

# recreational **IceSkating**

Spring 2024



**Team Events — the More, the Merrier!**  
**Resistance Band Training**  
**ISI's Newest Dance 10 Skater**  
**2024 Heartland Challenge & Adults**



# ISI WORLD RECREATIONAL TEAM CHAMPIONSHIPS



JULY 25-28



## SHARKS ICE SAN JOSE

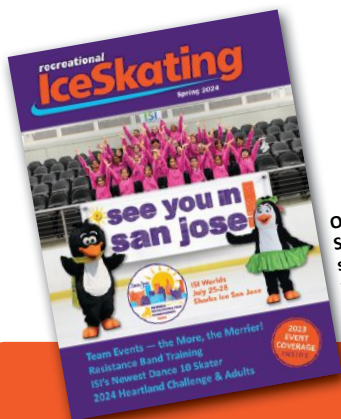
Test & Entry Deadline: May 15



[skateisi.org/worlds](https://skateisi.org/worlds)







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Recreational Ice Skating | SPRING | 2024 | Vol. 46, Number 1

On the Cover:  
Sharks Ice San Jose  
skaters can't wait to  
welcome competitors  
to ISI Worlds, July 25-28!



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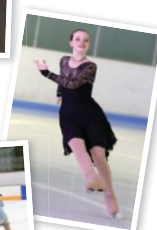
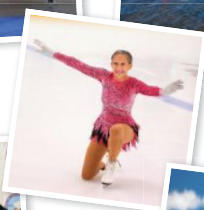
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# news & notes



## Twizzle Takes a Spin in Colorado!

While on vacation in December, Penelope Stahl, 9, took ISI's Twizzle for a spin around an outdoor rink at the YMCA of the Rockies — Snow Mountain Ranch in Winter Park, Colo. Penelope is a FS 3/ Couples 2 level skater, and her home rink is ICE at The Parks in Arlington, Texas. She also competes on two synchro teams.

*(We love to receive photos of our skaters with their Flip and Twizzle plushies. Don't forget to send photos to [editor@skateisi.org](mailto:editor@skateisi.org) for a chance to appear in the pages of this magazine!)*

## 2024 ISI NATIONAL EVENTS THEME: 'BACK TO THE 80s'



Great Scott! We're taking it "Back to the 80s" for our 2024 Themed Spotlights and Themed Production events at ISI national competitions! So **like**, grab some leg warmers, a hair crimper and neon gear, and give us your most **totally** rad program!

## You Can Earn an Academic Scholarship!



The ISIA Education Foundation (ISIAEF) awards academic scholarships to ISI skaters! For more information, please visit [isiafoundation.org](http://isiafoundation.org). Questions can be emailed to [scholarships@isiafoundation.org](mailto:scholarships@isiafoundation.org) or [info@isiafoundation.org](mailto:info@isiafoundation.org).

*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.*



From Left, 2022 scholarship recipients Abigail Bagent and Alexandra Nickel



# MOVIN' ON UP! CONGRATULATIONS

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

## REACHING HIGH (LEVEL)! Kenley Novak & Ashleigh Berlien



Kenley Novak, 14, and Ashleigh Berlien, 12, passed their FS 8 tests at the District 10 New Ulm Fall Festival competition in November. Members of the White Bear Lake Skate School in White Bear Lake, Minn., the best friends have been building bonds both on and off the ice for years!

From left, Kenley Novak, Coach Roselyn Esteb and Ashleigh Berlien

## ICE CHALET

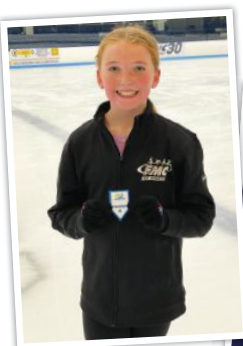
Knoxville, Tenn.



From left, back row: **Isabella Srdanov**, FS 2; **Kristina Srdanov**, FS 2; **Alison Butler**, FS 3. Front row: **Julia Horne**, FS 1; **Allison Reynolds**, FS 3; **Abby Shin**, FS 3; **Grace Shin**, FS 4.

## FMC RAYNHAM ICEPLEX

Raynham, Mass.



**Katie Ellis**, FS 4



**London Cabral**, FS 4



**Nora DiCenso**, FS 2



**Leah Frias**, FS 4



## Trade a Pin & make a new Friend!

We encourage skaters to meet new friends at ISI local and national competitions. For this reason, we suggest skating clubs and schools participate in pin trading at events. It's a great way to "break the ice" — no pun intended! Maybe your team/club/school can design a special pin to celebrate the new skating season, an event or your organization.

See how many new friends you can make at your next competition! And don't forget to send your pin-trading photos to [editor@skateisi.org](mailto:editor@skateisi.org), so we can share them in this magazine and in our various print and digital communications.

What's going on at your home ice arena, or with your skating club or team?

Send your news and notes to [editor@skateisi.org](mailto:editor@skateisi.org).





## ISI Heartland Challenge

Nov. 8-10

Lou & Gib Reese Ice Arena  
Newark, Ohio

Test & Entry Deadline: Sept. 25  
[skateisi.org/heartlandchallenge](https://skateisi.org/heartlandchallenge)

# SHOWCASE YOUR LOVE OF SKATING AT ISI HEARTLAND CHALLENGE!

by Eileen Viglione

What better way to showcase your love of skating than to compete in our 2024 ISI Heartland Challenge, taking place Nov. 8-10 in "America's Heartland," or simply the Midwest, where:

*"There's a love for the country  
And a pride in the brand  
In America's heartland living close to the land\*\*"*

The Heartland Challenge will offer several hundred events in dozens of different disciplines of skating for participants ranging in age from 1 to 99!

## LOU & GIB REESE ICE ARENA

Host of this spectacular event is Lou & Gib Reese Ice Arena in Newark, Ohio, which has roots that trace back to the 1980s, when it began as an outdoor city rink, known as the Newark Ice Arena.

Today, the enclosed arena boasts a pristine sheet of ice; snack bar; a pro shop, offering skate sharpening, custom skate fitting and a full line of accessories for figure skating and hockey; and outdoor pickleball courts.



Lou & Gib Reese Ice Arena

## NEWARK, OHIO

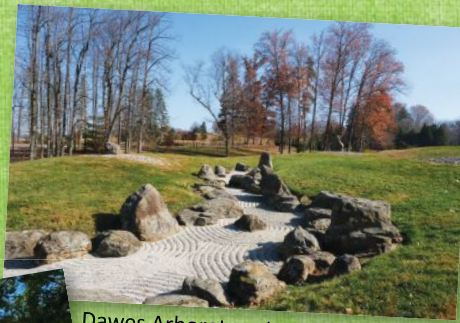
Conveniently located in Central Ohio, just 40 miles east of Columbus, Newark is the quintessential image of "small-town America," with its historical landmarks and quaint downtown district featuring small shops and restaurants that have been family-owned for generations. Visitors will enjoy viewing the various works of public art (statues and murals) on display throughout this vibrant downtown area.

*\*\*"Close to the Land (America's Heartland)" — song by Michael Martin Murphey*





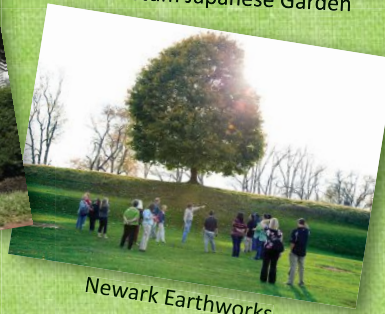
Longaberger Basket Building



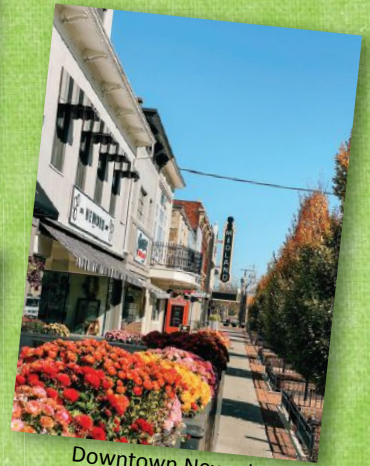
Dawes Arboretum Japanese Garden



National Heisey Glass Museum



Newark Earthworks



Downtown Newark

Photos courtesy of TourismOhio

## TOP 5 COOL NEWARK ATTRACTIONS

**1. WORLD'S LARGEST BASKET** — Now that's a must-see! The backstory: The Longaberger Company was once the leading handmade basket company in the United States, and its former home office was located in a basket-shaped building, which still stands today. The building is a replica — 160 times larger — of the company's popular market basket. It is seven stories high and features handles weighing 150 tons. It's definitely worth a photo op!

**2. NEWARK EARTHWORKS** — The largest set of geometric earthen enclosures in the world and a national historic landmark, the Newark Earthworks were built by the Hopewell culture 2,000 years ago. They served as ceremonial spaces for many indigenous Native Americans.

WOAH

In 2023, the Newark Earthworks were added to the World Heritage List, which also includes the Pyramids of Giza, the Great Wall of China, The Taj Mahal, Stonehenge and the Great Barrier Reef!

**3. THE WORKS MUSEUM** — A top family-friendly attraction, The Works Museum provides tons of unique, fun and interactive educational opportunities for both kids and grown-ups. It features hands-on science exhibits, a glass blowing shop, planetarium, art gallery and more. It's a great place for families to connect and learn some cool stuff!

**4. NATIONAL HEISEY GLASS MUSEUM** — Established in 1974, the museum houses an extensive collection of stunning glassware produced by the A.H. Heisey Company from 1896 through 1957. Be prepared to be blown away by both the artistry and history of these beautiful creations!

