice resurfacers used at the Olympic Games.

Send ice skating news, announcements, creative works and letters to the editor to editor@skateisi.org.
Play to Win at Adult Champs in Vegas!

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

skateisi.org/adultchamps

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Jane Schaber
Phone: 763.717.3891
Email: jschaber@superrink.org

Anna Leik
Phone: 763.717.3209
Email: aleik@superrink.org

At the Schwan Super Rink • JULY 9–11, 2015 • skating.nscsports.org
Be a Sport!

Come to Worlds in the Windy City!

by Eileen Viglione

Guess where the 2015 ISI World Team Championships is headed this summer? Hint: Birthplace of Walt Disney (the founder) and the Ice Skating Institute. No, it’s not Florida or California. Think pizza — mouth-watering, deep-dish pizza. If you guessed Chicago, you’re right!

THE VENUE

ISI returns to the Windy City July 27-Aug. 1 to host its annual, premier recreational ice skating competition based at the Edge Ice Arena in Bensenville, Ill., with events also scheduled at West Meadows Ice Arena in nearby Rolling Meadows, Ill.

Located in the 88-acre Redmond Recreational Complex, the Edge is home to the Chicago Blues, Chicago Steel and Robert Morris University Eagles. The facility showcases three NHL-size surfaces, plus a 2,500-seat arena with nine luxury sky suites, three concession stands and a pro shop.

The complex is an outdoor enthusiast’s playground, complete with 50-foot climbing wall, ropes course, in-line skating rink, skateboard park, aquatic center and sand volleyball pit, plus a large lake and wetland preserve.

The Village of Bensenville is situated in DuPage County, a popular Midwest destination due to its convenient proximity to O’Hare International Airport and downtown Chicago. Aside from numerous recreational outlets, including White Pines Golf Club, visitors will enjoy shopping ’til they drop and satisfying their food cravings right in the heart of Bensenville, which is brimming with unique stores and restaurants. There’s even an intimate theater presenting current Hollywood movies at bargain rates. What’s more, on Wednesday evenings from
June through August, the village hosts its annual Music in the Park and Car Show.

For those who want to venture a little farther, it’s just a quick drive or train ride into world-renowned Chicago, the third-largest city in the United States. Boasting approximately 200 theaters, 200 art galleries, 7,000 restaurants and a multitude of acclaimed museums — most offering free admission — this dynamic metropolis has something for everyone. Chances are, you won’t have enough time to experience all it has to offer.

Take a trip, if you dare, to Navy Pier, where you can hop aboard the iconic, 150-foot Ferris wheel. Experience a riveting, virtual journey through time and space at the Adler Planetarium or enjoy the astounding, panoramic view from the Skydeck of the tallest building in the United States, Willis Tower (formerly known as Sears Tower). A visit to Shedd Aquarium or the Lincoln Park Zoo — one of the last remaining free-admission zoos in the country — won’t disappoint those of all ages. And baseball fans will surely want to hear the sweet sound of the bat cracking the ball at the legendary Wrigley Field or U.S. Cellular Field (formerly Comiskey Park).

THE COMPETITION
ISI Worlds is considered the largest annual recreational ice skating competition on the planet. Competitors hail from all parts of the United States and several foreign countries.

Participants have the option of choosing from more than 25 skating event categories for individuals, partners, groups and teams.

The Worlds entry and testing deadline is May 1. Special discounted fees apply to the featured individual and partner events listed in the top right corner of the entry form. The more events you enter, the more points you accumulate for your team and the greater the chance of earning medals and capturing first place. The team with the most collective points goes home with the Michael Booker Trophy, named for the British figure skating champion, Olympian, former ISI president and famed coach.

For entry forms and other event information, including a tentative schedule, hotel list and past Worlds results, please visit skateisi.org/worlds. Be sure to watch the page for updates over the next few months leading up to the competition.

COMPETITORS’ PARTY & CLINICS
Get ready to celebrate Worlds at ISI’s annual Competitors’ Party, held this year from 7:30-10 p.m. Wednesday, July 29, at Bensenville Water Park & Splash Pad. This 2,527-foot water park will be our private paradise for the evening. (See pg. 9 for details).

On Thursday, July 30, you won’t want to miss ISI’s fabulous skating event categories for individuals, partners, groups and teams. The Worlds entry and testing deadline is May 1. Special discounted fees apply to the featured individual and partner events listed in the top right corner of the entry form. The more events you enter, the more points you accumulate for your team and the greater the chance of earning medals and capturing first place. The team with the most collective points goes home with the Michael Booker Trophy, named for the British figure skating champion, Olympian, former ISI president and famed coach.

For entry forms and other event information, including a tentative schedule, hotel list and past Worlds results, please visit skateisi.org/worlds. Be sure to watch the page for updates over the next few months leading up to the competition.

ARE YOU A CHICAGO BRAINIAC?
While I enjoyed my visit to Boston this winter — I was especially flappin’ out over all that “white stuff” — I’m already flappin’ my wings in excitement over my upcoming trip to Worlds in Chicago this summer.

I’ve got my sights set on riding the giant Ferris wheel at Navy Pier — you do know that we penguins can’t fly, right? — and exploring all that this fun city has to offer.

Let’s see if you can figure out some interesting facts about Chicago that I never knew — blame it on my species!

