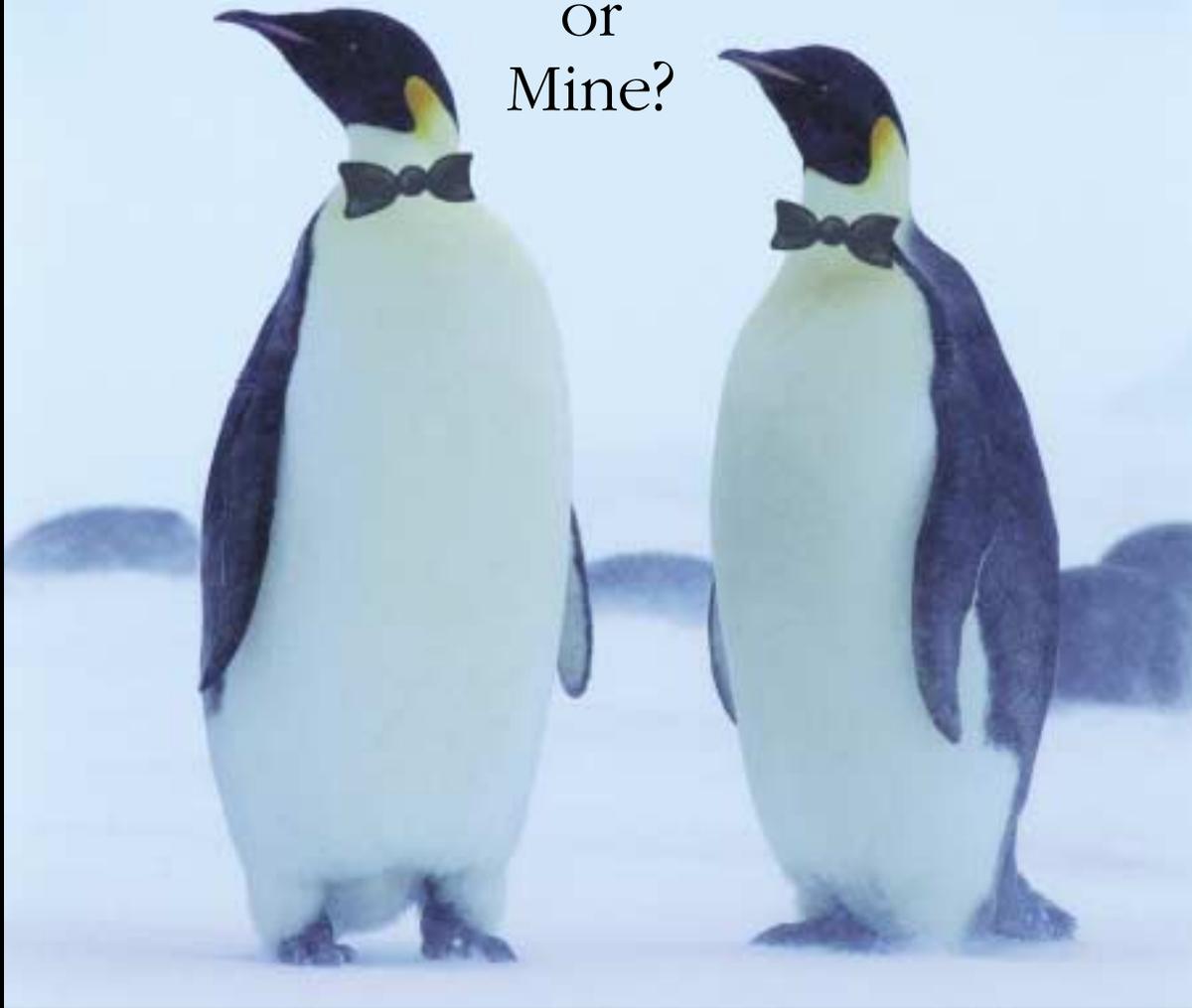




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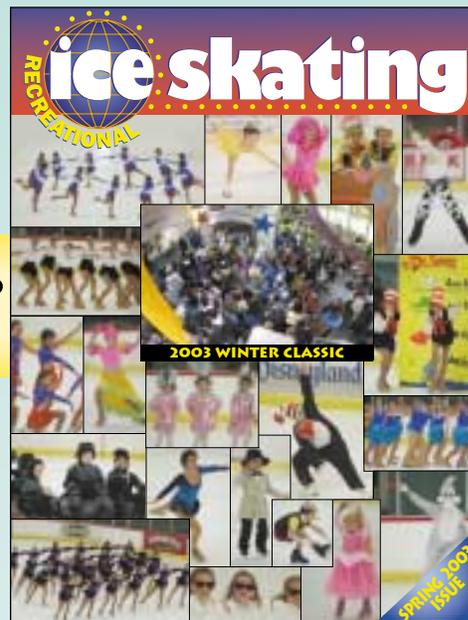
and professional coaches quality educational programs, recreational activities, professional services and publications designed to assist in operating ice skating facilities.

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# WHAT'S INSIDE?

RECREATIONAL ICE SKATING  
Spring 2003/Vol. 27, Number 3



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# Story

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## FEATURES

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# THE Write Stuff

LETTERS FROM OUR READERS

We welcome your letters, comments and suggestions. Send them to us at:  
The Ice Skating Institute  
Attn: Editor, RIS  
17120 N. Dallas Pkwy., Ste. 140  
Dallas, TX 75248-1187  
Send email to:  
dpowell@skateisi.org

**Editor's Note:** Some letters have been condensed due to space constraints. Brevity is appreciated. Anonymous letters are not printed.

Dear ISI,

I have been skating for about four years and I finally passed FS 5. I was stuck on my axel for what seemed like forever, until I started seeing that it wasn't hard, and that I had done it so much that my body now does it without me even thinking about it. I'd like to thank my coaches, Deann Olson and Alex Sergeev for helping me with my skating. This year I started to play ice hockey as an extra activity and for the fun of it. Is there anyone else out there that does figure skating and hockey? If so, I'd like to know, maybe we can be pen pals. (Sometimes dur-

ing hockey practice or games, I forget I don't have picks.)

Harlickgirl  
Chelsea Bourque, age 10, FS5  
Tri-Cities Figure Skating Club  
Kennewick WA

*Dear Readers:*

*If you play hockey and figure skate and would like to be Chelsea Bourque's pen pal, send letters for her to ISI.*

Dear ISI,

I love to skate. I go 4 times a week. I have already landed my axel and double Salchow. I am working on double loop and double toe loop. I would like to be Muri-

ah Kayser's pen pal. If she already has one, can you try to find someone close to my age and level?

Thanks!  
Lauren Johnson, age 10, FS 6  
Freeport Skating Academy  
Freeport NY

Dear ISI,

I love to skate! I have been skating for a year and a half and just got my own skates. I am in Gamma/Delta and I work very hard to achieve my goals. It was very inspiring to have the championships at Yerba Buena Ice Rink. I would like to be pen pals with Jacqueline Short, if not, could you find me a

## FROM THE EDITOR

Dear Readers,

ISI's competition season is off to a sensational start. Winter Classic took place in the shadow of Disneyland with its own entertaining, international cast of characters. Over 1,800 ISI skaters, their coaches and families converged on Disney ICE and Yorba Linda Ice Palace for three days of nonstop skating and excitement. Congratulations to all the fabulous skaters and coaches who made this a most successful event. For more on Winter Classic, see "2003 Winter Classic Fun for All" on page six.

As ISI's national/international competitions move from California to Chicago, ISI promises to continue the excitement. ISI's 2003 Synchronized Skating Championships will be held in the Chicago suburb of Orland Park, April 11-13. With 122 teams registered for this fast-growing, colorful, exciting skating event, spectators and participants are sure to be entertained and impressed.

From Winter Classic to Synchronized Championships to the always exciting ISI World Recreational Team Championships, to be held in Chicago, July 28-August 2, to ISI Adult Championships on Cape Cod, September 12-14, the excitement continues to build. 2003 promises to be a fun-filled, all-out recreational ice skating extravaganza. Catch the fever; join the fun at ISI international competitions.

You can also sample the fever of ISI enthusiasm as you read the letters from our readers in "Write Stuff" and the profiles of skaters in this issue of **Recreational Ice Skating** magazine.

For those of you getting ready for competitions or just wanting to improve your skating skills, see "SMART Goal Setting" on page 12 and "How to Get the Most from Ice Skating Lessons" on page nine.

As always, we look forward to hearing from our readers, and we hope to see you in Chicago. For additional information, updates and pictures from Winter Classic, check the ISI website: [www.skateisi.org](http://www.skateisi.org).

pen pal about my age and level?  
Thanks!

Katy Butler, age 12, Gamma/Delta  
Yerba Buena Ice Skating Rink  
San Francisco CA 94133

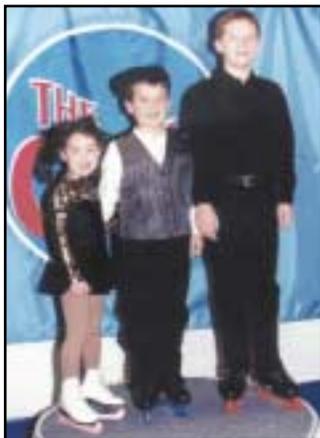
*Dear Readers,*

*Lauren's letter has been forwarded to  
Muriah and Katy's to Jacqueline. If any-  
one else would like to be their pen pals,  
send letters for them to ISI.*

Dear ISI Magazine,

My brother Brandon wrote you last year and now I'm going to give you an update on my family's skating. Since last year, we have been in five competitions and got to skate with Todd Eldredge at a clinic. He was very nice! Brandon is 9 1/2 and working on FS 5. His best thing is spins. Miranda is 4 1/2 and working on Beta. She likes doing shoot-the-duck best. I will be taking my FS 4 test soon. I just like everything about skating. Miranda and I are making up our own pairs program. We add more things to it every week. Our coach is Chris Jones. She is the very best coach in the Galaxy!

Matthew Shapiro, age 7 1/2, FS4  
Huntsville AL



**Miranda, Matthew and  
Brandon Shapiro**

Dear ISI,

I have been skating since I was 5. I have just moved up to freestyle 5, and I can't really do anything yet. I like jumps more than spins, but the axel seems impossible. I am looking

for a pen pal, maybe Emily Smith who wanted an older pen pal. I would also like a pen pal who is about my age and level.

Rebecca Choist, age 12, FS5  
McFetridge Ice Rink  
Chicago IL

Hi!

I love ice skating. It is a fun thing to do. I started when I was 3 years old. Then I quit for awhile. Because my Grandma Gladys loves ice skating so much and wants me to be a star, I decided to go back to ice skating. My Grandma takes me to private lessons. I got two gold medals this year (Pre-Alpha, Alpha). I would like to have a pen pal in ice skating.

Thank you!  
Ashley Mercier, age 10  
Cupertino CA



**Ashley Mercier**

*Dear Readers,*

*If you would like to be Ashley's pen pal,  
please send letters for her to ISI.*

Dear ISI,

I LOVE ice skating! I am landing my axel, double Salchow and sometimes my double loop and double flip. They are hard sometimes with all the falls but I have lived. I would like to be pen pals with Emily Smith. Thanks!

Lauren Cavallaro, age 10, FS5  
Aerodrome Willowbrook  
Houston TX

*Editor's Note: Both Rebecca and Lau-  
ren's letters have been forwarded to  
Emily.*

Dear ISI,

I've been skating since I was 4 years old. I had my first competition last October at Skate Zone in Huntington Beach. I was so excited. I got first place and 8 competed. I went to my second competition at Glacial Garden in Lakewood, CA in November and got first place. My whole family was there watching me. I want to thank my mom and dad for giving me the opportunity to do ice skating. I want to thank my coach Jacqui Palmore for teaching me my routine. I just found out that I'm going to another competition on Feb. 14, 15 and 16, the Winter Classic at Disney ICE arena in Anaheim. I'm so excited about it.

Kaitlin Megan Rivera, age 6  
Paramount CA

Dear ISI,

I love skating. I'm always reading your magazine. They're cool! I would like to be pen pals with Isabell Perry. Skating is awesome! I started 7 months ago and I'm already in freestyle 1. I really want to be pen pals with Isabell but if not, please find me a pen pal who is 9 or 10 years old.

Elena Tubridy  
Center Ice of DuPage  
West Chicago IL

Dear ISI,

I love to ice skate. It is so much fun to get on the ice and see everyone. I love my ice skates and my dresses. I also love my Tara Lipinski scents. I would like to be Vikki's pen pal. I have been skating for 4 years. My mom always says practice makes perfect and I believe her. My coach is Sharolyn McDowell and I think she is the best coach ever.

Your friend,  
Araia Gutierrez, age 10, FS3/4  
Ice Town  
San Diego CA

Dear ISI,

I absolutely love skating. I have learned the loop and can't turn all

*Continued on page 24...*

# 2003 ISI Winter Classic

## Fun for All

by Dianne Powell

Disney ICE in Anaheim, CA and Yorba Linda Ice Palace in Yorba Linda, CA were abuzz with excitement February 14-16, 2003 as 1,800 ISI skaters, their coaches and families descended on the facilities for the largest ISI Winter Classic ever held. Skaters, representing 67 ice arenas and skating schools, from Florida to California, Minnesota to Texas and including Hawaii, Mexico and the Philippines, competed in over 500 events.

