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IceSkating

Spring 2014



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The ISIA Education Foundation Benefit on Ice Show is always the highlight of ISI Worlds week, and this year will be no exception.

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If you're selected, you'll have the unique privilege of sharing the program spotlight with ISI peers as well as a guest skating star. Previous featured guests have included such notable champion figure skaters as Sasha Cohen, Rachael Flatt, Evan Lysacek, Mirai Nagasu, Ryan Bradley and Ashley Wagner.

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**Seating is limited.
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\$25 before July 15

\$30 at Worlds registration prior to Benefit Show (if not sold out)

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► Flip & Friends!



I must be the luckiest mascot in the world! ISI members are taking me to their rinks, competitions, on vacation with them — you name it!

Let's keep it going! I have spring fever and am ready for some sunshine! Where will you take me next?

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GRACIE
GOLD

Gracie Gold, 18, has the perfect name for a competitive athlete, having earned a medal to match it as the 2014 U.S. national champion. She went on to achieve fourth place in her first Olympic Winter Games, and her impressive second-place free program in the new Olympic team event helped earn USA a bronze medal.

Born in Newton, Mass., Gracie also spent part of her childhood in both Springfield, Mo., and Springfield, Ill. Now residing in California, she is proudly claimed by all four states as their own. She reached ISI Freestyle 7 before focusing exclusively on competitive skating, and now trains at Toyota Sports Center in El Segundo, Calif. with Frank Carroll, who coached Michelle Kwan and Evan Lysacek to the Olympic podium.

Gracie has a twin sister, Carly, who is also a senior-level figure skater. Gracie has been assigned to represent the USA at the 2014 World Figure Skating Championships this summer in Saitama, Japan.

FUN FACT: In an appearance on *The Tonight Show with Jay Leno*, Gracie demonstrated her juggling skills, explaining that she juggles before skating performances to calm her nerves.



ASHLEY
WAGNER

Ashley Wagner's placements in international competitions helped Team USA secure three ladies' spots in this year's Winter Games, where she placed seventh. She was also the 2012 and 2013 U.S. national champion.

Born in Heidelberg, Germany, Ashley lived in nine different places while growing up, due to her father's military career. She first took to the ice at the age of 5 in Eagle River, Alaska, and showed early promise. After watching Tara Lipinski win the gold in 1998, Ashley set her sights on the Olympics.

"Ashley started in the ISI learn-to-skate program at our rink, and I taught her class," recalls Cindy Solberg. "She obviously had ability, even as a very young girl. It has been so great to see all she has accomplished. We at the Harry J. McDonald Memorial Center are so very proud of her."

Now 22, she trains in Aliso Viejo, Calif. with the legendary World and Olympic coach John Nicks and Rafael Arutyunyan.

FUN FACT: Ashley was the featured guest skater at the ISM Education Benefit Show during the 2012 ISI World's competition in Dallas.

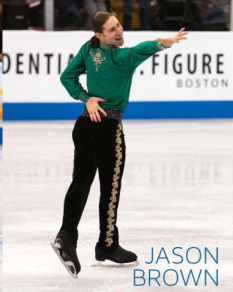
ISI Proudly Supports Olympic Achievement

By Lori Fairchild
Leah Adams Photography

Congratulations to these former ISI members who represented the United States at the 2014 Winter Olympic Games in Sochi. ISI is proud to support Olympic dreams!



POLINA EDMUNDS



JASON BROWN

Polina Edmunds, the 2013 U.S. junior national champion, competed on the senior level for the first time at the 2014 U.S. Championships, winning silver in both programs and securing her spot on Team USA as well as for the 2014 World Championships in Japan. The Olympics marked her senior international debut, where she finished ninth as the youngest U.S. Winter Olympian since Tara Lipinski in 1998.

Her home rink, Sharks Ice at San Jose, was the host facility for this year's ISI Winter Classic, where competitors were inspired by the rink's show of support for their Olympian, from banners to an Olympic-rings ice sculpture on display. Polina skated in the ISI program for 12 years at Sharks Ice, to the Open Freestyle Platinum level.

She first stepped onto the ice as a toddler, at only 20 months of age, and by age 4 she was taking both skating and ballet lessons. Her coaches include her mother, Nina Edmunds, David Glynn, and Frank Carroll.

FUN FACT: Polina understands the Russian language, although she does not speak it fluently. Her mother is originally from Tver, Russia, and the family still has relatives in the area.

Thanks to the viral video of Jason Brown's entertaining "Riverdance" free skate program at the 2014 U.S. Figure Skating National Championships, the portly 19-year-old was a familiar figure when he took to the ice in Sochi, where he finished ninth.

A two-time World Junior Championships medalist, Jason earned silver at the 2014 U.S. Championships to become the first teenage male skater to make the U.S. Olympic team since David Santee and Terry Kubacki in 1976.

Originally from the Chicago area where he participated in the ISI learn-to-skate program through the Freestyle II level, Jason has worked with the same coach, Kori Ake, since he first took to the ice at age 5. He finished public high school last year before moving with her family to Colorado Springs.

Kori attributes Jason's success to his athleticism, work ethic, supportive family and coachability, "being coachable comes down to being respectful, open-minded, loyal and able to fully trust somebody," she says. "Jason also understands the value of not taking shortcuts, but going about the process correctly so the result is sustainable. He allows himself to see the big picture."

FUN FACT: Jason competed as a pairs skater before skating in singles.



SIMON SHNAPIR

Simon Shnapir, 26, reached the ISI Freestyle 7 level before focusing exclusively on competitive pair skating. He and his partner, Marissa Castelli, are two-time U.S. national champions and placed ninth in the 2014 Olympics. At 6-foot-4, Simon is 16 inches taller than his partner.

FUN FACT: He calls the Boston area home, but Simon was born in Moscow and speaks Russian.



FELICIA ZHANG

Felicia Zhang, 20, earned the 2008 U.S. novice bronze medal as a singles skater, followed by the 2010 U.S. junior pairs title with partner Taylor Toth. She and her current partner, Nate Bartholomay, are the 2013 U.S. bronze medalists and 2014 silver medalists, and they took 12th in the 2014 Olympics. They train in Elenor, Fla., and Felicia is studying psychology at the University of South Florida.

