



Spring 2005

# ice skating

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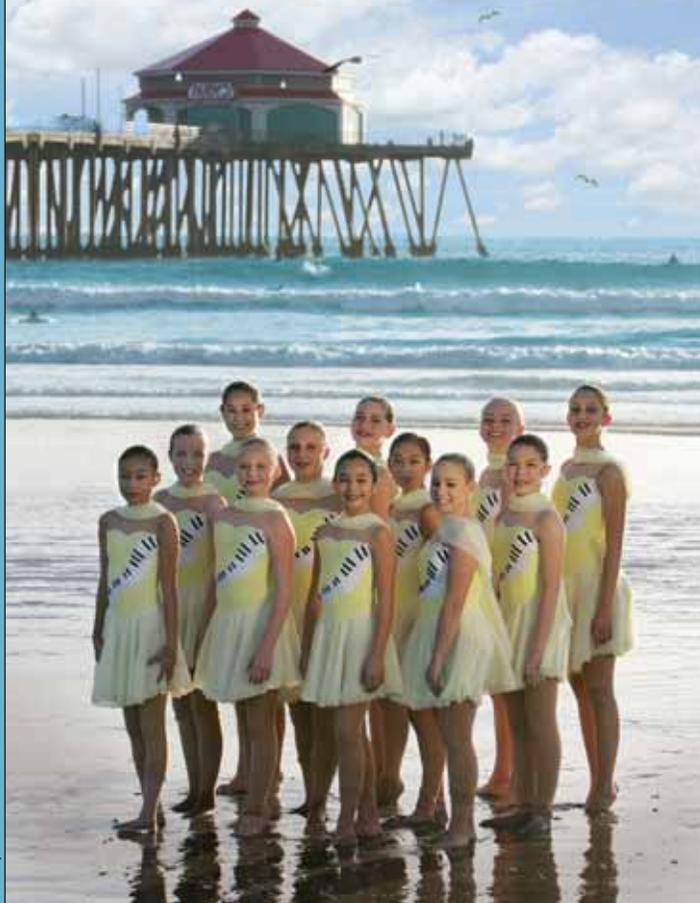
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## the write stuff

### letters from our readers

**Editor's Note:** Letters may be edited and/or condensed. Please see instructions (page 5) for getting your letter published and participating in the pen pal program.

I had my first ice skating lesson Sept. 4, 2002, three weeks short of my 69th birthday. Although I am a former road racer, including one full and two half-marathons, skating really introduced me to my leg muscles. They responded slowly but surely. Lower back muscles also were challenged but are doing fine now. Skilled fellow skaters have been wonderful with their support and have noted my improvement. Thanks, guys; it's meant so much! I have been a student of the Donna Capolino Skating School at the Superior Ice Rink. My regular instructor has been Antoinette (Toni) Carter, a gold medalist competitive performer whose skill and encouragement have inspired me. Above all, skating is fun — bumps and all (I wear knee and elbow padding and a bicycle helmet!) — and excellent physical conditioning. My goal simply is to keep improving and enjoying.

**Tony Schaeffer  
Superior Ice Rink  
Blue Point, N.Y.**

I have been skating for about two and a half years. I've started learning how to do the Lutz, and so far it's my favorite jump. But my favorite move is the shoot-the-duck. I knew I liked to skate when I was invited to a birthday party. I was amazed at how limber and graceful the skaters were, so I tried it, and I love it! I REALLY want a pen pal, preferably Jessica Ferguson. If not, I'd like a pen pal (a girl), around the ages 11-13, and in the levels FS 1-5.

**Adyam Mekonnen, 11, FS 1/2  
Yerba Buena Ice Skating Center  
San Francisco**

I'm writing because I would love to have a pen pal. I would like to request Anna Barr. I have been skating for one year. I really enjoy it. I just passed FS 2. I'm working on my



scratch spin. In the time I have been skating I have competed one time, but it was a blast!

**Hannah Nelson, 13, FS 2  
Aliso Viejo Ice Palace  
Coto de Caza, Calif.**

I would love a pen pal around age 12 who is in the Delta level. I also would like to say how much I enjoy reading your magazine.

**Katie Raynes, 12, Beta  
South Suburban Ice Arena  
Gunnison, Colo.**

I am writing to you because I would like to have two pen pals, maybe Sarah Stenson and Tara Lipinski. I have been skating for three years.

**Kimberly Hollingsworth, 12,  
FS 4  
Freeport Recreation Center  
Baldwin, N.Y.**

*We can forward your letter to Sarah, but Tara is not a member of ISI. Our pen pal program is for current ISI members only.*

I just wanted to say thank you for giving me Brittany Beukema as a pen pal; she is really nice. Also, I'm having a hard time with my Mohawks and three turns. Those moves in Gamma are very hard to do. Do you have any tips?

**Aubrey L. Dela Cruz  
Vacaville Skating Center  
Fairfield, California**

*Slow and steady will get you ready to achieve those pesky three turns and Mohawks. Practicing them on a circle will help you feel your true edges. Also, a strong pre-rotation of the shoulders before the turn with a strong check out of the turn are key!*

I would like to request Adriana Gilli for my pen pal. I was just reading through your magazine when I noticed that she wanted a girl pen

pal who is 14 or up, and in Freestyle 5 or higher. I also really wanted a pen pal, so I was hoping that if Adriana sees this in the next issue, she would want to be my pen pal!

**Ariel Ellison, 14, FS 5**

**Big Dipper**

**Fairbanks, Alaska**

I love skating! I have been skating for almost one year now. I skate at White Bear Lake Sports Center, which won second place at ISI Worlds last summer. My coaches are Lynn Hanson and Gina Vranicar. I would like to thank them for being so encouraging and helpful this year. I competed for the first time in December in Gamma, then again in January (Delta) and February. I am testing to move up to FS 2 soon. I skate three to four times a week, twice for private lessons, once for group lessons and sometimes once just to practice. My best move is my forward spiral (it's VERY high!) and my favorite moves are spirals, bunny hops, two-foot spins, Mohawks, outside three turns and half flips. Do you have any advice on getting my waltz jump any higher and doing spirals in a circle? I would like a pen pal FS 1 or higher and 10-12 years old, possibly Adrienne White, Sarah Stenson, Leah Keune, Guinevieve Imperial, Emily Yan, Iana Kozelsky, Jessica Hatfield, Jessica Ferguson or Carly Hayes. I look forward to possibly going to ISI Worlds this summer!

**Kimberly Rolfs, 10**

**White Bear Lake Sports Center  
North Oaks, Minn.**

*Congrats on your great finish at Champs last summer! I hope to see you in California this year, because I want to see your sky-high waltz jump. To reach new height, use those arms and legs, and listen to Lynn and Gina to help lift you higher. Sounds like you have an awesome spiral, so to put it on a circle should be a snap. Make sure your edges are sharp.*

I have been skating for three years. I was wondering if you could give me some tips on the Axle and the camel spin. If you could give me a pen pal around my age and level, that would be great.

**Ali Brown, 11, FS 4/5**

**Point Mallard Ice Complex  
Decatur, Ala.**

*So, you're looking to improve your Axel. Remember that rhythm and timing are very important, and that all body parts must work together. I would suggest doing Axels on land or with a jumping harness to get the feel, and then take it to the ice. Regarding the good old camel spin, it is better when you have perfected your spiral position and the understanding of the spin entry. Hard work pays off — go to it!*

I have been skating since December 2003. It is so much fun. I have a lot of friends at the ice rink and I just wanted to tell them hi (you know who you are)! I have two wonderful coaches who help me a lot, Chris Jones and Heidi Stephan. I am on production team and Team Compulsories 5. Could you give me some tips for my one-foot spin? I always get off center and off balance, and spin on my toe pick. My favorite things to do are backward arabesques and shoot-the-duck. I would like to have Hannah Taverna for my pen pal, or someone around my age and level.

**Christina Brown, 13, FS 2/3  
Point Mallard Ice Complex  
Decatur, Ala.**

*Most often when a skater is having spin problems like yours, they are rushing the process. Make sure your hips and shoulders are level and you are set before you pull those arms in. Are you stepping in to the circle prior to the spin? Understand that taking your time to develop the one-foot spin will be the base for all your higher-level spins.*

I love your magazine! I would like to have Jessica Torregrossa as my pen pal. If she cannot be my pen pal, I would like to have one about my age and level.