B.J. Chapman, a coach from RDV Sportsplex Ice Den in Orlando, Florida, brought six skaters ranging in age from eight to 16 to Winter Classic and everyone had a fantastic time. "It's a great



competition," said B.J. The highlight of the Winter Classic for B.J. was "seeing our skaters go out there and skate their best and step off the ice and look me in the eye and say, 'That was the most fun I've ever had.'"

Shannon Story, a 16-year-old, Freestyle 5 skater from the Aerodrome Ice Skating Complex Willowbrook in Houston, TX, described Winter Classic as "the best competition I've ever been in." Shannon, her teammates and coach Michelle Christie are looking forward to participating in the ISI Synchronized Skating Championships in Orland Park, IL April 11-13.



L to R: B.J. Chapman, Zachary Taylor and Leigh Elliott



Amanda Bates

Photos by Dianne Powell

# Jean Sherman Finds Joy in Skating

by Dianne Powell

**I**ce skating for 61-year-old Jean Sherman is a healthy pursuit. Jean, who has had open-heart surgery, has been taking skating lessons at Logitech Ice in San Jose, California for three years.

"My husband loves it. He likes the fact that I'm occupied and I'm getting exercise," says Jean. "It perks me up, gives me a lift. On the ice, when I normally skate, there are children, teenagers, adults and seniors, and we're all together doing the same thing. The little kids who have gone beyond me in ability still look on me as a friend. They treat me as an adult but look at me as a friend. They don't realize how good they are. I enjoy the children. I really admire the young girls who are working their way through college teaching skating and wanting to compete."



Jean Sherman

Photo by Dianne Powell

Jean was a Pre-Alpha competitor at ISI's Winter Classic. In the audience to encourage and cheer her on were her husband, son and son's girlfriend.

When asked about her skating goals, Jean said, "I take group lessons and I work with (coach) Candy (Goodson). I keep trying. I just want to get to the next step and that's what keeps me going. I wake up in the morning and I'm focused on something, and I feel good because I have something to look forward to. It's healthy."

"Skating is very comfortable for me," adds Jean. "I got over the fear of falling and now I almost crave the ice. I go on the ice and I'm really happy. I'm going to keep skating until I can't. My doctor thinks it's wonderful. My weight is lower; my blood pressure is lower; my cholesterol is lower; my heart rate is lower."

Jean Sherman, with a smile on her face, is living the ISI philosophy that recreational ice skating is a lifetime sport for people of all ages and ability levels.

Seventeen-year-old Amanda Bates, a Freestyle 8 skater, coach and Bronze certified ISI judge, from Centennial Sportsplex in Nashville, TN, had her mother and grandmother as her enthusiastic supporters at Winter Classic. Amanda said she came to Winter Classic to get a feel for what she needs to do to prepare for Worlds.

Back in Nashville, Amanda is spearheading a drive to get sponsors to send a team from Centennial to the 2003 ISI World Recreational Team Championships, July 28 – August 2 at Northbrook Park District Sports Center, Twin Rinks Ice Pavilion, and Glenview Ice Center in Chicago, IL. Amanda hopes to pass Freestyle 9 at Worlds.

Besides skating, Amanda enjoys softball, soccer, judging, and teaching eight ISI students (Pre-Alpha – Freestyle 1). This self-described determined, hard-worker is a member of the National Honor Society and a peer leader for Youth Alive and Free. She also baby-sits and is a nanny three days a week.

Connie Corrigan and her daughter Stephanie, both Freestyle 4 skaters from the Dr Pepper StarCenter in Plano, TX deemed Winter Classic a fun event that was well organized and smooth. Connie, who competed in Freestyle, Artistic and

Footwork, looks forward to participating in the ISI Adult Championships, September 12-14 at the Charles Moore Arena in Orleans, MA.

Nine-year-old Stephanie has been skating for two years and competed in Freestyle Solo. Stephanie, who likes to do spins and jumps, said the highlight of her California trip was getting to go to Disneyland.

Connie says Stephanie benefits from skating because it helps her to "develop a work ethic and to set goals and work toward them. She has to fit skating in with her schoolwork. It helps build discipline." Of herself, Connie says, "I don't like to perform or to do something in front of people. Skating forces me to get over that."

Connie encourages other adults to enter ISI competitions. "They should definitely try it," says Connie. "I think as an adult it's easier because people appreciate the fact that you have the guts to go out there and do it."

For adult skater Merry Neitlich (51), Winter Classic was her first ISI national competition. Merry, a marketing consultant for large law firms, skated as a child and resumed skating five

*Continued on page 8...*

...Continued from page 7

years ago. She skates three times a week, works with a trainer one day and goes to the gym one day a week. She describes skating as "great aerobic exercise." At Winter Classic Merry competed in Artistic Freestyle 4 and Light Entertainment Freestyle 4. She enjoyed Winter Classic because "it's a lot of fun and you get a chance to meet people from other places."

Renee and Kenneth Wolfram from Ontario Ice Skating Center in Ontario, California view ice skating as family time. They competed in Couples Dance, Couples Light Entertainment and Family Spotlight, where they were joined by nine-year-old daughter Katrina and eleven-year-old son Ken. Kenneth, who got the family into skating for recreation, has been an ISI member for 25 years. Renee has been a skater for two years.

"Last night I got to dance (Couples Dance event) with my valentine and it was perfect," said Renee on February 15. "It was so romantic. I didn't get to go out to dinner but I got to dance."

When asked what they gain from skating, Kenneth said, "It's a way for us to get exercise. We use this as a family time. We skate three or four times a week. We're finding competitions are a fun family outing. It's a lot of work. It's a lot of running around, but we have a lot of fun with it. This is part of our family fun package."

Renee said, "We try to give our children diversity and at the same time have exercise for ourselves because my husband and I are older adults and it's something we can do with these guys (Katrina and Ken). The people at Ontario Ice Center are the greatest. We love our rink. It's a small rink but it's really social-warm. The people and the coaches are wonderful."

From the smiles and laughter, the cheers and sizzle of excitement that encompassed Winter Classic it was easy to see why "fun" was the key word on everyone's lips in describing this bustling event. For more Winter Classic photos, go to the ISI website [www.skateisi.org](http://www.skateisi.org).



Merry Neitlich

Photo by Dianne Powell



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# How to Get the Most from Ice Skating Lessons

by Tiffany Mayes

## Get Ready

Ice skating is an athletic activity. All athletic activities require a good night of sleep and healthy eating. Before going to the rink, pack a healthy snack such as an apple or a granola bar, and remember a bottle of water too. Vending machines and snack bars inside ice arenas are often convenient but usually not the healthiest option.

Skating requires attire that shows body line and allows for movement. Girls should wear an ice skating dress or a leotard with a wrap skirt. Boys should wear pants that stretch. Skating rinks are cool, so it is best to layer up. A turtle neck and sweatshirt or close fitting sweater are good options. Skaters should have gloves. If a skater is learning a new maneuver and falling a lot, you may want an extra pair of gloves for when the first pair gets wet. A skater's hair should always be pulled up securely and kept neatly away from the face.

Now that you've packed a healthy snack and dressed for success, you're ready to head off to the skating rink.

## At the Rink

Proper warm-up and stretching before getting on the ice are extremely important. Jumping rope is a great way to warm-up muscles prior to beginning stretching exercises. This is particularly important in the cold environment of an ice rink. Skaters should allow approximately 15 minutes to properly warm-up and stretch before taking the ice.

The most important ingredient to improvement is practice. A good equation for practice is two hours of

practice for every 30 minutes of lesson time. When practicing, be on task. Come to the rink mentally and physically prepared to work, learn, and practice. Be focused. Leave thoughts not pertaining to skating at the door. Prepare your mind and body to absorb the skating experience. As you perform each element, ask yourself what you can do to make it better and try to make the adjustment on your next attempt. Improvement comes from making one correction at a time.

## Set Goals

Setting goals will help keep you on track. Set an ultimate goal and then set lots of smaller goals to be achieved along the way to your ultimate goal. Goals should always be performance based, not placement based. You can't control the judges or your competitors; you can only control your own performance. Performance goals can include everything from smiling to landing your jumps. Visualize your successful performance. Be proud of what you can do. Measure your successes against YOUR progress, not the progress of others.

## Equipment Care

Proper fit and support is essential to getting the most out of your skates. It is important that skates be maintained. Wearing blade guards, thoroughly drying off the blades after every use, storing them in a dry and protected environment, and having the blades sharpened regularly helps maintain your skates in the best condition. Frequency of sharpening depends on how often you skate. A good rule of thumb is to have skates sharpened after every 30 hours of skating. When preparing for a competition, skates should be sharpened

approximately two weeks prior to the competition.

## Homework

There are lots of things you can do when you're not at the rink to help your skating. Take the time to listen to music. Listen to more than just the popular tunes your friends listen to. There are lots of different kinds of music such as: musicals, ballets, jazz, classical, modern, and many more. If you like a musical or a ballet, rent the video so that you can learn more about the story and choreography.

Develop a practice list. This should be a list of all the elements you should be practicing in the order they should be performed. Ask your coach to guide you on how many of each element you should be performing and if you have them in a good order. Write down what you need to do in order to improve some of your particular elements. Review your practice list on your way to the rink to get your mind thinking about what you need to accomplish. Set a goal for that day's practice. Look over your list again on your way home from the rink. Did you practice everything on your list? Did you accomplish your goal for that day? What do you need to remember the next time you practice? Keep your practice lists and goals in a journal. You will be able to look back over time and see how much you have accomplished.

Skating can provide you with a lifetime of enjoyment. So, come to the rink prepared, practice, be proud of your accomplishments, and skate because you love it!

*\* Tiffany Mayes is a skating instructor at Ice Town in San Diego, CA.*

# Sisters Share Zest for Life and Skating

by Dianne Powell

**S**ixteen-year-old Caitlyn Matthews, from RDV Sportplex Ice Den in Orlando, Florida started skating in an ISI Learn to Skate program when she was five. Her now 14-year-old sister Kendall joined Caitlyn on the ice when she was three. They share a love for ice skating. "It's a lot of fun and I get to hang with my friends," said Kendall. "It's hard work, but in the end you have a great time."

ISI Winter Classic was the first national competition for the sisters; both are Freestyle 6. "This is the first time we've left town to go to a competition, and we've had a great time," said the girls' mom Kate Matthews. "It's so much fun. It was a wonderful experience for everybody."

Caitlyn says the best thing about Winter Classic was "skating with all the people from my rink." She offers the following advice on competing: "Never give up, even if you don't do so well one time, it may turn around next time."

Watching her daughters skate brings special pleasure to Kate. Watching the vibrant, dynamic duo perform evokes her motherly pride and more than a little awe and gratitude. Kendall was diagnosed with cancer when she was two-and-a-half years old and lost a kidney to the dreaded disease. Today, she's a long-term survivor whose only memory of her early ordeal is that of getting presents and balloons. Kendall admits that being a long-term survivor makes her feel lucky and a little bit special.

The sisters say that skating helps to keep them active and health. In typical sisterly fashion they affectionately describe each other. Caitlyn says of Kendall, "She's really nice, sometimes, has a lot of energy, is loud, and she can be obnoxious."

Kendall describes Caitlyn as "bossy, nice, caring and kind." They say they are somewhat competitive, but not too much.

Kate says that skating has taught Caitlyn and Kendall about "how to work hard to reach your goals. I think skating has been great because the children lost their father when they were really young, so I wanted them to have someone to turn to if they didn't want to come to me. I think it has been good for everybody."

"Skating gives you something to focus on and work toward, and every goal you accomplish in skating, there's



Kendall and Caitlyn Matthews

Photo by Dianne Powell

one harder step right beyond to keep working toward," says Kate. "Whatever you choose to do, work hard at it and keep at it. That's the most important thing. Nobody gets good at something right away."

Both girls say their mom is their role model. "And I like Michelle Kwan," says Caitlyn. "She's a really pretty skater. She captures the audience's attention and she goes for her goals."

Kendall's goals are "to have fun and to do the best I can and enjoy myself." Caitlyn says she "would like to pass higher in skating and maybe go to more competitions. I want to go to Pepperdine University."

Besides skating, both girls are on a dance team at school.

"We're a three-girl household," says Kate. "We spend a lot of time together. We love skating, and it keeps the family together. It's something I've really enjoyed watching them get better and better at doing."

Together this upbeat family is sharing a wonderful zest for life, each other, and skating.

