

recreational

IceSkating

Spring 2015

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Come to **WORLDS** in the Windy City



Competition Galleries

Why Is Your Coach a Judge?

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Entry/test deadline: May 1



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SKATEISI.ORG/WORLDS



what's inside

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District Skaters
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spotlight

Holiday Giveaway Winners Announced

Congratulations to the following winners of the *Recreational Ice Skating* magazine Holiday Giveaway.

• **Grand Prize (Individual event entry for four events at any 2015 ISI national competition):**

- Dana Ginsberg, Oakton Ice Arena

• **ISI apparel:**

- Rina Canute, Sharper Edge
- Rachel Anderson, FMC Navin Rink
- Kaitlyn Garcia, Oak Lawn Ice Arena
- Janie Moore, Dublin Chiller/Skating Club of Central Ohio
- Ashley Morrell, Norwich Rose Garden Arena

• **Flip gift package:**

- Sarai Cruz, Yerba Buena Ice Skating Center
- Kseria Koroleva, Nazareth Ice Oasis
- Katherine Celli, St. Peters Rec-Plex
- Jacey Thomas, Egan Skating School
- Courtney Bunch, Iceplex Simi Valley
- Kyle Thompson, Brett Ice Arena
- Erin Darang, Brookings Figure Skating Club
- Jessica Han, Wonderland of Ice
- Cori Toomer, Aliso Viejo Ice Palace
- Taylor Browning, SkateNation Plus



Fritz Dietl Ice Rink's Vintage Zamboni Gets a Facelift

The Fritz Dietl Ice Rink recently gave its 1956 vintage, working Zamboni ice resurfacing machine a special facelift with the official Zamboni signature of the time. This Model F 960 (right) has resurfaced the ice for thousands of skaters in Westwood, N.J. since 1958. The Model F was used during the 1960 Winter Olympic Games in Squaw Valley, Calif. and was among the first mechanical ice resurfacers used at the Olympic Games.

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for questions or to register

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The Edge Ice Arena team welcomes ISI World's competitors to Chicago.
Chris Sipes/Visual Image Photography



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Navy Pier



Willis Tower's Skydeck

U.S. Cellular Field (formerly Comiskey Park)



Be a Sport!

Come to **Worlds** in the Windy City!

by Eileen Viglione

Guess where the 2015 ISI World Team Championships is headed this summer? Hint: Birthplace of Walt Disney (the founder) and the Ice Skating Institute. No, it's not Florida or California. Think pizza — mouth-watering, deep-dish pizza. If you guessed Chicago, you're right!

THE VENUE

ISI returns to the Windy City July 27-Aug. 1 to host its annual, premier recreational ice skating competition based at the Edge Ice Arena in Bensenville, Ill., with events also scheduled at West Meadows Ice Arena in nearby Rolling Meadows, Ill.

Located in the 88-acre Redmond Recreational Complex, the Edge is home to the Chicago Blues, Chicago Steel and Robert Morris University Eagles. The facility showcases three NHL-size surfaces, plus a 2,500-seat arena with nine luxury sky suites, three concession stands and a pro shop.

The complex is an outdoor enthusiast's playground, complete with 50-foot climbing wall, ropes course, in-line skating rink, skateboard park, aquatic center and sand volleyball pit, plus a large lake and wetland preserve.

The Village of Bensenville is situated in DuPage County, a popular Midwest destination due to its convenient proximity to O'Hare International Airport and downtown Chicago. Aside from numerous recreational outlets, including White Pines Golf Club, visitors will enjoy shopping 'til they drop and satisfying their food cravings right in the heart of Bensenville, which is brimming with unique stores and restaurants. There's even an intimate theater presenting current Hollywood movies at bargain rates. What's more, on Wednesday evenings from

June through August, the village hosts its annual Music in the Park and Car Show.

For those who want to venture a little farther, it's just a quick drive or train ride into world-renowned Chicago, the third-largest city in the United States. Boasting approximately 200 theaters, 200 art galleries, 7,000 restaurants and a multitude of acclaimed museums — most offering free admission — this dynamic metropolis has something for everyone. Chances are, you won't have enough time to experience all it has to offer.

Take a trip, if you dare, to Navy Pier, where you can hop aboard the iconic, 150-foot Ferris wheel. Experience a riveting, virtual journey through time and space at the Adler Planetarium or enjoy the astounding, panoramic view from the Skydeck of the tallest building in the United States, Willis Tower (formerly known as Sears Tower). A visit to Shedd Aquarium or the Lincoln Park Zoo — one of the last remaining free-admission zoos in the country — won't disappoint those of all ages. And baseball fans will surely want to hear the sweet sound of the bat cracking the ball at the legendary Wrigley Field or U.S. Cellular Field (formerly Comiskey Park).

THE COMPETITION

ISI Worlds is considered the largest annual recreational ice skating competition on the planet. Competitors hail from all parts of the United States and several foreign countries.

Participants have the option of choosing from more than 25 skating event categories for individuals, partners, groups and teams.

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 form. The more events you enter, the more points you accumulate for your team and the greater the chance of earning medals and capturing first place. The team with the most collective points goes home with the Michael Booker Trophy, named for the British figure skating champion, Olympian, former ISI president and famed coach.

For entry forms and other event information, including a tentative schedule, hotel list and past Worlds results, please visit skateisi.org/worlds. Be sure to watch the page for updates over the next few months leading up to the competition.

COMPETITORS' PARTY & CLINICS

Get ready to celebrate Worlds at ISI's annual Competitors' Party, held this year from 7:30-10 p.m. Wednesday, July 29, at Bensenville Water Park & Splash Pad. This 2,527-foot water park will be our private paradise for the evening. (See pg. 9 for details).

On Thursday, July 30, you won't want to miss ISI's fabulous skater clinics hosted by U.S. Figure Skating Hall of Famer David Santee. Two-time U.S. champion pairs skater Rochne Brubaker and 2013 European pairs bronze medalist Stefanie Berton. (See pg. 30 for details). More information will be posted on skateisi.org/worlds as the event nears.