FUN FACT: Like many young ISI skaters, Felicia Zhang began figure skating after attending a friend's birthday party at an ice rink in New Jersey.



MADISON CHOCK

Ice dancer Madison Chock, 21, started skating at age 5 in her home state of California. The former ISI member and her partner, Evan Bates, train in his home state of Michigan. They first teamed up in 2011 and began their Olympic

ascend with numerous national and international competitions before becoming the 2013 and 2014 U.S. national silver medalists. They placed eighth in this year's Olympics.

FUN FACT: Madison designed this season's costumes for both Evan and herself.



Devon Harman with her coach, Larry LaBorde, and her ice dancing partner, Ashley Deavers, following her Dance 10 test.

Devon Harman Dances to 10

By Carl Fairchild



Devon was a competitive freestyle skater for 12 years before she started ice dancing.

With 12 years of competitive skating behind her, college student Devon Harman was looking for something to fill her training void when Coach Larry LaBorde asked her one morning to help him demonstrate partnering — but she had no idea how to skate with a partner. “From then on, I was hooked! I had to learn more. It was a whole new world of skating that I could throw myself into!” she recalls.

That was five years ago. Devon is now a college graduate, the figure skating director at Ober Gatlinburg Ice in Gatlinburg, Tenn., a coach at the Ice Chalet in Knoxville, an event planner at East Tennessee Children’s Hospital — and ISI’s latest Dance 10 skater.

“I had to prove to myself that I could do it,” Devon says of the high-level test. “Setting small goals each day and week is key to reaching your overall big goal.”

She took the test at 5:30 a.m. on the third day of last year’s annual Robert Unger ISI Team Championship at the Ice Chalet, where she also had more than 20 students competing. “My legs were shot, but I made it through with the help of my awesome partner, Ashley Deavers,” Devon says.

The challenge of learning new patterns and different types of dances are what she loves most about ice dancing. “I am very technical when it comes to edges and correctness, and I love spending time breaking down each pattern,” she explains.

But, at the same time, learning how to interpret each dance can be her toughest challenge, she adds. “At first I only liked tangos and hated waltzing, but as time went on, I made it a personal challenge and by the time I took my Dance 10 test, I absolutely loved to waltz!”

Devon was a solid freestyle skater with strong spins and jumps when she decided to try ice dancing. Coach LaBorde notes: “She set her sights on dance, but she was mature enough to know it was going to take some time. She has a good attitude and is fun to teach and easy to dance with. I always looked forward to her lessons; it was hard work for both of us, but fun. And now she wants to learn how to teach partnering and tracking.”

An ISI member since 1998, Devon started skating at the age of 9 after watching Tara Lipinski in the Olympics. She says she has competed in more ISI competitions than she can remember, and she now takes her students to them. “ISI is great for all ages and levels of skaters. This sport is unlike any other, and it’s cool to be able to tell your friends that you are competing in a figure skating competition.”

Devon is also an ISI Freestyle 6 skater and has skated as a USFS regional and synchronized sectional competitor. After almost 17 years on the ice, she still loves going to the rink, whether to practice or to teach. She says she has no further ice testing goals, but plans to continue living out her passion through coaching.

As for ice dancing, she encourages interested skaters to give it a try. “It will take some time to get used to it and might be a little frustrating, especially if you are freestyle skater,” she notes. “But I assure you, it will help with your presentation as a skater — your posture, edges and overall skating skills.” **ASB**

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South Suburban Ice Arena Wins

2nd Annual Holiday Challenge

By Lori Feischild



Competitors representing the top-placing teams claimed the 2013 Holiday Challenge trophies to be displayed in their rinks.



Mother and daughter duo Yvonne and Sherry Dowlen were recognized with the 2013 ISI District 12 Merit Award.

"Holiday Challenge" lived up to its name for ISI staff traveling to and from this year's event in Colorado, thanks to a rare early December ice storm in Dallas, home of ISI headquarters. But by departing a day early and returning two days late, they made it work and the event went on without a hiccup.

Gerry and Debbie Lane of South Suburban Family Sports Center, along with their stellar staff and enthusiastic volunteers, provided outstanding organizational feats and ISI-style hospitality.

Holiday Challenge competitors ranging in age from 3 to 88 competed in a total of 366 individual and team events. Rachael Mortellaro of Superstars Figure Skating Club of Mount Prospect, Ill. packed her competition schedule with an amazing 16 of those events.

The team traveling the greatest distance was Ice Palace Hawaii, from 3,348 miles away, in Honolulu.

South Suburban Ice Arena took the team championship, followed by sister rink South Suburban Family Sports Center.

In addition to the Holiday Challenge awards, ISI District 12 Director Debbie Lane presented mother/daughter duo Yvonne and Sherry Dowlen with the 2013 District 12 Merit Award.

Mark your calendar for the next Holiday Challenge: This year's competition is set for Dec. 5-7 in California, at Pickwick Ice Gardens and Pasadena Ice Skating Center. **ISI**

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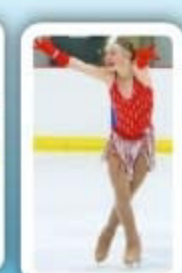


More photos on ISI
Facebook page and at
GabrielePhoto.com



2013 ISI

Gabriele Photography



TOP 10

PLACE	TEAM	TOTAL POINTS
1	South Suburban Ice Arena Centennial CO	548.5
2	South Suburban Family Sports Center Centennial CO	308.5
3	Superstars Figure Skating Club Mount Prospect IL	232.0
4	City of Laramie Ice & Event Center Laramie WY	217.5
5	Skating Club of Big Bear Ice Arena Denver CO	138.0
6	Stephen C. West Ice Arena Breckenridge CO	60.0
7	Ice Palace Hawaii Honolulu HI	39.0
8	City of Cheyenne Ice & Events Center Cheyenne WY	35.0
9	Vacaville Ice Sports Vacaville CA	18.0
10	Rushmore Capitals Skating Club Rapid City SD	16.0

For a complete list of teams and results,
go to skateisi.org/holidaychallenge.

