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IceSkating

Fall 2023



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& MinneShowdown
April 5-7

Ice Dancing Duo

ISI Art Showcase

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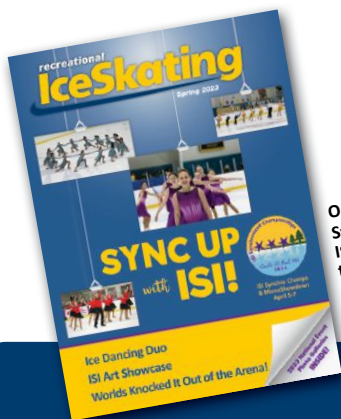
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what's inside

On the Cover:
Synchro skaters competing in
ISI national events — practicing
teamwork & building friendships!
Photos by Steven Gabriele, Tracy
Griffin Photography and ActionPhotos
by Marianne

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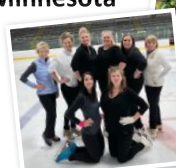
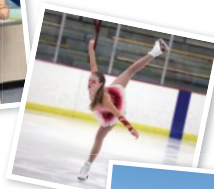
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news & notes



Fun Firsts for Coach and Skater!

It was a fun day of firsts for both skater and coach! Jolene Coltharp of Skatetown Ice Arena in Roseville, Calif., competed in her first-ever skating competition, the April Ambush in San Mateo, Calif., and placed 1st out of four skaters in her event category. It was also her coach's first time coaching at a competition.

"It was very exciting but at the same nerve-racking being that it was my first competition and the unfamiliarity of a different ice rink," said Jolene. "My happiest moment was when the results were posted, and I learned the unexpected news of receiving 1st place and sharing this with my coach, friends and many family members who came to watch and support me."

Coach Jannella Gaza shared that she will always treasure her first experience coaching at a competition.

"I had been training my skater, Jolene, for several months now, and it was finally time for her to showcase her talents and perform at the Nazareth Ice Oasis in San Mateo," she said. "She had never competed before and I had never had a student of mine compete, so we were both experiencing something new together."

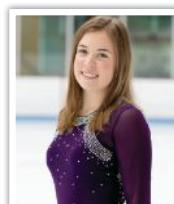
"I remember taking a step back and trying to soak everything in and even began to have flashbacks of when I was in Jolene's position, at my very first skating competition. I remember being very nervous to compete, so I tried my best to calm her nerves by telling her to take deep breaths and even advised her not to look at the other competitors. I was also a bit nervous myself since I had never been in this position before to put my own skater on the ice, but I knew that I wouldn't be setting a good example for my skater, so I brushed those feelings aside."

"It was finally time for her to compete; she stepped onto the ice and skated to her starting position. Pretty soon, her program was finished, and I could not be any prouder of Jolene. She skated so beautifully and completed all of the elements in her program very well. As we waited for the results, I told her that despite the outcome, I was still very proud of her. Minutes later, results were posted, and we were both thrilled to see that she had placed 1st in her group! All the hours Jolene put into practice definitely paid off, and it is truly such a rewarding feeling as a coach to see your own skater place well, especially in their very first competition. I will forever cherish this experience."

KUDOS to the ISIAEF Scholarship Recipients!



Veronica Chudoba



Evelyn Heisler

Congratulations to the 2023 ISIA Education Foundation (ISIAEF) scholarship recipients: Veronica Chudoba (Niles Park District Iceland in Niles, Ill.) and Evelyn Heisler (M Health Fairview Sports Center in Woodbury, Minn.).

The ISI skaters will receive an award of \$5,000 each, payable directly to the educational institution of their choice over the next four years.

Veronica, a Freestyle 6 skater, is attending the University of Tennessee in Knoxville, and Evelyn, a Freestyle 5 skater, is a student at the College of Saint Benedict in St. Joseph, Minn.

Scholarship applications for the 2024-25 school year will be posted on the ISIA Education Foundation website at isiafoundation.org in the fall.

The ISIA Education Foundation is a 503 (c)(3) nonprofit organization that was established to enhance the educational opportunities of ISI members by encouraging skaters to strive for both athletic and educational achievements. For more information, please visit isiafoundation.org or email info@isiafoundation.org.

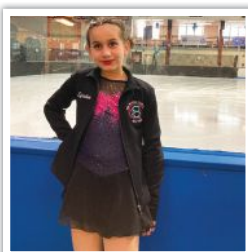
MOVIN' ON UP!

CONGRATULATIONS

to the following skaters who have recently passed ISI test levels!



From left: **Nina Whedbee**, 12, Pre-Alpha and Alpha; **Aashritha Jaiganesh**, 10, Alpha, Beta, Gamma, Delta and Figure 1; **Arjun Jadhov**, 8, Pre-Alpha and Alpha; **Nicole Kim**, 12, Pre-Alpha, Alpha, Beta, Gamma and Delta; **Penelope Voglino**, 14, Pre-Alpha and Alpha. (Ice Vault, Wayne, N.J.)



Efstathia Bermudez Petrakos, 10, Pre-Alpha, Alpha, Beta, Gamma, Delta and Figure 1, William G. Mennen Sports Arena, Morris Township, N.J.

COACH AIMÉE SKATING ACADEMY

AWESOME!



Rocco Shadiack, 10, Pre-Alpha and Alpha, William G. Mennen Sports Arena, Morris Township, N.J.



Wyatt Fleeman, 11, Pre-Alpha, William G. Mennen Sports Arena, Morris Township, N.J.



Myra Mani, 8, Pre-Alpha and Alpha, Ice Vault, Wayne, N.J.



Monica Feinberg, 62, Open Bronze Freestyle and Dance 1, 2 and 3, William G. Mennen Sports Arena, Morris Township, N.J.



Sloane Kreha, 8, Pre-Alpha, Alpha, Beta, Gamma and Delta, William G. Mennen Sports Arena, Morris Township, N.J.



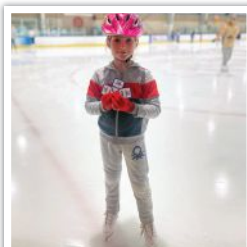
Kayla Dobbs, 14, Freestyle 4. (Pictured with Coach Julia Rodell.)

SKATETOWN ICE ARENA

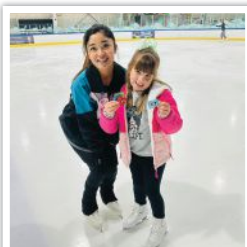
Roseville, Calif.



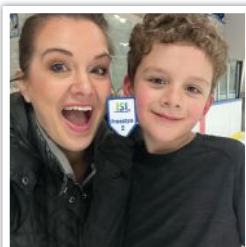
EXCELLENT!



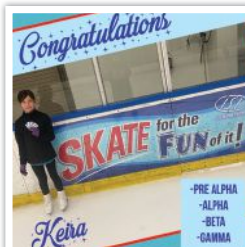
Sofia Aks, 7, Pre-Alpha, Alpha and Beta.



Mikaela Jabali, 6, Tot 1, 2, 3 and 4. (Pictured with Coach Jannella Gaza.)



Owen Murphy, 8, Freestyle 2. (Pictured with Coach Julia Rodell.)



Keira McGarry, 10, Pre-Alpha, Alpha, Beta and Gamma.



Olivia Kanati and Dane Jew, Pairs 1.

What's going on at your home ice arena, or with your skating club or team? Send us your news and notes to editor@skateisi.org.



We are #ISIproud of Sasha Kimura

Way to go Sasha Kimura! We received the following message from skater Julia Pichardo's mom, Rosmery, following ISI World Recreational Team Championships in August.

"I want to recognize this beautiful skater [Sasha Kimura], who approached my daughter, Julia, after the [ISI Worlds Benefit] show to gift her with a ticket for the meet and greet with Isabeau Levito. She competed against my daughter, and she said she wanted to give the ticket to her because she skated beautifully on her silver program. She was so sweet; my daughter Julia and I will never forget a beautiful act of kindness."

Rosmery shared that the two skaters competed against one another in both Freestyle 5 Artistic and Character Spotlight, with Julia placing higher. 🥰

Sasha's thoughtful actions not only exemplify kindheartedness but also model good sportsmanship, which ISI strongly encourages. In fact, the "ISI Skater's Creed," which can be found on the Individual (skater) membership page of the ISI website, is based on this philosophy.

Julia, who skates out of the Orlando Ice Den, is hoping to see Sasha, a member of the Iceland-Van Nuys skating team, at next year's Worlds at Sharks Ice in San Jose, Calif. (July 25-28).

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ISI WINTER CLASSIC

FEB. 16-18

ORLANDO ICE DEN ~ FL

TEST & ENTRY DEADLINE: DEC. 20



SKATEISI.ORG/WINTERCLASSIC

FIRST PERSON

Editor's Note: If you would like to submit an article for inclusion in First Person, please send to editor@skateisi.org. Writers must be current ISI members. All essays are printed at the discretion of the editor and may be edited for clarity, accuracy and space.

FIGURE SKATING SET ME UP For Success!

by Kaylee Bragg

When discussing ice skating and how it relates to my success, I love using three words: Dependability, Determination and Dedication.

When I was younger, I was involved in synchronized skating and ice theater. Whether it was being careful not to drop someone when helping to lift them up or making it to practice on time, these activities taught me many different angles of dependability.

I would not have gone very far in skating if I did not have determination. There is something to be said about falling hundreds of times on an element and choosing to try again. It set me up to be in a mindset that nothing is impossible if I had unlimited determination.

The characteristic of dedication was embedded in me by the years of getting up at 4:30 a.m. to head to the rink. I would not have grown in skating if I had not been dedicated to improving.

Dependability, Determination, and Dedication are some of the traits that describe how I got into medical school, but these are not the traits I learned from skating that explain why I will become an excellent doctor.