BENEFIT ON ICE SHOW

A much-anticipated event at Worlds is the ISIA Education Foundation Benefit on Ice Show (Friday evening, July 31), featuring Worlds participants selected throughout the week, plus a soon-to-be-announced celebrity guest skater (See pg. 20). Two lucky Worlds competitors will earn a spot in the production through the "Skate with the Stars" raffle drawing, which benefits the Foundation's scholarship program. Winners will be announced at the Wednesday evening competitors' party. Benefit Show seating is limited, so be sure to order your tickets at skateisi.org/benefit or use the form on the inside back cover of this issue to reserve your spot and receive an early-registration discount.

MORE INFO

- skateisi.org/worlds
- discoverdupage.com
- choosetchicago.com
- cityofchicago.org



ARE YOU A CHICAGO BRAINIAC?

While I enjoyed my visit to Boston this winter — I was especially flippin' out over all that "white stuff" — I'm already flippin' my wings in excitement over my upcoming trip to Worlds in Chicago this summer.

I've got my sights set on riding the giant Ferris wheel at Navy Pier — you do know that we penguins can't fly, right? — and exploring all that this fun city has to offer.

Let's see if you can figure out some interesting facts about Chicago that I never knew — blame it on my species!

1. The _____ was invented by Chicagoan Jimmy Dewar in 1931 and was originally filled with banana cream.
2. Chicago is home to _____, the world's largest cookie and cracker factory and _____, the biggest ice cream factory in the world.
3. The first _____ made its debut in Chicago in 1893 and is 15 stories high.
4. _____ skates were created in this city.
5. When you use a _____ to close up your jacket, you can thank the late Whitcomb L. Judson of Chicago.
6. The first All-Star _____ was played in the _____ City, a nickname for Chicago.

- Answers:**
1. Twinkie
 2. Nabisco, Keebler
 3. Ferris wheel
 4. Roller
 5. zipper
 6. baseball game, Windy

Davis Takes a Chance and Earns

10



by Eileen Viglione

ISI Dance 10 skater Christopher Davis with ice dancing partner and coach Eve Chalom (left) and ISI judge Janice Forbes.

"If you never try, you'll never know."

Just ask ISI's latest Dance 10 Skater Christopher Martin Davis.

A 21-year-old college sophomore, Davis has been ice dancing for six years. His interest in this style of skating, however, was not immediate. In fact, he was resistant to it, preferring to focus on freestyle skating. Amazing what a difference an instructor can make! With a whole lot of coaxing from his coach, Christopher Hyland, who believed that ice dancing would improve his posture and basic skills, Davis reluctantly decided to give it a shot.

Over time, as he progressed to higher levels of dance and free dance, he realized to his astonishment that he enjoyed dancing immensely. He had discovered a whole new sense of freedom on the ice.

"Dancers interpret many different styles of music and create lifts and choreography that no one has ever done before," Davis shares excitedly. "This is in stark contrast to freestyle where many, but not all, programs look almost identical."

The most challenging aspect of ice dancing is the amount of time skaters need to spend on the most minute details, he explains. "It is common to spend hours on one section of a dance to make sure both partners are doing the right steps, with correct timing and proper frame, all while interpreting the music."

A skating instructor and former ISI Worlds champion at both the Beta and Freestyle 5 levels, Davis currently skates with Bulgarian representative Mina Zrakova, and they recently won the Bulgarian Junior Ice Dance title. His home rinks in Illinois include the Robert Crown Ice Center in Evanston (where he coaches), the Centennial Ice Arena in Wilmette and Fox Valley Ice Arena in Geneva.

At one point, Davis was in high demand as a dance partner as the number of female ice dancers far outweighs male participants. "I wish more boys would try ice dance," he says, "because I see girls who don't pursue it because they are unable to get a partner immediately."

Christopher Hyland has been coaching Davis for 10 years.

"Chris is a very dedicated and hard-working dance student," he says. "His attention to detail and strong work ethic are his greatest strengths. He's always up for a new challenge."

"He is a very diverse young man and all-around good person," Hyland adds. "Chris excels at most anything he does, whether it's singing internationally with the Chicago Children's Choir, carrying a perfect GPA in school or training to compete nationally in ice dance."

Speaking to the ISI Dance 10 test, Davis notes that he took it on a whim. "I used it to give myself more experience performing under pressure," he says. "It is meaningful to me because it demonstrates how far I've come since I started skating at the Pre-Alpha level." The most challenging aspect of the test is doing all three dances back to back, he adds. "It required a complete reset so I could focus on the next dance's unique technical aspects as well as the character of the dance."

Davis completed the test at the 2014 Conference Champs at the Edge Ice Arena in Bensenville, Ill. Based on his personal experience, he believes that every skater should attempt dance as they may find it surprisingly rewarding. "It's also a terrific supplement for free skaters who want to improve their musicality, speed, basic skating skills and performance quality, he explains.

A huge fan of ISI, Davis feels that ISI testing and competitions are successful at encouraging more people to participate in the sport. With its unique programs, the organization offers something for everyone, he adds. "With programs such as interpretive events and adult competitions, ISI has done a wonderful job as an ambassador of figure skating."

Davis' advice for fellow skaters? "Go for it! Talk to other skaters at the rink to see if there is a local coach who specializes in dance," he suggests. "You should also check with your rink to see if it offers group classes. Try to see if some of your friends will take it with you. It will be much more productive if you have peers to compare yourself with."

A true creative, Davis enjoys writing as well as skating and singing, and hopes to pursue a career in journalism. He's also interested in political issues regarding human rights and animal welfare, and credits his family for being supportive of all his endeavors. **ISI**

DIVE INTO THE 2015 WORLDS COMPETITORS' PARTY!

**Bensenville
Water Park
& Splash Pad**

**Wednesday, July 29
7:30-10 p.m.**

Splash the night away with fellow Worlds[®] participants and family at this year's Worlds Competitors' Party at Bensenville Water Park & Splash Pad.

This fabulous water park will be our private paradise for the evening. Zip down the 155-ft. water slide, do a cannonball off the diving board or cool off under one of the many misting jets. And don't forget to grab your friends for a fun game of volleyball. A DJ will also be on hand to get the party started -Worlds style!

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X _____ = _____
X _____ = _____

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Orders must be received in the ISI office by July 15. Please pick up your tickets at the ISI Worlds registration desk. If not sold out, tickets will also be available at the registration desk at the Edge Ice Arena.

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PASADENA TAKES THE CHALLENGE!