**5. DAWES ABORETUM** — Encompassing nearly 2,000 acres of plants, gardens and trails, the Dawes Aboretum is the perfect spot to unwind. Visitors can explore the scenic trails, visit the many gardens, climb the observation towers for awe-inspiring views and just get lost in nature.

### See how much you know about the MIDWEST!

Answer True or False for each statement.

(Answers are located at the bottom of pg. 28 — don't peek yet!)

1. The Midwest produces more tomatoes each year than any other region.
2. Chicago is both the largest city and unofficial capital of the Midwest.
3. Illinois has the largest Amish population than any other state.
4. Abraham Lincoln was born in Kentucky but moved to Ohio when he was a young boy.
5. Wisconsin produces more cranberries than any other state.

### More information

**ISI Heartland Challenge**  
([skateisi.org/heartlandchallenge](https://skateisi.org/heartlandchallenge))

**Visit Newark**  
([newarkohio.gov](https://newarkohio.gov))

**Explore Licking County**  
([explorelc.org](https://explorelc.org))

**Ohio Tourism**  
([Ohio.org](https://Ohio.org))

**Learn more about America's Heartland at**  
[americasheartland.org](https://americasheartland.org)



## 4 Benefits of Resistance Band Training

by Stephanie Siclari

Figure skating requires great strength, balance, mobility and flexibility. Many skaters will spend several hours weekly working off the ice to improve in such areas. One effective way of building power, strength, mobility and flexibility is by executing certain off-ice exercises with resistance bands.

Resistance band training can help the skater gain the strength needed for higher jumps and safer jump landings, improve posture and overall balance, and increase height on spirals.

According to the National Academy of Sports Medicine (NASM), "Bands can help build muscular endurance and explosiveness, balance and coordination, stability, flexibility, mobility, and even increase muscle size and strength. One meta-analysis revealed that when testing either band against free weights and machines on increases in muscular strength for both the lower and upper body, no differences were found between methods. Indicating that bands can provide just as many gains in strength as free weights."

### Benefits

Let's take a more in-depth look at the benefits of resistance training:

#### 1. Builds strength

Resistance band training is an excellent way to build strength in your muscles, especially in your legs and core. As a figure skater, you need strong legs to perform jumps, spins and footwork. These elastic bands allow you to target specific muscle groups and provide resistance to your movements, making them more challenging and effective.

Using resistance bands when targeting the hips and gluteus medius muscles is a great way to effectively build strength and mobility throughout this region. The gluteus medius is responsible for controlling the alignment of the hip and lower extremities, which is critical for figure skaters.

#### 2. Improves flexibility

Flexibility is essential for figure skating, as it helps you achieve the proper positions and movements required for jumps and spins as well as elements in choreography. Resistance band training can help improve your flexibility by stretching your muscles and increasing your range of motion. By incorporating resistance bands into your stretching routine, you can target specific muscle groups and increase your flexibility over time.

#### 3. Enhances balance and stability

Figure skating requires excellent balance and stability, especially during jumps and spins. Additionally, ice dance and synchronized skating require a great deal of balance and stability as the skater moves through quick turns and edges while skating in close proximity to another. Resistance training can help improve your balance and stability by challenging your body to maintain proper form while performing exercises. By using resistance bands, you can train your body to maintain balance and stability during movements, which will translate to better performance on the ice.

Using a resistance band when working jumps off the ice can help the skater have better form in the arms and legs when landing jumps. Working jump checkouts with a band on the skater's arm can increase tension in the upper body and help the skater properly align their upper body in proportion to their lower extremities and help with over-rotation of the shoulder on the landing. Additionally, practicing the landing checkout with a band on the leg helps with strength and control of the skating and free leg, allowing for better alignment, balance and injury prevention. Holding the landing position simultaneously mimics the stroking position, so these exercises are twofold.

#### 4. Prevents injuries

Resistance training can also help prevent injuries by strengthening your muscles and improving your flexibility. Stronger muscles are less likely to become injured, and increased flexibility can prevent strains and sprains. Incorporating resistance band training into your off-ice workout can reduce your risk of injury and keep you on the ice longer. Working on building strength, especially through the lower extremities, can help keep the hips, knees and ankles in proper alignment, which reduces the risk of injury on the ice.

### Exercises to Try

Here are several exercises you can try with a resistance band:

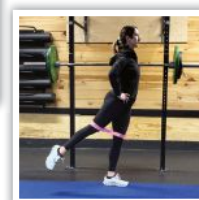
#### 1. Standing Side Hip Extensions

Place a resistance band above your knees. Stand on one leg and lift the free leg to the side and return back to a neutral position. Repeat on both legs.



#### 2. Standing Back Hip Extensions

Place a resistance band above your knees. Stand on one leg and move the free leg backward and return to a neutral position. Repeat on both legs.





### 3. Clam Shell

Place a resistance band above your knees. Stand on one leg, slightly bend standing knee and bend free leg. Move free leg by opening and closing the knee. Repeat on both legs.

### 4. Landing Checkouts (Arms)

Place a resistance band in your hands. Pull arms and legs into the jump air position and open arms and legs into landing checkout position. Feel the tension in the arms with the resistance of the band.

### 5. Landing Checkouts (Legs)

Place a resistance band above your ankles. Pull arms and legs into the jump air position and open arms and legs into landing checkout position. Feel the tension in the legs with the resistance of the band.

### 6. Mountain Climber

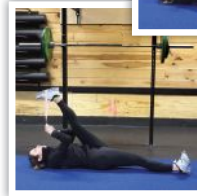
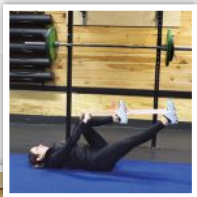
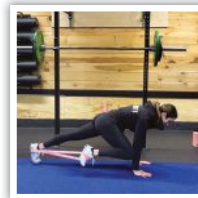
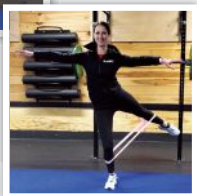
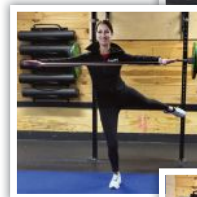
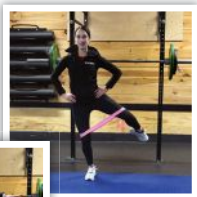
Place band around feet and assume a plank position. Bring right knee to right elbow and return to plank position. Bring left knee to left elbow and return back to plank position.

### 7. Hip Flexor Extensions

Place band around feet. Lay on back in a reverse tabletop position. Hold onto band with hands. Gently extend right leg forward and return to neutral (reverse tabletop) position. Gently extend left leg forward and return to neutral position.

### 8. Hamstring Stretch

Lay on back with legs facing forward. Place band around right foot and lift the right leg straight into the air. Gently pull on the band to stretch the right leg closer to the face. Be sure not to pull too hard but, rather, on the exhale release deeper into the stretch.



*Stephanie Siclari has been providing figure skating and power hockey skating instruction for all ages and levels for 20 years. She has worked with skaters from across the globe, who have competed at national and international competitions as well as the U.S. Figure Skating World Synchronized Skating Championships. She is a former senior ladies competitor and two-time U.S. Synchronized Skating champion and Team USA member (Miami University, Ohio, collegiate and senior teams). She is the creator of SKATERFIT, an off- and on-ice training program designed to help skaters build confidence and physical and mental strength while providing a fun platform to achieve their goals. For more information, please visit [coachstephaniesiclari.com](http://coachstephaniesiclari.com), where you can also purchase resistance bands. You can visit Stephanie's YouTube channel for additional exercises.*

# Make a difference by making a donation



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Donate to the scholarship fund at:  
[www.isiafoundation.org](http://www.isiafoundation.org)





# ISI Adult Championships

Oct. 12-13

Ellenton Ice and Sports Complex  
Ellenton, FL

Test & Entry Deadline: Sept. 4  
[skateisi.org/adultchamps](https://skateisi.org/adultchamps)

*Photos courtesy of Bradenton Area CVB*

## ISI ADULT CHAMPS

Heads to the Land of

MANATEES!

by Eileen Viglione



October will be here before you know it, and that means it's time for pumpkin spice *everything* — and ISI Adult Championships!

Our 25th annual event heads to the beautiful Florida Gulf Coast county named after an endearing marine mammal — Manatee County.

Ellenton Ice and Sports Complex in Ellenton, a town nestled along the banks of the Manatee River, will host this special event — exclusively for our adult skaters — Oct. 12-13.



ISI Adult Champs is for *all* adult skaters, ages 18 and up, who love to skate, compete and have fun! It is well known for its welcoming, exhilarating and laid-back atmosphere — both first-time skaters and more seasoned competitors will feel right at home at this popular national event.

Many of our adult skaters have made lifelong bonds at Adult Champs and return again to again to catch up with skating friends and forge new ties. Many of them also plan a vacation around this wonderful event, building extra time into their schedules to explore the area surrounding the host rink.

### ELLENTON



Known as a “chill” riverfront town, Ellenton offers many opportunities to have fun on the water — fish, kayak, paddleboard, snorkel, wakeboard, and the list goes on. Visitors can arrange rentals, tours and fishing charters through various companies.

Landlubbers can try their hand at golf, tennis and pickleball at the nearby **Terra Ceia Bay Country Club** or hang out at the grill and tiki bar at the clubhouse.

Other popular attractions include **Gamble Plantation Historic State Park**, the only surviving sugar plantation in South Florida; the **Shabby Shack Flea Market**, a giant indoor/outdoor flea market brimming with treasures; the **Feedstore Antique Mall**, showcasing antiques and collectibles from numerous dealers; and **Ellenton Premium Outlets**, home to over 100 designer and name brand stores.