HOLIDAY CHALLENGE



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skateisi.org/adultchamps



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Sharks Ice at San Jose Claims Winter Classic Team Championship

By Lori Feinhold

Congratulations to the new ISI Winter Classic team champions and winners of the Robert Unger Trophy, Sharks Ice at San Jose, the host team of this year's competition. The Apple Valley, Minn. took second with only 31 skaters.

Apple Valley and Sun City Blades from El Paso, Texas were the only teams in the top 10 that traveled from outside of California. Other team trophy winners were: Aerodrome Ice Skating Complex Willowbrook, Percentage Trophy; Dr Pepper StarCenter McKinney, Board of Directors Trophy; and Sun City Blades, President's Trophy.

The dedication and efforts of Sharks Ice Skating Director Candy Goodson and Operations Manager Richard Rocha, as well as their staff and volunteers, made this one of the most memorable Winter



Gabrielle Photography

Classic competitions. Competitors were especially excited to be skating in the home arena of Olympian Polina Edmonds, with the NBC Olympic banner, an Olympic rings ice sculpture and other special touches adding to the enthusiasm throughout the weekend.

Nearly 600 skaters competed in a total of more than 1,180 individual and team performances, including a number of highly creative, entertaining production ensembles and team compulsory programs.

The teams from Knoxville, Tenn. and La Pista, Mexico traveled more than 2,400 miles for the event.

Special thanks and appreciation go to presenting sponsor ZUCA.

Next year's Winter Classic is set for Feb. 13-15, 2015 at St. Peters Rec-Plex in St. Peters, Mo. www.zuca.com

TOP 10

PLACE	TEAM	TOTAL POINTS
1	Sharks Ice at San Jose San Jose CA	913.5
2	Apple Valley Sports Arena Apple Valley MN	625.0
3	Iceoplex Simi Valley Simi Valley CA	472.0
4	Nazareth Ice Oasis Redwood City CA	300.5
5	Skatetown Ice Arena Roseville CA	255.5
6	Yerba Buena Ice Skating & Bowling Center San Francisco CA	240.0
7	Sun City Blades El Paso TX	204.5
8	Vacaville Ice Sports Vacaville CA	195.5
9	Oakland Ice Center- Sharks Ice Oakland CA	176.5
10	Belmont IceLand Belmont CA	176.0

For a complete list of teams and results, go to skateisi.org/winterclassic.

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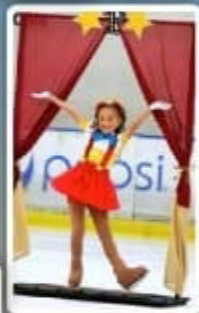
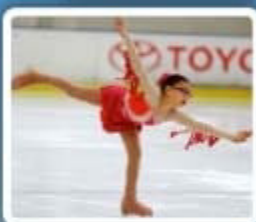
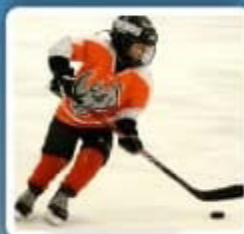
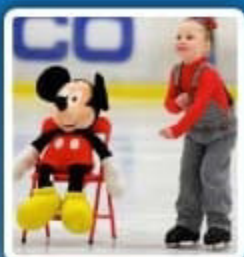
Gabriele Photography and Submitted Photos



WINTER CLASSIC



More photos on ISI
Facebook page and at
GabrielePhoto.com





Skaters from FMC Ice Sports, Natick and Sharper Edge Skating School are ready to welcome ISI Worlds competitors to their beloved Seawtown! They worked with photographer, coach and former Disney On Ice cast member Tracy Griffin for this fun (but freezing!) photo shoot at the historic Fenway Park, Major League Baseball's oldest ballpark, whose infield was transformed into an NHL-regulation ice surface. Photo by Tracy Griffin/Tracy Griffin Photography



Worlds In Boston: An ISI Tradition

By Lori Feinchild

ISI World Recreational Championships returns to the Boston area this summer, making this the fifth time the event has been held at New England Sports Center (NESC). Previous Boston-based Worlds competitions have included 1997, 2002, 2006 and 2010.

Located about 40 minutes west of Boston, in Marlborough, Mass., the NESC is a beautiful two-story facility featuring six rinks under one roof, a full-service restaurant, a snack bar, a full arcade, a fitness center, spacious team rooms, heated viewing areas to all rinks and plenty of convenient parking. The atrium area will serve as home to the Skater's Marketplace, where Worlds skaters can pick up their medals, pose for photos and shop for skating equipment and novelties, event souvenirs and other treats.

"This is always one of our most popular Worlds destinations and venues," says Kim Hansen, ISI national skating events coordinator. "Our competitors and their coaches and families love the convenience of having all the events under one roof, and everyone loves to sightsee in the historic and scenic Boston area. There's so much to do, something for all ages and interests. It's a perfect place for a family vacation."

The Competition

The Worlds entry and testing deadline is May 1. Special discounted fees apply to the featured individual and partner events listed in the top right corner of the entry forms. Remember, the more events you enter, the more points you earn for your team, the more medals you take home and

the better your chances of capturing a first-place medal. The team earning the most collective points takes home the Michael Booker Trophy, named for the former British figure skating champion, Olympian and ISI president.

Often drawing more than 2,000 skaters of all skill levels from all over the U.S. and several foreign countries, ISI Worlds is known as the largest annual recreational ice skating competition on the planet. Competitors may choose from than 25 different skating event categories for individuals, partners, groups and teams.

Entry and other Worlds forms, hotel information, past Worlds results and a tentative event schedule can be found at skateis.org/worlds. Watch the page for updates over the next few months prior to the competition.



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Special Events & Activities

Another ISI tradition during Worlds week in Boston is the Competitors' Cruise, a three-hour Boston Harbor tour aboard the triple-decker Provincetown II. Set for Wednesday, July 30, the cruise party will include views of Charlestown, the USS Constitution and the Boston skyline, plus a delicious buffet dinner, lots of music and dancing, and a variety of DJ-led games and activities. This party is always a sell-out, so order your tickets early (see page 21 or skateisi.org/worlds).

