



recreational

# IceSkating

Spring 2015

## 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

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West Meadows Ice Arena,  
Bensenville &  
Rolling Meadows, IL  
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[SKATEISI.ORG/WORLDS](http://SKATEISI.ORG/WORLDS)



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Rolling Meadows Park  
District Skaters  
Colleen Gallagher/Lifetime  
Treasures Photography

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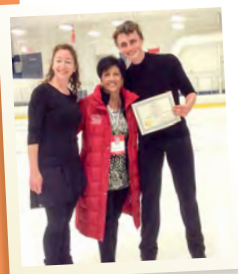
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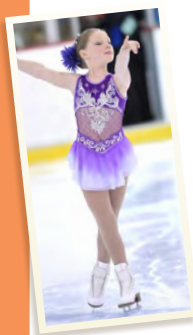
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# spotlight

## 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):**

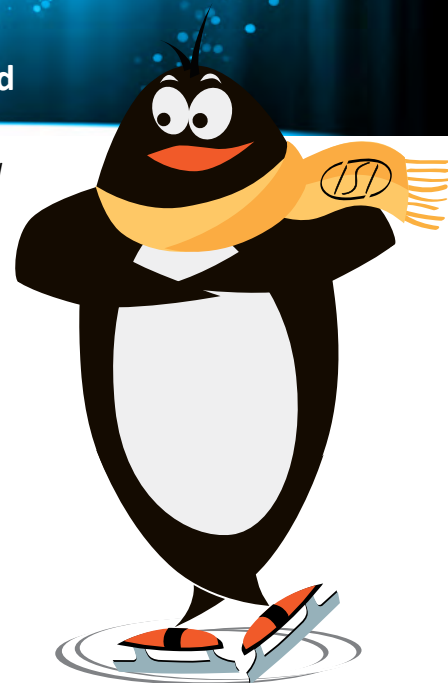
- Dana Ginsberg, Oakton Ice Arena

• **ISI apparel:**

- Rina Canute, Sharper Edge
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- Janie Moore, Dublin Chiller/Skating Club of Central Ohio
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• **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](mailto:editor@skateisi.org).*



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(Sept. 10 for Collegiate)

[SKATEISI.ORG/ADULTCHAMPS](http://SKATEISI.ORG/ADULTCHAMPS)

**ISI  
2015 ADULT  
CHAMPIONSHIPS  
LAS Vegas**



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The Edge Ice Arena team welcomes ISI Worlds competitors to Chicago.  
Chris Sipes/Visual Image Photography



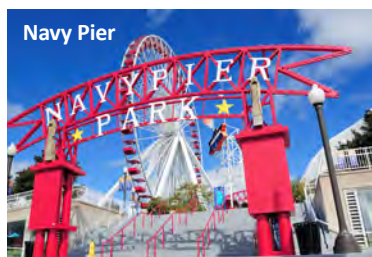
PRESENTED BY  
**Dream Duffel**

# 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!



Navy Pier

## 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



Willis Tower's Skydeck

U.S. Cellular  
Field (formerly  
Comiskey Park)





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](http://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 skater clinics hosted by U.S. Figure Skating Hall of Famer David Santee, Two-time U.S. champion pairs skater Rockne Brubaker and 2013 European pairs bronze medalist Stefanie Berton. (See pg. 30 for details). More information will be posted on [skateisi.org/worlds](http://skateisi.org/worlds) as the event nears.

## BENEFIT ON ICE SHOW

A much-anticipated event at Worlds is the ISIA Education Foundation Benefit on Ice Show (Friday evening, July 31), featuring Worlds participants selected throughout the week, plus a soon-to-be-announced celebrity guest skater (See pg. 20). Two lucky Worlds competitors will earn a spot in the production through the "Skate with the Stars" raffle drawing, which benefits the Foundation's scholarship program. Winners will be announced at the Wednesday evening competitors' party. Benefit Show seating is limited, so be sure to order your tickets at [skateisi.org/benefit](http://skateisi.org/benefit) or use the form on the inside back cover of this issue to reserve your spot and receive an early-registration discount.