And then there are the beaches! Ellenton is in close proximity to Bradenton and Sarasota, with the beach communities of **Anna Maria Island**, **Holmes Beach** and **Longboat Key** just a short drive away.

### BEST PLACE FOR GRUB

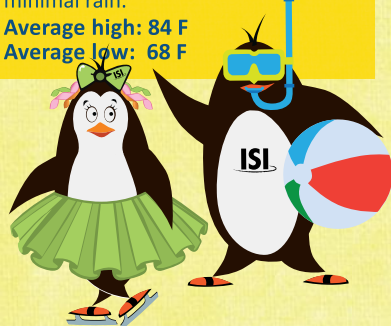
A local favorite, **Woody's River Roo Pub & Grill** won a Tripadvisor 2023 Travelers' Choice Award. With outdoor dining overlooking the Manatee River, it exudes an “Old Florida” vibe and specializes in fresh seafood. It also offers live music seven days a week. Another local go-to is **Anna Maria Oyster Bar**, also a Tripadvisor 2023 Travelers' Choice Award recipient.

#### LET'S TALK ABOUT THE WEATHER!

October in Ellenton is pleasant, with minimal rain.

Average high: 84 F

Average low: 68 F



**MORE INFORMATION:** [skateisi.org/adultchamps](https://skateisi.org/adultchamps) & [ellenton.com](https://ellenton.com)



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# 2023 ISI ADULT CHAMPS ATTRA



**ICE at The Parks, host and Overall Team Champion of the 2023 ISI Adult Championships**

Talented adult skaters hailing from nine states\* had Texas-size fun at the 24th annual ISI Adult Championships, Oct. 7-8 at ICE at The Parks in Arlington, Texas.

Participants, ages 18 to 86, competed in various events, including Artistic, Couples Spotlight, Dance, Ensemble, Figures, Footwork, Freestyle, Interpretive, Jump & Spin, Pattern Team, Rhythmic, Solo Compulsories and Solo Spotlight.

The host team, ICE at The Parks, was crowned the overall team winner.

"This year's Adult Championships was a great experience," said Paola Ramirez, a coach of the El Paso Blades Skating Academy in El Paso, Texas. "This was our second time participating in the ISI Adult Championships but our very first time attending a competition in a mall setting. I have to admit we were super nervous about the mall audience and activity, but in the end this was one of the things I think we enjoyed the most. One of my skaters even had a little audience of shoppers cheering her on!

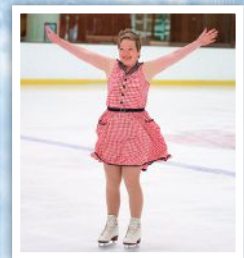
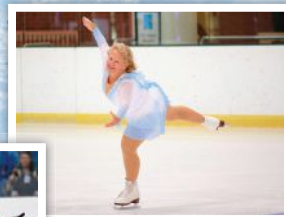
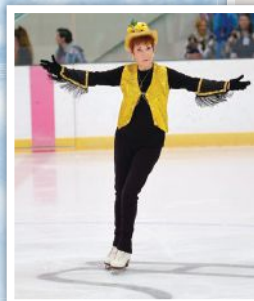
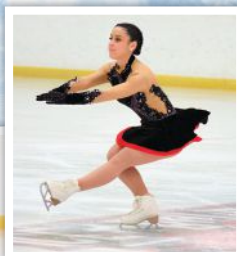
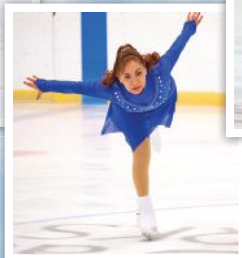
"This has definitely become one of our favorite competitions to attend. I think the best thing about this competition is that it gives our skaters an opportunity to take a break from their daily adult responsibilities and do what they love the most with other adults who share the same passion. It was amazing to see how much fun all the skaters had this year!"

Lynne Winderbaum of Tropical Spice on Ice, a team based out of the Ellenton Ice and Sports Complex in Ellenton, Fla., added: "We appreciate that ISI has given us the opportunity to participate in the Adult Championships. While ISI offers competition for different levels and abilities, we compete in the Masters category in events, which encourages us to showcase that senior skaters never outgrow the sport. We enjoy seeing the results that hard work can bring to the ice. We absolutely love what we do, love sharing it with each other, and love performing for the audience. Thank you ISI for all you do to run this event."

"ICE at The Parks was very excited to host the Adult Championships," said ICE at The Parks Skating Director Caroline Baker. "Many of the skaters were very friendly and complimentary of our facility and the mall setting. I remember talking with skaters from Minnesota; they loved the idea of an ice rink in a mall.

"Julie Stahl, Karen Becker and Olivia Langston are the ladies that coached and pulled the ladies together for the Chili Peppers synchro teams. They were able to entice these former skaters from 10 to 30-plus years ago to participate in the synchro teams. It is always fun to see old faces. Of course the highlight of the weekend was winning the Erica Amundsen Trophy."

\* California, Colorado, Connecticut, Florida, Illinois, Minnesota, Ohio, Oregon and Texas.

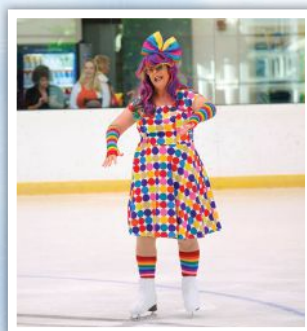
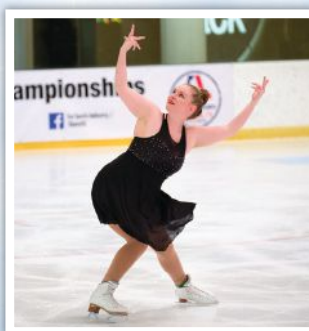
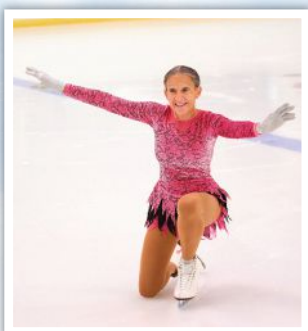
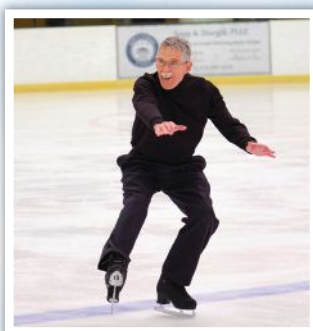


**Larri Slippen, oldest skater, 86!**



# CTS SKATERS AGES 18 TO 86!

Photos by Kaminsky Photography

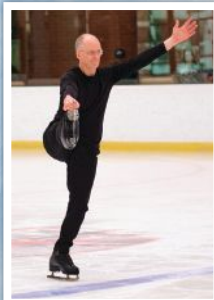
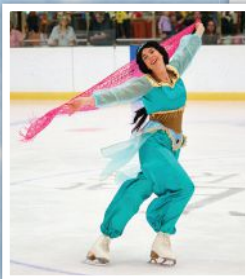
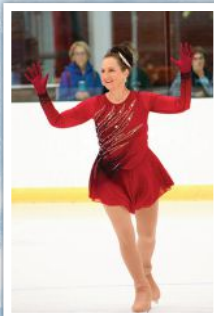
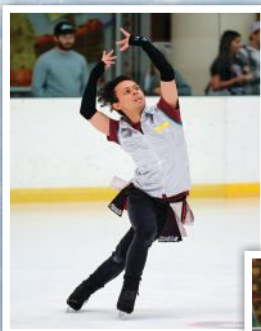
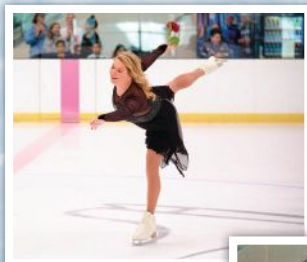
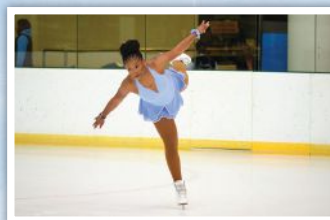


**Oldest Skaters:** Larri Slippen, 86, Children's Health StarCenter McKinney, McKinney, Texas; Marilyn Pagni and Jimmy White, both 84, Ellenton Ice and Sports Center, Ellenton, Fla.

**Most Events:** Jennifer Martino, 18 events, Gilmour Academy Ice Arena, Gates Mill, Ohio; Sherry Dowlen, 13 events, South Suburban Sports Complex, Littleton, Colo.; Rachel Collins, 10 events, Milford Skating School, Milford, Conn.

**Largest Skating Teams:** ICE at The Parks, Arlington, Texas, 35 skaters; Galleria Ice Skating Center, Dallas, 16 skaters; Children's Health StarCenter Farmers Branch, Farmers Branch, Texas, 13 skaters; Ellenton Ice and Sports Complex, Ellenton, Fla., 10 skaters; Stars of Austin Figure Skating Club, Pflugerville, Texas, 10 skaters.

**Teams from Farthest Distance:** Lloyd Center Ice Rink, Portland, Ore., 1,620 miles; Nazareth Ice Oasis, San Mateo, Calif., 1,458 miles; Milford Skating School, Milford, Conn., 1,436 miles.



