

Spotlights, curtain, and show-style seating will be used for all events!

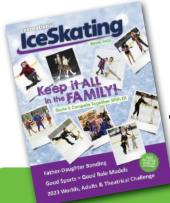
October 6-8, 2023

Entry deadline: August 20, 2023

Events will include most individual, partner, and team events, including artistic, spotlight, footwork, interpretive, and production-style events. Multiple types of spotlight events are encouraged (character, light entertainment, dramatic, and theme)!

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Show your skating talents in a true "show" atmosphere!



what's inside

Recreational Ice Skating | SPRING | 2023 | Vol. 45, Number 1

On the Cover:
ISI skaters and families
having fun competing
together!



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news & notes



Do you know What an Ensemble Is?

An Ensemble is an event for 3 to 7 skaters of all ages and levels who are brought together to perform a creative, fun program designed to illustrate the skaters' performing talents! Emphasis is placed on the theatrical and entertainment value of the skaters' performance, rather than on the technical difficulty of specific maneuvers.

Since there are no required elements, the program is judged on its ability to entertain, inspire and engage the audience. Props and background scenery are not required but when done well, they can really add to the value of the performance. If props are used, they are limited to those that can be hand-carried or pushed onto the ice by the skaters, preferably in one trip within 30 seconds. Please note: Effective with the 2022 rule changes, there is no longer a duration penalty given for exceeding 30 seconds or one trip when exiting the ice.

An Ensemble is an excellent way to bring a group of skaters together that may not be of equivalent levels or skill set but who enjoy skating together. Unlike a Team Compulsory event, which requires all 6 or 7 skaters to be of a similar level, Ensemble allows much more flexibility with creating your groups. For this reason, Team Compulsories receive team points while Ensembles receive points in line with Solo and Couples events.

At ISI competitions, skaters are judged by comparative judging using the criteria listed below. Each judge has different criteria except for judges' appeal, which is graded by all.

- Costume and Props Items that offer support and enhance the skaters' routine. There are limitations; see the ISI Handbook.
- Duration The length of the program, which must be within the prescribed time limit.
- Judge Appeal (given by all 3 judges) This score is the judges' evaluation of the skaters' ability to produce a positive or pleasing response from their performance. This includes appropriateness and entertainment value.
- Music & Choreography This score reflects the skaters' use of music and choreography to illustrate and highlight the act.
- Originality This is the ability to show a fresh, new aspect, design or style within the
 performance.

The duration for an Ensemble is 3 minutes. All participants must wear ice skates. There are no testing level requirements for any of the skaters.

Take Twizzle Home!

Skaters, do you know that you can own your very own huggable Twizzle? ISI's adorable mascot is available in a 12-inch plush form.

Cost is just \$20, including shipping. To purchase, visit skateisi.org/twizzle.

Tips for TEAMS



Together Everyone Achieves More

You're always part of a team in ISI skating, since rink teams are the foundation of all ISI competitions. When you compete in any ISI competition, you earn participation points and placement points for your rink team. The more points that skaters from your facility accumulate, the greater your team's chance of becoming the overall team champion for the event.

In addition to your rink team, perhaps you skate on a synchronized or production team, or in a Team Compulsory or Family Spotlight event. It's about teamwork in skating — and in life — and when you work well with others, you gain the tools for success.

Here are some tips for being a great teammate:

TEAMWORK

- Communication Have open communication with team members and learn to listen to your coach and other team members.
- **Cooperation** Help team members and work together.
- Trust Work toward a common goal, which builds trust and is necessary for success.

EFFORT

- Goal Setting Make long- and short-term goals and group and individual goals.
- Persistence Come to practice ready to work and always give your best effort.
- Commitment Participate in goal setting and focus on the task at hand.

ATTITUDE

- **Positive** Maintain a positive attitude for maximum success.
- **Enjoyment** Remember why you chose to participate and focus on the process.
- **Sportsmanship** Be a good sport and practice give and take with team members.

MENTAL SKILLS

- Imagery See, feel and experience the actions that will lead you to the desired outcome.
- Relaxation Practice progressive muscle relaxation and centering (focusing on your body and breathing).
- Positive self-talk Use verbal cues and stop negative thoughts.



Ice & Blades CELEBRATES Bob Mock's ISI Award

Ice & Blades Figure Skating Team of Western Pennsylvania presented skating director Bob Mock with the ISI Erika Amundsen Award at the group's annual picnic in August.

The award honors an individual who exemplifies the late Erika Amundsen's contributions as a tireless ambassador of the ISI and has had a significant and lasting impact on the popularity of ISI programs and activities.

The ISI awards committee chose Mock as the 2022 recipient due to his steady involvement in and dedication to the ISI for 30-plus years. He has been a beacon of inspiration and expertise to the organization and skating industry as well as to his coaches and students.

"He is totally devoted to all skaters and the development and promotion of figure skating at all levels," said Joyce DiToppa, president and test chair of Ice & Blades Figure Skating Team. "He is a wealth of knowledge, a great coaching mentor, an encyclopedia of skating history and my go-to question person. He is fantastic with parent questions and, most importantly, he is the very best at bringing out a skater's full potential; he makes every skater on the ice happy and excited to be there."





ISI World Recreational Team Championships

Aug. 3-6 Nashoba Valley Olympia Boxborough, MA

Test & Entry Deadline: May 24 skateisi.org/worlds

WORLDS WILL BE 'W IN BOSTON AREA!

by Eileen Viglione

CORNY,

OH MY COD! ISI World Recreational Team Championships is returning to the beautiful Boston area, where summer will be in full swing — can you smell the fresh "lobstah" rolls? But enough about fish and seafood, let's focus on our largest recreational competition of the year!