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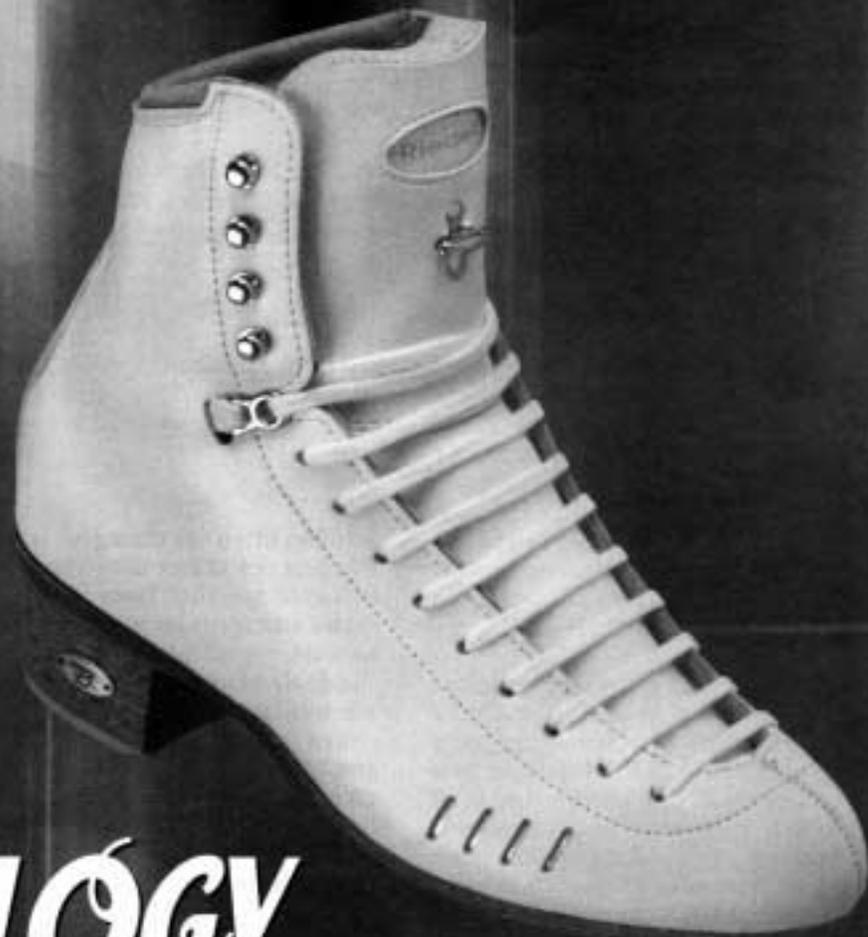
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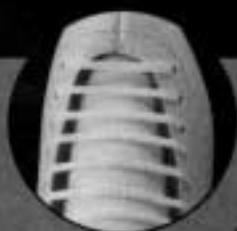
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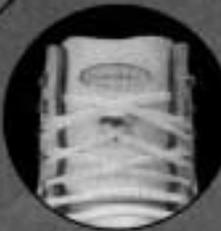
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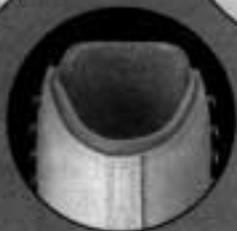
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# SMART Goal Setting

by Tina Syer, Director of Partner Programs  
Positive Coaching Alliance  
[www.positivecoach.org](http://www.positivecoach.org)

**A**lmost all ice skaters have a vision of where they would like to go. Imagine *Recreational Ice Skating* is going to feature an article about you one year from now. What would you like this article to say about you as a skater? The goals you set during the next year represent steps in your journey to achieve this vision.

Most athletes and coaches recognize the value of goal setting, but they fall into the trap of setting outcome goals. Placing in the top three at a competition is a great example of an outcome goal. Looking at this example, we see that outcome goals focus on results, are rooted in comparison with others, and are not within your control. Imagine you have this goal, and then you find out that three very talented international skaters have joined the competition at the last minute. Their arrival is completely outside of your control, and your chances of achieving your goal have just been drastically decreased!

Compare this situation to one where you set an effort goal. Entering a routine, you might have an effort goal of attempting at least four jumps. You have total control over whether or not you achieve this goal, and your successful completion is NOT dependent on the competition or the judges. To be totally clear, as long as you attempt four jumps (different from cleanly landing four jumps), you will have achieved your goal.

When setting goals, first try to make most of them fall into the “effort goal” category. Secondly, ask your-

self if they are SMART goals. SMART stands for Specific, Measurable, Attainable, Relevant and Timely.

## Specific

Athletes often say their goal is to be the best ice skater they can be. Is this goal specific? Does it give the skater any focus on what she needs to work on to successfully achieve the goal? Many of us set goals that are too general, broad, and open-ended (like the one above). A better and more specific goal would be to go into jumps with power and confidence.

## Measurable

Effective goals can be measured and allow skaters to track their progress. A skater who has the goal of “being the best skater I can be” will get frustrated trying to measure his/her progress. However, a skater with the goal of “entering jumps with power and confidence” can look back on a routine and count how many jumps met the goal and how many did not.

## Attainable

There is nothing more frustrating than having a goal that is completely out of your reach. If you expect to cleanly land a quad when you currently hit about half of your doubles, you will quickly find this goal unrealistic and de-motivating. Instead, think of hitting the quad as your dream. Hold onto this dream, and then set your goals to get there, remembering to make them both challenging and attainable along the way.

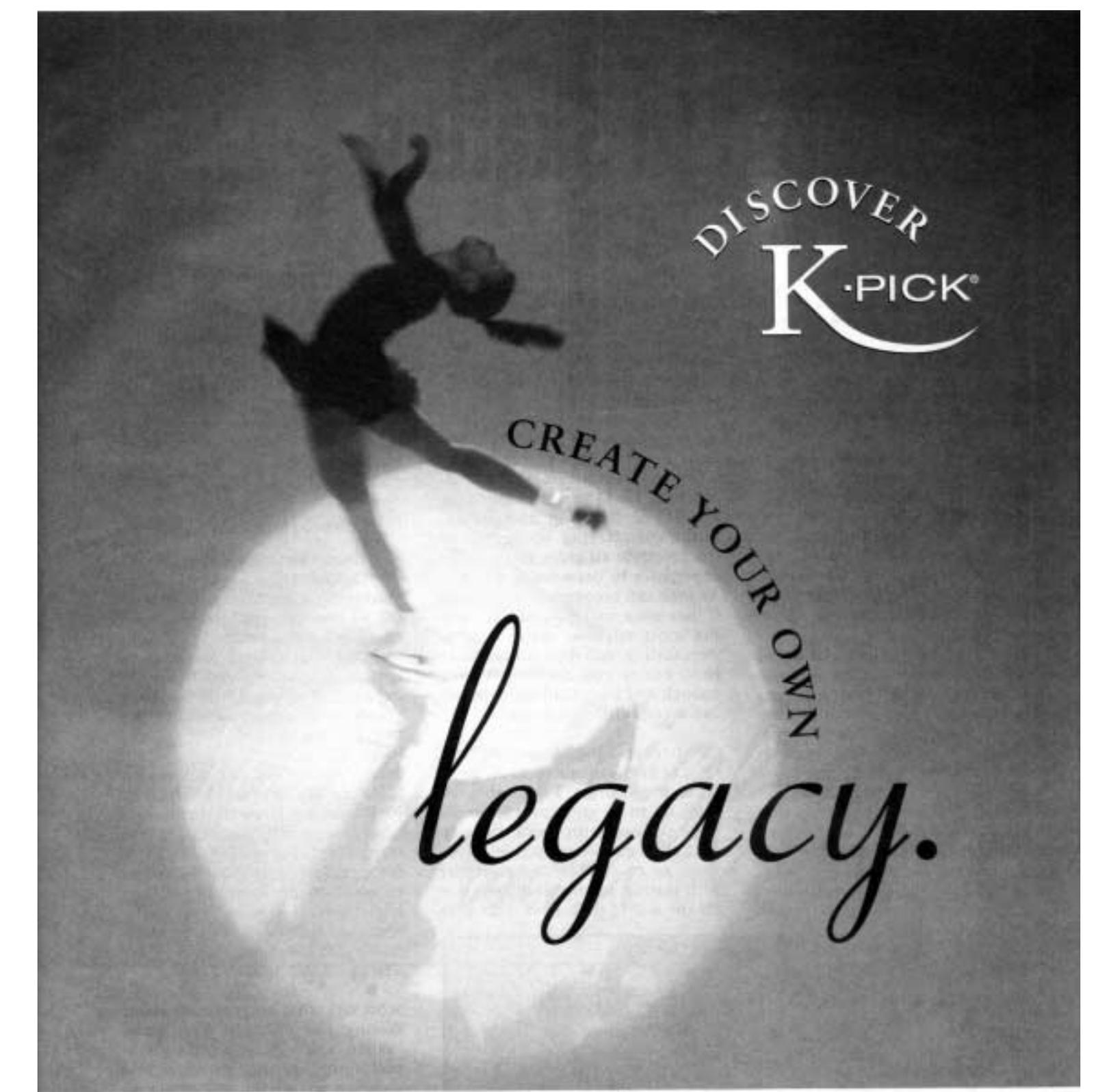
## Relevant

You might set a goal for yourself of running a mile in six minutes and 45 seconds. When you ask yourself if this goal is Specific, Measurable, and Attainable, you will likely be able to say, “Yes!” to all three. Then ask yourself if running a mile in this time will make you a better skater; is it tied to your desired performance? The answer to this question will tell you whether or not you should keep this goal.

## Timely

When you set a goal, you need to know the “by-when” date. How long will you need to practice to achieve this goal, and when are you checking up on your progress? Having a deadline instills a sense of urgency. If you set a goal of learning a specific new spin (a goal which has already proven to be Specific, Measurable, Attainable, and Relevant), you need to put a by-when date at the end of the goal statement.

Once you have set your goals and made sure they are SMART (Specific, Measurable, Attainable, Relevant and Timely), take the following three steps: 1) Write them down; 2) Tell your coach about them; and 3) Chase them relentlessly! The skill of SMART Goal Setting can help you not only in the world of sports, but also at home, in the classroom, and in the community. You will quickly see how much more you can achieve when you have SMART Goals in place.



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# Dedicated to Skating

by Dianne Powell

**T**he cute kid from Chattanooga, Tennessee who didn't start skating until he was 10 1/2 years old has proven that you don't have to be the golden kid on skates at age three, five or eight to be successful.

Russ Scott started skating in the ISI Learn to Skate program and now he's a coach at Aliso Viejo Ice Palace in Aliso Viejo, California, where he teaches tots to adults. Along the way, Russ passed Freestyle 10 at age 17 and was the mascot for the Mighty Ducks hockey team for six years.

When Russ passed Freestyle 10 in 1986 in Stone Mountain, Georgia, he was the youngest person to pass the difficult test. "I grew up skating and it (Freestyle 10) was all I ever looked forward to," said Russ. "It was the hardest skating test there was; only two people had ever passed it." It was the challenge that kept Russ on track to reach his goal of passing Freestyle 10.

After passing the Freestyle 10, Russ competed in USFSA. He went to

Nationals and medaled in Pairs. He moved from Tennessee, where he was coached by Dawn Malone and Robert Unger, to California to train with John Nicks. He's been in California ever since.

When asked what ice skating has done for him, Russ said, "It's provided me with a career. I've been coaching for 15 years. It's given me a sense of direction and accomplishment. Having accomplished the Freestyle 10 gives you a lot of experience to draw on as a coach. Anyone can accomplish something if they want to. I don't think I was the most talented skater ever to start skating, and it certainly wasn't easy, but if you stick to it long enough and work hard enough, you can accomplish your goals."

Of his goals for his students Russ says, "I just want them to all go as far as they can go. I hope they all grow up to be great people, and I hope skating helps them. I like to see a child go through school, graduate, go to college and continue with skating and hopefully enjoy it for the rest of their lives. I do a lot

of the ISI program. It's the best way to learn to skate. It teaches you all the basic fundamentals of skating."

As a coach, Scott believes "every skater is different; every experience is different. You just try to provide them the best experience they can have. Everyone has different goals and wants to do things differently. You've just got to make sure they get as much out of it as they can."

The most challenging thing about Scott's career, he says, has been "learning patience. It was challenging as a skater, and it's definitely challenging as a coach. With yourself and your skaters you have to remember to set high goals but not expect perfection. With the kids, you have to remember what their true abilities are."

Wendy Mortensen, who works with Scott at Aliso Viejo and Yorba Linda Ice Palaces, has known Scott for eight or nine years. She describes him as very patient with students and a fantastic rink supporter. "Not only does he coach in the morning with our higher level skaters, he's here in the afternoon with our lower level introductory ISI kids," says Wendy. "He's a fantastic class teacher."

Scott says what he likes most about skating has changed over time. "When you're younger, it's about performing, getting out there and showing what you can do," says Scott. "With coaching, it's like seeing your own children, and you're proud of everything they do. It's almost more rewarding teaching a child who is not too coordinated and getting them to accomplish a lot. It's great to see that."

The highlight of his skating career for Scott has been "just being able to do this for a living. It's something I love to do."



Photo by Dianne Powell

Back: Coaches Wendy Mortesen and Russ Scott. Front (L to R) Skaters Megan Mahdi and Annie Benson

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# CALENDAR



## ISI ENDORSED COMPETITIONS, SHOWS/EXHIBITIONS

(Due to printing deadlines, events endorsed by ISI after March 5, 2003 are not listed.)

