

recreational **IceSkating**

Winter 2015

HOLIDAY CARD ART

ADULT CHAMPS

Lights Up Las Vegas Ice Center

FLIP 'N' FUN

Craft & Recipe

PARENTS' PAGE



MARCH TO MINNEAPOLIS!

ISI WORLD RECREATIONAL TEAM CHAMPIONSHIPS

July 25-30

Schwan Super Rink

Blaine, MN

Entry/test deadline: May 1

Left, Left, Left Right Left...

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Follow the North Star straight to ISI World Recreational Championships at Schwan Super Rink in Minneapolis. One of the largest amateur sports complexes on Earth, with a spot in the "Guinness Book of Worlds Records," the Schwan Rink features eight ice rinks under one roof! What better place to experience the largest annual recreational ice skating competition on the planet? Don't miss out on worlds of fun!

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what's inside

Recreational Ice Skating | Winter | 2015 | Vol. 40, Number 1

Curry Village Ice Rink,
Yosemite National Park, Calif.
Photo Courtesy of Delaware
North at Yosemite.

Ice Skating Institute

ICE SKATING INSTITUTE
6000 Custer Rd., Bldg. 9
Plano, TX 75023
Phone: (972) 735-8800
Fax: (972) 735-8815
email: isi@skateisi.org
www.skateisi.org

Publisher
Ice Skating Institute

Editor
Eileen Viglione

Editorial Advisors
Peter Martell
Kim Hansen
Liz Mangelsdorf

**Print Production &
Advertising/Sponsorship
Manager**
Carol Jackson

Graphic Designer
Brittany Allen

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Recreational Ice Skating Going Digital



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news & notes



Kelly Lansdell Wins ISI Holiday Card Contest

Kelly Lansdell, who skates at The Rinks Westminster ICE in Westminster, Calif., is the winner of our 2015 ISI Holiday Card Creativity Contest. Kelly's design depicts a warm, wintery scene, featuring a snowman, holiday décor, ice skates and a log cabin with a message above the door proclaiming, "Welcome To All Skaters" — a fitting message for ISI.

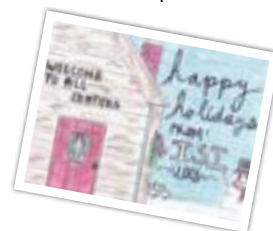
A 16-year-old high school junior, Kelly has been an ISI member for 10 years. She is an ISI FS 5 skater who has also passed her USFS tests for Novice Moves in the Field and Juvenile Freeskate. She skates daily, between private lessons, synchro team practice and off-ice training.

"I continue to have close friendships and skate with most of those skaters from my first team with ISI," she says. "ISI showed me that I want to continue with this beautiful sport."

Kelly enjoys skating because it makes her feel free and she gets to compete and travel. "It's a wonderful feeling meeting other people from around the world who have the same interest as me, and I enjoy skating because of all the love and support I get from teammates every day," she says.

While Kelly loves art, her favorite subjects in school include math and Japanese. She is a member of the National Honor Society and is a "link crew leader" who helps freshmen navigate through their first year of high school.

(Thank you to all who participated in this year's contest. All submissions, including those who earned "Honorable Mention," are featured on pages 6-7.)



Recreational Ice Skating Going Digital

Have you heard the news? This is our last print issue of *Recreational Ice Skating* (RIS) magazine. This isn't goodbye, however, as the magazine will now be available instantaneously with just a click of the mouse or a swipe of the screen — no more waiting for it in the mailbox! We've been hard at work transitioning RIS into a digital publication that you can enjoy on your mobile devices.

This change will enable us to provide ISI skating news, information and event coverage on a more frequent basis. What's more, it'll save millions of trees!

Thanks in advance for your continued readership and support. **Look for us soon at RISonline.org.** Remember, this is YOUR space to share your love for ISI skating.

As always, if you have content ideas or would like to submit an article and/or photos, please reach out to Eileen Viglione at editor@skateisi.org.

Ask Flip

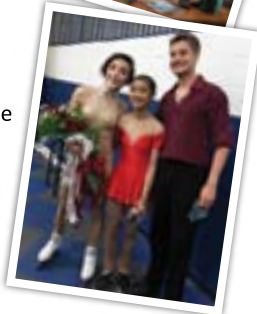
When Flip is off-ice, he loves to write and share skating experiences with ISI friends. If you would like to write to Flip, please address your letters to Flip @ Ice Skating Institute, 6000 Custer Road, Plano, Texas, 75023, or send an email to Flip@RISonline.org. Flip will try to respond to all letters and emails in *Recreational Ice Skating Online* (RISonline.org). Don't forget to send a photo!



Martinus Performs With Olympians

Kathleen Martinus of Doug Woog Arena (formerly Wakota Civic Arena) in South St. Paul, Minn., poses with U.S. Olympic Gold ice dance team Meryl Davis and Charlie White at ISI Worlds in July. Kathleen (FS 6 and Open Gold) performed in the ISIA Benefit show, also featuring the Olympic duo.

(Editor's Note: In the benefit show review in the fall issue of Recreational Ice Skating magazine, we mentioned Kathleen and her performance but listed the wrong rink. We apologize for the error.)



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and authorized retailers



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2015 Holiday Card Creativity Contest

Winner



Kelly Lansdell, 16

"Logic will take you from A to B. Imagination will take you everywhere." ~ Albert Einstein

**Honorable
Mentions**



Kathryn Vianden, 6



Symphonie Garcia, 10



Sonia Mulgund, 12



Miranda Price, 23

"You can't use up creativity. The more you use, the more you have." ~ Maya Angelou



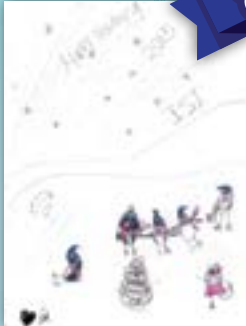
Sophia Chan, 8



Alexandra Chan, 8



Alice Harnly, 10



Carina Kenefick, 9



Sophie Lisak, 5



Camila Kenefick, 11



Madeleine Morgan, 12



Hannah Chan, 8

Thanks to all of our members who submitted awesome artwork for our annual holiday card contest. We enjoyed receiving it in the mail. Keep creating, keep dreaming and keep being the best YOU that you can be!

#FrozenMemories

Backyard dreams really do come true



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MORE INFO...

- Skateisi.org/synchro
- Explorestlouis.com
- Stpetersmo.net/
- Stpetersmo.net/st-peters-rec-plex.aspx

Show 'Em Synchro in the “Show Me State”!

by Eileen Viglione

What better place to show off your skating skills than in St. Louis, nicknamed the “Show me State?” ISI Synchronized Championships heads to the Heartland April 8-10, with competition taking place at the world-class St. Peters Rec-Plex.

Synchro Champs includes seven event categories: Synchronized Skating Team, Synchronized Skating Compulsories, Synchronized Formation Team, Synchronized Formation Compulsories, Synchronized Advanced Formation Team, Synchronized Open Skating Team and Synchronized Dance Team. Synchro Champs also caters to eight age groups: Tot, Junior Youth, Youth, Senior Youth, Teen, Collegiate, Adult and Master.

In addition to three days of competition events, Synchro Champs also features the annual Synchro Showcase exhibition showcasing impressive performances, selected throughout the competition, as well as special guest skaters.

Known as the community’s crown jewel, St. Peters Rec-Plex, located just 30 minutes west of St. Louis, boasts three NHL-size ice rinks, a first-rate natatorium for swimming and diving, an indoor track and workout facilities. Opened in 1994, this impressive facility celebrated its 10-year-anniversary as host

of the U.S. Olympic Diving Trials. In 2007, it underwent an \$18.5 million expansion, doubling its total square footage to 236,000.

Over the summer, St. Peters Rec-Plex hosted the United States Roller Hockey Championship, “State Wars 11,” with teams representing 25 states and two Canadian provinces. It has also hosted numerous ISI competitions, most recently the 2014 ISI Winter Classic.

Situated in St. Charles County, St. Peters is nationally recognized as one of the state’s top places to live. Outdoor amenities include pools, fishing ponds, a golf course, BMX track and 25 parks featuring 20 miles of recreation trails.