On Friday evening, Aug. 1, the ISIA Education Foundation Benefit on Ice show will provide one of the week's most exciting highlights, featuring Worlds participants selected throughout the week plus a soon-to-be-announced celebrity skater. Two lucky Worlds competitors will win a spot in the show through the Skate with the Stars drawing, which benefits the Foundation's scholarship program. Winners of the drawing will be announced during the cruise on Wednesday night. Benefit Show seating is limited, so be sure to reserve your spot and receive an early-registration discount with the form on the inside front cover or at skateisi.org/worlds.



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Greater Boston Convention & Visitors Bureau

The Boston Experience

Founded in 1630, only 10 years after the Pilgrims landed in Plymouth, Boston grew as a harbor town. The city is almost completely surrounded by water, with the Atlantic Ocean on two sides and the Charles River running around its back.

Boston is packed with character and is a fascinating place



Freedom Trail
Greater Boston Convention
& Visitors Bureau

to explore on foot, so don't forget to bring comfortable walking shoes. Historic landmarks, museums, shopping districts and restaurants are situated in close proximity, making it easy and enjoyable to get around.

The city boasts one of America's first historic walking trails, the Freedom Trail, a 2.5-mile sidewalk trail that links historic sites showcasing two and a half centuries of America's richest history. You can cover it in a couple of hours or make a day of it, and there are trolleys available when your feet need a break. You'll see such famous sites as Boston Common, the Boston Massacre site, the Paul Revere House, the USS Constitution (also known as "Old Ironsides" because of the way the British cannonballs bounced off her hull in the War of 1812) and the Bunker Hill Monument, to name only a few.

The Boston Tea Party Ships and Museum is one of the city's newest attractions, with a floating museum, virtual exhibits and authentically restored ships providing an incredible journey back in time.

There's more to Boston than Revolutionary War history, though.

How about a Boston Duck Tour or a ride on one of the iconic Boston Public Garden Swan Boats? Food is also a major attraction in Beantown, from the world's best fresh seafood to delectable authentic Italian fare. If shopping is on your list, you won't be disappointed. Boston offers plenty of unique shopping districts such as Newbury Street, Faneuil Hall Marketplace and Harvard Square.

Home to the Bruins, Celtics, Patriots and Red Sox, Boston is also a sports lover's paradise, and many would not consider a visit complete without a stop at world-renowned Fenway Park.

For more information about the Boston experience, go to bostonusa.com or cityofboston.gov. **INFO**



USS Constitution
Greater Boston Convention & Visitors Bureau

Parents Want to Know



Parents, please send your skating questions to editor@skateusa.org (subject line: Parents Want to Know) and check back here for answers and helpful tips to support your skater with minimal stress.

Q: After watching Olympic figure skating on TV as a family, my daughter, who loves to skate, wants to go to the Olympics more than ever! I realize this is a far-fetched dream, so how do I best support her and maintain realistic expectations?

A: It sounds like you have a good grasp on the fact that, statistically, not many skaters actually are able to make it to the Olympics. However, every Olympian starts with that dream, so it is a wonderful thing, when kept in perspective. As her parent, the most important thing you can do is to keep the focus not only on her progress, but also on the accomplishments that she makes on a daily/weekly/monthly basis. Continue to encourage her to strive for HER personal best at each competition and relish the journey and the life skills she is learning along the way. Make sure that she is surrounded by coaches and skating friends who support her dream but always encourage her to have fun and enjoy the time she spends skating!

Q: When my son skated in his first competition, the area near the door to the ice was "off limits" to me. I thought I could stand with him until he got on the ice. Why are parents not allowed to do this?

A: There are many reasons for this. First of all, it is very important that your son's coach have time alone with him to help him prepare for his performance. While your desire to be with him is well meaning, it actually detracts from this process. In addition, the skater/coach area, as it often called, can get crowded and chaotic with skaters getting on and off the ice. It is the ice monitor's job to keep the area clear and organized so that every skater gets the opportunity to compete in a somewhat stress-free zone. Additional parents, siblings and friends can congest this area and simply cause more confusion.

I know this is all new to you and your son, but I promise you that after more competition experience, this concept will become second nature and your son will truly enjoy the one-on-one time he has with his coach preparing for his skate!

Q: Why do skaters' need to wear blade guards when the flooring is rubber?

A: The guards protect the blades from any foreign material or fine grit on the floor that could dull or stick to the blade and cause the skater to fall when they enter the ice surface.

Q: My daughter recently competed in a Freestyle 1 event. I noticed that many of the other skaters' dresses were more elaborately decorated than the dress my daughter wore. Her placement was lower than we expected. Do you think it was because of her dress?

A: Unless the event has costume and prop criteria (for example, Spotlight) your daughter's dress was not being judged directly. It is true that a skater's appearance during her performance plays into the general overall mark given by the judges in a Freestyle event. However, it is unlikely that it impacted her score at all, unless the dress was somehow distracting to the judges. The most important thing to consider when choosing a competition dress is comfort and fit. The dress should also make your skater feel special, pretty and confident.

Q: My daughter loves skating and has been taking private lessons for the past two years. My husband recently lost his job and we have to cut back on our expenses through this rough patch. We can only afford to have her take one lesson a week with her private coach. What advice can you give us on maintaining her enthusiasm and interest as well as helping her continue to progress in her skating?

A: First and foremost, keep an open line of communication with her private coach. Make sure her coach understands that this change is for a financial reason, not for lack of interest or dissatisfaction with his or her services. Sometimes coaches can work with you on scheduling shorter, more budget-friendly lessons. Ask your coach if semi-private lessons with a similarly skilled skater could be considered.

Keep having your daughter practice as much as possible. Arrange her schedule so she can skate with her friends and consider adding a practice journal so that she can make note of problems and questions she encounters during the week. Look into group classes or team events offered at your rink. Many times these kinds of activities are less expensive since there are multiple skaters sharing the ice and coaching fees. **AS3**



ALL ABOARD FOR THE 2014 WORLDS COMPETITORS' CRUISE!



Wednesday, July 30
Boarding time: 6:30 p.m.
Cruise time: 7-10 p.m.

Don't miss the three-hour scenic cruise aboard the Provincetown II, Boston Harbor's largest cruise ship, exclusively for ISI Worlds participants and their families!

