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Fall 2022

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**Power Skating Tips
Focus On Artistic
Skating in Alaska!**

**National
Event Photos
INSIDE!**



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*Skaters, have you renewed your ISI membership? The ISI annual membership terms expires on Aug. 31 each year. Skaters who are not current ISI members will **NOT** be eligible to participate in ISI-endorsed competitions and shows.*

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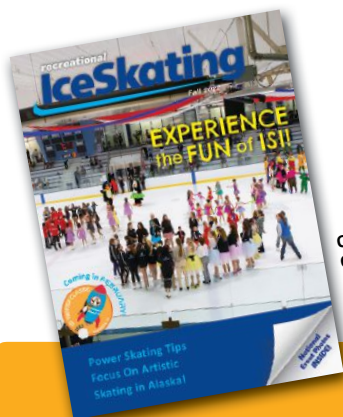
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On the Cover
On-ice awards at
2022 ISI World Recreational
Team Championships

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news & notes

Congrats to the 2022-23 ISIAEF Scholarship Recipients!

Congratulations to the 2022-23 ISIA Education Foundation (ISIAEF) scholarship recipients Abigail Bagent of Granville, Ohio, and Alexandra Nickel of Greenbelt, Maryland!

Abigail's home rink is Lou & Gib Reese Ice Arena in Newark, Ohio, and Alexandra skates out of the Maryland-based Herbert Wells Ice Arena in College Park and Bowie Ice Arena in Bowie.

The skaters received an award of \$5,000 each, payable directly to the educational institutes of their choice over the next four years. Abigail attends Ohio State University (Newark campus) and Alexandra is a student at Drexel University in Philadelphia.

Applications for the 2023-24 school year will be posted on the ISIA Education Foundation website at isiafoundation.org in the fall. Application deadline is Feb. 1. Details are available on the website.

The ISIA 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 athletic as well as educational achievements. For more information, please visit the website or email info@isiafoundation.org.



Abigail Bagent, left, and Alexandra Nickel

Photo by Andy Kastrup

El Paso Figure Skating Does It Again!



ISI District 11 Champions

by Ally Ye

At the start of the 2022 skating season, the El Paso Figure Skating Club (EPFSC) set a goal to become back-to-back ISI District 11 champions. We had won in 2021 and knew that it was not going to be an easy win.

cont. ▶

After countless hours of preparation and planning, our coaches and board members had a goal in mind. The plan was to unite our team and encourage everyone to embark on this journey; ultimately, we gathered nearly 70 skaters to join us!

We had a competition team, led by coach Sarah Sanca and me, that focused on a variety of team events. Our outstanding special skater program, run by coach Paola Perez with the help of coach Amelia Rau, made the impossible possible for their four skaters. These skaters are an absolute inspiration to everyone, showing us all that no matter what obstacles one may face, with the support and encouragement of an exceptional team, one can achieve anything!

The efforts to make this happen again did not stop with just our young skaters. Our EPFSC parents decided that they would join in on the fun, too. Coaches Allison Couch and Bella Castro put together our first adult and teen synchro team, that also competed and won at the 2022 ISI District 11 Championships.

Now that we had an exceptional team, ready to make this happen, we, as a club, faced many challenges. El Paso has one sheet of ice, and with that comes many obstacles that we had to overcome. We struggled with limited ice time for practice and an unexpected month-long rink closure the month leading up to competition. Our team remained motivated and continued to push on and fight for what we wanted. We knew it wasn't going to be easy, but if we all remained positive and focused on our goal, we could do it. Ultimately, our goal as a figure skating club goes beyond figure skating itself. We want to not only gain recognition in our community but also gather people of all ages, genders and race and show them that if we all come together as a team with one common goal, we can achieve it.

It was in these moments where we saw a group of strangers turn into a team, and eventually a family. From a dream to a reality, the El Paso Figure Skating Club did it and became back-to-back champions of the ISI District 11 Championships.



ISI A



Education FOUNDATION

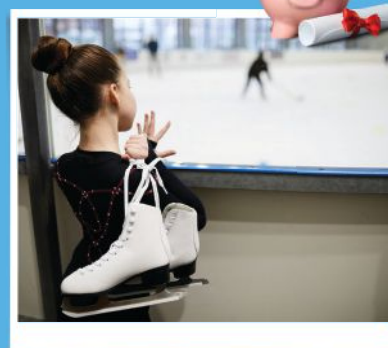
SCHOLARSHIP DEADLINE ALERT



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2024 SCHOOL YEAR**

FEBRUARY 1, 2023



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QUESTIONS: SCHOLARSHIPS@ISIAFOUNDATION.ORG

OR INFO@ISIAFOUNDATION.ORG

THE ISIA EDUCATION FOUNDATION IS A 501C3 ORGANIZATION RUN COMPLETELY BY VOLUNTEERS
YOUR DONATIONS GO TO SUPPORT THE SCHOLARSHIP FUND DIRECTLY



2023 ISI Winter Classic

Feb. 17-19

Huntsville Ice Sports Center
Huntsville, AL

Test & Entry Deadline: Dec. 15 (2022)
skateisi.org/winterclassic

Have a **BLAST** at the 2023
ISI Winter Classic!

by Eileen Viglione

3 ... 2 ... 1 ... Get ready to have a BLAST in Huntsville, Ala., where we're launching our 2023 ISI Winter Classic, Feb. 17-19, at the Huntsville Ice Sports Center!

Winter Classic participants can choose from more than 25 event categories for individuals, partners, groups and teams. Test and entry deadline is Dec. 15.

The Huntsville Ice Sports Center features two NHL-size rinks and Zambrewskis Tavern, which offers an extensive menu, drinks (including beer and wine), widescreen TVs and seating to watch on-ice activity.

All Systems GO!

"All systems are go" for an exciting time in "Rocket City," home to Alabama's top tourist attraction: The **U.S. Space and Rocket Center**. This is the largest spaceflight center in the world, and it's located next to the NASA facility that designs and tests rockets — *how cool is that?*

You'll see an authentic Saturn V moon rocket — one of only three on display in the world — and other on-site rockets and aircraft. You'll also get to enjoy hands-on exhibits and virtual reality experiences, learn about NASA's plans to travel to Mars in the Space Launch System (SLS) and so much more at this must-see attraction. For more information, visit rocketcenter.com.



U.S. Space and Rocket Center



Saturn V Indoor



Moon Rock



Payload Operations Integration Center Model

Photos courtesy of U.S. Space and Rocket Center



U.S. Space and Rocket Center
Aerial View



Apollo 16 Capsule



Moonshot

Photos courtesy of Alabama Tourism Department

You'll also want to explore these other fascinating Huntsville destinations:

Burritt on the Mountain

An historic, 14-room mansion nestled on almost 170 acres atop Round Top Mountain, Burritt on the Mountain offers visitors a chance to learn about life in the 1800s. Individuals in authentic period dress provide demonstrations and tours of the mansion, blacksmith shop and other 19th century homes. Visitors can also hike the four miles of nature trails on the park property to discover ancient coal mines, limestone rock formations and the overall beauty of the land. For more information, visit burrittonthemountain.com.



Historic Huntsville Depot

Built in 1860, the Huntsville Depot is the oldest railroad depot in Alabama and one of the oldest in the United States. Today, it serves as a museum, with interesting history exhibits and a model train display. The grounds feature a locomotive, roundhouse and several antique vehicles and fire engines. *(Note: At press time, the facility was temporarily closed, so be sure to check operating hours before you go. Visit earlyworks.com.)*

Low Mill ARTS & Entertainment

Housed in a 100-year-old textile mill, Low Mill ARTS & Entertainment showcases 152 working studios for over 200 artists as well as seven galleries, restaurants, a community garden and performance venues. For more information, visit lowemill.art.



Big Spring International Park

There's so much more to see and do in Huntsville! Other noted attractions include: Big Spring International Park, Huntsville Botanical Garden, Huntsville Museum of Art, EarlyWorks Children's Museum, U.S. Veterans Memorial Museum, Alabama Constitution Hall Park and Weeden House Museum and Garden.

HOP, SKIP AND A JUMP!
Huntsville International Airport is just 15 miles from
Huntsville Ice Sports Center!

TOURIST TIP

Sign up at visit.huntsville.org for a **free** Huntsville Attractions Pass, which includes a collection of mobile-exclusive discounts at a variety of area attractions, including the U.S. Space & Rocket Center. The pass will be instantly delivered via text and email (no apps to download).