1. The ________ was invented by Chicogoan Jimmy Dewar in 1931 and was originally filled with banana cream.
2. Chicago is home to ____________, the world’s largest cookie and cracker factory and __________, the biggest ice cream factory in the world.
3. The first __________ made its debut in Chicago in 1893 and is 15 stories high.
4. __________ skates were created in this city.
5. When you use a ________ to close up your jacket, you can thank the late Whitcomb L. Judson of Chicago.
6. The first All-Star_________ __________ was played in the __________ City, a nickname for Chicago.

Answers:
3. Ferris wheel
6. Twinkie, Keebler Navigator, Whipple
5. Zipper
2. Nabisco, Keebler
1. Twinkee, Twinkie
4. Roller
“If you never try, you’ll never know.”

Just ask ISI’s latest Dance 10 Skater Christopher Martin Davis.

A 21-year-old college sophomore, Davis has been ice dancing for six years. His interest in this style of skating, however, was not immediate. In fact, he was resistant to it, preferring to focus on freestyle skating. Amazing what a difference an instructor can make! With a whole lot of coaxing from his coach, Christopher Hyland, who believed that ice dancing would improve his posture and basic skills, Davis reluctantly decided to give it a shot.

Over time, as he progressed to higher levels of dance and free dance, he realized to his astonishment that he enjoyed dancing immensely. He had discovered a whole new sense of freedom on the ice.

“Dancers interpret many different styles of music and create lifts and choreography that no one has ever done before,” Davis shares excitedly. “This is in stark contrast to freestyle where many, but not all, programs look almost identical.”

The most challenging aspect of ice dancing is the amount of time skaters need to spend on the most minute details, he explains. “It is common to spend hours on one section of a dance to make sure both partners are doing the right steps, with correct timing and proper frame, all while interpreting the music.”

A skating instructor and former ISI Worlds champion at both the Beta and Freestyle 5 levels, Davis currently skates with Bulgarian representative Mina Zravkova, and they recently won the Bulgarian Junior Ice Dance title. His home rinks in Illinois include the Robert Crown Ice Center in Evanston (where he coaches), the Centennial Ice Arena in Wilmette and Fox Valley Ice Arena in Geneva.

At one point, Davis was in high demand as a dance partner as the number of female ice dancers far outweighs male participants. “I wish more boys would try ice dance,” he says, “because I see girls who don’t pursue it because they are unable to get a partner immediately.”

Christopher Hyland has been coaching Davis for 10 years. “Chris is a very dedicated and hard-working dance student,” he says. “His attention to detail and strong work ethic are his greatest strengths. He’s always up for a new challenge.

“He is a very diverse young man and all-around good person,” Hyland adds. “Chris excels at most anything he does, whether it’s singing internationally with the Chicago Children’s Choir, carrying a perfect GPA in school or training to compete nationally in ice dance.”

Speaking to the ISI Dance 10 test, Davis notes that he took it on a whim. “I used it to give myself more experience performing under pressure,” he says. “It is meaningful to me because it demonstrates how far I’ve come since I started skating at the Pre-Alpha level.” The most challenging aspect of the test is doing all three dances back to back, he adds. “It required a complete reset so I could focus on the next dance’s unique technical aspects as well as the character of the dance.”

Davis completed the test at the 2014 Conference Champs at the Edge Ice Arena in Bensenville, Ill. Based on his personal experience, he believes that every skater should attempt dance as they may find it surprisingly rewarding. It’s also a terrific supplement for free skaters who want to improve their musicality, speed, basic skating skills and performance quality, he explains.

A huge fan of ISI, Davis feels that ISI testing and competitions are successful at encouraging more people to participate in the sport. With its unique programs, the organization offers something for everyone, he adds. “With programs such as interpretive events and adult competitions, ISI has done a wonderful job as an ambassador of figure skating.”

Davis’ advice for fellow skaters? “Go for it! Talk to other skaters at the rink to see if there is a local coach who specializes in dance,” he suggests. “You should also check with your rink to see if it offers group classes. Try to see if some of your friends will take it with you. It will be much more productive if you have peers to compare yourself with.”

A true creative, Davis enjoys writing as well as skating and singing, and hopes to pursue a career in journalism. He’s also interested in political issues regarding human rights and animal welfare, and credits his family for being supportive of all his endeavors.

by Eileen Viglione
Splash the night away with fellow Worlds’ participants and family at this year’s Worlds Competitors’ Party at Bensenville Water Park & Splash Pad.

This fabulous water park will be our private paradise for the evening. Zip down the 155-ft. water slide, do a cannonball off the diving board or cool off under one of the many misting jets. And don’t forget to grab your friends for a fun game of volleyball. A DJ will also be on hand to get the party started – Worlds style!

Don’t miss out on the fun! Order your advance tickets for the Competitors’ Party today.

### Tickets

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Cost</th>
<th>Quantity</th>
<th>Cost</th>
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<tr>
<td>Adults 21 and over</td>
<td>$10</td>
<td>_______</td>
<td>_____</td>
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<tr>
<td>Ages 4-20</td>
<td>$15</td>
<td>_______</td>
<td>_____</td>
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<tr>
<td>Ages 3 and under</td>
<td>Free</td>
<td>_______</td>
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**TOTAL COST** $ ________

Orders must be received in the ISI office by July 15. Please pick up your tickets at the ISI Worlds registration desk. If not sold out, tickets will also be available at the registration desk at the Edge Ice Arena.