HOW TO ADVOCATE

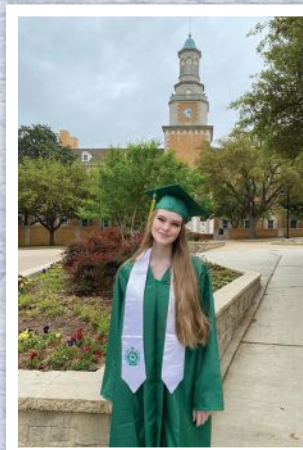
One doctor who mentored me when I was a pre-med student taught me the importance of advocating for your patients. Skating, in many ways, even at a young age, taught me how to advocate. From asking the skating director if I could get my own pair of skates after a few group lessons to hiring my own coach at the age of 8 to advocating that I would be successful in skating even though I'm tall, I was taught, through skating along the way, the critical skill of advocating.

While the traits above were taught to me on the ice, I learned some things off the ice as well. At 13, I began working on my resume to apply for an ISIA Education Foundation scholarship. The process set me up to push for my own success. I continued to build my resume throughout high school, and it allowed me to have my choice of colleges to attend and win seven merit scholarships for college.

I cannot be more thankful for the people in the ISI community who have supported my dreams, especially my coaches who have worked with my hectic schedule and out-of-the-box Spotlight ideas. It truly means the world to me.

I want to conclude with a question. What will you learn from skating, and where will it take you? Best of luck to everyone with the answer to these questions and follow your dreams; you might skate right on into them.

An ISI Platinum level skater, Kaylee was a 2020 ISIA Education Foundation scholarship recipient and began skating with ISI in 2011, when she was 8 years old. In the spring, she graduated Summa Cum Laude with a bachelor of arts degree in biology and a minor in chemistry from the University of North Texas in Denton. She is currently in her first year of medical school at the Texas College of Osteopathic Medicine in Fort Worth, Texas, and continues to pursue her passion of skating.



THE REASON I SKATE?

Even when I was young, I felt like I belonged on the ice. Just skating around on the rink increased my happiness. I never dreamed of going to the Olympics, but I dreamed of improving day by day into the skater I thought I could become. Over the years, I have learned there is not an end point to where you can go in skating because you can always become a better skater. Ultimately, I was a little girl who fell in love with the ice. Figure skating has made me the strong and driven person I am today.





ISI Winter Classic

Feb. 16-18

Orlando Ice Den

Orlando, FL

Test & Entry Deadline: Dec. 20

skateisi.org/winterclassic

MAKE **MAGICAL** WINTER CLASSIC MEMORIES IN **ORLANDO!**



Universal Orlando



Disney World's Magic Kingdom



Lake Eola in Downtown Orlando



Orlando Ice Den

by Eileen Viglione

What's the best way to kick off the new year? ISI Winter Classic, of course! And our 2024 event will be hard to resist, especially if sunshine and flip flops in February sound dreamy to you.

Winter Classic is headed back to a popular destination, renowned for making magical memories that last a lifetime — Florida's Greater Orlando area! The competition takes place Feb. 16-18 at Orlando Ice Den— yes, the home rink of legendary ISI skater and U.S. junior pairs champion Timmy Chapman 😊 — and offers the full range of ISI individual and team events for skaters of all ages and skill levels. The test and entry deadline is Dec. 20.

The state-of-the-art Orlando Ice Den features two ice sheets, a full-service pro shop, concessions stand, locker rooms and seating for 500 spectators. It is the practice facility for the Orlando Solar Bears, an affiliate of the NHL's Tampa Bay Lightning, and home of University of Central Florida's club hockey team.

The beautiful arena is part of a massive sports facility that includes indoor pools, racquetball courts, outdoor tennis and pickleball courts and more.

Since there's no shortage of fun things to do in the Sunshine State and its capital city of Orlando, Winter Classic provides the perfect opportunity to fulfill your passion for skating and your need for a fun winter getaway.

While Orlando is definitely the epicenter of the world's best theme parks (Walt Disney World, Universal Orlando, SeaWorld Orlando, Discovery Cove, LEGOLAND Florida Resort and more), it's also bursting with a vibrant downtown area, unique outdoor adventures, diverse shopping options, magnificent museums and art galleries, award-winning restaurants and all sorts of fabulous family activities. It's also close to Cocoa Beach, known as the surf capital of the East Coast, and the Kennedy Space Center, both situated along Florida's Space Coast. Cool fact: The Space Coast is one of the top nesting places in North America for loggerhead, leatherback and green turtles.

It's not surprising that Orlando is America's most-visited destination.

More Information

ISI Winter Classic (skateisi.org/winterclassic)

Visit Orlando (visitorlando.com)

Visit Florida (visitflorida.com)



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2023 ISI WINTER CLASSIC IS



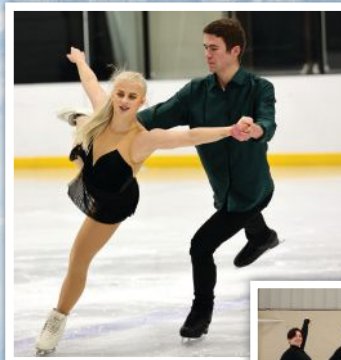
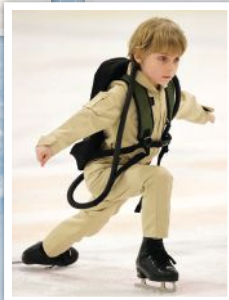
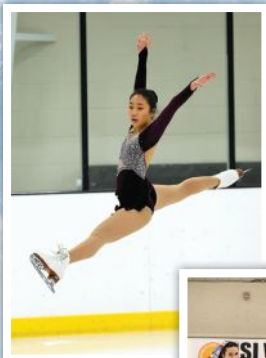
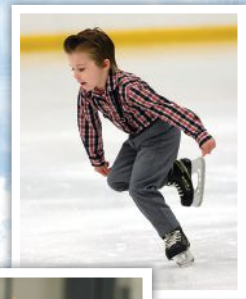
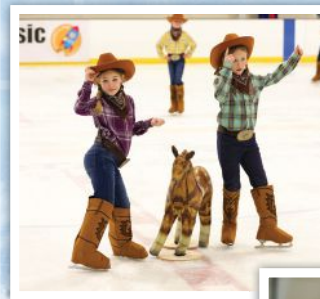
As Overall Team Champion, Ice Chalet of Knoxville, Tenn., claims the Robert Unger Trophy.

All systems were go for an out-of-this-world experience at the 2023 ISI Winter Classic, Feb. 17-19 at Huntsville Ice Sports Center in Huntsville, Ala.

Twelve rink teams from nine states (Alabama, Colorado, Kentucky, Maryland, Michigan, Minnesota, Ohio, Tennessee and Texas) competed in this fun-filled competition, where skaters had the opportunity to choose from more than 25 event categories for individuals, partners, groups and teams.

As Overall Team Champion, Ice Chalet of Knoxville, Tenn., was awarded the Robert Unger Trophy. Other top-five finishers included: The Huntsville Ice Sports Center in 2nd place, Icettes — School District 196 (Apple Valley, Minn.) in 3rd place, City of Owensboro's Edge Ice Center (Owensboro, Ky.) in 4th place and El Paso Blades Skating Academy (El Paso, Texas) in 5th place.

"The ISI Winter Classic 2023 was an absolute blast!" said competitor Helen Sylvester of the Huntsville Skating School & Training Academy. "I am honored for my hometown of Huntsville, Ala., to have been selected to host this event. This was a wonderful and educational experience for me as an adult skater. I am truly inspired by the teamwork, dedication and creativity displayed by all skaters throughout the weekend. The ISI Winter Classic truly offers something for everyone. Thank you, ISI, for offering recreational competitive opportunities for skaters of all ages and skill levels."



OUT OF THIS WORLD!

Photos by Diamond Photography



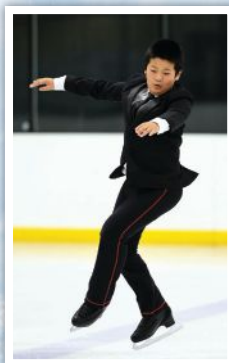
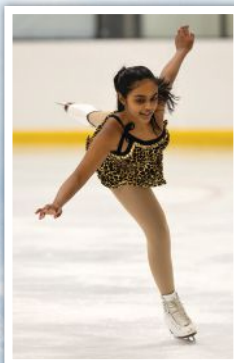
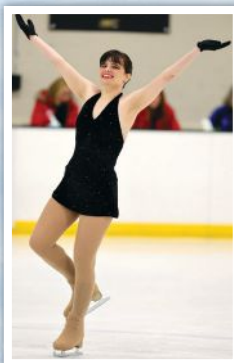
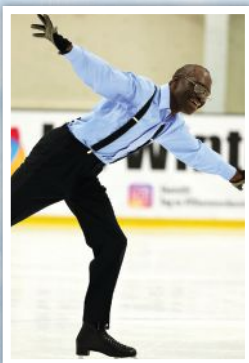
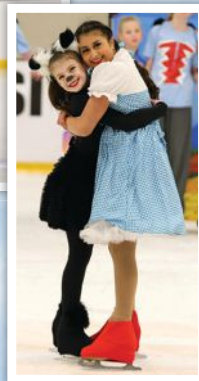
Oldest Skaters: Anne Williamson, 61, Ice Chalet; Kathleen Matus, 60, Huntsville Ice Sports Center.

Youngest Skaters: JD Blair, 3, Ice Chalet; Ron Blair, 5, Ice Chalet.

Competed in Most Events: Jacey Thomas, Icettes – District 196, 26 events; Emily Melville, Icettes – District 196, 19 events; Hannah Sherman, Icettes – District 196, 19 events; Jiannah Berueda, Icettes – District 196, 16 events; Rachil McAllister, Ice Chalet, 16 events.

Largest Skating Teams: Huntsville Ice Sports Center, 80 skaters; Ice Chalet, 75 skaters.

Teams from Farthest Distance: El Paso Blades Skating Academy, El Paso, Texas, 1,166 miles; Stephen C. West Ice Arena, Breckenridge, Colo., 1,119 miles.