Visitors will surely want to venture

into nearby St. Louis, home to the nation’s tallest monument, the Gateway Arch, which celebrated its 50th birthday in October. An engineering marvel, the stainless steel arch rises 630 feet in the air! Be sure to ride the tram to the top for awe-inspiring views. Next, head to the 1,300-acre Forest Park, one of the largest urban parks in the world. Here, you’ll discover the city’s key cultural institutions, including the St. Louis Zoo, the historic Jewel Box greenhouse, the Grand Basin and science, history and art museums. There’s tons more to do in St. Louis, so don’t forget to get your test and registration in by Feb. 1 to experience the fun and adventure firsthand. **RIS**



JUMP Your Way to St. Louis

ISI SYNCHRONIZED CHAMPIONSHIPS

April 8-10

St. Peters Rec-Plex

St. Peters, MO

Entry deadline: Feb. 1



Jumpin' to show off your synchro skills? Why not do it in Missouri, the "Show Me" state? ISI Synchronized Championships kicks off at St. Peters Rec-Plex near St. Louis, the Gateway of the West. Bring your team spirit and show 'em what ya got!

SKATEISI.ORG/SYNCHRO



MISSOURI: RIVER OF THE BIG CANOES

2015

ISI ADULT CHAMPIONSHIPS



Tampa Bay Skating Academy-Countryside, Overall Champion

TBSA-Countryside Crowned ISI Adult Champions!

For the 14th time, Tampa Bay Skating Academy – Countryside has been named Overall Champion of ISI Adult Championships, and the Sacred Heart University team has once again claimed the collegiate team trophy. This year's event took place Oct. 23-25 at Las Vegas Ice Center. Next year, ISI Adult Champs heads to sunny California's Sharks Ice at San Jose Nov. 18-20.



Sacred Heart University, Collegiate Champion



Vacaville Ice Sports, 2nd Place Overall

TOP 10 TEAMS

1. Tampa Bay Skating Academy - Countryside 338
2. Vacaville Ice Sports 263
3. Lloyd Center Ice Rink 194
4. Ellenton Ice & Sports Complex 176
5. Stephen C West Ice Arena 107
6. Oakland Ice Center - Sharks Ice 95
7. City of Shaker Heights 92
7. Skating Club of Greater Youngstown 92
9. South Suburban Ice Arena 90
10. Dr Pepper StarCenter Farmers Branch 84

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

Gabriele Photography

More photos on ISI's Facebook, Twitter and Instagram pages & at GabrielePhoto.com

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Pamela Gregory
World and Olympic Coach



Joel McKeever
National, International and
UD Collegiate Team Coach



Barbara Roles-Williams
National, World and
Olympic Coach



Jeffrey DiGregorio
International and World Coach

2016 Summer Figure Skating Program June 27-July 30



Anastasia Cannuscio and Colin McManus, Team USA Members, National and International Medalists, Senior Grand Prix Competitors



Year-round dual surface training facility on the University's campus, close to Philadelphia, Baltimore and Washington, D.C.,

Housing in UD residence halls available in the summer.

Train with Olympic and World Champion Coaches, certified Athletic Trainer on-site

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The High Performance Figure Skating Center consistently sends skaters to Regionals, Sectionals and Nationals on a yearly basis.



Christie Moxley
National, International and
Junior World Coach



Alexandr Kirsanov
National, International and
Junior World Coach



Karen Ludington
National, International
and World Coach

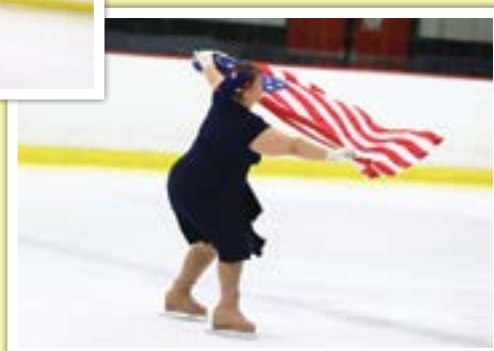
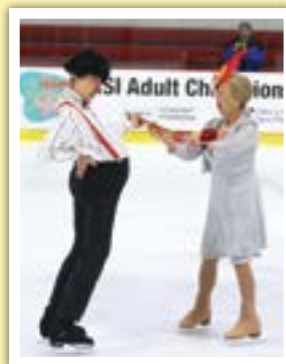
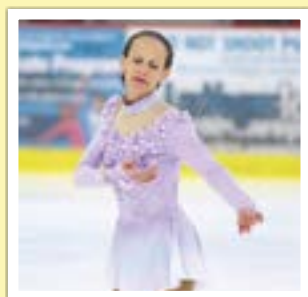
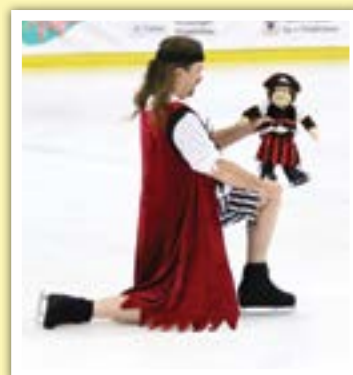
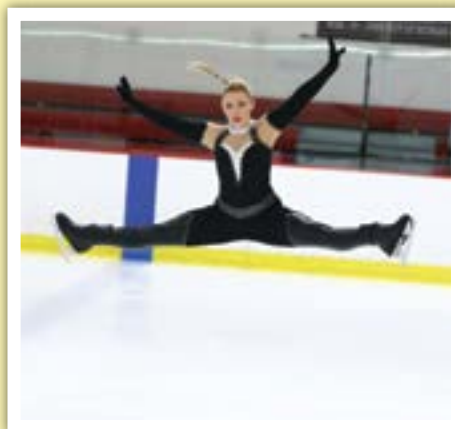


Gary Irving
National, International
and World Coach

For more information, email ud-skating@udel.edu or visit www.udel.edu/icearena

2015

ISI ADULT CHAMPIONSHIPS

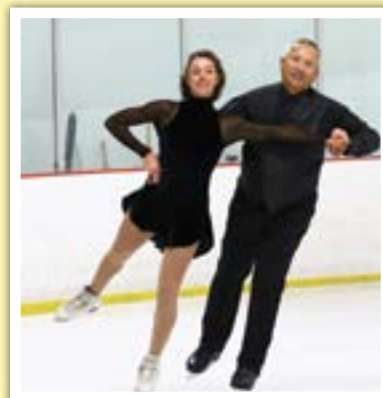
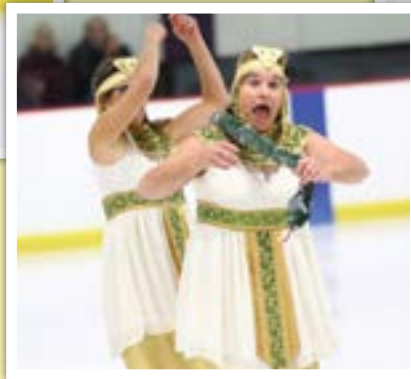


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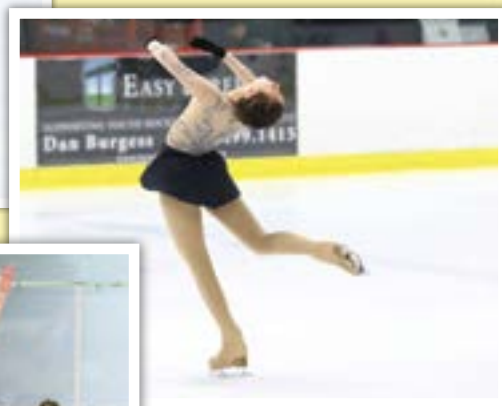
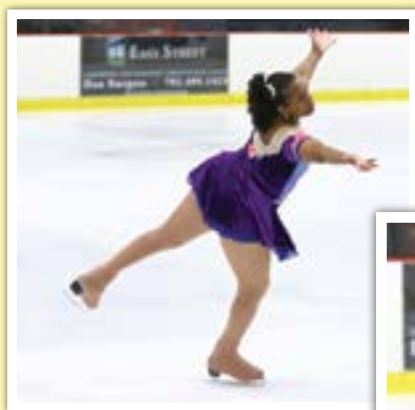
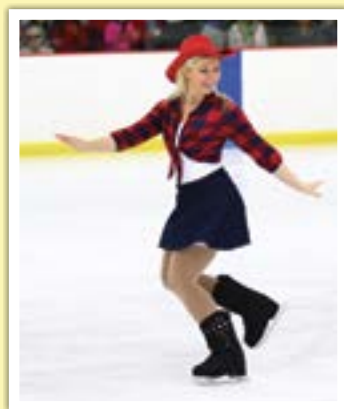
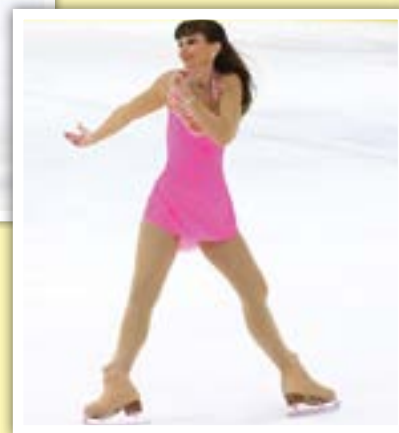
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CHAMPIONSHIPS