ISI Worlds gets underway Aug. 3 through Aug. 6 at Nashoba Valley Olympia in Boxborough, a quaint suburb filled with charming, historic houses — approximately 30 miles or about an hour's drive from Massachusetts' capital city of Boston (aka "Beantown!")

This amazing for 650 spectators); a snack bar, featuring nutritious snacks, sandwiches and drinks; a pro shop, dance room for off-ice training; and skate sharpening services.

Often drawing competitors from across the United States and a few foreign countries, ISI Worlds is our most popular national event and offers competitors of all skill levels and ages, from tots to seniors, an opportunity to perform and compete in the sport that they adore. Competitors can choose from more than 25 different event categories for individuals, partners, groups and teams.

The energy leading up to and at a Worlds event is invigorating! Every skater should experience it as least once in their lifetime. Warning: Once you do, you'll be hooked. Many Worlds competitors return many times over to enjoy the excitement, fun and camaraderie found at this special competition.

COMPETITORS' PARTY

ISI Worlds is unlike any other skating competition on the planet, so we like to celebrate it accordingly — in ISI style! We host a big bash — a Competitors' Party — exclusively for Worlds participants and their families, and it always entails entertainment and FUN! This year, mateys, it'll be all hands on deck Friday (Aug 4) as we cruise the Boston Harbor, eat, drink and dance the night away! Watch the ISI website (skateisi.org) for more detailed information in the coming months.

ISI BENEFIT SHOW

A much-anticipated event at Worlds is the ISI Benefit Show, featuring a "celebrity" guest skater and Worlds participants selected throughout the week to perform in the engaging show. In recent years, star performers having included Mariah Bell, Starr Andrews, Bradie Tennell and Jason Brown. This year's skater will be announced in the coming months. Be sure to check the ISI website (skateisi.org) for details — you won't want to miss it. Tickets sell quickly!

TEST AND ENTRY DEADLINE: MAY 24

The test and entry deadline for Worlds is May 24. Watch the ISI website (skateisi.org/worlds) for the entry form and latest information on lodging, the event schedule, Competitors' Party and ISI Benefit Show.

SUMMER VACATION

Many Worlds competitors and families choose to plan their summer vacations around this extraordinary event. Here's the scoop on all there is to do in the surrounding area of Boxborough. And, of course, a world of adventure is just a hop, skip and jump away in Boston, where you'll find renowned attractions, including Beacon Hill, Quincy Market, Faneuil Hall Marketplace, Fenway Park, Newbury Street and so much more!









ACTON

Photos courtesy of Greater Boston Convention & Visitors Bureau

Acton Arboretum — Sixty-four acres of woods, meadows, ponds, swamps and apple orchards, all just waiting for you to explore. Visit actonarboretum.org.

Acton Bowladrome & Arcade — A family-owned entertainment facility, where you can bowl, play arcade games and shoot pool. Visit actonbowl.com.

BOLTON

Animal Adventures Family Zoo & Rescue — Get up close with exotic animals from around the world. Visit animaladventures.net.

CONCORD

Concord Museum — See Revolutionary War artifacts, including one of the two lighted lanterns hung in the church belfry to warn that the British were on their way. Visit concordmuseum.org.

Minuteman National Historic Park/Visitors' Center — Check out numerous American Revolutionary War sites, including Old North Bridge, the first American victory in the Revolutionary War. Visit nps.gov/mima/index.htm.

HARVARD

Harvard Alpaca Ranch — Take a free farm tour (donations accepted) and meet the many furry members that call the ranch home. Visit harvardalpacaranch.com.

Oxbow National Wildlife Refuge — Hike the trails along the Nashua River, paddle a canoe or kayak, fish, and/or check out the visitor center to learn about conservation. Visit fws.gov/refuge/oxbow.

Fruitlands Museum — Discover art, history and nature through exhibits, historic house tours and acres and acres of land. Visit thetrustees.org.

HUDSON

American Heritage Museum — Marvel at the vintage army tanks, automobiles, aircraft and other U.S. military machinery on display. Visit americanheritagemuseum.org.

WESTFORD

Kimball Farm — Enjoy classic summer fun! Activities include mini golf, pitch & putt, both bumper cars and boats, pony rides and a zipline, arcade, driving range and more! Visit kimballfarm.com.

MORE INFORMATION

ISI World Recreational Team Championships (skateisi.org/worlds) Massachusetts Office of Travel and Tourism (visitma.com) Greater Boston Convention & Visitors Bureau (bostonusa.com)

competitors' corner

ISI Skating Program Events FAQS





Knowledge is power! Here's some information to make you a more powerful ISI skater.

Why can't I choose to compete in a higher-level competition event for practice and to get more experience?

All technical Freestyle, Couple and Pair events (except the new Open Freestyle events) compare "apples to apples." If you can do the maneuvers from a higher test level, then you should pass the test and move up to that level. If you are still working on completing all the maneuvers for the next higher test, there are now many options in other events where you can practice higher-level maneuvers to get more experience.

One place is the Open Freestyle events, where there are no required maneuvers and all spins are allowed at any level. This is a great opportunity for a skater to try more difficult spins than those allowed in their traditional track program. It is important to note that there are still jump limitations in the Bronze, Silver and Gold levels, so make sure you know them. Other competition events such as Interpretive, Artistic, Spotlight, Footwork and Rhythmic allow skaters to perform maneuvers from higher levels because there are no technical maneuvers being judged.

Why are skaters in the Pre-Alpha through Delta levels required to perform one maneuver from Freestyle 1 in their program routine?