**Rebecca Hafelfinger, 9, FS 2  
Floyd Hall Arena  
Clifton, N.J.**

I am in Freestyle 5 and have been skating for about three years. I am currently working on my Lutz and Axle. I have trouble with both of them! Do you have any comments to help me succeed with these things? I would also like to thank my coach, Amber, for bringing me this far! I have never done any ice skating competitions but

*Continued on page 28*

## How to Get Your Letter Published

- Letters must be from current registered ISI members.
- Please keep your letter short.
- Photos are welcome, but cannot be returned. Low-quality digital images may not be suitable for magazine reproduction.
- Be sure to include:
  - Your first and last name
  - Your ISI member number
  - Your age
  - Your skating level
  - The name of the arena where you skate
  - Your address (only your city will be published)
  - An e-mail address or telephone number where you can be reached if we have a question (these will NOT be published)
- If you have a skating question, be as specific as possible. Technical questions will be answered by qualified ISI staff members but should not be considered a substitute for coaching.
- All letters are printed at the discretion of the editor, and may be edited for clarity, accuracy and space.
- E-mail is preferred. Send your letter to [editor@skateisi.org](mailto:editor@skateisi.org) or:
  - Ice Skating Institute
  - Attention: Editor, RIS
  - 17120 N. Dallas Parkway,
  - Suite 140
  - Dallas, TX 75248-1187

## How the Pen Pal Program Works

- If you specifically request a pen pal by name, your letter will be copied and forwarded to that person. You MUST include both the first and last name of the pen pal you are requesting. A maximum of three requests per writer may be forwarded.
- General requests for a pen pal will be published, and your name and address will be added to our pen pal database. This allows us to send you letters from individuals who later request you as their pen pal. You MUST provide your full name and address in order to be included in the database and have letters forwarded to you. (**NOTE: We do not "match up" pen pals; we only publish your requests and forward letters to specifically requested members.**)
- Personal street addresses, telephone numbers and e-mail addresses will never be published in *Recreational Ice Skating*.

# Tampa Bay Skating Academy-Countryside Raises Funds for Tsunami Relief

by Dana Hall  
*President, Skaters Activity Fund Effort*



CLEARWATER, Fla. — On Dec. 26, 2004, the world suffered one of the worst natural disasters in its history. More than a dozen countries were devastated and more than 270,000 people lost their lives, half of them children. Skaters Activity Fund Effort (a nonprofit skating club from the Tampa Bay Skating Academy-Countryside) wanted to help!

We quickly organized a benefit show from which all the proceeds would go to the American Red Cross Tsunami Relief Fund. We asked Petr Barna (1992 Olympic bronze medalist), Crystal Hunt ("Lizzie Spaulding" from CBS' daytime television show *Guiding Light*) and local skating talents Susanne Searles and Sha'Non McManus to help us. Our skaters took donation

sheets to family, friends, schools and businesses to collect for the Tsunami Relief Effort. A benefit show was on its way.

Crystal flew in with Roxy, her four-legged co-star, and brought calendars and photos to autograph in the hopes of helping the skaters raise money. She interacted and spoke with the children and even took a short glide on the ice, to the delight of skaters and audience alike.

Petr graciously took the ice and was breathtaking. Cheers rang out as he skated. He also autographed photos.

American Red Cross representative Kathleen George was on hand to accept donations.

Three synchronized skating teams from the Tampa Bay Skating Academy-Countryside performed

for us, along with 28 local skaters from our club. All had a sincere desire to help.

"The benefit show was for such a great cause!" remarked Allison Phillips, 15.

Devon Hall, 10, said: "Those poor people in the tsunami lost everything. Without any warning, their family, friends and homes were gone!" If 8-year-old Adrien Lay could have one wish, it would be "that the tsunami never happened! My way of helping was to skate to raise money for them."

Ashley Huff, 13, wanted to help the kids affected by the tsunami and give them a gift. "I played my clarinet from my soul and skated from my heart," she said.

Callie Gaines, 16, added: "The

show really made me realize what an impact each of us can have. Though the money we raised cannot take care of everything, it still makes a difference!"

Julia Winter, 8, noted, "I have friends who have family over there that really needed our help!"

Courtney Hall, 16, was pleased to see how generous people can be: "At school the kids were giving their lunch money to help. It didn't matter the amount of the donation; they were giving from their heart!"

Six-year-old Michelle Winter summed it up when she said: "I am going to skate really well and work real hard! They need it!"

That is exactly what the skaters did. They raised more than \$2300 and came away with feelings of accomplishment, pride and hope. A big thank-you to Petr Barna, Crystal Hunt, Roxy and all of the Tampa Bay Skating Academy-Countryside coaches for helping make the evening such a tremendous success. ●

## French Olympic Champions Return to U.S. for Champions Tour

DENVER (PRWEB) — It's been nearly three years since the French ice dancing team of Marina Anissina and Gwendal Peizerat won the Olympic gold medal in Salt Lake City. But now, for the first time since those Olympics, they are finally ready to skate in front of American audiences in the 2005 John Hancock Champions on Ice tour.

Anissina and Peizerat, one of the world's most successful and beautiful ice dancing teams, have toured in France and Japan but have never before had the chance to skate in shows in the United States. They will perform in all 23 cities on the tour, beginning in Hartford, Conn., March 26, and ending in Anaheim, Calif., May 1.

Joining Anissina and Peizerat in the tour are nine-time U.S. champion Michelle Kwan, two-time national champion Johnny Weir and two-time ice dancing champions Tanith Belbin and Ben Agosto.

With the Olympics just one year away, the John Hancock Champions on Ice tour will showcase some of the world's best skating talent. Among others in the star-studded cast are world champion and Olympic silver medalist Irina Slutskaya; 2004 world silver medalist Sasha Cohen, Olympic bronze medalist Timothy Goebel and Russian world champion Evgeni Plushenko.

Kimmie Meissner, the 15-year-old sensation who became the first American since Tonya Harding in 1991 to land a triple Axel, will make appearances in Washington, D.C., Philadelphia and East Rutherford, N.Y.

All of the skaters will perform to original music and choreography of their choice. Selections help match famous names and faces with personality and style.

For more information, visit [championsonice.com](http://championsonice.com).



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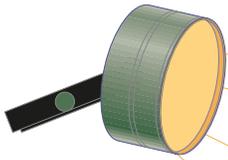
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# spotlight

## Cheerskaters?

by Steve Nalbandian  
*Norwich Bulletin*

**NORWICH, Conn.** — A group of teenage girls, performing cheers during stoppages in play. Not all that uncommon.

Except these cheerleaders are different. Not just because they jump, flip and yell in support of the Norwich Icebreakers junior hockey team, but because they do it on the ice. While wearing skates.

“We all have to come in knowing how to skate,” said

Norwich Bulletin/Tali Greener



Rachel Bailey, who joined the team in the last few weeks. “The hardest things to do are the lifts. It’s just something we’re not used to.”

Yes, they do it all. Lifts, flips, spins. It’s cheerleading on ice. And it’s catching on.

The girls are among the best figure skaters in their age groups in the region. They practice as a team three nights a week, and also have their regular individual sessions to fit in.

According to the cheerleaders’ coordinator, Mia Sanca, this group is the only cheerleading team that performs on ice skates on the East Coast. The only other such team Sanca knows about in the country is in Seattle.

Sanca got the idea when she was watching ESPN. She put out a couple of feelers, and the response was to try to make it happen. Yulia Borissova, a Russian national and international figure skating champion, stepped up as the coach and choreographer.

The team started with three girls. Now there are six, with tryouts planned for a second team.

“It’s so much fun to be out there,” Lorie Scovish said. “It would be even better with more people.”

Indeed, the more the merrier, said Nikki Rubin: “It’s a great opportunity to perform with other people. Ice skating is such an individual sport, so this gives us the chance to be out there working with other people. It makes it a lot more fun.”

Erika Kydd said she joined the team after watching just one practice. “It looked like a really good time,” she said. “I’m glad I joined.”

Besides the fun it offers the cheerleaders, the cheering on ice has becoming a crowd-pleaser that’s also well-received by the Icebreakers and their opponents.

“When we’re done performing, we get a lot of recognition from the players and coaches,” Kara Dawley said. “And the other team pays a lot of attention to us, too.”

Jeralyn Grills is the sixth member of the team.

The Icebreakers cheerleaders perform at home games, at the Norwich Rink.

## Tremors Visit ‘Broadway’

by Paige Scott  
*Manager, Yerba Buena Ice Skating Center*

**SAN FRANCISCO** — The Tremors synchronized skating team was recently invited to attend a rehearsal for the new touring show *Broadway on Ice*, a Willy Bietak production starring Olympic gold medalist Dorothy Hamill and singer Davis Gaines. The skaters received a backstage tour and a real behind-the-scenes look at the professional world of skating in a theater.