Pasadena Ice Skating Center was the team champion at this year's Holiday Challenge in Southern California. As always, Holiday Challenge provided the perfect opportunity for individuals, groups and teams to "rehearse" their holiday show performances. Candy Goodson of Sharks Ice at San Jose outdid herself with her teams' "Snow" theater production number featuring all of her synchro teams.

We also enjoyed another inspiring performance by 89-year-old Yvonne Dawling, who epitomizes the concept of "aging gracefully."

Our sincere thanks and appreciation go to Randy Winship and his staff at Pasadena Ice Skating Center, Darin Mathewson of Pickwick Ice and Linda Stroh of Ice Station Valencia. They were instrumental in making our final national event of 2014 a happy memory for all involved.

The 2015 Holiday Challenge is set for Dec. 4-6 at the Dr Pepper StarCenter in McKinney, Texas. www.isi.com

TOP 10

PLACE	TEAM	TOTAL POINTS
1	Pasadena Ice Skating Center Pasadena CA	586.5
2	Sharks Ice at San Jose San Jose CA	320.0
3	Iceoplex Simi Valley Simi Valley CA	319.5
4	Pickwick Ice Gardens Burbank CA	301.5
5	Ice Station Valencia Valencia CA	255.0
6	SICH Ice Center of Bakersfield Bakersfield CA	197.0
7	LA Kings Valley Ice Center Panorama City CA	192.5
8	Desert Ice Castle Cathedral City CA	151.0
9	Ontario Ice Skating Center Ontario CA	134.5
10	Iceland-Van Nuys Van Nuys CA	110.0

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

Turn the page for the Holiday Challenge photo gallery.



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Gabriele Photography



2014 ISI



HOLIDAY CHALLENGE





St. Peters Wins Winter Classic

The 30th Annual ISI Winter Classic ended just before the snow hit St. Louis on Valentine's Day weekend, with host facility St. Peters Rec-Plex claiming the Robert Unger Trophy for most team points.

The Winter Classic events ran smoothly all weekend on three surfaces in the Rec-Plex's two rink buildings. Skaters ranging in age from 3 to 61 represented teams from seven states.

Synchro teams were well represented this year, a fitting prelude to the 2016 ISI Synchronized Championships scheduled for the Rec-Plex. The competition also saw many Footwork events, the featured 2015 event. Apple Valley Sports Arena's Extravaganza Production number to "High School Musical" concluded the three-day Winter Classic.

Special thanks to Heather Hyatt, Heather Dirksen and Phil Boettge for their time, energy and support of ISI.

The 2016 Winter Classic is set for Feb. 12-14 at RDV Sportsplex Ice Den in Orlando. [#ISI](#)

TOP 10

PLACE	TEAM	TOTAL POINTS
1	City of St. Peters Rec-Plex St. Peters MO	1075.5
2	Joliet Park District Joliet IL	903.0
3	Apple Valley Sports Arena Apple Valley MN	558.5
4	Webster Groves Ice Arena Webster Groves MO	467.0
5	Edge Ice Arena Bensenville IL	343.0
6	Line Creek Ice Arena Kansas City MO	332.0
7	Washington Park Ice Arena Jefferson City MO	252.0
8	University of Illinois Ice Arena Champaign IL	250.0
9	Wayne C. Kennedy Rec. Complex St. Louis MO	216.0
10	Dr Pepper StarCenter McKinney @Craig Ranch McKinney TX	136.5

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

Turn the page for the Winter Classic photo gallery.

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Find out how to advertise your ice skating products and services in **Recreational Ice Skating!** Contact Carol Jackson at (972) 735-8800 or cjackson@skateisi.org.



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AN EVENING ON ICE July 18, 2015





More photos on ISI
Facebook page and at
GabrielePhoto.com

Gabriele Photography



2015 ISI



WINTER CLASSIC



What Means to *you!*

by Peter Martell

If you are receiving *Recreational Ice Skating* magazine, you are likely a current ISI administrative, professional or individual member. If you did not personally sign up to be a member, then you are probably enrolled in ice skating lessons at an arena that processed your individual membership for you. So, why did they do that? What does ISI do? What is its role in the skating world?

The Ice Skating Institute is a nonprofit association designed to promote interest and encourage participation in ice skating worldwide. Formed in 1959, the ISI has developed copyrighted learn-to-skate and recreational figure skating and hockey programs that are used by arenas and skating schools to teach the basic skills of skating and, once mastered, provide an endorsed competition program that allows members to compete against other skaters of similar age and ability in a variety of figure skating events for singles, couples and teams.

The Ice Skating Institute (of America) recreational ice skating program was the first national learn-to-skate curriculum in the United States and has exposed tens of millions of people to the joys of skating over the past 50 years. Today, ISI has evolved into an international organization with affiliated members across the United States as well as Europe, Central America the Middle East and Asia.

One of the objectives of ISI is to provide a firm foundation of skating skills upon which each skater can build in order to pursue their sport, whether it is figure skating or ice hockey.



Ashley Wagner
Geoff Adams Photography

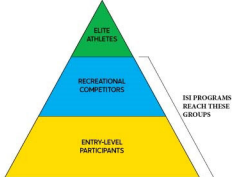
Unlike some other organizations, ISI is not designed to select World and Olympic team skaters, although we are proud to say that many — including Dorothy Hamill, Michelle Kwan, Sasha Cohen, Evan Lysacek and this year's U.S. National Champions Ashley Wagner and Jason Brown — got their start in ISI. Instead, ISI seeks to develop lifelong skaters

through a program that encourages "participation, not elimination." Understanding that not all individuals have the desire, time, ability or wherewithal to become elite competitors, ISI focuses its efforts on instilling a love of the sport(s) by developing not only sound skating skills but also valuable life skills that will benefit participants no matter what path they may pursue in the future.

An often-quoted example of the "sports pyramid" that is typical of many sports throughout the world illustrates how, in America, approximately 350,000 figure skaters are whittled down to only 12 to 18 that make it to the World or Olympic team — excluding synchronized skating, which includes approximately 50 more. Another example related specifically to ice hockey in Canada showed that out of over 22,000 players that played in the Ontario Minor Hockey Association one year, only 22 ever played a game in the NHL.