## MORE INFO

- [skateisi.org/worlds](http://skateisi.org/worlds) • [discoverdupage.com](http://discoverdupage.com)
- [choosechicago.com](http://choosechicago.com) • [cityofchicago.org](http://cityofchicago.org)



## ARE YOU A CHICAGO BRAINIAC?

While I enjoyed my visit to Boston this winter — I was especially flippin' 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:**
1. Twinkie
  2. Nabisco, Keebler
  3. Ferris wheel
  4. Roller
  5. zipper
  6. baseball game, Windy

# Davis Takes a Chance and Earns

# 10



by Eileen Viglione

ISI Dance 10 skater Christopher Davis with ice dancing partner and coach Eve Chalom (left) and ISI judge Janice Forbes

*“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. **ISI**





# DIVE INTO THE 2015 WORLDS COMPETITORS' PARTY!

**Bensenville  
Water Park  
& Splash Pad**

**Wednesday, July 29  
7:30-10 p.m.**

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!

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=

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X

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## PASADENA TAKES THE CHALLENGE!

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. **RIS**

TOP 10			
PLACE	TEAM		TOTAL POINTS
1	Pasadena Ice Skating Center Pasadena CA		586.5
2	Sharks Ice at San Jose San Jose CA		320.0
3	Iceoplex Simi Valley Simi Valley CA		319.5
4	Pickwick Ice Gardens Burbank CA		301.5
5	Ice Station Valencia Valencia CA		255.0
6	SJCH Ice Center of Bakersfield Bakersfield CA		197.0
7	LA Kings Valley Ice Center Panorama City CA		192.5
8	Desert Ice Castle Cathedral City CA		151.0
9	Ontario Ice Skating Center Ontario CA		134.5
10	Iceland-Van Nuys Van Nuys CA		110.0

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

*Turn the page for the Holiday Challenge photo gallery.*



**FEATURES INCLUDE:**

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### Synchronized Skating Camp

- July 26-July 31, 2015

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*Gabriele Photography*



# 2014 ISI





# HOLIDAY CHALLENGE







## 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. **RIS**

## TOP 10

PLACE	TEAM	TOTAL POINTS
1	City of St. Peters Rec-Plex St. Peters MO	1075.5
2	Joliet Park District Joliet IL	903.0
3	Apple Valley Sports Arena Apple Valley MN	558.5
4	Webster Groves Ice Arena Webster Groves MO	467.0
5	Edge Ice Arena Bensenville IL	343.0
6	Line Creek Ice Arena Kansas City MO	332.0
7	Washington Park Ice Arena Jefferson City MO	252.0
8	University of Illinois Ice Arena Champaign IL	250.0
9	Wayne C. Kennedy Rec Complex St. Louis MO	216.0
10	Dr Pepper StarCenter McKinney @Craig Ranch McKinney TX	136.5

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

*Turn the page for the Winter Classic photo gallery.*

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June 8-July 31, 2015 • Los Angeles, California



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# 2015 ISI





# WINTER CLASSIC



# What Means to

# you!

by Peter Martell

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.