Many of the skaters were amazed at how small the ice surface actually was. Before the show’s performers arrived, I talked to the Tremors about what they were about to see. I asked them to pay attention to how much facial expression these performers put into their routine. We spend many hours perfecting our jumps and spins or lines, wheels, circles and blocks, but how much time do we spend looking in the mirror and practicing our smile? I tried to convey the fact that a skater must not only be an athlete but an actor or actress as well — to let the joy we have for skating come through on our faces.



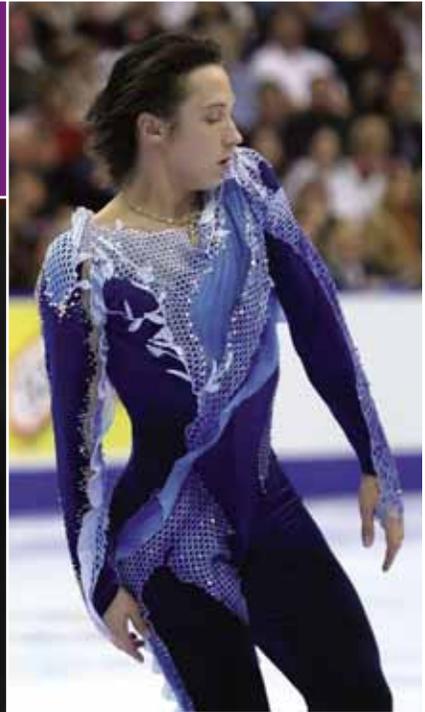
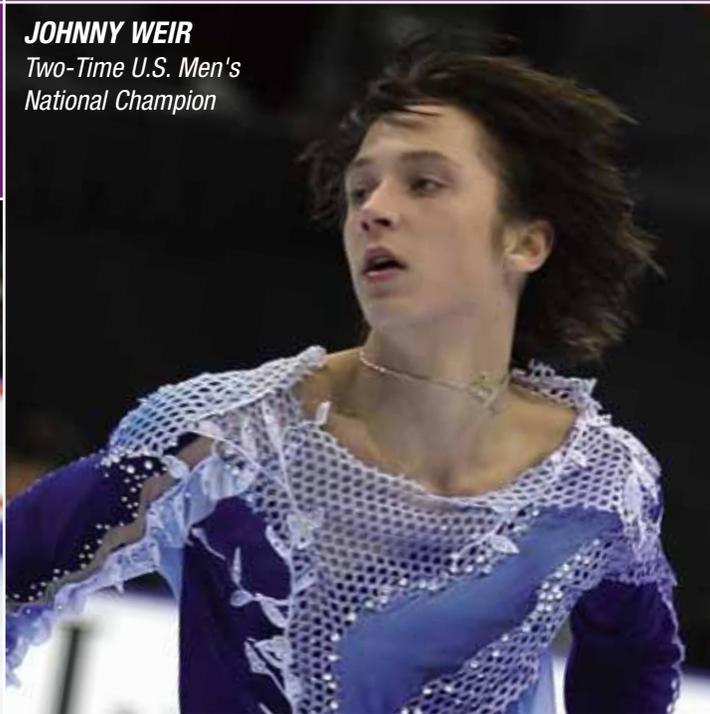
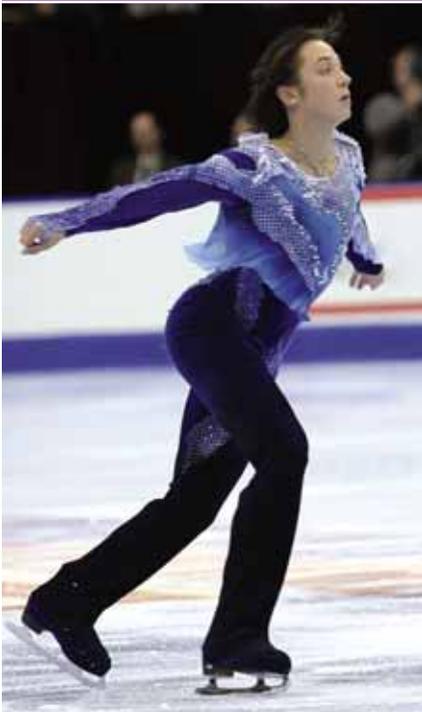
The Tremors watched the performers practice the opening routine in rehearsal clothes. Later that night all the Tremors went to the actual show. They were amazed to see what they had watched earlier, now enhanced by lights and beautiful costumes and, for the ladies, full show make-up.

My intent for having my skaters attend this was to show them there is life beyond the podium. Skating is more than just first, second and third. It is an art. It is a part of your soul. It is a career, practicing everything from jumping, spinning and stroking to ice dancing and, of course, “performing.” ●

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**Last year's ISIA Education Foundation scholarship recipients are proof positive that skating is a sport to be enjoyed beyond high school graduation.**



**Julianne Kulevich**

Being active and involved has always come naturally to Julianne (Julie) Kulevich. Her high school years were packed with honors courses, band, chorus, field hockey, volunteering and, of course, ice skating. Along the way, she demonstrated leadership as a class officer, chorus president and drum major, and amassed an impressive collection of awards and achievements. So it should come as no surprise that, during her freshman year as a math/pre-med major at College of the Holy Cross in Worcester, Mass., Julie has helped form the college's first figure skating club.

The formation of the Holy Cross FSC was actually a joint project of Julie and her sister, Suzanne, who is a junior chemistry major at the school, and a former Education Foundation

scholarship recipient. Together, the sisters wrote the constitution for the proposed club, met with the hockey coaches to negotiate for free ice time and took it before the student government board for approval. Eighteen skaters have already signed up, and one of the hockey coaches has agreed to serve as the club's faculty adviser. Thanks to the Kulevich sisters, Holy Cross joins the ranks of nearly a dozen other New England colleges that have figure skating clubs.

Julie skated for 10 years at Nashoba Valley Olympia, including many annual skating shows and three benefit exhibitions for the Make-A-Wish Foundation. She also skated at the ISI Worlds competitions in 1997 and 2002, and completed ISI levels through Freestyle 5. Throughout high school, she helped teach learn-to-skate classes.

"Skating has taught me so much about life, especially the importance of determination," Julie says. "Teaching young skaters has allowed me to help others and give back to the sport that has been such an important part of my life for the past 11 years. I especially love when the smile on my face puts a smile on theirs."

Julie says skating built her self-confidence and helped her conquer her fear of performing in public. "Skating has helped define my life, and is a large part of who I am as a person," she adds.

Her former skating director, Patti Kennedy, knew she could always count on Julie for anything she needed. "She is always willing to step in and help out in any capacity," Kennedy noted during Julie's senior year in high school. "She is an incredible role model for our younger skaters, and an incredible asset to our program."

Skate on, Julie!



**Sara Medek**

There's so much to pack when you're moving away to college, and those cramped dorm rooms fill up so fast! But leaving her ice skates behind just wasn't an option for Sara Medek, who now skates with the University of Notre Dame's synchronized team. She is pursuing a degree in chemical engineering and hopes to go on to medical school.

Sara started skating at age 5 and was involved with ISI from the start. She participated in 14 years of ice shows at White Bear Lake Sports Center in Minnesota, where she eventually entered the student teaching program and became an official staff member and a bronze-certified judge. She has passed Freestyle 9 and Ice Dance 6, and received ISI's Good Sport Award in 1996 and again in 2003.

"I have learned lessons from skating that I will remember all my life," Sara says. "Skating has taught me the importance of discipline and goal setting. Waking up at 6 a.m. on Saturdays is not always fun, but it helps me to accomplish my goals. I

# on Skates

by Lori Fairchild

have also learned to never give up. Whether I fall on a jump or do poorly on a test, I have learned to get back up and try even harder."

Last year, when she was the first featured skater in the ISIA Education Foundation Benefit on Ice show, the cheers from the stands were deafening as she took the ice. Sara, obviously, has quite a following.

"The younger skaters look up to Sara," says Angie Rice, skating director at White Bear Lake and Sara's coach for more than 10 years. "She is a highly motivated person. Her abil-

ity to maintain exceptional grades while training as a figure skater who has achieved ISI FS 9 and USFS Senior Free is due to her dedication and perseverance. She has also worked as a coach, mentoring young skaters in our area; taught Sunday School to young children; and actively volunteered in our community. She truly gives back to others."

Sara's high school teachers echoed her coach's assessment, describing her as motivated, mature, disciplined and an outstanding role model and "people" person.

Having a full schedule is neither new nor daunting to Sara. In high school she played the viola, served on the student council and carried a heavy course load, including such subjects as AP calculus and accelerated chemistry. That was, of course, in addition to her demanding skating schedule and volunteer activities.