## Top 10 Teams

PLACE	TEAM	POINTS
1.	ICE at The Parks	195.0
2.	Ellenton Ice and Sports Complex	169.0
3.	Stars of Austin FSC	105.5
4.	Children's Health StarCenter Farmers Branch	103.0
5.	Galleria Ice Skating Center	101.5
6.	Gilmour Ice Skating Center	101.0
7.	South Suburban Sports Complex	77.0
7.	Stephen C. West Arena	77.0
8.	El Paso Blades Skating Academy	63.0
9.	Lloyd Center Ice Rink	56.0

For a complete list of teams and results, please visit [skateisi.org/adultchamps](http://skateisi.org/adultchamps).



@SkateISI



SkateISI — Ice Sports Industry





# My Coach ROCKS!

**Does your ISI coach rock?** Please send a short essay (about 75 words or less) telling us why, along with a high-resolution photo, to [editor@skateisi.org](mailto:editor@skateisi.org). We'll run it in an upcoming issue of *Recreational Ice Skating* magazine. Note: Essays must be written by skaters (not their parents). Skaters and coaches must be current ISI members.

## Christine Wilson Brinton

“My coach is Christine Wilson Brinton. I love and appreciate her enthusiasm in every lesson and competition we have together. She values who I am as a person and skater, and she believes that I can do anything!”

**Adrian Henares, 21, Open FS Bronze**  
City of Bowie Ice Arena  
Bowie, Md.



Coach Christine Wilson Brinton, right,  
and Adrian Henares



Coach Sarah Devereaux McCormick, right,  
and Lainey Moore

## Sarah Devereaux McCormick

“My coach, Sarah, rocks! She pushes me in all the best ways, and she's tough yet silly, too, just when I need it. She's a great mentor, and I'm always learning so much from her!”

**Lainey Moore, 12, FS 4**  
Harry J. McDonald Memorial Center  
Eagle River, Alaska





Coach Leah Farzin, right, and Aliyah Overturf

## Leah Farzin

“ Leah Farzin is the best coach; she has been my coach since I started at 11. She is always supportive, funny, and she cares about my life outside of skating, as evidenced by this picture of us at my graduation. Although I am a grown-up now and go to college, she makes time for me to still get a lesson when I’m home. I feel so lucky that I got Leah as a coach, and she really does rock! ”

**Aliyah Overturf, 18, FS 5**  
Juneau Skating Club  
Juneau, Alaska

## Jannella Gaza

“ My coach, Jannella Gaza, rocks because she helps me understand how to do different moves. She is patient, kind and choreographs great routines! ”

**Sophia Wettig, 10, Alpha**  
Skatetown Ice Arena  
Roseville, Calif.



Coach Jannella Gaza, left, and Sophia Wettig



Coach Jenna Pitts, right, and Prisha Thakkar

## Jenna Pitts

“ My coach, Ms. Jenna, rocks because she always encourages me to try new skills, and she is very kindhearted. She is the best coach I could ever ask for. I love learning from her! Thank you, Ms. Jenna! ”

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





## ISI World Recreational Team Championships

July 25-28

Sharks Ice San Jose

San Jose, CA

Test & Entry Deadline: May 15

[skateisi.org/worlds](https://skateisi.org/worlds)

# SEE YOU IN *San Jose* FOR ISI WORLDS 2024!

by Eileen Viglione

Fun! Amazing! A blast! These are just some of the words used to describe ISI's most popular, supercharged national event of the year (the daddy of them all!) — World Recreational Team Championships!

Do you know your way to San Jose? We sure hope so because this year's event kicks off July 25-28 at Sharks Ice San Jose in San Jose, Calif. Test and entry deadline is May 15.

Home of the National Hockey League's San Jose Sharks and the American Hockey League's San Jose Barracuda, Sharks Ice San Jose is considered the largest rink facility west of the Mississippi. A massive 370,000 square feet, it features five ice rinks, a pro shop, a full-service restaurant, and bar. In 2022, the ice center opened the 4,200-seat Tech CU Arena, where Worlds events will take place on the last day of competition.

## WORLDS IS EPIC

The largest national recreational ice skating competition in the country, ISI Worlds draws competitors from across the United States and a few foreign countries. It offers participants of all skill levels and ages, from tots to seniors, an opportunity to perform and compete in the sport that they love. Competitors can choose from more than 25 different event categories for individuals, partners, groups and teams.

ISI Worlds is a big deal, and we like to celebrate it accordingly, with a Worlds Competitors' Party exclusively for Worlds participants and their families. Watch the ISI website ([skateisi.org/worlds](https://skateisi.org/worlds)) for more details in the coming months.

The ISI Benefit Show, featuring a "celebrity" guest skater and selected Worlds participants, is a much-anticipated event during Worlds. In recent years, star performers have included Isabeau Levito, Mariah Bell, Starr Andrews, Bradie Tennell, Jason Brown and more. This year's skater will be announced in the coming months. Be sure to check the ISI website ([skateisi.org](https://skateisi.org)) for details — you won't want to miss it. Tickets sell quickly!

Lastly, pin trading is a favorite activity at Worlds, and we encourage our skaters to participate, as it's a great way to make new friends! For more information on pin trading, please see page 5.

## THE SCOOP ON SAN JOSE

Located at the southern end of the San Francisco Bay, in the heart of Silicon Valley (home of 6,000 technology companies), San Jose offers easy access to three major airports and features beautiful scenery; a small, walkable downtown; plenty of fun things to see and do; and a kaleidoscope of restaurants featuring authentic international dishes.

Keep in mind that the sun shines there an average of 300 days a year — it's so bright ya gotta wear shades! July is pleasantly warm, with an average high of 82 degrees.



# SOME FUN *San Jose* ATTRACTIONS & SCENERY

Photos courtesy of Visit San Jose



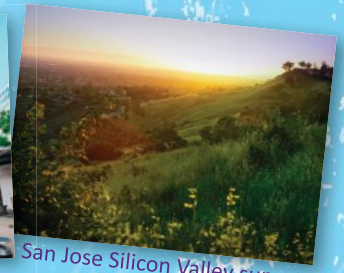
Santana Row



Winchester Mystery House



San Pedro Square Market



San Jose Silicon Valley sunset

## WHY WORLDS? Out of the Mouths of Skaters & More

"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."

*Emily Bible, Hastings Civic Arena, Hastings, Minn./First-time Worlds competitor, 2023*

"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."

*Cyana Johnson, Orlando Ice Den, Orlando, Fla./Worlds 2023*

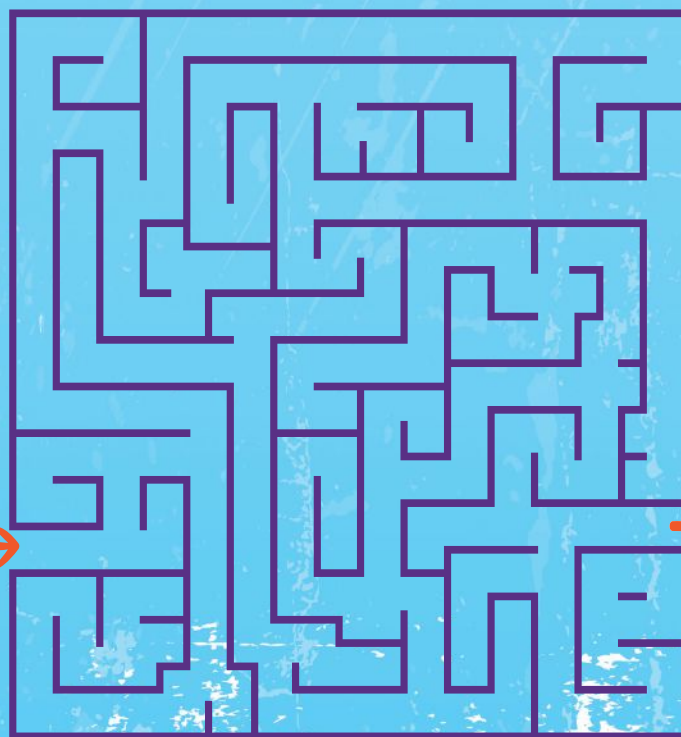
"The members of the Ice & Blades Figure Skating Team could not have asked for a more perfect event. Great competition opportunities, pin trading, new friends, building team spirit, skating in the benefit show, meeting a skating icon and winning the Board of Directors Award to cap off the event."

*Joyce DiToppa, Ice & Blades Figure Skating Team president, Pittsburgh, Pa./Worlds 2023*

"ISI World Championships has been an amazing experience ... 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 lanyards with trade pins this year, exchanged phone numbers with new friends, and this year it was exciting to see one friend she made in Worlds competition 2022 in Chicago."

*Monica Andrea Puentes Rivera, parent of Hannah, Orlando Ice Den, Orlando, Fla./Worlds 2023*

Help Flip  
& Twizzle  
Find Their  
Way to  
San Jose!



### MORE INFORMATION

ISI World Recreational Team  
Championships  
([skateisi.org/worlds](https://skateisi.org/worlds))

Visit San Jose  
([sanjose.org](https://sanjose.org))

San Jose Downtown  
([sjdowntown.com](https://sjdowntown.com))

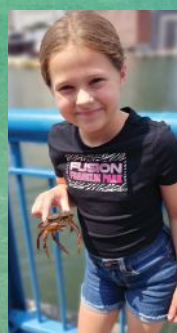


Answer, pg. 28





# 2023 ISI WORLDS SCRAPBOOK







**WE CAN'T WAIT TO SEE SKATERS  
AT OUR 2024 WORLDS EVENT,  
July 25-28 at Sharks Ice San Jose  
in San Jose, Calif.!**  
Test and entry deadline is May 15.  
For more information, see page 16.