Jason Brown
Geoff Adams Photography



In other words, the odds of becoming a champion skater or hockey player are slim, but that doesn't mean that kids — and adults — shouldn't be able to pursue and compete in the sports they love. Those who have the God-given ability along with all of the other requirements such as parental support, work ethic and quality coaching will rise to the top. But for the vast majority who don't possess all of the requirements, it shouldn't mean that they can't enjoy the sport or activity they love.

That is what ISI is all about: developing skaters' interests, teaching them the basic skills, introducing them to competition and then providing them with a lifelong avenue to continue pursuing their passion.

So, whether you're a young aspiring Olympian or an avid adult skater, ISI offers a variety of tried and trusted programs to fulfill your skating needs. And if you make it onto the world stage, in whatever capacity, we'll be your number one supporter!

ISI seeks to develop lifelong skaters through a program that encourages "participation, not elimination."



Peter Martell is the executive director of the Ice Skating Institute.

ISI's recreational ice skating program was the first national learn-to-skate curriculum in the United States and has exposed tens of millions of people to the joys of skating over the past 50 years.

It's Showtime!

Skaters across the country are busy preparing for the 2015 ISIA World Recreational Team Championships and their trip to Chicago. While tending to the technical work that is required, thoughts always drift to the camaraderie, fun and excitement that the week is guaranteed to provide.



Mirai Nagasu

When it comes to excitement, nothing compares to the experience of the annual ISIA Education Foundation Benefit on Ice show. The 2015 production will be held on Friday evening, July 31, at the Edge Ice Arena in Bensenville, Ill.

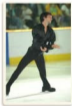
The identity of our celebrity special guest skater will be announced soon. Among the Benefit stars of the past are skaters who began in the ISIA Recreational Ice Skating Program and went on to become

champions, including Sasha Cohen, Emily Hughes, Ryan Bradley, Mirai Nagasu, Evan Lysacek and Ashley Wagner.

As in previous years, this year's Benefit on Ice featured guest will be available for a meet-and-greet session immediately following the show, offering photo opportunities and autographs.

The guest skater will be a major highlight of the Benefit show, but he or she will certainly not be the evening's only star. Every ISIA Worlds competitor is a potential star; representing the true diversity and inclusion of the Ice Skating Institute, skaters selected throughout the competition week will be invited to give repeat performances of their Worlds numbers for the Benefit on Ice audience. Every skater, at every skill level and in all event categories, has the same opportunity to be chosen to star in the show, so be sure to schedule your travel plans to include the Friday night show!

Don't forget the Education Foundation's raffle, in which two solo performances in the show will be awarded to the lucky winners. Raffle tickets will be sold at Worlds Monday through Wednesday for \$5 each or five for \$20. The drawing will be held on Wednesday evening, July 29 at the competitors' party.



Evan Lysacek

Advance general admission tickets are available through July 15 for \$25, using the order form on the inside back cover of this issue or on the ISIA website. Seating is limited and sold-out Benefit on Ice shows are not unusual, so please place your order early. The advance group rate for 10 or more tickets is \$20 each, making it ideal for your rink or synchro team. Prepaid tickets will be available for pick-up at the Worlds registration desk, if the show is not sold out, tickets will be available at registration or at the door for \$30 each.

All proceeds from both the raffle and the Benefit Show will be used to endow the ISIA Education Foundation annual scholarships awarded each May. What a great opportunity to make a difference and have some fun at the same time! **ASIA**

Recent Donations

Special thanks and appreciation go to the following generous individuals and groups who have recently made donations to support the ISIA Education Foundation and its scholarship program. For information on tax-deductible donations and memorial or honorary gifts, please go to skateisi.org/foundation.

Guarantors

MIRMA
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Sponsors

FMC Ice Sports
ISI District 1

Supporters

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Contributors

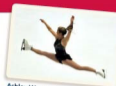
Oakton Figure Skating Club (in memory of
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Maria Sweeney

Donors

Ice Skating Institute (in memory of Murray Sandler)
Gerry & Debbie Lane

Friends

Jean Albrightson (in memory of Murray Sandler)

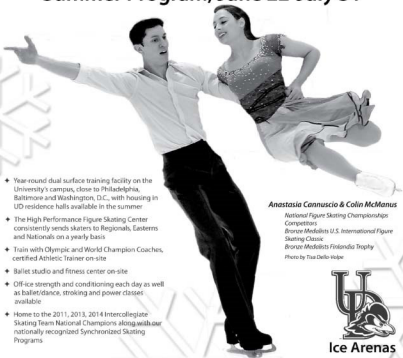


Ashley Wagner

Train where Champions train

**University of Delaware
High Performance
Figure Skating Center**

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- ✦ Year-round dual surface training facility on the University's campus, close to Philadelphia, Baltimore and Washington, D.C., with housing in UD residence halls available in the summer
- ✦ The High Performance Figure Skating Center consistently sends skaters to Regionals, Easterns and Nationals on a yearly basis
- ✦ Train with Olympic and World Champion Coaches, certified Athletic Trainer on-site
- ✦ Ballet studio and fitness center on-site
- ✦ Off-ice strength and conditioning each day as well as ballet/dance, stroking and power classes available
- ✦ Home to the 2011, 2013, 2014 Intercollegiate Skating Team National Champions along with our nationally recognized Synchronized Skating Programs

Anastasia Cannuscio & Colin McManus

*National Figure Skating Championships
Competitors
Bronze Medalists U.S. International Figure
Skating Classic
Bronze Medalists Finlandia Trophy
Photo by Tisa Dello Volpe*



Ice Arenas

For more information, email ud-skating@udel.edu or visit www.udel.edu/icearena



Why Is Your Coach a Judge?

One of the most significantly different aspects of ISI competitions is the fact that the panel of judges evaluating our events is made up of coaches. This has been a subject of much discussion at times, especially after a nationally televised figure skating event such as the Olympics or the U.S. Championships. Anyone who has watched one of these competitions knows that the judges are the judges, and they are most certainly not the coaches. So why then, does ISI use coaches on our panels?

The answer goes all the way back to the beginning of ISI competitions in 1969. At that time, the founding members of the Institute were eager to develop a new type of event that would encourage team participation and include skaters of all levels of ability and achievement. The idea of using independent judges for these competitions and for general testing was considered but, according to past president and ISI founder Michael Kirby, was determined to be unnecessary. His point was that in every educational facility, teachers had been "judging" their students with periodic tests and exams for centuries. Why not in skating? Who better to evaluate the progress and achievement of their skaters than the teachers teaching the material?