"Running around doing a million things at once is OK with me," Sara says. Somehow, she manages to excel at all of those things, and always with a contagiously joyful spirit.



**Jamie Spiller**

When Jamie Spiller was a little girl, her parents wanted to make sure she didn't spend too much time at the ice rink, where they feared her childhood would be confined inside four walls. "They were determined to give me the world," Jamie recalls. "What they didn't realize then was that, by taking me to the rink week after week, year after year, they *did* give me the world."

Jamie excelled at the beginning skating levels, but hit a roadblock

when it came time to land her Axel. "It took me five years to accomplish this element. There were many days when I wanted to skate off the ice and never return," she says, remembering her bruised knees and ego. She finally landed the elusive move and says the adrenaline rush of landing a clean jump is "simply indescribable."

Growing up in Brockton, Mass., Jamie participated in the ISI program for 11 years. She has passed her Freestyle 6 test as well as the ISI bronze and silver judges' certification tests. She has served as a Special Olympics volunteer, a Special Skater instructor, a junior professional learn-to-skate instructor and synchronized skating captain.

"Jamie has the ability to translate skating techniques into their simplest forms so that each skater she works with can achieve their personal best," says Lisa Anne O'Neill, Jamie's skating director and coach.

During her winter break from Connecticut College, where she is a government/pre-law major, she returned to her home rink, Bridgewater Ice Arena, to lend a hand with the Golden Blades FSC. She also skates on her college's synchro team and teaches the learn-to-skate program every Sunday.

Skating is a huge part of Jamie's life, but her world is hardly confined to the rink. Her busy high

school years included serious studies in addition to her serious skating. She was also a summer camp counselor, a Red Cross-certified lifeguard, a field hockey team captain and a peer tutor. She was selected to participate in the National Youth Leadership Forum on Defense, Intelligence and Diplomacy in Washington, D.C. and became a published author with her article on the industrial uses of gold in *Lapis International* magazine.

On her path to law school — and beyond — Jamie intends to keep skating in her life. She wants to continue advancing in her skating levels, judging credentials and coaching. And she embraces ISI's inclusive, recreational philosophy: "Whether I win or lose, I feel joy competing in the special and unique environment ISI has created. I have made many friends through skating, and they serve as my constant reminder that the most important thing about figure skating is not accumulating medals or landing jumps, but having fun." ●

**EDITOR'S NOTE:** *Jessica Marshall, another 2004 scholarship recipient, was profiled in the last issue of RIS. This year's recipients will be announced in July at the ISI World Team Recreational Championships in southern California.*

# California Dreamin'

by Randy Winship



The ICE'Kateers of Disney ICE

Joe Sport

ISI's largest annual event, the World Team Recreational Championships, is just around the corner — July 25-30 — and this year's Champs promises to be extra-spe-

cial. For starters, it's in sunny southern California, a favorite destination for beach lovers and Disneyland fans of all ages. This year marks the 25th annual ISI Worlds event, with special anniversary activities in the works. In addition, the annual ISIA Education Foundation Benefit Show will feature celebrity figure-skating talent, to be announced soon!

Four area facilities will play host to this colossal skating celebration: Disney ICE,

Yorba Linda Ice Palace, Paramount Iceland and Glacial Garden Ice Arena-Lakewood.

The entry deadline is May 1. A huge turnout is expected for this year's anniversary event, so it's important to get your entry form in early. ISI always reserves the right to limit the number of entries, but we will try to accommodate everyone for this big event.

If you've participated in previous ISI World Championships events, you already know how much fun it



Courtesy of AOCVCB

## Special Invitation for FS 9-10 Skaters

In honor of your special achievement, you are invited to participate in this year's anniversary event. The entry fee for your first event entry is **FREE!** We are also planning a special group number with all FS 9-10 skaters to perform in the annual ISIA Education Foundation Benefit Show. Please write a note on your entry form and contact Barb Yackel at [byackel@skateisi.org](mailto:byackel@skateisi.org) if you are interested in participating in this special group number.

can be. And if not, you don't know what you're missing! Plan now to participate in this year's historic skating event, and get ready to have the time of your life, meeting fellow skaters and making new friends from throughout the country and beyond.

Entry forms can be found in this issue on pages 22 and 23, and more information, including special hotel rates, is available on the ISI Web site at [www.skateisi.org](http://www.skateisi.org).

## Special competition events

Besides all of the regular ISI competition events — and in honor of the 25th annual World Champs — we're bringing back some popular events from the past, with a couple of new twists.

To help you get ready, here are some important details about some of the special events. Complete event details can be found in the current edition of the *ISI Competitor's Handbook* or on the ISI Web site, or just ask your coach for more information.

**1. INTERACTIVE EVENTS** will be added for freestyle-level skaters only. Skaters will hear a piece of music once off the ice, twice during the warm-up, and then once again before performing their own routine to the same music. Judging is based on who performs the best musical interpretation

during their skating routine. There is no technical score for interpretive events.

We will use a double-panel format, so two skaters will perform on full ice at the same time. Skaters will each wear a color and number for easy identification by the judges. The two skaters on the ice together will not be competing against each other in the same competition group. No backward spirals will be allowed in any level of interpretive events.

**2. SURPRISE EVENTS** will be scheduled throughout the week by levels. The skaters won't know until that time on the ice what the "surprise" event will be. For lower levels, it is usually a skill or task not related to skating ability. For higher levels, it might be a skill or task related to skating ability. *There is a special discounted entry fee for Surprise events; see entry form for details.*

**3. TEAM SURPRISE** is a great new way to have fun with your friends. Teams of four skaters will compete in a relay-style event and the team completing the task first will be the winner. Event groups will be divided by age and category levels based on registrations received. Low = Pre-Alpha-Delta only; Medium = FS 1-3; Interme-

diate = FS 4-5; High = FS 6-10. Skaters under 6 years old are not eligible to compete in Team Surprise events. *There is a special discounted entry fee for Team Surprise events; see entry form for details.*

These special events are sure to bring lots of fun and excitement for all 2005 World Champs participants. We hope to see you and your family in southern California in July for the world's largest recreational ice skating competition! ●



Courtesy of AOCVCB



Steve Francis/Courtesy of AOCVCB



Courtesy of AOCVCB

# Be part of the Benefit on Ice!

## Support the ISIA Education Foundation at Worlds '05!

Skaters, get your routine polished to perfection because during the Worlds '05 competition we'll select the competitors to perform at the ISIA Education Foundation's Benefit on Ice.

If you're selected, you'll get to share the ice with a skater like Timothy Goebel, Sasha Cohen or Jenny Kirk—all skaters at past Benefit shows.

And this year's guest is one you won't want to miss! Whether you skate in the event or are there to watch the show, this year's Benefit on Ice promises to be the most exciting ever.

*We'll announce the '05 guest skater soon, so be sure to check your next issue of RIS and find out what all the buzz is about.*

**Friday, July 29**

Disney ICE  
Anaheim, CA

\$20 before July 15, 2005  
\$25 at the door

**Seating is limited.**

*Be sure to reserve your spot today!*

*Pre-registration requested by July 15.*

Payment Method (check one)

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

# Tickets	\$	Total
Name for tickets pickup at registration		
Card #		Exp. Date
Cardholder's Name		
Signature		



Make checks payable to ISIA Education Foundation. Mail order form and payment to: ISI-Events, 17120 N Dallas Pkwy #140, Dallas, TX 75248. Contributions to the ISIA Education Foundation are tax deductible to the full extent of the law.

# ISI 2005 Winter Classic



More than 600 skaters from 35 rinks across North America took the ice Feb. 18-20 for the ISI 2005 Winter Classic at the brand new Dr Pepper

StarCenter Farmers Branch. The skaters were too busy early in the weekend to be bothered by the over-cast skies, but the 80-degree sunshine that warmed them as they left Dallas on Sunday was hard to miss. Houston's Aerodrome Willowbrook arrived with the most participants, and left with the most points and the team trophy. Sunday's sunny skies and balmy temperature created a fitting end to an exciting weekend of winter ice skating competition and all the fun and friendship that typically accompany an ISI event. Turn the page for photo coverage of Winter Classic weekend.