While it might seem difficult at first, most beginning skaters really enjoy practicing a beginning 2-foot spin or spiral or even a waltz jump. Jumps and spins are what they see on TV and practicing a variety of those Freestyle 1 maneuvers can motivate beginners to improve their basic test maneuvers and help them to reach their full skating potential.

Why can the Freestyle 1 spiral be done on either edge (outside or inside) or a flat (in a straight line) but all the spiral requirements in Freestyle 2-4 must be done on edges?

The answer to this one is pretty simple: It's because the Pre-Alpha through Delta skaters don't even learn edges until Delta/Freestyle 1 levels, so it's not possible to require only an edge for the lower-level skaters. After Freestyle 1, all spirals must be performed on edges since all eight skating edges are learned by the Freestyle 1 level.

Why do we have to do those dance step sequences in Freestyle 2-9 levels?

Dance Step sequences teach you the basic turns and edges needed to progress to higher-level skating maneuvers. They also give you some interesting patterns to do as you're connecting moves between your jumps and spins. In ISI competitions, many coaches and skaters forget that the dance step sequences actually count the same amount as any jump or spin toward the skater's overall event placement.

Why should I be in the rink at least one hour before my scheduled event warm-up time?

While this can vary from competition to competition, it's still a good guideline (and a requirement for ISI national events). If you are in the rink an hour before, you can check in your music and find out if the events are running on time, late, or even ahead of schedule. While it is rare, some ISI events can run early if all the skaters are there and ready. It also gives you time to get familiar with the building, get ready, relax and do your best performance!

Why didn't I get first place if I was the only one in my event group who didn't fall down?

Did the other skaters fall while performing a required maneuver? If they did, they can get up and do the maneuver again and the fall will not affect the maneuver score. If they fell while performing a maneuver that is not required, then that fall will not affect their "Extra Content" score.

In short, the only way that a fall could affect the judge's score is if it's done while performing a required maneuver and that maneuver is not repeated, or possibly under the "General Overall" score if the fall(s) detract from the overall skating performance. It is possible to fall and still receive first place in an ISI event.

Why didn't I place higher in the Open Freestyle events when I did more difficult jumps and spins?

Even though this is a technical skating event, there are no required maneuvers. Individual jumps, spins and connecting moves now receive three separate "Correctness" scores. Correctness includes the technical accuracy, or quality, of the maneuvers performed. Difficulty or technical merit is not considered here, but falls are to be taken into consideration when judging.

Why didn't I get first place when my Spotlight prop was so great?

While there is one judge scoring "Costume & Prop," the most important judging criterion is the "Judge Appeal" score given by all three judges. Having a great prop doesn't guarantee a winning program. Did you use your prop during the routine? Did it add to the theme of your program? Or was it just a prop sitting on the ice? Was the overall performance of the program entertaining and fun to watch? These are some of the questions the judges ask during Spotlight events.

Why can't we see the judges' scores or placements for our competition events?

All ISI competitions are based on a closed system of judging. This is because in most ISI events, each judge has different judging criteria. The combination of the judges' scores is what creates the totals to determine the overall placement results. Just because one judge gives you lower scores doesn't mean they thought you did a bad performance; they just thought the other skaters turned in a better performance for that one particular judging criterion.

For all ISI recreational competitions, the largest event group is nine entries. Skaters not placing in first through fifth place will receive sixth place (there are no seventh, eighth or ninth places). This philosophy helps all skaters have a more positive competitive experience, allowing them to receive a medal for their performance in every event while they still earn participation points for their overall rink team.

INTRODUCING THE

all new GEM SERIES



FROM



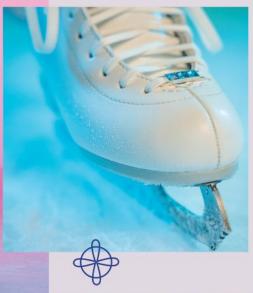
RUBY + TOPAZ + CRYSTAL

The new Gem Series from Riedell takes skaters from their first steps on the ice and beyond! With a new fit, new look, new materials, and lightweight outsole, the Riedell Gem Series ensures consistent comfort and performance as skaters progress.



NEW FEATURES

- · Modern, ergonomic toe fit
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 30% lighter than PVC











Oct. 6-8
ICE at The Parks
Arlington, TX

Test & Entry Deadline: Sept. 1 Visit skateisi.org/adultchamps

HATS ON, SKATES ON-YEE*HAW!

ADULT CHAMPS HEADS BACK TO TEXAS!



TOP 8 REASONS TO PARTICIPATE

1. You're an Adult Who Loves to SKATE (of course), Compete and Have FUN!

Let's be honest, you're on the ice because of the incredible sensation that permeates your soul when you're gliding free — not because you are the next Olympic hopeful. Skating should be fun, and there's no doubt that ISI Adult Champs offers Texas-size FUN on the ice and beyond — you can hang your hat on it!

2. You Need to Challenge Yourself and/or Get Out of Your Comfort Zone

Perhaps you're a returning skater wondering if you "still have it" when it comes to your skills, or you're driven to perfect your talent, or you've decided it's high time to take up a new hobby to feel alive. Whatever the reason, ISI and Adult Champs will meet you where you are in your journey. Trust us, you won't regret your resolve to pursue your goals and/or overcome your fear. You won't know what you can do until you do it — just go for it and "git-r-done!"

3. You Want to Meet New Friends and/or See Your Skating "Besties"

ISI Adult Champs is notoriously known for its exhilarating and welcoming atmosphere. You will be supercharged by the positive vibes! Many of our adult skaters have made lifelong friends at Adult Champs and return again and again because they've found their tribe.

4. October in Texas = Divine Weather

Just ask any Texan — especially after August — what their favorite month is. You're sure to hear "October," when the relentless summer heat has yielded to pleasant temperatures in the high 70s and low 80s. Fall "feels "are definitely in the air!