**Payment Method:**

- [ ] Check/Money Order
- [ ] Visa    [ ] MasterCard
- [ ] Discover [ ] Amex

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

**NAME FOR TICKET PICKUP AT REGISTRATION**

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**CARD #**

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**EXP. DATE**

---

**BILLING ADDRESS**

---

**CARDHOLDER’S NAME**

---

**SIGNATURE**

---

**TELEPHONE (REQUIRED)**

---

**EMAIL ADDRESS**

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**NO REFUNDS**
Pasadena Ice Skating Center was the team champion at this year’s Holiday Challenge in Southern California. As always, Holiday Challenge provided the perfect opportunity for individuals, groups and teams to “rehearse” their holiday show performances. Candy Goodson of Sharks Ice at San Jose outdid herself with her teams’ “Snow” theater production number featuring all of her synchro teams.

We also enjoyed another inspiring performance by 89-year-old Yvonne Dowling, who epitomizes the concept of “aging gracefully.”

Our sincere thanks and appreciation go to Randy Winship and his staff at Pasadena Ice Skating Center, Darin Mathewson of Pickwick Ice and Linda Stroh of Ice Station Valencia. They were instrumental in making our final national event of 2014 a happy memory for all involved.

The 2015 Holiday Challenge is set for Dec. 4-6 at the Dr Pepper StarCenter in McKinney, Texas.
You bring your **all** to the ice

We’ll help you get it there.

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More photos on ISI Facebook page and at GabrielePhoto.com
HOLIDAY CHALLENGE

RECREATIONAL ICE SKATING, SPRING 2015
St. Peters Wins Winter Classic

The 30th Annual ISI Winter Classic ended just before the snow hit St. Louis on Valentine’s Day weekend, with host facility St. Peters Rec-Plex claiming the Robert Unger Trophy for most team points.

The Winter Classic events ran smoothly all weekend on three surfaces in the Rec-Plex’s two rink buildings. Skaters ranging in age from 3 to 61 represented teams from seven states.

Synchro teams were well represented this year, a fitting prelude to the 2016 ISI Synchronized Championships scheduled for the Rec-Plex. The competition also saw many Footwork events, the featured 2015 event. Apple Valley Sports Arena’s Extravaganza Production number to “High School Musical” concluded the three-day Winter Classic.

Special thanks to Heather Hyatt, Heather Dirksen and Phil Boettge for their time, energy and support of ISI.

The 2016 Winter Classic is set for Feb. 12-14 at RDV Sportsplex Ice Den in Orlando.

<table>
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<tr>
<th>PLACE</th>
<th>TEAM</th>
<th>TOTAL POINTS</th>
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<td>1</td>
<td>City of St. Peters Rec-Plex, St. Peters MO</td>
<td>1075.5</td>
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<td>2</td>
<td>Joliet Park District, Joliet IL</td>
<td>903.0</td>
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<tr>
<td>3</td>
<td>Apple Valley Sports Arena, Apple Valley MN</td>
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<td>4</td>
<td>Webster Groves Ice Arena, Webster Groves MO</td>
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<tr>
<td>5</td>
<td>Edge Ice Arena, Bensenville IL</td>
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</tr>
<tr>
<td>6</td>
<td>Line Creek Ice Arena, Kansas City MO</td>
<td>332.0</td>
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<td>7</td>
<td>Washington Park Ice Arena, Jefferson City MO</td>
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<tr>
<td>8</td>
<td>University of Illinois Ice Arena, Champaign IL</td>
<td>250.0</td>
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<td>9</td>
<td>Wayne C. Kennedy Rec Complex, St. Louis MO</td>
<td>216.0</td>
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<tr>
<td>10</td>
<td>Dr Pepper StarCenter McKinney, @Craig Ranch, McKinney TX</td>
<td>136.5</td>
</tr>
</tbody>
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For a complete list of teams and results, go to skateisi.org/winterclassic

Turn the page for the Winter Classic photo gallery.

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Find out how to advertise your ice skating products and services in Recreational Ice Skating! Contact Carol Jackson at (972) 735-8800 or cjackson@skateisi.org.
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World Medalist
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World Medalist
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WINTER CLASSIC
If you are receiving Recreational Ice Skating magazine, you are likely a current ISI administrative, professional or individual member. If you did not personally sign up to be a member, then you are probably enrolled in ice skating lessons at an arena that processed your individual membership for you. So, why did they do that? What does ISI do? What is its role in the skating world?

The Ice Skating Institute is a nonprofit association designed to promote interest and encourage participation in ice skating worldwide. Formed in 1959, the ISI has developed copyrighted learn-to-skate and recreational figure skating and hockey programs that are used by arenas and skating schools to teach the basic skills of skating and, once mastered, provide an endorsed competition program that allows members to compete against other skaters of similar age and ability in a variety of figure skating events for singles, couples and teams.

The Ice Skating Institute (of America) recreational ice skating program was the first national learn-to-skate curriculum in the United States and has exposed tens of millions of people to the joys of skating over the past 50 years. Today, ISI has evolved into an international organization with affiliated members across the United States as well as Europe, Central America the Middle East and Asia.

One of the objectives of ISI is to provide a firm foundation of skating skills upon which each skater can build in order to pursue their sport, whether it is figure skating or ice hockey.

Unlike some other organizations, ISI is not designed to select World and Olympic team skaters, although we are proud to say that many — including Dorothy Hamill, Michelle Kwan, Sasha Cohen, Evan Lysacek and this year’s U.S. National Champions Ashley Wagner and Jason Brown — got their start in ISI. Instead, ISI seeks to develop lifelong skaters through a program that encourages “participation, not elimination.” Understanding that not all individuals have the desire, time, ability or wherewithal to become elite competitors, ISI focuses its efforts on instilling a love of the sport(s) by developing not only sound skating skills but also valuable life skills that will benefit participants no matter what path they may pursue in the future.