Enjoy the sites from the harbor, dance to the DJ's tunes and party the night away with your fellow ISI Worlds competitors.

Be sure to order your tickets today — the Competitors' Cruise is always a sell-out!

Bus transportation, roundtrip from
New England Sports Center – **\$10 each**

Cruise and dinner
Children/Youth (under 18) – **\$29.50 each**

Cruise and dinner
Adults (18 and over) – **\$34.50 each**

# of Tickets	Total Paid
_____	_____
_____	_____
_____	_____
TOTAL \$ _____	

Advance ticket orders must be received in the ISI office no later than July 15. If not sold out, additional tickets may be purchased at Worlds registration.

Payment Method:

- Check/Money Order
 Visa MasterCard
 Discover Amex

Make checks payable to
Ice Skating Institute.
Mail form and payment to:
ISI-Events
6000 Custer Rd., Building 9
Plano, TX 75023
OR fax to 972-735-8815

NO REFUNDS

NAME FOR TICKET PICKUP AT REGISTRATION _____

CARD # _____

EXP. DATE _____

BILLING ADDRESS _____

CARDHOLDER'S NAME _____

SIGNATURE _____

TELEPHONE (REQUIRED) _____

EMAIL ADDRESS (REQUIRED) _____

(OPTIONAL) ISIA Education Foundation Donation (tax deductible IRS# 36-3638131) \$ _____



competitors' corner

We welcome John Harmata, aka "Mr. Edge," to *Recreational Ice Skating* magazine, where his skate tips and education will appear on a regular basis in the new "Ask Mr. Edge" column. He will also be a guest presenter at this year's *ISI Conference* in Chicago. If you have a skate question for Mr. Edge, please send it to editor@skateisi.org.

Ask Mr. Edge: Purchasing Ice Skates

When buying new or used skates for a young child, it is helpful to establish a timeline for the child's shoe-size changes. Doing this will give parents a good idea of how long it might be until their child needs another pair of skates.

Used Skates

In evaluating used skates, check:

- Both sides of the boot uppers for excess creasing
- Soles and heels for water damage and loose screw holes
- Condition of the leather, including cracking and dryness, on the inside
- General overall support and the firmness of uppers
- The amount of skating edge left on the blade
- The appropriateness of the blade for the skater's current skill level

Note: Never assume that a newly polished, used boot will be good enough to skate in.

Get the Correct Size

Proper skating technique is relative to how well the boot fits. It makes no difference whether a skater is 5 or 85; if the boot doesn't fit correctly, expect problems. Parents know that young beginning skaters will be growing out of their skates before long, and most parents would like to get as much time as possible from a child's pair of boots. I couldn't agree more, but there is a limit as to how much larger a skate should be on a child. Very small children's skates should be no more than a half size over their exact size requirements. Any larger and young skaters will have trouble finding their center point of balance, making balance difficult to maintain while simultaneously trying to learn proper edge technique.

Note: Many young children have very wide feet, and to accommodate this, parents often buy skates that are almost two sizes longer than needed. This common mistake can be avoided by spending a few dollars more on skates that are available in a wider width.

Fitting Technique

Whether young or old, seasoned skater or not, the same fitting technique should be followed when purchasing figure skates.

- Measure both feet, and always fit for the longer foot if feet are not equal.
- Once a pair has been selected, loosen the laces down to the toe area of the boot before placing the foot into it. Note: Loosening the laces makes it easier for skaters to put on and take off their skates. This also ensures that the foot is seated into the boot properly before lacing.
- After the foot is placed into the boot, kick back on the heel of the blade. With the toe of the boot pointed upward, start at the bottom and begin lacing. When finished, there should be about 1 1/2 inches of space between the lace holes. Note: A much narrower lacing pattern is an indication that the boots are too big.
- Check the length and width of the boot by standing up and placing weight on it. In new boots, the foot should feel totally flat across the ball area, and the boot should be a bit uncomfortably snug, but not unbearably tight. Also take into account the resting tension of the toes. If the boot is too short, the toes will curl to avoid touching the front of the boot.
- Continue to walk around in the skates for at least 10 to 15 minutes, checking for any arch problems that may develop as a result of either too flat or too high an arch. A burning or cramping sensation under the arch or ball area of the foot needs to be corrected by adjusting the arch with an arch support. If this doesn't work, try a different brand of skate.
- Walking around for a few minutes also will indicate how well heels are locked into boots. If the boots are already feeling loose around the heels and ankles, it won't be long before heels start slipping up and out. Solving this problem may require a switch to a different skate brand.
- Bunions, corns, flat or high arches, or other small bones may require adjustments to boots.

Note: If a skater is planning on wearing socks, plain white, lightweight thermal socks are best. Tights or nylons are even better. Heavy wool socks take up a great deal more room in the width of a skate, and are not recommended.



John Harmata, a.k.a. Mr. Edge, is a skate technician with more than 35 years of experience in servicing figure skaters throughout the United States, Canada, and from overseas as well. He is the author of *Anatomy of a Figure Skating Injury*, available at Amazon.com. For more information, visit askmredge.com.



Focus On

Solo Compulsory

Each year the ISI offers discounted events at national competitions. These events can be added on to any individual or partner entry form as your second event for \$15. One of the 2014 discounted events is Solo Compulsory.

Solo Compulsory is a great secondary event to enter. It does not take a lot of preparation time because it is simply three selected maneuvers attempted one time each.

During competition, Solo Compulsories are typically skated on half ice for the Tots-Freestyle 5 levels and on full ice for Freestyle 6-10 levels. Skaters will be grouped according to their test level.

It is often suggested that there is a 1:00 to 1:30 time for this performance. However, it should be noted that this event does not have a specified duration; therefore no penalty will be given for time skated.

The three maneuvers are selected by the competition director and will be listed in the event information packet. Although the maneuvers should be choreographed together in a mini-program, there is no music.

Coaches should note that NO additional maneuvers are allowed in this event. A minimum number of connecting steps is allowed. Simply put, NO extra fluff — when you ask yourself,

“What else can we do in this program?” the answer is: arms, 3-turns, Mohawks and crossovers.

