

# recreational **IceSkating**

Spring 2022



## Pittsburgh to Host First-Ever ISI Northeast Champs!

2022 Selected Maneuvers  
Open Solo Free Dance  
ISI's Latest FS 10 Skater  
Worlds Heads to Chicago!

2021 Competition Results  
& Photos **INSIDE!** ➔



# ISI Worlds is Cooler in Chi-Town!



**August 4-7**

**Edge Ice Arena | Bensenville, IL**

**Test & Entry Deadline: May 20**

**[skateisi.org/worlds](http://skateisi.org/worlds)**



Join us in Bensenville, IL. — conveniently located near downtown Chicago and O'Hare International Airport — for Worlds of FUN on and off the ice! For more information, visit [skateisi.org/worlds](http://skateisi.org/worlds) or contact ISI Skating Programs & National Events Director Kim Hansen @ [khansen@skateisi.org](mailto:khansen@skateisi.org).





On the Cover  
Ice & Blades Figure Skating  
Team, Pittsburgh, host  
of 2022 ISI Northeast  
Championships

# what's inside

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4  
News & Notes

6  
ISI Northeast Championships

8  
FS 10 Skater Kaylee Bertolucci

10  
2020ne Adult Champs Gallery

13  
Focus On - Open Solo Free Dance

14  
Competitors' Corner - ISI Selected Maneuvers

16  
2022 ISI World Recreational Team Championships

18  
Skating Siblings Ava & Will Fleury

20  
2020ne ISI Holiday Theatrical Challenge Gallery

24  
2022 ISI Adult Championships

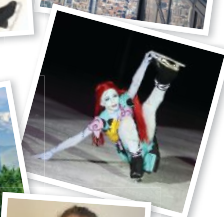
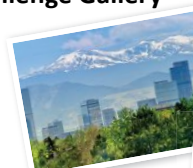
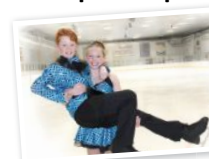
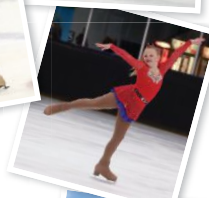
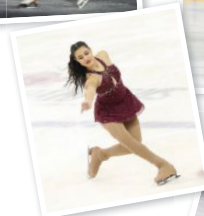
26  
Flip 'n' Fun Adventures and Activities

28  
Twizzle's Twins & Triplets

29  
Parents' Page

30  
High-Level Tests

31  
Calendar



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# news & notes



## Be the Face of Your Favorite ISI national event

Have you competed in any of ISI's national events in the past 5 years? We are looking for current ISI members of all ages and skating levels to provide testimonials about each event for future event advertising and promotion. Tell us in 250 words or less what you liked best about the event, and why you recommend it to other skaters. Then email it, along with a photo of yourself, to [editor@skateisi.org](mailto:editor@skateisi.org). The deadline for submissions is June 19.

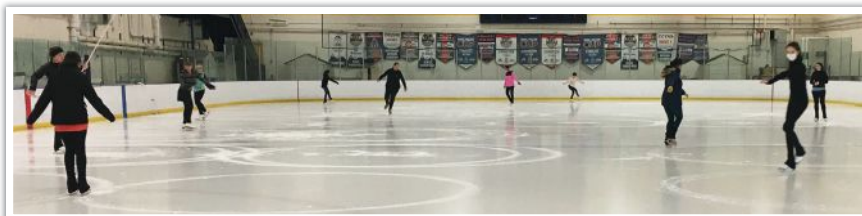
## Skaters Perfecting Figures at YMCA Boulder Valley

Coach Julie Kelley has been working with YMCA Boulder Valley, Colo., skaters on their Figures. Congratulations to Angelique Sabo for passing her Figure 2 test in December! Angelique, along with Marina Eissenstat and Ruth Widerski, competed in Figures in November.

"Coaching Figures, testing and having students compete this year [2021] has been a real delight," said Kelley. "We are looking forward to the ISI Adult Championships in October. Hopefully, several skaters will have passed figure tests and be ready to compete. The skaters all appreciate the ISI program!"



From left: Angelique Sabo, Marina Eissenstat, Ruth Widerski and Coach Julie Kelley



Colorado's YMCA Boulder Valley skaters enjoy practicing Figures.



@SkateISI



SkateISI — Ice Sports Industry



# ISI NATIONAL EVENT CHECKLIST

## AT LEAST THREE MONTHS BEFORE EVENT:

- ☐ Go to ISI website (skateisi.org) to get event details.
- ☐ Pass test(s) for skating level you wish to participate in at event.
- ☐ Talk with your coach and decide which events you should enter, and how to enter some extra events that don't require a program routine. (Check out the special discounted events for the year!)

## BY ENTRY DEADLINE:

- ☐ Make sure your ISI membership has been renewed for the new membership term. If not, your membership renewal fee can be included on your event entry form.
- ☐ Make sure your highest tests are registered with ISI by your coach.
- ☐ Complete your registration online or on paper.

## TWO MONTHS BEFORE EVENT:

- ☐ Make or purchase costumes.
- ☐ Make props for Spotlight events.
- ☐ Learn new programs.

## AFTER EVENT SCHEDULE IS RELEASED:

- ☐ Double check that all your events are listed on the schedule, that your name is spelled correctly and that your rink is listed accurately.
- ☐ Make travel plans, including hotel reservations at an ISI host hotel, listed on the ISI website.

## WEEK BEFORE EVENT:

- ☐ All national event music must be on CD only (no CD RW), unless the venue is requesting MP3s. (Guidelines for MP3s will be provided on skateisi.org.) Make sure you have one program per CD, and always have a backup copy, too.

## DURING EVENT:

- ☐ Smile!
- ☐ Skate your best.
- ☐ Take your picture with ISI mascots Flip and Twizzle.
- ☐ Practice ISI sportsmanship.
- ☐ Meet new friends, trade pins and contact information, etc.
- ☐ Have FUN!







PRESENTED BY  
 | 

**2022 ISI Northeast Championships**  
**May 13-15**

**Ice & Blades Figure Skating Team**  
**Alpha Ice Complex**  
**Pittsburgh, PA**

**Test & Entry Deadline: March 25**  
[skateisi.org/northeastchamps](http://skateisi.org/northeastchamps)

# "The Steel City" to Host First-Ever ISI Northeast Championships

by Eileen Viglione

Hip, Hip, Hooray! We're bringing a national event (including all the fun and excitement that goes along with it!) to the picturesque Northeast this year — our first national competition in this beautiful area of the country! Hosted by Ice & Blades Figure Skating Team (of Western Pennsylvania), the 2022 ISI Northeast Championships takes place May 13-15 at Alpha Ice Plex in Pittsburgh, Pa., otherwise known as "The Steel City" or "City of Bridges." The event is sponsored by Highmark Blue Cross Blue Shield and AHN.



The historic Andy Warhol Bridge, also known as the Seventh Street Bridge

## Alpha Ice Complex

Located just 20 minutes from downtown Pittsburgh, the Alpha Ice Complex features three sheets of spectacular ice, ready for eager skaters to showcase their moves.



## Famous Scenic Vistas

If Pittsburgh isn't on your bucket list of places to visit, you'll want to rethink this. Better yet, go ahead and register for Northeast Champs, and you'll soon discover for yourself why it's a must-see destination. With its snaking hills, meandering rivers and golden bridges, you'll be blown away by its scenic beauty. Add to that its numerous family-friendly attractions, unique cultural sites, award-winning restaurants and fabulous outdoor recreation opportunities, and you may never want to leave!



# Here are just some of the many sensational attractions in “The Steel City” that won’t disappoint:

Photos courtesy of Visit Pittsburgh, Carnegie Science Center and Kennywood



## Duquesne Incline

Ride in a restored cable car on the wooden rails scaling Mount Washington for a scenic view of Pittsburgh and its three rivers. *Weekend TODAY* magazine calls it one of the “10 most beautiful views in America.” Visit [duquesneincline.org](http://duquesneincline.org)

## Kennywood Park

Founded in 1898, Kennywood amusement park was recently named “Favorite Traditional Amusement Park” by the National Amusement Park Historical Association. Members of this group are mostly amusement park enthusiasts who have visited countless amusement parks. (*Surely, they know what they’re talking about!*) Visit [kennywood.com](http://kennywood.com)



## Gateway Clipper Fleet

Have fun taking in the sights of Pittsburgh from a different vantage point — aboard a Gateway Clipper riverboat! Several types of cruises — dining, sightseeing and kids’ theme — are available. Visit [gatewayclipper.com](http://gatewayclipper.com)



Carnegie Science Center

## Carnegie Science Center

Enjoy exploring four floors of interactive exhibits that highlight space exploration, the human body, water, sports (as they relate to physics) and more. Visit [carnegiesciencecenter.org](http://carnegiesciencecenter.org)

## Pittsburgh Zoo & PPG Aquarium

The Pittsburgh Zoo & PPG Aquarium is home to more than 8,000 animals, including the African elephant, Black rhinoceros, Komodo dragon and Amur lion. What’s more, the facility made animal medical history in September when one-year-old “Floppy” the penguin became the first member of his species to get a wing successfully amputated, after the zoo discovered it was broken. (ISI’s beloved penguin mascots, Flip and Twizzle, are flippin’ out to meet him!)