PLACE	ARENA	POINTS
1	Aerodrome Willowbrook	.365
2	Dr Pepper StarCenter Plano	.274
3	Galleria Ice Skating Center	.231
4	SunBlades Ice Arena	.218.5
5	Apple Valley/District 196	.174
6	Dr Pepper StarCenter Farmers Branch	.172.5
7	Ice at the Parks	.157.5
8	Dr Pepper StarCenter Duncanville	.154
9	PSA StarCenter	.145.5
10	JP Igloo	.136
11	Dr Pepper StarCenter Euless	.114.5
12	La Pista	.109
13	The Ice Park	.106.5
14	Arkansas Skatium	.100
15	Arkansas Figure Skating Association	.75
16	Capital of Texas Figure Skating Club	.69
17	The Ice at Stonebriar Centre	.61
17	Louisiana Hockeyplex	.61
19	Polar Ice Galleria	.51.5
20	Dr Pepper StarCenter Frisco	.50

NOTE: For a complete results listing, go to [www.skateisi.org](http://www.skateisi.org).



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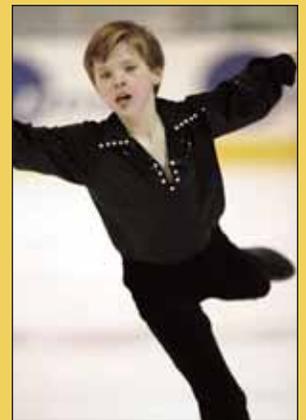
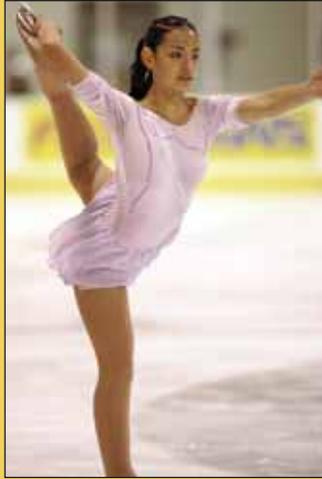
Minutes from Los Angeles International Airport and Southern California beaches and attractions.



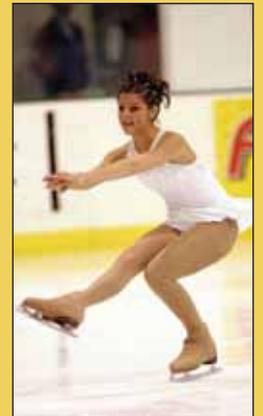
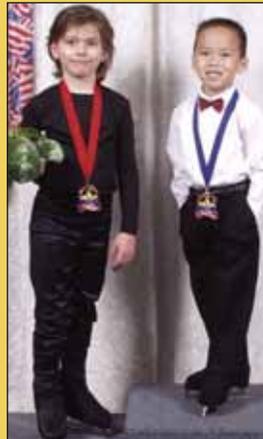
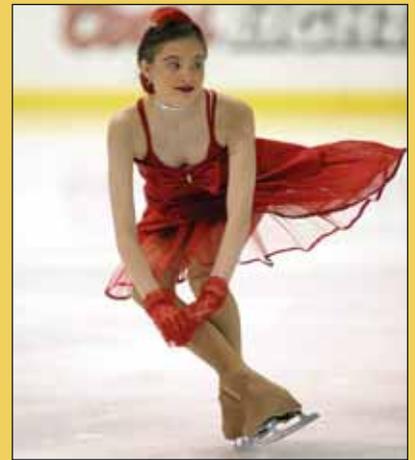
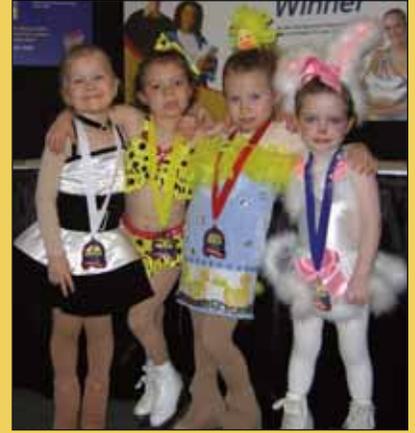
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# ISI 2005 Winter



# Classic Gallery





by **Barb Yackel**  
*ISI National Events Coordinator  
 & Skating Program Director*

Ahhh, springtime ...  
 The time of year for ice shows and summer skating plans. I hope you all are planning to head west for the 25th annual ISI World Team Championships. I toured the host facilities in February and we are all in for a very *SPECIAL ICE EXPERIENCE* in July. You'll find articles, entry forms and event information in this issue to help you make your plans for our premier summer event.

Our southern hosts did an outstanding job at the 2005 Winter Classic in February, and the competitors who traveled to Dallas had a "yippee-ky-o-ky-yea" weekend of FUN!

Exciting, popular, creative and exhilarating are all adjectives that describe the ISI Synchronized Championships that will be held April 1-3 in Taylor, Mich. It will be an "in-synch" competitive event.

For all you adults waiting patiently for your event, you can bring out your best jewels, sequins and feathers, because you are headed to Las Vegas Sept. 16-18. The Fies-

ta Rancho Hotel and Casino ice arena will play host.

With all of this to look forward to, you have no time for spring fever.

Watch the ISI Web site for event updates: [www.skateisi.org](http://www.skateisi.org).

## IMPORTANT DATES

### APRIL 1

Deadline: Conference Registration

### APRIL 1-3

ISI Synchronized Champs - Taylor, Mich.

### MAY 1

Deadline: ISI 2005 World Recreational Team Champs Entries

### MAY 30-JUNE 2

ISI Conference - MGM Grand Las Vegas

### JULY 25-30

ISI World Team Champs - Southern California

FROM FITTING DAY TO SKATING YOUR PROGRAM, IN AS FEW AS TWO DAYS

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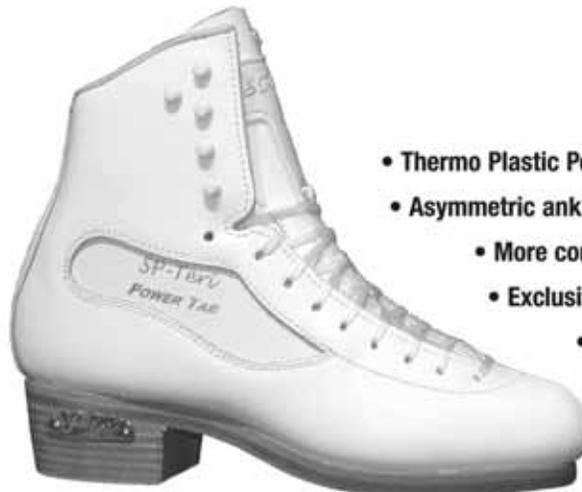
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# Sharpen Your Edge

## *Do you believe in yourself?*

Don't worry if others can jump higher or spin faster. You need to be confident and believe in yourself. You must believe in you, if you expect others to believe in you!

Here are 10 perception-stretchers to change your thinking about what you can accomplish. They will help warm you up for what's to come and help you prepare for success.

### Perception-Stretchers

1. A loss becomes a gain. Use it as a motivation to change your way of training and thinking in order to enhance your chances for future success.
2. If you do what you've always done, you'll get what you've always gotten.
3. The imagination is stronger than the will.
4. Bodies work perfectly; the mind gets in the way.
5. Limitations are temporary.
6. Anyone can play any sport better.
7. Events have no meaning except what you give them.
8. Getting better is more important than winning.
9. Practice like you compete.
10. The more you expect from a situation, the more you'll achieve.

*Great achievements don't start with reality; they start with desire.*  
**BELIEVE IN YOURSELF!**



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# calendar

## ISI-endorsed competitions & shows/exhibitions

(Deadline for Summer RIS Calendar: April 15)

### competitions

#### march

- 18-20 Livonia, Mich.**  
Livonia Eddie Edgar  
Livonia ISI Open  
Competition 2005
- 18-20 Dallas**  
Galleria Ice Skating  
Center  
21st Annual State of  
Texas ISI Team  
Competition
- 18-20 Jefferson City, Mo.**  
Washington Park  
Ice Arena  
12th Annual Capital  
City Classic, District 9  
Championships
- 18-20 Bensenville, Ill.**  
The Edge Ice Arena  
District 8 Team  
Championships
- 19 West Caldwell, N.J.**  
Montclair Inside Edge  
21st Annual ISI Team  
Competition
- 19 San Jose, Calif.**  
Logitech Ice at San Jose  
Bunny Hop
- 20 Oxnard, Calif.**  
Oxnard Ice Skating  
Center  
Bunny Hop Adult  
Open Competition
- 25-26 Oldsmar, Fla.**  
Tampa Bay Skating  
Academy  
2005 Funleague  
Challenge