An often-quoted example of the “sports pyramid” that is typical of many sports throughout the world illustrates how, in America, approximately 350,000 figure skaters are whittled down to only 12 to 18 that make it to the World or Olympic team — excluding synchronized skating, which includes approximately 50 more. Another example related specifically to ice hockey in Canada showed that out of over 22,000 players that played in the Ontario Minor Hockey Association one year, only 22 ever played a game in the NHL.
In other words, the odds of becoming a champion skater or hockey player are slim, but that doesn’t mean that kids — and adults — shouldn’t be able to pursue and compete in the sports they love. Those who have the God-given ability along with all of the other requirements such as parental support, work ethic and quality coaching will rise to the top. But for the vast majority who don’t possess all of the requirements, it shouldn’t mean that they can’t enjoy the sport or activity they love.

That is what ISI is all about: developing skaters’ interests, teaching them the basic skills, introducing them to competition and then providing them with a lifelong avenue to continue pursuing their passion.

So, whether you’re a young aspiring Olympian or an avid adult skater, ISI offers a variety of tried and trusted programs to fulfill your skating needs. And if you make it onto the world stage, in whatever capacity, we’ll be your number one supporter!

ISI seeks to develop lifelong skaters through a program that encourages "participation, not elimination."

Peter Martell is the executive director of the Ice Skating Institute.

ISI’s recreational ice skating program was the first national learn-to-skate curriculum in the United States and has exposed tens of millions of people to the joys of skating over the past 50 years.
Skaters across the country are busy preparing for the 2015 ISI World Recreational Team Championships and their trip to Chicago. While tending to the technical work that is required, thoughts always drift to the camaraderie, fun and excitement that the week is guaranteed to provide.

When it comes to excitement, nothing compares to the experience of the annual ISIA Education Foundation Benefit on Ice show. The 2015 production will be held on Friday evening, July 31, at the Edge Ice Arena in Bensenville, Ill.

The identity of our celebrity special guest skater will be announced soon. Among the Benefit stars of the past are skaters who began in the ISI Recreational Ice Skating Program and went on to become champions, including Sasha Cohen, Emily Hughes, Ryan Bradley, Mirai Nagasu, Evan Lysacek and Ashley Wagner.

As in previous years, this year’s Benefit on Ice featured guest will be available for a meet-and-greet session immediately following the show, offering photo opportunities and autographs.

The guest skater will be a major highlight of the Benefit show, but he or she will certainly not be the evening’s only star. Every ISI Worlds competitor is a potential star; representing the true diversity and inclusion of the Ice Skating Institute, skaters selected throughout the competition week will be invited to give repeat performances of their Worlds numbers for the Benefit on Ice audience. Every skater, at every skill level and in all event categories, has the same opportunity to be chosen to star in the show, so be sure to schedule your travel plans to include the Friday night show!

Don’t forget the Education Foundation’s raffle, in which two solo performances in the show will be awarded to the lucky winners. Raffle tickets will be sold at Worlds Monday through Wednesday for $5 each or five for $20. The drawing will be held on Wednesday evening, July 29 at the competitors’ party.

Advance general admission tickets are available through July 15 for $25, using the order form on the inside back cover of this issue or on the ISI website. Seating is limited and sold-out Benefit on Ice shows are not unusual, so please place your order early. The advance group rate for 10 or more tickets is $20 each, making it ideal for your rink or synchro team. Prepaid tickets will be available for pick-up at the Worlds registration desk. If the show is not sold out, tickets will be available at registration or at the door for $30 each.

All proceeds from both the raffle and the Benefit Show will be used to endow the ISIA Education Foundation annual scholarships awarded each May. What a great opportunity to make a difference and have some fun at the same time!

Recent Donations

Special thanks and appreciation go to the following generous individuals and groups who have recently made donations to support the ISIA Education Foundation and its scholarship program. For information on tax-deductible donations and memorial or honorary gifts, please go to skateisi.org/foundation.

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Anastasia Cannuscio & Colin McManus
National Figure Skating Championships Competitors
Bronze Medalists U.S. International Figure Skating Classic
Bronze Medalists Finlandia Trophy
Photo by Tisa Della-Volpe

Ice Arenas
Why Is Your Coach a Judge?

One of the most significantly different aspects of ISI competitions is the fact that the panel of judges evaluating our events is made up of coaches. This has been a subject of much discussion at times, especially after a nationally televised figure skating event such as the Olympics or the U.S. Championships. Anyone who has watched one of these competitions knows that the judges are the judges, and they are most certainly not the coaches. So why then, does ISI use coaches on our panels?

The answer goes all the way back to the beginning of ISI competitions in 1969. At that time, the founding members of the Institute were eager to develop a new type of event that would encourage team participation and include skaters of all levels of ability and achievement. The idea of using independent judges for these competitions and for general testing was considered but, according to past president and ISI founder Michael Kirby, was determined to be unnecessary. His point was that in every educational facility, teachers had been “judging” their students with periodic tests and exams for centuries. Why not in skating? Who better to evaluate the progress and achievement of their skaters than the teachers teaching the material?

This concept, while genuine in its ideology, led some to believe that fair judging would be impossible to achieve if the coach had a say in the outcome of his or her own student’s result. In addition, there was a concern that just having the teaching tools alone did not make one a fair and competent judge.

Both of these points were taken into consideration and became the basis for the Judge Certification Program that ISI uses today. If your coach is a certified ISI judge, he or she has already taken several steps to demonstrate expertise and understanding of the ISI competition standards and rules.