Ashley Wagner  
Leah Adams Photography

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

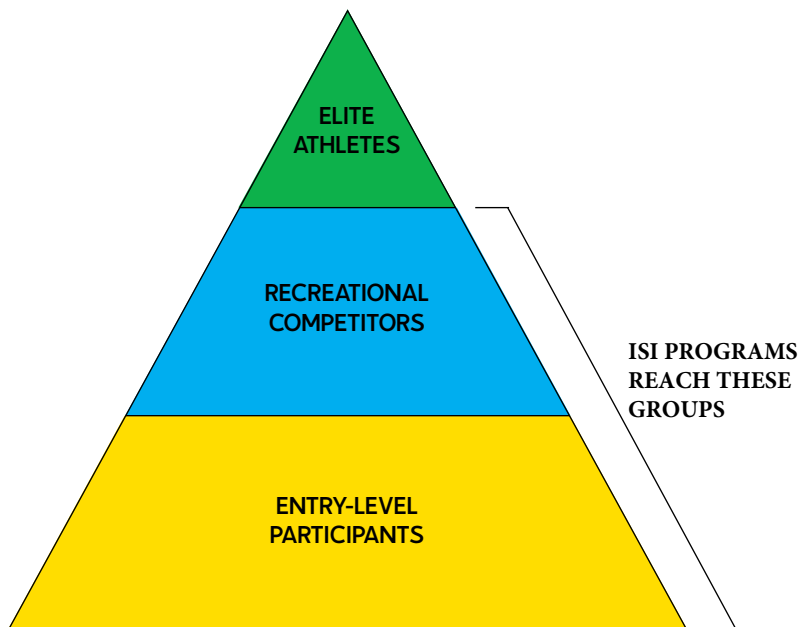
through a program that encourages "participation, not elimination." Understanding that not all individuals have the desire, time, ability or wherewithal to become elite competitors, ISI focuses its efforts on instilling a love of the sport(s) by developing not only sound skating skills but also valuable 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.



Jason Brown  
Leah Adams Photography





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



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!



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.

# It's Showtime!

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.



**Mirai Nagasu**

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.

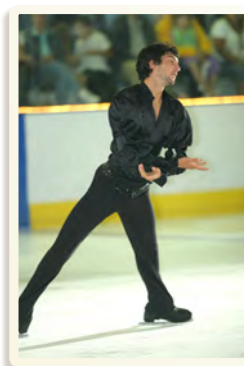
The identity of our celebrity special guest skater will be announced soon. Among the Benefit stars of the past are skaters who began in the ISI Recreational Ice Skating Program and went on to become

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.



**Evan Lysacek**

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.

**Ashley Wagner**



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! **RIS**

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

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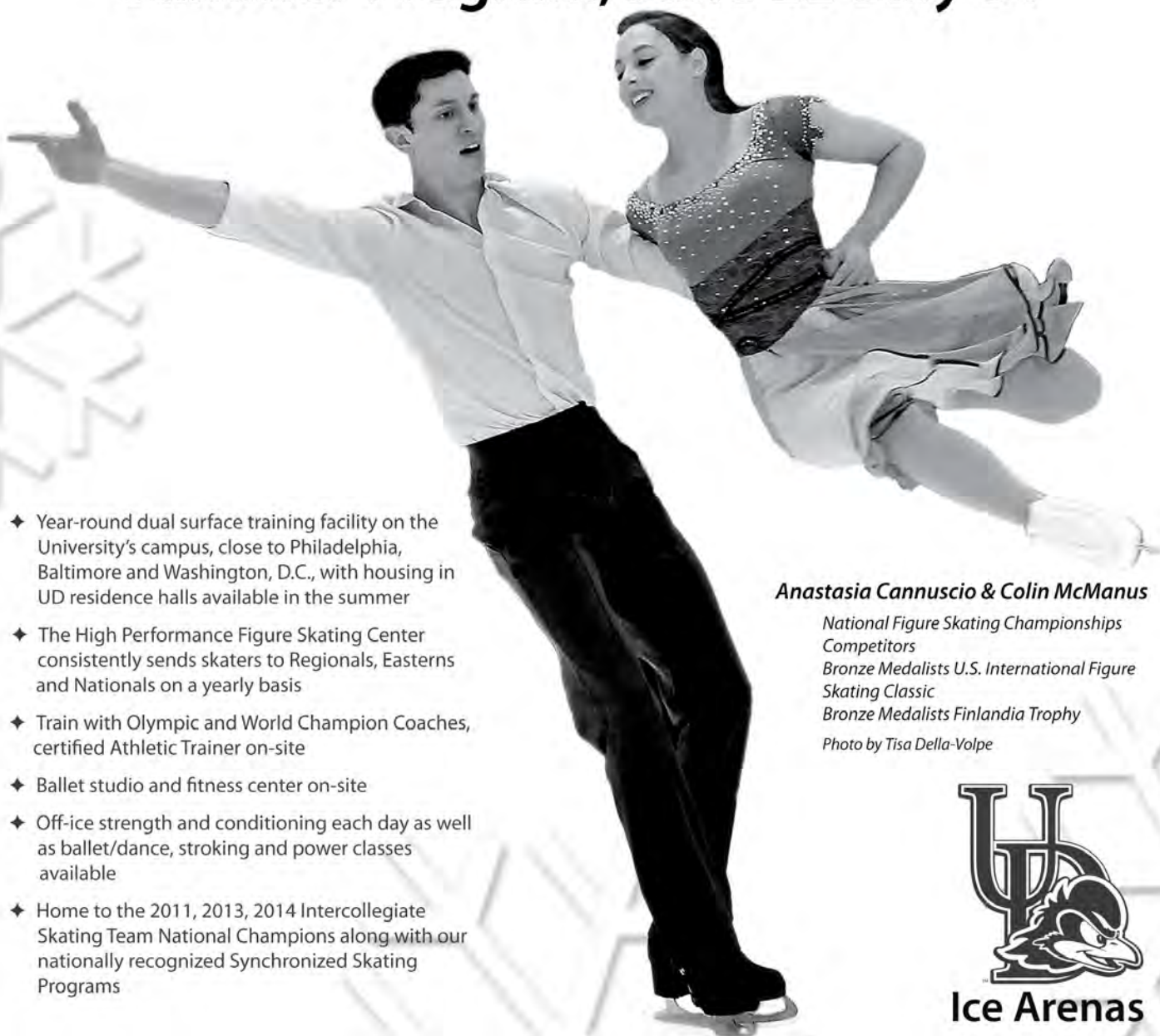
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Bronze Medalists U.S. International Figure  
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Photo by Tisa Della-Volpe*