## Team Events

Two famous sayings can apply to ISI team events. “The more, the merrier” is definitely true, since more friends can have more fun together. And some new skaters who are nervous about performing alone feel there is “safety in numbers.” In both cases, ISI team events provide a wide variety of opportunities for all skaters to shine.

Following is a group event summary including general event information. Please refer to *The ISI Handbook* for detailed descriptions of specific event guidelines.

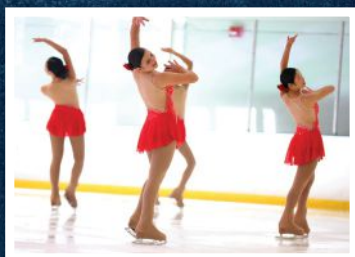


### ENSEMBLE

This group number event for three to seven skaters from any level is like a “group Spotlight” or “mini-Production” number. Skaters can use costumes and props to illustrate any theme. There is no score for technical ability, and teams are grouped by the number of skaters on the team, then by ages, if there are enough entries.

### FAMILY SPOTLIGHT

This Spotlight event is for two or more members of the same family. Entry groupings are by number of skaters and/or age and ability level (two children, parent-child, two teens, etc.), if necessary. Routines can be fun, entertaining or emotional, or portray characters using costumes and props.



### FREESTYLE SYNCHRO TEAMS

Groups of three to seven skaters perform a Freestyle program in unison at their corresponding Freestyle level. No skating above or below the skaters’ test level is allowed. Every skater must perform each required maneuver in unison. Tip: If you have six skaters at the same level, it’s easier for practice (and earns more team points) if you make two groups of three skaters.

### JUMP & SPIN TEAM

If you want to skate with your friend, this event is for you! It’s easy (like the Solo Compulsories event) with two skaters in same category level, but not necessarily the same test level.

## CATEGORY LEVELS

**Low:** Both skaters must be in Pre-Alpha to Delta levels ONLY.

**Bronze:** Both skaters must be in Freestyle 1-3 / Bronze level and below.

**Silver:** Both skaters must be in Freestyle 4-5 / Silver level and below.

**Gold:** Both skaters must be in Freestyle 6-7 / Gold level and below.

**Platinum:** Both skaters must be in Freestyle 8-10 / Platinum level and below.

Some levels of Jump & Spin events are done on half ice. This will be determined by the competition director. Both skaters enter the ice and stop. Skater No. 1 performs the chosen jump twice and stops. Skater No. 2 performs the chosen spin twice and stops. Both skaters exit together.

Skaters perform either the jump or spin selected from the list below:

Category Level	Jump	Spin
<b>Low</b>	2-foot Hop or Bunny Hop	2-Foot Spin
<b>Bronze</b>	1/2 Flip or Toe Loop	2-Foot or 1-Foot Spin
<b>Silver</b>	1/2 Loop or Axel	Sit Spin or Back Spin
<b>Gold</b>	Double Salchow or Double Loop	Layback or Flying Camel
<b>Platinum</b>	Double Loop or Double Lutz	Flying Sit or Camel Jump Camel Spin

Skaters are only judged on the technical accuracy of maneuvers and not difficulty of maneuver performed. Partners can be from different test levels, but the lower-level skater must skate with the higher-level skater at the higher-tested skater’s level. This event is offered for a special discounted price at 2024 national events!



## KALEIDOSKATE TEAM

This colorful group event is for eight or more skaters of all ages and levels. Costumes of contrasting colors should be used to create interesting designs and shapes, with changing formations to resemble the unique visual patterns similar to those seen in a kaleidoscope. There should be smooth, constant flow and movement. Handheld props can be used to accentuate the creative skating arrangements and patterns.

## PATTERN SKATING

Patterns using a basic circle concept, working off a common circle, are skated by a group of at least four people. They can “draw” figures, flowers and other designs on the ice to music of their choice. Emphasis should be on strong edges and turns and not Freestyle-type maneuvers. All skaters must pass the Delta test to compete in this event.

## PRODUCTION TEAM

This event is for your entire competitive team. Skaters of all ages and levels are encouraged and all types of skating maneuvers are permitted. Teams are divided into event groups by number of skaters, then age of participants, if necessary. This should be a lavish, creative, artistic work marked by extreme freedom of style and structure using costumes and props to illustrate the number. All participants must wear skates.



## SYNCHRONIZED TEAM COMPULSORIES

Teams (minimum eight skaters) perform four or five required maneuvers to a music program with no additional moves permitted. Competition divisions are in Skating and Formation categories. Event groups are divided by age groups. See detailed maneuver descriptions on the ISI website ([skateisi.org](http://skateisi.org)) or in *The ISI Handbook*.

## SYNCHRONIZED TEAMS – FORMATION/ADVANCED FORMATION/SKATING/DANCE

This original form of group skating events is for skaters of all ages and ability levels, with a minimum of eight and maximum of 24 skaters per team. Synchronized skating emphasizes the importance of unison and synchronization of the team while performing various formations. Teams are divided by age groups and category level. See divisions and duration times in *The ISI Handbook*.

- **Formation Teams** – Routines can only incorporate forward steps and backward two-foot skating. This is a good category for beginning teams with basic group skating experience.
- **Advanced Formation Teams** – This is a good transitional category for a team that has competed in the formation category for more than a year and is ready to incorporate more difficulty but not yet ready for the skating division.
- **Skating Teams** – Routines with a minimum of stops or pauses with smooth transitions, speed, difficulty and accuracy are all important in this category.
- **Dance Teams** – Skaters move in unison using steps such as tap, jazz, ballet, etc. Routine can resemble Broadway and “show” style routines. Handheld props are permitted. The event is not based on ice dancing, but skaters can use dances, such as Square Dance, Polka, Flamenco, Tango, etc., for theme.

## TEAM COMPULSORIES

A team of six skaters (seven skaters are required for Freestyle levels 6-10) competes together on a Freestyle-level team. Each skater performs only one of the six (or seven) required compulsory maneuvers from that Freestyle level. Music and background choreography is required. Skaters may skate above their registered test level, but not below. Pre-Alpha through Delta skaters can participate on a Freestyle team. Skaters that have only passed open Freestyle tests must skate on Team Compulsory levels as follows: Bronze: Team Compulsory 3 or higher; Silver: Team Compulsory 5 or higher; Gold: Team Compulsory 7 or higher; and Platinum: Team Compulsory 8 or higher.

## TEAM SURPRISE

Each team must have four skaters from the same category level listed below. Skaters may skate in a higher team category but not in a lower team category from their current test level. Each skater may only participate on one team. Skaters under age 6 are not permitted to compete in Team Surprise events.

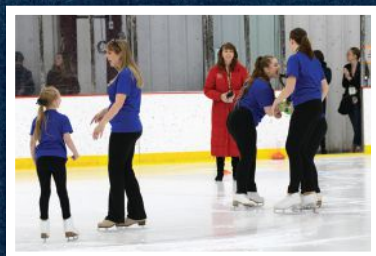
## CATEGORY LEVELS

**Low:** All skaters must be in Pre-Alpha to Delta levels ONLY.

**Medium:** All skaters must be in Freestyle 1-3 / Bronze level and below.

**Intermediate:** All skaters must be in Freestyle 4-5 / Silver level and below.

**High:** All skaters must be in Freestyle 6-10 / Gold / Platinum level and below.



These team “surprises” will be a relay-type event in which every member of the team must complete a required task. Grab your friends and join this exciting team event! See entry forms for a special discounted price at 2024 national events! ISI team events are a great way to build team spirit, earn more team points and have FUN!





# Sydney Porter SOARS to NEW HEIGHTS! Dance 10 ✓

by Eileen Viglione

When you find someone who inspires you, you will soar to new heights you might have never imagined, and this is true for skating and life. For Sydney Porter, 17, that someone is Coach Bob Mock, skating director of Ice & Blades of Western Pennsylvania at the Alpha Ice Complex in Pittsburgh, Pa.

Sydney, a member of the Ice & Blades Figure Skating Team, recently achieved the ISI Dance 10 level, and she credits Coach Mock for influencing her interest in pursuing Ice Dance.

“Coach Bob Mock is so excited about Ice Dance, and he makes me want to achieve and excel in this sport,” she said.

## Ice Dance Journey

Sydney began Ice Dancing seven years ago, after her first coach, Dawn Decesare, suggested she take a few lessons from Coach Bob, thinking that it would benefit her as she was working on her skating skills.

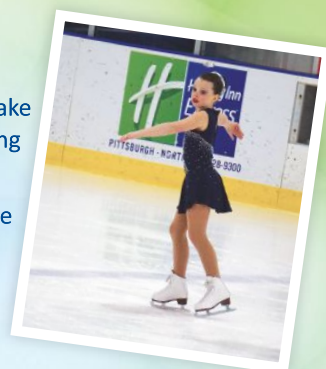
“Coach Bob introduced me to Ice Dance during those lessons, and immediately I wanted to take more lessons with him and learn more dances,” she said.

A junior at North Hills High School in Pittsburgh, Sydney also takes lessons with Coach Karen Volk and has begun working on Free Dance with Coach Barb Gahagen. While she doesn’t have a regular dance partner, she often practices with Dan Hamar, who is also a student of Coach Bob’s.

Sydney loves the precision of the footwork in Ice Dancing as well as the learning process. “Each step has to be perfect, and I love working toward that perfection,” she said. “Ice Dancing is very technical but also graceful, and I love that combination. I don’t just learn the steps; I also learn the history and expression of each dance.”

What she loves about this discipline of skating is also what makes it most challenging. “When I’m learning a new dance, I love to learn the combination of the steps, memorize them and execute them as precisely as I can.”