#### april



- 1-3 Taylor, Mich.**  
Taylor Sportsplex  
2005 ISI Synchronized  
Championships
- 1-3 Knoxville, Tenn.**  
Ice Chalet  
36th Annual  
Mississippi Valley  
District Competition
- 1-3 Tacoma, Wash.**  
Sprinker Recreation  
Center  
18th Annual Spring  
Fever Team  
Competition
- 2 Overland Park, Kan.**  
Pepsi Ice  
Midwest Odyssey
- 2-3 Morristown, N.J.**  
William G. Mennen  
Sports Arena  
Crystal Blades Annual  
Team Competition
- 2-3 Vacaville, Calif.**  
Ice Sports Vacaville  
Spring Preview
- 9 Crestwood, Ill.**  
Southwest Ice Arena  
Spring Invitational
- 9-10 Saratoga Springs, N.Y.**  
Saratoga Springs FSC  
8th Annual ISI Team  
Competition

- 9-10 Little Falls, N.J.**  
Floyd Hall Arena  
ISI District 3 Skate  
For Knowledge  
Competition
- 9-10 Richmond, Va.**  
Richmond Ice Zone  
2005 District IV  
Championships
- 17 Franklin Park, Ill.**  
Park District of  
Franklin Park  
Kickline Synchro
- 17 Geneva, Ill.**  
The Skate School LLC  
@ Fox Valley  
Spring Invitational
- 22-23 Acton, Mass.**  
Nashoba Valley  
Olympia  
Nashoba Valley ISI  
Annual Team  
Competition
- 22-23 Clearwater, Fla.**  
Tampa Bay Skating  
Academy  
TBSA Countryside  
Spring Competition
- 24 San Mateo, Calif.**  
Ice Center San Mateo  
April Ambush
- 30-5/1 Pasadena, Calif.**  
Pasadena Ice Skating  
Center  
21st Annual ISI Open  
Competition

#### may

- 1 Lakewood, Calif.**  
Glacial Gardens  
Skating Arena  
2005 ISI Open  
Competition
- 7-8 Fairfax, Va.**  
Fairfax Ice Arena  
Annual ISI Spring  
Competition
- 21 Acton, Mass.**  
Sharper Edge Skating  
School  
8th Annual  
Skater's Cup
- 28-29 San Diego**  
San Diego Ice Arena  
ISI Open  
Championships

#### june

- 3-4 Franklin Park, Ill.**  
Park District of  
Franklin Park  
Summer Swelter

- 3-5 New York**  
Sky Rink  
@ Chelsea Piers  
19th Annual Sky Rink  
ISI Team Competition
- 11-12 San Francisco**  
Yerba Buena Ice  
Skating Center  
District 14  
Championships
- 17-19 Clearwater, Fla.**  
Sun Blades Ice Arena  
19th Annual ISI  
Championships
- 26 Arlington, Texas**  
ICE at The Parks  
Intra-Rink Summer  
Competition
- 28-7/1 New York**  
International Gay FS  
Union  
Fabulous Cup

#### july

- 2 Irmo, S.C.**  
Ice Land Irmo  
Summer Sizzle
- 9-10 Evanston, Ill.**  
Robert Crown Center  
28th Annual July Open
- 14-16 Honolulu**  
Ice Palace  
2005 ISI Hawaiian  
Open
- 15-17 Decatur, Ala.**  
Point Mallard Ice  
Complex  
2nd Annual Wind,  
Rain or Shine ISI  
Team Competition



- 25-30 Southern California**  
Disney ICE, Yorba  
Linda Ice Palace,  
Paramount Ice Land,  
Glacial Garden  
Skating Arena-  
Lakewood  
ISI World  
Recreational Team  
Championships



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

## august

**13-14 Gurnee, Ill.**  
Rink Side Sports  
The Summer Chiller

## september



**16-18 Las Vegas**  
Fiesta Rancho Ice Arena  
ISI Adult  
Championships

**16-18 Arlington, Texas**  
ICE at The Parks  
2nd Annual ISI Open  
Competition

## november

**3-6 San Francisco**  
Yerba Buena Ice  
Skating Center  
Skate SF 2005  
ISI Technical

**13 Anaheim, Calif.**  
Glacial Garden Skating  
Arena  
2005 ISI Open  
Competition

## shows & exhibitions

### march

**19-20 Dundee, Ill.**  
Polar Dome Ice Arena  
26th Annual Ice Show -  
Good Vibration

**19-20 White Plains, N.Y.**  
Ebersole Ice Rink  
End of Year Show -  
Rhythm of the Night

**20 Franklin, Mass.**  
Franklin Blades Skating  
School  
Showtime '05

## april

**2-3 Stevens Point, Wis.**  
KB Willett Arena  
Blades on Broadway

**3 Acton, Mass.**  
Sharper Edge Skating  
School  
Jimmy Fund  
Extravaganza

**8-10 Southgate, Mich.**  
City of Southgate Civic  
Center  
Ice Spectacular 2005 -  
One Hit Wonders

**16-17 Cottage Grove, Minn.**  
Cottage Grove Ice  
Arena  
The Ice Princess,  
Fantasy Liner of  
the Seas

**16 Brentwood, Mo.**  
Brentwood Ice Arena  
Main Street USA

**19 Arlington, Texas**  
ICE at The Parks  
Spring Fling

**22-23 Stillwater, Minn.**  
St. Croix Valley Rec  
Center  
2005 Spring Ice Show -  
Lord of the Rinks

**22-24 Park Ridge, Ill.**  
Oakton Ice Arena  
Spectrum, Reflections  
of Color ... On Ice!

**22-24 Roseville, Minn.**  
Roseville Skating  
Center  
Everything's Coming  
Up Roseville

**29-5/1 White Bear Lake, Minn.**  
White Bear Lake Sports  
Center  
13th Annual Spring  
Fling - United Skates

**29-5/1 Chicago**  
McFetridge Sports  
Center  
TV Time - Live on Ice

**29-5/1 Mount Clemens, Mich.**  
Mount Clemens Ice  
Arena  
Fantasia on Ice

**30 Mansfield, Mass.**  
Golden Blades FSC  
In Search of the  
Golden Blade

**30 Wasilla, Alaska**  
Brett Memorial  
Ice Arena  
Spotlight on Spring

## may

**6-8 Crestwood, Ill.**  
Southwest Ice Arena  
Spring Ice Show

**6-7 Darien, Ill.**  
Darien Sportsplex  
Skatestyles of the Rich  
and Famous

**6-8 Northbrook, Ill.**  
Northbrook Sports  
Center

Northbrook on Ice  
**7 Geneva, Ill.**  
The Skate School LLC  
@ Fox Valley

Spring Show  
**7 Irmo, S.C.**  
Ice Land Irmo  
Spring Ice Show

**11-15 Glenview, Ill.**  
Glenview Ice Center  
32nd Annual Ice Show

**13-15 Niles, Ill.**  
Niles Park District  
Iceland  
Big Thunder Gulch,  
An Old Western  
Adventure

**13-15 Highland Park, Ill.**  
Centennial Ice Arena  
Gliding the Globe

**17-18 Skokie, Ill.**  
Skatium  
Superstars on Ice

**19-22 Skokie, Ill.**  
Skatium  
Scooter Express

**20-22 Wilmette, Ill.**  
Centennial Ice Rinks  
Dancin' Through The  
Decades

**20-22 Evanston, Ill.**  
Robert Crown Center  
Spies on Ice -  
Our 29th Annual  
Spring Ice



**31-6/2 Las Vegas**  
MGM Grand  
ISI Annual Conference  
& Tradeshow

## june

**3-4 Orland Park, Ill.**  
Arctic Ice Arena  
Arctic Ice Arena's 5th  
Annual Ice Show

**5-6 Acton, Mass.**  
Nashoba Valley  
Olympia  
Ice Magic

**17-19 Downers Grove, Ill.**  
Downers Grove  
Ice Arena  
Show Bizz

**18-19 Bensenville, Ill.**  
The Edge Ice Arena  
Annual Ice Show

**28-7/1 New York**  
International Gay  
FS Union  
Fabulous Cup

## august

**18 Arlington, Texas**  
ICE at The Parks  
Summer Show

## december

**9-10 San Francisco**  
Yerba Buena Ice  
Skating Center  
Holidaze Ice Show

**18 Arlington, Texas**  
ICE at The Parks  
Holiday in The Park

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 Dallas, TX 75248  
 Phone: 972-735-8800 • FAX 972-735-8815

# 25th Anniversary WORLD TEAM CHAMPIONSHIPS Team Entry Form

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

Event	Location	Event Dates	Test Deadline	Entry Deadline
World Team Championships	Southern CA	July 25-30, 2005	May 1, 2005	<b>May 1, 2005</b>

**Please Print**

Name of Team	ISI Team Registration #	Home Rink
Coach's Name		
Coach's Address (Street, City, State, Zip)		
Coach's Professional ISI#	Coach's Certification Level	
Coach's E-mail		