There are five different levels of judging certification that are achieved through comprehensive testing. Your coach must have passed at least one of these tests to be sitting on a panel. Many have passed all of them. If your coach is a Gold-certified judge, he or she is very knowledgeable in all the various events and knows how to fairly and accurately evaluate all of them. You should be very proud to have this coach as your teacher! And you will reap the benefits of their experience. Coaches who serve on judging panels get an opportunity to see all kinds of programs and, over time, they learn the tricks to a great program layout from the judge’s perspective. They also see many of the common mistakes that are made that can negatively affect the judge’s opinions. It’s like having a “spy” on the other side — now you get to know what the judge really look for as well as what is less important. Your coach can help you focus on making your programs shine!

There’s no question that having your coach serve on judging panels is really a benefit to you. But have you ever been at a competition and felt your coach was very busy and even hard to talk to because they were running from your event to a judging panel? That can be frustrating. But please know that, while it is a time burden for them, they have carefully selected the panels to sit on that are appropriate to their certification level and experience and that are scheduled between their own skaters’ events. At national events, we will not use your coach as your judge, mostly because we want them to be available to you before your events. It’s not that they couldn’t be impartial if they had to judge you, but rather that they want to share in your experience and they can’t do that if they are busy judging. So next time you go to an event and see your coach serving on a judging panel, feel proud of them and just know that they are working hard to give another set of skaters a fair and fun competitive experience.

High-Level Tests

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

**FREESTYLE 9**
- Sophie Richardson
- Sioux Falls FSC
- Sioux Falls SD

**FREESTYLE 8**
- Sydney Berrier
- White Bear Lake Sports Center
- White Bear Lake MN

**DANCE 8**
- Joy Davis
- Lou & Gib Reese Ice Arena
- Newark OH

**FREESTYLE 8**
- Sarah Kojetin
- Eagan Civic Arena
- Eagan MN

**FREESTYLE 8**
- Megan Muzy
- Silver Blades Figure Skating Club
- Findlay OH

**Morgan Ashley Young**
- Skatetown Ice Arena
- Roseville CA
Focus On Footwork

One of our featured events for 2015 national competitions will be Footwork. This means you can enter your Footwork program as an additional event for only $15.

Who can do Footwork events?: Footwork events are open to all skaters in Freestyle 1 or Dance 1 and higher.

New with 2014 rule changes: Eligibility for skaters in Footwork events has changed. Skaters can now enter the Footwork event based on their dance tests. This means that ice dancers can now compete in Footwork events without having passed a Freestyle test.

Tips for a “winning” program: Most footwork program music is peppy — but it doesn’t have to be. Be creative and come up with the best program for you to fit the specific judging criteria below. The main emphasis for all Footwork programs should be using correct turns and edges, flow, music interpretation and general overall. Special energetic choreography that fits the music and can get the crowd going to “bring down the house” is always a big plus! Many skaters will create a “theme” for their Footwork program, choosing music and a skating outfit and incorporating choreographic moves that all match and tie the program together.

The best thing: Like Spotlight and Artistic programs, you can use the same Footwork program for more than one Freestyle test level. You don’t need to get a new program every time your test level changes, so it saves money by using the same music and costume for several competitions throughout the year. Of course, with your coach’s help and advice, you can always change the choreography in your routine between competitions as your skill level improves.

Duration: Footwork program duration time is 1 minute for all levels.

Maneuver limitations: The focus should be on “footwork” — so your feet should be moving while doing turns and edges. You can include other types of skating maneuvers like spirals and arabesques, pivots and spins (fewer than three revolutions), and half-revolution jumps (like half flips, waltz jumps, bunny hops, etc.) to help make a creative program. Also keep in mind that there is no score for technical merit. Props are not permitted in Footwork events.

Competition event groups: Since there is no score for technical maneuvers, the competition director might group skaters together by combining levels and genders.

Judging criteria: Presentation and posture, pattern, correctness of turns and edges, variety of turns and edges, continuity and flow, music interpretation, duration and general overall.
The Healthy Skater
by Andrea Sobieraj, MS, CSCS

Stretching & Warm-up for Skaters

What is happening inside your muscles?
You arrive at the rink and get your skates on. Ready to go? Not quite! Just as you gave your body fuel from your last snack or meal, now is the time when your muscles have to use that energy to move muscle cells. Energy is created when we burn fuels (carbohydrates, fats and proteins) inside the muscle cells and create our energy molecule, called ATP (adenosine triphosphate).

Muscle contraction (movement) occurs when your body takes the energy molecule ATP and uses it to move muscle cells at the molecular level (this means inside the muscle cell). Oxygen is the main thing we need to get those fuels broken down to create ATP. Oxygen is delivered to your muscles via your blood (oxygen binds to hemoglobin inside a red blood cell). Once you start exercising, blood flow to your organs (e.g., stomach, kidneys) decreases, and a greater amount is sent to your muscles in use, as well as your skin, to temperature regulate.

Why we should warm up
In essence, warming up helps to deliver oxygen-rich blood to the muscles more quickly to burn fuels and create ATP. The chemical reactions that occur inside the muscle cells that create ATP also lead to an increase in internal heat. This internal heat helps muscles move.

Pre-exercise warm-up and stretching
Most of us do not have a lot of time to warm up before getting on the ice, so I suggest the following:

Before putting on your skates, stretch the arches of your feet. (Fig. A). Pull your left forefoot toward you, hold for 30 seconds and repeat two more times, then do your other foot.