Penalties are given for performing a wrong or illegal maneuver. It is important to keep your program simple and skate the maneuvers stated for your level.

Just because this is an uncomplicated event doesn't mean it can't be fun. Skaters can still have a theme in mind when putting together the program and use this theme for starting and ending poses as well as arm movements throughout the program. An example of this would be using a Spanish or “Carmen” theme.

Higher-level or older skaters might want to ask their coaches if they can try putting their own program together. This is a great way for you to take a stab at choreographing your own skating program. Make sure your coach is involved and approves of the final outcome.

We hope to see all of you skating your Solo Compulsory program at our ISI World Team Championships in Boston this summer!

Judging Criteria: Each judge will have each of the three maneuvers on their score sheet. In addition, Judge 1/referee will have a General Overall mark. **ISI**

Flip Has Arrived!

Flip will soon be making appearances at ISI national events, beginning with Synchronized Championships! Meet him in person (in penguin?), take a photo with him and share it with us at editor@skateisi.org.

 Ice Skating Institute



MY COACH ROCKS!

Does your ISI coach rock? Please send a short essay (about 125 words) telling us why, along with a high-resolution photo, to editor@skateisi.org. Note: Essays must be composed by skaters (not their parents). Skaters and coaches must be current ISI members.



CATHY BROWN

I am fortunate to have Cathy Brown as my coach at the Franklin Park Ice Arena. She consistently mentors me so that I can be an apt skater. I have developed mental toughness to skate my personal best as a result of my lessons with Cathy. Her inner drive and passion for skating allow all of her students to do well.

Andrea Canuso, 17, FS 6
Franklin Park Ice Arena
North Riverside, IL



ROBYN BENTLEY

My coach is Robyn Bentley. Robyn is an amazing coach. From the first lesson I had with her she has always been upbeat, excited about teaching and always encouraging. Her enthusiasm is infectious (even my husband loves to watch Robyn coaching because he can see how much I learn and how fun it is). I am always excited to have a lesson with her. By the end of the lesson I feel like I have learned a lot of great things to work on. Robyn always shows me all the things I can do with the ISI and encourages me to work toward competing for fun and advancing in my skating. Now I feel like there isn't a limit. Robyn also really cares about her students. I know she's always cheering me on.

Rebecca Duger, Adult Skater, FS 3/Bronze
First Arena
Elmira, N.Y.



JEAN BOYENS-REIS

My coach, Miss Jean, rocks because she helps me get ready for competitions. She always gives me a lesson when I want one. She always tells me to try when I think I can't do something. She tickles me when I say I say that I can't do something and that makes me try to do it. She always works with me. She lets me try things that my big sister does like getting hooked up to the harness. When I want to try something she says OK and helps me with it.

Caitlin Godek, 6, Gamma
Ice Palace Hawaii
Honolulu, Hawaii



DEBI KOZAK

My coach, Debi Kozak, rocks! I appreciate her patience, understanding and confidence in me. I started as an adult and I work full-time; when I have an unexpected day off, she always makes time for me. She has been coaching me for over six years. I have a thick notebook of techniques and habits. She has taken me farther than I ever expected of myself. She has given me the confidence I needed. I feel very thankful and blessed to have an extraordinary coach like Debi Kozak. She is the best!

Sherry Dains, Adult Skater, FS 2
St. Louis, Mo.

MY COACH ROCKS!

CHRISTINA CHITWOOD-PARKIN

My coach, Christina Chitwood-Parkin ROCKS! She has been my coach for three and a half years. When I have trouble with a new element, she helps me until I get it right. Even when I fell in my last competition, she still kept cheering me on. She always reminds me that the most important thing in competition is not to win but to have fun and try my best. Miss Chrissy is the most special skating teacher in the whole wide world.

Zoey Salmons, 8, Delta
Kroc Center Ice Arena
San Diego, Calif.



LAUREN PAGE

My coach is the best coach ever! Here's a picture of her, my friend Autumn and me at State Games of America in Hershey, Pa. last July. Lauren has been my coach since I was 9 years old, and she's taught me so much! She works really, really hard at her regular job, goes to grad school (with a 4.0 GPA!), and has nearly 25 students! Plus she's always learning new things to teach us. She always has the best ideas for programs! Working with her is a lot of fun, and she always expects us to work hard and do our best, just like she does. Coach Lauren is the best coach ever!

Rhiannon-Joy Branch, 10, FS 3
Richmond Ice Zone
Richmond, Va.



DIANA DEKA

My coach, Ms. Diana Deka rocks because she is a gold certified ISI judge and many of her students who enter competitions get 1st or 2nd place. Also, it is easy for me to understand the programs she wants me to do. She reviews little parts at a time so that I can fix what I have done wrong. She is a very encouraging coach.

Monty Bishop, 11, Delta

My coach, Diana Deka, is the best coach in the world. She pushes me hard and makes it fun to skate. She also helps me make my moves smoother on the ice. I hope I am able to skate with her for many more years.

Madeline Marie Bishop,
9, Beta
Tampa Bay Skating
Academy
Oldsmar, Fla.



DANA HULT

I am the luckiest skater in the whole wide world because I have Dana Hult for my coach. Along with making sure I am prepared for all of my competitions and tests, Dana makes learning new skills so much fun. For example, we enjoy playing games like tic-tac-toe on the ice. Each time I land my double toe jump or have the correct number of revolutions in my halcyon spin, I get to put an "X" on the ice. Dana always has a smile on her face, and makes me want to do my best each and every day.

Abby Slovin, 9, FS 7
Northbrook Sports Center
Northbrook, Ill.

Fun with Flip Adventures & Activities



Boston Trivia Quiz

I'm so excited to begin my journey to the East Coast to the historical city of Boston! In between all the ISI Worlds events and activities, I am planning to get out and see some of what this patriotic city has to offer. Take this trivia quiz to learn about some of the sights I hope to see during Worlds week in Boston.



1. One of my favorite pastimes is attending baseball games. _____, home of the Boston Red Sox, is the oldest original Major League Baseball park still in use. Famed baseball player Babe Ruth was traded from the Red Sox, a move that is believed to have started the team's losing streak, known as the "_____."