Top 10 Teams

PLACE	TEAM	POINTS
1.	Ice Chalet	1,443.0
2.	Huntsville Ice Sports Center	941.0
3.	Icettes – District 196	817.0
4.	City of Owensboro's Edge Ice Center	245.5
5.	El Paso Blades Skating Academy	149.0
6.	Lou & Gib Reese Arena	118.0
7.	K Lynn Skating School	108.0
8.	Herbert Wells Ice Rink	107.5
9.	Stephen C. West Arena	46.0
10.	Gilmour Academy Ice Arena	23.0

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



@SkateISI



SkateISI — Ice Sports Industry

Ice Dancing Duo

Passes Top Test

by Eileen Viglione



Abigail & Noah

Ice dancing partners Abigail Bagent and Noah Hausman, who skate out of Lou & Gib Reese Ice Arena in Newark, Ohio, have achieved a milestone in the sport that few have achieved. They both passed the Silva Samba International Dance test earlier this year.

Abigail, 19, is a sophomore at The Ohio State University, where she is a member of the Intercollegiate U.S. Figure Skating Club. She “grew up in ISI skating” — learned to skate through ISI and has competed and tested in ISI throughout her skating journey. She is a Freestyle 7 level skater and has passed Dance 10, Pairs 4 and Diamond Free Dance. She’s also a three-time gold medalist in U.S. Figure Skating Dance, Solo Dance and Solo Free Dance.

She had the unique opportunity to perform in two ISI

Benefit Shows during ISI World Recreational Team Championships; the first time, she was selected by ISI national referees and the second time, she was featured as a 2022 ISIA Education Foundation scholarship recipient.

Abigail has been ice dancing since she started skating at age 5. She truly began to enjoy it when she reached Dance 7.

“I love the fun music, intricate steps, patterns, and expressive styles that we get to learn,” she said. “Learning to skate various kinds of dances is a form of education in the skating world, and in order to become a great ice dancer, it is crucial to become as educated and capable as you can by learning all of these different styles. Passing levels is also very rewarding, and once you get up to the internationals, they are so much fun!”

When not skating, high school senior Noah, 17, can often be found helping out at the front desk, manning concessions or driving the ice resurfacer at Lou & Gib Reese Arena, where he works part time. Between his job and skating practice, he is at the rink nearly every day and couldn’t be happier.

“My entire family skates!” he exclaimed. “My brother, sister, and I all compete while my mom gives lessons, but she also tested through several ISI levels getting as high as her Axel. My dad also took freestyle classes but does not skate as often any longer.”

A Freestyle 8 level skater, Noah has been testing and competing in ISI since he was about 5 years old. He has achieved Pairs 4 and passed both the U.S. Figure Skating Senior Moves in the Field and Juvenile Free Skate.

Noah has been ice dancing since 2018 and became interested in this discipline of skating after his original partner, Charlet Geiger, asked him to dance with her in competition.

“I really enjoy the expression of the music and varying types of dances that each bring a different mood and style of skating,” he said.

Abigail and Noah have been skating together for a couple of years. Abigail trains under Coach Lauren Simm-Gordon and Coach Annette Schaeffer, and Noah takes freestyle lessons from Coach Svetlana Khodorkovsky and ice dance lessons from Coach Schaeffer and, naturally, his mom has been his coach for nearly his whole skating career, he said.

Challenges

What is most challenging when it comes to ice dancing?

“Definitely multi-tasking,” said Abigail. “Sometimes it can be hard to think about 25 different things at the same time, but with consistent practice it gets a lot easier. When starting to learn a dance, it can be difficult to think about the steps, the correct edges, the pattern, what your arms are doing, where your head is turned, and which direction your shoulders are facing, but as you continue to practice, the different body positions become more of a second nature, and muscle memory allows you to only focus on one or two things at a time.”

“I consider learning dances themselves the most challenging because when I look up dances, they are primarily female dancers,” said Noah. “Annette is great and knows most of the boy’s steps, which is super helpful, but sometimes it’s good to get other sources.”

Abigail was motivated to achieve the Silver Samba mainly because she thinks it’s an exciting dance and really wanted to be able to compete it.

“I love the speed and attitude in this dance; it’s so much fun to act out and add arms to it,” she said. “Ice dance has become more and more of a passion rather than a sport to me over the years, and finishing all of my ice dances has been a goal of mine since I was a little girl. The Silver Samba was my first step in finishing all of the international level dances, and I am so excited to continue working toward this goal.”

Abigail shared that the most difficult aspect of the Silver Samba International Dance test is maintaining edge quality and power simultaneously.

“It’s a fast-paced dance, but it’s a lot of fun,” she said. “As I continued to polish this dance, the edges became easier to hold while incorporating power and attitude. It helps that I’ve always really enjoyed the dance, and it was never much of a burden to practice; it felt like I was just having fun out on the ice rather than working on a high-level ice dance.”

Noah added that the most difficult part of the dance is “getting the snappiness of the steps and getting a quick extension.”

Future Goals

Noah is on the ice from one to three hours six to seven days a week skating, taking lessons, teaching Learn to Skate classes and partnering. He is looking forward to testing through the rest of the international dances with Abigail — hopefully passing a few more before he graduates from high school next year.

Abigail plans to continue skating in the ISI program for as long as she can and also plans to continue skating at the collegiate level. She is also working on U.S. Figure Skating Moves in the Field and Free Skate tests and has passed U.S. Figure Skating Silver Samba and Rhumba.

"On top of this, I have started my coaching career; I work with skaters of varying levels and disciplines at my home ice arena," she said, adding that she hopes to take future generations of skaters to ISI competitions to show them the same experiences she had and why she fell in love with skating. "I hope to always keep skating in my life in one way or another, and coaching is the way I plan to do this after I'm done skating competitively."

Outside of skating, she enjoys reading and drawing — she's been known to finish a whole book series in a matter of days.

"My current major in college is psychology, and I am also working toward a minor in music," she said. "I have always been very involved in the music community; I was a part of my school's band from 6th through 12th grade. I played flute and piccolo in our concert band and then our wind ensemble, and I played in our marching band as well. I also played in my high school's steel drum band. I think that my music background has really helped my ice dancing career; my knowledge of music theory has been a great asset in understanding expression and timing in dance. I plan to blend all of these experiences together in my coaching career as well, as I hope to pass on all of the knowledge that I have gained through various involvements throughout my life."

Words of Advice

The dancing duo has the following advice for skaters who would like to try ice dancing and/or achieve the Silva Samba level:

"My advice to a skater new to dance or trying to achieve this level is to practice constantly with music and watch videos to get an idea of what attitude dances are given," said Noah. "Another thing is to explore music choice; some of the original ice dance music may not be as engaging. So, you can try and make it more interesting by looking up songs with the same beats per minute."

"Just keep at it!," exclaimed Abigail. "Some of the lower level dances may not seem as exciting, but I promise they get to be a lot more fun, and they're so important in your development as a well-rounded skater."

Another piece of advice would be to try and find fun music that you can skate to that has the same beats per minute as the original songs — it makes the dances so much more enjoyable and easier to practice, and it adds a modern and relatable touch to the dances that may have seemed old fashioned and unfamiliar at first. Skating to music you know also creates opportunity to add self-expression to these dances, which increases your ability to demonstrate the correct style."

Best Part About the ISI Testing & Competition Program

Abigail: "I really enjoy the fun competitive atmosphere and all of the different kinds of events that you can participate in. I don't think I ever would have thought of skating with a ball or a hula hoop before reading that those were options, so the possibilities really are endless! It also provides the opportunity to showcase all of the hard work and dedication that you have put into skating, the value of passing a test or doing well in a competition when you know how much hard work you have put in is incomparable."

Noah: "I like that ISI testing can be done at competition in a public setting with friends to watch or it can be done privately through video to help relieve the pressure."

ISI Synchro Champs

April 5-7

Doug Woog Arena
South St. Paul, MN

Test & Entry Deadline: Feb. 1

MinneShowdown

April 6



skateisi.org/synchrochamps



SKATERS SHINE AT 2023 ISI WEST



Sprinker Recreation Center, host and Overall Team Champion of the 2023 West Coast Championships

Arena Bursting With Energy!

ISI returned to the Pacific Northwest April 21-22 to offer up our West Coast Championships, which was hosted by Sprinker Recreation Center in beautiful Tacoma, Wash.

The majestic mountains were calling, and ISI skaters heeded the call! About 275 competitors from 15 rink teams from six states (Alaska, California, Maryland, Oregon, Texas and Washington) descended on "T-Town," as Tacoma locals affectionately call their city, to demonstrate their skills. The arena was bursting with great energy, and a large turnout of team events added to the excitement.

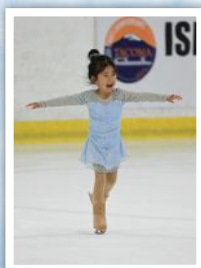
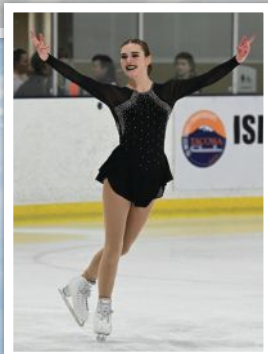
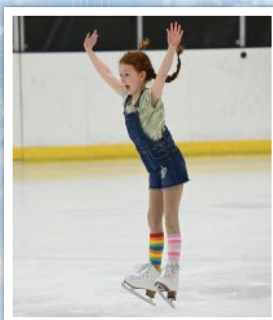
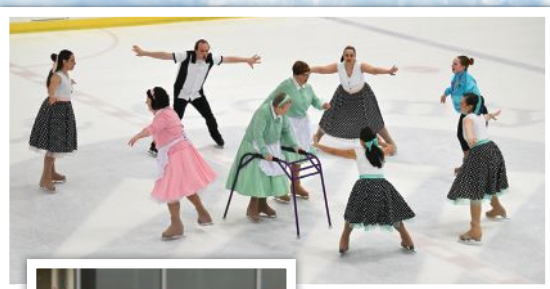
"Not only did the skaters shine, but you could see how they formed a great community supporting each other and sharing in one another's success," said Roxanne Miles, director of Tacoma's Pierce County Parks. "The rink was filled with great energy and families were extremely proud of the accomplishments and the character of the skaters."

