

recreational

IceSkating

Winter 2013

Holiday
Card
Contest

Adult
Champs

Rocks San Francisco

Calm Your Nerves
— Not Your Excitement

Parents' Q&A

Cool Craft Activity!



Carl A. Sutter-Law

Compete the ISI Way in San Jose!

ISI Winter Classic

Feb. 14-16

Sharks Ice at San Jose

San Jose, Calif.

Entry & Test Deadline: Dec. 1



skateisi.org/winterclassic



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Recreational Ice Skating (ISSN 0344-4036 (USPS 363-578)) is published quarterly, Fall, Winter, Spring, and Summer, by the Ice Skating Institute, 6000 Custer Rd., Bldg. 9, Plano, TX 75023. Periodicals postage paid at Plano, TX, and at additional mailing offices. POSTMASTER: Send address changes to Recreational Ice Skating, 6000 Custer Rd., Bldg. 9, Plano, TX 75023. Prices in the U.S.A.

Extra copies are \$4.00 each (includes postage).

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education and services to the
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▶ Flip & Friends!

I have been a busy penguin! You are the coolest friends EVER — thank you for taking me to such fun places — I've been to your ice rinks, Disney World and even to Skate Asia in Bangkok! I've been shopping, taken out for dinner and even in a parade! Please continue taking me with you everywhere you think we'd have fun together, and be sure to send your photos to editor@skateis.org. You can find a cutout of me on the ISI website, at skateis.org/flip.



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ISIA Education Foundation scholarships are awarded each year to as many as four well-rounded ISI members. Applicants do not have to be the highest-level skaters or the highest-ranking students; the selection committee is looking for young adults who have demonstrated a passion for their sport through their participation, a commitment to furthering their education and a desire to give something back to their arena and their community.

Students are eligible to apply for a scholarship beginning in their senior year of high school, through their junior year in an undergraduate university program.

Required application materials include a log of service hours, a record of ISI event participation and testing history, and an essay on why the applicant should receive a scholarship — how the ISI recreational ice skating program, through its goals and philosophies, has helped shape his or her character.

Scholarship applications are due by March 1 to be considered for awards in this academic year. For application materials and tips, go to skateisi.org/foundation.

Year-to-Date Donations

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

5-YEAR PLEDGE: GUARANTOR (\$5000+)
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 Dr. Ruthanne Taylor

5-YEAR PLEDGE: SUPPORTER (\$500-999)
 Craig Cichy (In memory of Boyd Wietester)

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 Jon P. Robinson
 City of White Bear Lake Sports Center (matching gift)

FRIEND (\$25-99)
 Aliso Viejo Ice Palace
 Karen Haiday Hawes
 Aileen Murphy

YOU COULD BE A SKATING SCHOLAR!

APPLICATION DEADLINE IS MARCH 1

ISI members are well-rounded individuals who put as much energy into their life off the ice as they do on it. Each year, the ISIA Education Foundation awards scholarships to ISI skaters who have demonstrated a commitment to academics and service. The application process is open to students in their senior year of high school through their junior year in an undergraduate program. However, most recipients begin their qualification process during their middle-school years. Start your four-step process of qualification today!



ALICE MURPHY, 2007



ALISSA KITCHEN, 2009



MICHAEL FERLIC, 2003



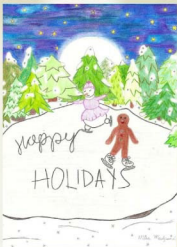
DELANIE HONDA, 2010



BLAIR MACK, 2011

1. Maintain at least a 3.0 GPA.
2. Participate in a variety of school and community activities. Keep detailed records, including frequency of participation.
3. Continue to test and compete in the ISI program, especially during the two years prior to application. Keep good records of all skating activity.
4. Prior to application, complete 120 hours of verified service, of which at least 60 must be in association with an ISI member facility. This information must be recorded on the Service Hours Verification Form, which is part of the scholarship application available at skateisi.org/foundation.

spotlight



Mira Mulgund's Design Wins Holiday Card Contest

For the first time in the history of the ISI Holiday Card Creativity Contest, a skating gingerbread man will grace the official ISI card. Mr. Gingerbread is joined on the moonlit pond by a graceful snowflake, and together their ice strokes form the message "Happy Holidays." The colored-pencil composition also features snow-tipped evergreens and deep sky hues reminiscent of Van Gogh's famous "Starry Night."