Visit [pittsburghzoo.org](http://pittsburghzoo.org)

Other fun places to visit in Pittsburgh: Randyland, Heinz History Center, Andy Warhol Museum, Invention Land and Heinz Field (home of the Pittsburgh Steelers).

## 5 Fab Facts about Pittsburgh

1. Known as the “City of Bridges,” with 446 bridges — more than any city in the world!
2. Birthplace of the emoticon 😎, the McDonald’s Big Mac, Heinz Ketchup and the Ferris Wheel
3. Features 700 sets of public stairs that are maintained by an Inspector of Steps (really!)
4. Home to the steepest street you can drive on in the United States — Canton Street
5. Spelled as Pittsburg from 1891 to 1911 (which may explain why people frequently misspell it!)

Sources: “41 Fun Facts About Pittsburgh You Weren’t Taught in School,” *Uncovering PA* ([uncoveringpa.com](http://uncoveringpa.com)); “50 Best Things to Do in Pittsburgh,” *Travel Lens* ([travellens.co](http://travellens.co))

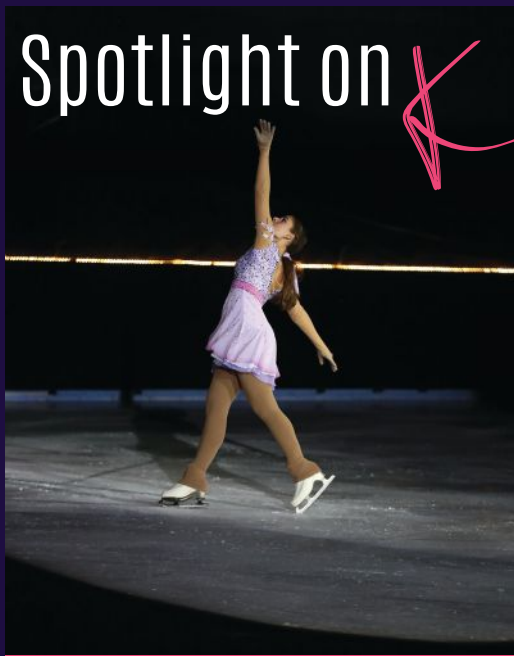


# Spotlight on

# Kaylee Bertolucci

## ISI's Newest Freestyle 10 Skater

by Eileen Viglione



When Kaylee Bertolucci passed the ISI Freestyle 10 test in September, she fulfilled a dream she has had since she first began skating 12 years ago.

An 18-year-old college student, Kaylee is ISI's latest skater to reach this prestigious level. She started skating at age 6, thanks to an elementary school friend who invited her to skate on a public session at Skatetown Ice Arena in Roseville, Calif.

"I had tried other sports, but as soon as I stepped on the ice, I knew it would be my passion," she said. "When I first started taking group lessons, most of

the skills came pretty naturally, and I progressed through the levels fairly fast. Of course, I had trouble with some elements, but my love of skating motivated me to work hard and focus on my long-term goals; one of those goals was to pass Freestyle 10."

Finally achieving this impressive feat is important to Kaylee because it represents just how far she has progressed in her skills as a figure skater.

"The hardest part of passing the FS 10 test was the multiple triple jumps I had to complete," she said. "The hardest combination that I completed two times in a row, and in my program, was a triple-toe loop, double-toe loop. I also had the choice between completing Arabian cartwheels or butterflies, and I chose to complete three butterflies in a row, which I have always struggled with. Overall, the test is the most difficult test I have ever done, and I am so happy I was able to accomplish it."

Kaylee is also a U.S. Figure Skating triple gold medalist and has placed at three U.S. Figure Skating National Showcase competitions. To prepare for competitions and testing, she trains at Skatetown and Vacaville Ice Sports for two hours a day, six days a week, with three coaches: Shannon Sakata, Chris Kinser and Kimberley Graves-Hamm.

Some of Kaylee's past programs include "Titanic," "Gone with the Wind" and Swan Lake from "Funny Girl." She loves that the sport of ice skating entails both technical and creative skills.

"I love the process of learning new moves, creating programs and competing every season," she explained. "There is always something to look forward to and try, making skating so versatile and interesting. My favorite part of every skating season is choreographing and training new programs, with a whole new set of improved skills."



Kaylee, center, earned first place in her first ISI competition, the 2011 Skate at the Lake in South Tahoe, Calif.

### Future Goals

Looking ahead, Kaylee plans to participate in another ISI World Recreational Team Championships, compete at the U.S. Figure Skating National Showcase this year and earn a fourth gold medal in U.S. Figure Skating Pattern Dances.



Her advice to other skaters striving to achieve the Freestyle 10 level?

"Have a strong sense of grit and focus," she said. "The skills needed to pass this test can take years and years, so staying focused and putting in lots of hard work is extremely important. If you can maintain a strong mindset toward your goals and put in the hard work that is needed, you can most definitely reach the Freestyle 10 level."



## Kaylee's Faves

### Music to Skate to:

Dramatic songs and selections from Broadway productions; orchestral and piano compositions for technical skating.

### Skater to Watch:

Aliona Kostornaia, Alysa Liu, Nathan Chen, Jason Brown, Kamila Valieva, Evgenia Medvedeva

### Role Model:

Carolina Kostner

### Food:

Italian

### Vacation Spot:

The Big Island of Hawaii, Kona region

## Cool

### Kaylee Fact:

Growing up, Kaylee's dad always took her camping; she loves being outdoors and experiencing the peacefulness of nature.

## Hobbies

### Outside of Skating:

Baking, painting, listening to music, watching her brother play football, cutting music for programs and designing dresses.



Kaylee, with her Vacaville Ice Sports coaches, from left: Shannon Sakata, Chris Kinser and Kimberly Graves-Hamm.



## Skate like a CHAMPION.

- On Ice Skating Skills Clinics
- Classroom Sessions
- Off Ice Training

### Elite Synchronized Skating Experience

Saturday, July 16 - Wednesday, July 20, 2022

### Synchronized Skating Experience

Thursday, July 21 - Sunday, July 24, 2022

### Jr Elite Synchronized Skating Experience

Sunday, July 24 - Wednesday, July 27, 2022

### Figure Skating School

Wednesday, July 27 - Sunday, July 31, 2022

Online Registration

[MiamiOH.edu/ICE](https://miamiOH.edu/ICE)

(513) 529-9803



More  
Info here!



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# 2020 ONE ISI ADULT



Arkansas Skatium — Overall Team Champion, 2020ne ISI Adult Champs

## ADULT SKATERS LIGHT UP! Vegas!

Almost 100 skaters from 23 rink teams from nine states (*Arkansas, California, Colorado, Florida, Illinois, Nevada, Ohio, Oregon and Texas*) descended on the ultimate “big kid” playground — Las Vegas! — to compete in the 2020ne ISI Adult Championships.

The 22nd annual event for adult skaters, ages 18 and over, took place Oct. 9-10 at the Las Vegas Ice Center.

With a total of 443.5 team points, Arkansas Skatium of Little Rock was crowned Overall Team Champion and winner of the Erika Amundsen Trophy. South Suburban Sports Complex, Littleton, Colo., finished in second place with a total of 234.5 team points and the Las Vegas Ice Center, with a total of 142 team points, was awarded third place.

“It was a small event, especially for Las Vegas, but what it lacked in size, it well made up for in enthusiasm!” said ISI Skating Programs & National Events Director Kim Hansen. “Those that came were very happy to be back to in-person skating and once again enjoying the camaraderie so emblematic of adult competition.”





# CHAMPIONSHIPS

David Sadler Photography



**Oldest Skaters:** Jimmy White, 82, Ellenton Ice & Sports Complex, Ellenton, Fla.; Sharon Sanders, 75, Arkansas Skatium; Jan Houston, 72, South Suburban Sports Complex; Rae Brooks, 72, Skating Club of Greater Youngstown, Ohio.