2015

ISI ADULT CHAMPIONSHIPS

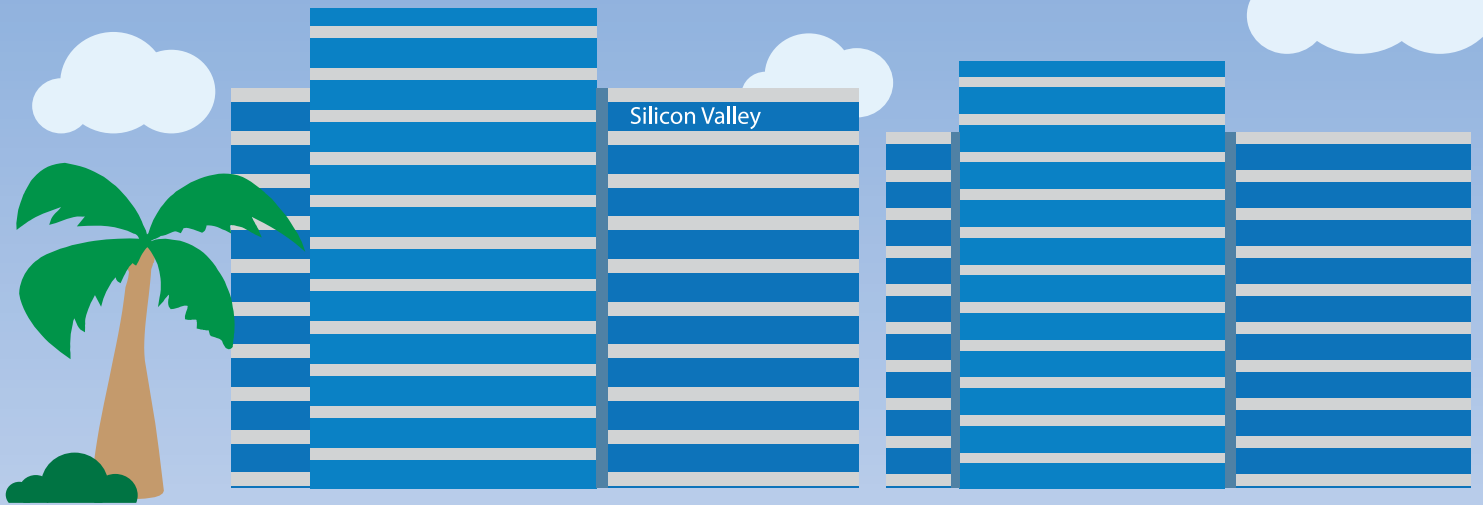


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SKIP ON OVER TO SAN JOSE!



Skip, skip, skip to your ... Lou? No, we have a better idea ...

Skip on over to ISI Adult Championships and ISI Holiday Challenge, both getting underway at the world-class Sharks Ice at San Jose. Yes, for the first time ever — *two AWESOME ISI competitions taking place simultaneously in one fantastic location!* When you arrive, don't forget to yell "Eureka!"

Note: ISI is not responsible for any scheduling conflicts that arise due to skaters choosing to enter both competitions.

ISI ADULT CHAMPIONSHIPS & ISI HOLIDAY CHALLENGE

Nov. 18-20

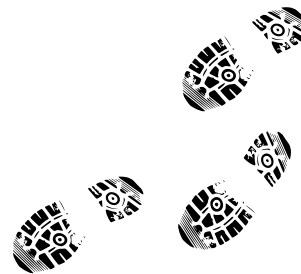
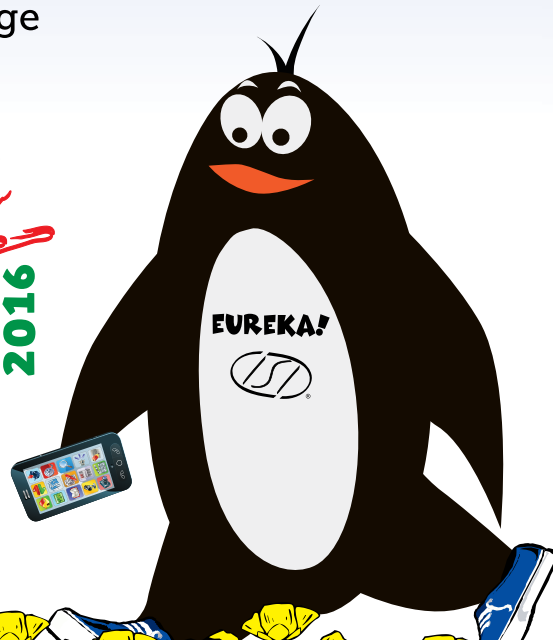
Sharks Ice at San Jose

San Jose, CA

Entry/test deadline: Sept. 20

skateisi.org/adultchamps

skateisi.org/holidaychallenge



competitors' corner

Pre-Competition

Being Organized Allows for Proper Warm Up

by Andrea Larsson

So much of a skater's time leading up to competition is spent in preparation — choosing the music, choreographing the program and months of practicing each element and detail of the routine. Also add in ballet, off-ice strength and jump training, stroking exercises, plus a regular warm up and cool down routine — It seems endless! When competition day finally arrives, it's time for all of this hard work to pay off.

Often, however, I have seen skaters arrive at the rink in such a rush on competition day, that they have forgotten their tights, hair accessories, outfit and even their skates! It doesn't matter how much time was spent in the training leading up to the competition, because now the skater is in a panic and cannot fully concentrate on what he or she needs to do to prepare mentally and physically to perform at his or her best.

To avoid any last-minute mishaps, I recommend making a competition day checklist early in the season to be sure to have everything in place before arriving at the rink. This will allow you to focus completely on warming up properly and will also make for a more calm and enjoyable day.

It's important to arrive at the rink an hour to an hour and ½ prior to your event. This will give you ample time to check in your music at registration, get acquainted with your new surroundings, change into your competition outfit (if not already wearing it) do hair and makeup and then begin your off-ice warm up.

After checking in your music, stand rink side and visualize your starting place on the ice. Map out your entire program and picture yourself entering and exiting the ice. Take this opportunity to also check in with the ice monitor at the gate.

Next, find a place with a matted floor or ballet floor for warming up. In order to raise your body temperature, increase your heart rate by using a jump rope, jogging in place or riding a stationary bike (if available) for about five minutes. It is then necessary to stretch out all of your joints and begin to focus on your breathing. Start with head, neck and shoulder rolls and work your way down. Focus on stretching arms, torso, back and hips, legs, knees and ankles. Hold each stretch for approximately 10 seconds and allow 10 minutes for all of these stretches. Stretches should be held longer in your day-to-day



training, especially during your cool down. On competition day, your muscles shouldn't be too relaxed but should have enough warmth and flexibility to allow them to contract quickly for proper take-offs, rotations and landings.

After stretching, practice vertical leaps, rotational jump exercises, axel take-offs, landing and spiral positions. It is always good to have your music downloaded to an MP3 player so you can walk through your program while listening to your music. This will help you "get in the zone" and ready to compete your best.

Finish your warm up about 20 minutes before your event. Remember to stay warm and keep your body moving after putting on your skates. If you are organized and have prepared yourself properly, you will be more relaxed and able to focus on enjoying your competition.

Whatever you do, remember to stay positive with a great attitude and have fun!



Andrea Larsson has been a dedicated skating coach in the Dallas Fort Worth Metroplex for the past 29 years.