***We wish to enter: (IMPORTANT Use one (1) team entry form per team, per event. Please send team photo with entry.)***

<input type="checkbox"/> Synchronized Formation Compulsories <input type="checkbox"/> Synchronized Skating Compulsories <input type="checkbox"/> Synchronized Formation Team <input type="checkbox"/> Synchronized Skating Team <input type="checkbox"/> Synchronized Dance <b>Age Category: (select one)</b> <input type="checkbox"/> Junior Youth <input type="checkbox"/> Senior Youth <input type="checkbox"/> Youth <input type="checkbox"/> Teen <input type="checkbox"/> Adult	<input type="checkbox"/> Family Spotlight <input type="checkbox"/> Production Team <input type="checkbox"/> Pattern Team <input type="checkbox"/> Kaleidoskate Team <input type="checkbox"/> Team Compulsories: _____ Level* <input type="checkbox"/> Freestyle Synchro: _____ Level* <small>*(indicate 1-10)</small>	<b>Jump &amp; Spin 2-Person Teams</b> <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)	<b>Team Surprise</b> <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)
---	---	---	--

**✓ Indicate any team member who has competed at or above the Novice level at any USFS National Championship within the last two years ✓**

Name	USFS	**Age on 7/1/05	ISI #	Name	USFS	**Age on 7/1/05	ISI #
1				13			
2				14			
3				15			
4				16			
5				17			
6				18			
7				19			
8				20			
9				21			
10				22			
11				23			
12				24			

**\*\* Applies to Synchronized Teams only**

Please list Crossover Skaters on separate sheet.

**Entry Fees:**

Team Entries \$20.00 per member. Maximum \$640 per team.  
 Team Surprise Entries \$10.00 per member

ISIA Education Foundation Donation enclosed \$ \_\_\_\_\_

**Total Enclosed:** \$ \_\_\_\_\_ *Make check payable to ISI*

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

**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 officers, directors, officials and personnel from all liability.

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

<input type="checkbox"/> American Express	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard	<input type="checkbox"/> Discover
Card # _____	Exp. Date _____	Cardholder (please print) _____	
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# 25th Anniversary WORLD TEAM CHAMPIONSHIPS Individual Entry Form

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

Event	Location	Event Dates	Test Deadline	Entry Deadline
World Team Championships	Southern CA	July 25-30, 2005	May 1, 2005	<b>May 1, 2005</b>

MALE       FEMALE

Last Name	First Name	ISI Member #	Exp. Date*
Address		Birthdate	Age on 1st day of event
City	State/Province	Zip	USFS Test Level
Phone #	Country	Home Rink	
E-mail address			

## INDIVIDUAL EVENTS

**Pre-Alpha – Delta**

Pre-Alpha - Delta Program  
 Stroking  
 **Spotlight (choose 1)**  
 Character  
 Dramatic  
 Light Entertainment  
 Surprise

**INDICATE LEVEL  
Pre-Alpha – Delta**

**Special Skater (1-10)**  
(Check if applicable)

**Freestyle (1-10)**

Freestyle 1-10 Program  
 Footwork  
 Interpretive  
 Solo Compulsories  
 Artistic  
 **Spotlight (choose 1)**  
 Character  
 Dramatic  
 Light Entertainment  
 Surprise

**INDICATE LEVEL  
(1-10)**

## PARTNER ENTRIES

**Sim Mix**

Couple      Level \_\_\_\_\_         
 Dance      Level \_\_\_\_\_         
 Pair      Level \_\_\_\_\_         
 Free Dance (1-10) Level \_\_\_\_\_         
 Couple Spotlight Low  
**(Both Skaters Pre-Alpha-FS3)**  
*Choose one:*  
 Char.    Dram.    Lt. Enter.  
 Couple Spotlight High  
**(Either Skater FS4-FS10)**  
*Choose one:*  
 Char.    Dram.    Lt. Enter.

Partner Name \_\_\_\_\_  
Partner ISI# \_\_\_\_\_  
Partner age as of event \_\_\_\_\_

**Figures (1-10)**

Figures  
 Creative Figures  
 Free Figures

**INDICATE LEVEL  
(1-10)**

**Solo Dance (1-10)**

**INDICATE LEVEL  
(1-10)**

**Are you an active USFS member who has competed at or above the Novice level at any USFS National Championship within the last two years?**

YES \_\_\_\_\_ NO \_\_\_\_\_

**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 officers, directors, officials and 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.

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor Professional ISI# \_\_\_\_\_ Exp. Date \_\_\_\_\_ Certification Level \_\_\_\_\_

E-mail \_\_\_\_\_

NOTES: \*Memberships must be current through the event. Membership renewals may accompany this entry form. All test and memberships must be registered with the ISI Headquarters.

## Fees and Payment (all amounts are US \$)

- First Event**      \$65.00
- Each Additional**      \$20.00
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- Surprise Events**      \$10.00

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**Total enclosed**      \$ \_\_\_\_\_      *make check payable to ISI*

**Any changes to this original entry form will result in a Change Fee of \$25.00 per change/per skater.**

ISI Use:  
Check # \_\_\_\_\_ Amount \_\_\_\_\_ Date Received \_\_\_\_\_

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Authorized Signature \_\_\_\_\_ Telephone Number & E-Mail Address (must be included) \_\_\_\_\_

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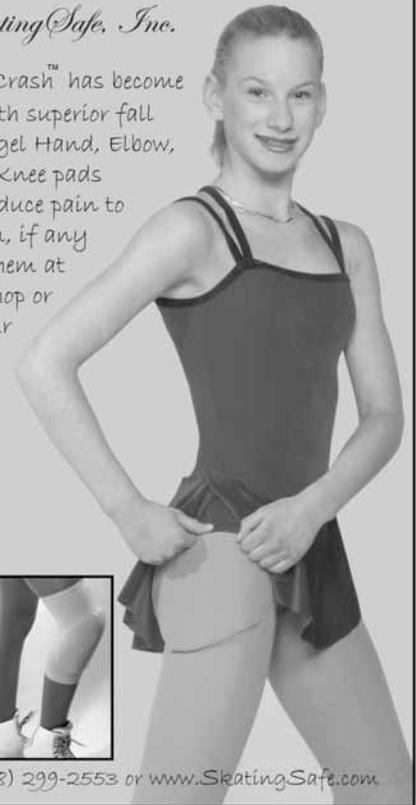
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# Test of Mettle Wins More than Silver

*Adults get just as nervous about competing as kids do — and reap just as many rewards.*

by Rebecca Russell

I'm not Sarah Hughes. Heck, I'm not even Sarah Bishop. Unless you skate at the same rink that I do, you probably don't know her, but she's a friend of mine who, at almost 40, actually finds competitions fun and enters as many as she can.

If you're like me — and most adult skaters that I know are — you shuddered as you read that sentence and thought to yourself, "She's nuts!" When my coach first suggested that I sign up for a small, local competition, I was simultaneously filled with fear, dread and the urge to laugh. Compete? Me? At my age? And my

"Sure, why not?" I said.

At least, I think I was the one who said that. The part of my brain that does its best to protect me from embarrassment and public humiliation was shaking its head in dismay while my sense of competition was already planning and choreographing and finding a spot for the trophy. I suspect it was the latter that actually agreed to this.

Two months seemed like an awfully long time to prepare. I mean, how hard can it be? Find music, buy a dress, practice a little and I'm ready to go, right? The truth is, it's a lot harder than it seems. That toe loop that's so easy in practice is a lot more difficult when it's preceded by footwork and has to be done in time to the music. And whose idea was it to put footwork after a spin when I am so dizzy that I am lucky if I can stand up straight?

As the competition loomed closer, I began to doubt my sanity. What was I thinking when I agreed to this? I have a hard

enough time doing my program well at 6 in the morning with only a few spectators, and those being people I've shared the ice with for years and who understand the challenge ahead of me. How was I going to handle it in front of a bunch of strangers and skating parents who don't know a Salchow from a dairy cow? What if I fell? When a 6-year-old falls on a simple waltz jump, she's cute, right? Not so cute when you're 30. I can handle the bruised knees and elbows, but the bruised pride heals much more slowly.

I woke the morning of the competition with a sick feeling in my stomach. I forced down some breakfast and paced nervously in front of the TV until it was time to leave. I grabbed my bag and dress and headed out the door, humming a funeral march as I walked to my car.

When I got home that night, I was singing a different tune. It wasn't that bad. I finished second in a group of six. I didn't fall on my butt, I didn't forget my program and I finished in time with the music. My memory of my time on the ice is a blur, but I do remember smiling in the middle of my program because it was actually — dare I admit this? — fun.