**Most Events:** Sherry Dowlen, South Suburban Sports Complex, 14 events; Dawn Doray, Arkansas Skatium, 13 events; Panipak Kumgade, Arkansas Skatium, 12 events; Jonathan Lim, Arkansas Skatium, 11 events

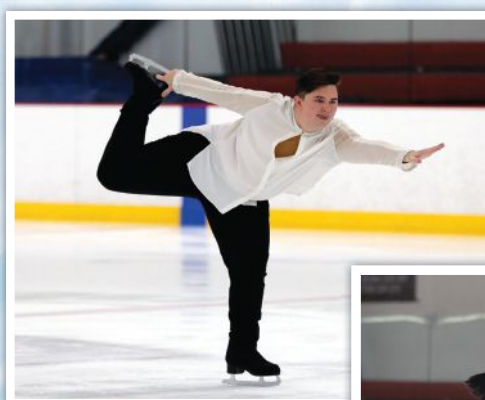
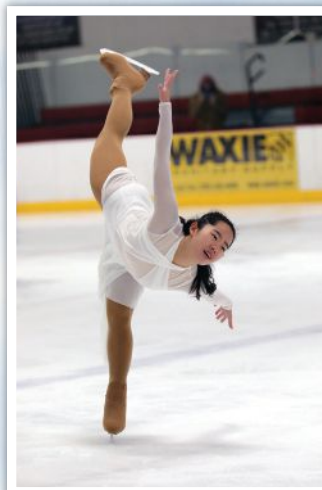
**Largest Skating Teams:** Solar4America at San Jose, Calif., 19 skaters; Arkansas Skatium, 17 skaters; Las Vegas Ice Center, 16 skaters; South Suburban Sports Complex, 13 skaters

**Teams from Farthest Distance:** Ellenton Ice & Sports Complex, Ellenton, Fla., 2,393 miles; TGH Ice Plex, Tampa, Fla., 2,359 miles; Skating Club of Greater Youngstown, Youngstown, Ohio, 2,141 miles





# 2020 ONE ISI ADULT CHAMPIONSHIPS



## Top 10 Teams

PLACE	TEAM	POINTS
1.	Arkansas Skatium	443.5
2.	South Suburban Sports Complex	234.5
3.	Las Vegas Ice Center	142.0
4.	Superstars FSC	73.0
5.	Solar4America San Jose	60.0
6.	Valley Children's Ice Center Bakersfield	47.0
7.	Skatetown Ice Arena	40.0
8.	TGH Ice Plex	38.5
9.	Ellenton Ice & Sports Complex	37.0
10.	Children's Health StarCenter Farmers Branch	29.0

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





# Open Solo Free Dance



Do you wish to compete in ice dance, but you can't find a partner or would rather dance on your own? Then Open Solo Free Dance is for you!

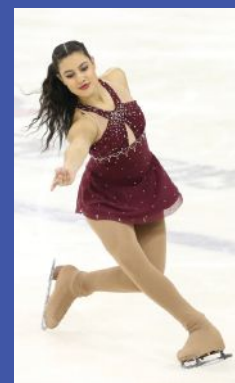
This discipline of skating, which is included in ISI's testing and competition offerings, has been growing in popularity with recreational and competitive skaters over the years. It features all of the elements of partnered free dance but without the lifts and couple elements. Emphasis is on demonstrating strong bilateral skating skills, power, edging, turn quality and variety, ice coverage, beautiful extensions, music interpretation, timing, ease of flow, transitions and style.

## Duration and Judging Criteria

There are prescribed elements to each of the levels (Bronze, Silver, Gold, Platinum and Diamond). The same duration rules apply that are used for other ISI disciplines so skaters may be under the prescribed time without penalty.

Judging criteria includes: Test Level Maneuvers, Correctness, Interpretation, Extra Content, Pattern, Timing, Posture and General Overall. Please refer to *The ISI Handbook* for more detailed information.

The dance should reflect the character and rhythm of the music through the steps, turns, body movement and costuming. Examples of Open Solo Free Dance themes include cultural or ethnic musical theme (e.g., Latin or Irish), rhythm theme (e.g., rumba, tango, march), Middle English theme (e.g., 1920s, 1930s) or artist theme (e.g., Beatles, Benny Goodman). The costuming should reflect the theme, period or story line of the routine. Skaters and coaches should be mindful that the dances should remain technical without becoming overly showy.



Open Solo Free Dance is a great way for coaches to capture skaters with stronger skating skills who may not want to pursue couples skating or difficult jumps. It's also another great way for ice dancers to expand their horizons in dance by exploring more creative skating and a wider variety of musical themes.

## Open Solo Free Dance Vs. Footwork/Artistic

You might be wondering how Open Solo Free Dance is different from either Footwork or Artistic?

### Open Solo Free Dance

- Open Solo Free Dances should have a minimum of crossovers (no more than two) between elements and turns.
- A dancer should show their interpretation of their music with their "skating knees," facial expression, and hand and arm movements.
- Stops should not be excessive and have a purpose to the music.
- Stops should be limited to four measures of music. Judges want to judge dance skating skills and not standstill dancing.
- Dance movements utilizing arms, hips, torso, core body and free leg movements should be evident throughout the program with a connection to the rhythm of the music and with a conscious attempt to accentuate them to the highlights in the music.
- Open Solo Free Dancers should always skate each step to the beat of the music with emphasis to the strong beat of the music. Dancers should try to have a variety of tempo in their music selection to show their interpretive abilities to a variety of music.
- A variety of rhythms should be explored to show the skater's versatility to interpret a variety of dance rhythms.

### Artistic

Artistic event programs will include more Freestyle skills so following the Open Solo Dance guidelines may not be possible. A good Artistic program should ideally utilize some of the character of a solo ice dancer, but there will also be more emphasis on athleticism than Free Dance.

### Footwork

Footwork programs will have some of the characteristics of a Free Dance but likely not as much emphasis on dance skills. These routines will typically have more emphasis on turns and steps but not as much dance interpretation. As these programs are shorter, it will not always be possible to show a variety of tempos and rhythms in the music selection.



## 2022 ISI National Events – Selected Maneuvers

### Solo Compulsories (Pre-Alpha – Freestyle 10)

Skaters are to perform only the three maneuvers below in any order with a minimum of connecting steps. Each maneuver may only be attempted one time. Additional maneuvers, such as any jump, spin or gliding maneuver from a test level or any uncaptured moves, are not allowed.

There is no penalty given for the quantity of swizzles, wiggles, strokes or crossovers in the Pre-Alpha through Beta levels. Only the quality of these maneuvers is comparatively judged.

Pre-Alpha through Freestyle 5 will be on half ice only and Freestyle 6 through 10 will be on full ice.

### Required Maneuvers:

**Pre-Alpha:** Right One-Foot Glide / Left One-Foot Glide / Backward Swizzles

**Alpha:** Forward Stroking / Right over Left Forward Crossovers / One-Foot Snowplow Stop

**Beta:** Left over Right Backward Crossovers / Right over Left Backward Crossovers / Right T-Stop

**Gamma:** RFI Mohawk Combo / LFI Mohawk Combo / Hockey Stop

**Delta:** RFI Three Turn / LFI Three Turn / Bunny Hop

**Freestyle 1:** Waltz Jump / One-Half Flip / Two-Foot Spin

**Freestyle 2:** Ballet Jump / One-Foot Spin / Two Forward Arabesques

**Freestyle 3:** Salchow Jump / Backward Outside or Inside Pivot / Toe Loop

**Freestyle 4:** Flip Jump / Sit Spin / Loop Jump

**Freestyle 5:** Camel Spin / Axel / Lutz Jump

**Freestyle 6:** Double Salchow / Choice Spin (Cross-foot/Layback/Sit-Change-Sit) / Split Jump

**Freestyle 7:** Opposite Jump / Flying Camel Spin / Double Toe Loop Jump

**Freestyle 8:** Double Loop Jump / Flying Sit or Axel Sit / Split Lutz

**Freestyle 9:** Double Lutz Jump / Flying Camel into Jump Sit Spin / Axel in opposite direction or Double Axel

**Freestyle 10:** Double Axel-Double Toe Loop combination / Death Drop / Three Arabian Cartwheels or Butterfly Jumps

### Solo Compulsories (Special Skaters 1-10)

**Special Skater 1:** Fall, Get Up, March in Place

**Special Skater 2:** Forward Swizzle, Two-Foot Glide, Teapot Dip

**Special Skater 3:** Forward Swizzles, Scooter Push (L or R), Backward Wiggles

**Special Skater 4:** T-Position Push, One-Foot Swizzles (L or R), Forward Crossovers Standing Still

**Special Skater 5:** Forward Stroking, Snowplow Stop, R/L Forward Crossovers

**Special Skater 6:** Two-Foot Turn Forward to Backward, Forward One-Foot Glides on a Curve, L One-Foot Backward Swizzles

**Special Skater 7:** Backward Stroking, Choice of Stop, L/R Backward Crossovers

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

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

**Special Skater 10:** Bunny Hop, Lunge, LFI Three Turn

## LOVIN' the 2022 National Event Theme!

Each year, the ISI office selects a new theme for the approaching new year's Themed Spotlights and Themed Production events offered at our national competitions.

The 2022 theme is (*drum roll!*): **"LOVE — it's what makes the world go 'round.'"**

We encourage you and/or your coach(es) to create your programs based on what this theme means to you. You can continue to use these programs through the final national event of 2022.



### 2022 Discounted Events

Discounted events offered at our national competitions provide a cost-saving way to earn more medals and have more fun! All skaters who enter any ISI national event in 2022 can qualify for these special discounts — just read the details carefully on the entry forms.