5. Big 'O Fun in Arlington, "Big D" & Fort Worth

Known as the entertainment capital of Texas, Arlington is home to popular attractions, including the Dallas Cowboys' AT&T Stadium, the Texas Rangers' Globe Life Field, Six Flags Over Texas, the Arlington Museum of Art, the Arlington Music Hall, the International Bowling Ball Museum & Hall of Fame and Texas Live (Google it!). Plus, it's centrally located between Dallas and Fort Worth, offering an array of entertainment options just as wide as the Texas sky!

6. The Iconic Big Tex

If you've never seen or heard of Big Tex, you're in for a real treat! The annual Texas State Fair kicks off in September and runs through mid-October at the historic Fair Park in Dallas. The biggest attraction (no pun attended)? The 55-foot iconic Big Tex, the official greeter and marketing icon of the fair since 1952. Texan or not, everyone should get at least one photo taken in front of this larger-than-life cowboy!

7. ICE at The Parks

Opened in 2002, the beautiful ICE at The Parks is situated inside The Parks Mall at Arlington and features an NHL-size ice surface. Skating director Caroline Baker, a former Holiday on Ice professional skater, and her friendly staff and volunteers always go the extra mile to help ensure successful ISI national events.

8. You Need a Legit Excuse to Wear Your Cowboy Boots and Hat!

It's Texas after all — enough said!





Family Spotlight



ISI World Recreational Team Championships will be here before you know it! Have you ever thought about how much fun it would be to have your brother, sister, mom, dad — or even your whole family — on the ice with you?

Family Spotlight is a special event designed to allow family members to participate together in ISI competitions. Every member of your family can show their skating skills on the ice at the same time. This event is open to two or more family members of any age and skating level.

Have you ever seen an old episode of "Family Game Night" on TV? The families look like they are having so much fun together! The ISI Family Spotlight event is similar in that it offers families an opportunity to share an enjoyable time together — but on the ice! You get to compete against other families and earn team points for your rink team and everyone in your family will receive a medal!

Family Spotlights should be fun and entertaining; typically, they are portrayals of characters using costumes and props to create the story or theme on the ice.

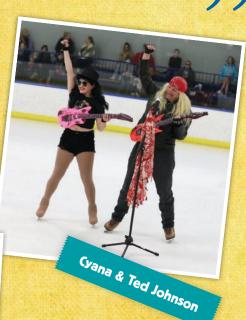
When deciding on your theme, start by thinking about something that your family can relate to and which/how many family members will be performing. Popular movies, TV shows, music and books are helpful in coming up with creative ideas.





& Grace Roberts

It's not often that families can compete together in recreational sports. With ISI, however, families have the unique opportunity to do just that. Our Family Spotlight event puts family first!



Ashley Kawalec & Lauren Garrett

Eligibility: Event is open to two or more related family members of all ages and skill levels

Duration: 1:30 minutes

Judging Criteria: Music & Choreography, Costume & Prop, Originality, Duration, Judge Appeal

Costumes can really enhance your program and help your character come to life on the ice. Check your closet for old Halloween costumes and clothes you use for playing "dress-up."

If you decide to use props in your program, keep in mind that they should be "purposeful props." That means the prop should be "used" by the skater(s) as a way to help illustrate the theme of the program. Don't just have a prop on the ice for the sake of having one.

Always know your audience (in this case, keep in mind that you are performing for judges). Your theme should be easily recognizable, and your music should match the costumes, the props and the choreography. Don't make the judges "guess" what is going on during your program.







Sunday, July 23 - Thursday, July 27, 2023
On Ice Skating Skills Clinics | Classroom Sessions | Off Ice Training





More Info and Registration MiamiOH.edu/ICE (513) 529-9803



pad & paughter build beautiful bond on ice

by Andy Kastrup

When my daughter, Amelia, was 2, she saw figure skating on TV for the first time. She was so captivated; she started to pretend to skate in our living room. She created her very own ice rink complete with a "kiss and cry" area, flashlights for spotlights, and even a pretend ice resurfacer machine.

She did this for several months and tried to mimic skaters Mariah Bell and Bradie Tennell. Her enthusiasm didn't die a bit, so I decided to take her to the City of St. Peters Rec-Plex [in St. Peters, Mo.] to see an ISI competition. We didn't even know what ISI was or that it would end up being such a big part of our lives.

In amazement, Amelia watched each routine with intense focus. Then, one of the prominent skaters came off the ice and sat in the stands by her. Amelia had never seen a figure skater up close, and it must have been as if one popped off the TV screen and was suddenly sitting next to her. She started touching her sparkling dress to see if she was real. With a big smile on her face, the skater began talking to Amelia for a bit. This helped solidify Amelia's interest in skating.

When she turned 3, we tried skating for the first time — me in an old pair of antique, leather hockey skates. No matter how many times Amelia fell, she kept trying and did not give up. We enrolled her in classes and continued to learn together by skating as many public sessions as we could. Our favorite thing was to skate to music, performing our own silly routines. The ice quickly became our happy place, and we always looked forward to the next time we could skate together.

First ISI competition

We eventually added private coaching and enrolled Amelia in ISI, which led to her first competition, the 2019 World Recreational Team Championships. She was the youngest skater featured in the ISI Benefit Show. She enjoyed performing so much that she didn't want to leave the ice and kept bowing and waving to the adoring fans.

Amelia exceled at skating and participated in as many competitions and ice shows as possible, each time wanting to do more. We continued to skate together and even created our own partner moves. Eventually, this became our very own duet that we performed at the 2022 Worlds competition. There, she got to meet her skating hero Mariah Bell. It's been incredible to see it come full circle — to see how Amelia, at just 2 years old, was influenced to skate after watching Mariah on TV and then have the opportunity to meet her idol years later through competing in ISI.