This concept, while genuine in its ideology, led some to believe that fair judging would be impossible to achieve if the coach had a say in the outcome of his or her own student's result. In addition, there was a concern that just having the teaching tools alone did not make one a fair and competent judge.

Both of these points were taken into consideration and became the basis for the Judge Certification Program that ISI uses today. If your coach is a certified ISI judge, he or she has already taken several steps to demonstrate expertise and understanding of the ISI competition standards and rules.

There are five different levels of judging certification that are achieved through comprehensive testing. Your coach must have passed at least one of these tests to be sitting on a panel. Many have passed all of them. If your coach is a Gold-certified judge, he or she is very knowledgeable in all the various events and knows how to fairly and accurately evaluate all of them. You should be very proud to have this coach as your teacher! And you will reap the benefits of their experience. Coaches who serve on judging panels get an opportunity to see all kinds of programs and, over time, they learn the tricks to a great program layout from the judge's perspective. They also see many of the common mistakes that are made that can negatively affect the judge's opinions. It's like having a "spy" on the other side — now you get to know what the judges really look for as well as what is less important. Your coach can help you focus on making your programs shine!

There's no question that having your coach serve on judging panels is really a benefit to you. But have you ever been at a competition and felt your coach was very busy and even hard to talk to because they were running from your event to a judging panel? That can be frustrating. But please know that, while it is a time burden for them, they have carefully selected the panels to sit on that are appropriate to their certification level and experience and that are scheduled between their own skaters' events. At national events, we will not use your coach as your judge, mostly because we want them to be available to you before your events. It's not that they couldn't be impartial if they had to judge you, but rather that they want to share in your experience and they can't do that if they are busy judging. So next time you go to an event and see your coach serving on a judging panel, feel proud of them and just know that they are working hard to give another set of skaters a fair and fun competitive experience.

High-Level Tests

Congratulations to the following ISI skaters who have recently passed high-level tests:

FREESTYLE 9

Sophie Richardson
Sioux Falls FSC
Sioux Falls SD

FREESTYLE B

Sydney Berrier
White Bear Lake
Sports Center
White Bear Lake MN

Sarah Kojetin

Eagan Civic Arena
Eagan MN

Megan Muzy

Silver Blades Figure
Skating Club
Findlay OH

Morgan Ashley Young

Skatetown Ice Arena
Roseville CA

DANCE B

Joy Davis
Lou & Gib Reese Ice Arena
Newark OH



Focus On Footwork

One of our featured events for 2015 national competitions will be Footwork. This means you can enter your Footwork program as an additional event for only \$15.

Who can do Footwork events?: Footwork events are open to all skaters in Freestyle 1 or Dance 1 and higher.

New with 2014 rule changes: Eligibility for skaters in Footwork events has changed. Skaters can now enter the Footwork event based on their dance tests. This means that ice dancers can now compete in Footwork events without having passed a Freestyle test.

Tips for a "winning" program: Most footwork program music is peppy — but it doesn't have to be. Be creative and come up with the best program for you to fit the specific judging criteria below. The main emphasis for all Footwork programs should be using correct turns and edges, flow, music interpretation and general overall. Special energetic choreography that fits the music and can get the crowd going to "bring down the house" is always a big plus! Many skaters will create a "theme" for their Footwork program, choosing music and a skating outfit and incorporating choreographic moves that all match and tie the program together.

The best thing: Like Spotlight and Artistic programs, you can use the same Footwork program for more than one Freestyle test level. You don't need to get a new program every time

your test level changes, so it saves money by using the same music and costume for several competitions throughout the year. Of course, with your coach's help and advice, you can always change the choreography in your routine between competitions as your skill level improves.

Duration: Footwork program duration time is 1 minute for all levels.

Maneuver limitations: The focus should be on "footwork" — so your feet should be moving while doing turns and edges. You can include other types of skating maneuvers like spirals and arabesques, pivots and spins (fewer than three revolutions), and half-revolution jumps (like half flips, waltz jumps, bunny hops, etc.) to help make a creative program. Also keep in mind that there is no score for technical merit. Props are not permitted in Footwork events.

Competition event groups: Since there is no score for technical maneuvers, the competition director might group skaters together by combining levels and genders.

Judging criteria: Presentation and posture, pattern, correctness of turns and edges, variety of turns and edges, continuity and flow, music interpretation, duration and general overall. **2015**



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The Healthy Skater

by Andrea Sobieraj, MS, CSCS

Stretching & Warm-up for Skaters

What is happening inside your muscles?

You arrive at the rink and get your skates on. Ready to go? Not quite! Just as you gave your body fuel from your last snack or meal, now is the time when your muscles have to use that energy to move muscle cells. Energy is created when you burn fuels (carbohydrates, fats and proteins) inside the muscle cells and create our energy molecule, called ATP (adenosine triphosphate).

Muscle contraction (movement) occurs when your body takes the energy molecule ATP and uses it to move muscle cells at the molecular level (this means inside the muscle cell). Oxygen is the main thing we need to get those fuels broken down to create ATP. Oxygen is delivered to your muscles via your blood (oxygen binds to hemoglobin inside a red blood cell). Once you start exercising, blood flow to your organs (e.g., stomach, kidneys) decreases, and a greater amount is sent to your muscles in use, as well as your skin, to temperature regulate.

Why we should warm up

In essence, warming up helps to deliver oxygen-rich blood to the muscles more quickly to burn fuels and create ATP. The chemical reactions that occur inside the muscle cells that create ATP also lead to an increase in internal heat. This internal heat helps muscles move.

Pre-exercise warm-up and stretching

Most of us do not have a lot of time to warm up before getting on the ice, so I suggest the following:



Before putting on your skates, stretch the arches of your feet. (Fig. A). Pull your left forefoot toward you, hold for 30 seconds and repeat two more times, then do your other foot.

Once your skates are on, you are ready to begin an on-ice dynamic warm-up. A dynamic warm-up means moving the body in sport-specific movements for three to 10 minutes at a light to moderate pace. I suggest the following.