Once your skates are on, you are ready to begin an on-ice dynamic warm-up. A dynamic warm-up means moving the body in sport-specific movements for three to 10 minutes at a light to moderate pace. I suggest the following.

1. Several laps around the rink incorporating big swizzles down one side, crossovers on corner, over-lengthened and over-held time with leg extension in powerful strokes up other side, hugging one leg to chest in a one-foot glide down half the rink, then switching to other leg (hip flexors and glute stretch, as well as turning your brain on to balance) (Fig. B).

2. Grabbing your blade on one boot to buttocks down half the rink, (Fig. C). then switching to other side (quad stretch, and balance turn on), deep squats (dips), extend arms forward as if you are pushing something (back stretch), hold as long as you can and repeat several times. (Fig. D)

3. In any of the above moves, when possible, stretch the arms above head reaching as high as you can, (Fig. E). feeling a stretch along your sides (ab stretch, back stretch).

Using these above exercises for several laps gets you prepared to then move into more traditional warm-up of forward and back crossovers and basic large jumps. If you are one of those skaters who always stretches your legs on the side of the rink (as a barre), then this would be the time to do so (but please avoid this when you first get on the ice, as stretching a cold muscle is not helpful, and can even result in injury). If you decide to stretch on the rink side alone or with a coach’s assistance, please make sure to hold each stretch for a minimum of 15 seconds (I recommend 30 seconds). Repeat this stretch three times per position and leg.

Post-exercise stretching
While exercising, your muscles can build up substances from the chemical reactions in the muscle cells. That’s why an active cool down/stretching time is important. This post-exercise movement increases blood flow to help remove substances and get fresh oxygen and fuels to help the muscles recover. If time permits, save five to 10 minutes to do slow, steady skating, such as the suggested dynamic warm-up mentioned above, but at a slower pace.

Once you are off ice, any slow-based stretching will be beneficial. If you are able to do this, hold stretches 15 to 30 seconds and repeat three times per stretch. As a final note, while in recovery, drink water and have some simple carbohydrates (with a small amount of protein if tolerable) to help increase blood flow, replenish fuels and provide nutrients for muscle repair. The more you help your muscles recover, the less pain you should feel from your skate.
Quick Quiz

1. Oxygen helps create which final product from burning fuels that allows a muscle to move?
A. Proteins  
B. Fats  
C. ATP  
D. Carbohydrates

2. A dynamic stretching period
A. Decreases heat of muscle  
B. Increases blood flow and oxygen delivery to muscles  
C. Should be under three minutes  
D. Is done with great speed and little attention to stretching through a move

3. Stretching legs on rink sides
A. Should be done immediately upon getting on the ice  
B. Should be held less than 15 seconds per stretch  
C. Should be done after a dynamic warm-up  
D. Must be done without a coach’s assistance

4. In general, stretches should
A. Be held for 10 seconds or less  
B. Be done on a cold muscle  
C. Not be done post-exercise  
D. Be repeated three times per stretch for 15 to 30 seconds

5. A post-exercise cool-down
A. Gets fresh oxygen to muscle cells  
B. Helps remove substances from chemical reactions in muscle cells  
C. Decreases pain in muscles after exercise  
D. All of the above

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


Andrea Sobieraj teaches exercise physiology at Brown University. In addition, she is a skating director in Massachusetts, at FMC Driscoll Arena in Fall River, and FMC Hetland Skating Arena in New Bedford. She is also co-owner of VO2breathe, a metabolic fitness company. Read her articles on training and nutrition at vo2breathe.com.

The 2014 ISI Handbook includes the latest Rule Revisions plus detailed event descriptions for all national events. It’s the only comprehensive resource for ISI test level requirements, weSKATE program information, competition events and performance rules, and judging criteria.

$25* each
skateisi.org/handbook

The weSKATE Test Standards DVD offers detailed demonstrations of the passing standards for each required ISI test maneuver in the Pre-Alpha through Delta and Freestyle 1-10 levels. You’ll also see evaluations of the skater’s moves, and even common test mistakes and how to avoid them.

A skater’s dream deal at only $20*
skateisi.org/dvd

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

Home Rink: Webster Groves Ice Arena
Team Colors: Blue, silver and black
Team Slogan: “If you can dream it, you can achieve it.”
Facebook Page: facebook.com/MetroEdgeFSC
Website: metroedgefs.org
About: The Metro Edge Figure Skating Club started its synchronized skating program, St. Louis Synergy, in 1996. Since its inception, the program has grown to seven teams with more than 100 skaters. Each team includes 10 to 18 skaters ranging in age from 4 to 19. Skaters on these teams come from all over the St. Louis, Mo. area.

St. Louis Synergy
St. Louis, Mo.

Tot Formation
Current Membership: 16 skaters, ages 4-7
Coaches: Kim Wuertz, Maria Gumersoll
Season: August-February
2014-15 Season Competitions & Shows:
ISI: Sweetheart, Winter Classic, Meet Me in St. Louis
Exhibitions: St. Louis University hockey game, Nutcracker on Ice Show
2014-15 Program Theme: “Frozen”

Junior Youth
Current Membership: 10 skaters, ages 6-8
Coaches: Kameryn Truman, Susie Dirsa
Season: August-February
ISI: Fall Fling, Winter Classic, Meet Me in St. Louis
USFS: Kick-Off Classic Synchronized Skating Competition, Best of the Midwest Synchro Championships, Synchro Illinois
Exhibitions: St. Louis University hockey game, Nutcracker on Ice Show
2014-15 Program Theme: Motorcycle
Youth Advanced Formation
Current Membership: 14 skaters, ages 9-13
Coach: Bridgid LaMear
Season: August-February
2014-15 Competitions & Shows:
ISI: Fall Fling, Winter Classic, Meet Me in St. Louis
USFS: Kick-Off Classic Synchronized Skating Competition, Best of the Midwest Synchro Championships, Synchro Illinois
Exhibitions: St. Louis University hockey game, Nutcracker on Ice Show
2014-15 Program Theme: Dreams