### MARCH 2003 COMPETITION

- 22 Arctic Ice Arena  
Orland Park IL  
Follow Your Heart
- 22 The Forum at Fishers  
Ice Arena  
Fishers IN  
Circle City Invitational  
2003
- 22 Meadville FSC  
Meadville PA  
Meadville 4th Annual  
ISI Team Competition
- 22 Ice Oasis  
Redwood City CA  
Spring Fling at the  
Oasis
- 22 International Skating  
Center of CT  
Simsbury CT  
5th Annual Spring  
Fling
- 28-30 Ice Chalet  
Knoxville TN  
34th Annual  
Mississippi Valley  
Dist. Comp.
- 28-30 Line Creek  
Kansas City MO  
District 9  
Championships
- 29-30 City Ice Sports  
Flushing NY  
22nd Annual World's  
Fair ISI Team  
Competition
- 29 Medford Ice Rink  
Medford OR  
Medford Ice Rink  
Skating Competition
- 30 Park District of  
Franklin Park  
Franklin Park IL  
KICKline Synchronized  
Competition

### APRIL 2003 COMPETITION

- 3-6 Sprinker Recreation  
Center  
Tacoma WA  
16th Annual ISI  
Spring Fever  
Competition
- 4-6 JP Igloo  
Ellenton FL  
ISI Team  
Championship 2003
- 4-6 Charles Moore Arena  
Orleans MA  
25th ISI Lower Cape  
Team Competition
- 4-6 Crystal Ice Palace  
San Antonio TX  
2003 Fiesta Open
- 5-6 Saratoga Springs FSC  
Saratoga Springs NY  
6th Annual Saratoga  
Springs Invitational
- 5-6 Soldotna Sports  
Center  
Soldotna AK  
Riverskate 2003

- 5-6 William G Mennen  
Arena  
Morris Plains NJ  
Crystal Blades Annual  
Team Competition
- 5-6 Iceoplex Panorama  
City  
Panorama City CA  
1st Annual Iceoplex  
Panorama City Open  
Competition
- 5-6 HEALTHSOUTH  
Training Center  
El Segundo CA  
HEALTHSOUTH's 3rd  
Annual ISI Open  
Competition
- 5 Logitech Ice at San  
Jose  
San Jose CA "Bunny  
Hop"
- 5-6 Cabin John Ice Rink  
Rockville MD  
ISI District IV  
Championships
- 6 Ice Center of  
Cupertino  
Cupertino CA  
Reflections on Ice
- 11-12 The Ice Park  
Flowood MS  
Magnolia Classic



### 11-13 Arctic Ice Arena Orland Park IL 2003 ISI Synchronized Skating Championships

- 12 Center Ice Arena  
Delmont PA  
"Golden Blades  
Championship of  
Pittsburgh"
- 13 Iceoplex Fremont  
Fremont CA  
9th Annual Open  
Competition
- 18-19 Fox Valley Ice Arena  
Geneva IL  
Spring Invitational
- 25-27 US Ice Sports  
Complex  
Fairview Heights IL  
2nd Annual Spring  
Fling
- 26-27 Nashoba Valley  
Acton MA  
Annual Team  
Competition
- 26-27 Pepsi Ice Midwest  
Overland Park KS  
Midwest Odyssey

- 26-27 Pasadena Ice Skating  
Center  
Pasadena CA  
19th Annual ISI  
Open Competition
- 27 Ice Center @ San  
Mateo  
San Mateo CA  
April Ambush
- 27 Piney Orchard Ice  
Rink  
Odenton MD  
"Reach For The Stars"  
2003  
Spring  
Invitational

### MAY 2003 COMPETITION

- 2-4 Clackamas Town  
Center  
Portland OR  
Portland Classic
- 2-4 Dr Pepper StarCenter  
Duncanville TX  
2003 ISI District 11  
Championships
- 3-4 Glacial Garden  
Skating Arena  
Lakewood CA  
7th Annual ISI Open
- 4 Hommocks Park Ice  
Rink  
Larchmont NY  
Hommocks Park Ice  
Rink Competition
- 16-18 Ice Town  
Riverside CA  
Springfest - 2nd  
Annual ISI Open
- 16-18 The Pavilion  
Taylor SC  
11th Annual "Break  
The Ice" ISI  
Competition
- 16-17 Power Play Rinks @  
Warwick  
Warminster PA  
Power Play Rinks 2nd  
Annual ISI Team  
Competition
- 17-18 Sharper Edge Skating  
School  
Acton MA  
7th Annual "Skater's  
Cup"
- 31-6/1 Richmond Ice Zone  
Richmond VA  
2003 Spring Splash

### JUNE 2003 COMPETITION

- 1 Hagerstown Ice &  
Sports Complex  
Hagerstown MD  
Annual Open ISI  
Competition
- 6-8 Sky Rink at Chelsea  
Piers  
New York NY  
17th Annual Sky Rink  
Team Competition
- 6-8 Pineville Ice House  
Pineville NC  
"Beat The Heat"

- 13-15 Aerodrome-  
Willowbrook  
Houston TX  
8th Annual ISI  
Summer Challenge of  
Champions
- 14-15 San Diego Ice Arena  
San Diego CA  
San Diego Ice Arena  
ISI Open  
Championships
- 14-15 International Skating  
Center of CT  
Simsbury CT  
5th Annual Summer  
Jam ISI Competition
- 21-22 McFetridge Sports  
Center  
Chicago IL School's  
Out Competition
- 21-22 SkateQuest of Prince  
William  
Dale City VA  
Blades of Summer  
2003
- 27-29 Sun Blades Ice Arena  
Clearwater FL  
Sun Blades 17th  
Annual ISI  
Championships
- 28-29 YBIS&BC  
San Francisco CA  
Golden Gate Skate  
2003

### JULY 2003 COMPETITION

- 4-6 Ice Center @ San  
Mateo  
San Mateo CA  
West Coast  
Championships
- 4-6 Chaparral Ice  
Austin TX  
The Texas Hill  
Country  
Independence Open
- 12-13 Glacial Garden  
Skating Arena  
Anaheim CA  
9th Annual ISI Open



### 28-8/2 Northbrook Sports Center/Twin Rinks Ice Pavilion/ Glenview Ice Center Chicago IL 2003 ISI World Recreational Team Championships

### AUGUST 2003 COMPETITION

- 30-9/1 Kendall Ice Arena  
Miami FL  
3rd Annual ISI Labor  
Day Challenge

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**SEPTEMBER 2003  
COMPETITION**

12-14 **Charles Moore  
Arena  
Orleans MA  
2003 ISI Adult  
Championships**

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**NOVEMBER 2003  
COMPETITION**

25-26 Winterland Skating  
School  
Hingham MA  
17th Annual  
Halloween Classic

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**MARCH 2003  
SHOWS/EXHIBITIONS**

22 Oceanside Skating  
Club  
Egg Harbor Twp NJ  
Annual End of Season  
Show  
28-29 Monroe Multi-Sports  
Complex  
Monroe MI  
Reaching for the Stars  
2003  
28-30 Zion Ice Arena  
Zion IL  
Zion Annual Ice Show  
28-30 Pineville Ice House  
Pineville NC  
Rockn' In the USA  
29-30 Ebersole Ice Rink  
White Plains NY  
End of the Year Show  
29 Biddeford Ice Arena  
Biddeford ME  
North And South Of  
The Border  
30 George S DeArment  
Ice Arena  
Meadville PA  
Capture a Memory  
on Ice

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**APRIL 2003  
SHOWS/EXHIBITIONS**

1-5/31 Aerodrome-  
Willowbrook  
Houston TX  
Figure Skating  
Exhibition  
4/1 Easy Street Ice Arena  
Simi Valley CA  
Spring Fling  
4-5 Cottage Grove Ice  
Arena  
Cottage Grove IL  
Tribute to Broadway  
Dan Kostel  
4-6 Recreation Center  
Garfield Heights IL  
Around the World in  
a Day  
4 Ice @ The Parks  
Arlington TX  
The Parks Spring Fling  
5 Eagan Civic Arena  
Eagan MN  
Extra, Extra  
5 Dorothy Talbot Rink  
Gloucester MA  
"Dinner and  
Dancing"  
5-6 K B Willett Arena  
Stevens Point WI  
Skate Across America

6 Sharper Edge Skating  
School  
Acton MA  
The Sharper Edge  
Extravaganza  
10-13 Cook Ice Arena  
Coon Rapids MN  
The Fourteenth  
Annual Ice Fantasy  
10-13 Southgate Civic  
Center  
Southgate MI  
Southgate "Skates"  
The Mall  
12-13 Polar Dome Ice  
Arena  
Dundee IL  
And the Winner Is...  
12 Winterland Skating  
School  
Hingham MA  
Proud to be...  
12-13 Birmingham Ice  
Sports Arena  
Birmingham MI  
A Night on the Town  
12 Kirk S Nevin Arena  
Greensburg PA  
Melodies From The  
Music Man  
12-13 Martha's Vineyard FSC  
Oak Bluffs MA  
The Story  
13 Belmont Complex  
Kittanning PA  
"A Celebration of  
Sesame Street"  
13 Centennial Ice Arena-  
Highland Park  
Highland Park IL  
Centennial Ice  
Arena's Spring  
Exhibition  
13 Franklin Blades  
Skating School  
Franklin MA  
Showtime '03  
19 Norwich Municipal  
Ice Rink  
Norwich CT  
Skate Into Spring  
22 Ice @ The Parks  
Arlington TX  
The Parks Spring Fling  
22 Castle Ice Arena  
Renton WA  
Spring Exhibitions  
25-27 McFetridge Sports  
Center  
Chicago IL  
Bach To Rock Ice  
Review  
25-27 Mount Clemens Ice  
Arena  
Mount Clemens MI  
Tapestry of Nations  
25-27 Roseville Skating  
Center  
Roseville MN  
"Everything's  
Coming Up  
Roseville"  
25-27 EJ Murray Memorial  
Skating Center  
Yonkers NY  
EJ Murray Annual Ice  
Show  
26 Brett Memorial Ice  
Arena  
Wasilla AK  
Spring Show  
27 Arctic Freeze Arena  
Chagrin Falls OH  
Spring Fling

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**MAY 2003  
SHOWS/EXHIBITIONS**

2-4 Pettit National Ice  
Center  
Milwaukee WI  
Milwaukee on Ice  
2-4 Southwest Ice Arena  
Crestwood IL  
"American  
Bandstand"  
2-4 Wayne Community  
Center  
Wayne MI  
Wayne's 28th Annual  
Silver Picks  
Presents..."American  
Idols"  
2-3 Taylor Sportsplex  
Taylor MI  
Extra! Extra!  
2-3 Oxnard Ice Skating  
Center  
Oxnard CA Spring  
Ice-travaganza  
2-4 St Peters Rec Plex  
St Peters MO  
Mystical, Magical  
Moments on Ice  
3 Golden Blades FSC  
Mansfield MA  
"Gotta Dance, Gotta  
Skate"  
3 New Hope Ice Arena  
New Hope MN  
"Premiere Night"  
3 Berkeley Iceland  
Berkeley CA  
"Blast From The Past"  
4 Hagerstown Ice &  
Sports  
Hagerstown, MD  
Spring Ice Show  
Featuring Sensation  
Brian Orser  
9-11 Northbrook Sports  
Center  
Northbrook IL  
Northbrook on Ice  
9-11 Kenosha County Ice  
Arena  
Kenosha WI "Mardi  
Gras"  
10 Norwich Municipal Ice  
Rink  
Norwich CT The Great  
Skate to Ice Cut Cancer  
13 Skatium Presents  
Superstars On Ice  
14-18 Glenview Ice Center  
Glenview IL  
Reflections on Ice - A  
Tribute to 30 Years  
15-16 Wayne C Kennedy  
Recreation Complex  
St Louis MO  
27th Annual Ice Revue  
15-18 Skatium  
Skokie IL  
Pure Imagination  
16-18 Centennial Ice Arena -  
Highland Park  
Highland Park IL  
The Centennial Music  
Awards 2003

16-18 Centennial Ice Rinks  
Wilmette IL  
"SK8-Way to  
Broadway"  
16-18 Niles Park District  
Iceland  
Niles IL  
Skate Safari  
16-18 Park District of  
Franklin Park  
Franklin Park IL  
Spring Ice Show  
16-17 Aerodrome-  
Willowbrook  
Houston TX  
"Platforms & Polyester,  
Disco on Ice"  
16-18 Homewood Flossmoor  
Ice Arena  
Homewood IL  
Western Celebration  
16-18 Rocket Ice Arena  
Bolingbrook IL  
"Pure Imagination"  
16-17 Redford Ice Arena  
Redford MI  
Redford Spins Motown  
17-18 Grand Oaks Ice Arena  
Howell MI  
While we were  
sleeping...  
31 Kingsgate Arena  
Kirkland WA  
All That Jazz

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**JUNE 2003  
SHOWS/EXHIBITIONS**

6-7 Arctic Ice Arena  
Orland Park IL  
TV Time  
6-8 Hagerstown Ice House  
Pineville NC  
"Beat The Heat"  
Exhibition  
8 Cumberland YMCA  
Cumberland MD  
YMCA Anniversary Ice  
Show  
14-15 The Edge Ice Arena  
Bensenville IL  
5th Annual Ice Show  
20-21 Carol Stream Ice Rink  
Carol Stream IL  
Under The Big Top

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**SEPTEMBER 2003  
SHOWS/EXHIBITIONS**

13 Park District of  
Franklin Park  
Franklin Park IL  
Open House

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**DECEMBER 2003  
SHOWS/EXHIBITIONS**

2-4 Ice Chalet  
Knoxville TN  
The Nutcracker on  
Ice XVI  
6-7 Park District of  
Franklin Park  
Franklin Park IL  
Holiday Recital  
31 Easy Street Ice Arena  
Simi Valley CA  
Winter Ice Show