1. Several laps around the rink incorporating big swizzles down one side, crossovers on corner, over-lengthened and over-held time with leg extension in powerful strokes up other side, hugging one leg to chest in a one-foot glide down half the



rink, then switching to other leg (hip flexors and glute stretch, as well as turning your brain on to balance) (Fig. B).



2. Grabbing your blade on one boot to buttocks down half the rink, (Fig. C), then switching to other side (quad stretch, and balance turn on), deep squats (dips), extend arms forward as if you are pushing something (back stretch), hold as long as you can and repeat several times. (Fig. D)



3. In any of the above moves, when possible, stretch the arms above head reaching as high as you can, (Fig. E), feeling a stretch along your sides (ab stretch, back stretch).

Using these above exercises for several laps gets you prepared to then move into more traditional warm-up of forward and back crossovers and basic large jumps. If you are one of those skaters who always stretches your legs on the side of the rink (as a barre), then this would be the time to do so (but please avoid this when you first get on the ice, as stretching a cold muscle is not helpful, and can even result in injury). If you decide to stretch on the rink side alone or with a coach's assistance, please make sure to hold each stretch for a minimum of 15 seconds (I recommend 30 seconds). Repeat this stretch three times per position and leg.

Post-exercise stretching

While exercising, your muscles can build up substances from the chemical reactions in the muscle cells. That's why an active cool down/stretching time is important. This post-exercise movement increases blood flow to help remove substances and get fresh oxygen and fuels to help the muscles recover. If time permits, save five to 10 minutes to do slow, steady skating, such as the suggested dynamic warm-up mentioned above, but at a slower pace.

Once you are off ice, any slow-based stretching will be beneficial. If you are able to do this, hold stretches 15 to 30 seconds and repeat three times per stretch. As a final note, while in recovery, drink water and have some simple carbohydrates (with a small amount of protein if tolerable) to help increase blood flow, replenish fuels and provide nutrients for muscle repair. The more you help your muscles recover, the less pain you should feel from your skate.

Quick Quiz

1. Oxygen helps create which final product from burning fuels that allows a muscle to move?

- A. Proteins
- B. Fats
- C. ATP
- D. Carbohydrates

2. A dynamic stretching period

- A. Decreases heat of muscle
- B. Increases blood flow and oxygen delivery to muscles
- C. Should be under three minutes
- D. Is done with great speed and little attention to stretching through a move

3. Stretching legs on rink sides


- A. Should be done immediately upon getting on the ice
- B. Should be held less than 15 seconds per stretch
- C. Should be done after a dynamic warm-up
- D. Must be done without a coach's assistance

4. In general, stretches should

- A. Be held for 10 seconds or less
- B. Be done on a cold muscle
- C. Not be done post-exercise
- D. Be repeated three times per stretch for 15 to 30 seconds

5. A post-exercise cool-down

- A. Gets fresh oxygen to muscle cells
- B. Helps remove substances from chemical reactions in muscle cells
- C. Decreases pain in muscles after exercise
- D. All of the above

Coaches, parents and skaters: If you have a question that you would like to see addressed in a future issue, please send it to editor@skateisi.org. 



Andrea Sobieraj teaches exercise physiology at Brown University. In addition, she is a skating director in Massachusetts, at FMC Driscoll Arena in Fall River, and FMC Hetland Skating Arena in New Bedford. She is also co-owner of VO2breathe, a metabolic fitness company. Read her articles on training and nutrition at vo2breathe.com.

MUST-HAVE RESOURCES FOR ISI SKATERS!



The 2014 *ISI Handbook* includes the latest Rule Revisions plus detailed event descriptions for all national events. It's the only comprehensive resource for ISI test level requirements, weSKATE program information, competition events and performance rules, and judging criteria.



\$25* each

skateisi.org/handbook

The weSKATE Test Standards

DVD offers detailed demonstrations of the passing standards for each required ISI test maneuver in the Pre-Alpha through Delta and Freestyle 1-10 levels. You'll also see evaluations of the skater's moves, and even common test mistakes and how to avoid them.



A skater's dream deal at only \$20*!

skateisi.org/dvd

 Ice Skating Institute

*plus shipping & handling

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@skateis.org.

St. Louis Synergy

St. Louis, Mo.

Home Rink: Webster Groves Ice Arena

Team Colors: Blue, silver and black

Team Slogan: "If you can dream it, you can achieve it."

Facebook Page: [facebook.com/MetroEdgeFSC](https://www.facebook.com/MetroEdgeFSC)

Website: metroedgefsc.org

About: The Metro Edge Figure Skating Club started its synchronized skating program, St. Louis Synergy, in 1996. Since its inception, the program has grown to seven teams with more than 100 skaters. Each team includes 10 to 18 skaters ranging in age from 4 to 19. Skaters on these teams come from all over the St. Louis, Mo. area.



Tot Formation

Current Membership: 16 skaters, ages 4-7

Coaches: Kim Wuerzt, Maria Gumersoll

Season: August-February

2014-15 Season Competitions & Shows:

ISI: Sweetheart, Winter Classic, Meet Me in St. Louis

Exhibitions: St. Louis University hockey game, Nutcracker on Ice Show
2014-15 Program Theme: "Frozen"

Junior Youth

Current Membership: 10 skaters, ages 6-8

Coaches: Kameryn Truman, Susie Dinsa

Season: August-February

2014-15 Competitions & Shows: 2014-15 Season

ISI: Fall Fling, Winter Classic, Meet Me in St. Louis

USFS: Kick-Off Classic Synchronized Skating Competition, Best of the Midwest Synchro Championships, Synchro Illinois

Exhibitions: St. Louis University hockey game, Nutcracker on Ice Show

2014-15 Program Theme: Motorcycle



Teams in Sync

Youth Advanced Formation

Current Membership: 14 skaters, ages 9-13

Coach: Bridgid LaMear

Season: August-February

2014-15 Competitions & Shows:

ISI: Fall Fling, Winter Classic, Meet Me in St. Louis

USFS: Kick-Off Classic Synchronized Skating Competition, Best of the Midwest Synchro Championships, Synchro Illinois

Exhibitions: St. Louis University hockey game, Nutcracker on Ice Show

2014-15 Program Theme: Dreams



Youth

Current Membership: 12 skaters, ages 8-11

Coaches: Alissa Kitchen, Susie Dirs

Season: June-February

2014-15 Competitions & Shows:

ISI: Fall Fling, Winter Classic, Meet Me in St. Louis

USFS: Best of the Midwest Synchro Championships, Kick-Off Classic Synchronized Skating Competition, Synchro Illinois, USFS Midwestern Sectionals

Exhibitions: St. Louis University hockey game, Nutcracker on Ice Show

2014-15 Program Theme: Shoes



Senior Youth

Current Membership: 16 skaters, ages 9-12

Coaches: Charity Hendrickson, Quinn Tyminski

Season: June-February

2014-15 Competitions & Shows:

ISI: Winter Classic, Meet Me in St. Louis

USFS: Kick-Off Classic Synchronized Skating Competition, Synchro Illinois, USFS Midwestern Sectionals

Exhibitions: St. Louis University hockey game, Nutcracker on Ice Show, Hardees Iceplex Holiday Show

2014-15 Program Theme: "Hercules"



Teen

Current Membership: 19 skaters, ages 13-17

Coaches: Karen Giedeman, Quinn Tyminski, Alissa Kitchen

2014-15 Competitions & Shows:

ISI: Winter Classic, Meet Me in St. Louis

USFS: Kickoff Classic Synchronized Skating Competition, Dr. Porter Synchronized Classic, Synchro Illinois, USFS Midwestern Sectionals, USFS Synchronized Skating National Championships

Exhibitions: St. Louis University hockey game, Nutcracker on Ice Show

Season: June-February

2014-15 Program Theme: "Rio"



competitions

april



10-12
Oxford OH
Goggin Ice Center
ISI Synchronized
Championships

10-12 Soldotna AK
Soldotna Sports Center
20th Annual Rovenskae ISI Team Competition 2015

11 Cathedral City CA
Desert Ice Castle
Desert Ice Castle in-House Competition

11-12 Van Nuys CA
Van Nuys Iceland
Van Nuys Iceland Open Competition

18 Pittsburgh PA
BladeRunners Ice Complex of Pittsburgh
Ice & Blades Figure Skating Team
Golden Blades Championship of Pittsburgh

18-19 Franklin Park IL
Franklin Park Ice Arena
Spring Fever

18-19 Tacoma WA
Sprinkler Recreation Center
ISI Spring Fever Team Competition

19 Odenton MD
Piney Orchard Ice Arena
Reach for the Stars Spring Invitational

19 Redwood City CA
Nazareth Ice Oasis
April Ambush

19 Little Falls NJ
Floyd Hall Arena
MIRMA
Skate for Knowledge-ISI District 3 Championships

24-26 Pasadena CA
Pasadena Ice Skating Center
31st Annual Pasadena ISI Open Competition

25-26 Yorktown VA
Hampton Roads IcePlex
1st Annual Spring Fling Open

25-26 Fort Myers, FL
Fort Myers Skatium
2nd Annual Spring Skatefest

may

2-3 Fairfax VA
Fairfax Ice Arena
Fairfax Ice Arena's 2015 Spring ISI Competition

9-10 Yorba Linda CA
The Rinks-Yorba Linda ICE
12th Annual ISI Open Competition

15-17 Farmers Branch TX
Dr Pepper StarCenter-Farmers Branch
ISI District 11 Championships

16-17 Johnstown PA
Planet Ice
Spring Challenge Championship



22-24
Boxborough MA
Nashoba Valley
Olympia
ISI Conference
Championships

24 Vacaville CA
Vacaville Ice Sports
All Stars

25 San Diego CA
San Diego Ice Arena
San Diego Ice Arena ISI Open Championships

june

5-7 New York NY
Sky Rink@Chelsea Piers
29th Annual Sky Rink ISI Endorsed Team Competition

6-7 Richmond VA
Richmond Ice Zone
2015 Commonwealth Games of Virginia

12-14 Clearwater, FL
Clearwater Ice Arena
29th Annual Summer Competition

13-14 Chicago IL
McFetridge Sports Center
25th Annual School's Out Competition

25-28 Raynham MA
Raynham IcePlex
FMC William Chase Arena
25th Annual ISI District 1 Championships



july

27-Aug. 1
Bensenville &
Rolling Meadows IL
Edge Ice Arena
& West Meadows
Ice Arena

ISI World
Recreational Team Championships

28-Aug. 2 Omaha NE
Raston Arena & Moylan Iceplex
State Games of America 2015

august

1 Newark DE
Pond Ice Arena
2015 Pond Summer Invitational

8-9 San Diego CA
UTC Ice
Skate by the Sea 2015

september

11-13 Arlington TX
ICE at The Parks
12th Annual ISI Open Competition

26-27 Valencia CA
Ice Station Valencia
10th Annual Autumn Classic

october



23-25
Las Vegas NV
Las Vegas Ice Center
ISI Adult
Championships

december



4-6
McKinney TX
Dr Pepper
StarCenter
ISI Holiday

Challenge

8 Salem MA
Rockett Arena
Viking Skating Club
34th Annual Viking Skating Club Blizzard
Blast Competition

shows & exhibitions

april

thru June 6 Roseville CA
Skatetown Ice Arena
Skatetown Exhibitions
thru June 30 Valencia CA
Ice Station Valencia
Exhibitions-Weekly
3 Breckenridge, CO
Stephen C West Ice Arena
Spring Break 2015