MORE INFO

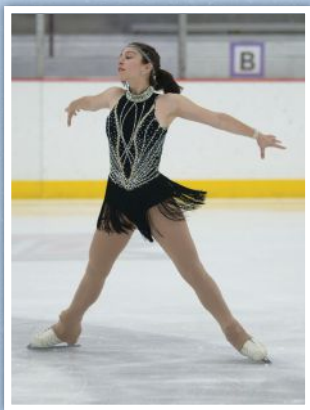
skateisi.org/winterclassic

Huntsville/Madison County Convention & Visitors Bureau (huntsville.org)

Alabama Tourism Department (tourism.alabama.gov)

Artistic

Flow & Music are Important Ingredients for a *great* program!



Who can do Artistic events?

Artistic events are open to all skaters in Freestyle 1 level and higher. Adults especially enjoy this event since there are no required maneuvers.

Tips for a winning program:

The main emphasis for all Artistic programs is on the creativity and innovative design of a skating program. Strong edges, interesting body positions, flow, music interpretation, rhythm, choreography and artistry should be the main focus of a well-balanced Artistic program.

Do the skating maneuvers you enjoy — and do them well! If you can do something extra special or different from anyone else — and it also fits the music — it will raise your scores into the higher range for the judges.

The best thing:

The best thing about an Artistic program is the fact that you can create any kind of skating program you like without worrying about having to include any required maneuvers that you might not be able to do well.

Like Spotlight programs, you can keep the same Artistic program for more than one Freestyle test level. You don't need to get a new program every time your test level changes, so it's great for your parents, too, if you can reuse the same music and costume for several competitions throughout the year. Of course, with your coach's help and advice, you can always change the choreography in your routine between competitions.



Maneuver limitations and duration times:

There are no required maneuvers, but there are maneuver limitations:

Levels	Maneuver Limitations	Duration
Freestyle 1-3/Bronze	Maneuvers from Freestyle 4 & below	1:30
Freestyle 4-5/Silver	Maneuvers from Freestyle 6 & below	1:30
Freestyle 6-10/Gold/Platinum	Any maneuvers	2:00

Keep in mind that there is also no score for technical merit, so the difficulty of maneuvers is not judged. Props are not permitted in Artistic events.

Competition event groups

Since there is no score for technical elements, the competition director may group skaters together by combining levels and genders.

Judging criteria:

Artistic impression, choreography and pattern, innovative moves, music interpretation and rhythm, edges and flow, posture and carriage, duration, and all three judges give a score for general overall.

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2022 ISI WINTER CLAS



Overall Champion Solar4America

Solar4America TAKES 2022 Winter Classic CHAMPION TITLE



It's no secret that the 2022 ISI Winter Classic, held Feb. 18-20, hit some snags along the way due to California's strict COVID-19 mandates. By the time the event got underway, full masking and proof of vaccination, including a booster shot, or a negative COVID 19 test, were required for entrance into the host facility, Solar4 America in San Jose.

"In spite of these tough requirements, Winter Classic happened in a much more efficient manner than expected," said ISI Skating Programs & National Events Director Kim Hansen. "There were a lot of smiles and grateful participants both on and off the ice."

"While it was by far one of our smallest Winter Classic events in two decades, it was awesome that so many wanted to be a part of it, considering the obstacles. Candy Goodson and her team of very new parent volunteers worked tirelessly all weekend. Candy told me that she was so happy that we got the event off, as her parents loved being a part of it and were now ready to tackle local events for her."

Almost 350 competitors from 18 rink teams from eight states (Alaska, California, Connecticut, Massachusetts, Minnesota, Missouri, Pennsylvania and Washington) took to the ice to compete. As Overall Team Champion with 573.5 team points, **Solar4America at San Jose** was awarded the Robert Unger Trophy. Alaska's **Juneau Skating Club** finished in 2nd place, with 276 team points and the **Icettes – School District 196** (Apple Valley, Minn.) earned 3rd place, with 231.5 points.

Other awards recipients included President's Award Winner **Vacaville Ice Sports**, Vacaville, Calif.; Board of Directors Award Winner **The Skating Club of Johnstown**, Johnstown, Pa.; and Overall Percentage Award Winner **Skatetown Ice Arena**, Roseville, Calif.



Oldest Skaters:

Joseph Kasputys, 85, FMC William Chase Arena, Natick, Mass.; and Connie Curry, 83, Solar4America at San Jose.

Youngest Skaters:

Evah Capouellez, 2, The Skating Club of Johnstown; Malia Foley, 4, Solar4America at San Jose; Natalia Soohoo, 4, Solar4America at San Jose; Kenji Suyeishi, 4, Solar4America at San Jose.

Competed in Most Events

Robert Trygstad, Vacaville Ice Sports, 18 events; Lauren Rocheford, 12 events, Icettes - District 196; Emily Melville, 11 events, Icettes - District 196.

Largest Skating Teams:

Solar4America at San Jose, 87 skaters; Nazareth Ice Oasis, San Mateo, Calif., 70 skaters.

Teams from Farthest Distance:

FMC William Chase Arena, Natick, Mass., 2,265 miles; Rosegarden Ice Arena, Norwich, Conn., 2,637 miles; and The Skating Club of Johnstown, Johnstown, Pa., 2,299 miles.

Mark your calendar for the 2023 ISI Winter Classic, scheduled Feb. 17-19 at Hunstville Ice Sports Center in Huntsville, Ala.!
Test and entry deadline is Dec. 15 (2022).



Top 10 Teams

PLACE	TEAM	POINTS
1.	Solar4America at San Jose	573.5
2.	Juneau Skating Club	276.0
3.	Icettes – District 196	231.5
4.	Vacaville Ice Sports	199.5
5.	The Skating Club of Johnstown	153.5
6.	Dublin Iceland	127.0
7.	Nazareth Ice Oasis Mateo	114.0
8.	Yerba Buena Ice Skating & Bowling Center	110.0
9.	Oakland Ice Center Operated by Sharks Ice	82.5
10.	Sprinker Recreation Center	100.0

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



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SkateISI — Ice Sports Industry

Power Skating - Top Tips to Elevate Your Game

by Stephanie Siclari

The game of hockey is such an exhilarating sport to play and watch. It requires concentration, tenacity and grit.

One of the key components of the game is not just how you handle the stick or shoot the puck but also how well you skate with power and finesse.

So often players are put on the ice and before they can even say “Stanley Cup,” they are given a stick and taught how to play the game without having learned the fundamentals. This can adversely affect the player’s ability to reach their fullest potential. In fact, players may even be cut during tryouts due to inadequate skating skills.



Why Power Skating Is Important and Top Tips:

1. Multidirectional Skating

Learning how to skate and quickly turn in a multidirectional facet will significantly help your game. At any given moment, the puck can be in front, behind, or to the side of you, in any varying degree. Being able to spontaneously adapt and move around yourself to skate toward the puck can ultimately be the difference in scoring a game-winning goal. Therefore, it is crucial that hockey players have a solid foundation of the basics.

Some basic elements include:

Forward and Backward Crossovers – both clockwise and counterclockwise; **Two-Foot and One-Foot Turns** on both the left and right foot as well as in the clockwise and counterclockwise directions; **Mohawks; Hops; Jumps** utilizing varying planes of direction and switching between the left and right foot; and **Quick Crossovers** to hop backward and **Backward Crossovers** to hop forward.

2. Edges

Balance and edge control is the foundation of skating. When we skate, we utilize both the inside and outside edges of our skates. We count on our inside edges to help assist us with our start and our stride as well as with mohawks and quick steps. Having even minimal control over the inside edge helps us with our stability and balance on the ice. The outside edge, for example, assists us with turning and stopping.

Think of forward crossovers — when performing the crossover correctly, as we begin the progression of picking up the free leg and crossing it over, we lean over the skating leg while pushing off the inside edge and optimizing full extension of the pushing leg (to avoid loss of power). Our weight is distributed over the hip, thigh, knee, and ankle of the skating side, aiding us in maintaining the outside edge. In action: When performing a left-over-right crossover, we lean our weight over the right hip, thigh, knee, and ankle to properly hold the right outside edge. The left foot will press deep into the ice, pushing diagonally off the inside edge, extending back with full range of extension before crossing over the right foot. This all happens within milliseconds, and during the game it's not something we focus on, as we have more “important” things to concentrate on — such as the puck! Having a solid foundation of edges will become second nature during the game.