Amelia, now 7, skates under the direction of coach Mandy Whitacre. She recently passed her Freestyle 3 test, and her favorite event is Interpretive. Even though she has far surpassed me in skill level, we still skate together every week. It is our special Daddy-Daughter bonding time, and I feel the sport will provide a lifetime of enjoyment for us.

ISI Worlds

High Tides & Good Vibes!



Aug. 3-6

Nashoba Valley Olympia Boxborough, MA

Test & Entry Deadline
May 24



skateisi.org/worlds



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

Test & Entry Deadline: Sept. 12 skateisi.org/theatricalchallenge

Happiness Is... Theatrical challenge in Santa

This year's ISI Theatrical Challenge, scheduled Oct. 21-22, has us in a "Golden State of mind!" We're excited to bring this extraordinary event to Snoopy's Home Ice (officially known as the Redwood Ice Arena) in the charming city of Santa Rosa, known as "California's Cornucopia," due to its natural beauty and vibrant culture.

Located about 55 miles north of San Francisco, this Sonoma County destination offers stunning vistas of rugged coastline, majestic mountains, rolling hills, verdant vineyards and towering redwood trees, and it offers a wealth of opportunity for outdoor activities. It's also home to fabulous art, restaurants, museums, shops and more!

Theatrical Challenge gives skaters the unique opportunity to perform under fun and colorful lighting in several non-technical events, such as Artistic, Spotlight, Rhythmic, Ensemble and Production, to name a few.

When competitors arrive at Snoopy's Home Ice, they will feel as if they've stepped into the pages of a wondrous fairytale. Built in 1969 by the late Peanuts comic strip creator Charles M. Schulz, the facility is reminiscent of a vintage Swiss ski chalet, with its steep-pitched roof and ornate, brown window boxes. Minnesota-born Schulz was a huge fan of ice skating, and he spent over 40 years writing his Peanuts comic strip from his home in Santa Rosa.

TOP 10 THINGS TO DO IN SANTA ROSA

1. Get Your Fill of Peanuts!

Once in Santa Rosa, you'll discover numerous larger-than-life statues of Peanuts' characters, such as Snoopy, Charlie Brown, Woodstock and Lucy, scattered throughout the city. The Charles M. Schulz Museum, located across from Snoopy's Home Ice, features a re-creation of Schulz' studio, changing galleries of his artwork, a theater and cartooning classes. Even the Santa Rosa Airport, officially named the Charles M. Schulz-Sonoma County Airport, commemorates his beloved work with numerous sculptures. Visit schulzmuseum.org.

2. Go on safari

Grab your family and skating friends and head to Safari West, where you can pretend you're on an adventurous expedition in the Serengeti. More than 900 exotic animals, including wildebeest, rhinos, giraffes, cheetahs and zebra, roam the 400-acre preserve. You can even stay overnight in a luxurious tent — "glamping" at its best — complete with viewing deck and the sounds of the wild. Visit safariwest.com.

3. Get outdoors

Connecting with nature in the Santa Rosa area is easy-peasy — just step outside, inhale the fresh air and venture to one of its many trails, parks, lakes or the nearby Pacific Ocean. Kayaking, hiking, fishing, ziplining, mountain biking, horseback riding, swimming, camping, boating — your options are endless! Popular destinations include Spring Lake Regional Park, Howarth Park, Trione-Annadel State Park, Armstrong Redwoods State Natural Reserve and Sonoma State Beach.



Charles M. Schulz Museum



Old Courthouse Square



Photos courtesy of Visit Santa Rosa

Safari West



Snoopy's Home Ice

Rosa!

by Eileen Viglione



"Woodstock Building Charlie Brown" Statue



Santa Rosa Vineyards



The stunning natural beauty of Santa Rosa

4. Step Back in Time

Listed in the National Register of Historic Places, Historic Railroad Square, considered Santa Rosa's Old Town, showcases beautiful buildings dating back to 1904. What was once the heart of train travel is now a walkable shopping, dining and entertainment center.

5. Savor Farm-Fresh Food

Feast on locally grown food and fresh-caught seafood from the Sonoma coast at a variety of restaurants, brewpubs and wineries, where fresh from the farm is standard fare.

6. Go Downtown

Santa Rosa's historic Fourth Street, which extends a few picturesque blocks, is an excellent place to shop local. Here, you'll find unique gifts and souvenirs crafted by artisans from the Bay Area as well cozy cafes, coffee shops, antique stores, bars, restaurants and an independent bookstore. Downtown is also home to Old Courthouse Square, an outdoor plaza designed to host events.

7. Visit a museum

Santa Rosa is rich with museums for both young and old. Fun sites include the Pacific Coast Air Museum, Luther Burbank Home and Gardens, Museum of Sonoma County and Children's Museum of Sonoma County.

8. EXPERIENCE THE ARTS

The arts are alive and well in Santa Rosa, where you'll appreciate large galleries, outdoor art, artists' studios and performing arts venues. The 6th Street Playhouse, Luther Burbank Center for the Arts and Santa Rosa Symphony are all worthy of mention. And don't miss one of the city's hidden gems: the South A Street Art District, also known as SOFA.