For additional calendar information,  
check ISI's website at [www.skateisi.org](http://www.skateisi.org)



ISI  
17120 N. Dallas Pkwy., Ste. 140  
Dallas, TX 75248  
Phone: 972-735-8800 • FAX 972-735-8815

## Individual Entry Form

Event information available at  
[www.skateisi.org](http://www.skateisi.org)

Event	Location	Event Dates	Test Deadline	*Entry Deadline
<input type="checkbox"/> World Team Championships	Chicago, IL	July 28-Aug 2, 2003	May 1, 2003	May 1, 2003

MALE       FEMALE

Last Name	First Name	ISI Member #	Exp. Date*
Address	Birthdate	Age on 1st day of event	
City	State/Province	Phone No.	USFSA Test Level
Postal Code	Country	Home Rink Name	

### INDIVIDUAL EVENTS

**NEW**

<p><b>Pre-Alpha – Delta</b></p> <p><input type="checkbox"/> Solo <input type="checkbox"/> Stroking <input type="checkbox"/> Spotlight (choose 1)     <input type="checkbox"/> Character     <input type="checkbox"/> Dramatic     <input type="checkbox"/> Light Entertainment</p> <p><input type="checkbox"/> <b>INDICATE LEVEL Pre-Alpha – Delta</b></p> <p><input type="checkbox"/> <b>Special Skater (1-10)</b> (Check if applicable)</p>	<p><b>Freestyle (1-10)</b></p> <p><input type="checkbox"/> Solo <input type="checkbox"/> Footwork <input type="checkbox"/> Solo Compulsories <input type="checkbox"/> <b>Artistic (all ages)</b> <input type="checkbox"/> <b>Spotlight (choose 1)</b>     <input type="checkbox"/> Character     <input type="checkbox"/> Dramatic     <input type="checkbox"/> Light Entertainment</p> <p><input type="checkbox"/> <b>INDICATE LEVEL (1-10)</b></p>	<p><b>Solo Dance (1-10)</b></p> <p><input type="checkbox"/> <b>INDICATE LEVEL (1-10)</b></p> <p><b>Figures (1-10)</b></p> <p><input type="checkbox"/> Figures <input type="checkbox"/> Creative Figures <input type="checkbox"/> Free Figures</p> <p><input type="checkbox"/> <b>INDICATE LEVEL (1-10)</b></p>	<p><b>Jump &amp; Spin Teams</b></p> <p><input type="checkbox"/> Low (Pre-Alpha-Delta) <input type="checkbox"/> Med (Freestyle 1-3) <input type="checkbox"/> Int (Freestyle 4-5) <input type="checkbox"/> High (Freestyle 6-10)</p> <p>Partner Name _____ Partner ISI # _____</p> <p><i>Any changes to this original entry form will result in a Change Fee of \$25.00 per change/per skater.</i></p>
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### PARTNER ENTRIES

Partner

	Sim	Mix	Partner Name	Partner ISI #	Age as of event
<input type="checkbox"/> Couple Level _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Dance Level _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Pair Level _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Free Dance (3-10) Level _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Couple Spotlight Low <b>(Both Skaters Pre-Alpha-FS3)</b> <input type="checkbox"/> Char. <input type="checkbox"/> Dram. <input type="checkbox"/> Lt. Enter.	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Couple Spotlight High <b>(Either Skater FS4-FS10)</b> <input type="checkbox"/> Char. <input type="checkbox"/> Dram. <input type="checkbox"/> Lt. Enter.	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____

**Registration Fees are non-refundable ISI reserves the right to limit the number of entries without notice.**

I skate at this competition at my own risk and hereby release ISI, the host facility(ies) and their personnel from all liability. I declare that the home rink listed above is the true rink/club/school that I wish to represent.

Upon entering this competition, I hereby agree that any photographs or video tapes taken of me, by ISI or any authorized party, may be used exclusively for any purpose by the ISI or any other use authorized by the ISI.

Skater Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian (if applicable) \_\_\_\_\_ Date \_\_\_\_\_

I declare that the information above is true, that this skater's test(s) is/are registered, that the skater is a current individual member of the ISI, and is skating in the proper categories and levels, and that the home rink listed above is correct.

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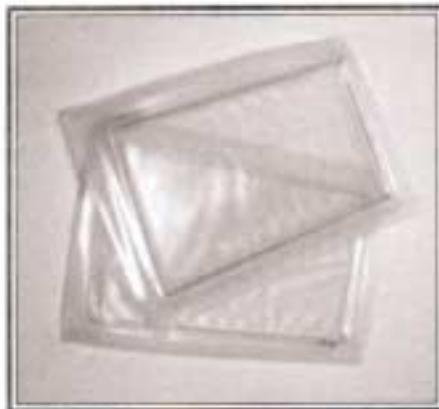
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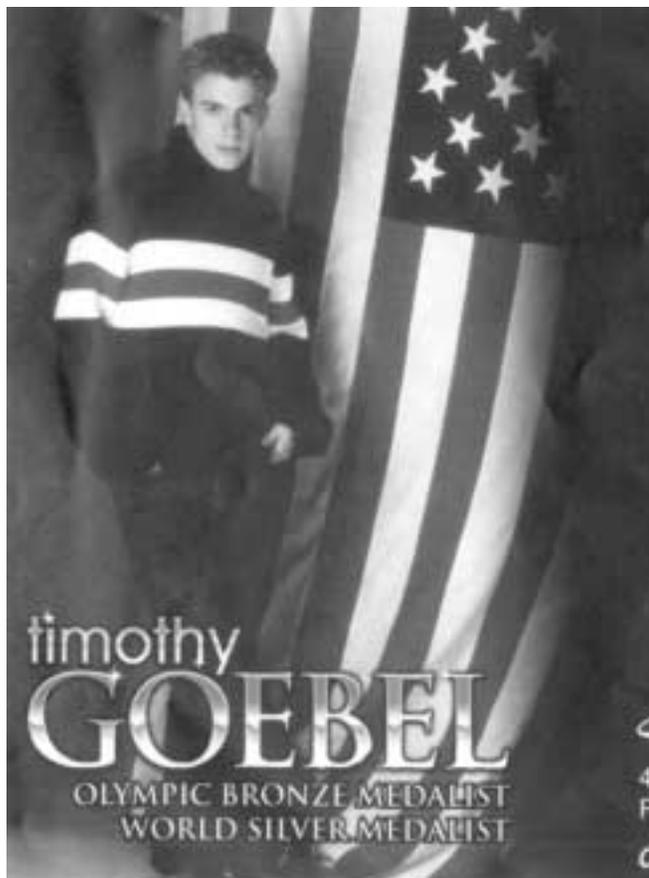
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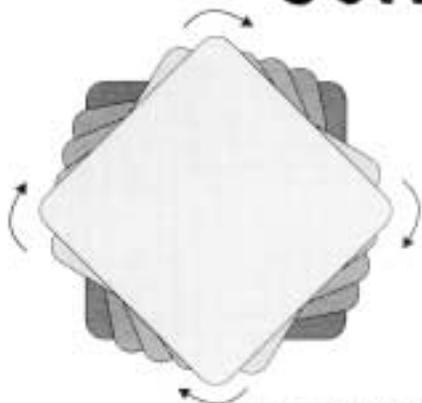
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the way around. (Maybe it is because I am in Freestyle 2.) I want to be Jessica Vasquez's pen pal. If she already has one, can you find me a girl pen pal around my age and level or a lower level? Any advice on the loop?

Chelsea Emshoff, age 9, FS2  
Crystal Ice Palace  
San Antonio TX

*Editor's Note:*

*Elena's letter has been sent to Isabell, Araia's to Vikki and Chelsea's to Jessica. Anyone else who would like to be their pen pals should send letters for them to ISI.*

*Dear Chelsea,*

*You are right. You've probably picked up from a friend the basics of doing a loop jump but the loop is a FS 4 element and you haven't quite mastered all you need to know to be successful. The ISI Learn to Skate method is built on learning skills that build from one level to the next. As you learn the skills that get you to FS 4, the loop jump will come more easily.*

Dear ISI,

I love to skate. I've been skating for 2 1/2 years. I skate every day for 3 to 4 hours. I am practicing my axels, flip jumps and loop jump. I have been in 9 competitions and have placed in all of them. I want to say thanks to my coach Donna.

Julie Phelps, age 6 1/2, FS5  
Pelham Civic Complex  
Pelham AL

Dear ISI,

I love ice skating. I'm hoping to go to the Olympics. I've tried all types of sports, but never really liked them. Then one summer I went to my grandma's house like always. My grandma (I call her Mamal) told me there was an ice skating rink downtown called SkateWorld. It is huge. I tried it and loved it so we arranged for me to go to Jacksonville the whole next summer. I passed Pre-Alpha, Alpha and Beta. I begged my mom to let me move. Of course, she said no, but she finally said I could move next

summer. I want to say hi to Brittney, Rachel, Sarah and Chloe.

Jenna Jernign, age 10, Gamma  
SkateWorld  
Jacksonville FL

Dear ISI,

I love to skate! My favorite move is probably the axel or double loop. I love to jump and I want to encourage skaters to never give up. Also, I was wondering if you could find me a pen pal who is around my age and my level or higher. A boy or girl is fine. Thanks a bunch!

Ashleigh Ostin, age 19, FS5/6  
Farmington FSC  
Farmington MI

Dear ISI,

I have been figure skating since I was 5 years old. I love skating. I skate about 5 hours a week and two times a week. I wish I could skate more. I want to say thanks to my coach Natasha. I would like to have a girl pen pal who is around my age and level.

Hanna Mathers, age 9, FS2  
Fritz Dietl, Inc.  
Harrington Park NJ

Dear ISI,

I've been skating since I was 5 years old. When I do my program without music it's horrible. Then when I do it with music it's beautiful. My coach Jill and I have been working on my double toe. I can't get around enough. Can I please be either Emily Smith's pen pal or Lauren Johnson's. I would like to be Emily's because we live in IL and maybe we could see each other some time. Thanks.

Elizabeth Smith, age 10, FS6  
Woodridge IL

Dear ISI,

I have been skating for about 10 months. I competed in the City of Fountains Fall Fling in Kansas City and placed 2nd in my event. That was my first competition, and I was really nervous. I want to say thanks to my mentor, Shannon, my coach,

Amy, and my skating partner India. I really couldn't have done it without them or my family and friends. I got into skating because of my friend India. She invited me to go skating with her and I loved it. We take Learn to Skate lessons together, and we help each other during practices. Skating is one of the best things that has ever happened to me. I would also like to say thanks to ISI for making the magazine and sharing the incredible stories of other cool skaters, making our skating world better. Could you please find me a girl pen pal around my age and level? Thanks for everything!

Katherine K. Su, age 11, FS1/2  
Line Creek Community Center  
Kansas City MO

Dear ISI,

I would like to be pen pals with Lauren Marino. If she already has a pen pal, I would like a pen pal who is in Alpha, Beta or Gamma and who is eight to 10 years old.

Julia Galica, age 8, Beta  
International Skating Center of CT  
Simsbury CT

*Dear Readers,*

*Julia's letter has been sent to Lauren. If you would like to be Ashleigh's, Hanna's, Katherine's or Julia's pen pal, send letters for them to ISI.*

Dear ISI,

I feel so left out. I read your magazine and there's like all these 4-year-olds in freestyle. I'm twice their age and lack 1/6 of their level. My skating is too easy. Do you have a way to boost my level? I would also like to be Isabel Perry's or Rebekah Lloyd's pen pal. If not, could you find me a pen pal at a higher level?

Katie Krueger, age 9, Alpha  
Brookfield WI

P.S. You should have a drawing section.

*Dear Katie,*

*There are skaters of all ages and all levels in ISI. I'm sure you have also seen skaters much older than you who are in*

*Alpha. We all progress at our own rates. Please ask your coach what you need to do to strengthen your skills so you can progress to the next level. Your letter has been sent to Isabel and Rebekah. Thank you for your suggestion for a drawing section. A lot of our readers send drawings with their letters. Drawing, like skating, is a good way to express your creativity.*

Dear ISI,

I have been skating for about 4 or 5 years. I really love ice skating and one day I hope to go to the Olympics. My favorite skater is Tara Lipinski. I want to thank my coach for helping me to get as far as I have. My favorite jump is the flip jump and my favorite spin is a sit spin. I want to thank you for the magazine. Could you find me a pen pal around my age?

Brandilyn Cook, age 12, FS4  
Ice Forum at Southlake  
Jonesboro GA

Dear ISI,

I love skating. I have been skating for 3 years. My coach Miss Diana Deka has really inspired me. If it weren't for her I would not have come as far as I am, but I am thinking I need someone to express my feelings to, so could you find me a pen pal at my age and level or maybe older or in a higher level for advice.

Sarabeth Lewis, age 8, FS3  
TBSA Oldsmar  
Palm Harbor FL

*Dear Readers,*

*If you would like to be Brandilyn or Sarabeth's pen pal, please send letters for them to ISI.*

Dear ISI,

I love skating. I have been skating 4 1/2 months. I am working on my scratch sin and half flip jump. I would like to be Isabel Perry or Varina Hart's pen pal. Would you please send this letter to them. Thanks!