High-Level Tests

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



FREESTYLE 8

Timmy Chapman
RDV Sportsplex Ice Den
Orlando, FL

Isabelle Driscoll
Pilgrim Skating Arena
Hingham, MA

Isaac Serafin
Brett Memorial Ice Arena
Wasilla, AK

Nicole Tutak
Tampa Bay Skating Academy
Clearwater, FL

FREESTYLE 9

Megan Muzy
Silver Blades FSC
Findlay, OH

FREESTYLE 10

Eric Stinehart
Centennial Ice Rinks-
Wilmette Park District
Wilmette, IL

DANCE 9

Lily Carone
Planet Ice
Johnstown, PA



2016 ISI National Events Selected Maneuvers

SOLO COMPULSORIES (Pre Alpha-FS 10)

Pre-Alpha – Forward Swizzles / 2-Foot Glide / Backward Wiggles

Alpha – Forward Stroking / Left over Right Forward Crossovers / 1-Foot Snowplow Stop

Beta – Backward Stroking / Left over Right Backward Crossovers / Left T-Stop

Gamma – RFI Mohawk Combo / LFI Mohawk Combo / Hockey Stop

Delta – LFI 3-Turn / RFI 3-Turn / Bunny Hop

Freestyle 1 – Waltz Jump / 2-Foot Spin / Forward Arabesque

Freestyle 2 – ½ Lutz / 1-Foot Spin / Dance Step

Freestyle 3 – Toe Loop Jump / Change Foot Spin / Dance Step

Freestyle 4 – Flip Jump / Sit Spin / ½ Loop Jump

Freestyle 5 – Camel Spin / Axel / Back Spin

Freestyle 6 – Double Salchow / Choice Spin (Cross-Foot/Layback/ Sit-Change-Sit) / Split Falling Leaf

Freestyle 7 – Walley-Walley / Flying Camel Spin / Double Toe Loop Jump

Freestyle 8 – Double Flip Jump / Flying Sit Spin / Split Lutz

Freestyle 9 – Double Lutz Jump / Flying Camel into Jump Sit Spin / Axel-Double Loop Jump Combination

Freestyle 10 – Double Axel-Double Toe Loop Jump Combination / Death Drop / Three Arabian Cartwheel or Butterfly Jumps

SOLO COMPULSORIES (Special Skater 1-10)

Special Skater 1 – Fall, Get Up, March in Place

Special Skater 2 – Forward Swizzle, 2-Foot Glide, Teapot Dip

Special Skater 3 – Forward Swizzles, Scooter Push (left or right), Backward Wiggles

Special Skater 4 – T-Position Push, 1-Foot Swizzles (left or right), Forward Crossovers Standing Still

Special Skater 5 – Forward Stroking, Snowplow Stop, Left/Right Forward Crossovers

Special Skater 6 – 2-Foot Turn Forward to Backward, Forward 1-Foot Glides on a Curve, L 1-Foot Backward Swizzles

Special Skater 7 – Backward Stroking, Choice of Stop, Left/Right Backward Crossovers

Special Skater 8 – RFI Mohawk, LFI Mohawk, RBO Edge on a Curve

Special Skater 9 – RFO Three turn, LFO Three Turn, Choice of Stop

Special Skater 10 – Bunny Hop, Lunge, LFI Three Turn

FIGURES

Figure 1 – Forward Outside Waltz Eight

Figure 2 – Backward Outside Eight

Figure 3 – Backward Inside Eight

Figure 4 – Forward Outside Loop

Figure 5 – Left Forward Inside Bracket

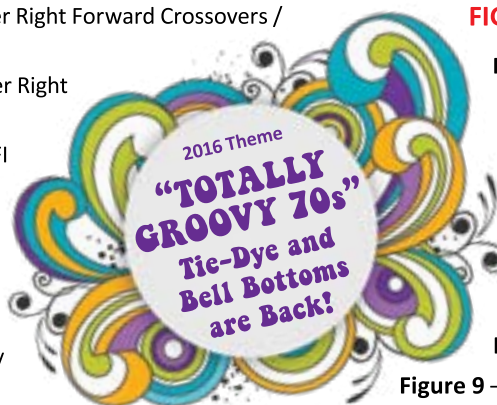
Figure 6 – LFO Change Loop

Figure 7 – LFO Paragraph Three

Figure 8 – LFO Rocker

Figure 9 – LBO Paragraph Double Three

Figure 10 – The Flower





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Teams in *Sync*



Overall Team Coach: Donnarae Tulskey



Solano Stars

Vacaville Ice Sports Vacaville, Calif.

About: Solano Stars offers year-round teams for every level and age of skater. Their youngest participant is 4 years old and their "most experienced at life" skater is 69 years old. Teams practice a minimum of one hour weekly on ice, with additional off-ice practice. They compete in at least four local competitions each year and often times more, plus perform in many exhibition events. They love to travel and make new skating friends wherever they go. One of their proudest accomplishments as a group is winning the overall team trophy at the annual Skate at the Lake competition in Lake Tahoe in both 2014 and 2015.

Team Colors: Royal blue, gold and black

Team Slogan: "Every day is a great date to skate!"

Current Membership: 82

Website: solanostars.com

Facebook Page: facebook.com/solanostars

ISI National Competitions: 2016 World Team Recreational Championships, 2016 Adult Championships



Tot Formation

Age: 4 - 9

Levels: Pre-Alpha to Beta

Coach: Amber Turner

Theme: Techno Swing

Highlights: First place at Shamrock Skate in San Francisco

Would you like your synchro team(s) to be featured in Teams in Sync in our NEW Recreational Ice Skating digital magazine (RISonline.org)? Send your team profile (using the information above as a guideline), logo (if you have one) and high-resolution photo/s to editor@skateisi.org.



Junior Youth

Age: 8-10

Coach: Shannon LaPoint

Levels: Delta to Freestyle 4

Theme: 60s Dance

Highlights: Undeclared the last two seasons, the team is a very tight group. Most of these girls have been skating together for three years and enjoy many activities together outside of skating.

Highlights: The newest team, consisting primarily of skaters new to synchronized skating. It is a challenge to compete with such a diversity of ages and levels, but this team makes it work and is undefeated this season!

Youth Formation

Age: 8-17

Levels: Gamma to Freestyle 4

Coach: Whitney Westbrook

Theme: Jazz Hits



Youth

Age: 8-14

Coach: William Wong & DeDe Messner

Levels: Freestyle 1 - 5

Theme: Patriotic

Highlights: First place at District 14 Skate at the Lake Championships three years in a row. The team competes two different programs, synchro skating and advanced formation.



Masters

Age: 34-69

Coach: Amber Turner & DeDe Messner

Levels: Delta - Freestyle 4

Programs: As many as they can possibly remember!

Goals: Win the team award at ISI Adult Championships

Funny Note: One year, six of nine skaters (and a coach) had a first name beginning with the letter D. Talk about confusing!

Highlights: "Staying Alive" program from 2013-14. "Be Our Guest" in 2007 — they liked it so much they revived it for this year.



Theater On Ice

Age: 7-14

Coach: Crystal Miller

Levels: Pre-Alpha - Freestyle 5

Theme: Space

Highlights: The Theatre on Ice team provides a great program for synchronized skaters to get experience in performance skills. It is Solano Stars' biggest group and they have been extremely successful, placing first at every competition they've entered this year.



MY COACH ROCKS!

Does your ISI coach rock? Please send a short essay (about 125 words) telling us why, along with a high-resolution photo, to editor@skateisi.org. We'll run it in our NEW Recreational Ice Skating digital magazine (RISonline.org). Note: Essays must be composed by skaters (not their parents). Skaters and coaches must be current ISI members.



SHA'NON MCMANUS

My coach rocks because she is always there for me and she helps me with everything. Without her I wouldn't be where I am today. She is kind, loving, pretty, and very funny. Even though I talk back to her sometimes she knows it's just because I love her. She is not only my skating coach, but also my best friend and my second mom. I LOVE U SHA'NON!

**Allie Burch, 14, FS 7
Tampa Bay Skating
Academy-Countryside
Clearwater, Fla.**



ALYSSA GENAU

My sister and I share the BEST coach EVER! Her name is Alyssa Genau. My name is Eden and my sister's name is Aria. We started ice skating last year. I am 10 years old and in FS 2 and my little sister is 7 and she is in FS 1. We love working with coach Alyssa because she makes us laugh and pushes us to be our very best. She is kind and compassionate and will make a great Mommy soon! There is no one else like her and we love her very much! Thank you Coach Alyssa for teaching us!