3. Power and Agility

Strength, power and agility are integral components of skating, at any stage. The more powerful you are, the more explosive you will be in your movements, which can be especially helpful in accelerating the puck to the opposite end of the rink to score a goal or to outskate an opponent and avoid being checked into the boards.

As quoted in “Hockey Anatomy” by Michael Terry and Paul Goodman, “Power and explosiveness are beneficial in just about every aspect of hockey as well. When changing direction or taking off for a loose puck, the more powerful athlete will be able to generate his or her maximum force more quickly, which translates to a more explosive first few strides and the advantage over a less powerful athlete. A more powerful goalie will push from post to post faster than a less powerful goalie, allowing him to potentially stop more shots and ready himself quicker, giving him the advantage as well.”

Agility is the ability to perform skills quickly and easily. It is no surprise that agility is required in all facets of hockey. The more agile athlete will have the advantage most of the time. Working on power and agility drills both on and off the ice have proven to be effective in improving one's overall game.

We see many great, young players making their way up the ranks of the hockey system without having properly learned the importance of basic skating skills. Many of them do not make it past high school hockey due to the lack of solid fundamentals, which adversely affect stride, crossovers, turns, stops and overall skating ability.

If you want to play hockey, don't overlook the importance of learning basic skating skills to take your game to the next level.



Resources: "Strength, Power, Speed and Agility on the Ice" (us.humankinetics.com); Tucker Hockey (tuckerhockey.com)

Stephanie Siclari has been providing figure skating and power hockey skating instruction for all ages and levels for 15 years. 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. You can also visit her YouTube channel for additional exercises.

GET 'SYNCED UP!'



March 31 - April 2
Goggin Ice Center
Miami University
Oxford, OH

Entry Deadline: Feb. 1



skateisi.org/synchrochamps





ISI Synchronized Championships

March 31- April 2

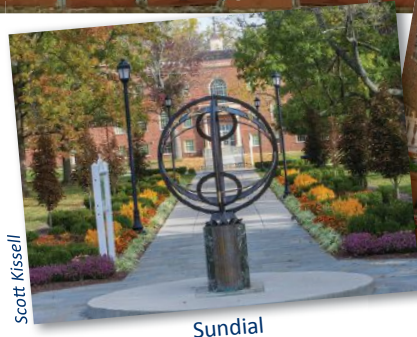
Goggin Ice Center — Miami University
Oxford, Ohio

Entry Deadline: Feb. 1

skateisi.org/synchrochamps

Photos courtesy of Miami University Communications and Marketing

2023



Sundial



Miami University

ISI SYNCHRO CHAMPS

Heads Back to College

by Eileen Viglione



Goggin Ice Center

After seven years, ISI Synchronized Championships heads back to one of the most picturesque college campuses — Miami University in Oxford, Ohio — for our 2023 event!

Set for March 31 through April 2, the competition will take place at the state-of-the-art Goggin Ice Center, home of the university's award-winning RedHawks synchronized skating teams. (The collegiate team won the 2022

U.S. Synchronized Skating Championships in March — the university's 20th collegiate title — and the 2022 U.S. silver-medal winning senior team finished in sixth place at the ISU World Synchronized Skating Championships in April.)

ISI Synchro Champs includes eight age groups: Tot, Junior Youth, Youth, Senior Youth, Teen, Collegiate, Adult and Master.

College Town Showdown

A special team-only event, the College Town Showdown, is planned for the evening of April 1. This fun event is open to non-synchro teams from the area and across the country that may not be participating in ISI Synchro Champs but wish to perform their programs. It also offers additional opportunities for Synchro Champs skaters who want to be a part of a Production, Kaleidoskate, Pattern Team, Ensemble or Team Compulsory.

Entry deadline for both Synchro Champs and College Town Showdown is Feb. 1

Recognized as one of the nation's eight original Public Ivy universities — it was frequently called the "Yale of the West" — Miami University was founded in 1809 and is renowned for its charming campus. The poet Robert Frost once referred to it as "the most beautiful campus there ever was."





The university is home to five museums, which are open to the public free of charge:

Miami University Art Museum & Sculpture Park

Located at the southern edge of campus, this unique museum features five ever-changing galleries and a wonderful outdoor sculpture garden.

Karl E. Limper Geology Museum

If you're into fossils, minerals, rocks and meteorites, you'll want to visit this intriguing museum located on the first floor of Shideler Hall, Room 216.

William H. McGuffey House and Museum

A national historic landmark unchanged since the 19th century, this museum was once where William Holmes McGuffey, a Miami University professor, compiled the first edition of the "McGuffey Eclectic Reader." After the Civil War, the "Readers" became the basic schoolbooks in 37 states.

Hefner Museum of Natural History

If you've ever wanted to get up close with a fierce brown bear (stuffed, of course) and learn about other specimens of birds, mammals, insects and plants, the Hefner Museum, located in room 100 of Upham Hall, is worth a visit.

Before you depart Oxford, be sure to meander through quaint **Uptown**, where you'll find brick-lined streets lined with boutiques and restaurants, and stroll across the **Black Covered Bridge**, one of the few remaining covered bridges in southwestern Ohio and the only one in Butler County still in its original site — since 1868!

Other attractions, just a short road trip away, include **Hueston Woods State Park**, the **Cincinnati Zoo** and **Newport Aquarium**, to name a few. Oxford is also within convenient driving distance of Dayton, Chicago, Cleveland, Columbus, Detroit, Pittsburgh, Knoxville and other areas that are home to ISI skaters.



McGuffey Museum

Connor Moriarty



Uptown

Scott Kissell

MORE INFORMATION:

skateisi.org/synchrochamps enjoyoxford.org gettothebc.com cityofoxford.org miamioh.edu



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patrick nuygen

Juneau Team Forget-Me-Not

Skating in Team Forget-Me-Not

by Eileen Viglione

Have you ever wondered what it would be like to be a skater in Alaska? You're probably thinking it would be ideal! Ice, cold and snow — what could possibly be better?

Well, if you talk to members of the Juneau Skating Club's Team Forget-Me-Not, you'll not only be enlightened but you'll also walk away with a newfound appreciation for just how hard these athletes work to make their skating dreams come true.

For starters, there are no roads in or out of Juneau! That's right, no roads *in or out*!

"Juneau is a small town of about 30,000 people, nestled in the Tongass National Rainforest," said Nicchia Leamer, manager of the synchronized skating team, which is comprised of 15 individuals, ages 13 to 17. "It is a peninsula, so you cannot get into or out of Juneau except by plane or boat.

"People think of Alaska, and they tend to think of Northern Alaska, with endless snow and ice and igloos — and it can feel like that in winter — but really, our climate is very temperate, and there are no igloos. It's very green here, with lots of trees and water, and we have a glacier. In the summer, we have super long days, and in the winter, we have super short days."



Tracey Maxwell

Picturesque Juneau



Tracey Maxwell

OBSTACLES

Without road access, you can imagine just how difficult it is for Team Forget-Me-Not to travel to competitions; flying is their only option.

"It's very expensive to travel, and we try to travel twice a year, and during COVID, fundraising opportunities we have done in the past were really limited," said Leamer, who also noted that when the team does travel, many

of the skaters' families accompany them as well and extend their trips for vacation time. "Sometimes the Juneau cheering section is so big, you would think we are locals!"

In addition to the travel obstacle, skaters must rely on online shopping to get their ice skates and other skating attire, as there are no skating shops in Juneau.

"Most of our girls have never had a professional skate fitting," said Leamer. "We just buy our boots online or from shops we've worked with in the past and hope for the best with a virtual fitting. Things take a long time to get here, so buying costumes is something that we have to really plan for and pray there aren't any unexpected growth spurts!"

Then, there's another little hiccup: Team Forget-Me-Not practices at Treadwell Ice Arena, the only indoor skating rink in Southeast Alaska, and the facility closes in April and doesn't re-open until the end of July each year.

"Having our rink closed for three months in the summer makes it hard on the team and all of our skaters," said Leamer. "While the rink re-opens in late July, there are really limited hours available through most of August, and August and September are spent getting



Kim Hort

Juneau, Alaska!