2. I just love to eat dessert and can't wait to try a piece of this tradition! _____ (actually a cake) was invented at the Omni Parker House in Boston and is now the official dessert of the state of Massachusetts.



3. My "Worlds is coming, Worlds is coming!" was inspired by _____, the Freedom Rider who devised a lantern system to warn the Minutemen of a British invasion.



4. A good cup of tea is my remedy for a sniffle. _____ is often credited as the leader of the Boston Tea Party, which took place in 1773 in Boston Harbor.

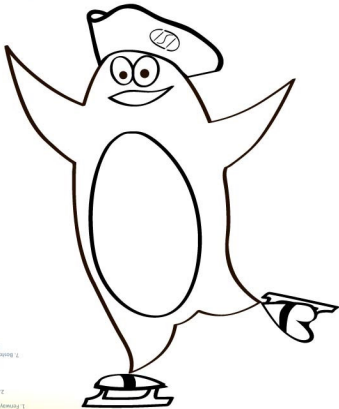
5. I just love fish! The renowned _____ (a wooden fish symbolizing Massachusetts' early fishing industry) can be found in the State House.

6. One of my favorite foods that is served in many Boston restaurants is _____.

7. I simply love a day out in the park! _____ is the famous 50-acre central public park where everybody goes when they visit Boston. This is where you'll find the bronze sculptures of some of my fellow feathered friends, commemorating the book "_____."

Color Me Patriotic!

I'm getting ready for my trip to Boston and need your help. What patriotic attire can you add to complement my new tricorne hat? Please color and dress me for my trip to Boston. You can even scan your artwork and send it to editor@skateisi.org, and it just might be in an upcoming issue of this magazine!



Solution:
1. Fenway Park, Curve of the
Bardonia
2. Boston cream pie
3. Paul Revere
4. Samuel Adams
5. Sacred End
6. clam chowder
7. Boston Common, State
Way for Dudding's

competitions

april

- 4-6 **Knoxville TN**
Ice Chalet
The 45th Annual Robert Unger ISI Team Championship
- 4-6 **Tacoma WA**
Sprinkler Recreation Center
27th Annual ISI & U.S. Basic Skills Spring Fever Competition
- 5-6 **Orleans MA**
Charles Moore Arena
36th Annual ISI Team Competition
- 5-6 **Seldotna AK**
Soidotna Sports Center
Riverskate 2014
- 5-6 **El Segundo CA**
Toyota Sports Center
Spring Fling ISI Open Competition



- 11-13 **Pleasant Prairie WI**
RecPlex Ice Arena in Pleasant Prairie
ISI Synchronized Championships

- 12 **Pittsburgh PA**
BladeRunners Ice Complex of Pittsburgh
Ice & Blades Figure Skating Team
Golden Blades Championship of Pittsburgh
- 13 **Fushing NY**
World Ice Arena
World Ice Arena Open Competition
- 25-26 **Boxborough MA**
Nashoba Valley Olympia
Nashoba ISI 34th Annual Team Competition
- 25-27 **Pasadena CA**
Pasadena Ice Skating Center
30th Annual Pasadena Open ISI Competition
- 25-27 **Fort Myers FL**
Fort Myers Skatium
Spring Skatefest
- 25-27 **Yorktown VA**
Hampton Roads IcePlex
ISI District 4 Championships
- 26-27 **Franklin Park IL**
Franklin Park Ice Arena
Spring Fever Skating Competition

- 27 **Great Neck NY**
Andrew Stergiopoulos Ice Rink
10th Annual Long Island Ice Classic

may

- 3-4 **Fairfax VA**
Fairfax Ice Arena
37th Annual Spring ISI Competition
- 3-4 **Johnstown PA**
Planet Ice
The Spring Challenge Championship
- 16-18 **West Concord MA**
Valley Sports Ice Arena
Sharper Edge Skating School
24th Annual ISI District 1 Championships
- 17-18 **Bridgeport CT**
Wonderland of Ice
Wonderland of Ice - Sacred Heart Univ.
2014 Pioneer Open
- 17 **Richmond VA**
Richmond Ice Zone
2014 Spring Splash



- 25 **Vacaville CA**
Vacaville Ice Sports
Skate Because You Love It - All Stars

june

- 6-8 **New York NY**
Sky Rink @ Chelsea Piers
28th Annual Sky Rink ISI Endorsed Team Competition
- 7 **Bridgewater MA**
Bridgewater Ice Arena
Elite Skating Academy
The Spring Fling: Summer Sizzler Edition
- 20-22 **Clearwater FL**
Clearwater Ice Arena
28th Annual Summer Competition
- 29 **Long Island City NY**
City Ice Pavilion
City Ice Pavilion Summer Skating

july

- 12 **Wilmette IL**
Centennial Ice Rink
Mid-Summer Classic



- 28-Aug. 2 **Marlborough MA**
New England Sports Center
ISI World Recreational Team Championships

august

- 12-13 **Cleveland OH**
Serpentini Arena
International Gay Figure Skating Union
Gay Games 9

september

- 13-14 **Arlington TX**
ICE at The Parks
11th Annual ISI Open Competition
- 19-21 **Gatlinburg TN**
Ober Gatlinburg Ice
ISI Invitational Team Competition

october



- 10-12 **Little Falls NJ**
Floyd Hall Arena
ISI Adult Championships

december



- 5-7 **Burbank & Pasadena CA**
Pickwick Ice Gardens & Pasadena Ice Skating Center
ISI Holiday Challenge

shows & exhibitions

april

Thru May 1	Valencia CA
Ice Station Valencia Exhibitions-Weekly 5	Gardner MA
FMC Gardner Veteran's Arena Spring Ice Show 5-6	Stevens Point WI
K.B. Willett Ice Arena Dream Imagine Skate 11-12	Joliet IL
Inwood Arena Joliet Park District Inwood 2014 11-12	Belmont CA
Belmont Iceland Vacation!	
25-26	Newark OH
Lou & Gib Reese Ice Arena 9th Annual Jane McConnell Spring Ice Show 25-26	Blaine MN
Schwann Super Rink-NSC Into the Jungle 25-26	Minneapolis MN
Parade Ice Garden SportsQuest Skating Academy-Parade Digital Ice 25-26	Palo Alto CA
Winter Lodge In the City 25-26	University Park PA
Pegula Ice Arena Arena Rock: A Figure Skating Showcase	