Abby Gordon, age 9, Beta  
Galleria Ice Skating Center  
Tyler TX

*\* Editor's Note: Abby's letter has been sent to Isabel and Varina.*

Dear ISI,

I've been skating for almost two years. I have been in Freestyle 3/4 for 6 months. I can land all my singles but not the axel. I want to tell new skaters that perfection is what you need to move on, so don't give up. Everything comes with time and practice. Keep on skating!

Allison McWilliams, age 14, FS3/4  
Ice Skation Valencia

Dear ISI,

I have been taking lessons for about 1 1/2 years. I can't get the back one-foot spin down. I would like to be Emily Smith's pen pal. Thanks.

Leanna Lockhart, age 10, FS3  
Sterling VA

Dear ISI,

I love skating! I want to be in the Olympics when I grow up. When I was in 3rd grade (I'm in 4th grade now) I went to the Olympics in Salt Lake City. I saw the Opening Ceremony, skiing and pairs figure skating. I would love to be Lauren Marino's pen pal.

Kate Ferraro, age 9, Beta  
Eagan Civic Arena  
Eagan MN

Dear ISI,

I've been skating for about 7 years. I used to go to open skating with my brothers for 4 years. Once I started lessons, the first 5 minutes I was promoted to badge 6. Once I started passing my tests my coaches would pass me two badges. I've been in two ice shows. Now I'm in FS 2 and it's so much fun! I took ice dance for one session. I learned the Dutch waltz and part of Rhythm Blues. I was hoping you could find me a pen pal that is 12 or older. I would like to be Emily Smith's pen pal.

Jennifer Piner, age 12, FS2  
Southgate Civic Center  
Southgate MI

Dear ISI,

I have been skating for about 3 years. I stopped skating a little bit (I think

mainly to catch up on my school-work). I would like to be Rebekah Lloyd's pen pal. If she doesn't want to be my pen pal, could you find someone between 11-13 years of age and around my level (possibly)?

Marissa Geer, age 12, FS4  
Aliso Viejo Ice Palace  
Laguna Hills CA

*\* Editor's Note: Leanna and Jennifer's letters have been sent to Emily, Kate's to Lauren and Marissa's to Rebekah. If anyone else would like to be Jennifer or Marissa's pen pal, please send letters for them to ISI.*

Dear ISI,

I LOVE to ice skate. I have been skating for 3 years. I would like to thank all my coaches: Julie, Nicole and Cheryl who have been a really big help. Also, could I be Emily Smith's pen pal?

Chelsea Lawdahl, age 12, FS4/5  
Pavilion  
Greenville SC

Dear ISI,

I have been skating for 5 years. I skate twice a week at Chelsea Piers. I am working on my flip, loop and sit spin. I would like to be Emily Smith's pen pal. If she has found one or cannot be my pen pal, then may I please have a pen pal around my age?

Thank you so much,  
Danielle Oberdier, age 11, FS3/4  
Sky Rink at Chelsea Piers  
New York NY  
Dear ISI,

Hi! I love to ice skate! I have been skating since I was 3 or 4 years old. Skating is my absolute favorite sport. I would like to be Jessica Vasquez's pen pal. If she already has found a pen pal, can you find me one? Can she be about my age and level too? I also want to thank my coach Diane for teaching me everything I know now.

Jennifer Perry, age 9, Delta  
Golden Blades  
Bridgewater MA

*Continued on page 26...*

Dear ISI,

I love to skate! I have been skating for awhile. I skate singles and I am on a synchronized team: Team Image. Will you give me tips on my Ina Bours, back lunges and ground splits? I have had turn out, so these are hard for me. Also, I am interested in a pen pal, perhaps Chantelle Rowley.

Thanks!  
Sarah Hreyo, FS3/4  
Yonkers NY

Dear Sarah,

*The key to mastering these uncaptured moves is flexibility. Ask your coach for advice on stretching exercises you can use to improve your flexibility.*

Dear Readers,

*Chelsea and Danielle's letters have been sent to Emily, Jennifer's to Jessica and Sarah's to Chantelle. If anyone else would like to be their pen pals, please send letters to them to ISI and they will be forwarded.*

Dear ISI,

I have been skating for 4 years and I have loved every second of it. I am currently working on passing into FS 9. It has been a big challenge, but it was all worth it. Figure skating has not only made me have a more positive attitude but also has encouraged me to be a more motivated, fun loving person. I want to thank my great coach, Amy, because I wouldn't have gotten as far as I did without her.

Carley Smythe, FS8  
White Bear Lake Sport Center  
Lino Lakes MN

Dear ISI,

I LOVE ice skating so much. It is my favorite sport in the whole world. I was a little scared at the beginning because my older sister fell and cut her chin open on an ice skate at the same place I go to, but I got through that. When I found out I have epilepsy (causes blackouts and seizures) I was afraid I would have one on the ice but determination came into

place. I'm not good enough to go into shows, but I'm sticking with it, no matter. If you could get me a pen pal around my age and level, I would be very happy.

Your new reader,  
Meredith Griffin, age 13, FS2  
Lisander/Radison Ice Arena  
Phoenix NY

Dear Readers,

*If you would like to be Meredith's pen pal, please send letters for her to ISI and we will forward them.*

Dear ISI,

I've been skating for 4 years. I would really like a pen pal around my age and my level. I love Sasha Cohen. I hope I get to be in the Olympics when I grow up. I'm looking forward to competing this winter with my teams and in two spotlights and a freestyle with music from "Annie Get Your Gun."

Heidi Mackinnon, age 8, FS2  
Howell MI

Friends at ISI,

I am a freestyle 7/8 skater but spend most of my time on USFSA. I am a Juvenile there and competed as a Pre-Juvenile skater in the Upper Great Lakes Regionals last year. I would like to be pen pals with Sara Cattanach. If I can't, could you please find me someone around my age and level? I would prefer a female but male is okay.

Thanks bunches,  
Natalie Burnette, age 12  
St. Peters FSA  
St. Peters MO

Dear Readers,

*If you would like to be Heidi's pen pal, please send letters for her to ISI. Natalie's letter has been forwarded to Sara. Anyone else who would like to be Natalie's pen pal, should send letters for her to ISI. Varina Hart has three pen pals and does not want any more; please do not send any more letters for Varina.*

Dear ISI,

I have been skating for about 4 years. I'm in ISI and USFSA. I've passed both my preliminary moves in the field and freestyle. I have almost landed my double loop. I'm working on my axel, double Salchow, double loop and double flip. I keep getting and then loosing my axel. I competed in the Atlanta Open and won 1st. A couple of my friends skate too. I met my friends Alex, Kira, Taryn, Chloe and Christy from ice skating. I'm having trouble with my sit spin and layback. I was wondering if I could be Emily Smith's or Vikki Smoter's pen pal. If not, could you please help me find a pen pal around my age? Any level will be fine. Thanks.

Dara Decker, age 11, FS4/5  
The Cooler  
Suwanee GA

Dear ISI,

I love to ice skate. I was wondering if I could be Jessica Vasques' pen pal. If not, could you find me one? Thank you so much!

Joy Ramey, age 10, Beta  
Dallas Galleria  
Tyler TX

Dear ISI,

I just wanted you to know that I skate with Holly Maloney and I really enjoyed the article about her. I am in FS 1 and I'm working on my sit spin. I would like to be Ella Hickcox's pen pal, please. If not, could you please find someone around my age?

Luv,  
Lauren Kinkade, age 11 1/2, FS1  
George S. DeArment Ice Arena  
Meadville PA

Dear Readers,

*Copies of Dara's letter have been sent to Emily and Vikki, Joy's letter to Jessica and Lauren's to Ella. If anyone else would like to be Dara's, Joy's or Lauren's pen pal, please send letters for them to ISI.*

Dear ISI,

I really love to skate. I have been skating since I was 7. I have been working on loops and flips for a long time.

I can finally do it now! I am working harder on lutzs and have been trying axels. I really like my coach Kim McArthur. She will help me test for the USFSA soon. What are moves in the field? Are they just jumps and spins or footwork? I would like to be pen pals with Allie Ernst or Megan Cheney.

Happy Skating,  
Casey Brodsky, age 10, FS3/4  
Berkeley Iceland  
Berkeley CA

Dear Casey,

*Copies of your letter have been sent to Allie and Megan. Check a USFSA Rule Book for descriptions and requirements for Moves in the Field.*

Dear ISI,

I'm writing to say I love skating! I've been skating since March 2002. If Jessica Vasquez is still looking for a pen pal, I'd like to be hers.

Leilani Borst, age 10, Gamma  
Castle Ice Arena  
Renton WA

Dear Leilani,

*Your letter has been sent to Jessica. We hope she will let you know if she still wants a pen pal.*

Hi,

I love to skate more than anything in the world. I think it's great. I've been skating for two years (almost) and I'm working on my double Salchow. Can you give me some pointers please? P.S. I'm sorry Helen Beilinson; I lost your address.

Nicole Lee  
Glacial Gardens Arena  
Anaheim CA

Dear Nicole,

*Doubles require height and quick rotation. It's important to use the backward inside edge efficiently for the additional height. Your ability to get into a back-spin position quickly is what turns a single into a double. Ask your coach for tips on using your legs and arms to give the jump more spring and speed. You may*

*just need more practice to turn your single into a double, if your single is solid.*

Dear ISI,

I have been ice skating all my life and started taking lessons half a year ago. Could you find me a pen pal my age and level? Thanks!

Saskia Versteeg, age 11, Beta  
Crystal Ice Palace  
San Antonio TX

Dear Readers,

*If you would like to be Saskia's pen pal, please send letters to ISI and include your mailing address so Saskia can respond to you.*

Dear ISI,

Hi! I would like to thank my coaches Loree, Kathy, Tammy and Kristi for all that they have done for me. I would also like to thank my mom and dad for always being there for me and my skating. I am on the Shooting Stars which is a Chicago Jazz team. I have been reading about SABA (Skating Association for the Blind and Handicapped) and I wish they would come here because I would love to volunteer. I also can't get my foot in front when I am doing my axel. Do you have any tips?

Tanya Clarke, age 12, FS5  
Rolling Meadows Sports Complex  
Rolling Meadows IL

Dear Tanya,

*Try doing a waltz jump, landing with your free leg in front, followed by a loop jump. This will assist you in getting your back spin position.*

Dear ISI,

I have been skating since I was 6. I am working on my axel, lutz and camel sit spin. For some reason I can land some lutzs and sometimes I don't. I can't land the axel; it is really hard. The camel sit isn't that hard but I need to straighten my leg for the camel part. I would like to be Amanda Larabee's pen pal - please.

Vanessa Claude, age 11, FS5  
Robert Crown Community Center  
Evanston IL

Dear ISI,

I saw in one magazine Anna Jasken advertise about a pen pal. I was wondering can I be her pen pal? If she already has one can you find someone around my age? Thanks!

Maria Cota-Robles, age 9, FS1/2  
Lloyd Center Ice Rink  
Portland OR

*Editor's Note: Vanessa and Maria's letters have been forwarded to their chosen pen pals. If anyone else would like to be Maria's pen pal, please send letters for her to ISI. Be sure to include your mailing address.*

Dear ISI,

I have been skating with our club for 4 1/2 years. This is my second year of private lessons. My coach is Joyce. Joyce is really nice. I'm learning a lot of new things with her help. I love to do jumps, spins and spirals. My favorite jump is the lutz. It's hard but fun to work on. I'm working hard to perfect my change foot spin. Do you have any advice? I would like a pen pal my age who is in freestyle.

Carley Mitchell, age 10, FS3  
Meadville Figure Skating Club  
Meadville PA

Dear Carley,

*Change foot spins can be difficult. The key to a successful one is balance. It's important to feel the balance on the center of your skating blade. Time and patience are often necessary when perfecting the change foot spin.*

Hey ISI,

I love skating. I've been skating since I was 9 and I'm in freestyle. I'd like to thank my skating teacher Shaye (I'm friends with Noelle) and to thank all my friends for their support and God for giving me life. Could you get me a pen pal please? Thanks.

Rosie Gringer, age 12  
Floyd Hall Arena  
Haldon NJ

Continued on page 32...

# Brother and Sister Team Sparkle on and off the Ice

by Dianne Powell

If you were casting for a toothpaste commercial, Taylor and Zachary Elliott would be ideal stars. Just ask them about their skating or any of their many activities and their smiles sparkle and eyes twinkle with enthusiasm. Thirteen-year-old Taylor is a graceful, willowy blond who has been skating for nine years. Her 10-year-old brother Zachary, who resembles a young Todd Sands, joined her on the ice at age three.

The brother-sister team represented RDV Sportsplex Ice Den at ISI's Winter Classic and took home lots of medals, but for them the competition wasn't about winning medals. It was a first time trip to California from their home in Orlando, Florida; it was the chance to skate with their friends and a chance to go to Disneyland.

"It's my first time here and I love ISI competitions," said Taylor, who started skating with ISI in Learn to Skate classes and is now Freestyle 8. She also plans to test for USFSA Intermediate. "We've been doing little show numbers and I'm very happy."

Taylor says she likes ISI competitions because "it's recreational, and you can dress up and have fun. It's a great place to go for it, be a kid."

Taylor and Zachary skate two hours a day, five days a week and sometimes on Saturday. When not skating, Taylor says, "We definitely do homework. I wouldn't say we enjoy it but we definitely do it. We also have fun with our friends." They also sing, act, and dance, and Zachary plays hockey.