Thrives Under 'WILD' Conditions



skills back instead of moving forward. It's a huge disadvantage, and we obviously can't just drive to another rink. While some skaters have been lucky enough to go to a camp or have a week of vacation or so where there is another rink, most of our skaters just don't skate in the summer at all. And even when our rink is open, we have one sheet of ice to split between high school hockey, junior hockey, adult hockey, all the figure skaters, speed skaters and recreational skaters. The rink is always busy, and it is hard to get ice during non-school hours.

"When the rink is closed, we have done a variety of things, including doing off-ice camps and trainings. This summer, our senior skaters led off-ice practice twice a week in hopes of keeping everyone in shape and motivated. Sometimes Juneau Skating Club also offers classes — yoga, gymnastics, strength training and more — to all skaters, not just the team."

TEAM THRIVES

While the team's upcoming competition schedule hasn't been confirmed, they typically compete in one ISI event and one U.S. Figure Skating competition each year.

"This season we are looking at either the ISI Winter Classic or the ISI West Coast Championships," said Leamer. "If I could find us a sponsor, I'd love to do the Synchronized Championships as well, but I can only push our parents and their budgets so far!"

Team members enjoy participating in ISI national events for various reasons:

"My favorite thing about ISI competitions is the variety and abundance of choice they provide, said Aliyah Overturf. "There are so many possibilities for programs to pursue that there's never an opportunity for boredom. You can compete with your synchro team, which is wonderful, but you can also do so many individual events. This generous variety provided by ISI makes competitions thrilling."

Maggie Higgins enjoys meeting skaters from across the country and representing Alaska on the ice.

"ISI competitions push you out of your comfort zone which applies to being out in the real world," added Jade Hicks. "Skating, in general, requires lots of self-improvement, which is something that I love greatly."

While Juneau's synchro team is surely one that is hard to forget, especially after learning so much about the obstacles they face, do you know why it's named Team Forget-Me-Not? If you guessed that the "Forget-Me-Not" is the state flower of Alaska, you're right! These hardy flowers will thrive even in the harshest of conditions — just like the Juneau synchro skaters!

MEET TEAM FORGET-ME-NOT

HEAD COACH: LEAH FARZIN
ASSISTANT COACH: EMILY BOWMAN
TEAM MANAGER: NICCHIA LEAMER

ELLIS GOTTSCHLICH
JADE HICKS
MAGGIE HIGGINS
PAIGE KIRSCH
SAMUEL LAGERQUIST
KENNEDY LOVE
MELISSA MAXWELL
REBECCA MAXWELL
DOMINIQUE MORLEY
SOPHIA NYLEN
ALIYAH OVERTURF
CARLY PHELPS
LYDIA POWERS
ANGELICA RODRIGUEZ
JUNE TROXEL

Juneau? No, I'm asking you. 😂

- Juneau is surrounded by the sea and 3,800-foot peaks
 - A gigantic ice field, from which about 30 glaciers flow, is Juneau's closest neighbor.
 - The sun never stops shining in Juneau on June 21, when there are 18 hours and 18 minutes of full daylight. The sun sinks below the horizon for a few hours, from approximately 11:30 p.m. to 2:30 a.m., but its rays continuously shine on the city.
 - Juneau is home to 280 species of birds, brown and black bears, five species of salmon, and whales.
 - Nearly a million people visit Juneau each year via a cruise ship.
 - Juneau is the only U.S. state capital to border another country. (The city shares its eastern border with the Canadian province of British Columbia.)
- Source: Princess Cruise Lines, Ltd.

2022YEARS LATER SYNCH



Chiller Synchro, winner of the Boyd Wietector Trophy for 1st place, Teen Premier Round

CHILLER SYNCHRO

Claims 2022years later ISI Synchro Champs Title

There were plenty of beaming faces and excitement as the 2022years later ISI Synchronized Championships finally got underway April 1-3 at Valley Sports Arena in Concord, Mass.

Synchro skaters waited two, long years to be able to participate in this colorful event that had been shut down in 2020 due to the COVID-19 pandemic.

Hosted by Sharper Edge Skating School, the twin-sheet arena was brimming with almost 400 talented competitors representing 45 teams from 17 rinks in six states (California, Maryland, Massachusetts, Missouri, Ohio and Texas).

Chiller Synchro from Chiller Easton Ice Rink in Columbus, Ohio, took home the Boyd Wietector Trophy, as winner of the Teen Premier Round.

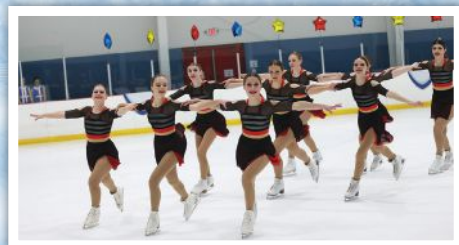
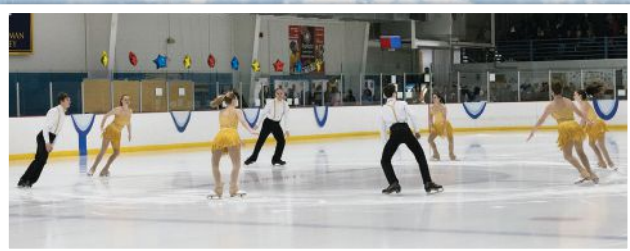
Winterland Skating School of Rockland, Mass., was crowned the Overall Winner of The Beantown Showdown, a special team event, open to all teams, which was held the evening of April 2.

It was probably the best Synchro Champs ISI has had from the perspective of participants, according to ISI Skating Programs & National Events Director Kim Hansen.

"Dawn Diminico and her team at Sharper Edge went way out of their way to welcome all the teams, from providing 'necessities baskets' in the locker rooms to having a 'candy store' for the skaters to 'shop' in with the tickets they got in their goody bags. I never saw so many happy skaters at Synchro Champs before — smiles galore.

"Again, some teams were just getting back in the swing of things and some teams were brand new, but even the more seasoned veteran teams looked like they were having the time of their lives at this event."

"It had been a long two-year wait to be able to attend this competition, and it was amazing to finally get to travel and compete," said Nicki Hrebec, a coach of the Blade Brigade from the Wayne C. Kennedy Recreation Complex in St. Louis. "We got to meet and watch so many teams and that was the most exciting part.



RONIZED CHAMPIONSHIPS



Photos by Tracy Griffin



"Everyone at Valley Edge Arena was so wonderful and really made us all feel at home in their ice rink, especially Dawn, who went above and beyond for everyone who attended. Her high energy and kind heart really made the event for myself, Mandy [coach] and our girls. Who doesn't enjoy a cool candy room? I hope I get to see her [Dawn] again at another national event. Blade Brigade would like to congratulate all the teams who competed, Valley Edge for welcoming us and ISI for hosting this wonderful event. It was an amazing way to end our season."

Coaches Julie Stahl and Karen Becker of the Arlington, Texas-based ICE at The Parks Southwest Sparklers reported that they had a fantastic time at the 2022yearsater Synchro Champs.

"It was so heartwarming to have things more back to normal, and it was encouraging to talk to other coaches and see how they have navigated through these last two years and been successful in keeping kids in their synchro programs," shared Stahl. "Our skaters enjoyed trading pins, visiting the rink's super cute "candy store," and they loved all the team bonding that comes with an 'away' trip. Our girls are closer than ever and developed such close bonds as they shared laughs, especially through our new 'team dance.' We had such an incredible year, and we can't wait until 2023!"

Most Teams from One Rink:

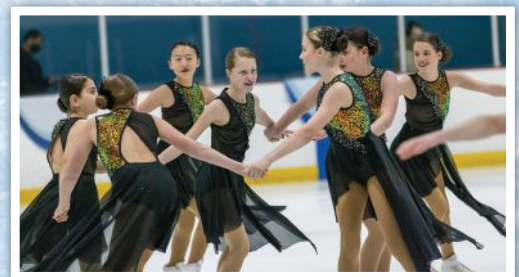
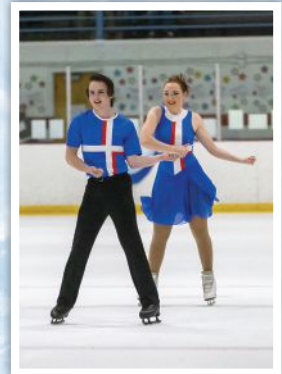
Sharper Edge Skating School, Concord, Mass., 7 teams; Lou & Gib Reece Ice Arena, Newark, Ohio, 4 teams; Winterland Skating School, Rockland, Mass., 4 teams; FMC William Chase Arena, Natick, Mass., 3 teams; Wayne C. Kennedy Rec Complex, St. Louis, 3 teams.