Eighth-grader Mira Mulgund created this year's winning design. Mira is a Freestyle 3 student and a Shooting Starlettes synchro team member at Nashoba Valley Olympia in Boxborough, Mass.

As always, the card contest submissions ranged from delightful to superb. Another design, by Carol Ann Surles-Law, was selected for the cover of this issue. Congratulations to Mira and Carol Ann, and thank you to all who participated in the 2013 contest. View all submissions on pages 16-17, and on the ISI Facebook page.

Send ice skating news, announcements, creative works and letters to the editor to editor@skateisi.org.

ice poets



Abi Steinberg, 13, FS 3
Anaheim Ice
Irvine, Calif.

The Loop

(based on the structure of a poem by Phil George)

They said, "Be balanced."
I concentrated.
They said, "Straighten arms."
I rose.
They said, "Bend quicker."
I dipped.
They said, "Go off the toes."
I scraped.
They said, "Point foot."
I focused.

They said, "Raise the hip."
I lifted.
They said, "Keep head up."
I glanced.
They said, "Finish rotation."
I turned.
They said, "Try."
I fell.
They said, "Try again."
They applauded.

Go Synchro for Fun in '14!



ISI Synchronized Championships

April 11-13

RecPlex Ice Arena in Pleasant Prairie

Pleasant Prairie, Wis.

Entry & Test Deadline: Feb. 15

skateisi.org/synchro



Another First for Flip: Synchro Champs!

I'm so excited about experiencing my first all-synchronized skating team event! I've heard about all the fun the skaters have at Synchro Champs, and I can't wait to be a part of it all! Here's why:



1. This is the only ISI national competition featuring **ONLY** synchronized teams!
This tells me there will be TONS of that special ISI team spirit!
2. We'll be skating at the largest municipal recreational facility in America, located off the shores of Lake Andrea!
I hope the water is cold.
3. We'll be surrounded by matching team uniforms and skating outfits!
Do you suppose they will wear tails?
4. Team cheers, chants, flash mobs and camaraderie will rock the stands!
I love to dance and cheer — I will fit right in!
5. Trading pins between events is a great way to meet new friends from other cities!
I've heard there will even be "Flip" trading pins!



6. We can get an event logo T-shirt of penguins wearing cheese-head hats!
These are my kind of peeps. I hope they have a T-shirt in my size!
7. The Jelly Belly Visitor Center is in Pleasant Prairie!
What's not to like about that? Even a penguin has a sweet tooth!
8. The Pleasant Prairie Premium Outlets is a shoppers' paradise!
Do you think I can buy a pair of socks that will fit my flippers?
9. The Synchro Showcase exhibition and after party on Saturday night will be a blast!
The only places I'd rather be than in the water or on the ice: watching a skating exhibition and partying with happy skaters!
10. We'll make memories to last a lifetime!
I just love meeting new friends everywhere I go and I hope to meet YOU there! www.isi.org

2014 ISI Synchronized
Championships
April 11-13
Pleasant Prairie, Wis.
Entry & Test Deadline: Feb. 15
skateisi.org/synchro

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SKATE ASIA 2013: BIGGER & BETTER THAN EVER!

by Ivan Abrighton



The Rink Ice Arena @ Central Plaza Rama 9 team from Bangkok took the championship trophy in the Jackson Ultima Skate Asia 2013 competition. *Imran Arman*

TOP 10

PLACE	TEAM	TOTAL POINTS
1	The Rink Ice Arena @ Central Plaza Rama 9 Bangkok, Thailand	2112.0
2	Cityplaza Ice Palace Hong Kong	1756.5
3	Festival Walk Glacier Hong Kong	1306.5
4	Sky Rink Jakarta Jakarta, Indonesia	1192.5
5	Mega Ice Hong Kong	699.5
6	Open Ice Skate Bangkok, Thailand	639.0
7	Ice Planet Bangkok, Thailand	623.5
8	SM Mall of Asia Manila, Philippines	618.0
9	Imperial World Ice Skating Bangkok, Thailand	534.0
10	Sub-Zero Ice Skate Club Ratchada Bangkok, Thailand	386.5

In Memory Ted Wilson 1943-2013



Ted Wilson passed away Oct. 18 in California. A former Ice Capades performer and ice rink manager in the U.S., UAE, Hong Kong and China, Ted became a tireless visionary and advocate of the sport of ice skating in parts of the world where skating was uncommon prior to his arrival.