9. Enjoy a Vineyard or Brewery (21 and over!)

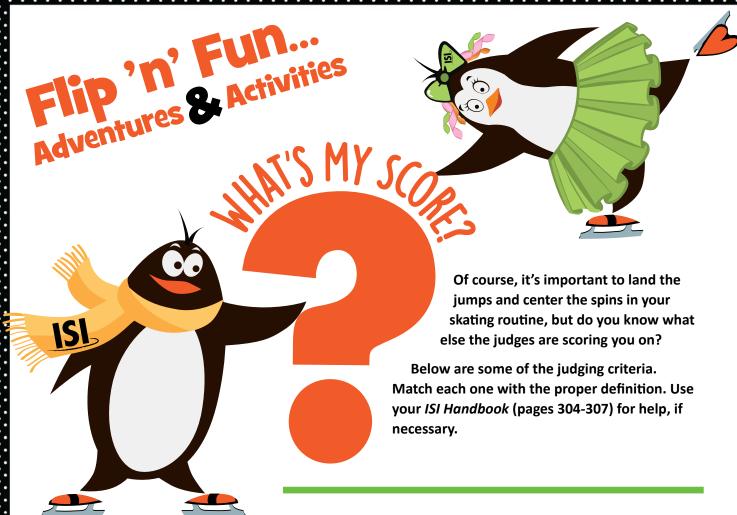
Nestled in the heart of wine country, Santa Rosa and the surrounding area boasts numerous wineries offering world-class tasting experiences and beautiful scenery. It also has a thriving craft beer scene.

10. Take a Day Trip

Santa Rosa is also a fantastic jumping-off point to nearby attractions, including Bodega Bay, San Francisco, Muir Woods and Napa Valley.

MORE INFORMATION

ISI Theatrical Challenge (skateisi.org/theatricalchallenge) Visit Santa Rosa (visitsantarosa.com)



- 1. Correctness
- 2. Presentation
- 3. Rhythm
- 4. Posture
- 5. Flow
- 6. Originality
- 7. General Overall
- 8. Innovative Moves
- 9. Cleanness of Edges
- 10. Pattern
- 11. Duration
- 12. Artistic Impression

- a. Use of space and placement on the ice surface
- b. The judge's impression of the total performance
- c. The effect produced by use of art and style
- d. Timing and length of program
- e. The ability to be smooth and continuous
- f. Technical accuracy of the moves
- g. Uniqueness and variety of movements
- h. The ability to show a fresh, new aspect or style
- i. The ability to show style and personality
- j. Coordination between movement and music
- k. The ability to use strong, controlled edges with no toe-picks
- I. Head, arm, back and free leg positions

Take Twizzle Home!

Introducing our newest ISI mascot merchandise

12-inch Plush Twizzle







Flip 'n' Fun...



INGREDIENTS:

- 1 cup (2 sticks) softened butter (preferably salted, sweet cream butter)
- 1 cup sugar
- 1 tablespoon vanilla
- 2 teaspoons baking powder
- 3 cups all-purpose flour

For decorating: Icing (see recipe below), food coloring (if desired), candy eyes, sanding sugar, sprinkles or other decorations

(Makes 40 to 50 cookies depending on cookie cutter size)

ICING RECIPE:

- 3 cups powdered sugar
- 8 teaspoons whole milk
- 8 teaspoons corn syrup

Beat powdered sugar, whole milk and corn syrup in a bowl until smooth.

(Note: You will probably have to double the recipe to have enough icing for the cookies.)





Adventures & Activities



DIRECTIONS:

STEP 1. Add softened butter and sugar to mixer bowl.

STEP 2. Cream the butter and sugar until they are completely mixed (about 3 minutes on medium-high).



STEP 3. Add vanilla and egg.

STEP 4. Mix until light and fluffy (about 3 minutes).

STEP 5. Add baking powder and mix.



STEP 7. Preheat oven to 350 degrees.

STEP 8. Line cookie sheets with parchment paper.

STEP 9. Roll a handful of the dough out on a prepared surface (lightly floured countertop, for example) until it's about 1/4-inch thick.

STEP 10. Cut out shapes with a penguin cookier cutter.



STEP 11. Arrange cookies on baking sheet and bake for 8 to 10 minutes; remove from oven just as the edges start to brown.

STEP 12. Let cookies cool (about 30 minutes), then add icing to each cookie using a small paintbrush or spoon.



STEP 14. Let cookies sit out 3 to 4 hours to dry.



STEP 15. Share with your family and skating friends!

THANK YOU TO ISI OPEN FS SILVER SKATER AMBER LEVIN, 11, FOR DEMONSTRATING HOW TO MAKE THESE ADORABLE PENGUIN SUGAR COOKIES THAT SHE OFTEN MAKES FOR HER TEAMMATES AT NORFOLK ICE ARENA IN NORFOLK, MASS.



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





2022 ISI WORLDS











































SCRAPBOOK

Submitted photos



THEN & NOW

Lauren English and Lauren Kinney of Inwood Ice Arena in Joliet, Ill., resurrected their undefeated 2015 performance of "Hot Chocolate" from Polar Express. The high school seniors crushed it for another win, competing in the Entertainment Gold category.









































2022 ISI WORLDS SCRAPBOOK

























join us for SUN, FUN, & EDUCATION



This year's Summit has devoted an entire day-long track specifically for group coaches like you!

Separate tracks are available for program directors, the Excel Series, and solo dance. We've got something for everyone!

Visit www.skatepsa.com/summit for more information.



PROFESSIONAL SKATERS





2022 ISI ADULT CH





ADULT SKATERS MILE-HIGH EMEMORIES IN COLORADO!



Adult skaters from nine states (California, Colorado, Florida, Illinois, Minnesota, New York, Ohio, Oregon and Texas) gathered to compete and make mile-high memories at the 2022 ISI Adult Championships, Oct. 8-9 at South Suburban Sports Complex in Littleton, Colo.

As Overall Team Champion, with 450 points, the host rink (South Suburban Sports Complex), captured the Erika Amundsen Trophy.