Largest Rink/Club Teams:

Sharper Edge Skating School, 57 skaters; Winterland Skating School, 39 skaters; FMC William Chase Arena, 32 skaters; Children's Health StarCenter, McKinney, Texas, 31 skaters.

Teams from Farthest Distance:

Skatetown Ice Arena, Roseville, Calif., 2,594 miles; Toyota Sports Performance Center, El Segundo, Calif., 2,588 miles.



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.

Debbie Klee – ‘Ain’t Nothin’ Gonna Break Her Stride!’

by Eileen Viglione

Seems nothing is going to stop 67-year-old Debbie Klee from pursuing her love of skating. While both the pandemic and a concussion may have hampered her plans for quite some time, she is moving full speed ahead now, resolved to stay the course this time around.

Her fascination with the sport began at the age of 23, when she had the opportunity to attend a skating show that featured high-level skaters from nationals.

“One skater — a beautiful, young woman — captured me with her program,” said Debbie. “I told my boyfriend, ‘I am going to do this.’ Then I started skating two times a week at the Winter Lodge in Palo Alto. Several months later, Cupertino Ice Capades Chalet opened up, and I gave my notice where I was working.”

Debbie secured a part-time and began skating from 12:30 to 3 p.m. five days a week. She progressed in her skills and passed all the preliminary ISI tests through Freestyle 3.

“I think it was 1979 when I entered regionals; I skated to the theme from ‘Ice Castles’ and placed first out of seven ladies,” she said. “Skating was going great. However, a few months later, I gave it up; I felt the need to move on with my life and just walked away.”

The thought of returning to skating never occurred to her until March 2018 (30-plus years later!), when she met up with a close friend and former skating pal in Lake Tahoe, who suggested they go skating at Tahoe Ice Arena.

“Being back on the ice was exciting,” said Debbie. “My friend Vera was telling me how big adult figure skating was. I said, ‘really?’ I was not so sure what I could do after being away from it for so many years. She told me about a great coach in Roseville and that on Fridays they had a coffee-talk session, which included a 30-minute lesson.”

Two months later, Debbie was taking lessons from the “coffee-talk coach,” Jayne Throckmorton, and five months later, she competed at the ISI Octoberfest Open in-house competition at Skatetown in Roseville, Calif.

The Skater Emerges

“I skated to a beautiful Hawaiian song and placed second — wow!,” she exclaimed. “A week later I competed in ISI Adult Championships. When our national anthem played, I felt the skater within me emerge. I placed second and have been skating regularly since then and have competed many times.”

As Debbie was training for competition in 2019, she took a bad fall, hit the back of her head on the ice and suffered a concussion. After a two-month recovery, she was eager to get back at it.

“I took small steps, skated — mostly stroking for 15 minutes and off the ice for 10 minutes. I did this for a couple of weeks and slowly got back to it. That December, I skated in a Christmas program and did really well, and then I competed in February 2020 in an in-house event and placed first.”

As luck would have it, a few days later, the pandemic shut everything down.

Today, however, Debbie is back at it, practicing four to five times a week under the instruction of coach Joanie Malarchuk.

In June, she competed at the ISI District 13/14 Skate at the Lake Competition at South Lake Tahoe Ice Arena. She earned a first-place award in Artistic and third place in Light Entertainment at the 2020 ISI Adult Championships and a third place in Artistic and first place in Interpretive at the 2022 ISI Winter Classic. She plans to participate in ISI Adult Championships, Oct. 8-9 at South Suburban Sports Complex in Littleton, Colo.



Skating makes Debbie Klee feel “happy and accomplished.”

Debbie's Faves

Part About Skating

“The wonderful people I have met, gliding to the music and the amazement at how far I have come since stepping back on the ice in March 2018.”

Music to Skate to

“I choose songs that move me. I have skated to Rose's song from ‘Titanic,’ ‘Somewhere’ by Barbara Streisand, ‘Flashdance’ and Trans Siberian Orchestra's ‘Christmas Eve.’”

Programs

“Flashdance” and the Hawaiian Song

Skaters

Gracie Gold and Nathan Chen

Hobbies (Outside of Skating)

Debbie teaches Pilates and enjoys exploring, hiking and writing. She's also a writer, with her first book, “The Adventures of Jake the Teddy Bear,” in the process of being published.

Advice to Other Skaters

“Allow yourself to believe; empower yourself with ‘What if?’ — What if I started skating? What if I had the opportunity to compete? Skating is an amazing journey!”

Express yourself

Skaters are creative individuals, both on and off the ice. Share your skating creations, including essays, stories, poetry and artwork, to editor@skateisi.org for consideration in Recreational Ice Skating magazine.

FULL Circle

Daughter Inspires Mom to Return to Ice

by Kara Wilson

I started figure skating at the age of 5. My cousin was a hockey player, and when he started going to practice, I wanted to try to learn to skate. As soon as I got on the ice, I was always told that I was a natural at it.

My grandma and pap took me to figure skating lessons for 14 years. It was our thing — the way we spent time together while I was growing up. From practices to every competition, it was always me and them.

Fast forward 14 years later to my senior year of high school. When graduation approached, I recall thinking that it was the end of my skating. I still remember my last competition. I was at the Freestyle 7 level, performing my favorite artistic program. It was a bittersweet moment, thinking I was going to go to college and leave behind everything I had worked for as a skater.

I went to college, and then at the age of 20, I became pregnant with my daughter. Being a mother had completely taken over my life at that point, and it absolutely changed it for the better.

My daughter, Sophia, had tried dancing when she was 4 years old because I thought it would be something she would enjoy, but then COVID-19 hit. It was not the same anymore; she lost interest in it because everything went virtual.

At that point, I decided that when my daughter was able to tell me she was interested in doing another activity, I would move forward with it.

One day, when we were at home watching TV, she saw a Disney On Ice commercial and looked at me and said, "Mommy, I want to be an ice-skating scientist."

Within the week, I had contacted my former coaches, Bob Mock and Julie Gahagen, to see what I needed to do to get her started. It was then that I had the idea that if my daughter wanted to skate, it would be the perfect opportunity for her and I to do something together.

We started skating Sept. 7, 2021. After an eight-year break, I finally got to get back on the ice, with my daughter by my side and my grandma there to watch her now great-granddaughter follow in her granddaughter's footsteps. I am not going to lie — being back on the ice made me realize that growing up alters your endurance, but with a little bit of effort, I feel like I have never left the ice.

It makes my heart happy knowing that Sophia is taking off in a sport that will teach her teamwork, resilience and respect, and that it's something she loves just as much as I do.

2022 ISI Northeast Championships

Sophia and I participated in our first competition together in May, the ISI Northeast Championships at Alpha Ice Complex in Pittsburgh, Pa., our home rink. She competed a Tot 4 program and placed 2nd, and I competed the Paso Doble and the Starlight Waltz, placing 2nd in both.

Sophia and I also performed with our team in a large production number, which took 1st place, and our skating club, Ice & Blades Figure Skating Team (of Western Pennsylvania), had the most overall team points, making us the champions of the 2022 ISI Northeast Championships.

I hope my story serves as inspiration for any skater that has left the sport for any amount of time or for any adult or mom thinking about trying the sport. My daughter's expressed interest in skating was my inspiration to get back on the ice, and I couldn't be happier with my choice to return to continue my family's circle of learning to love the ice.



Mother and daughter at their first competition together.



Kara Wilson with her childhood skating coach, Bob Mock.



Sophia Wilson, 4, with ISI's Flip.

2022 ISI NORTHEAST



PRESENTED BY
HIGHMARK  |  AHN



Ice & Blades Figure Skating Team — Overall Team Champion and host of the ISI Northeast Championships

Skating in "The Steel City" — Nothing Short of Spectacular!

by Eileen Viglione

Our first-ever ISI Northeast Championships, held in the picturesque Steel City of Pittsburgh, will go down in the ISI archives as a triumphant event. The high level of camaraderie among skaters and coaches and the enthusiasm of the host club, Ice & Blades Figure Skating Team, and rink volunteers truly made this a memorable competition!