What was the greatest aspect of the competition?

"The best benefit of the competition is the amount of confidence that it gives the girls," said Marissa Sherman, mom of participants Scarlett, 11 and Cheyenne, 10. "They love showing off their hard work."

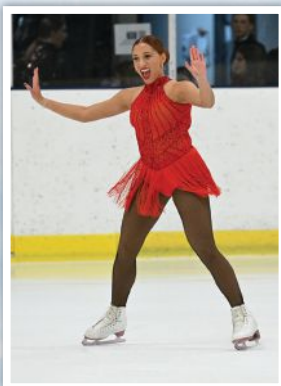
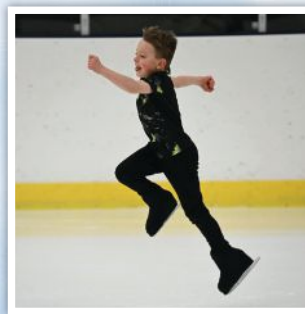
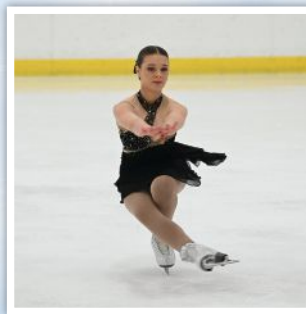
"I enjoyed how supportive everyone was and everything about it," said Scarlett. "It helped me understand ways I can improve on things I've learned."

"I was so happy to dress up and listen to all the people clapping," added Cheyenne. "It encouraged me to keep practicing to do more competitions."



COAST CHAMPIONSHIPS!

Photos by ActionPhotos by Marianne



Oldest Skaters

Judith Smith, 79; Sheila Geisler, 76; and Phyllis Lay, 76 (Sprinker Recreation Center).

Youngest Skaters

Melody Amador, Aurora Goodman and Olivia Salais (El Paso Figure Skating Club); Simon Ann, Riley Bronson, Lynndee Dizon and Rose Kortz (Sprinker Recreation Center); and Tilly Ross, Harry J. McDonald Memorial Center. (All 4 years old.)

Most Events

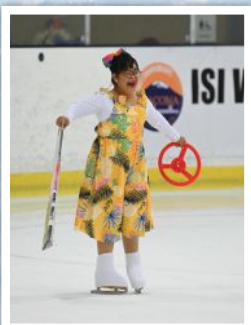
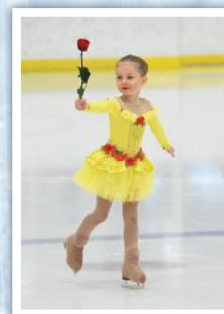
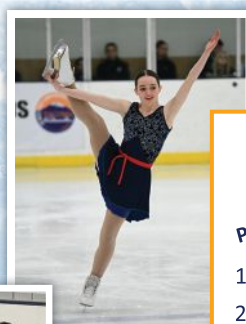
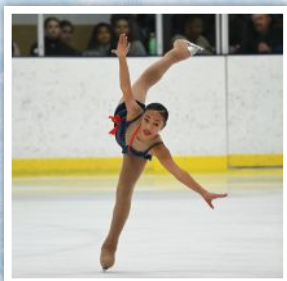
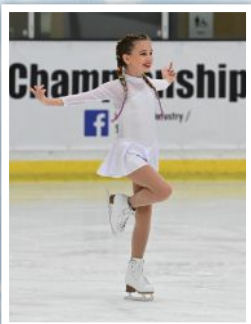
Robert Trygstad, Vacaville Ice Sports, Vacaville, Calif., 22 events; Aliyah Overturf, Juneau Skating Club, Juneau, Alaska, 11 events.

Largest Skating Teams

Sprinker Recreation Center, 107 skaters; Children's Health StarCenter, McKinney, Texas, 33 skaters.

Teams from Farthest Distance

Color of Ice Academy, Capital Heights, Md., 2,326 miles; Children's Health StarCenter McKinney, Texas, 1,660 miles.



Top 10 Teams

PLACE	TEAM	POINTS
1.	Sprinker Recreation Center	629.0
2.	El Paso Figure Skating Club	552.0
3.	Juneau Skating Club	455.5
4.	Harry J. McDonald Memorial Center	440.5
5.	Vacaville Ice Sports	324.5
6.	Lloyd Center Ice Rink	205.5
7.	Children's Health StarCenter McKinney	163.0
8.	Anchorage Skating Alliance	35.0
9.	Sharks Ice San Jose	34.0
10.	Ben Boeke Ice Arena	34.0

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



ISI Synchronized Championships

April 5-7

Doug Woog Arena
South St. Paul, MN

Test & Entry Deadline: Feb. 1
skateisi.org/synchrochamps

Show Us Your
Synchro Style!



Photo by Stephanie Wagner

The natural beauty of Minnesota



The 2024 ISI Synchronized Championships logo was unveiled at the South St. Paul City Council meeting in May. From left, Councilmembers Pam Bakken and Todd Podgorski, Community Affairs Liaison Deb Griffith, Mayor James P. Francis, Blades N Motion Skating School Director Barb Yackel and Councilmembers Joe Kaliszewski, Tom Seaberg, Matt Thompson and Lori Hansen.

by Eileen Viglione

The 2024 ISI Synchronized Championships heads to the historic Doug Woog Arena in South St. Paul, April 5-7. The arena hosted Synchro Champs most recently in 2019, when we launched our first “MinneShowdown,” a special team event held during Synchro Champs.

Due to overwhelming success, we have continued to offer “ShowDown” events each year during Synchro Champs. The 2024 MinneShowdown takes place Saturday evening (April 6) during the competition weekend. It offers additional opportunities for Synchro Champs skaters and their friends and /or family who want to be a part of a Production, Kaleidoskate, Pattern Team, Ensemble or Team Compulsory.

The event is also open to non-synchro teams from the area and across the country that may not be participating in ISI Synchro Champs but wish to perform their programs.

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

The Venue - Doug Woog Arena

Doug Woog Arena is one of the oldest ice arenas in Minnesota and was the practice facility for the 1964 U.S. Olympic Hockey Team. Built in 1962, it was named after the late local hockey great Doug Woog, who was elected to the United States Hockey Hall of Fame in 2002. While the arena is over 60 years old, it has undergone three major renovations. It features two regulation-size ice sheets, a meeting room, large concession area and a warming room overlooking both rinks.



Doug Woog Arena

The Location - South St. Paul

South St. Paul is located just south of — take a guess! If you said, “St. Paul,” the capital of Minnesota, give yourself a pat on the back. While it’s not the largest city (about 20,000 people live there), its awesome location along the mighty Mississippi River allows for some great boating, fishing and hiking adventures. There’s also several museums to explore and excellent restaurants to try.

For fun on a grander scale, visitors can venture to the nearby Twin Cities of St. Paul and Minneapolis, the largest city in Minnesota. More than 18 million visitors flock to this area annually to enjoy its natural beauty. After all, the state’s nickname is “Land of 10,000 Lakes” — it really has close to 12,000 lakes, but who’s counting? There’s also plenty of sporting events, museums, theatres and fabulous restaurants to take in.

The Mall of America in nearby Bloomington is one of the top tourist spots in the country. About 40 million people visit there each year! It offers over 500 shops (*and there’s no sales tax on clothing in Minnesota!*), 50 restaurants, Nickelodeon Universe (a massive theme park with over 25 rides, including rollercoasters), Sea Life Aquarium, FlyOver America flight simulator, axe throwing, an escape room, mirror maze, adventure course, 5D virtual reality attraction, miniature golf, bowling and more. New and exciting adventures are always being added!

Minnesota Accolades

U.S. News & World Report ranked Minnesota No. 5 on its 2023-24 list of “Best States to Live in the U.S.” and both *Money* and *AFAR* magazines recognized the state as one of the “Best Places to Travel in 2023” — making ISI Synchro Champs an incredible opportunity for participants to combine their love of skating (in sync) with an enjoyable getaway!



Courtesy of Explore Minnesota

Nickelodeon Universe at Mall of America, Bloomington

More Info

ISI Synchronized Championships
(skateisi.org/synchrochamps)

Doug Woog Arena
(southstpaul.org)

Visit Saint Paul
(visitsaintpaul.com)

Meet Minneapolis
(minneapolis.org)

Explore Minnesota
(exploreminnesota.com)

‘Dun-Chya-No?’ (that’s how they say it in Minnesota – give it a try!)

1. Minnesota is named after the Sioux words “minni” (meaning water) and “sotah” (meaning sky-tinted or cloudy).
2. You’ve read the tall tale about Paul Bunyan and his big blue ox Babe, right? Well, some say that the lakes in Minnesota were created by Paul and Babe. You’ll find a handful of Paul Bunyan statues across the state, including one at the Mall of America.
3. Minnesota brothers Scott and Brennan Olson invented the rollerblade in their parents’ basement. (They were on a roll! 🥰)



REGISTER



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PART 2

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- What coaches look for
- Teams sessions vs Individual sessions

PART 3

Live forum with presenters

- Discuss recorded sessions
- Answer questions
- Share ideas

 PROFESSIONAL
SKATERS
ASSOCIATION



From left to right, back row: Coach Barb Yackel, Martha (Thornton) Montzka, Errin (Knutson) Opsahl, Kelly (Crumpton) Balthazor, Shari (Stcynske) Livingston and Coach Gerri Weber. Front row: Natalie (Weber) Fredricks and Dara (Vasquez) Filosa

Sizzling Stars Making a Comeback!