Sydney decided that she wanted to compete in Ice Dance in the 2023 ISI World Recreational Team Championships, which was held in August in the Boston area. In order to do that, she had to pass her ISI Dance 8, 9 and 10 tests faster than she had originally planned.



Sydney and Coach Bob Mock

“The Westminster Waltz requires a lot of stamina, so it’s my hardest dance, but I also had extra pressure to complete the tests in time for the competition. The ISI judges and Coach Bob were amazing in helping me get this done,” she said. “I am very proud of my Ice Dancing, and I already had a U.S.F.S. Ice Dance gold medal, so I really wanted to complete the ISI Dance 10 as well. I can be competitive with myself and achieving the ISI Dance 10 goal was a way for me to measure my success at this sport.”

Sydney’s skating journey began when the ISI Learn to Skate Program was known as weSKATE, and she still has her badges for Alpha, Beta, Delta and Freestyle.

What does she like best about the ISI testing and recreational competition programs?

“The competitions are so well organized,” she said. “At the last ISI competition, one of the judges for my ISI Dance 10 test recognized me, complimented my ISI Dance 10 test and wished me good luck, and that makes the ISI organization feel very



personal — like they really know the skaters and care about them. The ISI testing is really great because there is so much flexibility. My ISI Dance 8, 9 and 10 tests were all submitted by video.”

Sydney also has U.S. Figure Skating gold medals in Solo Ice Dance and Moves in the Field. She is currently working on International Dances and Free Dance as well as other Freestyle levels and plans to attend a university that has a skating club, so she can continue to skate and teach.

## Other Hobbies

In addition to skating, Sydney loves to crochet and knit — so much so that she started a yarn club at her high school. She is also a member of the National Honor Society and the German National Honor Society, and she volunteers at Alpha Ice Complex, cfsbank Event Center in Vernon and Prinstscape Arena in Canonsburg, helping to teach skating to children. She also teaches part-time in the learn-to-skate program at Pittsburgh-based Robert Morris University (RMU) Island Sports Center.

“I haven’t figured out my career path yet, but I am considering teaching and psychology — but of course my parents want me to be a neuroscientist,” she said.

## Words of Advice to Skaters Contemplating Ice Dance

**“#1: Do it!”**

**“#2: Find a great coach who inspires you.”**

*“At the last ISI competition, one of the judges for my ISI Dance 10 test recognized me, complimented my ISI Dance 10 test and wished me good luck, and that makes the ISI organization feel very personal — like they really know the skaters and care about them ...”*



## Free E-Learning Courses for all PSA Members

### COURSE 1

#### *Understanding Contract Concepts for the Skating Professional*

Learn about common industry contracts like those between arenas/clubs and coaches as well as between coaches and their athletes. This course discusses the basics of contracts along with common terms and definitions.

### COURSE 2

#### *Fundamentals of IJS Mathematics*

Join PSA for a deep dive into the fundamentals of understanding how to navigate the IJS and maximize points for your athletes. Additional resources include full session transcriptions, the Scale of Values, and more!

### COURSE 3

#### *Coaching Group Lessons*

This course provides an overview of the true role of group lesson coaches, key philosophies and topics to consider, commonly accepted best practices, and additional resources to prepare for your group coaching journey.

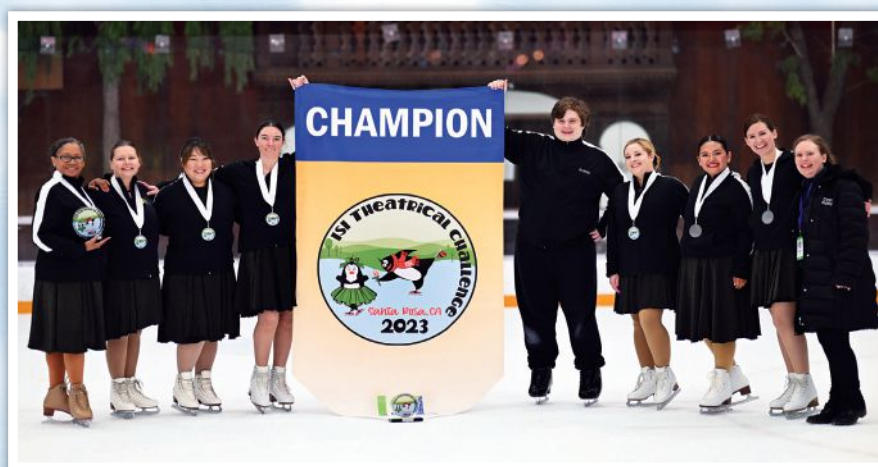


**PROFESSIONAL  
SKATERS  
ASSOCIATION**

**New course coming April 1!**



# HAPPINESS FOUND AT 2023



**Vacaville Ice Sports of Vacaville, Calif. — Overall Team Champion of the 2023 ISI Theatrical Challenge**

While you can't buy happiness, you can sure find it — as the saying goes — and that's what skaters did at the 2023 ISI Theatrical Challenge, held Oct. 21-22.

Two hundred thirteen competitors from 13 teams competed in this fun-filled event staged at the extraordinary Snoopy's Home Ice in San Jose, Calif. Built in 1969 by the late Peanuts comic strip creator Charles M. Schulz, the charming facility, reminiscent of a vintage Swiss ski chalet, had skaters feeling as if they had stepped into a wondrous fairytale.

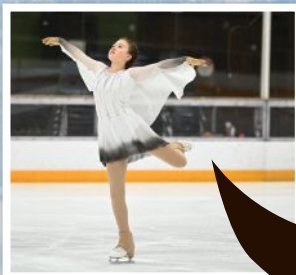
Participants had the unique opportunity to perform under fun and colorful lighting in several non-technical events, such as Artistic, Spotlight, Rhythmic, Ensemble, Production and more.

Vacaville Ice Sports of Vacaville, Calif., was proclaimed Overall Team Champion of the event.

"This was our first time at the Theatrical event, and it was wonderful," said Wanda Butters, mom of Lelani Butters, a member of Vacaville Ice Sports. "I saw the camaraderie with the skaters and to compete with all the different levels is challenging and very much welcome. Getting to hang out at the Snoopy's rink café [Warm Puppy Café] with fellow skaters was beautiful."

"It was the girls' [on the team] first time competing in Theatrical Challenge," added Rhea Babula, mom of Vacaville Ice Sports skater Sasha Lago Babula. "They had so much fun and excitement — more than I expected. Thanks to their coach Ms. Kim Navarro, with her unconditional love, patience and flexibility with the girls' schedules. We can't wait to do it again next year!"

ISI Skating Programs and National Events Director Kim Hansen stated that it was "great fun to run a national event in such a charming rink and everyone seemed to be having a good time — even Snoopy!"





# ISI THEATRICAL CHALLENGE!

*Photos by Melanie Heaney*



## Oldest Skaters

Cheryl Graffi, 78, Pasadena Ice Skating Center, Pasadena, Calif.; Bill Daniels, 78, Snoopy's Home Ice, Santa Rosa, Calif.

## Most Events

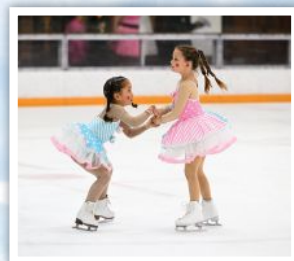
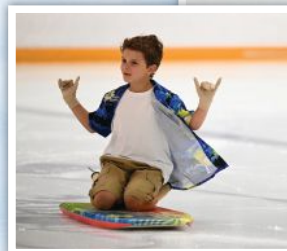
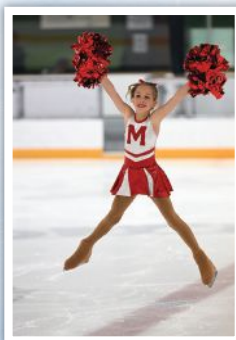
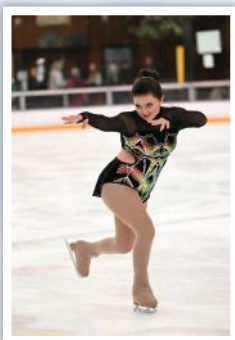
Robert Trygstad, 12 events, Vacaville Ice Sports, Vacaville, Calif.; Jenny Perona, 9 events, Vacaville Ice Sports; Tammy Goecks, 6 events, Pasadena Ice Skating Center; Nicole Targosz, 5 events, Tri Valley Ice Dublin, Dublin, Calif.

## Largest Skating Teams

Sharks Ice San Jose, San Jose, Calif., 64 skaters; Snoopy's Home Ice, 39 skaters; Vacaville Ice Sports, 32 skaters; Tri Valley Ice Dublin, 29 skaters; Skatetown Ice Arena, Roseville, Calif., 28 skaters.

## Teams from Largest Distance

Lloyd Center Ice Rink, Portland, Ore., 1,620 miles; Nazareth Ice Oasis, San Mateo, Calif., 1,458 miles; Milford Skating School, Milford, Conn., 1,436 miles.