**Eden, 10, FS 2 and Aria Villarreal, 7, FS 1
Inwood Ice Arena
Joliet, Ill.**

MY COACH ROCKS!

PAM SANDBORG

Everyone believes their coach is the best and I am no different. Pam continues to push me to be the best I can be on and off the ice. She continues to encourage me to learn each new move, each new jump, each new spin, and each new dance, and to pass each new level. She is patient, beyond belief. I am so thankful Pam is my coach — she is the BEST!

Anna Carpenter, 16, FS 7
Roseville Skating Center
Roseville, Minn.



RACHELLE JOHNSON

My coach, Rachelle Johnson, rocks! She really helps me reach my goals and skate my best! Rachelle is one of the kindest people I know. She helped me so much when I got new skates and fell and hurt my knee, attempting my loop. My coach taught me to never give up. I finally landed my flip because Rachelle wouldn't let me give up. She also is super creative and makes fairy wings and flower headpieces! We have lots of fun together because Rachelle makes me laugh every time we have a lesson! Our lessons together are something I look forward to every week. She always puts a smile on my face! Without my coach, Rachelle, I wouldn't be the skater I am today. My coach, Rachelle, totally rocks!

Tessa Bianchi, 11, FS 4
Eagan Ice Crystal FSC
Eagan, Minn.



Eric Stinehart

Reaches His FS 10 Goal

by Eileen Viglione

"Dream what you want to dream; go where you want to go; be what you want to be, because you only have one life and one chance to do the things you want to."

- Unknown

It's not surprising that ISI's latest FS 10 skater, Eric Stinehart from Centennial Ice Rink in Wilmette, Ill., chose this quote as his personal favorite. From the time he was just a young tyke, Eric had a vision — passing all of his ISI skating tests. He achieved FS 10 at ISI Worlds in Chicago this summer.

"I started off in ISI 13 years ago as a toddler, and I knew from the beginning that I wanted to pass all of my tests," says the 17-year-old high school senior. "It was almost like a rite of passage for me, because FS 10 had always been that achievement I always wanted. For me, passing FS 10 solidified me as someone who is passionate and committed to the sport of figure skating, at both the competitive and recreational level. It also felt good to have these credentials to teach my group and private lesson students, who are usually in the tot through Delta level range."

Looking back, Eric probably owes his mom and brother a big thank you for introducing him to the ice. When he was 4, his brother went on a skating and hockey event with his class and Eric didn't want to miss out on the fun. His mom took him skating and he loved it instantly.

Soon he was taking lessons and rose steadily through the levels until he achieved FS 7 at age 10. At that point, he decided to focus on competing in USFS because he was beginning to reach pre-Juvenile and Juvenile levels, in which he could compete at Regionals. He went on to compete at Nationals four times, twice as a Juvenile, once as an Intermediate (earning a silver medal) and once as a Novice.

"As I progressed through junior year of high school competing at the Junior level, I began to get more involved as a skating

instructor at Centennial," he says. "With our great ISI program at Centennial, I saw all of my students excitedly move through the beginning ISI levels, and that made me miss ISI and passing the levels."

Over the next several months, Eric decided to work toward higher levels and ended up passing FS 8 and 9 on the same day, and then FS 10 at ISI Worlds.

He trains for 2 ½ hours daily, six days a week at Centennial Ice Rink and Twin Rinks Ice Pavilion in Buffalo Grove, Ill. His main coach is Denise Myers and in preparation for the FS 10 test he received additional coaching from Vickie Tassone, Centennial's skating director.

ISI Value

While Eric loves virtually every aspect of skating, he particularly relishes performing a clean program in front of an excited crowd, describing it as one of the most rewarding feelings in the world.

"I love when the music pushes me to skate with expression and even helps me land my jumps," he says. "My senior long program is four minutes, 40 seconds now, so it's truly a journey to get through it!"

Eric says that he enjoys ISI's testing and recreational competitive programs because everyone involved is supportive of each other. "The coaches are always very encouraging and kind to their students and the kids seem genuinely happy to be skating. The different types of events at ISI competitions are always fun to see, and the atmosphere is supportive."

He advises other skaters striving to reach the FS 10 level to stay committed. "If you unwaveringly set this goal for yourself and have a solid technical

base, you can definitely achieve this," he says. "If you start to lean toward the competitive USFS track in skating as I did, don't forget to come back to ISI, the program that you started skating in, because it really is worth it. Most importantly, have fun!"

Eric hopes to make it to the 2016 U.S. Figure Skating Championships in Senior Mens. He plans to compete at the collegiate level next year and continue to teach skating and possibly become certified to judge.

In addition to skating, Eric is the principal viola of his high schools' symphony orchestra and calls himself an "avid musician." He's excited to travel with the group to Italy in the spring to perform American and Italian music. **RIS**

Skating Accomplishments

- Four-Time National Competitor
- Silver Medalist, Intermediate, 2014 U.S. Figure Skating Championships
- Gold Medalist, Senior Man, 2016 Upper Great Lakes Regional Championships
- 2015 U.S. Figure Skating Scholastic Honors Team
- Memorial Fund and Cathy Clarry Memorial Merit Award

Faves

Music (especially to skate to): Anything powerful, such as his current long program music, "Overture to The New Picasso."

Place to Skate: Home rink - Centennial Ice Rink

Role Models: Jason Brown, Tara Lipinski

Little Known Fact about Eric:

He has double-jointed thumbs and can pen spin!



Eric Stinehart, holding his FS 10 certification, is flanked by Centennial Ice Rink Skating Director Vickie Tassone, left, and Margy Bennett, ISI referee.





Ask Mr. Edge

Breaking in New Skates

This holiday season will be no different, as thousands of parents will once again buy their children new ice skates. Some kids will have no problem breaking in their new skates, while others may experience the pain and blistering that sometimes accompanies the initial break-in period.

Let us take a look at some unique ways in which people break in their new skates, and then we will review some common sense approaches to breaking in new skates.

Unique Practices for Breaking in New Boots

- Soak both boots in hot water for an hour or so before mounting the blades, then proceed to walk or skate in them while the boots are still wet. *Note: Be aware that soaking boots for any amount of time in water will damage them, especially if nothing was done to seal the soles and heels before soaking.*
- Heat boots in a home convection oven at 180 degrees for three to five minutes and wear them around the house. *Note: Never use a conventional kitchen oven, because it applies direct heat to the boots and dries out the natural oils in them. A convection oven will circulate warm heat in and around the boots.*
- Soak boots in ice water for an hour before skating.
- Spray boots with leather stretch prior to skating every time until boots are broken in.
- Rub interior of boots with a leather conditioner or softener, or with Vaseline.
- Place "animal fat" gel pads around your ankles.
- Use gel sleeves around both your heels and ankles.
- Wrap ankles with an ace bandage or gauze.
- Skate with plastic wrap or Reynolds turkey-size oven cooking bags wrapped around your feet.
- Soak lightweight socks in hot water and wear them while skating.
- Have someone else wear the boots first.

Common Sense Steps to Breaking in New Boots

Start by tying laces to the second hook, leaving the top hook untied. *Note: Use all-nylon laces when breaking in new boots because they stretch more, making it easier to bend at the ankles.*

- Switch over to cotton-nylon (50-50 blend laces) after a couple weeks.

- For the first hour, do crossovers and stroking.
- During the next two to three hours, begin mixing in spins.
- During hours four and five, lace boots to the top and begin jumping.
- During hours six and seven, increase jump and spin time.
- After seven hours of breaking-in time, resume a normal routine.

No matter which method a skater chooses to break in new boots, the first line of defense against injury is a correctly fitted boot. Proper alignment of the foot inside a good, but not overly supportive, boot also will help to prevent injury.

John Harmata, a.k.a. Mr. Edge, is a skate technician with more than 35 years of experience in servicing figure skaters throughout the United States, Canada and from overseas as well. Any questions may be addressed to him directly via email at: askmredge@aol.com. For more information, visit: askmredge.com.

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

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

Flip 'n' Fun...



FLIPPIN' FOR FLIPANAS!

MAKING THESE FLIPANAS IS AS EASY AS ... BANANAS!
IT'S A WHOLE LOT OF FUN, TOO, AND THE PERFECT ACTIVITY FOR A WINTER DAY.