Youth
Current Membership: 12 skaters, ages 8-11
Coaches: Alissa Kitchen, Susie Dirsa
Season: June-February
2014-15 Competitions & Shows:
ISI: Fall Fling, Winter Classic, Meet Me in St. Louis
USFS: Best of the Midwest Synchro Championships, Kick-Off Classic Synchronized Skating Competition, Synchro Illinois, USFS Midwestern Sectionals
Exhibitions: St. Louis University hockey game, Nutcracker on Ice Show
2014-15 Program Theme: Shoes

Senior Youth
Current Membership: 16 skaters, ages 9-12
Coaches: Charity Hendrickson, Quinn Tyminski
Season: June-February
2014-15 Competitions & Shows:
ISI: Winter Classic, Meet Me in St. Louis
USFS: Kick-Off Classic Synchronized Skating Competition, Synchro Illinois, USFS Midwestern Sectionals
Exhibitions: St. Louis University hockey game, Nutcracker on Ice Show, Hardees Iceplex Holiday Show
2014-15 Program Theme: “Hercules”

Teen
Current Membership: 19 skaters, ages 13-17
Coaches: Karen Giedeman, Quinn Tyminski, Alissa Kitchen
2014-15 Competitions & Shows:
ISI: Winter Classic, Meet Me in St. Louis
USFS: Kickoff Classic Synchronized Skating Competition, Dr. Porter Synchronized Classic, Synchro Illinois, USFS Midwestern Sectionals, USFS Synchronized Skating National Championships
Exhibitions: St. Louis University hockey game, Nutcracker on Ice Show
Season: June-February
2014-15 Program Theme: “Rio”
| April | 10-12 | Oxford OH | Goggin Ice Center ISI Synchronized Championships |
| 10-12 | Soldotna AK | Soldotna Sports Center 20th Annual Riverskate ISI Team Competition 2015 |
| 11 | Cathedral City CA | Desert Ice Castle Desert Ice Castle In-House Competition 11-12 | Van Nuys CA Van Nuys Ice Palace Open Competition |
| 18 | Pittsburgh PA | BladeRunners Ice Complex of Pittsburgh Ice & Blades Figure Skating Team 18-19 | Franklin Park IL |
| 18-19 | | Franklin Park Ice Arena Spring Fever |
| 19 | Odenton MD | Piney Orchard Ice Arena Reach for the Stars Spring Invitational 19 | Redwood City CA |
| 19 | | Nazareth Ice Oasis April Ambush 19 | Little Falls NJ |
| 19 | | Floyd Hall Arena MIRMA Skate for Knowledge-ISI District 3 Championships 24-26 | Pasadena CA |
| 25-26 | Yorktown VA | Hampton Roads IcePlex 1st Annual Spring Fling Open |
| May | 2-3 | Fairfax VA | Fairfax Ice Arena Fairfax Ice Arena’s 2015 Spring ISI Competition 9-10 | Yorba Linda CA The Rinks-Yorba Linda ICE 12th Annual ISI Open Competition 15-17 | Farmers Branch TX Dr Pepper StarCenter-Farmers Branch ISI District 11 Championships 16-17 | Johnstown PA Planet Ice Spring Challenge Championship |
| 22-24 | Nashoba Valley ISi Conference Championships 24 | Vacaville CA Vacaville Ice Sports All Stars 25 | San Diego CA San Diego Ice Arena San Diego Ice Arena ISI Open Championships |
| June | 5-7 | New York NY | Sky Rink@Chelsea Piers 29th Annual Sky Rink ISI Endorsed Team Competition 6-7 | Richmond VA Richmond Ice Zone 2015 Commonwealth Games of Virginia |
| July | 12-14 | Clearwater, FL Clearwater Ice Arena 29th Annual Summer Competition 13-14 | Chicago IL McFetridge Sports Center 25th Annual School’s Out Competition 25-28 | Raynham MA Raynham IcePlex FMC William Chase Arena 25th Annual ISI District 1 Championships |
| July | 27-Aug. 1 | Bensenville & Rolling Meadows IL | Edge Ice Arena & West Meadows Ice Arena 28-Aug. 2 | Omaha NE Raston Arena & Moylan Iceplex State Games of America 2015 |
| August | 1 | Newark DE Pond Ice Arena 2015 Pond Summer Invitational 8-9 | San Diego CA UTC Ice Skate by the Sea 2015 |
| September | 11-13 | Arlington TX | ICE at The Parks 12th Annual ISI Open Competition 26-27 | Valencia CA Ice Station Valencia 10th Annual Autumn Classic |
October

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

December

4-6 McKinney TX
Dr Pepper
StarCenter
ISI Holiday

Challenge

8 Salem MA
Rockett Arena
Viking Skating Club
34th Annual Viking Skating Club Blizzard
Blast Competition

Shows & Exhibitions

April

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

9 Gloucester MA
Talbot Rink
Cape Ann Figure Skating Club
It’s a Party!

15-16 Cottage Grove MN
Cottage Grove Ice Arena
Salute to Heroes

15-17 Birmingham MI
Birmingham Ice Sports Arena
City of Birmingham Ice Sports Arena
“B” Live from the Red Carpet