Sponsored by Highmark Blue Cross Blue Shield and AHN, the two-day event at the Alpha Ice Complex featured almost 200 athletes from 19 rink teams from eight states (Alabama, Florida, Maryland, Michigan, New Jersey, New York, Ohio and Pennsylvania).

Ice & Blades Figure Skating Team was the Overall Team Champion with 738 points, followed by The Skating Club of Johnstown, Johnstown, Pa., in 2nd place, with 707.5 points, and Lou & Gib Reese Ice Arena, Newark, Ohio, in 3rd place, with 216.5 points.

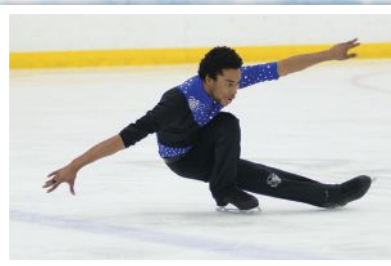
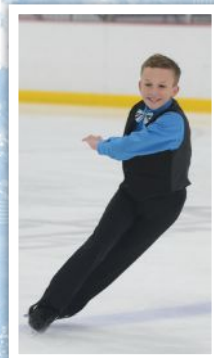
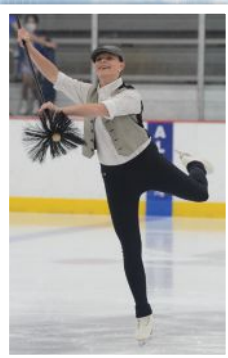
"The Northeast Championships was a great, well-run competition that transcended into a wonderful celebration of the sport of figure skating!" said Alpha Ice Complex Skating Director Bob Mock. "The event was an exciting mix of every level of competition, team events and big fun!

"The stands at Alpha Ice Complex were packed with excited skating fans cheering for competitors. Our Ice & Blades team president, Joyce DiToppa, and her group of volunteers prepared for months to make the event run seamlessly all weekend.

"The ISI staff did a terrific job of running the competition from beginning to end. It was great to meet everyone and work side by side with the ISI experts ... Flip the Penguin made his appearance on and off the ice, keeping the competitors of the Northeast Championships entertained between events. At the end of the day, everyone agreed that the first-ever national Northeast Championships in Pittsburgh was a roaring success!"

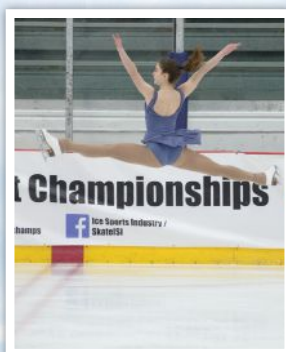
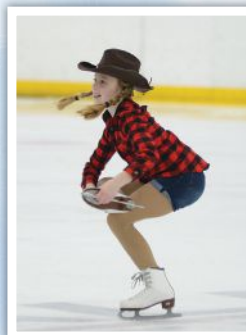
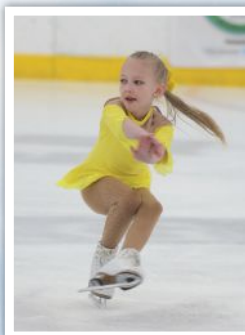
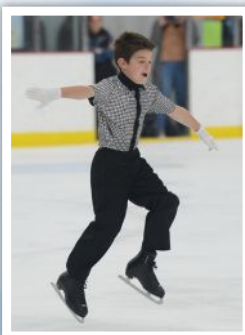
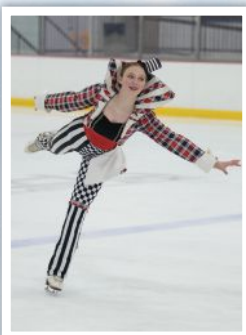
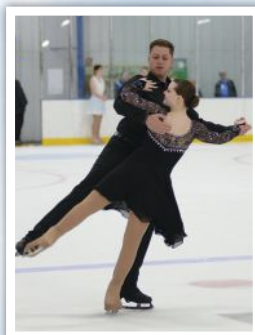
"We are still excited and highly motivated post-competition, and the kids are still a buzz about the event," added DiToppa. "They now have the competition bug, adding more events to their traditional repertoire."

"This was one of the best-run events I have ever skated or coached at," said coach Krista Jeschke of North Park Ice Rink in Allison Park, Pa. "I thought the judging was very fair, the girls and boys were supportive of each other, and the parents were friendly. I was proud to be a judge and coach of ISI."



CHAMPIONSHIPS

Photos by Robert Schmura



Oldest Skaters:

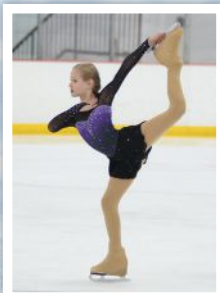
Rebecca Langford, 68, Skating Club of Greater Youngstown, Youngstown, Ohio; Terry McConnell, 62, The Skating Club of Johnstown, Johnstown, Pa.

Youngest Skaters:

Evah Capouellez, 2, The Skating Club of Johnstown; Nia Smith, 3, City of Bowie Ice Arena, Bowie, Md.; Layman Knox, 5, The Skating Club of Johnstown

Most Events:

Chloe Capouellez, The Skating Club of Johnstown, 16 events; Jennifer Martino, Gilmour Academy, Gates Mills, Ohio, 14 events; Sofia Melani, Ice & Blades Figure Skating Team, 13 events; Madison Fellabaum, Ice & Blades Figure Skating Team, 12 events; Milena Kostich, Ice & Blades Figures Skating Team, 12 events; Heather Smarick, Ice & Blades Figure Skating Team, 12 events

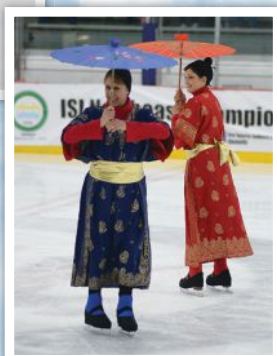
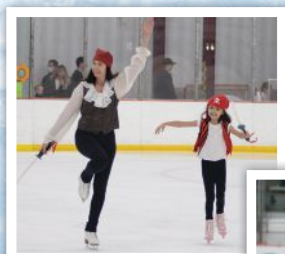
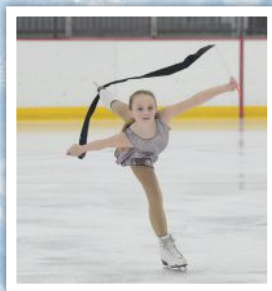


Largest Skating Teams:

Ice & Blades Figure Skating Team, 48 skaters; The Skating Club of Johnstown, 37 skaters; Herbert Wells Ice Rink, 16 skaters; North Park Ice Rink, 16 skaters

Teams from Farthest Distance:

RDV Sportsplex Ice Den, Orlando, Fla., 970 miles; Huntsville Ice Sports Center, Huntsville, Ala., 672 miles



Top 10 Teams

PLACE	TEAM	POINTS
1.	Ice & Blades Figure Skating Team	738.0
2.	The Skating Club of Johnstown	707.5
3.	Lou & Gib Reese Ice Arena	216.5
4.	North Park Ice Rink	195.5
5.	Herbert Wells Ice Rink	170.0
6.	Skating Club of Greater Youngstown	167.0
7.	White Township Recreation, S&T Bank Arena	89.5
8.	Gilmour Academy	83.0
9.	Southgate Civic Ice Arena	65.0
10.	Chiller LLC – Easton	45.5

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



ISI West Coast Championships

April 21-23

Sprinker Recreation Center
Tacoma, WA

Test & Entry Deadline: March 1
skateisi.org/westcoastchamps

THE MOUNTAINS ARE CALLING

See You in Tacoma for ISI West

Good things bear repeating, and ISI West Coast Championships is no exception. Our 2023 event on the Pacific Coast returns to Sprinker Recreation Center in Tacoma, Wash. Test and entry deadline is March 1.

TOP TEN REASONS TO ATTEND

1. YOU LOVE TO SKATE AND COMPETE IN FUN ISI NATIONAL EVENTS!

And skating and competing in the Pacific Northwest will give you all sorts of “feels” — and not necessarily from your skating! (Breathtaking scenery and endless adventure await!)