Taylor and Zachary Elliott

Photo by Dianne Powell

The brother and sister attend Circle Christian School in Orlando where Taylor is in seventh grade and Zachary is in fifth. Both also participate in the MAP program, Motivation for Academic Performance, sponsored by Duke University's Talent Identification Program (TIP). To qualify, students must rank in at least the 90 percentile on standardized testing for reading or math. Taylor and Zachary have exceeded the qualifications for reading and math. Their mother Leigh Elliott, a former teacher, says TIP "opens doors to other programs which are horizontally broadening educational opportunities."

In addition to ice skating and schoolwork, Taylor studies performing arts at The Master Class Academy in Winter Park, Florida. She also studies voice and piano and enjoys singing the "Star Spangled Banner" at hockey games and special events. Her hobbies include art and sewing. Zachary loves wildlife and studying alligators through Gatorland's Educational Program in Kissimmee. He plays on the Ranger's Pee Wee ice hockey team in addition to his figure skating training. His hobbies include art and pin trading. He's a Freestyle 7 skater.

Coach B.J. Chapman says, "I coach the Elliotts, along with Lynn Hopping, at RDV Sportsplex. They are the most delightful children I've ever had the privilege of working with."

Lynn Hopping, who has coached the Elliotts for seven years, considers them a total package. She gives credit for their positive personalities, their respectfulness and excellent manners to their mother. Lynn says, "Taylor and Zachary pursue academic and artistic excellence. The ISI offers a creative outlet for the children to express their love of skating."

Taylor said a highlight of Winter Classic for her was "dressing up for my spotlight program." She was a clown with a blinking nose. "I did my spotlight and I did a somersault. I had a lot of fun doing it." She took first place.

"Taylor loves the theatrical part of ISI," said Leigh. "ISI is truly her love; she can put on little shows." At Winter Classic Taylor and Zachary did a skilled and adorable Couples Spotlight called "The Runaway Egg" with Zachary as the egg and Taylor as the Easter Bunny. Afterwards, small children wanted to hug the Easter Bunny and Taylor cheerfully granted their wishes and posed for photos.

Of her children's activities, Leigh says, "I think it's great. I'm so thrilled that my children showed up in my life. I

consider it a privilege and an opportunity to be with them. Skating is part of what they do. They have many interests. I've enjoyed every minute of it. I'm the mom. I do props, makeup, support, music, emergency runs, food, water and schooling." Leigh doesn't skate.

Leigh may describe herself as "just the mom dragging the bag," but she's much more than that. Her "take charge, get things done" demeanor and her organizational skills, ingenuity and creativity were proven at Winter Classic. Part of Taylor and Zachary's costumes and props were shipped from Florida and were lost along the way. Undaunted, Leigh recreated Zachary's costume and the candlestick for his "Jack Be Nimble" spotlight light entertainment number. She adapted sleeves from a turtleneck shirt into leggings and a helpful Home Depot manager followed her directions and built a new candlestick.

Taylor offers the following advice to skaters considering entering ISI competitions, "If they want to have fun, to dress up and just basically have fun, come along. You can do that in USFSA as well, but here you can dress up (in costumes), do footwork, spotlight, couples spotlight, all that great stuff and freestyle, just have fun."

Zachary and Taylor love ISI for the variety of events, creative expression and being part of a team, and Leigh loves the fact that both kids are enjoying their childhood.



Taylor and Zachary Elliott  
Photo by Dianne Powell

# COMPETITORS

ORDER



by Lynn Roseberry,  
National Events  
Coordinator and Skating  
Program Director

## ISI SYNCHRONIZED SKATING CHAMPIONSHIPS

The 7th annual ISI Synchronized Skating Championships will take us back to the city where it all began...Chicago! ISI is very excited about the continued growth in participation at this event, scheduled this year for April 11-13, at the Arctic Ice Arena in Orland Park, IL. We're looking forward to seeing both new and familiar faces at this increasingly popular event!

As in the past few years, we will have all ice surfaces under one roof. The competition will begin on Saturday, April 12th and conclude with Senior, Youth, Team and Adult Final Rounds on Sunday, April 13th. Practice ice will begin in the afternoon of April 11th.

All Synchronized Skating teams will skate two rounds. The first round will be grouped by age and team size. Teams placing in the top three will advance to the Premier Round of the competition in the same age category (not necessarily the same team size). Teams placing fourth and lower will advance to the Select Round of the competition in the same age category (not necessarily the same team size). Awards will be given for both rounds with On-Ice Awards for Final Rounds only.

Practice ice is not included with the entry fee for Synchronized Skating Teams since they will skate twice during the event. Synchronized Skating Teams need to reserve and pay for an official practice session. Synchronized Formation, Synchronized Dance, Synchronized Formation Compulsories, and Synchronized Skating Compulsories will receive a 15-minute practice ice session with their entry fee. All of these teams will only compete once. An official practice ice form is posted on our website.

Check our website ([www.skateisi.org](http://www.skateisi.org)) for any pertinent updates or hotels for this event.



\*\*\*\*Reminder: Team skater's age is as of July 1, 2002.\*\*\*\*



## ISI WORLD RECREATIONAL TEAM CHAMPIONSHIPS

ISI's World Recreational Team Championships will be held July 28-August 2, 2003 at the Northbrook Park District Sports Center, Twin Rinks Ice Pavilion and Glenview Ice Center in Chicago. Plan now to attend this always exciting, spectacular event. The entry deadline is May 1.

### World CHAMPS Hotels

Marriott Lincolnshire  
Resort  
10 Marriott Dr.  
Lincolnshire IL 60069  
847-634-0100  
\$102

Lincolnshire Courtyard by  
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505 Milwaukee Ave.  
Lincolnshire IL 60069  
847-634-9555  
\$89

Lincolnshire SpringHill  
Suites by Marriott  
300 Marriott Dr.  
Lincolnshire IL 60069  
847-793-7500  
\$94

Marriott Suites Deerfield  
2 Parkway North  
Deerfield IL 60015  
847-405-9666  
\$102

Deerfield Courtyard by  
Marriott  
800 Lake Cook Rd.  
Deerfield IL 60015  
847-940-8222  
\$89

Glenview Courtyard by  
Marriott  
1801 N Milwaukee Ave.  
Glenview IL 60025  
847-803-2500  
\$89

Renaissance North Shore  
933 Skokie Blvd.  
Northbrook IL 60062  
847-498-6500  
\$102

Highland Park Courtyard  
by Marriott  
1505 Lake Cook Rd.  
Highland Park IL 60035  
847-831-3338  
\$89

Hilton Northbrook  
2855 N Milwaukee Ave.  
Northbrook IL 60062  
847-480-7500  
\$89 (single, double, triple,  
quad)

Adam's Mark Chicago-  
Northbrook  
2875 N. Milwaukee Ave.  
Northbrook IL 60062  
800-444-2326  
847-298-2525  
\$75 (single, double, triple,  
quad)  
\$149 (Junior King, Junior  
Queen)

Reservations for Worlds hotels may be made through Marriott Reservations at 1-800-228-9290 or directly with the properties listed. Groups booking 30 or more rooms must contact the individual hotel directly.

## ISI ADULT CHAMPIONSHIPS

Attention adult skaters! The 6th Annual ISI Adult Championships are heading to the East Coast. Beautiful Cap Cod will host this ever-growing event at the Charles Moore Arena in Orleans, Massachusetts, September 12-14, 2003. A fun-filled Competitors Party is planned for Friday evening.

Don't miss this exciting event and the chance to showcase your skills among your peers and to share the special camaraderie that encompasses Adult Champs. Check the ISI website for additional information as it becomes available: [www.skateisi.org](http://www.skateisi.org).

# SKATE·TALK

Who or what motivates you? Why?

**Casey Brodsky,**  
**Age 10, FS3/4**  
**Berkeley Iceland**  
**Berkeley CA**

*On Saturdays I take group lessons. Before that, there is a freestyle session. I don't skate in it because I'm short; they are tall; they don't see me, and they might run into me. But I watch. I think, "Look at that girl in the blue sweater. She's doing a double toe loop. I will be doing that soon because I can land a single toe loop." That is my motivation, besides my coach. It makes me want to do more single jumps so I can start working on doubles.*

Describe your first skating experience?  
How old were you?

Send name, info., photos and responses to:

Ice Skating Institute

Attn: Editor, RIS

17120 N. Dallas Pkwy., Ste. 140  
Dallas, TX 75248-1187

or send us email at:  
[editor@skateisi.org](mailto:editor@skateisi.org)

*\* Editor's Note: Send a new question for "Skate Talk" to Editor at ISI. If we use your question, we'll send you a prize.*

...**WRITE STUFF** continued from page 27

Dear Readers,

*If you would like to be Carley or Rosie's pen pal, please send letters for them to ISI and they will be forwarded.*

Dear ISI,

I have been skating for 2 years and I love it. I skate three times a week, which includes two lessons, an off-ice class, and an on-ice skills class. I am working on my sit spin, camel spin, loop, lutz, flip and tons of other moves. I've had four competitions so far and I've gotten two second

places and two first places. My next competition will be a USFSA one in Vancouver, BC. I hope that I will do well there. My favorite skaters are Michelle Kwan and Sasha Cohen. My favorite male skater is Alexei Yagudin. I want to thank my coach Tina and my parents for supporting me. I would like to be Allie Ernst's pen pal. Figure skating rocks!

Liann Wu, age 10, FS3/4  
Castle Ice Arena  
Renton WA

*Editor's Note: Liann's letter has been forwarded to Allie.*



**SEND ENTRY AND FEE TO:**  
 ISI  
 17120 N. Dallas Pkwy., Ste. 140  
 Dallas, TX 75248  
 Phone: 972-735-8800 • FAX 972-735-8815

**Team Entry Form**

All information for *team events* (on this form) will be mailed *to the rink* indicated below. (Including Family Spotlight.)

**Event information available at [www.skateisi.org](http://www.skateisi.org)**

Event	Location	Event Dates	Test Deadline	Entry Deadline
<input type="checkbox"/> World Team Championships	Chicago, IL	July 28-Aug. 2, 2003	May 1, 2003	May 1, 2003

**Please Print**

Name of Group	Instructor/Coach
Rink Representing	Coach's Home Telephone
Address	Rink Telephone
City, State, Zip	ISI Registration #

***We wish to enter: (IMPORTANT Use one team entry form per team, per event. Please send team photo with entry.)***

<input type="checkbox"/> Synchronized Formation Compulsories	<input type="checkbox"/> Production Team	<b>Age Category: (select one)</b>	
<input type="checkbox"/> Synchronized Formation Team	<input type="checkbox"/> Pattern Team	<input type="checkbox"/> Junior Youth Team	<input type="checkbox"/> Teen Team (majority 13-19)
<input type="checkbox"/> Synchronized Skating Compulsories	<input type="checkbox"/> Kaleidoskate Team	(majority 7 & under)	<input type="checkbox"/> Adult Team (majority 20 & up)
<input type="checkbox"/> Synchronized Skating Team	<input type="checkbox"/> Team Compulsories: _____Level*	<input type="checkbox"/> Youth Team	
<input type="checkbox"/> Synchronized Dance	<input type="checkbox"/> Freestyle Synchro : _____Level*	(majority 8-10)	
<input type="checkbox"/> Family Spotlight	*(indicate 1-10)	<input type="checkbox"/> Senior Youth Team	
		(majority 11-12)	

Name	Age as of July 1, 2002	ISI #
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		

Name	Age as of July 1, 2002	ISI #
17		
18		
19		
20		
21		
22		
23		
24		
<b>Crossover Skaters</b>		<b>Team #</b>
1		
2		
3		
4		
5		
6		
7		

**ENTRY DEADLINE:** There will be no refunds. Memberships must be current through event. Expired Membership renewals must accompany this entry application.

Upon entering this competition, we hereby agree that any photographs or video tapes taken of our team by ISI or authorized party, may be used exclusively for any purpose by the ISI or any other use authorized by ISI.

I declare that the information above is true and that all skaters have current individual membership with ISI, and I have notified all team members that they skate at their own risk, and hereby release ISI, the host facilities, and their personnel from all liability.

Coach's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Entry Fees:**

All Team Entries \$20.00 per member  
 Production Team pays for first 32 skaters only - \$640 maximum..

ISIA Education Foundation Donation enclosed \$ \_\_\_\_\_  
**Total Enclosed:** \$ \_\_\_\_\_ Make check payable to ISI

OFFICE USE ONLY
Date Rec'd. _____ Check # _____ Amount _____

<input type="checkbox"/> American Express	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard	<input type="checkbox"/> Discover
Card # _____	Exp. Date _____	Cardholder (please print) _____	
Authorized Signature _____		Telephone Number (must be included) _____	

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## SKATE

See her skate  
she may wait,  
for that music,  
start her up.  
There she goes  
so gracefully,  
there she goes over there,  
may she not impair.  
Look at what she may wear,  
never may she outwear  
that gorgeous gown that she may wear, never.  
(applause)

*Sarah Moniz, age 11  
Bay State Blades Skating Club  
Fall River MA*

## Ice Poem

I am an ice skate.  
I'm shiny and white.  
I belong to Sarah Hughes.  
When she spins, I get dizzy!  
Cool, a camel - I'm floating!  
Ouch, now I have all the weight on me!  
Okay, Now she'll attempt a triple axel.  
Boom! Bang! Boo!  
She fell, so I skid across the ice.  
Suddenly, we start skating again.  
Now, she landed a triple lutz and not a flutz!  
Hooray Hughes!