Preparing to Turn Up the Heat at 2024 ISI Synchro Champs

by Eileen Viglione

The Sizzling Stars may have sputtered out over 20 years ago, but that's not going to stop them from coming together to see if they can turn up the heat again on the ice.

The synchronized skating group, with members now in their late 30s and 40s, plans to compete at the 2024 ISI Synchronized Championships, April 5-7 at Doug Woog Arena in South St. Paul, Minn.

They first skated together at Jump and Spin Skating School at Augsburg Arena in Minneapolis from 1994 through 1999, when they were just 10 to 15 years old.

Coached by Barb Yackel and Gerri Webster, the team took 1st and 3rd place at the 1994 ISI World Team Champs and 2nd and 3rd place in the 1996 ISI World Team Champs.

The skaters have kept in touch with one another over the years; most of them have continued to skate and some even have children who skate. Many of them are also coaches, so they see each other at ISI District 10 competitions.

"We've always talked about getting a reunion together, and the 2024 ISI Synchro Champs was a perfect opportunity to have them reconnect and skate and have some fun," said Coach Barb. "Fun Fact – one of the gals is pregnant with her fourth and is due in October."

Following their first practice in June, Barb shared that it was "a hoot-and-a-half!"

"It was so wonderful to see all the kids, as I call them," she said. "We had a blast reviving old steps and after an hour on the ice, no one was injured. We made a game plan to prepare for the April 2024 ISI Synchro Champs. We will revive a compulsory program they did back in 1998!"



The Sizzling Stars "Back in the Day"

Team Talk

Several of the Sizzling Stars members share their thoughts on what being a part of the synchro team (then and now) means to them:

"I have thought for a long time about how amazing the Sizzling Stars were. We had (and have) great chemistry as teammates and friends. The years that we skated together were at a key time in our lives. The impression that this team made on us is lifelong. That positive experience shows today with so many of us still linked to the sport as coaches, skating moms and more."

~ Kelly Crumpton Balthazor

"As a lifelong skater, being on the ice in some capacity is in my bones. I was so compelled to come back to skate precision with the Sizzling Stars to show this very important part of my past to my children, especially my daughter. I owe my love for the ice and everything that goes with it to my original and forever coaches Barb Yackel and Gerri Weber."

~ Martha (Thornton) Montzka

"Synchronized skating was such a huge part of my childhood all the way through my teen years. Being on a team was a welcome change from the pressure of singles skating! The friends and relationships we made were forged by countless hours of training, traveling to different states for competitions and the joys and pains of wins and losses. I have such fond memories of that time in my life. To get the gang back together was so much fun! It's amazing how the muscle memory comes right back to you, and you recall every step just like it was yesterday."

~ Dara (Vasquez) Filosa

"Some of my favorite memories on the ice were with Sizzling Stars. We were a team that challenged one another to be better skaters on the ice and better people off the ice. I'm looking forward to making new memories with my skating sisters!"

~ Natalie (Weber) Fredricks

Current **Sizzling Stars** Team Members

Kelly (Crumpton) Balthazor
Holly (Helminiak) Johnson
Lindsay (Johnston) Paulsen
Sarah (Kermode) Hynes
Heidi Kielsing
Errin (Knutson) Opsahl

Shari (Stcynske) Livingston
Martha (Thornton) Montzka
Charlotte (Vanatta) Meyer
Dara (Vazquez) Filosa
Natalie (Weber) Fredricks



★ For more information on the 2024 ISI Synchronized Championships, please see page 16 and visit skateisi.org/synchrochamps.



Deadline to Apply for Scholarships
for the 2024-2025 school year:

March 1st, 2024

Check out our website for details!

www.isiafoundation.org

Visit us on Facebook
Follow us on Instagram
[@isiaeducationfoundation](https://www.instagram.com/isiaeducationfoundation)

The Ice Skating Institute of America (ISIA) Education Foundation was established to enhance the educational opportunities of ISI members by encouraging skaters to make athletic as well as educational achievements

ISI WORLDS **KNOCKED IT**



El Paso Figure Skating Club from El Paso, Texas, went home with the Michael Booker Trophy as Overall Team Champion of the event, with 1,327 points.

The 2023 ISI World Recreational Team Championships was a huge hit for the **800 skaters from 46 teams** who competed Aug. 3-6 at Nashoba Valley Olympia in Boxborough, Mass.

Teams hailed from 16 states* and the **Philippines**, and participants of all skill levels ranged in ages from 1 (Ellie Korol of Sharper Edge Skating School) to 81 (Donelda Horne of TGH Ice Plex).



From left, The Skating Club of Johnstown, Johnstown, Pa., Percentage Trophy Winner (22.94 points); Ice & Blades Figure Skating Team, Pittsburgh, Pa., Board of Directors Trophy Winner (266.5 points); The Center Skating Academy at New England Sports Center, Marlborough, Mass., President's Award Trophy Winner (473 points).

RAVE REVIEWS

Read on for participants' comments and stories regarding our successful 42nd Worlds event!

"The members of Ice & Blades Figure Skating Team could not have asked for a more perfect event," said Joyce DiToppa, president of Ice & Blades Figure Skating Team from Pittsburgh, Pa. "Great competition opportunities, pin trading, new friends, building team spirit, skating in the benefit show, meeting a skating icon and winning the Board of Directors Award to cap off the event. I have to pinch myself thinking this is a dream, but it's as real as can be!

"Everyone was so helpful and friendly, everything ran smoothly, auxiliary bathrooms and food trucks were perfect, kids working the parking lot were happy and enjoying parking lot fun.

"On behalf of Ice & Blades Figure Skating Team skaters, coaches and parents we want to express our appreciation to ISI headquarters and to the leadership of Nashoba Valley Olympia rink. This was the first ISI Worlds competition for eight of our nine skaters who attended; they are over the moon about this fun-filled experience."



Photo by Tracy Bible

U.S. CHAMPION ISABEAU LEVITO WOWS THE CROWD AT THE ISI BENEFIT SHOW.

Top 5 Teams

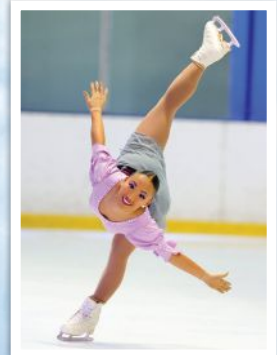
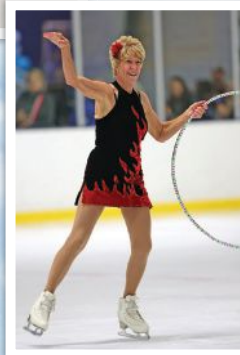
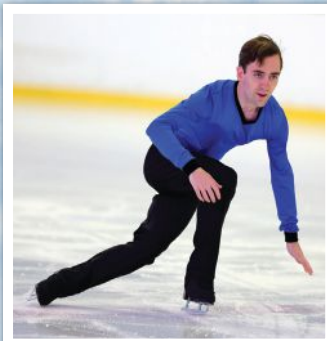
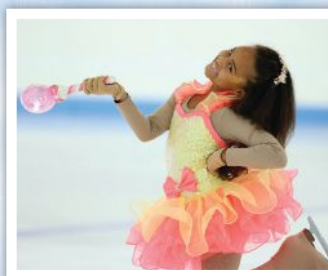
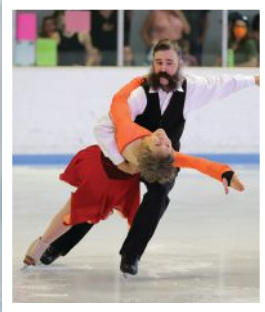
PLACE	TEAM	POINTS
1.	El Paso Figure Skating Club	1,327.0
2.	Sharper Edge Skating School	875.0
3.	Winterland Skating School	668.0
4.	FMC William Chase Arena	574.5
5.	City of Bowie Ice Arena	552.0

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

*Alaska, California, Colorado, Connecticut, Florida, Illinois, Maryland, Massachusetts, Minnesota, Missouri, New York, Ohio, Oregon, Pennsylvania, Tennessee and Texas.

OUT OF THE ARENA!

Photos by Diamond Photography



 @SkateISI  SkateISI — Ice Sports Industry

Trading Pins & Making Friends!



"ISI World Championships has been an amazing experience," said skating parent Monica Andrea Puentes Rivera. "This was Hannah's second year participating in it, and we saw just how much her skating has improved over the course of this season."

"In Worlds 2022 last year, we planned to be in Boston since we were in Chicago, and this year in Boston we are preparing right away to go to California in 2024. We don't want to miss this event."

"Hannah has had an amazing time making new friends every year during the pin trade. It is so, so much fun, and she filled almost two entire lanyards of trade pins this year, exchanged phone numbers with new friends, and this year it was so exciting to see one friend she made in Worlds competition 2022 in Chicago. I also spoke with other parents about the probability of seeing them in February 2024 in our rink at Orlando Ice Den. It was a very nice chat, full of excitement and expectation to see them soon. Thank you ISI for this amazing time. It is priceless."

First Worlds Experience!

Emilee Bible, almost 10, participated in this year's ISI World Recreational Team Championships, her first ISI national competition. Emilee was the only skater from her team at Hastings Civic Arena in Hastings, Minn., to travel to Concord, Mass., to compete at Nashoba Valley Olympia, Aug. 3-6.

Here, she shares what it was like to be a part of ISI worlds, the largest recreational ice skating competition in the country:

Q: Why did you want to participate in Worlds?

A: "It sounded fun because my older cousin, Tori, did it last year in Chicago."

Q: What events did you compete in at Worlds?

A: "Delta skills to the 'Fight Song,' Delta Character Spotlight to Prince — 'Purple Rain' and 'Let's Go Crazy,' my favorite; Delta Drama Spotlight to my mom's favorite song by Josh Groban, 'You Raise Me Up.'"

Q: What were your favorite parts about participating in Worlds?