#### Discounted events include:

Footwork

Jump & Spin

Solo Compulsory

Team Compulsory

Team Surprise

*(Discounted event fee is \$20 each. For event descriptions, please visit [skateisi.org](https://skateisi.org). (Click on Competitions, ISI Competition Information, then National Events Descriptions.)*

### Selected Figures for ISI National Events

Figure 1: Forward Outside Eight

Figure 2: Backward Outside Eight

Figure 3: Backward Inside Eight

Figure 4: Forward Outside Loop

Figure 5: Backward Inside Loop

Figure 6: LFO Bracket

Figure 7: LFO Paragraph Three

Figure 8: RFI Rocker

Figure 9: LFO Paragraph Loop

Figure 10: The Flower



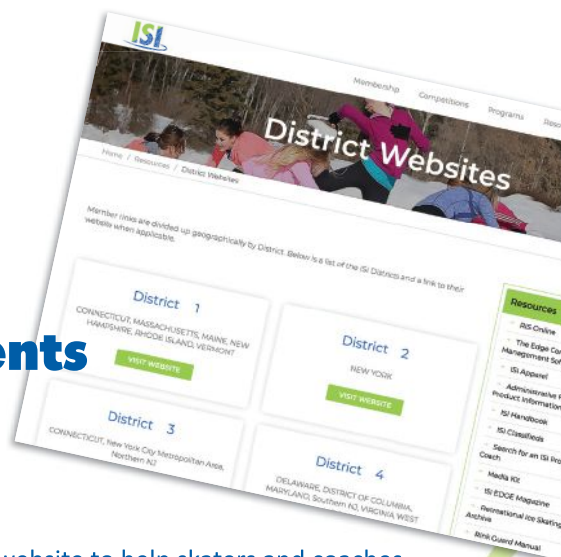


## Stay Informed on ISI News & Events in Your Area!

### Visit Your ISI District Website

ISI member rinks are divided geographically by districts. Each district has a website to help skaters and coaches stay informed on news and events in their area.

Find your ISI district below, then check out your district website at [skateisi.org/districtwebsites](https://skateisi.org/districtwebsites)



# ISI Districts

#### **District 1**

Massachusetts, Maine, New Hampshire, Rhode Island, Vermont

#### **District 2/3**

Connecticut, New York, Northern New Jersey

#### **District 4**

Delaware, District of Columbia, Maryland, Southern New Jersey, Virginia, West Virginia

#### **District 5/18**

Alabama, Florida, Georgia, Mississippi, North Carolina, South Carolina, Tennessee

#### **District 6/7**

Indiana, Kentucky, Michigan, Ohio, Pennsylvania

#### **District 8/9**

Illinois, Kansas, Missouri, Milwaukee Metropolitan Area

#### **District 10**

Iowa, Minnesota, Nebraska, North Dakota, South Dakota, Wisconsin

#### **District 11**

Arkansas, Louisiana, New Mexico, Oklahoma, Texas

#### **District 12**

Colorado, Wyoming

#### **District 13/14**

Idaho, Montana, Northern California, Northern Nevada, Oregon, Washington, Utah

#### **District 15**

Arizona, Hawaii, Southern California, Southern Nevada

#### **District 16**

Alaska





## ISI World Recreational Team Championships

Aug. 4-7

Edge Ice Arena  
Bensenville, IL

Test & Entry Deadline: May 20  
[skateisi.org/worlds](http://skateisi.org/worlds)

# 8 Reasons to Attend

## 4-Day Event!

For your convenience, ISI is now a four-day event, Thursday through Sunday!

### 1. The Big Event

World Recreational Team Championships is ISI's annual, premier event — a gathering of talented skaters of all abilities and ages, from tots to seniors, from across the world

to compete in a sport they all adore. The Worlds vibe is contagious, and once you catch it, you'll be glad you did! So, start making plans now for this worlds of fun

event set for Aug. 4-7 (Thursday through Sunday) at Edge Ice Arena in the Chicago suburb of Bensenville,

Ill. Historically a week-long affair, Worlds has been shortened to be more convenient for our skaters, families and coaches. This abbreviated schedule provides the ideal opportunity for participants to extend their stays to take in all the sights and attractions in the host city and surrounding area.

### 2. Champion Venue

Located at the 88-acre Redmond Recreational Complex, the Edge Ice Arena is one of Chicagoland's leading ice skating facilities and among the largest in the country. The facility showcases three ice surfaces, including two NHL-size ice sheets. The main sheet offers 2,800 seats, plus nine luxury sky suites and an executive club level seating area. The complex is an outdoor enthusiast's playground, complete with climbing wall, zip line, ropes courses, in-line skating rink, skateboard park, aquatic center and volleyball pit, as well as a lake and wetland preserve.

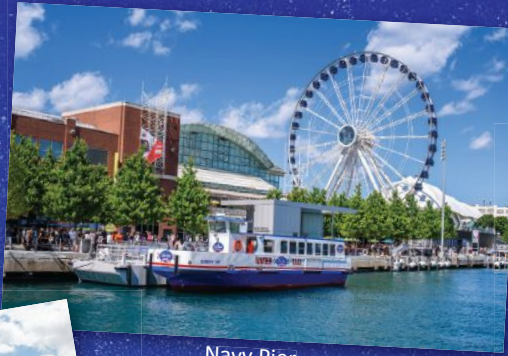
### 3. Easy Access

The Village of Bensenville is situated in DuPage County, a popular Midwest destination due to its convenient proximity to O'Hare International Airport and downtown Chicago, which is chock-full of stuff to do. While in Bensenville, you can cool off at the Bensenville Water Park & Splash Pad and explore Fischer Woods Forest Preserve, including Fischer Farm, an old homestead dating back to the 1800s.





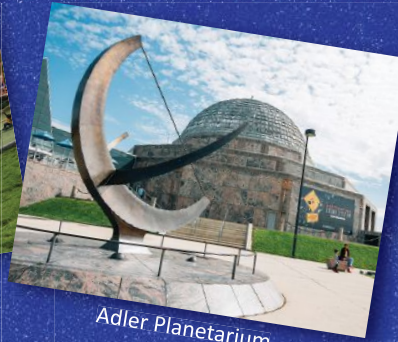
Chicago Riverwalk



Navy Pier



Maggie Daley Park



Adler Planetarium



Skydeck Chicago

# This Year's ISI Worlds!

by Eileen Viglione

## 4. Best Big City

For five years in a row, readers of *Condé Nast Traveler* have voted Chicago as the “Best Big City in the U.S.” In 2021, 800,000 readers cast their votes for Chicago, making it the only city to ever win this impressive honor five years in a row!

## 5. Fun for the Entire Family

Chicago has tons of things to do for all ages. Take a trip to **Navy Pier**, where you can ride the famous, 150-foot high Ferris wheel; pet stingrays at **Shedd Aquarium**; walk on air at **Skydeck Chicago**; enjoy a virtual journey through time and space at the **Adler Planetarium** and catch a Chicago Cubs game at the iconic **Wrigley Field**. How's that for starters?

## 6. Free Things to Do

Who doesn't love *free* stuff? Chicago offers many cool attractions that don't cost a dime! Get up close with animals at **Lincoln Park Zoo** and **Brookfield Zoo**, ride the slides and conquer the climbing wall at **Maggie Daley Park**, check out the amazing art at the **Chicago Culture Center** and **Hyde Park Art Center**, view lush greenery at **Garfield Park Conservatory**, enjoy the scenery at **Millennium Park** (home of Cloud Gate, aka “The Bean” sculpture) and so much more! Did we say *free*?

## 7. Competitors' Party

ISI Worlds is like no other skating competition on the planet, so we like to celebrate it BIG! Our Competitors' Party is designed to be an enjoyable event exclusively for Worlds participants and their families. It always entails food, friendship and FUN! Watch the ISI website for more detailed information in the coming months.

## 8. ISI Benefit Show

Always a much anticipated event at Worlds, the ISI Benefit Show, held during Worlds, will feature a soon-to-be announced “celebrity” guest skater and Worlds participants selected throughout the week to perform in the show. In recent years, star performers have included Starr (*no pun intended!*) Andrews, Bradie Tennell, Jason Brown and Mariah Bell. Be sure to check the ISI website for more information coming soon.

More information  
[skateisi.org/worlds](http://skateisi.org/worlds)  
[choosechicago.com](http://choosechicago.com)





# Siblings Bring 'Fleury' of Joy to Ice

by Eileen Viglione

If you've seen one Fleury on the ice, chances are you've seen two — Fleury siblings, that is. The dynamic sister-brother duo, Ava and William (aka Will) started skating together six years ago, when they were 8 and 6 respectively, and they have been skating individually for almost a decade. (2019 ISI Worlds participants may recall seeing them perform in the ISI Benefit Show.)

Their interest in figure skating flourished when they began taking ice skating lessons at Washington Park Ice Arena in Jefferson City, Mo., as a means to earn physical education credit as part of their homeschool curriculum. They now take courses through Mizzou Academy, an online K-12 school through the University of Missouri, which allows flexibility for practicing the sport they love and excel in. They both train approximately 10 hours a week under coach Joshua Canzolino Uster.

What do Ava and Will love most about skating?

"I love pushing myself in skating," said Ava, 14, who is an ISI Freestyle 7 skater (U.S. Figure Skating Preliminary Freeskate) and high school junior. "To explain, every session and every program brings its own unique challenges. I have to push through, which has taught me the meaning of perseverance. I also love being artistic and skating as fast as I can in my routines because there is no better feeling than to propel myself across the ice."

"One of the most rewarding aspects of figure skating is that it has taught me to look past minor frustrations. Instead, I can see the big picture of how my hard work, power, artistry, choreography and costumes will come together at a competition or show."

Twelve-year-old Will, an ISI Freestyle 6 skater (U.S. Figure Skating Pre-Preliminary), is considered an eighth grader and takes high school courses. He knows that even if he's having a bad day, he can lace up his skates, feel the ice under his blades and have fun as well as an opportunity to improve his skills.

"It's a great physical activity and very few people experience competitive figure skating," he said. "I also enjoy competing and entertaining the audience."