HERE'S WHAT YOU WILL NEED:

- Ripe bananas
- Semi-sweet melting morsels (chocolate chips — we used Nestlé®)
- Candy eyeballs
- Orange chocolate candy pieces (we used Reese's® Pieces)

INSTRUCTIONS:

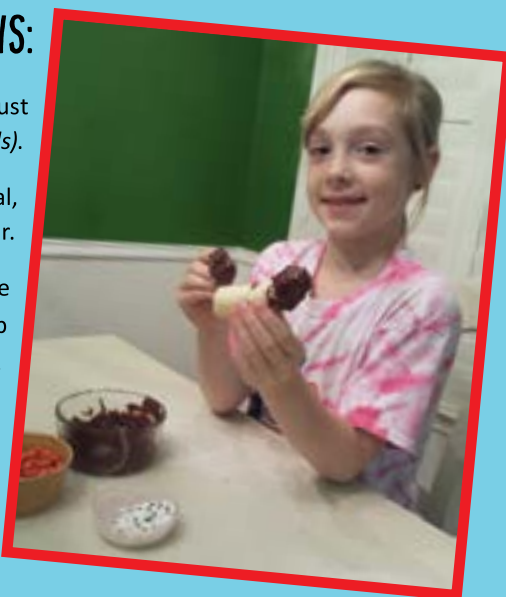
For best results, make sure the bananas are just starting to ripen (*look for brown spots on their peels*).

Then, cut them in half (keeping the peel on), place them in a plastic bag, seal, and store in the freezer for at least one hour.

Next, melt about one cup of chocolate chips in the microwave or on the stovetop (*a grown-up can help you*). Peel the bananas and gently dunk the top halves in the melted chocolate, rolling side to side. Place gently on a plate.

Place eyes and a beak (side down) on the soft chocolate, then drizzle a bit of chocolate on the other end of the banana, where you will place two more orange candy pieces (side down) to create feet.

If desired, use a fruit snack to create a scarf, just like Flip's.



Before you gobble them up, be sure to send a photo of yourself with your FLIPanas to editor@skateisi.org. We will feature it in our NEW *Recreational Ice Skating* digital magazine: RISonline.org

Adventures & Activities

TRAVEL FLIP 'N' RINK

HERE'S WHAT YOU WILL NEED:

- A small, empty tin
(we used an Altoids® tin)
- A paperclip
- Small paper Flip
(below, right-hand corner)
- Paper
- Colored pencils, markers or crayons
- Tape or craft glue
- Strong magnet
(we used two one-inch disk magnets stacked on top of each other, pictured)

THIS ADORABLE ICE RINK IS A FUN TOY TO TAKE WHILE TRAVELING, ESPECIALLY ON LONG CAR RIDES. IT'S SUPER EASY AND FUN TO MAKE!



INSTRUCTIONS:

Measure a piece of white paper to fit on the underside of the tin's lid. You can place the tin on the paper and trace around it to get a good measurement.

Using scissors, cut out the small piece of paper, using the outline you traced as a guide. Make sure to trim it so it fits into the underside of the lid. Now you are ready to draw a scenic background on the paper, using colored pencils, crayons or markers.

Next, tape or glue it in place on the underside of the lid.

Using scissors once again, cut out the Flip image on this page as carefully as you can. Bend a portion of the paper clip up, leaving a good portion down to create a base, and tape Flip to it (*front and back sides*).

Now you're ready to put Flip on the ice! Grab the magnets, slide them underneath the bottom of the tin and watch Flip glide!

Don't forget to have someone take photos of you and your creation and send them to editor@skateisi.org. We will feature them in our NEW digital *Recreational Ice Skating* magazine: RISonline.org.

WANTED: YOUR IDEAS! Got ideas for crafts and recipes?

We'd love to feature them in our NEW *Recreational Ice Skating* digital magazine: RISonline.org.

Please send to editor@skateisi.org. If we use your idea, we will send you a gift and feature you in our publication!

(We will only feature submissions from current ISI members.)



YOU COULD BE A SKATING SCHOLAR!

The ISIA Education Foundation Scholarship Program encourages ISI members to acquire higher education and/or professional development to benefit them in their lifelong pursuits both on and off the ice.

Each year, the Foundation awards several four-year scholarships to students entering college/technical school. Also, new this year is a one-year scholarship for skaters currently enrolled in a post-secondary institution.

Here's How to Qualify:

1. Maintain at least a 3.0 GPA in school.
2. Participate in a variety of school and community activities and keep detailed records of such activities, including frequency of participation.
3. Continue to test and compete in the ISI program (especially during the two years prior to application for high school students), and keep good records of skating activity.
- 4.* Prior to application, you must have completed 120 volunteer service hours, at least 60 of which must be in association with an ISI member facility. This information must be tracked on the "Hours of Service Verification Form" available at skateisi.org.

*Applies to four-year scholarship only.



Erin
Sprenger,
2012



Sonia
Richmond,
2013



Daniel
Kulenkamp,
2014



Carly
Potts,
2014

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Spiraling Toward EXCELLENCE

Optimal Growth Environments for Athletes

by Dr. Adam Naylor

Athletic excellence does not develop in a vacuum. Athletes, young and old, lead the charge toward reaching their development on the ice, but without supportive families, competent competitors, wise coaches and enthusiastic communities, full potential often is left unrealized. While skilled coaching and opportunities to train and compete are essential elements of the athlete development recipe, the emotion and mindset of athletic environments are truly what leads to thriving while striving.

Emotional Spirals

Emotions are infectious. Negative, unhealthy emotions can spread like the flu, leaving a sporting environment sluggish and sick. Encouraging optimistic feelings can be inoculating, serving to allow athletes to thrive during the struggles and successes of a competitive sport. In this equation, it is perhaps the negative that takes root the easiest. The excitement of competitive training can very easily turn into insidious stress that challenges coaches' and families' self-control. A few bits of doom and gloom at the rink can serve as ready kindling for a culture that adds undue stress and strain on developing athletes.

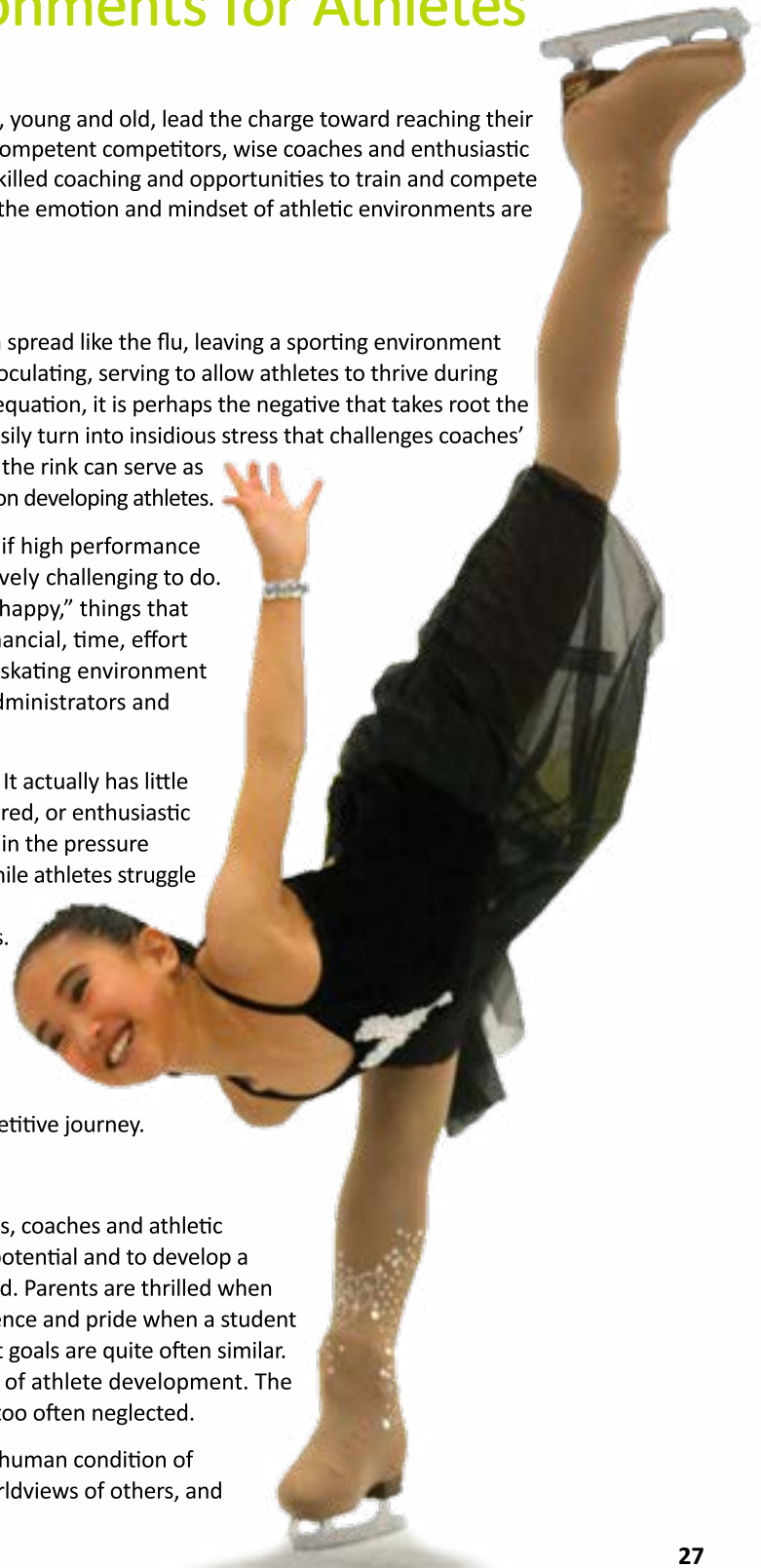
Most people understand that positive trumps negative if high performance (and good living) is the goal. Yet, positive can be deceptively challenging to do. Pop psychology tells a person to "think positive" and "be happy," things that are incredibly challenging to embrace when significant financial, time, effort and emotional commitments are being made. Few in the skating environment are free from these strains, including coaches, parents, administrators and athletes.