A: "Doing my performances and having my little cousins over to watch me skate for the first time ever. Violet is 3 ½ and Thomas is 8 ½; they live in Connecticut. I got a really cool new Worlds sweatshirt with sparkly ties — that was so cool."

Q: Were you nervous to perform? If so, what helped you relax?

A: "No, I was not nervous. I was anxious, excited and crazy. I relaxed by smiling and having fun on the ice. My coach Hanna always reminds me to smile and to have fun."

Q: Did you meet new people? Did you participate in pin trading? If so, was it a good way to make new friends?

A: "I really like the pin exchange because I met a lot of people that way, and they came from all different places."

Q: How would you describe the rink?

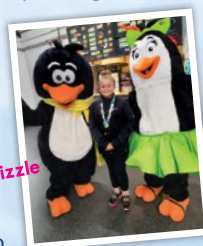
A: "It seemed like it was in the middle of nowhere. We had to take so many roads to get there — very different from at home."

Q: Did you attend the ISI Benefit Show? How would you describe the show?

A: "It was amazing to watch all the skaters. My favorite part was the Lion King routine. I also got to meet Isabeau Levito, get a picture with her, and get her signature on my new Worlds sweatshirt."

Q: What would you tell other skaters thinking about going to Worlds?

A: "You would love it if you went to the Worlds competition. It is so much fun and awesome. I felt wonderful doing my routines in a rink so far away and feeling good about how I did. No matter the place you take, it doesn't matter; you still have fun. All the skaters say, 'good job,' and I smiled the whole time. It is a great experience."



Fun with Flip & Twizzle



Good Sport Award



Connecticut Cousins



At Benefit Show with Mom



Meet & Greet with Isabeau



MARK YOUR CALENDAR!

Next year's ISI Worlds is scheduled July 25-28 at Sharks Ice San Jose in San Jose, Calif. Test and entry deadline is May 15. See you there!



Sisters Make ISI Worlds Go 'Round!

by Elizabeth "Libby" Burris

Our family has a unique, cool dynamic. I am the eldest sister by many years; there is a 20- year age difference between RJ (Rylee) and I, and Skylar is 23 years younger than me.

RJ is 13 years old and found a love for hockey at a young age. She had never competed in any competitions, and this opportunity at the 2023 ISI Worlds was her first chance to show her skating and hockey skills. Of course, as expected, this came with both excitement and anxiousness!

RJ was also asked by our sister Skylar's figure skating club, Ice & Blades of Western Pennsylvania, to compete in an ensemble event. This was a foreign area for her, as she has never figure skated in her life. This would take her completely out of her element and comfort zone; dressing up, doing hair and make-up, memorizing a choreographed routine, learning and completing figure skating skills and elements, all while doing so in front of an audience—nothing like hockey at all!

On the first day of competition, RJ competed in the hockey speed skating event and the hockey skills event. Nervous, but also excited, RJ suited up in all her hockey gear. "I'm not sure what all I'm supposed to do" she said to her family and all the Ice & Blades skaters that now viewed her as a teammate and showed up to support her.

"Just have fun and do your best," we all told her as she prepared to go out on the ice. The support from her new teammates and also that of other teams and clubs participating at the event was astonishing! As RJ completed her first lap, teammates and other spectators cheered her on, clapping and yelling, "Go RJ!"

After completing her second lap, all the fellow hockey players smacked their sticks on the ice, congratulating her for completing the event and doing her best. The show of sportsmanship was heartwarming.

RJ entered her second event and zoomed through the cones, ending with a great shot on net, completing the skills event. She came out of her first competition ever with a 4th place in the speed skating and a 1st place in the skills event.

Skylar is currently 10 years old and has loved figure skating ever since her first coach, the late Julie Gahagen Schafer,

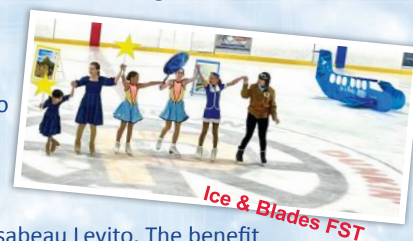
recruited her around the age of 6 years old after meeting her through the learn to skate program at Ice & Blade's home rink. Skylar worked with Coach Julie prior to and during the covid pandemic. Tragically, in December 2021, Coach Julie unexpectedly passed. This was devastating for Skylar as well as her fellow teammates, especially those that worked closely with Julie.

Skylar has shown, and continues to show, so much resilience in her skating career — going through so much in just a short period of time! Leading up to ISI World's, this was an obstacle that weighed heavily on Skylar. She often talked to her family about how much she missed Coach Julie and didn't want to go to Worlds without her, fearing that she could not do it without her.

Skylar competed in 11 events during Worlds: four the first day, one the second day, four the third day and two the fourth day. Each day Skylar was faced with challenges and obstacles, but every day she continued to show resilience and determination. She did not place as well as she had hoped, but that did not diminish her spirit! Every day, Skylar showed up to the rink with a smile on her face, kind and supportive words to share with fellow skaters, and a positive, optimistic attitude. She showed such grace in her ability to persevere through the hurdles she faced while continuing to support and encourage those around her.

The highlight of the ISI Worlds experience for our family was both girls having the opportunity to perform their ensemble routine at the Benefit Show, where they also had the privilege of meeting U.S. champion Isabeau Levito. The benefit event demonstrated support and unity among all skaters and clubs and was such an impactful part of our experience.

We, the Burris family, could not be prouder of these two girls for all their hard work, determination and unwavering compassion and support for others. We would also like to congratulate all the wonderful skaters on their accomplishments and send a special thank you to all the coaches, judges, the Ice Sports Industry and everyone else who helped in making this event possible!



ISI Worlds = Important Part of My Skating Journey

by Cyana Johnson

Ever since 2018, I have traveled and competed at ISI Worlds. Every time I have gone, I have had a blast, made memories, met new people and overall enjoyed participating.

I look back at myself from 2018, only being 10 years old, and I am grateful that I took a chance to try something new. ISI Worlds was one of the first competitions that I traveled to that was out of state and had international teams competing. I was a Freestyle 5 level skater and didn't know what to expect. My whole experience with the team I went with and just the environment and how nice people were really made an impact on me.



Now, five years later, at the age of 15 and Platinum level, I look forward to Worlds each year; it is such a gift. We just got home from the 2023 ISI Worlds, which was an amazing experience.

One of my favorite things about Worlds is that it's such a great place to try new things. For example, this year I registered for the hula hoop event. I have never competed or skated with a hoop before, but I went out there, had fun and soaked in the moment. This resulted in a win for that event. I know that if I told myself this story five years ago, I would be in utter shock that I even attempted this challenge.

I went to Worlds in 2018 as a young and inexperienced kid to 2023 as an out-of-the-box thinker and enjoying-the-little-things teenager. ISI Worlds has definitely given me a new outlook on life.

Cyana Johnson skates out of Florida's Orlando Ice Den.





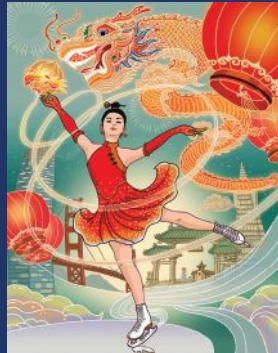
2023 ISI Art Showcase

We put out a call for skating/ice sports-related artwork in July, and the submissions kept coming!

Here, we feature **46 original works of art by our creative members**. Seeing these images arrive in our email inbox truly made us smile. Thank you for sharing your talents — nice job!



Adelaide Mims, 9, Ice Chalet, Knoxville, Tenn.



Isabella Zeng, 11, Yerba Buena Ice Skating & Bowling Center, San Francisco



Deena Brandow, adult skater, Talbot Figure Skating Club, Stevensville, Md.



Eloise Egger, 8, McFetridge Sports Center, Chicago



Leia DeMetro, 16, White Township Recreation (S&T Bank Arena), Indiana, Pa.



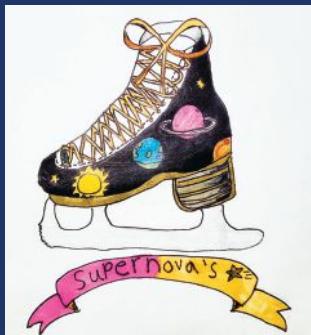
Hannah Sophia Herrera Puentes, 9, Orlando Ice Den, Orlando, Fla.



Ella Tu Vartabedian, 5, Sharper Edge Skating School, Concord, Mass.



Ashlyn Duplessis, 16, FMC Gardner Veteran's Arena, Gardner, Mass.



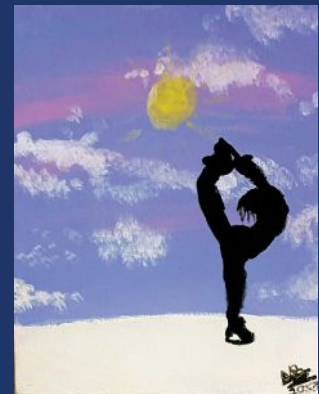
Evelyn Roemischer, 12, FMC William Chase Arena, Natick, Mass.



Kassidae "Kassie" Baldwin, 10, South Suburban Sports Complex, Littleton, Colo.



Jade Bar, 10, Iceland Ice Skating Center/Rink, Van Nuys, Calif.



Ava Berkaw, 11, Wentzville Ice Arena, Wentzville, Mo.



Chile Watson-Sanchez, 13, ICE at The Parks, Arlington, Texas



Emilee Bible, 9, River Blades Skating School, Hastings Civic Arena, Hastings, Minn.



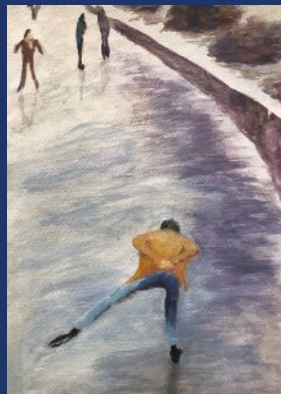
Isobel Ayer, 13, RoseGarden Ice Arena, Norwich, Conn.