For Ava and Will, skating together comes naturally. They are both passionate about the sport, and they delight in each other's company.

"I really enjoy skating with him because he is like my best friend," shared Ava. "When we skate together, we know each other so well that we can communicate in a kind of shorthand or even have little conversation as we do our program."

Will, who was a member of his rink's synchronized skating program for three years, appreciates that skating with his sister enables him to spend time with her. "Our pairs program is one of our favorite programs to perform," he said. "We're always

there for each other. Our pairs number is always special to me because I get to perform and work toward a goal with my sister. Sometimes I don't want to practice my events, but practicing our duet always brings me joy."

## Challenges

Skating together also has its challenges. For one, Ava is not only older than Will, she's also taller than him, so she is doing all the lifting. They also skate in different directions (Ava is a left-footed skater and Will is a right-footed skater), so choreographing programs presents unique challenges. What's more, it can be difficult to find appropriate music for a sister and brother performance. In the past, the pair has skated to a "Grease"-themed program; "Jailhouse Rock" and "Bossa Nova Baby," both by Elvis; and most recently, "Land of 100 Dances" by Wilson Pickett.

Like all siblings, the duo sometimes has disagreements, but it doesn't change how they perform together on the ice.



"We argue a little, but most of the things we disagree about are small and don't change the way we skate together," said Ava. "At the end of the day, he is my brother and no matter how upset I am with him, he can always make me laugh! I never want to ruin a performance for him by being annoyed or in a bad mood. No matter what happens and how mad we are at each other, we will always be there for each other. Remembering this helps me realize that it doesn't do any good to be upset at my brother over small things because five years from now, tiny arguments won't matter."

Will agreed, stating: "Like all relationships, we have disagreements, but we don't bring it onto the ice, and it doesn't show in our routines. She is caring and kind, and we have each other's backs, so the disagreements don't last long."

## ISI Program

What do the siblings enjoy most about the ISI testing and recreational competitive program?



"One thing that I enjoy about ISI is being able to talk to people at competitions from different ice arenas and different cities around the world," said Ava. "Sometimes the competitive nature of the sport can cause tension between skaters, but choosing to compete ISI really allows me to just have fun and be friendly to my fellow competitors. Skating is challenging enough, and it helps to make friends with others that share the same passion for the sport. ISI makes me feel that I can show and share my passion without the pressure of placing on the podium."

Will shared that he enjoys the environment at competitions and performing for his friends and family. "The opportunity to perform the skills I work on mastering during practice is exciting."

## All in the Family

For the Fleury siblings, an important aspect of their skating is their family's involvement.

"My grandmother and mother design, sew and jewel all of my costumes, said Ava. "My father is in charge of transporting props and making countless trips back and forth to the car while at competitions. Also, my grandfather is our videographer and candy supplier. And finally, my brother is my partner and my biggest cheerleader because he understands what it takes to figure skate."

Skaters can see the Fleury "sibs" in action at this year's ISI World Recreational Team Championships, scheduled Aug. 4-7 at Edge Ice Arena in Bensenville, Ill.



### Ava at a Glance

**Hobbies Outside of Skating:** Piano, embroidery, painting, calligraphy and serving as a volunteer with the Missouri Figure Skating Club Adaptive Skating Program, helping skaters with physical and intellectual disabilities.

**Interesting Facts About Ava:** Enjoys nutrition and cooking healthy recipes; wants to be a biomedical researcher; loves carrots and pulling April Fool's Day pranks.

**Advice to skaters:** "Never get frustrated with yourself because even baby steps count as progress."

### Will at a Glance

**Hobbies Outside of Skating:** Piano, archery, drawing, aeronautics, learning about World War II and serving as a volunteer with the Missouri Figure Skating Club Adaptive Skating Program, helping skaters with physical and intellectual disabilities.

**Interesting Facts About Will:** Has copper-colored hair and was bitten by a venomous copperhead snake in June 2020

**Advice to skaters:** "Keep going, no matter what happens. Work hard, don't give up and enjoy skating."



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# 2020 ONE ISI HOLIDAY TH



**Iceoplex Simi Valley — Overall Team Champion,  
2020ne ISI Holiday Theatrical Challenge**

## SKATERS BRING *Sunshine* TO ICEOPLEX SIMI VALLEY

While the weather was unusually foggy, the atmosphere inside the Iceoplex in Simi Valley, Calif., was bright, as skaters took to the ice Dec. 4-5 for the 2020ne ISI Holiday Theatrical Challenge.

Nearly 300 skaters representing 18 rink teams from four states (California, Minnesota, Missouri and Texas) were thrilled to be competing again and making memories with skating friends.

Iceoplex Simi Valley was crowned Overall Team Champion, with a total of 439.5 points. HealthEast Sports Complex, Woodbury, Minn., took 2nd place, with 423 total points and Toyota Sports Performance Center, El Segundo, Calif., placed 3rd, with 255.5 points.

"I believe it was one of the first competitions in which many of the skaters (most being from California) were able to participate in since the start of the pandemic, and we could certainly see that they were excited and grateful for the opportunity," said ISI Skating Programs and National Event Director Kim Hansen. "The rink did an exceptional job of creating the theatrical lighting for the event, complete with professional-grade spotlights and colored background lights."

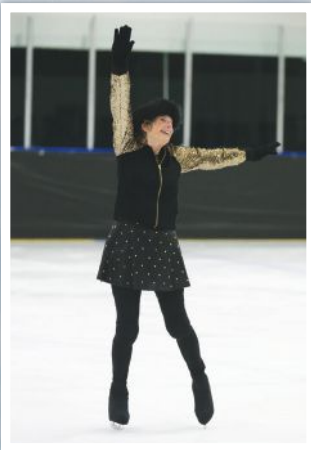
"The host rink won, but it was extremely close right down to the end of the competition. A visiting rink from Minnesota, HealthEast Sports Center, almost won; the point difference was only 16.5 points — the closest I have ever seen in my 10 years of running events, so that was very exciting!"





# EATRICAL CHALLENGE

Cynthia Slawter Photography



Marsha Stout

## Oldest Skaters:

Marsha Stout, 73, Valley Edge Skating School, Panorama City, Calif.; Wild John Cohen, 67, Toyota Sports Performance Center; Catherine Roze, 66, Toyota Sports Performance Center

## Youngest Skaters:

Mackenzie Blatt, 2, Toyota Sports Performance Center; Archer Crichton, 3, Toyota Sports Center; Isla Lavizani, 3, The Cube — Ice and Entertainment Center, Valencia, Calif.

## Skated in Most Events:

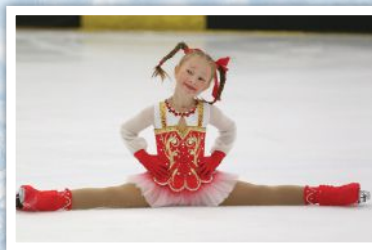
Kiera Daniels, HealthEast Sports Center, 11 events; Robert Trygstad, Vacaville Ice Sports, Vacaville, Calif., 11 events; Addison Eckberg, HealthEast Sports Center, 10 events; Aubrey Lovins, HealthEast Sports Center, 10 events

## Largest Skating Teams:

Iceoplex Simi Valley, 70 skaters; Toyota Sports Performance Center, 46 skaters; The Cube Ice and Entertainment Center, 44 skaters

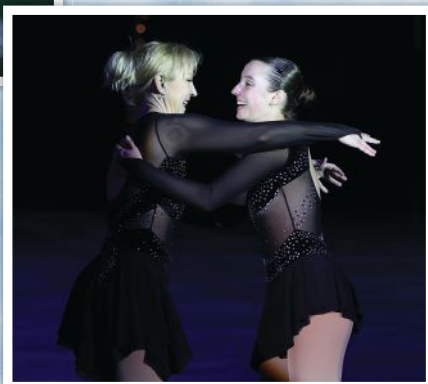
## Teams from Farthest Distance:

HealthEast Sports Center, Woodbury, Minn., 1,965 miles; Line Creek FSC, Kansas City, Mo., 1,654 miles; ICE at The Parks, Arlington, Texas, 1,456 miles





# 2020 ONE ISI HOLIDAY THEATRICAL CHALLENGE



## Top 10 Teams

PLACE	TEAM	POINTS
1.	Iceoplex Simi Valley	439.5
2.	HealthEast Sports Center	423.0
3.	Toyota Sports Performance Center	255.5
4.	Solar4America	229.0
5.	The Cube Ice and Entertainment Center	142.0
6.	Skatetown Ice Arena	95.0
7.	Iceland Ice Skating Center - Van Nuys	82.0
8.	Vacaville Ice Sports	67.0
9.	Hollywood Ice Stars Skating School	49.0
10.	The Rinks – Lakewood ICE	47.0

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



# 'Steel' the Show at the 2022 ISI Northeast Championships!



PRESENTED BY



## May 13-15

**Ice & Blades Figure Skating Team | Alpha Ice Complex  
Pittsburgh, PA**

**Test & Entry Deadline: March 25**  
**[skateisi.org/northeastchamps](https://skateisi.org/northeastchamps)**

Come join us for our first-ever Northeast Championships, taking place in "The Steel City" — Pittsburgh!  
For more information, visit [skateisi.org/northeastchamps](https://skateisi.org/northeastchamps) or contact ISI Skating Programs & National Events  
Director Kim Hansen at [khansen@skateisi.org](mailto:khansen@skateisi.org).