May

6 San Diego CA
UTC Ice
UTC Ice Annual Ice Show

13 Arlington TX
ICE at The Parks
Summer Time

20-21 Boxborough MA
Nashoba Valley Olympia
Ice Magic 2015-Hollywood

28 Flushing NY
World Ice Arena
6th Annual Show: Alice in Wonderland

June

19 Arlington TX
ICE at The Parks
Holiday at The Parks

July

19 St. Louis MO
Anschutz Pavilion
Mardi Gras in December

December

19 Arlington TX
ICE at The Parks
Holiday at The Parks
Learn Tips from 3 Skating Stars
Only $45!

ISI's popular Worlds Skating Clinics are a once-in-a-lifetime chance to learn skating techniques and tips from some of the sport's best coaches. This year, ISI is proud to present three former national champions and Olympians: U.S. Figure Skating Hall of Famer David Santee, two-time U.S. pairs champion Rockne Brubaker and 2013 European pairs bronze medalist Stefania Berton.

Skating under the guidance of three star skaters now coaching — for only $45 — is truly an incredible opportunity!

Register now before it's too late!

Check ONE:

___ 9-9:45 a.m. Freestyle 4 skaters only
___ 10-10:45 a.m. Freestyle 5 & Silver Freestyle skaters only
___ 11-11:45 a.m. Freestyle 6-7 & Gold Freestyle skaters only
___ Noon-12:45 p.m. Freestyle 8-10 & Platinum Freestyle skaters only

NOTE: Session levels will be combined if necessary.

$45 ___Check/Money Order* ___Visa ___MasterCard ___Discover

*Payable to Ice Skating Institute NO REFUNDS

SKATER'S NAME____________________________________________________________

CREDIT CARD NUMBER_________________________________________EXP DATE________

BILLING ADDRESS____________________________________________________________________

CARDHOLDER'S NAME__________________________________TELEPHONE ___________________

EMAIL_________________________________________________SIGNATURE________________________________________

Note: You must be entered in at least one event of the ISI World Team Championships to participate in the clinic.

Worlds Clinic
Thursday, July 30

Fax form to 972.735.8815 or mail form with payment to:
ISI-Events
6000 Custer Rd., Building 9
Plano, TX 75023

David Santee
Two-time Olympian
David Santee was elected into the U.S. Figure Skating Hall of Fame this year. He finished fourth in the 1980 Olympics and earned a silver medal in the 1981 World Championships. He is a seven-time U.S. World Team member and eight-time U.S. senior medalist. Santee is currently the skating director of the Park Ridge Park District, Ill.

Rockne Brubaker
Skating with pairs partner Mary Beth Marley, Rockne Brubaker won the 2012 Four Continents bronze medal and the U.S. silver medal. With partner Keauna McLaughlin, he was the 2010 Four Continents silver medalist, the 2007 World Junior champion and two-time (2008-09) U.S. national champion. Brubaker is currently the skating school director at Fox Valley Ice Arena, Geneva, Ill.

Stefania Berton
Italian pair skater Stefania Berton teamed up with Ondrej Hotarek in 2009. After taking bronze at both the 2012 Skate Canada International and 2012 Trophée Eric Bompard, the pair won bronze at the 2013 European Championships, becoming the first Italian pair skaters to medal at Europeans. At the 2014 Winter Olympics, the pair finished in 11th place. Berton is a skating instructor at Fox Valley Ice Arena, Geneva, Ill. She became engaged to Rockne Brubaker in February 2013.
Reserve Your Show Seat!

This year’s Benefit on Ice guest skater will be announced soon, but it's not too early to reserve your seat!

Friday, July 31 • 7 p.m.  
Edge Ice Arena  
Bensenville, Ill.

The ISIA Education Foundation Benefit on Ice Show is always the highlight of ISI Worlds week, and this year will be no exception.

The Benefit Show scouting team will be observing competitors at all levels throughout the week, selecting participants to join in the Friday night ice skating extravaganza.

If you’re selected, you’ll have the unique privilege of sharing the program spotlight with ISI peers as well as a guest skating star. Previous featured guests have included such notable champion figure skaters as Sasha Cohen, Rachael Flatt, Evan Lysacek, Mirai Nagasu, Ryan Bradley and Ashley Wagner.

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

Seating is limited. Reserve your tickets today at skateisi.org/benefit or send in the form below.

$25 before July 15  
$30 at Worlds registration prior to Benefit Show (if not sold out)  
$20 group sales (10 or more tickets through the ISI office prior to July 15)

Friday, July 31 • 7 p.m. • Edge Ice Arena • Bensenville, Ill.

Payment Method:  
☐ Check/Money Order  
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☐ MasterCard  
☐ Discover  
☐ American Express

Make checks payable to Ice Skating Institute. 
Mail form and payment to:  
ISI-Events  
6000 Custer Rd., Building 9  
Plano, TX 75023  
OR fax to 972-735-8815  
NO REFUNDS

Number of Tickets ____________________  
Total $ ____________________

Name for Ticket Pickup at Registration ____________________

Card # ____________________  Exp. Date ____________________

Billing Address ____________________

Cardholder's Name ____________________  Signature ____________________

Telephone (required) ____________________  Email Address (required) ____________________

(Optional) ISIA Education Foundation Donation (tax deductible IRS# 36-3638131) $ ____________________
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.
Enter/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 & West Meadows Ice Arena
Bensenville & Rolling Meadows, IL
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