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## competitors' corner

BY KIM HANSEN | ISI National Skating Events Coordinator

# 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 judges 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

Sarah Kojetin  
Eagan Civic Arena  
Eagan MN

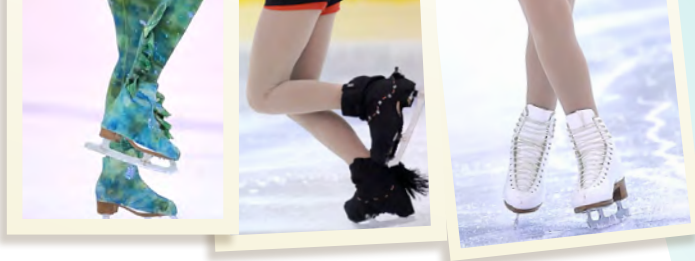
Megan Muzy  
Silver Blades Figure  
Skating Club  
Findlay OH

Morgan Ashley Young  
Skatetown Ice Arena  
Roseville CA

### DANCE 8

Joy Davis  
Lou & Gib Reese Ice Arena  
Newark OH





# 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. **RIS**



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# 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.

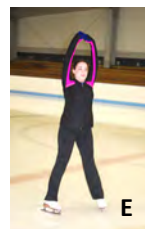
1. Several laps around the rink incorporating big swizzles down one side, crossovers on corner, over-lengthened and over-held time with leg extension in powerful strokes up other side, hugging one leg to chest in a one-foot glide down half the



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



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](http://vo2breathe.com).

## MUST-HAVE RESOURCES FOR ISI SKATERS!



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](http://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.



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

 **Ice Skating Institute**

\*plus shipping & handling

Answers: 1. C, 2. B, 3. C, 4. D, 5. D

# Teams in Sync

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

## St. Louis Synergy

St. Louis, Mo.

**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:** metroedgefsc.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.