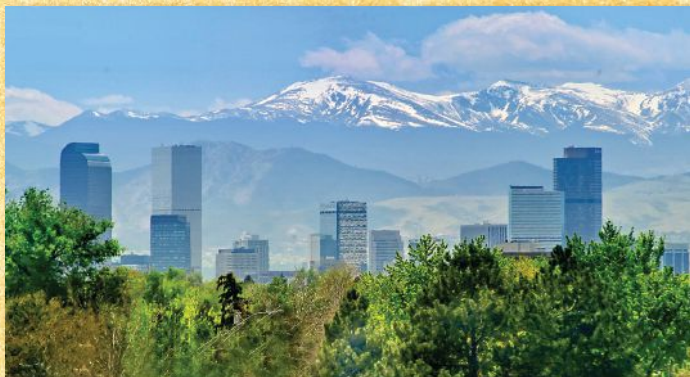


## ISI Adult Championships

Oct. 8-9

South Suburban Sports Complex  
Denver, CO

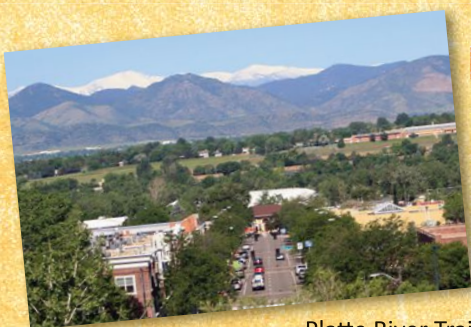
Test & Entry Deadline: Sept. 1  
[skateisi.org/adultchamps](http://skateisi.org/adultchamps)



# MAKE MILE-HIGH MEMORIES IN DENVER!

by Eileen Viglione

Come this fall, ISI Adult Championships heads to the foothills of the breathtaking Rocky Mountains for a special competition that is *all* about our wonderful, inspirational adult skaters (ages 18 and over)! The event is set for Oct. 8-9 at South Suburban Sports Complex in Littleton, Colo., just a few miles south of the capital city of Denver, where urban sophistication meets outdoor adventure.



## LITTLETON

Consistently ranked as one of the best places to live in the country, Littleton offers a special charm all its own, including a vibrant, historic downtown featuring tree-lined streets, turn-of-the century buildings, locally-owned eateries, coffeehouses, antique shops and art galleries.

This Denver suburb is also brimming with parks, lakes, rivers and trails, making outdoor adventure a breeze. You can walk, run, bike or blade South

Platte River Trail, stopping off at various attractions along the way, such as **Carson Nature**

**Center, Hudson Gardens and Breckenridge Brewery Farmhouse.**

## DENVER

Experiencing Colorado in the fall is truly a treat, as the “Centennial State” transforms into a kaleidoscope of warm colors. You’ll want to make sure you build enough time into your trip for some exhilarating excursions (envision scenic hikes or drives) and a whole lotta fun with skating friends while off the ice. Your options for adventure in the “Mile-High City” and surrounding area are literally endless!





## Top 10 Places to Visit in Denver

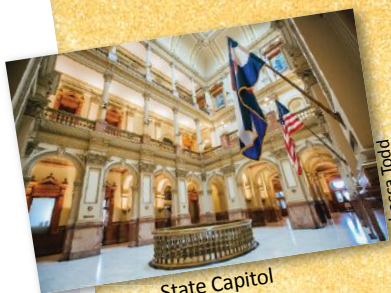
1. Colorado State Capitol
2. Denver Art Museum
3. 16th Street Mall
4. Denver Botanic Gardens
5. Union Station
6. United States Mint
7. Larimer Square
8. City Park
9. Breweries
10. Sports Venues\*

### Suggested day trips include:

Golden, Idaho Springs, Red Rocks Park, Rocky Mountain National Park, Roxborough State Park, Mount Evans Scenic Byway, Estes Park, Garden of the Gods, Boulder and Blackhawk/Central City.

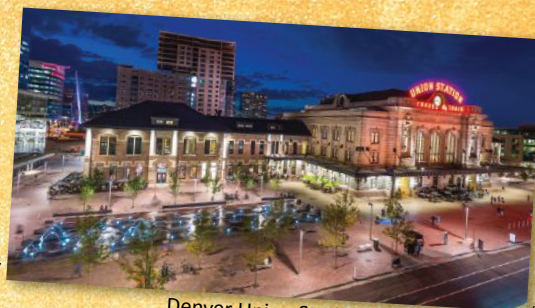
\*Colorado boasts six professional sports teams: Colorado Rockies, Denver Broncos, Colorado Avalanche, Denver Nuggets, Colorado Rapids and Colorado Mammoth.

Photos courtesy of Visit Denver and Littleton Colorado



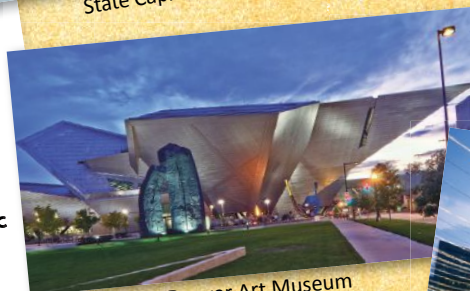
State Capitol

Rebecca Todd



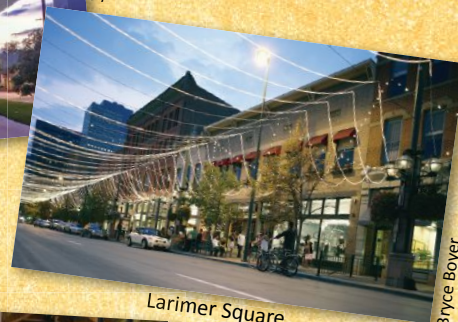
Denver Union Station

Scott Dressel-Martin



Denver Art Museum

Jeff Wells



Larimer Square

Bryce Boyer

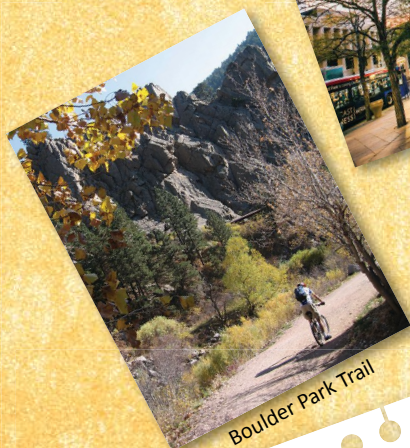


16th Street Mall

Rebecca Todd



Breckenridge Brewery Farmhouse



Boulder Park Trail



South Suburban Sports Complex

## Weather Is Divine!

In most years, Denver averages 22 days of sunshine in October and a maximum temperature in the 60s.

More information  
[skateisi.org/adultchamps](http://skateisi.org/adultchamps)  
[denver.org](http://denver.org)



Rocky Mountain National Park

## 'Hostess with the Mostess'

Adult Champs participants will be more than pleased by this year's competition venue. The new, state-of-the-art South Suburban Sports Complex opened January 2021 and boasts three spectacular sheets of ice. Colossal in size (206,000 square feet to be exact), the impressive facility features a figure skating warm-up room, five locker rooms, a skate rental shop and a pro shop.



# Flip 'n' Fun...



## STONE COLD FLIP & FRIENDS

This painted stone project is easy and fun for all ages, and it's rewarding to see how you can turn some simple stones into ISI mascot Flip, and his friends. You can purchase smooth stones at your local garden center, or you can set out on a treasure hunt with friends and/or family to find the perfect stones for your project.

## ROCK VS. STONE

While some people use the terms "rock" and "stone" interchangeably (as synonyms), do you know that there are differences between the two? See if you can circle the correct answer (rock or stone) in each sentence. Answer key is below.

1. A ROCK/STONE IS THE HARD MATERIAL OF THE EARTH'S CRUST.
2. A ROCK/STONE CAN BE HARD OR SOFT.
3. A ROCK/STONE IS A SOLID, NON-METALLIC MINERAL MATTER.
4. A ROCK/STONE IS A SMALL PIECE.
5. A ROCK/STONE IS HARD TO MOVE.



### HERE'S WHAT YOU'LL NEED:

- Smooth stones of various sizes
- Acrylic paint – black, white and orange
- Paint brushes
- Newspaper, tin foil, waxed paper or parchment paper
- Sealer (such as PVA Glue or Mod Podge)
- Toothpick (optional)



Answers: 1. rock 2. rock 3. stone 4. stone 5. rock



# Adventures & Activities

## INSTRUCTIONS:

### FOR EACH STONE

1. Paint one side of the stone with black acrylic paint. Place it (painted side up) on newspaper, tin foil, waxed paper or parchment paper. Let dry.
2. Paint the other side of the stone. Let dry.
3. Paint a white circle on one side of the stone to create Flip's tummy. Let dry.
4. Dip the tip of a paint brush (or toothpick) in white paint and create two eyes. Let dry.
5. Dip the tip of a thin paintbrush into the black paint and create a pupil in each eye.
6. Using a paintbrush, create a triangular beak. Let dry.
7. Dip the tip of a paint brush in orange paint and make three circles (touching one another) on the bottom of the rock to create Flip's feet. Let dry.
8. Cover one side of Flip in a sealer (such as watered down PVA glue or Mod Podge.) Let it dry.
9. Cover the other side of Flip in watered down PVA glue or Mod Podge. Let dry.
10. Create additional penguins, then show off your new Flip 'n' Friends!  
(For added fun, display them in a container filled with marshmallows!)