"Doing positive" is actually quite subtle — yet powerful. It actually has little to do with the pep talks given, the motivational quotes shared, or enthusiastic cheer. It is about the nonverbal behaviors that occur when in the pressure cooker of competition. It is about the patience displayed while athletes struggle with mastering new skills and strategies. It is about the cooperative tones that fill the halls and locker rooms of rinks. Emotions that help athletes thrive are the ones that bubble below the surface of the words that are spoken and the fleeting moments of dramatic emotional expressions. The emotions that simmer are the ones that allow athletes to develop emotional responses that support resilience, perseverance and enthusiasm during all stages of a competitive journey.

Communication

There is most likely a shared goal between athletes, parents, coaches and athletic organizations — to see the athlete achieve one's greatest potential and to develop a lifelong passion for sport. Athletes practice with this in mind. Parents are thrilled when their flesh and blood succeeds. Coaches feel both competence and pride when a student succeeds. Perspectives toward performance may differ, but goals are quite often similar. This reality so often gets lost during the hustle and bustle of athlete development. The appreciation and communication of these shared goals is too often neglected.

Human beings are inherently poor communicators. The human condition of life can lead to defensiveness, failure to appreciate the worldviews of others, and



conversations that are laden with emotion before objective insight. These realities provide challenges to effective community collaboration. Competitive cultures that are caring and collaborative in their communication develop thriving athletes.

Quality communication begins with understanding — this starts by going slow and listening. It is reasonable to expect that all individuals that invest effort, time and passion into skating care; this is good. All individuals caring passionately ... is bad. Passion leads to exciting communication, but rarely clear delivery and receipt of messages.

Emotions are infectious. Negative, unhealthy emotions can spread like the flu, leaving a sporting environment sluggish and sick. Encouraging optimistic feelings can be inoculating, serving to allow athletes to thrive during the struggles and successes of a competitive sport.

Take care to set the stage for quality communication helps skating communities thrive. This can begin by keeping the following in mind:

- Commit to having serious discussions away from the noise and excitement of the rink and at least three hours apart from the emotions of practice and competition times.
- Practice listening before speaking. This allows the speaker to feel heard and the listener to get the full story prior to contributing a thought or two.
- Appreciate and give the benefit of the doubt that everyone is striving toward a similar goal. This allows for collaborative rather than confrontational discussions.

Skating cultures that encourage and practice quality communication truly allow athletes to thrive. Getting many adults and young athletes onto the same page is rarely a perfect process. Creating a shared philosophy towards spreading facilitative emotion and collaborative communication leads to optimal growth and enthusiasm in athletes. Around the rink, there is a tight interconnectedness between administrators, coaches, families and athletes. The quality of these ties that bind creates a rising tide for all skaters.



Dr. Adam Naylor, EdD, CC-AASP, was a featured speaker at ISI's annual Ice Arena Conference & Trade show in May. He leads Telos SPC, and is coach educator for USA Hockey. He directs Northeastern University's Sports Performance: Mental Game division, is a clinical assistant professor of sport psychology at Boston University's School of Education and is the associate director of Mental Training for the International Junior Golf Academy (Hilton Head, S.C.). He has two decades of applied sport psychology experience (Olympic, professional, collegiate and elite junior). He can be reached at adam@telos-spc.com and followed on Twitter @ahnaylor.

Stocking Stuffers for Skating Lovers

Must-haves for ISI skaters and parents — the perfect gifts to give or receive!

The ISI Handbook is the only comprehensive resource for ISI test level requirements, weSKATE program information, competition event descriptions and performance rules, and judging criteria. The *Handbook* is a wealth of information for learning, teaching and judging the ISI Recreational Skating Program.



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The **weSKATE** Test Standards DVD allows you to view 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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Competitions

December



4-6..... McKinney TX
Dr Pepper StarCenter
ISI Holiday Challenge

4-6..... White Bear Lake MN
White Bear Lake Sports Center
White Bear Lake Holiday Open

5..... Marlboro MA
FMC Navin Arena
Icicle Invitational

5-6..... Burbank CA
Pickwick Ice Gardens
Pickwick's Annual 29th Open ISI
Holiday Competition

11-13..... Northbrook IL
Northbrook Sports Center
Winter Welcome

11-13..... Eagle River AK
Harry J McDonald Memorial
Holiday on Ice

22..... Rolling Meadows IL
West Meadows Ice Arena
Frost Fest

2016

January

7-10..... Lake Placid NY
Riverdale Ice
2016 ISI Lake Placid Championships

8-9..... Westland MI
Mike Modano Ice Arena
Wayne's ISI Competition "Frozen"

15-17..... Luverne MN
Blue Mound Ice Arena
Ice Crystal Classic

15-17..... St. Peters MO
St. Peters Rec-Plex
2016 ISI District 9 Championships

16-17..... San Diego CA
Kroc Center Ice
2016 Kroc Center Ice ISI Open

16-17..... Centennial CO
Family Sports Center
Family Sports Center ISI Competition

29-31..... Owensboro KY
City of Owensboro – Edge Ice Arena
Living on the Edge 5th Annual

February

5-7..... Blaine MN
Schwan Super Rink – NSC
2016 Frosty Blades

6-7..... Bensenville IL
Edge Ice Arena
Mardi Gras Competition

7..... Salem MA
Salem State University Rockett Arena
Viking Skating Club's 35th Annual Tropical
Escape Competition



12-14..... Orlando FL
RDV Sportsplex
ISI Winter Classic

12-14..... Oxford OH
Goggin Ice Center
2016 ISI Miami Open Team Competition

12-14..... Williamstown MA
Lansing Chapman Skating Rink
2016 Bay State Winter Games

13-14..... Niles IL
Niles Iceland
Sweetheart Open

20-21..... Yankton SD
Yankton Kiwanis 4-H Ice Arena
Yankton Winter Miracle 2016

21..... Brooklyn NY
Lakeside Brooklyn
Lakeside Open

27-28..... Newark OH
Lou & Gib Reese Ice Arena
2016 Newark Spring Open

March

5-6..... Natick MA
FMC William Chase Arena
Natick 45th Annual ISI Competition

11-13..... Park Ridge IL
Oakton Ice Arena
Ice Breaker Classic

April

1-3..... Knoxville TN
Ice Chalet
47th Annual Robert Unger ISI Team
Competition

1-3..... Oldsmar FL
Tampa Bay Skating Academy
ISI Spring Fling Competition



8-10..... St. Peters MO
St Peter's Rec-Plex
ISI Synchronized
Championships

23..... Boxborough MA
Nashoba Valley Olympia Inc.
Nashoba Valley Olympia 35th Annual
Team Competition

May

21..... Flushing NY
World Ice Arena
World Ice Spring Open

June

4-5..... Centennial CO
South Suburban Ice Arena
South Suburban Summer Skatefest
ISI Competition