## Top 10 Teams

PLACE	TEAM	POINTS
1.	Vacaville Ice Sports	257.0
2.	Sharks Ice San Jose	240.0
3.	Snoopy's Home Ice	204.0
4.	Tri Valley Ice Dublin	169.5
5.	Skatetown Ice Arena	119.0
6.	Ontario Ice Skating Center	46.0
7.	Pasadena Ice Skating Center	41.0
8.	Dreamers Skating School	34.0
9.	Reno Ice	11.5
10.	Tahoe Sports & Entertainment	11.0

*For a complete list of teams and results, please visit [skateisi.org/theatricalchallenge](https://skateisi.org/theatricalchallenge).*





# Flip 'n' Fun...



SKATING SISTERS

## INGREDIENTS:

- $\frac{3}{4}$  cup (1  $\frac{1}{2}$  sticks) unsalted butter
- 2 10-ounce bags mini-marshmallows
- $\frac{1}{2}$  teaspoon pure vanilla extract
- Pinch of salt
- 9 cups crispy rice cereal
- 24 orange M&M candies
- 12-ounce package black chocolate candy melts
- 24 white candy melts
- 16 large candy eyes
- 8 popsicle sticks

FLIP & TWIZZLE-APPROVED

PENGUIN POPS



TOTALLY ADORBS!





# Adventures & Activities

## INSTRUCTIONS:

- STEP 1.** Line a 9 x 13-inch baking sheet with parchment paper. Lightly grease parchment paper with nonstick spray. Set aside.
- STEP 2.** Melt the butter over medium heat in a large pot. Once melted, add the marshmallows and stir until they are melted completely.
- STEP 3.** Remove from heat. Stir in the vanilla extract and salt, then fold in the cereal, making sure that it is coated with the marshmallow mixture.
- STEP 4.** Transfer mixture to the prepared pan. Using a rubber spatula (greasing it may help), gently spread the mixture to fit the pan. Lightly grease the back of the spatula and press the mixture down lightly into the pan.
- STEP 5.** Allow crispy rice treats to cool for at least one hour at room temperature. (Cover tightly if leaving out for over a few hours.)
- STEP 6.** Lift the crispy rice treats out of the pan with the edges of the parchment paper. Cut into squares.
- STEP 7.** Line a baking sheet with parchment paper.
- STEP 8.** Insert a popsicle stick into the base of each crispy rice treat.
- STEP 9.** Place the crispy rice treats on a plate and refrigerate for 15 to 20 minutes.
- STEP 10.** Pour the bag of black chocolate candy melts into a microwave-safe dish and heat in microwave in 30-second increments, stirring until melted.
- STEP 11.** Remove crispy rice treats from the refrigerator.
- STEP 12.** Use a spoon to coat each crispy rice treat with melted chocolate, allowing excess chocolate to drip back into bowl, and place on the lined baking sheet.
- STEP 13.** Place 2 candy eyes on each crispy rice treat, then add one orange candy (sideways) to each treat to resemble a nose.
- STEP 14.** Place 1 candy melt under the nose on each treat to resemble a penguin's belly.
- STEP 15.** Place 2 orange M&Ms at a slight angle on the bottom of each treat to resemble penguin feet.

(TIP: Pressed for time? These can also be made with store-bought Rice Krispie® treats. Just follow steps 8-15.)



**A HUGE SHOUT-OUT TO KUBLIN SISTERS, ELLA, 9, AND SADIE, 7,**  
FOR DEMONSTRATING HOW TO MAKE THESE ADORABLE AND YUMMY TREATS.  
THE GIRLS SKATE OUT OF PIRELLI VETERANS ARENA IN FRANKLIN, MASS. ELLA IS A DELTA  
LEVEL SKATER AND SADIE IS AN ALPHA LEVEL SKATER.



Interested in participating in a baking or craft activity for *Recreational Ice Skating* magazine?  
Please email [editor@skateisi.org](mailto:editor@skateisi.org). Participants must be ISI skaters.







# Are You Earning Your Badges (Patches)?

As an ISI member, you are eligible to earn badges (patches) to mark the different levels of your accomplishments. You may also compete at the last level earned.

See if you know some of the requirements of the first five badges by drawing a line from the skill listed to the badge test that it's on.

- a. **Bunny Hop**
- b. **Forward Crossover**
- c. **One-Foot Glide**
- d. **Hockey Stop**
- e. **Backward Crossover**
- f. **Forward Swizzle**
- g. **T-Stop**
- h. **Outside 3-Turn**
- i. **Lunge**
- j. **Two-Foot Glide**
- k. **Inside 3-Turn**
- l. **Forward Stroking**
- m. **Mohawk Combination**

Find the answers at [skateisi.org/testinglevels](http://skateisi.org/testinglevels)



## ISI LTS – Over 60 Years and Going Strong!

Did you know? In 1963, a number of pioneer skating instructors — including Michael Kirby, Robert Unger, Ron Priestley, Freddy Mesot and Barbara Taplin (1976 Olympic champion Dorothy Hamill's first ISI teacher) — developed what became known as the "Alpha, Beta, Gamma" system, the ISI learn-to-skate program, which has since evolved to include Freestyle, Ice Dance, Couples, Pairs, Synchro, Special Skater and Hockey.

## America's 1<sup>st</sup> Learn-to-Skate Program

The ISI Recreational Ice Skating Program, now called the ISI Ice Skating Program, was the *first* (and, until 1980, *only*) national learn-to-skate (LTS) program!



Answer for pg. 7: 1. False (Corn is the answer.) 2. True 3. False (Ohio is the answer.) 4. False (He moved to Indiana.) 5. True

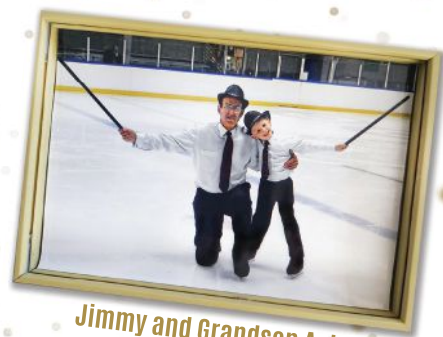
Answer for pg. 17:





# Golden Skater

Golden skaters are ISI jewels! If you are an ISI skater 65 years of age or older, we are interested in profiling you in our Golden Skater feature. We want you to share your inspirational skating.



Jimmy and Grandson A.J.

## JIMMY WHITE – The Skating Family Man

by Eileen Viglione

For Jimmy White, 84, skating and family go hand in hand. A little more than a decade ago, his grandson A.J., 3 ½ at the time, started inquiring if he would skate with him.

“At first, I thought, ‘This is ridiculous; I’m 70 and going to put on skates,’ but I never said it,” recalled Jimmy. Instead, he did just that — donned a pair of skates and joined his precious grandson on the ice. Fast forward two years and the grandfather-grandson duo performed a routine, “Me and My Shadow,” together on the ice.

While Jimmy played baseball and basketball when he was an adolescent, he wasn’t really good at either one, he shared. When his daughter Amber (Turner), a former ice skating coach, was younger, he always loved watching her skate in competitions, but he never thought about trying it himself.

As Jimmy began skating more and more, he realized that it was not only enjoyable but also a wonderful way to spend time with his grandson and family. “If I just did it by myself, I might not have followed through with it,” he said.



2015 ISI Adult Championships

## Skating = Family, Friends and Exercise

### What is his favorite part about skating?

“Besides enjoying skating with my family, I like being involved with other skaters, and competing gives me the push to keep at it,” he said. “Also, because of skating, I now have an exercise program, which is important at my age.”

Over the years, Jimmy has competed in both local and national ISI events, including Adult Championships, in Florida, Texas, Nevada and California. Coached by his daughter and Kelly Paige, he is a Freestyle 1 skater and practices for about an hour three times a week at his home rink, Ellenton Ice and Sports Complex in Ellenton, Fla.

“I don’t skate and stop, or I get cold,” he said. “I just keep pushing through. I learned after a couple of good falls that when I’m tired, it’s time to quit.”



Jimmy and daughter Amber, 2015 ISI Adult Championships

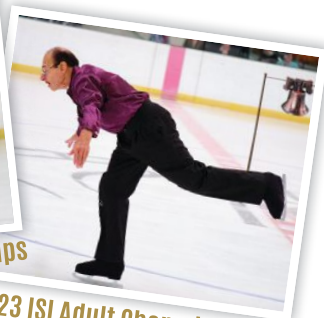
Jimmy is originally from Citrus Heights, Calif., where he owned a printing shop before he retired. He used to practice at Skatetown in Roseville and Vacaville Ice Sports in Vacaville, where Amber coached. When Amber relocated to Florida to coach, Jimmy followed to be nearby to help with his grandchildren.

He loves to travel, especially to competitions taking place near both his immediate and extended family across the country. Aside from Amber in Florida, he has a son, Todd, in California; a daughter, Robyne, in Arizona; and daughter, Kyme, in Texas. He also has 12 grandchildren, including A.J., and nine great grandchildren.

“I love to travel and travel back and forth each year [visiting family and competing],” he said. “I’ve also been on eight foreign mission trips. I consider myself blessed. I’m so thankful I’m able to do what I am able to do.”



2019 ISI Adult Championships



2023 ISI Adult Championships

## Jimmy's Faves

### Programs/Music to Skate to:

“God Bless the U.S.A.,” “The Statue of Liberty” and “Let Freedom Ring” for Dramatic and “Gee, I Wish I was Back in the Army” and “Me and My Shadow” for Light Entertainment.

## Skaters to Watch

Scott Hamilton (He also enjoys watching ice skating solo events, dance and couples.)

### Jimmy’s Advice to Adults Contemplating Skating

“You’re never too old. Just give it a try like I did, holding onto the side walls and walking, gradually moving your feet in a sliding motion, and wow, all of a sudden you’re skating!”



# parents' page

## Handling Disappointment

We reached out to skater parents/guardians/family via social media recently to get their thoughts on the following question, below. Their answers did not disappoint! Read on for some sound advice.