**THANK YOU TO ISI OPEN SILVER SKATER KATHERINE FREY, 9**  
FOR DEMONSTRATING HOW TO MAKE THIS STONE COLD FLIP & FRIENDS PROJECT.  
KATHERINE'S HOME RINK IS TAMPA BAY SKATING ACADEMY IN OLDSMAR, FLA.



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



# Twizzle's Twins & Triplets



## Rangarajan Twins Radiate on the Ice

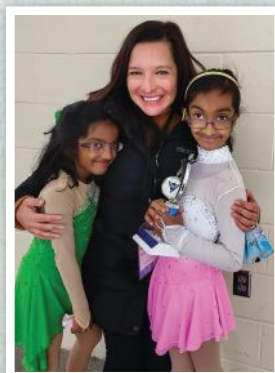
*We are looking for ISI skating twins and triplets to share their experiences on the ice. If this sounds like you, please email [editor@skateisi.org](mailto:editor@skateisi.org) for more information.*

It pays to have a big sister, especially when she likes to skate. If you often accompany her to the rink for her lessons, soon enough the skating "bug" will hit you, too. That was the case with Annika and Ananya Rangarajan, who now have their older sister, Saanvi, to thank for their love of the sport.

The twins, who turn 7 in March, are coached by Amber Karcher Ramos, and they participate in the ISI program at St. Louis Park Rec Center in St. Louis Park, Minn., and the U.S. Figure Skating program at Maple Grove Ice Arena in Maple Grove, Minn.



Ananya, left, and Annika, right, in their happy place — on the ice!



Annika, left, and Ananya, right, with Coach Amber Karcher Ramos, skating director at St. Louis Park Rec Center.



### Annika

Annika began skating at just 2 years old.

"I have always been in an ice rink, as my older sister skated every day," she says. "As I watched her skate, I also wanted to be a figure skater. Then, when I was 2 years old, my coach taught me to skate on ice for the first time, and I loved it!"

Annika has been participating in ISI competitions since she was 4 years old and has competed in the following events: 2019 Skate Woodbury, 2019 White Bear Lake Holiday Open, 2020 Bold Ice Challenge, 2020 ISI World Recreational Team Championships and 2021 Skate Woodbury.

"I feel happy and excited when I skate," says Delta-level skater Annika. "I love to wear pretty dresses with stones, and I like winning trophies and medals."



### Ananya

Ananya began skating at 4 years old.

"My sisters skated, and I loved to watch my twin sister, Annika, skate," she says.

A Pre-Alpha skater, Ananya began competing in ISI events in 2021 and competed in the 2020 ISI World Recreational Team Championships and the 2021 Skate Woodbury.

Like her twin sister, Ananya feels happy on the ice, and she likes to skate fast.

The pair appreciates the ISI program because they enjoy participating in light entertainment performances and being a part of a team. "I love to do my chicken dance program for light entertainment, as it is fun and everybody claps to my song," says Ananya.

### Annika's FAVES

**Skating Move:** Shoot the duck, Catch-foot Spiral, Waltz Jump and Half Lutz

**Music to Skate to:** Shakira's "Waka Waka" and "Let's Get Loud" by Cinderella (Camila Cabello)

**Favorite Skater to Watch:** Older sister, Saanvi; Mirai Nagasu

**School Subject:** "I love my class teacher, Ms. Haberlack. I also love art and music"

**Food:** Jelly Sandwich & French Fries

**Place to Visit:** "I have been to India, Switzerland, Paris and London. I love the Eiffel Tower and the cable cars in the Swiss Alps."

### Ananya's FAVES

**Skating Move:** One-foot Glide, Catch-foot Spiral and Pivot Spins

**Music to Skate to:** My Little Pony theme song — "I love doing my program to this song."

**Favorite Skater to Watch:** Older sister, Saanvi

**School Subject:** "I love to read."

**Food:** Green peas, pizza & ice cream

**Place to Visit:** Itasca State Park, Minn., the headwaters of the Mississippi River



# parents' page

## Q&A: What Every Skating Parent Needs to Know

Sprinkler Recreation Center Coach Jennifer Rubin, mom of skater Arabella, 6, helps to answer questions ISI skater parents may have.

### What are the lifelong benefits of learning how to skate, and is it worth the cost, time and energy?

Learning how to skate is about more than developing physical skills. It not only helps one to become stronger and more competent on the ice, but it also teaches one how to handle both success and failure, how to work through mistakes and to take on new challenges as the skills become more difficult. A skater must literally learn how to get up when they have fallen down, and in many ways, this becomes a template for dealing with many of life's challenges.



### How long should a skater wait to get their own skates instead of rentals?

For kids, it would be best to wait until they get through their first group lesson session just to be sure they are committed. Since ice skates are an investment, buying them before you know if your child wants to continue to skate may be a waste of money.

### At what ISI skating level should private coaching be considered?

Private coaching can be considered at any level. Some students thrive with one-on-one instruction, while others may feel more comfortable in a group class setting. Both have value, but a combination of the two can be beneficial, at least in the beginning.

### How many hours should a skater expect to practice to grow their skating abilities?

A good rule of thumb is for every 30-minute lesson taken, a skater should practice a minimum of 60 minutes to see improvement. Practice time will normally increase as the skater improves and moves through the various levels.

### What is a Freestyle session? Is my child allowed to participate?

Freestyle sessions are practice sessions for anyone working on more advanced skills. These sessions are different from a public session and will allow a skater to have more freedom and space to practice with other like-minded skaters. Most rinks have levels assigned to these sessions to help keep skaters safe, and some only allow participation if they are in a lesson with a private coach. Check with the front desk or the skating director at your home rink for more information about freestyle sessions.

### When can a skater start competing?

One can start to compete from the very beginning in ISI. We offer competition events for all levels, ages and abilities. There are literally hundreds of different kinds of events available to skaters, which will allow them a chance to find success at all stages of their skating journey. One of the best things about ISI is that you can be of ANY age to compete in an ISI competition!

### Who decides what music to use in a competition? Do skaters have to edit the music themselves?

Generally, picking out the right music for a skater is a group effort between the student, parent and coach, depending on the skater's age and ability. Most coaches help with editing the music to ensure the music duration and type is correct and appropriate.

### If a skater gets hurt, should they tell their coach?

Most definitely! The coach is there to help the skater be their best, and that means helping to keep skaters healthy and safe. Skating with an injury can be dangerous, and a coach will most certainly want a skater to consult a doctor any time they are hurt or sick.

### Is it okay to take breaks? Sometimes it's difficult to be at class when life outside the rink gets too busy.

Yes, absolutely! A great thing about ice skating is that it will always be there for you when you return. First and foremost, skating should always be fun and a positive addition to your life. Choosing the sport of ice skating should not be overly stressful or burdensome. Our mission, through the development of the ISI Skating Program more than 60 years ago, is to introduce people of all ages to the joy of skating and, in turn, help create lifelong skaters.

*Parents, please feel free to reach out to us if you have any questions about skating. Contact ISI Skating Programs & National Events Director Kim Hansen at [khansen@skateisi.org](mailto:khansen@skateisi.org).*



# High-Level Tests

**Congratulations** to the following skaters who have passed high-level tests (January 1, 2021 - January 20, 2022):

## **FREESTYLE 10**

**Kaylee Bertolucci**  
Vacaville Ice Sports  
Vacaville, Calif.

## **FREESTYLE 9**

**Janine May**  
Oakton Ice Arena  
Park Ridge, Ill.

**Kate Rekas**  
SportQuest Skating Academy (SQSA)  
Parade  
Minneapolis

**Emma Schwartz**  
Hutchinson FSA  
Hutchinson, Minn.

## **FREESTYLE 8**

**Gwendolyn Cheney**  
Harry J. McDonald Memorial Center  
Eagle River, Alaska

**Lena Espinosa**  
Tampa Bay Skating Academy (TBSA) —  
Countryside  
Clearwater, Fla.

**Georgia Gibbs**  
White Bear Lake Sports Center  
White Bear Lake, Minn.

**Alex Johnson**  
SportQuest Skating Academy (SQSA)  
Parade  
Minneapolis

**Savannah Joyce**  
SportQuest Skating Academy (SQSA)  
Parade  
Minneapolis

**Elsa Peterson**  
Buffalo Figure Skating Club  
Buffalo, Minn.

**Emma Schwartz**  
Hutchinson FSA  
Hutchinson, Minn.

**Coryna Stanchfield**  
NSC Super Rink  
Blaine, Minn.

**Emma Steele**  
White Bear Lake Sports Center  
White Bear Lake, Minn.

**Jenna Valleen**  
White Bear Lake Sports  
Center  
White Bear Lake, Minn.

## **DANCE 10**

**Bonnie Dudley**  
Ice Chalet  
Knoxville, Tenn.

**Emma Ogle**  
Ice Chalet  
Knoxville, Tenn.

**Jonathan Shelton**  
Ice Chalet  
Knoxville, Tenn.

**Altair Zeitgraf**  
Ice Chalet  
Knoxville, Tenn.

## **DANCE 9**

**Bonnie Dudley**  
Ice Chalet  
Knoxville, Tenn.

**Joseph Kasputys**  
FMC William Chase Arena,  
Natick, Mass.

**Emma Ogle**  
Ice Chalet  
Knoxville, Tenn.

**Kendall Patty**  
Ice Chalet  
Knoxville, Tenn.

**Altair Zeitgraf**  
Ice Chalet  
Knoxville, Tenn.

## **DANCE 8**

**Bonnie Dudley**  
Ice Chalet  
Knoxville, Tenn.

**Emma Ogle**  
Ice Chalet  
Knoxville, Tenn.

**Altair Zeitgraf**  
Ice Chalet  
Knoxville, Tenn.



Rewarding Achievements on and off the ice

## Donate Now

[www.isiafoundation.org](http://www.isiafoundation.org)

The Foundation welcomes contributions in any amount, whether made periodically as part of an extended pledge, or on a one-time basis.