Rachel Harvie, 18, FMC William Chase Arena, Natick, Mass.



Dani McConnell, 19, Ice Chalet, Knoxville, Tenn.



Matt Burns, adult skater, Yerba Buena Ice Skating & Bowling Center, San Francisco



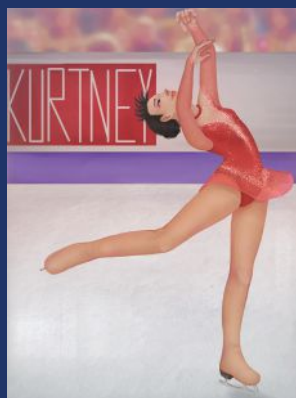
Julia Wensley, 13, Wayne C. Kennedy Recreation Complex, St. Louis



Meredith Taylor, adult skater, Sharper Edge Skating School, Concord, Mass.



Graham Gutierrez, 7, Sprinker Recreation Center, Tacoma, Wash.



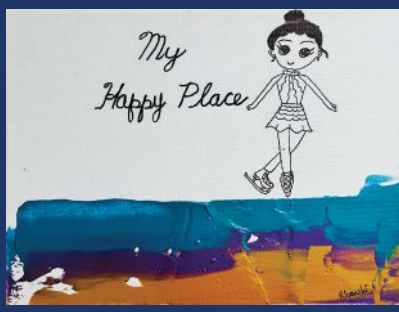
Kurtney Sandel, 14, Galleria Ice Skating Center, Dallas



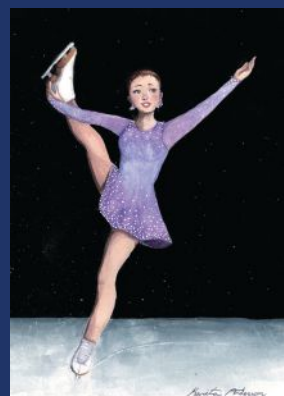
Sanaa Shahzad, 19, San Diego Ice Arena, San Diego, Calif.



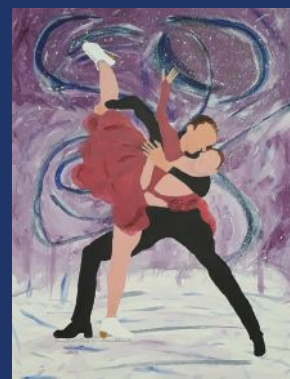
Marina Bracamontes, 12, Skatetown Ice Arena, Roseville, Calif.



Riyanshi Sanghavi, 7, FMC William Chase Arena, Natick, Mass.



Karita Anderson, 14, Juneau Skating Club, Juneau, Alaska



Janis Houston, adult skater, Ice Centre at The Promenade, Westminster, Colo.



Mackenzie Haskell, 9, RoseGarden Ice Arena, Norwich, Conn.



Kaia Tengco, 4, Fairfax Ice Arena, Fairfax, Va.



Kayla Lee, 16, Tri Valley Ice Dublin, Dublin, Calif.



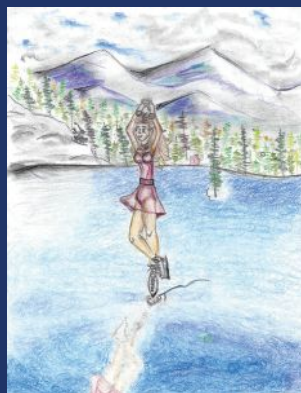
Lilah Killen, 14, Ice & Blades Figure Skating Team, Pittsburgh, Pa.



Margaret "Peg" Van Patten, adult skater, RoseGarden Ice Arena, Norwich, Conn.



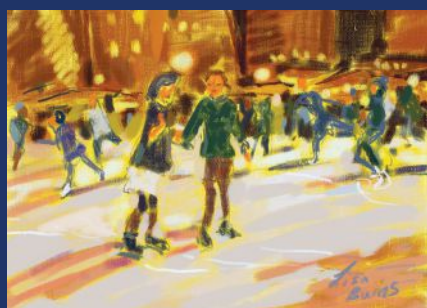
Lily Minkoff, 17, Sharper Edge Skating School, Concord, Mass.



Sierra Kibble, 13, Sharks Ice San Jose, San Jose, Calif.



Victoria Astretsov, 8, Nazareth Ice Oasis, San Mateo, Calif.



Lisa Cho Burns, adult skater, Yerba Buena Skating & Bowling Center, San Francisco



Prisha Thakkar, 9, FMC William Chase Arena, Natick, Mass.



Kimberly Nicoletti, adult skater, Stephen C. West Ice Arena, Breckenridge, Colo.



Sophia Roselund, 9, RoseGarden Ice Arena, Norwich, Conn.



Gianna Apollonio, 10, FMC Gardner Veterans Arena, Gardner, Mass.



Rylan Higgins, 15, FMC William Chase Arena, Natick, Mass.



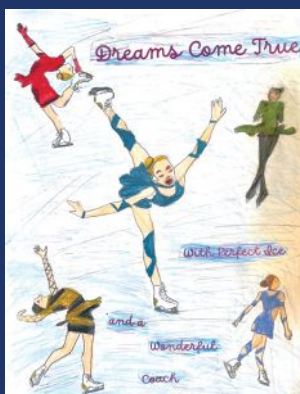
Rosemary Myers, 12, Iceoplex Simi Valley, Simi Valley, Calif.



Amelia Kastrop, 7, City of St. Peters Rec-Plex, St. Peters, Mo.



Lecia Pomputius, 11, White Township Recreation (S&T Bank Arena), Indiana, Pa.



Savannah Mariuta, 15, Iceoplex Simi Valley, Simi Valley, Calif.



Riona Halder, 10, Mercer County Parks — Mercer Skating School, West Windsor, N.J.

FOCUS ON Team Compulsory

One of the key elements of ISI competitions is the fact that every skater earns points for their rink team, both for participation and for placement. This unique factor helps to create team spirit within the rink and among the skaters, which adds another dimension to the sense of accomplishment for everyone.

Team points are accumulated for all events — solo, couples and group — but several group events are given a higher weight in points due to their need for advance planning, additional ice requirements and, in some cases, level-specific skaters. These events receive 25 points for first place as opposed to the 5 that are normally awarded.

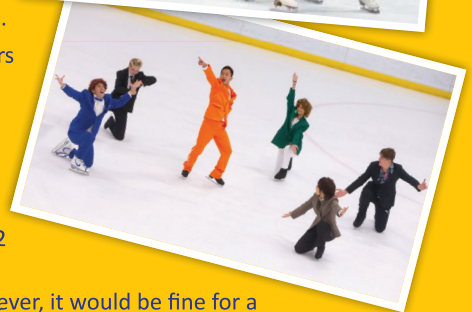
One such event is Team Compulsory. This is a great event for skaters of similar ability who would like to do something together that is fun and creative as well as judged technically. The key to this event is finding 6 or 7 skaters (depending on the level) who are able to demonstrate the required maneuvers from a specific Freestyle level.

For example, if your rink wants to do a Freestyle 4 Team Compulsory, you will need to have 6 skaters who are able to perform one of the following: flip jump, loop jump, sit spin, half-loop jump, 2 backward arabesques and dance step.

None of the skaters could be tested higher than Freestyle 4; however, it would be fine for a skater of a lower level to participate on that team provided they can perform one of the elements.

While the program should focus on presenting each of the required moves in an accomplished manner, there is a lot of room for creativity. For example, costumes are encouraged if they add to the performance, and props are allowed as long as there is no additional setup time. The program should be no longer than 3:30 (three minutes, 30 seconds) and the maneuvers must be presented in the order they are listed in *The ISI Handbook*.

So, if your rink team wants to rack up some great points and have a little fun in the process, get a group together and start planning your number now for your next competition. It's not only a fun way to skate with your friends and show off your skills, but it can also mean a big trophy at the end of the day!



High-Level Tests

Congratulations to the following skaters who have passed high-level tests (Jan. 10 - July 21, 2023).

FREESTYLE 9

Erin Darang
NSC Super Rink
Blaine, Minn.

Megan Nicholls
NSC Super Rink
Blaine, Minn.

FREESTYLE 8

Sydney Brannick
NSC Super Rink
Blaine, Minn.

Ivy Dong
Owen's Recreation Center - Peoria
Park District
Peoria, Ill.

Elise Edwardsen
Sharper Edge Skating School
Concord, Mass.

Grace Feng
Roseville Skating Center
Roseville, Minn.

Lydia Frye
Southgate Figure Skating Club
Southgate, Mich.

Michelle Hedges

St. Louis Park Rec. Center
St. Louis

Eloise Moratzka

SportQuest Skating Academy (SQSA) Parade
Minneapolis

Taylor Nicholls

NSC Super Rink
Blaine, Minn.

Meaghan Richards

Sharper Edge Skating School
Concord, Mass.

Olivia Rowe

NSC Super Rink
Blaine, Minn.

Paige Schumacher

NSC Super Rink
Blaine, Minn.

Shannon Sherman

NSC Super Rink
Blaine, Minn.

SILVER SAMBA INTERNATIONAL DANCE

Abigail Bagent

Lou & Gib Reese Ice Arena
Newark, Ohio

Noah Hausman

Lou & Gib Reese Ice Arena
Newark, Ohio

DANCE 10

Kara Mueller

Hampton Roads Iceplex
Yorktown, Va.

Sydney Porter

Ice & Blades Figure Skating Team
Pittsburg, Pa.

DANCE 9

Sydney Porter

Ice & Blades Figure Skating Team
Pittsburg, Pa.

DANCE 8

Sydney Porter

Ice & Blades Figure Skating Team
Pittsburg, Pa.

Flip 'n' Fun...