*Sylvi Pultorak, age 11, FS3/4  
Inwood Ice Arena  
Joliet IL*



## Monika

Our coach is cool,  
and she goes to school,  
her schedule is busy and oh so full.

She teaches us with grace and flare,  
never yelling but there is that glare.

She loves her skaters as if they were here own,  
and while she is teaching we cannot moan.

She goes out of her way to help her skaters,  
and enjoys the pain that she will inflict on us later.

We spin and jump and sometimes fall,  
but she never puts us down or makes us feel small.

When I am feeling sad and down,  
and she can tell because of the frown,  
she will take a few minutes to say it's okay,  
and then start our lesson in the usual way.

If I am falling and can't skate at all,  
she takes my hand and we walk to the hall,  
where she says to me:  
"I love you all and you make me so proud,  
and when you fall I'll give you my hand,  
and continue to tell you, "Yes, you can."

*Alyson Paige Wiley  
Darien Sportsplex  
Darien IL*

## THE ELEGANT SKATER

The cold, small, motionless ice rink is lonely to see,  
there are no skaters, how can that be?  
The ice is as clear as a sheet of glass,  
hoping that this moment will soon pass.  
Then comes a beautiful girl,  
gliding across the ice, look at her twirl.  
Her skate is a paintbrush, painting a picture on the ice.  
Turning, jumping and soaring, never thinking twice.  
When she is finished her feet have blisters,  
this elegant, exquisite skater is my sister.

*Written by Annie Galus, age 13  
Dedicated to Katie Galus, age 11, FS4  
Fox Valley Ice Arena  
Geneva IL*

## On the Ice

On the ice I feel graceful  
 like I float above the clouds  
 When I do great sit spins  
 it's like I'm spinning on the ground,  
 On the ice I feel powerful  
 like I'm the ruler of the world,  
 When predators come near me  
 it's like the ice is my shield,  
 On the ice I feel wild and free,  
 like I can do anything I want,  
 Nothing can control me  
 like a wind-up toy being bought.

These are my feelings,  
 the ones I keep that are nice,  
 These feelings are what I feel when I am on the ice.

*Lauren Schnapper, age 12  
 Easy Street Ice Arena, Simi Valley CA*

## The Moment of Truth

All eyes follow the guiding spotlights,  
 All one can see are the specks of glitter.  
 When the one poses perfectly still and captures the sights,  
 Trying so hard to get rid of jitters.  
 Da ta Da, as the music starts, slowly the one unfolds,  
 Dancing gracefully across the white sparkling stage.  
 It is now time to show the world of what she holds,  
 Inside is a spirit that wants to break free from its cage.  
 Here it comes, the moment we all have been waiting for,  
 Can she land this jump and become the first to succeed?  
 The audience holds their breath and wonder more and more,  
 Everyone watches the one taking off and spinning with great speed.  
 She lands flawlessly and the audience jumps to their feet and cheers,  
 From that moment she knew she had broken free and finished the program in tears.

*Anita Poon, age 15, Stirling NJ*

## Figure Skating

Figure Skating is a dream on ice  
 The breeze, the fun, the hard work are nice  
 The ice is like the stillness of a river  
 What makes the ice exciting is  
 Waltz jumps,  
 Spins,  
 Glides,  
 Spirals,  
 T-stops,  
 And everything else  
 That is Figure Skating

*Keri Springett, age 9, Bronx NY*



## Sarah Hughes Shines on and off the Ice

Olympic figure skating champion Sarah Hughes has gained early acceptance into Harvard but is also considering Columbia and Yale. Her college choice will be based on her 2003 training schedule and whether she plans to participate in the 2006 Olympic Games.

On December 22, 2002, Hughes starred on NBC in "Sarah Hughes: A Life in Balance," the first of two television specials to feature the gold medalist. The special featured five skating performances and clips on Sarah's charity work and off-ice activities.

## Scott Hamilton's Wedding

Olympic champion Scott Hamilton married Tracie Rose Robinson on Saturday, December 14, 2002, in a private ceremony held on the grounds of Stone Manor Estate in Malibu, CA, overlooking the Pacific Ocean. Hamilton, 44, and Robinson, 33, met in 2000 and became engaged last September in front of a sold-out audience at the conclusion of Scott's performance in his 3rd annual fundraising Gala for Scott Hamilton CARES (Cancer Alliance for Research, Education and Survivorship). Hamilton will make at least 15 Special Guest Star appearances during the 2002-2003 national touring season of Smucker's Stars on Ice. For further information on Hamilton's guest appearances in Smucker's Stars on Ice, visit [www.starsonice.com](http://www.starsonice.com).

## Thirteen Not Unlucky in Singapore

During the annual "Skate Singapore" competition at the Fuji Ice Palace in Singapore, 13 high level ISI skaters competed. Seven skaters competed in Freestyle 8 and six skaters competed in Freestyle 9 events. Congratulations to the following skaters and the ice arenas they represented:

- Rachel Ng, Tan Zhe Wei, Tan Da Wei – Pyramid Ice, Kuala Lumpur, Malaysia
- Ng Hui Jeat, Lim Siew Leng – Mines Ice Rink, Kuala Lumpur, Malaysia
- Abraham Domdom, Dale Feliciano – SM Megamall, Manila, Philippines
- Francesca Laureano, Veronica Vrtelova, Kilani DeWit, John Ross Solanzo – SM Southmall, Manila, Philippines
- Jennifer Toole-Stott, Lydia Leung – Fuji Ice Palace, Singapore

The skaters ranged in age from eight to 23 and presented spectacular skating performances during the three days of competition events in Singapore.



Thirteen high level ISI skaters competed in "Skate Singapore" at the Fuji Ice Palace.

## Smucker's Stars on Ice Tour

*Smucker's Stars on Ice* began its 2002-2003 touring season on December 27. The U.S. tour features the debut of 2002 Olympic Pair Champions Jamie Sale and David Pelletier of Canada and Elena Berezhnaya and Anton Sikharulidze of Russia, the skaters at the heart of the 2002 Olympic controversy. Also making his debut with the production is 2002 Olympic Men's Champion and World Champion Alexei Yagudin.

*Stars on Ice* co-founder, co-producer and 15-year co-headliner, Olympic Champion Scott Hamilton, as well as two-time Olympic Champion Ekaterina Gordeeva will make special guest appearances during the tour. Hamilton will make a minimum of 15 appearances and Gordeeva will guest star in at least seven cities.

Also returning to the tour are two-time Olympic Champion Katarina Witt, World Champion and six-time U.S. National Champion Todd Eldredge, four-time World Champion Kurt Browning and three-time U.S. National Pair Champions Jenni Meno and Todd Sand. Other stars in the show include three-time U.S. National Pair Champions and World Bronze medalists Kyoko Ina and John Zimmerman and two-time U.S. National Dance Champions Renee Roca and Gorsha Sur.

Due to injuries, Olympic Champion Tara Lipinski and eight-time British National Champion Steven Cousins will not tour with the production as originally planned. *Smucker's Stars on Ice* will appear in 61 cities in 33 states and will conclude on April 12, 2003 in Portland, ME. The theme of the tour will be power – athletic power, star power and the power of a dream. A portion of ticket sales will support Boys & Girls Clubs of America's literacy programs. For more information on *Smucker's Stars on Ice*, go online to [www.starsonice.com](http://www.starsonice.com).

## Artistry on Ice: Figure Skating Skills and Style

1994 Olympic silver medallist Nancy Kerrigan and former competitive figure skater and instructor Mary Spencer have a new book out titled *Artistry on Ice: Figure Skating Skills and Style*. This in-depth, 240-page book features clear instructions and more than 180 color photo illustrations. From the basics to body alignment, effective routine elements, refining footwork, artistic expression, physical preparations and off-ice training to finding a coach, all are covered and more. The book includes advanced techniques for jumps, spins, moves in the field, ice dancing, pairs and synchronized skating along with tips on competing, music, choreography, and costumes.

*Artistry on Ice: Figure Skating Skills and Style* is published by Human Kinetics and is available in paperback for \$24.95. To order a copy, call 1-800-747-4457 or go to the website: [www.HumanKinetics.com](http://www.HumanKinetics.com).

## Tara Lipinski in 7th Heaven

Tara Lipinski's name has been removed from the list of performers for Stars on Ice. The 1988 Olympic gold medalist has reportedly quit the tour and is living in Los Angeles where she's pursuing her acting career. She recently secured a role on the WB network series "7th Heaven."

## Stars, Stripes & Skates

On September 20, 2002 there was a special fundraising ice skating performance at Madison Square Garden. Stars, Stripes & Skates was organized to raise money to benefit victims of terrorist acts. Along with skating stars Nancy Kerrigan, Sasha Cohen, Timothy Goebel, Viktor Petrenko and Surya Bonaly, 93 children successfully auditioned to skate in the show. Among the show participants were ISI skaters Kristi Nesbitt, age six, Michelle Hung (11), Chris Wan (11) and Julie Lapatka (13). Former ISI member Caroline O'Neill (11) and her sister Elizabeth O'Neill (5) also skated in the show.

## 15th Annual Nutcracker On Ice at Ice Chalet

The Ice Chalet in Knoxville, TN held its 15th annual presentation of "Nutcracker On Ice" in December. The show, choreographed by Ice Chalet staff, presented the magical Christmas fairy tale with 124 fabulously costumed skaters in a holiday spectacular. Skaters, from tots to Freestyle 9, ranged in age from three to 70.

The Ice Chalet will host the 34th Annual Mississippi Valley District Figure Skating Competition, March 28-30, 2003 in Knoxville. The Mississippi Valley District Competition, started by Robert Unger, is ISI's oldest recreational skating competition.



Nutcracker on Ice

Photo by Gary Merritt



## Top 25 2003 ISI Winter Classic Teams

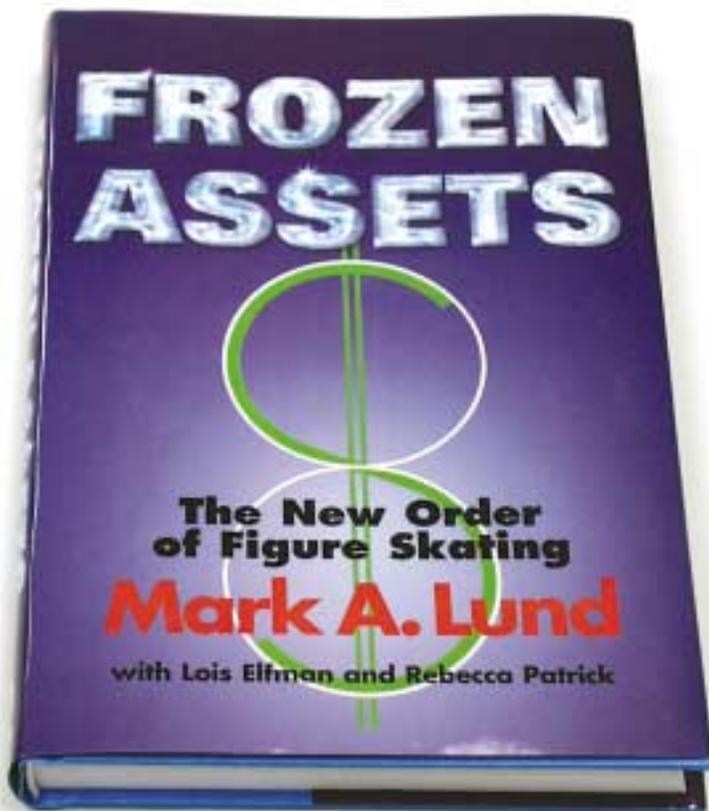
1	Disney ICE	.911.5	14	Ice Station-Valencia	.106.0
2	Ontario Ice Skating Center	.584.0	15	La Pista Mexico	.100.0
3	Norwalk Ice Arena	.361.0	16	Iceoplex Panorama City	.95.5
4	Galleria Ice Skating Center	.333.0	17	Iceland	.94.0
5	Aliso Viejo Ice Palace	.298.5	18	Logitech Ice	.93.0
6	Aerodrome-Willowbrook	.254.0	19	Ice Castle	.92.5
7	San Diego Ice Arena	.236.5	20	Ice Town - La Jolla	.92.0
8	Pickwick Ice	.225.5	20	Apple Valley Sports Arena	.92.0
9	Paramount Iceland Inc	.199.5	22	Arcadia Ice Arena	.89.0
10	Westminster Ice Palace	.173.5	23	Glacial Gardens Ice Arena - Anaheim	.86.5
11	Pasadena Ice Skating Center	.169.5	24	RDV Sportsplex Ice Den	.79.5
12	Ice Town - Riverside	.132.5	25	Iceon Skating Center	.76.0
13	Athletic Arts Academy	.128.5			

*Special thanks to the referees, judges and volunteers who helped make Winter Classic so successful. For a complete listing of team results and additional Winter Classic photos, go to [www.skateisi.org](http://www.skateisi.org).*



*Photos by Joe Sport  
joesport@earthlink.net*

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