Looking back on it now, I have to say that, while I can't recall actually skating, I do remember what was really important about the day. I remember getting to know my coach better on the ride there, laughing with my friends at the rink and meeting new adult skaters who felt the same thing I did about competing but decided to try it anyway.

What I probably remember most vividly are the words of a friend of mine whose daughter skated in the same competition. She came up to me and said, "You did great." When I scoffed, she said, "No, really. I admire you guys so much. I'd never have the courage to get out there and do that. I have so much respect for you."

Suddenly something shifted. The feeling of simple relief in having survived changed into pride in what I had done. I worked really hard to learn the skills I have, and it was a huge stretch for me to put it all together into that little program. I started skating with the goals of meeting new people and learning as much as I could, and I accomplished both of those things that day — and so much more that I can't put into words. I will definitely compete again. ●

*Rebecca Russell is an ISI member who lives in West Allis, Wis.*



Rebecca Russell

ability level? Sure, I'm proud of the work I've put into skating, but I've only been doing it for three years. I've got two single jumps, a mediocre scratch spin and a laughable spiral. Why would I want to do that stuff in public — and pay money to do it?

Then I started thinking about the dresses. And the music. And suddenly my mental audience filled itself with cheering skating enthusiasts, not just a bunch of parents there to see their own little darlings. Suddenly, in my head, my spiral became that of Sasha Cohen, and my spins were as fast and centered as Todd Eldredge's.

I would like to do one in the future. I would appreciate if you could find me a pen pal around my age and level!  
**Ashley Coyne, 10, FS 5**  
**Rolling Meadows Ice Arena**  
**Palatine, Ill.**

*If you are on a true back outside edge, with correct body position to lift and rotate, you will be on your way to a great Lutz! The secret to the Axel is getting the beginning correct. You can work off the ice as well as with a jumping harness; ask your coach what he/she thinks is best. Practice makes perfect!*

I love to skate! It really does feel like you're flying. My favorite thing about skating is competing because I make new friends and we are always there for each other when it's time for our program. I am very proud to be a part of the Center Ice Arena team, and I enjoy showing my team spirit! I am having problems with my shoot-the-duck; I cannot bend down into it, and my ankles won't bend very well. I have already tried stretching them and tying my skates loosely around where I need them to bend. This has not helped. Do you have any ideas? Also, I was wondering if I could have Rebecca Lovejoy, Anna Sankovich and Arianna Benzineb as pen pals. This is my first time writing, and I am confused about what happens after this letter is sent. How do I hear from them, or am I supposed to do something?  
**Kara Burkhart, 14, FS 4**  
**Center Ice Arena**  
**Belle Vernon, Pa.**

*On your shoot-the-duck problem, it's not your ankles that are the issue; it's your flexibility. Knee bend, knee bend, knee bend! Strong abdominal muscles will help, too. Look at some off-ice programs to get strong.*

*Regarding our pen pal program, your letter will be forwarded to the three pen pals you requested, and it will be up to them to respond to you and provide their addresses.*

I have been skating for almost a year now. I started in Pre-Alpha and then got bumped up to Alpha the next week. I have never been in a competition. My first one might be the ISI competition. I am looking for a pen pal around my age and/or level. I was

hoping Megan Young would like to be my pen pal, but anyone is fine with me. I had my skating test the week before Thanksgiving. I passed! I am having problems with my lunges. I just can't get down far enough or land on my boot. I always pull my muscles or I land on my blade.  
**Ashley McMahon, 10, Delta 1**  
**University of Delaware**  
**Ice Arena**  
**Wilmington, Del.**

*Don't give up! Are you warming up before you dive into these lunges? No more pulled muscles, OK? I would suggest some off-ice stretch classes to limber up those limbs and achieve greater flexibility. Hard work pays off — you'll see!*

I have been skating for two years and am progressing fast. I can already do a loop, flip, splitz jump and stag jump. I am currently working on my sit spin and change-foot spin. I am having trouble with my change-foot spin, though. I am fine until I change feet. I can't control myself. Any tips? My coach's name is Vassili Mourzine. He is a Russian national champion. I am looking for a pen pal a little older than me and in a higher level so she could help me with my moves. I am also working on my Charlotte.  
**Megan Wellard, 10, FS 2**  
**Athletic Arts Academy**  
**Las Vegas**

*The change-foot spin is a thorn in everyone's side. Work on the back spin portion of the spin while remembering to keep your middle firm and your shoulders and hips level. You'll have control in no time!*

I love your magazine and have been looking forward to writing to you! I am in FS 2 but can work ahead. But I'm stuck with an Axel! Every time I try, I kind of mess up. I never even fully rotate. I also need help with a camel spin; I just can't stick up my leg! I would like to thank my coach and mom and for all the troublesome times they have been through! But let's not get too emotional. I would like to have Allyson Hughes as a pen pal, or someone around 11-12 in FS 5/6 who is a girl.

I'm looking forward to having a pen pal to talk with about skating!  
**Josephine Kao, 9, FS 3**  
**Skatetown Ice Arena**  
**Roseville, Calif.**

*Patience, my friend, patience! The Axel usually is where skaters get hung up, but don't worry — once you have mastered it, you will sail on to the doubles and triples! Practice off-ice Axels and work on that take-off edge. As far as the camel spin and not being able to "stick your leg up," my guess is you need to work on your flexibility. Try ballet or Pilates classes.*

I love to skate! I have been skating for four years. I was on a synchro team for three years until it broke up. I am working on my spins and jumps. I would like Lisa MacLeod to be my pen pal, or anyone else at my level and age or older. Keep up the great magazines!  
**Liza Torsilieri, 11, FS 1**  
**Bridgewater Sports**  
**Arena/Aspen Ice**  
**Three Bridges, N.J.**

I love skating! I've been skating for seven years. I would like Anna Sankovich and Katherine Rann as my pen pal, or someone around my age, at the same level or lower. Also, can I have a couple of tips about doing a camel spin?  
**Kaitlyn Pryde, 11, FS 4**  
**TBSA Countryside**  
**Pinellas Park, Fla.**

*The camel spin seems to be the stickler for many writers in this issue. Maybe those of you who have written in about it can compare notes and be pen pals on improving your camel spins. When working on your camel spin, think about these tips:*

- Free leg even with your hip
- Free leg not bent
- Hold for at least four revolutions in the camel position

I would like to request Megan Young as a pen pal. I would like to thank my coach, Kathy Sutterfield for working with me.  
**Caroline Weber, 12, Beta**  
**South Suburban Family**  
**Sports Center**  
**Englewood, Colo.**

Continued on page 30

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## the write stuff Continued from page 28

I have been skating for about six years. I hope to skate for the rest of my life. I have about four medals from ISI competitions. Skating is my life. I would really like to have a pen pal. I would like to have Lisa MacLeod to be my pen pal if she is available, or someone around my age or level.

**Jill Henry, 11, FS 1**  
**Bourne Skating Club**  
**Bourne, Mass.**

Skating is my favorite sport! I'm working on my camel-sit spins right now. It's my favorite spin. I was wondering if I could have Taylor Lance or Anna Sankovich as my pen pal. Also, I'd be very happy to have anyone else somewhere around my age and level who would want to be my pen pal! I love to be online and it would be fun if my pen pal and I could exchange screen names and talk to each other.

**Emily Carrello, 12, FS 4/5**  
**Penn State Ice Rink**  
**State College, Pa.**

I would love to have a pen pal! I'm in Freestyle 5, and I'm close to landing my Axel. I've been skating for six years, and do it all year round. I do about four to five competitions each year, and have six trophies and five medals. I love ice skating and competing! I skate about four to five times a week.

**Theresa De Luca, 11, FS 5**  
**Iceland Ice Arena**  
**Chicago**

Skating is the best thing that has ever happened to me! I have been skating for a year and have been in two shows. This is the first time that I have gotten your magazine. It is great! I would like Anna Sankovich as a pen pal because she is in the same level as me and is the same age as me.

**Haley Jones, 12, FS 4**  
**Desert Schools Coyotes Center**  
**Glendale, Ariz.**

I am in Gamma, competing in Beta. I have been skating for three years, but I have only been competing for one. I would like Megan Young, Aubrey Dela Cruz or Alyssa Huskey for a pen pal, or someone around my age and level. Skating so ROCKS!

**Katie Serody, 9, Gamma**  
**North Park Ice Rink**  
**Mars, Pa.**

I have been skating for three years. I'm working on the change-foot spin. My coach is Casey. I would like someone close to my age and level for a pen pal.

**Caitlin Buscemi, 10, FS 2/3**  
**Southgate Civic Center**  
**Southgate, Mich.**

# 2005 ISI Adult Championships

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