SASS Figure Skating Club of Chicago earned 2nd place, with 234 points, and Florida-based Ellenton Ice & Sports Complex finished in 3rd place, with 76.5 points.

"I am a newly returning adult figure skater, and this was my first year participating in ISI Nationals [Adult Championships]," wrote Allison English of Chicago-based SASS Figure Skating Club in an email to ISI Skating Programs & Events Director Kim Hansen. "I want to reach out and thank you for hosting such an uplifting, fun and well-organized event. I was really nervous to come and compete. I felt like I wasn't good enough to be in a big competition (I'm a former child USFS skater). Nothing could have been further from the truth!

"Thank you for putting together such an age, gender, skill and event-diverse competition. I loved watching everything from Light Entertainment to Ribbon and Hoop programs right alongside the short and long programs of everyone. I come home feeling really inspired that there is so much more room for me to grow within ISI and the events you offer. The host venue was extremely helpful and organized. The events I participated in were very well run. I met so many skaters and coaches and had such a fun time!"





AMPIONSHIPS

Photos by Local Motion Productions









Oldest Skaters

Marilyn Pagni, 82, Ellenton Ice & Sports Complex, Ellenton, Fla.; Gayle O'Neill, 77, SASS Figure Skating Club, Chicago; George Pike, 73, SASS Figure Skating Club; Lynne Winderbaum, 73, Ellenton Ice & Sports Complex

Most Events

Sherry Dowlen, South Suburban Sports Complex, Littleton, Colo., 13 events; Leslie Brandt, South Suburban Sports Complex, 10 events; Tiana Witschy, SASS Figure Skating Club, 9 events; Rebecca Langford, Skating Club of Greater Youngstown, Youngstown, Ohio, 9 events

Largest Skating Teams

South Suburban Sports Complex, 26 skaters; SASS Figure Skating Club, 16 skaters; Ellenton Ice & Sports Complex, 6 skaters

Teams from Farthest Distance

Ellenton Ice & Sports Complex, Ellenton, Fla., 2,393 miles; TGH Ice Sports Forum, Tampa, Fla., 2,359 miles; Skating Club of Greater Youngstown, Youngstown, Ohio, 2,141 miles

2023 ISI Adult Champs

We look forward to seeing skaters at the 2023 ISI Adult Championships, Oct. 6-8 at ICE at The Parks in Arlington, Texas. Test and entry deadline is Sept. 1.









Top 10 Teams

SIA

mpionships

PLACE	TEAM	POINTS
1. South	Suburban Sports Center	450
2. SASS I	Figure Skating Club	234
3. Ellent	on Ice & Sports Complex	76.5
4. Lloyd	Center Ice Rink	70.5
5. El Pas	o Blades Skating Academy	62.0
6. Steph	en C. West Arena	58.0
7. Skatin	ng Club of Greater Youngstown	48.0
8. Childre	en's Health StarCenter Farmers Bra	anch 41.0
9. Super	stars Figure Skating Club	36.0
10. Pasad	dena Ice Skating Center	34.0
For	a complete list of teams and resu	lts,

please visit skateisi.org/adultchamps (click on past results).





27

High-Level Tests

Congratulations to the following skaters who have passed high-level tests (Jan. 21, 2022 - Jan. 9, 2023):

FREESTYLE 10

Bailey Onixt

Northbrook Sports Center Northbrook, III

FREESTYLE 9

Mitchell Castelletti

SportQuest Skating Academy (SQSA) Parade

Elsa Peterson

Buffalo Figure Skating Club Buffalo, Minn.

FREESTYLE 8

Erin Darang

NSC Super Rink Blaine, Minn.

Analise Finney

Ben Boeke Ice Arena Anchorage. Alaska

Noah Hausman

Lou & Gib Reese Ice Arena Newark, Ohio

Lyla Ingram

Harry J. McDonald Memorial Center Eagle River, Alaska

Ally Kopesky

Hutchinson FSA Hutchinson, Mini

Ella Steffl

SportQuest Skating Academy (SQSA)
Parade
Minneapolis

Aleksa Uhde

NSC Super Rink Blaine, Minn.

OPEN FREESTYLE

Platinum

Morgan Clare Shepherd

City of St. Peters Rec-Plex St. Peters, Mo.

DANCE 10

Abigail Bagent

Lou & Gib Reese Ice Arena Newark, Ohio

Noah Hausman

Lou & Gib Reese Ice Arena Newark, Ohio

Kendal Patty

Ice Chalet
Knoxville, Tenn.

Heather Smarick

Ice & Blades Figure Skating Team Pittsburgh, Pa.

DANCE 9

Noah Hausman

Lou & Gib Reese Ice Arena

Heather Smarick

Ice & Blades Figure Skating Team Pittsburgh, Pa.

DANCE 8

Jessica Buchko

Ice Chalet Knoxville, Tenn.

Kaitlyn Nash

Lou & Gib Reese Ice Arena Newark, Ohio

Noah Hausman

Lou & Gib Reese Ice Arena Newark, Ohio

Gracie Shaughnessy

Silver Blades Skating School Cohasset, Mass.

Heather Smarick

Ice & Blades Figure Skating Team Pittsburgh, Pa.

2022 Edition

Get the LATEST ISI Handbook



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ISI



Snoopy's Home IceSanta Rosa, CA



Test & Entry
Deadline
Sept. 12



GOOD SPORTS ROLE MODELS

Children learn behavior from many different people in their lives — coaches, teachers, family, peers — but the people they learn the most from are their parents and/or guardians. That's why it's critical that you be a good sportsmanship model for your skater.

Being a good sport is much easier said than done — just look at some of the examples we see from professional and collegiate coaches and athletes. You must maintain a cool head and healthy attitude if you expect your skater to do the same.