2. NATURAL BEAUTY OF THE PACIFIC NORTHWEST

With its evergreen forests, mountains galore and miles of coastline, this part of the country is hands-down unsurpassed in scenic beauty.

3. TERRIFIC “T-TOWN!”

Nestled in the banks of the Puget Sound, with the majestic Mount Rainier looming in the background, Tacoma, affectionately known as “T-town” to locals, offers the perfect mix of urban sophistication, outdoorsy splendor and cultural creativity.

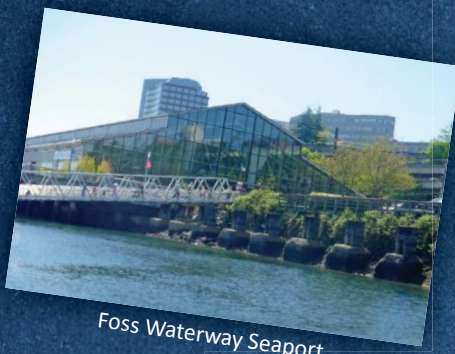
4. THE SPLENDID SPRINKER RECREATION CENTER

This family-friendly facility, with equally amiable staff, features a spectacular NHL-size ice surface, plus indoor and outdoor tennis courts, racquetball courts and outdoor basketball courts, skateboarding park, walking trails and a man-made rock formation for climbing.

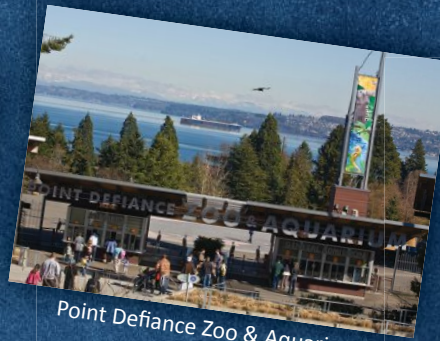
5. AWESOME ATTRACTIONS

In addition to its raw beauty, Tacoma offers plenty of sights to see and places to explore. Popular attractions include: Foss Waterway Seaport, where you can learn about the region’s maritime roots; 6th Ave., where you can shop and eat to your heart’s content; Mount Rainier National Park, one of the oldest national parks in the country; Museum Row, including Chihuly Glass Museum; Ruston Waterfront; Tacoma Nature Center; and Point Defiance Park, consisting of a zoo and aquarium, living history museum, rose garden, numerous trails, beach and Five Mile Drive.

Photos courtesy of Travel Tacoma



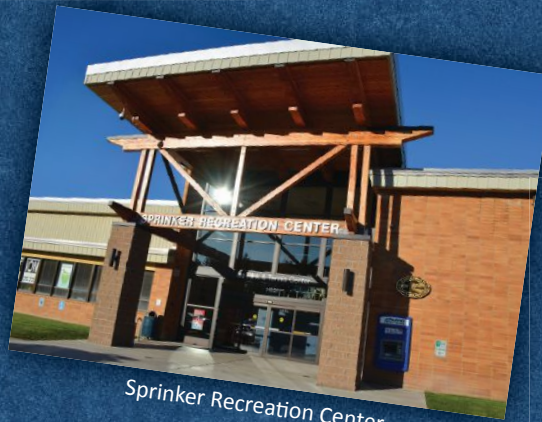
Foss Waterway Seaport



Point Defiance Zoo & Aquarium



Chihuly Bridge of Glass



Sprinker Recreation Center



Museum of Glass

Chuck Lysen

AGAIN! Coast Champs

by Eileen Viglione

6. YOU LOVE TO SKATE AND COMPETE IN FUN ISI NATIONAL EVENTS!

Did we mention this already? Our “bad,” but we just can’t stress this enough!

7. CRAZY-GOOD COFFEE

While Seattle may be considered the coffee capital of the United States, Tacoma has its own unique coffee culture brewing. A good cup of java from one of the many local shops/roasters will keep you (or your parents/guardians) running (and skating) day after day!

8. VIBRANT ARTS SCENE

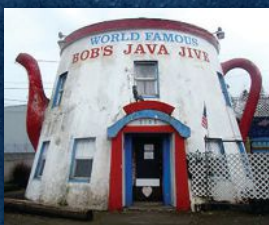
Glass blowing. Ballet. Music. Theater. Painting. Sculpture. Photography. Opera. And more! Tacoma serves up an impressive array of both visual and performing arts. In fact, the city is funding 58 non-profit organizations, to the tune of approximately \$4.5 million, to support local art, culture and science programs. Explore the many local art galleries as well as downtown’s Museum Row, which includes six fabulous museums. Don’t miss the Chihuly Bridge of Glass, a 500-foot pedestrian bridge with stunning Chihuly glass installations.

9. THRIVING RESTAURANTS

With its diverse mix of restaurants, from hole-in-the-wall joints to fine dining establishments, the city won’t disappoint “foodies.” You’ll find locally-sourced cuisine as well as a variety of international dishes to suit any palate.

10. “HOSTESS WITH THE MOSTESS”

Sprinker Recreation Center Figure Skating Program Coordinator Janice Teodoro-Forbes, aka Madame President (of the ISI), will be our lovely host of West Coast Champs, and we have no doubt that she and the entire Sprinker crew and volunteers will do a fantastic job of helping the ISI staff run this wonderful competition for our skaters.



BEST PHOTO OP

A Tacoma landmark since 1927, the legendary Bob’s Java Jive, a 25-foot-tall coffee pot shaped building (bar), is the perfect backdrop for a unique photo op! Check it out at 2102 South Tacoma Way.

More Information

skateisi.org/westcoastchamps
traveltacoma.com

2022 WORLD RECREATIONAL



Overall Team Champion and Winner of the Michael Booker Trophy —
Niles Park District Iceland Skate Complex

Photos by Norman Cohen



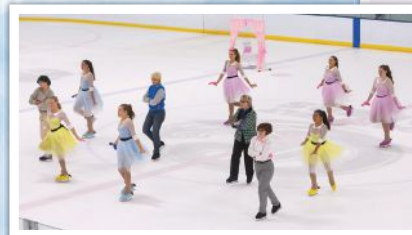
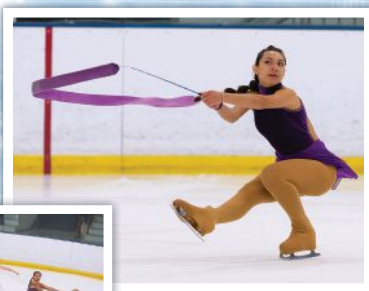
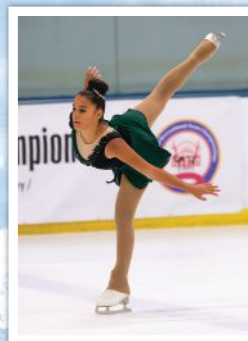
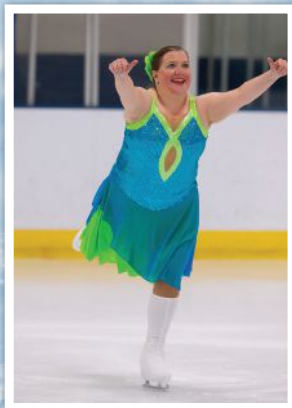
Board of Directors Award
Winner — Superstars Figure
Skating Club



Overall Percentage Award Winner — TGH Ice Plex



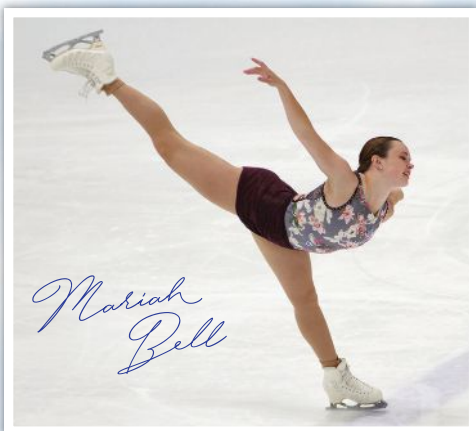
President's Award Winner — NSC Super Rink



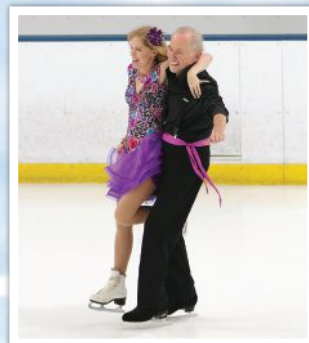
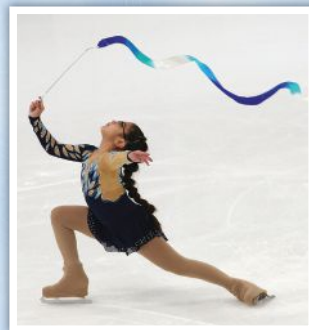
TEAM CHAMPIONSHIPS



Photos by Andy Kastrup



Mariah Bell, star of the ISI Benefit Show, dazzled spectators with her beautiful performance



Worlds Participants

744 Competitors from 60 Rink Teams from 15 States (Alabama, Alaska, California, Florida, Illinois, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Ohio, South Dakota, Tennessee, Texas and Virginia)

Oldest Skaters:

Joseph Kasputys, 85, FMC William Chase Arena, Natick, Mass.; Carole Dale, 77, Northbrook Sports Center, Northbrook, Ill.; Cheryl Graffi, 77, Pasadena Ice Skating Center, Pasadena, Calif.; Gayle O'Neill, 77, SASS Figure Skating Club, Chicago; George Pike, 73, SASS Figure Skating Club.