### 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 Dirs

**Season:** August-February

**2014-15 Competitions & Shows:** 2014-15 Season

**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





# Teams in Sync



## 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 Dirs

**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"



## competitions

### 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 Iceland  
Van Nuys Iceland Open Competition

**18** **Pittsburgh PA**  
BladeRunners Ice Complex of Pittsburgh  
Ice & Blades Figure Skating Team  
Golden Blades Championship of Pittsburgh

**18-19** **Franklin Park IL**  
Franklin Park Ice Arena  
Spring Fever

**18-19** **Tacoma WA**  
Sprinkler Recreation Center  
ISI Spring Fever Team Competition

**19** **Odenton MD**  
Piney Orchard Ice Arena  
Reach for the Stars Spring Invitational

**19** **Redwood City CA**  
Nazareth Ice Oasis  
April Ambush

**19** **Little Falls NJ**  
Floyd Hall Arena  
MIRMA  
Skate for Knowledge-ISI District 3 Championships

**24-26** **Pasadena CA**  
Pasadena Ice Skating Center  
31st Annual Pasadena ISI Open Competition

**25-26** **Yorktown VA**  
Hampton Roads IcePlex  
1st Annual Spring Fling Open

**25-26** **Fort Myers, FL**  
Fort Myers Skatium  
2nd Annual Spring Skatefest

### 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** **Boxborough MA**  
**Nashoba Valley**  
**Olympia**  
**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

**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**

**ISI World**  
**Recreational Team Championships**

**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

**thru June 6** **Roseville CA**  
Skatetown Ice Arena  
Skatetown Exhibitions  
**thru June 30** **Valencia CA**  
Ice Station Valencia  
Exhibitions-Weekly  
**3** **Breckenridge, CO**  
Stephen C West Ice Arena  
Spring Break 2015

**4** **Gardner MA**  
FMC Gardner Veteran's Skating Arena  
Spring FCE Fling  
**11** **Danville, IL**  
David S Palmer Arena  
Spring 2015 Learn-to-Skate Program  
**17-18** **Joliet IL**  
Joliet Park District-Inwood Arena  
Inwood's Enchanted World  
**18** **San Diego CA**  
Kroc Center Ice  
Kroc Center Ice Spring Recital  
**24-25** **Newark OH**  
Lou & Gib Reese Ice Arena  
10th Annual Jane McConnell Spring Ice  
Show  
**24-25** **Belmont CA**  
Belmont Iceland  
Afternoon in the Park  
**24-26** **Park Ridge IL**  
Oakton Ice Arena  
Heroes and Villains  
**24-26** **Franklin Park IL**  
Franklin Park Ice Arena  
Spring Ice Show  
**24-26** **Chicago IL**  
McFetridge Sports Center  
WILD about Skating  
**24-26** **Roseville MN**  
Roseville Skating Center  
British ICEvasion  
**24-26** **White Bear Lake MN**  
White Bear Lake Sports Center  
Travel-n-Skate  
**25** **Inver Grove Heights MN**  
Veterans Memorial Community Center  
City of Inver Grove Heights Park  
Willie Wonka and the Chocolate Factory  
**25** **Peoria IL**  
Owens Recreation Center  
Once Upon a Forest  
**25** **Auburn MA**  
FMC Horgan Ice Arena  
Annual Spring Skating Exhibition  
**26** **University Park PA**  
Pegula Ice Arena  
Skating through the Decades

## may

**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

## june

**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

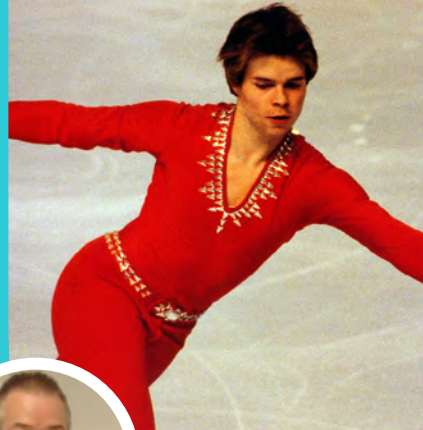
## december

**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!**



## 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 Trophee 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.



**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**

### 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 \_\_\_\_\_  
(required)

EMAIL \_\_\_\_\_ SIGNATURE \_\_\_\_\_

Fax form to  
972.735.8815 or  
mail form with  
payment to:

**ISI-Events**  
6000 Custer Rd.,  
Building 9  
Plano, TX 75023



# 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](http://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)

Payment Method:

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

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

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

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](http://skateisi.org/winterclassic)



## ISI Synchronized Championships

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



## ISI Conference Championships

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



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



## ISI Holiday Challenge

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