25-27	Park Ridge IL
Oakton Ice Arena Skate Trek: 100 Years and Beyond 25-27	Yonkers NY
E.J. Murray Skating Center Annual Ice Show 2014 25-27	White Bear Lake MN
White Bear Lake Sports Center Skate Down the Red Carpet 25-27	Roseville MN
Roseville Skating Center Everything's Coming Up Olympic Dreams	

26	Auburn MA
FMC Horgan Ice Arena Spring Skating Exhibition 26	Peoria IL
Owens Recreation Center Extravaganza	

may

2-4	Chicago IL
McFetridge Sports Center ICE Enchanted 3	Wasilla AK
Brett Memorial Ice Arena Spring Ice Show 3-4	Sioux Falls SD
Sioux Falls Ice & Rec Center Sioux Falls Figure Skating Club Kaleidoskate 9-11	Northbrook IL
Northbrook Sports Center Northbrook-On-Ice 2014	

10-11	Cottage Grove MN
Cottage Grove Ice Arena Rock the School House 16-18	St. Peters MO
St. Peters Rec-Plex We're Off to See the Wizard - A Skating Journey to Oz 16-18	Wilmette IL
Centennial Ice Rink THAT Was Then, THIS is Now 17	Long Island City NY
City Ice Pavilion City Ice Pavilion Spring Show 17-18	Birmingham MI
City of Birmingham Ice Sports Arena Viva Las Vegas 18	Flushing NY
World Ice Arena The Wizard of Ice	

june

14-15	Boxborough MA
Nashoba Valley Olympia Once Upon a Skate 14	Arlington TX
ICE at The Parks Summer Show	

august

14	Cleveland OH
Serpentini Arena International Gay Figure Skating Union Gay Games 9 Exhibition	

High-Level Tests | Congratulations to the following ISI skaters who have recently passed high-level tests:

Freestyle 9

Stephanie Lecheler
Kenosha Blue Line Hockey Club
Kenosha WI
Damitra Madden
Northbrook Sports Center
Northbrook IL
Mallory Schindler
Northbrook Sports Center
Northbrook IL

Freestyle 8

Samantha Abelson
Portland Ice Arena
Portland ME
Angolina Huang
City of St. Peters Rec Plex
St. Peters MO
Patricia Jandek
Portland Ice Arena
Portland ME

Stephanie Lecheler
Kenosha Blue Line Hockey Club
Kenosha WI
McKenzie Libby
Niles Iceland
Niles IL
Courtney O'Connor
Brandon Ice Sports Forum
Tampa FL

Isabel Peredy
Portland Ice Arena
Portland ME
Hannah Pignato
City of Cottage Grove Ice Arena
Cottage Grove MN
Rose Punsley
Portland Ice Arena
Portland ME

Dance 8

Michelle Pfeiffer
Skating Club of Greater Youngstown
Poland OH
Teresa Santilli
Skating Club of Greater Youngstown
Poland OH

Teams in Sync

Would you like your synchro team(s) to be featured in *Teams in Sync*? Send your team profile (using info below as a guideline), logo (if you have one) and high-resolution photos to editor@skateisi.org.

Ice Sports Forum Teams

About: The Ice Sports Forum teams were started seven years ago. They have been district and national ISI champions, and this year the Ice Formettes Synchronized Team is headed to Synchro Champs in Pleasant Prairie, Wis. They are looking forward to making lifelong memories together on their "dream trip." They are the best of friends, and fundraising for their trip has made them good citizens. They serve as the role models for the Ice Formationettes Advanced Formation Team.

This year both teams are doing themed Circus production numbers plus compulsory and technical numbers. They practice every Saturday morning at 6 a.m.

Coach Terry Lynn Zellner says she has taught her team members to be gracious in their winnings and humble in their shortcomings, always kind and friendly to their competition.

Home Rink: Ice Sports Forum, Brandon FL

Coach: Terry Lynn Zellner

Season: November to July

Program Theme: Circus



Ice Formettes Synchronized Team

Ice Formettes

Competition Category: Teen Synchronized Skating Team

Current Membership: 13 skaters, ages 12-19

Team Colors: Green and black

Competitions: ISI Fall Challenge, ISI District Championships, ISI Spring Fling Competition, ISI Synchronized Championships

Line Captain: Alexis Van Vliet

Ice Formationettes

Competition Category: Youth Advanced Formation

Current Membership: 13 skaters, ages 6-12

Season: November to July

Team Color: Blue

Competitions: ISI Fall Challenge, ISI District Championships, ISI Spring Fling Competition

Line Captain: Lauren Lampinen



Ice Formationettes Advanced Formation Team



Follow Flip to ISI's 2014 National Events!



Winter Classic

Feb. 14-16
Sharks Ice at San Jose
San Jose, CA
Entry & Test Deadline: Dec. 1
skateisi.org/winterclassic



Synchronized Championships

April 11-13
RecPlex Ice Arena in Pleasant Prairie
Pleasant Prairie, WI
Entry Deadline: Feb. 15
skateisi.org/synchro



Conference Championships

May 23-25
Edge Ice Arena
Bensenville, IL
Entry & Test Deadline: March 1
skateisi.org/conferencechamps

World Recreational Team Championships

July 28-Aug. 2
New England Sports Center
Marlborough, MA
Entry & Test Deadline: May 1
skateisi.org/worlds



Adult Championships

Oct. 10-12
Floyd Hall Arena
Little Falls, NJ
Entry & Test Deadline: Sept. 1
skateisi.org/adultchamps

Holiday Challenge

Dec. 5-7
Pickwick Ice Gardens & Pasadena Ice Skating Center
Burbank & Pasadena, CA
Entry & Test Deadline: Oct. 10
skateisi.org/holidaychallenge



Worlds Is Coming! Worlds Is Coming!



PRESENTED BY
Dream Duffel

ISI World Recreational Team Championships

July 28-Aug. 2

New England Sports Center

Marlborough, Mass.

Entry & Test Deadline: May 1



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