**Q: How do you handle the situation when your skater is disappointed with their competition performance or placement?**

**A:** "I think so much of the groundwork for handling disappointment is laid before a skater ever steps onto the ice. Our family does this by setting expectations that are not performance-based: We don't skate to get medals or ribbons; we skate because we love it, and it's good for our bodies; we skate because we have a community of supportive friends, parents and coaches who rally around us no matter how we do. And when we keep those enduring things in focus, we have something to fall back on (no pun intended) when things don't go our way on the ice."

*Abbey Roy, mom of skaters Analeigh, Aria and Avery  
Lou & Gib Reese Ice Arena, Newark, Ohio*



Abbey Roy, center, with her girls, from left: Analeigh, Avery and Aria

**A:** "After every performance, I ask Elle, 'tell me something that went well' and 'tell me something that could have been better.' No matter how poorly Elle may have felt she skated, I can guarantee something went well. And there is always room for improvement. It's changed her perspective and challenged her to focus on the good rather than placement."

*Wendy Quam, mom of Elle Quam  
Sioux Falls Figure Skating Club, Sioux Falls, S.D.*

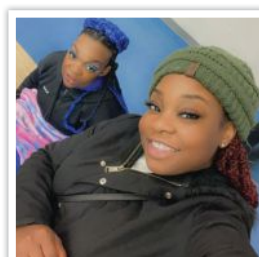


From left, Elle and Wendy Quam

**A:** "When my sister is disappointed with her competition performance, I ensure that I validate her feelings while explaining the opportunity for growth and what to look forward to. We discuss what went well and areas for improvement, turning disappointment into success and motivating us to continue looking ahead."

"While visiting town, there is a skate shop that has a professional figure skater on the wall. I reminded her that we told them to make room for her. This helps her understand that she will get there by working hard and trying her best, paving the way to success. I remind her to always have fun in what she does, maintain passion and enjoyment in her figure skating journey, and to love what she does."

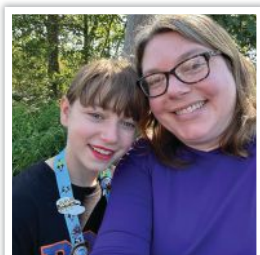
*Kimrah Brotherson, sister of skater Soraya Mascall  
Ben Boeke Arena, Anchorage, Alaska*



From left, sisters Soraya Mascall and Kimrah Brotherson

**A:** "We remind her that while it is a competition and she is competing against others, we want her to remember that it's really about her personal growth as a skater. We want her to go and skate her best and when she comes off the ice be happy with her performance. If she does that, she's always a first-place finish in our minds."

*Shauna Orr, mom of Caitlin Orr  
Lou & Gib Reese Ice Arena, Newark, Ohio*



From left, Caitlin and Shauna Orr



# ISI HEARTLAND CHALLENGE

**Nov. 8-10** Lou & Gib Reese Ice Arena  
Newark, OH

[skateisi.org/heartlandchallenge](https://skateisi.org/heartlandchallenge)



**Test & Entry  
Deadline  
Sept. 25**



## Competitions

### March

**1-3 ..... Minneapolis MN**  
Bold Ice Skating Challenge  
SportQuest Skating Academy-Parade

**1-3 ..... Wasilla AK**  
Skatefest  
Brett Memorial Ice Arena

**2-3 ..... San Diego CA**  
California State Games  
San Diego Ice Arena

**2-3 ..... College Park MD**  
Herbert Wells Ice Rink Spring Invitational  
Herbert Wells Ice Rink

**2-3 ..... Webster Groves MO**  
Meet Me in St. Louis  
Webster Groves Ice Arena

**8-10 ..... Owensboro KY**  
12th Annual Living on the Edge  
City of Owensboro Edge Ice Center

**9-10 ..... Johnstown PA**  
WinterFest Invitational  
North Central Recreation Center

**15-17 ..... Sioux Falls SD**  
2024 Challenge Cup  
Sioux Falls Figure Skating Club

**16 ..... Plymouth MA**  
Plymouth Lucky Gold Competition 2024  
FMC Ice Sports Armstrong Arena

**16-17 ..... Easton MD**  
2024 Talbot Classic  
Talbot County Community Center Ice Rink

**22-24 ..... Newark OH**  
2024 Newark Shamrock and Roll  
Lou & Gib Reese Ice Arena

**22-24 ..... Jefferson City MO**  
ISI District 8/9 Championships  
Washington Park Ice Arena

**23-24 ..... Bridgeport CT**  
2024 Pioneer Open  
Wonderland of Ice

### April



**2024 ISI Synchronized Championships & MinneShowdown**  
April 5-6  
Doug Woog Arena  
South St. Paul, MN

**5-7 ..... Soldotna AK**  
28th Annual Regional Sports Complex  
Soldotna Regional Sports Complex

**6-7 ..... Pittsburgh PA**  
25th Annual Golden Blades Championships of Pittsburgh  
Alpha Ice Complex

**7 ..... Arlington TX**  
ICE at The Parks ISI Spring In-House Competition  
ICE at The Parks

**13 ..... Marlborough MA**  
Center Skating Academy In-House ISI Competition  
The Center Skating Academy at The New England Sports Center

**20 ..... Boxborough MA**  
Nashoba Skating School Annual ISI Team Competition  
Nashoba Valley Olympia

**21 ..... Milford CT**  
Milford Skating School Anchor Challenge  
Milford Ice Arena

**26-28 ..... Oldsmar FL**  
2024 ISI Spring Fling Competition  
Tampa Bay Skating Academy Oldsmar

### May

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

**4 ..... Norwich CT**  
Tournament of Roses  
RoseGarden Ice Arena

**4-5 ..... Fairfax VA**  
Fairfax Ice Arena 46th Annual ISI Competition  
Fairfax Ice Arena

**18-19 ..... Goleta CA**  
2024 Paradise Open  
Ice in Paradise

**May 31-June 2 ..... Clearwater FL**  
Clearwater Ice Arena Summer Classic 2024  
Clearwater Ice Arena

### June

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

### July



**2024 ISI World Recreation Team Championships**  
July 25-28  
Sharks Ice San Jose  
San Jose CA

### September

**6-8 ..... Knoxville TN**  
The 2nd Annual Chalet Showcase Competition  
Ice Chalet

**14-15 ..... Arlington TX**  
ICE at The Parks 21st Annual ISI Open Competition  
ICE at The Parks

### October



**2024 ISI Adult Championships**  
Oct. 12-13  
Ellenton Ice and Sports Complex  
San Jose CA

### November



**2024 ISI Heartland Challenge**  
Nov. 8-10  
Lou & Gib Reese Ice Arena  
Newark OH

## Shows & Exhibitions

### March

**2 ..... Hastings MN**  
River Blades Skating School TV Glide Ice Show  
Hastings Civic Arena

**2-3 ..... Hutchinson MN**  
Channel Surfing on Ice  
Burich Arena

**2-3 ..... New Ulm MN**  
Skating to Infinity and Beyond  
New Ulm Civic Center

**3 ..... Salem MA**  
2024 Love is in the Air Show, Viking Skating Club  
Salem State University's Rockett Arena

**9 ..... Jamison PA**  
Mercer County's Annual Skating Exhibition  
Mercer County Skating Center

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

**16 ..... Knoxville TN**  
ProSkaters 2024 Knoxville Performance Camp  
Ice Chalet

**23 ..... Peoria IL**  
The Greatest Show  
Owens Recreation Center – Peoria Park District

### April

**11 ..... Arlington TX**  
Monthly Exhibition  
ICE at The Parks

**12-14 ..... Jefferson City MO**  
62nd Annual Ice Show – Curtain Up!  
Washington Park Ice Arena

**13 ..... Norwich CT**  
Spring Skating Exhibition  
RoseGarden Ice Arena

**13-14 ..... College Park MD**  
Encanto  
Herbert Wells Ice Rink

**19-21 ..... Chicago IL**  
Keep Calm and Skate On  
McFetridge Sports Center

**19-20 ..... Woodbury MN**  
Musical Memories  
M Health Fairview Sport Center

### May

**3-4 ..... Minneapolis MN**  
ADVANCE  
SportQuest Skating Academy-Parade

**3-5 ..... St. Peters MO**  
Skating Down 42nd Street  
City of St. Peters Rec-Plex

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

**18 ..... Cottage Gove MN**  
Gliding Through the Seasons  
Cottage Gove Ice Arena

### June

**14-15 ..... Boxborough MA**  
Ice Magic  
Nashoba Valley Olympia

**15 ..... Arlington TX**  
Summertime  
ICE at The Parks



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# 2024 ISI National Events

## Join Us for Big Time Fun!



### ISI Winter Classic

Feb. 16-18

Orlando Ice Den

Orlando, FL

Test & Entry Deadline: Dec. 20

### ISI Synchronized Championships & MinneShowdown

April 5-6

Doug Woog Arena

South St. Paul, MN

Test & Entry Deadline: Feb. 1



### ISI World Recreational Team Championships

July 25-28

Sharks Ice San Jose

San Jose, CA

Test & Entry Deadline: May 15

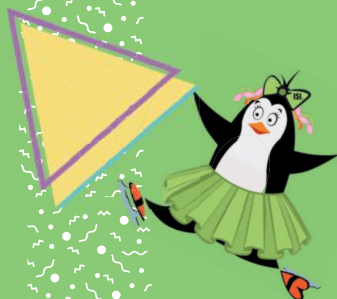
### ISI Adult Championships

Oct. 12-13

Ellenton Ice and Sports Complex

Ellenton, FL

Test & Entry Deadline: Sept. 4



### ISI Heartland Challenge

Nov. 8-10

Lou & Gib Reese Ice Arena

Newark, OH

Test & Entry Deadline: Sept. 25

## Themed Spotlights & Productions

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