EASY-PEASY FLIP TREATS



EQUIPMENT NEEDED

- Parchment Paper
- Knife
- Spoon
- Microwave-safe bowl
- Baking Sheet

INGREDIENTS

- Chocolate Sandwich Cookies (e.g., Oreos)
- M&Ms (large and mini)
- Chocolate chips (optional)
- White chocolate melts
- Candy Eyes
- Sour Punch Rainbow Straws (can also use Twizzler Pull-n-Peels)



YUMMMMMMMM!

Adventures & Activities

DIRECTIONS:

STEP 1. Line baking sheet with parchment paper.

STEP 2. Pour M&Ms (or chocolate chips) into microwave-safe bowl and melt.

STEP 3. Coat one side of the chocolate sandwich cookie in melted chocolate.

STEP 4. Add 1 white chocolate melt to the lower half of the cookie (for Flip's belly).

STEP 5. Press 2 candy eyes above the white chocolate melt and an orange mini M&M (sideways) between the eyes.

STEP 6. Cut 1 Sour Punch Rainbow Straw into 2- to 2 ½ inch pieces and dip the ends in the remaining melted chocolate.

STEP 7. Wrap the Sour Punch Rainbow Straw around the top of the cookie and slightly press it in between the cookie layers to create the band for the " earmuffs."

STEP 8. Dip one side of 2 regular-size M&Ms into the melted chocolate and press one onto each end of the Sour Punch Rainbow Straw to complete the " earmuffs."
(It looks best if you use the same color M&Ms as the Sour Punch Rainbow Straw.)

STEP 9. When finished decorating all of the cookies, place baking sheet in refrigerator for 10 minutes to "set" the chocolate.

STEP 10. Share with your skating friends!



THANK YOU TO FREESTYLE 7 SKATER **MACKENZIE RUPARD**, (12 AT THE TIME THESE PHOTOS WERE TAKEN), FOR DEMONSTRATING HOW TO MAKE THESE FUN TREATS. MACKENZIE, 13, IS A MEMBER OF THE ST. PETERS FIGURE SKATING ASSOCIATION (SPFSA) IN ST. PETERS, MO., AND SHE BEGAN TAKING SKATING LESSONS AT THE AGE OF 3 UNDER THE GUIDANCE OF HER CURRENT COACH, MANDY WHITACRE. THE ST. PETERS REC-PLEX IS HOME TO THE SPFSA.



Interested in participating in a baking or craft activity for *Recreational Ice Skating* magazine? Please email editor@skateisi.org. Participants must be current ISI skaters.



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Flip 'n' Fun...

Adventures & Activities

puzzle us this



To solve this puzzle, read the clue and find the correct letter to put on each line. The letters, in order, will spell out the name of a popular Freestyle 5 spin.

(Answer at bottom of page – don't peek!)

- _____ The First Letter is in ICE and CUBE but not in RINK
- _____ The next letter is in SKATE and BLADE but not in JUMP
- _____ The third letter is in MOM and MINE but not in DAD
- _____ The next letter is in HOCKEY and GLIDE but not in PUCK
- _____ The last letter is in FLIP and LOOP but not in SPIN

Exercise your brain with this super SALCHOW game!

The Salchow (pronounced sow-cow) is a figure skating jump, invented by the Swedish skater Ulrich Salchow in 1909. The single Salchow is one full revolution and a required move of Freestyle 3, while a double Salchow is on the Freestyle 6 test. A triple Salchow is performed at the Freestyle 10 level.

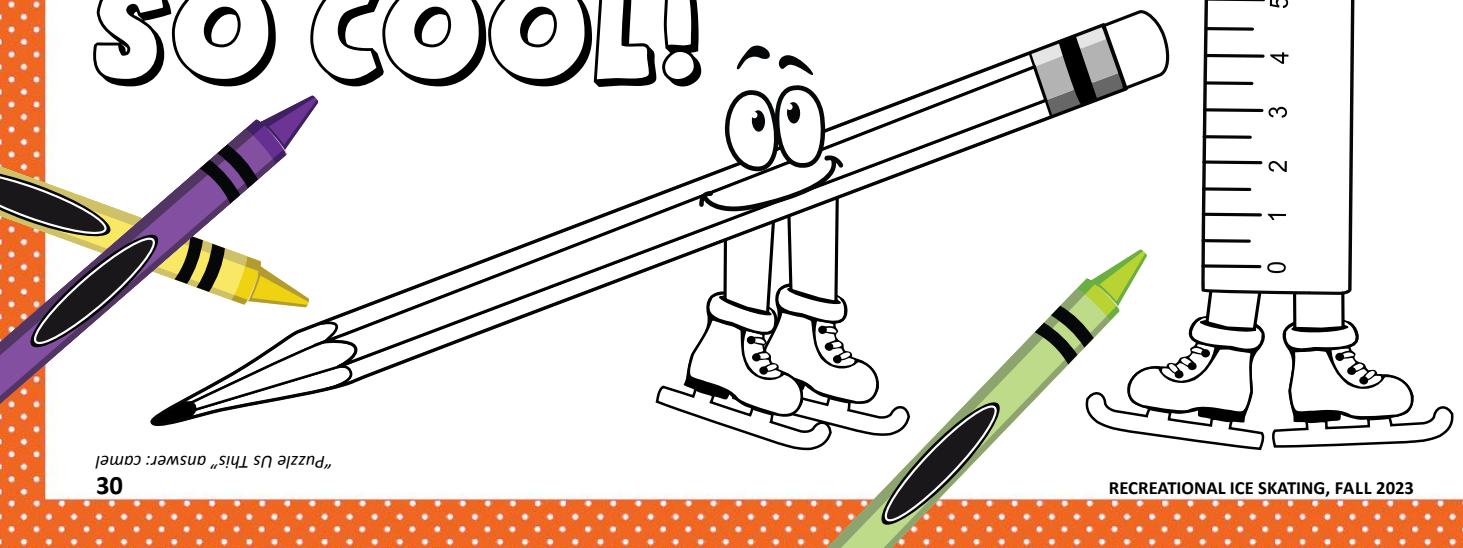
Fill in each box below with a word that begins with the letter at the left and also fits the category at the top. The first line is done for you. But there can be several correct answers!



	A Name	A Food Item	A U.S. State	An Animal
S	Sam	Soup	South Carolina	Sloth
A				
L				
C				
H				
O				
W				

Color Me!

SKATING & SCHOOL - THEY'RE BOTH SO COOL!



2023-24 Competitions

September

16-17 **Arlington TX**
ICE at The Parks 20th Annual ISI Open Competition
ICE at The Parks

23 **Vacaville CA**
Cowtown Classic!
Vacaville Ice Sports

24 **Johnstown PA**
Crown and Glory Invitational
1st Summit Arena

30-Oct 1 **Huntsville AL**
3rd Annual Dream Bigger, Aim Higher, Reach Farther ISI Team Competition
Huntsville Ice Sports Center

October

6-8 **Knoxville TN**
The 1st Annual Chalet Showcase ISI Competition
Ice Chalet



2023 ISI Adult Championships
Oct. 6-8
ICE at The Parks
Arlington TX

7 **Roseville CA**
Octoberfest
Skatetown Ice Arena



2023 ISI Theatrical Challenge
Oct. 21-22
Snoopy's Home Ice
Santa Rosa CA

27-28 **Woodbury MN**
Skate Woodbury ISI Classic
M Health Fairview Sport Center

28 **Simi Valley CA**
Iceoplex Simi Valley 20th Annual ISI Open Competition
Iceoplex Simi Valley

November

3-5 **Tampa FL**
ISI Fall Challenge 2023
TGH Ice Plex – Ice Sports Forum

6-10 **Zapopan Jalisco Mexico**
Gay Games XI Guadalajara
Pista de Hielo Bugambillas

18 **Littleton CO**
30th Annual South Suburban Winterfest ISI Competition
South Suburban Sports Complex

18-19 **New Ulm MN**
New Ulm Fall Festival
New Ulm Civic Center

December

1-3 **Eagle River AK**
Winterfest
Harry J. McDonald Memorial Center

1-3 **White Bear Lake MN**
White Bear Lake Holiday Open
White Bear Lake Sports Center

2024

January

13 **Centennial CO**
Family Sports Center ISI Competition
South Suburban Family Sports Center

19-21 **Luverne MN**
Ice Crystal Classic 2024
Blue Mound Ice Arena

February

2-4 **Blaine MN**
Frosty Blades 2024
NSC Super Rink



2024 ISI Winter Classic
Feb. 16-18
Orlando Ice Den
Orlando FL

April



2024 ISI Synchronized Championships
April 5-7
(MinneShowdown April 6)
Doug Woog Arena
South St. Paul MN

May

3-5 **Knoxville TN**
The 55th Annual Robert Unger ISI Competition
Ice Chalet

June

6-9 **Littleton CO**
Yvonne Dowlen Memorial ISI Competition
South Suburban Sports Complex

2023 Shows & Exhibitions

September

14 **Arlington TX**
Monthly Exhibition
ICE at The Parks

October

12 **Arlington TX**
Monthly Exhibition
ICE at The Parks

21 **Tacoma WA**
Camp Spooktacular
Sprinker Recreation Center

27 **Norwich CT**
Halloween Skating Exhibition
RoseGarden Ice Arena

November

8-9 **Zapopan Jalisco Mexico**
Gay Games XI Guadalajara
Pista de Hielo Bugambillas

9 **Arlington TX**
Monthly Exhibition
ICE at The Parks

11 **Blaine MN**
NSC Figure Skating Fall Exhibition
NSC Super Rink

December

1-3 **Knoxville TN**
The 36th Annual Nutcracker on Ice
Ice Chalet

2 **Texoma WA**
Ice Lights Exhibition
Sprinker Recreation Center

10 **Johnstown PA**
Holidayz on Ice
1st Summit Arena

14 **Arlington TX**
Monthly Exhibition
ICE at The Parks

16 **Arlington TX**
Holiday at The Parks
ICE at The Parks

16 **Goleta CA**
2023 Holiday Show
Ice in Paradise

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level



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