4 Gardner MA
FMC Gardner Veteran's Skating Arena
Spring FCE Flng
11 Danville, IL
David S Palmer Arena
Spring 2015 Learn-to-Skate Program
17-18 Joliet IL
Joliet Park District-Inwood Arena
Inwood's Enchanted World
18 San Diego CA
Kroc Center Ice
Kroc Center Ice Spring Recital
24-25 Newark OH
Lou & Gib Reese Ice Arena
10th Annual Jane McConnell Spring Ice
Show
24-25 Belmont CA
Belmont iceland
Afternoon in the Park
24-25 Park Ridge IL
Oakton Ice Arena
Heroes and Villains
24-26 Franklin Park IL
Franklin Park Ice Arena
Spring Ice Show
24-26 Chicago IL
McFetridge Sports Center
WLD about Skating
24-26 Roseville MN
Roseville Skating Center
British ICEvasion
24-26 White Bear Lake MN
White Bear Lake Sports Center
Travel-n-Skate
25 Inver Grove Heights MN
Veterans Memorial Community Center
City of Inver Grove Heights Park
Wilke Wonka and the Chocolate Factory
25 Peoria IL
Owens Recreation Center
Once Upon a Forest
25 Auburn MA
FMC Horgan Ice Arena
Annual Spring Skating Exhibition
26 University Park PA
Pegula Ice Arena
Skating through the Decades

may

8-10 Northbrook IL
Northbrook Sports Center
Northbrook-On-ice 2015
9 Gloucester MA
Talbot Rink
Cape Ann Figure Skating Club
It's a Party!
15-16 Cottage Grove MN
Cottage Grove Ice Arena
Salute to Heroes
15-17 Birmingham MI
Birmingham Ice Sports Arena
City of Birmingham Ice Sports Arena
"D" Live from the Red Carpet

june

6 San Diego CA
UTC Ice
UTC Ice Annual Ice Show
13 Arlington TX
ICE at The Parks
Summer Time
20-21 Boxborough MA
Nashoba Valley Olympia
Ice Magic 2015-Hollywood
28 Flushing NY
World Ice Arena
6th Annual Show: Alice in Wonderland

december

19 Arlington TX
ICE at The Parks
Holiday at The Parks

Learn Tips from 3 Skating Stars Only \$45!



ISI's popular Worlds Skating Clinics are a once-in-a-lifetime chance to learn skating techniques and tips from some of the sport's best coaches. This year, ISI is proud to present three former national champions and Olympians: U.S. Figure Skating Hall of Famer **David Santee**, two-time U.S. pairs champion **Rockne Brubaker** and 2013 European pairs bronze medalist **Stefania Berton**.

Skating under the guidance of three star skaters now coaching - for only \$45 - is truly an incredible opportunity!
Register now before it's too late!



Rockne Brubaker

Skating with pairs partner Mary Beth Marley, Rockne Brubaker won the 2012 Four Continents bronze medal and the U.S. silver medal. With partner Kauna McLaughlin, he was the 2010 Four Continents silver medalist, the 2007 World Junior champion and two-time (2008-09) U.S. national champion. Brubaker is currently the skating school director at Fox Valley Ice Arena, Geneva, IL.

Stefania Berton

Italian pair skater Stefania Berton teamed up with Ondrej Hotarek in 2009. After taking bronze at both the 2012 Skate Canada International and 2012 Trophée Eric Bombard, the pair won bronze at the 2013 European Championships, becoming the first Italian pair skaters to medal at Europeans. At the 2014 Winter Olympics, the pair finished in 18th place. Berton is a skating instructor at Fox Valley Ice Arena, Geneva, IL. She became engaged to Rockne Brubaker in February 2013.



David Santee

Two-time Olympian David Santee was elected into the U.S. Figure Skating Hall of Fame this year. He finished fourth in the 1980 Olympics and earned a silver medal in the 1981 World Championships. He is a seven-time U.S. World Team member and eight-time U.S. senior medalist. Santee is currently the skating director of the Park Ridge Park District, IL.

Note: You must be entered in at least one event of the ISI World Team Championships to participate in the clinic.

**Worlds Clinic
Thursday,
July 30**

Fax form to
972.735.8815 or
mail form with
payment to:

ISI-Events
6000 Custer Rd.,
Building 9
Plano, TX 75023

Check ONE:

- 9-9:45 a.m. Freestyle 4 skaters only
 10-10:45 a.m. Freestyle 5 & Silver Freestyle skaters only
 11-11:45 a.m. Freestyle 6-7 & Gold Freestyle skaters only
 Noon-12:45 p.m. Freestyle 8-10 & Platinum Freestyle skaters only

NOTE: Session levels will be combined if necessary.

\$45 Check/Money Order* Visa MasterCard Discover

*Payable to Ice Skating Institute **NO REFUNDS**

SKATER'S NAME _____

CREDIT CARD NUMBER _____ EXP DATE _____

BILLING ADDRESS _____

CARDHOLDER'S NAME _____ TELEPHONE _____

(required)

EMAIL _____ SIGNATURE _____

Reserve Your Show Seat!

This year's Benefit on Ice guest skater will be announced soon, but it's not too early to reserve your seat!

**Friday, July 31 • 7 p.m.
Edge Ice Arena
Bensenville, Ill.**

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

The Benefit Show scouting team will be observing competitors at all levels throughout the week, selecting participants to join in the Friday night ice skating extravaganza.

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.

Whether you're on the ice or in the stands, this year's Benefit on Ice will be an evening you won't forget!

Seating is limited. Reserve your tickets today at skateisi.org/benefit or send in the form below.

\$25 before July 15

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

\$20 group sales (10 or more tickets through the ISI office prior to July 15)

Friday, July 31 • 7 p.m. • Edge Ice Arena • Bensenville, Ill.

Payment Method:

- Check/Money Order
 Visa
 MasterCard
 Discover
 American Express

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

NUMBER OF TICKETS _____ TOTAL \$ _____

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) \$ _____

WHERE WILL ISI TAKE YOU IN 2015?



ISI Winter Classic

Feb. 13-15
St. Peters Rec-Plex
St. Peters, Mo.
Entry/test deadline: Dec. 1
skateisi.org/winterclassic



ISI Synchronized Championships

April 10-12
Goggin Ice Center,
Miami University
Oxford, Ohio
Entry deadline: Feb. 1
skateisi.org/synchro



ISI Conference Championships

May 22-24
Nashoba Valley Olympia
Boxborough, Mass.
Entry/test deadline: March 1
skateisi.org/conferencechamps



ISI World Recreational Team Championships

July 27-Aug. 1
Edge Ice Arena &
West Meadows Ice Arena
Bensenville & Rolling
Meadows, IL
Entry/test deadline: May 1
skateisi.org/worlds



ISI Adult Championships

Oct. 23-25
Las Vegas Ice Center
Las Vegas
Entry/test deadline: Sept. 1
(Sept. 10 for Collegiate)
skateisi.org/adultchamps



ISI Holiday Challenge

Dec. 4-6
Dr Pepper StarCenter
McKinney, Texas
Entry/test deadline: Oct. 10
skateisi.org/holidaychallenge