The Degroat family from left: Jessica, Addison, Adeline, Ava and Dan

Here are some ways to model appropriate attitudes and behaviors 🙂 :

- Be positive about your child's skating.
- Understand your child's expectations.
- Help your child set realistic goals.
- Be realistic about your child's ability.
- Don't compare your child to another skater.
- Trust your coach and let your coach do the coaching.
- Use honest and open communication with your coach.
- Control your emotions in frustrating situations.
- Keep negative thoughts to yourself.

- Do not gossip with or about other parents, coaches or skaters.
- Volunteer and assist at your rink facility or club.
- Don't make skating everything in your skater's life.
- Keep winning in perspective.
- Help your skater focus on skating well and having fun.
- Discipline when necessary.
- Don't meddle from the sidelines.
- Respect and accept judges' decisions.
- Encourage all skaters and congratulate other skaters when they win.



Rewarding Achievements on and off the ice

Donate Now

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.

2023 Competitions

March 3-5Minneapolis MN SportQuest Skating Academy-Parade **Bold Ice Skating Challenge** 4Roseville CA Skatetown Ice Arena Be A Star 4-5 Park Ridge IL Oakton Ice Arena Ice Breaker Classic 4-5 San Diego CA San Diego Ice Arena California State Games 4-5 College Park MD Herbert Wells Ice Rink Herbert Wells Ice Rink Spring Invitational 9-11 Wasilla AK Brett Memorial Ice Arena Skatefest 11-12 Webster Groves MD Webster Groves Ice Arena Meet Me in St. Louis 12 Natick MA FMC William L. Chase Arena 2023 Natick Annual Competition 17-19 Bensenville IL Edge Ice Arena

42nd Annual ISI District 8/9 Championship

17-19 Newark OH Lou & Gib Reese Ice Arena 2023 Newark Spring Shamrock & Roll ISI Competition

18-19 Easton MD Talbot County Community Center Ice Rink 2023 District IV Championships

18-19 San Francisco CA Yerba Buena Ice Skating Center Shamrock Skate 2023

24-26 Owensboro KY City of Owensboro Edge Ice Center 11th Annual Living on the Edge ISI Team Invitational

25-26 Ebensburg PA North Central Recreation Center WinterFest Invitational

Be A Skating Star 26 Arlington TX

26 Goleta CA

ICE at The Parks ICE at The Parks ISI Spring In-House Competition

April

Ice in Paradise

1 Orleans MA Charles Moore Arena Lower Cape Artistic Challenge 6-8 Soldotna AK Soldotna Regional Sports Complex Riverskate

14-16 Sioux Falls SD Scheels IcePlex

Sioux Falls Challenge Cup



2022 ISI West Coast Championships April 21-23 Sprinker Recreation Center Tacoma WA

22 Pittsburgh PA Alpha Ice Complex Golden Blades Championships of Pittsburgh

22-23 Franklin Park IL Franklin Park Ice Arena Spring Fever 28-30 Knoxville TN

Ice Chalet The 54th Annual Robert Unger ISI Competition

28-30 Pasadena CA Pasadena Ice Skating Center 37th Annual Pasadena ISI Open Competition

28-30 Oldsmar FL Tampa Bay Skating Academy Oldsmar Spring Fling

29 Boxborough MA Nashoba Valley Olympia Nashoba Valley ISI Skating School Competition

30 San Mateo CA Nazareth Ice Oasis San Mateo April Ambush

Mav

6-7 Norwich CT RoseGarden Ice Arena Tournament of Roses

6-7 Fairfax VA Fairfax Ice Arena Fairfax Ice Arena's Annual ISI Competition

20-21 Goleta CA Ice in Paradise 2023 Paradise Open ISI Competition

June

11 Littleton CO South Suburban Sports Complex South Suburban Yvonne Dowlen Memorial ISI Competition

August



2023 ISI World Recreational **Team Championships** August 3-6 Nashoba Valley Olympia **Boxborough MA**

September

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

October

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



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



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

November

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

2023 Shows & Exhibitions

March

3-4 Hutchinson MN Burich Arena Skating the Elements
4
4-5 New Ulm MN New Ulm Civic Arena Alice on Ice
25 Peoria IL Owens Recreation Center - Peoria Park District The Skating Network
25-26 Knoxville TN Ice Chalet ProSkaters Knoxville Performance Camp

April

Roseville Skating Center

How Sweet It Is 21-23 State College PA Pegula Ice Arena Somewhere Beyond the Sea, Pegula Ice Arena Spring Skating Show 28-30 White Bear Lake MN White Bear Lake Sports Center Ritz and Glitz 28-30 Chicago IL McFetridge Sports Center On the Edge of Good & Evil

20-22 Roseville MN

Mav

5-6 Newark OH Lou & Gib Reese Ice Arena 18th Annual Jane McConnell Ice Show

June

17 Arlington TX ICE at The Parks Summer Time

November

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

December

16 Arlington TX ICE at The Parks Holiday at The Parks

2023 ISI National Skating Events





ISI Winter Classic

Feb. 17-19 Huntsville Ice Sports Center Valley Sports Arena Huntsville, AL Test & Entry Deadline: Dec 15, 2022



ISI West Coast Championships

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



ISI World Recreational Team Championships

Aug. 3-6 Nashoba Valley Olympia Boxborough, MA *Test & Entry Deadline: May 24*



Oct. 6-8
ICE at The Parks
Arlington, TX
Test & Entry Deadline: Sept. 1





ISI Theatrical Challenge

October 21-22 Snoopy's Home Ice Santa Rosa, CA Test & Entry Deadline: Sept. 12

For details, visit skateisi.org