Youngest Skaters:

Samantha McGrath, 3, Stars of Austin Figure Skating Club, Austin, Texas; Vincent Kaczmarcz, 4, Niles Park District Iceland Skate Complex, Niles, Ill.

Most Events:

Keren Groner, Superstars Figure Skating Club, Elk Grove Village, Ill., 26 events; Robert Trygstad, Vacaville Ice Sports, Vacaville, Calif., 25 events; Robert Johnson, Superstars Figure Skating Club, 18 events

Largest Skating Teams:

Franklin Park Ice Arena, Franklin Park, Ill., 61 skaters; Niles Park District Iceland Skate Complex, Niles, Ill., 59 skaters; Stars of Austin Figure Skating Club, Austin, Texas, 41 skaters

Teams from Farthest Distance:

Ice Naka Arena Rangsit, Bangkok, Thailand, 8,550 miles; Curtis D. Menard Memorial Sports Center, Wasilla, Alaska, 2,820 miles; Dublin Iceland, Dublin, Calif., 2,126 miles; Oakland Ice Center Operated by Sharks Ice, Oakland, Calif., 1,830 miles; Solar4America at San Jose, San Jose, Calif., 1,821 miles



Amelia & Andy Kastrup

A big shout-out to Andy Kastrup for the wonderful Worlds photos!



Top 10 Teams

PLACE	TEAM	POINTS
1.	Niles Park District Iceland Skate Complex	1,159.8
2.	City of St. Peters Rec-Plex	718.8
3.	Stars of Austin Figure Skating Club	529.5
4.	RDV Sportsplex Ice Den	524.5
5.	Franklin Park Ice Arena	510.0
6.	NSC Super Rink	429.0
7.	TGH Ice Plex (formerly Ice Sports Forum)	419.5
8.	El Paso Figure Skating Club	397.0
9.	Edge Ice Arena	334.5
10.	St. Louis Park Rec Center	286.0

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



@SkateISI



SkateISI — Ice Sports Industry

Flip 'n' Fun...

FLIP'S FUNCAKES!

FUNCAKES, YOU ASK? THAT'S RIGHT!

Ever so creative, Flip not only puts the fun on the ice but also puts the fun in cupcakes! To make Flip funcakes (aka cupcakes), follow the instructions below.

INGREDIENTS:

(Note: You can also make your favorite chocolate cupcake recipe or use a box mix.)

- 1 ½ cups all-purpose flour
- 1 cup sugar
- ⅓ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup cold coffee or water
- ½ cup canola oil
- 2 tablespoons white or apple cider vinegar
- 2 teaspoons pure vanilla extract
- Can of chocolate frosting (or make homemade frosting)



Adventures & Activities

DIRECTIONS:

STEP 1. Preheat oven to 350 degrees Fahrenheit. Line 2 (12-cup) cupcake pans with 24 cupcake liners.

STEP 2. In a large bowl, whisk together flour, sugar, cocoa, baking soda and salt. In a separate bowl, whisk together coffee, oil, vinegar and vanilla.



STEP 3. Pour the wet mixture into the dry mixture and whisk until just combined. Do not overmix.

STEP 4. Fill the cupcake liners about two-thirds full of batter.



STEP 5. Bake for 16 to 18 minutes, or until a toothpick inserted in the center of a cupcake comes out clean with only a few crumbs clinging to it. Let cupcakes cool.



STEP 6. Top cupcakes with chocolate frosting.



STEP 7. Add candy eyes, white chocolate melts for bellies and yellow or orange M&M's for the beak and feet.



STEP 8. Share with friends and enjoy!



**Recipe by vegan chef Chloe Coscarelli*



A HUGE THANK YOU TO FREESTYLE 6 SKATER LOGAN MUHLEISEN FOR WHIPPING UP (PUN INTENDED!) THIS BAKING PROJECT FOR US.

Logan is a part of Tampa Bay Skating Academy Countryside in Clearwater, Fla., where Maida Laird is his coach. An avid baker, Logan makes a birthday cake for coach Laird every year and always bakes something for team parties.



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

2022 Competitions

September

16-18 Huntsville AL

Huntsville Skating School & Training Academy
Dream Bigger, Aim Higher, Reach Farther –
ISI Team Competition

17-18 Arlington TX

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

18 Goleta CA

Ice in Paradise
Be A Skating Star

October

1 Roseville CA

Skatetown Ice Arena
Octoberfest



2022 ISI Adult Championships
Oct. 8-9
South Suburban Sports Complex
Littleton CO

28-30 Woodbury MN

M Health Fairview Sport Center
Skate Woodbury ISI Classic

29 Simi Valley CA

Iceoplex Simi Valley
Iceoplex Simi Valley 19th Annual ISI Open Competition

29 San Francisco CA

Yerba Buena Ice Skating Center
Haunted In-House

November

4-6 Tampa FL

TGH Ice Plex
2022 ISI Fall Challenge

19-20 New Ulm MN

New Ulm Civic Center
New Ulm Fall Festival

December

2-4 White Bear Lake MN

White Bear Lake Sports Center
White Bear Lake Holiday Open

2023 Competitions

February

3-5 Blaine MN

NSC Super Rink
2023 Frosty Blades Competition



2023 ISI Winter Classic
Feb. 17-19
Huntsville Ice Sports Center
Huntsville AL

March



2023 ISI Synchronized Championships
March 31-April 2
Goggin Ice Arena
Miami University
Oxford OH

April



2023 ISI College Town Showdown
April 1
Goggin Ice Arena
Miami University
Oxford OH



2023 ISI West Coast Championships
April 21-23
Sprinker Recreation Center
Tacoma WA

28-30 Knoxville TN

Ice Chalet
The 54th Annual Robert Unger ISI Competition

2022 Shows & Exhibitions

September

17 Goleta CA

Ice in Paradise
Another Day in Paradise

December

1-4 Knoxville TN

Ice Chalet
The 35th Annual Nutcracker on Ice

17 Goleta CA

Ice in Paradise
Holiday Ice Skating Show 2022

17 Arlington TX

ICE at The Parks
Holiday at The Parks

Creating a Lifetime of Fun!

See you at one of these 2023 ISI National Skating Events



ISI Winter Classic
Feb. 17-19
Huntsville Ice Sports Center
Huntsville, AL
Test & Entry Deadline: Dec. 15, 2022

ISI Synchronized Championships
March 31-April 2
Goggin Ice Arena – Miami University
Oxford, OH
Entry Deadline: Feb. 1



ISI Synchronized College Town Showdown
April 1
Entry Deadline: Feb. 1



ISI West Coast Championships
April 21-23
Sprinker Recreation Center
Tacoma, WA
Test & Entry Deadline: March 1



The Mountains are Calling!

Come Skate with Us!

April 21-23



Sprinker Recreation Center

Tacoma, WA

Test & Entry Deadline: March 1

skateisi.org/westcoastchamps



If you're offered a seat
on a rocket ship,
Don't ask what seat!

Just Get On!



Feb. 17-19

Huntsville Ice Sports Center Huntsville, AL

Test & Entry Deadline: Dec. 15

skateisi.org/winterclassic