July

9..... Wilmette IL
Centennial – Wilmette
Mid-Summer Classic



25-30..... Blaine MN
Schwan Super Rink
ISI World Recreational
Team Championships

➡ Shows & Exhibitions this way



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- ☞ KEEP LACES FROM SLIPPING & SECURE THE BOOT FIT



calendar

Shows & Exhibitions

December

- 4-5.....Belmont CA**
Belmont Iceland
Magic of the Season
- 4-6.....Pittsburgh PA**
RMU Island Sports Center
The Holiday Spectacular
- 5.....Eules TX**
Dr Pepper StarCenter - Eules
Eules Ice Fest
- 5.....Westminster CA**
The Rinks- Westminster ICE
5th Annual Westminster ICE Holiday
Celebration
- 5.....Eagle River AK**
Harry J McDonald Memorial
The Magic of Christmas
- 5-6.....Franklin Park IL**
Franklin Park Ice Arena
Franklin's Toyland
- 10-13.....San Francisco CA**
Yerba Buena Ice Skating Center
A Hollywood Holiday
- 11.....Raleigh NC**
Raleigh Iceplex
Holiday Cheer On Ice
- 12.....Danbury CT**
Danbury Ice Arena
Believe in Magic
- 12.....El Segundo CA**
Toyota Sports Center
Ice Story 5 "Holidaze"
- 12-13.....Oldsmar FL**
Tampa Bay Skating Academy
Sugar & Spice and Everything Ice
Winter Recital
- 13.....Valencia CA**
Ice Station Valencia
It's the Most Wonderful Time of the Year
- 13.....Pittsburgh PA**
Alpha Ice Complex
Season of Lights Skate
- 17.....Findlay OH**
The Cube: Findlay Sportsplex
Silver Blades Holiday Exhibition
- 18.....Newark DE**
University of Delaware Ice Arena
Animation on Ice

- 18 - 3/10.....Wasilla AK**
Menard Center
Learn-to-Skate Exhibition & Recitals
- 19.....Newark OH**
Lou & Gib Reese Arena
11th Annual Holiday Ice Show
- 19.....Arlington TX**
ICE at The Parks
Holiday at The Parks
- 19.....Brooklyn NY**
Lakeside Brooklyn
Lakeside Winter Show
- 19.....Flushing NY**
World Ice Arena
6th Annual Winter Wonderland Showcase
- 19.....Anaheim CA**
The Rinks - Anaheim ICE
21st Annual Anaheim ICE Holiday Spectacular
- 19.....Salem MA**
Salem State University's Rockett Arena
Viking Skating Club's Fourth Annual
Holiday Exhibitions
- 19.....Farmers Branch TX**
Dr Pepper StarCenter - Farmers Branch
Holiday Exhibitions
- 20.....Roseville CA**
Skatetown Ice Arena
Holly Jolly Christmas

2016

January

- 2.....Gardner MA**
Gardner Veterans Arena
Winter Exhibition

March

- 5.....Flushing NY**
World Ice Arena
Spring Showcase
- 6.....Salem MA**
Salem State University's Rockett Arena
Hooray for Hollywood
- 12.....Brooklyn NY**
Lakeside Brooklyn
Lakeside Spring Show
- 18-19.....Luverne MN**
Blue Mound Ice Arena
Super Skate XXV

- 18-20.....Findlay OH**
The Cube: Findlay Sportsplex
Under the Big Top

April

- 1-3.....Oldsmar FL**
Tampa Bay Skating Academy - Oldsmar
ISI Spring Fling Competition
- 2-3.....Stevens Point WI**
K.B. Willett Ice Arena
Lights Camera Skate/Take 2
- 22-24.....Park Ridge IL**
Oakton Ice Arena
"Frozen Magic"
- 29-30.....Newark OH**
Lou & Gib Reese Arena
11th Annual Jane McConnell Spring Ice Show

May

- 13-15.....St Peters MO**
St Peters Rec-Plex
Journey to Neverland - 22nd Annual Spring
Ice Show
- 13-15.....Franklin Park IL**
Franklin Park Ice Arena
Spring Ice Show
- 13-15.....Wilmette IL**
Centennial Ice Rinks - Wilmette
41-DERFUL

June

- 11-12.....Boxborough MA**
Nashoba Valley Olympia
Ice Magic 2016
- 26.....Flushing NY**
World ICE Arena
End of Season Spectacular

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SKATE ALABAMA THIS SUMMER...

Wind, Rain or Shine ISI Team Competition

Hosted by Point Mallard Figure Skating Club

July 9, 2016 - July 10, 2016

Visit www.pointmallardfsc.com for competition details.

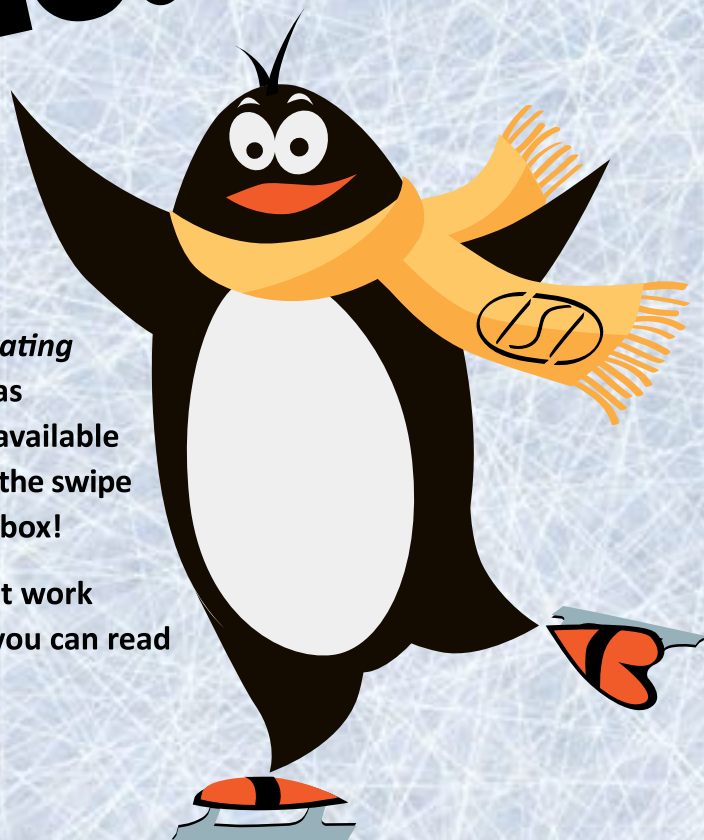


LOOK FOR US AT **RISonline.org!**

Have you heard the news?

This is our last print issue of *Recreational Ice Skating* (RIS) magazine. This is not goodbye, however, as *Recreational Ice Skating* magazine will now be available instantaneously with just a click of the mouse or the swipe of a screen — no more waiting for it in the mailbox!

For the past several months, we've been hard at work transitioning RIS into a digital publication that you can read on your mobile devices.



Remember, this is YOUR space to share your love of ISI skating. If you have content ideas or would like to submit an article and/or photos, please reach out to Eileen Viglione at editor@skateisi.org.



Look for us soon at RISonline.org

(where you'll be able to download the free RIS App!)

RECREATIONAL
ICE SKATING
online

FOLLOW IN FLIP'S FOOTSTEPS TO SEE WHERE ISI TAKES YOU IN 2016

Being a part of ISI means that you have the opportunity to travel all over the country to perform and compete, meet new friends, see new places and, most importantly, have fun! Grab your skates, lace up your shoes and be sure to follow us to some exciting destinations in 2016!



ISI Winter Classic

Feb. 12-14
RDV Sportsplex Ice Den
Orlando, FL
Entry/test deadline: Dec. 1
skateisi.org/winterclassic



ISI Synchronized Championships

April 8-10
St. Peters Rec-Plex
St. Peters, MO
Entry deadline: Feb. 1
skateisi.org/synchro



ISI World Recreational Team Championships

July 25-30
Schwan Super Rink
Blaine, MN
Entry/test deadline: May 1
skateisi.org/worlds

ISI Adult Championships

Nov. 18-20
Sharks Ice at San Jose
San Jose, CA
Entry/test deadline: Sept. 20
skateisi.org/adultchamps



ISI Holiday Challenge

Nov. 18-20
Sharks Ice at San Jose
San Jose, CA
Entry/test deadline: Sept. 20
skateisi.org/holidaychallenge