A tax-deductible contribution to the ISIA Education Foundation in honor or in memory of a loved one makes a wonderful gift.

Since 1989, the Foundation has awarded more than \$200,000 in academic scholarships to deserving "skating scholars" who have demonstrated excellence both on and off the ice.



## 2022 Competitions

### February

**26-27** ..... **Southgate MI**

Southgate Civic Arena  
Southgate ISI Winter Competition

**26-27** ..... **Brookings SD**

Larson Ice Center  
Prairie Polar Blast

**27** ..... **Natick MA**

FMC William L. Chase Arena  
2022 Team Invitational, Too

### March

**4-6** ..... **Minneapolis MN**

SportQuest Skating Academy Parade  
Bold Ice Skating Challenge

**5-6** ..... **Park Ridge IL**

Oakton Ice Arena  
Ice Breaker Classic

**5-6** ..... **Wasilla AK**

Brett Memorial Ice Arena  
Skatefest ISI Figure Skating Competition

**5-6** ..... **San Diego CA**

San Diego Ice Arena  
California State Games

**5-6** ..... **Ebensburg PA**

North Central Recreation Center  
WinterFest Invitational

**13** ..... **Natick MA**

FMC William L. Chase Arena  
2022 Natick Competition

**18-20** ..... **Jefferson City MO**

Washington Park Ice Arena  
28th Annual Capital City Classics

**18-20** ..... **Newark OH**

Lou & Gib Reese Ice Arena  
2022 Newark Spring Fling Competition

**20** ..... **Easton MD**

Talbot County Community Center Ice Rink  
2022 Talbot Classic Competition

**20** ..... **San Francisco CA**

Yerba Buena Ice Skating Center  
Shamrock Skate

**25** ..... **Owensboro KY**

City of Owensboro Edge Ice Center  
10th Annual "Living on the Edge"

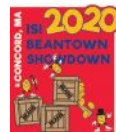
**27** ..... **Goleta CA**

Ice in Paradise  
Be A Skating Star

### April



**2022years later ISI Synchronized Championships**  
**April 1-3**  
Sharper Edge Skating School  
Valley Sports Arena  
Concord MA



**Beantown Showdown**  
**April 2**  
Sharper Edge Skating School  
Valley Sports Arena  
Concord MA

**3** ..... **Arlington TX**

ICE at The Parks  
ISI Spring In-House Competition

**8-10** ..... **Sioux Falls SD**

Scheels IcePlex  
Sioux Falls Challenge Cup

**9** ..... **Orleans MA**

Charles Moore Arena  
Lower Cape Spring Artistic Challenge

**9-10** ..... **Franklin Park IL**

Franklin Park Ice Arena  
Spring Fever

**9-10** ..... **Tacoma WA**

Sprinker Recreation Center  
34th Annual ISI Spring Fever Team Competition

**14-16** ..... **Soldotna AK**

Soldotna Regional Sports Complex  
Riverskate

**22-24** ..... **Pasadena CA**

Pasadena Skating Center  
36th Annual ISI Competition

**24** ..... **Yorktown VA**

Hampton Roads Iceplex  
7th Annual Spring Fling Competition

**29-May 1** ..... **Knoxville TN**

Ice Chalet  
The 53rd Annual Robert Unger ISI Competition

**29-May 1** ..... **Oldsmar FL**

Tampa Bay Skating Academy Oldsmar  
Spring Fling 2022

**30-May 1** ..... **Fairfax VA**

Fairfax Ice Arena  
Fairfax Ice Arena's Annual ISI Competition

### May



**ISI Northeast Championships**  
**May 13-15**  
Ice & Blades Figure Skating Team  
Alpha Ice Complex  
Pittsburg, PA

**20-22** ..... **West Concord MA**

Valley Sports Arena  
2022 In-House Competition  
18th Annual Sharper Edge "Skater's Cup"

**21** ..... **Goleta CA**

Ice in Paradise  
2022 In-House Competition

### June

**12** ..... **Littleton CO**

South Suburban Sports Complex  
Yvonne Dowlen Memorial ISI Competition

### July

**16-17** ..... **Cottage Grove MN**

Cottage Grove Ice Arena  
Sunburst Challenge

### August



**ISI World Recreational Team Championships**  
**Aug. 4-7**  
Edge Ice Arena  
Bensenville IL

**17-18** ..... **Arlington TX**

ICE at The Parks  
ICE at The Parks 19th Annual ISI Open Competition

### October



**ISI Adult Championships**  
**Oct. 8-9**  
South Suburban Sports Complex  
Littleton CO

## 2022 Shows & Exhibitions

### February

**25-27** ..... **New Ulm MN**

New Ulm Civic Center  
Heroes on Ice

**26** ..... **Hastings MN**

Hastings Civic Arena  
River Blades Skating School "Let's Celebrate"

**27** ..... **Salem MA**

Salem State University's Rockett Arena  
Viking Skating Club Salutes 50 Years of Disney

**28** ..... **Granite City IL**

Granite City Park District Ice Rink  
The 49th Annual Granite City Park District Ice Show

### March

**12-13** ..... **Red Wing MN**

Prairie Island Arena  
Movie Madness

**12-13** ..... **Hutchinson MN**

Burich Arena  
Skating the Red Carpet

**19** ..... **Easton MD**

Talbot County Community Center  
2022 TFST Spring Skating Exhibition

**25** ..... **Peoria IL**

Owens Recreation Center – Peoria Park District  
Around the World

### April

**22-24** ..... **Jefferson City MO**

Washington Park Ice Arena  
60th Annual Ice Show—Around the Town

**24** ..... **San Mateo CA**

Nazareth Ice Oasis  
April Ambush

**29-30** ..... **Blaine MN**

NSC Super Rink  
It's About Time.... It's Show Time!

**29-May 1** ..... **Park Ridge IL**

Oakton Ice Arena  
S. S. Oakton

**29-May 1** ..... **Chicago IL**

McFetridge Sports Center  
"Move to the Rhythm"

### May

**13** ..... **Cottage Grove MN**

Cottage Grove Ice Arena  
Just Imagine

**13-15** ..... **Franklin Park IL**

Franklin Park Ice Arena  
Franklin's Game Night

**13-15** ..... **St. Peters MO**

St. Peters Rec-Plex  
Let It Snow

**14-15** ..... **Knoxville TN**

Ice Chalet  
2022 Knoxville Performance Camp

**20-22** ..... **West Concord MA**

Valley Sports Arena  
18th Annual Sharper Edge "Skater's Cup"

### June

**18** ..... **Arlington TX**

ICE at The Parks  
Summer Time



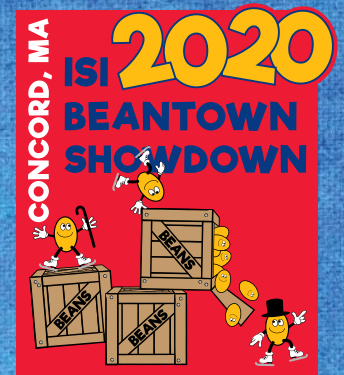
# 2022 ISI National Events

We look forward to seeing skaters compete and have FUN at the following 2022 ISI national competitions:



## 2022 yearslater ISI Synchronized Championships

April 1-3  
 Sharper Edge Skating School  
 Valley Sports Arena  
 Concord, MA  
 Entry Deadline: Feb. 1



## ISI Beantown Showdown

April 2  
 Entry Deadline: Feb. 1



## 2022 ISI Northeast Championships

May 13-15  
 Ice & Blades Figure Skating Team  
 Alpha Ice Complex  
 Pittsburgh, PA  
 Test & Entry Deadline: March 25

PRESENTED BY

Highmark Blue Cross Blue Shield and AHN

## 2022 ISI World Recreational Team Championships

Aug. 4-7  
 Edge Ice Arena  
 Bensenville, IL  
 Test & Entry Deadline: May 20



## 2022 ISI Adult Championships

Oct. 8-9  
 South Suburban Sports Complex  
 Littleton, CO  
 Test & Entry Deadline: Sept. 1



For details, visit [skateisi.org](http://skateisi.org)