He served on the ISI board of directors for more than 30 years and is credited with introducing the ISI system to Asia and the Middle East. He created the Skate Asia competition in 1989 and founded ISIAsia in 2000. An ISI International Merit Award and Man of the Year Award recipient, Ted was recognized with one of ISI's most prestigious honors a few days prior to his death: induction into the Ice Skating Institute Hall of Fame.

Although this was the fourth time this annual international competition was held in Bangkok, it was definitely not "same old, same old" Skate Asia. The 2013 event was bigger and better than ever: 29 teams from 10 countries, 750 competitors, 2766 total entries and 110+ hours of ice time over seven days — plus, it was held at two newly completed ice rinks.

Competition Director Paul Wong and Local Organizing Committee Chair Soroj Lamsam shared their vision for Skate Asia 2013 in their welcoming comments: to host an international recreational skating competition for continued development and success of skating in Asia and to promote unity and friendship among athletes and countries. They not only met, but also exceeded, their mission.

Those of us who regularly attend Skate Asia routinely experience warm and generous hospitality from our Asian hosts, and we always enjoy the camaraderie among skaters and coaches where differences in language and culture dissolve as we all celebrate our passion for ice skating. But this experience was new to a team of four skaters from Bowie, Md.

I asked each of these skaters to share their favorite experience as a competitor in Bangkok and to compare it to participation in U.S. competitions. Here's what they had to say:

• **Will Brinton:** "I loved seeing all the programs from the different countries — so interesting and different! There was less rivalry between teams; the competition was a lot friendlier."

• **Alice Murphy:** "My favorite experience was being with and watching skaters from so many different countries — the Philippines, Thailand, Indonesia and others. It's common (in Asia) to throw stuffed animals on the ice after a skater has competed. I thought it was a great way to show support and build team spirit."

• **Christine Field:** "What was memorable for me was how incredibly friendly and welcoming everyone was at the competition. Our common love of skating brought us together as we cheered each other on. Although we were experiencing a very different culture, it was comforting to see similarities, from practice ice to picking up medals."

• **Jordan McCreary:** "I really enjoyed having a chance to compete against Asian skaters in Asia. I liked having judges that didn't know me."

All competitors enjoyed time away from the ice to explore Bangkok. The visitors from Maryland quickly learned to navigate the vast public transportation system to see and learn as much as they could of this amazing Thai capital city. Their most incredible day was spent in the jungle outside of Bangkok riding and swimming with elephants.

When I asked Christine Wilson Brinton, City of Bowie Ice Rink skating director, what she would say to ISI coaches in the U.S. who might be considering taking skaters to the annual Skate Asia competition, she responded, "if you have an interest, you should do everything in your power to make it happen. Seeing the skaters make connections with other kids their same age who are living on the other side of the world just reinforced my love of ISI and the opportunities ISI offers."

Congratulations to the team from The Rink Ice Arena @ Central Plaza Rama 9 in Bangkok, this year's Skate Asia champions. Special thanks to Jackson Ultima and to the management and staffs of the host rinks in Bangkok for a wonderful 14th Skate Asia!



Adult Champs Rocks San Francisco

Congratulations to the Yerba Buena Ice Skating & Bowling Center team from San Francisco, winners of the 2013 Erika Amundsen ISI Adult Championships Trophy. Yerba Buena also captured the top spot in 2008. The Sacred Heart University team from Fairfield, Conn., continues its reign as Collegiate Champion.

As always, the adult skaters had a fantastic weekend of skating and camaraderie, and loved spending Columbus Day weekend in San Francisco. The unique, sunshine-filled Yerba Buena facility is situated on the roof of the Moscone Convention Center in beautiful downtown.



Yerba Buena Team with Erika Amundsen Trophy



Sacred Heart University Team with Collegiate Champion Trophy
Gabrielle Photography

Special thanks to Yerba Buena manager Paige Scott and her staff and volunteers for another memorable Adult Champs experience. Next year's competition is set for Oct. 10-12 at Floyd Hall Arena in Little Falls, N.J.

(Adult Champs photo gallery on next page.)

Top 10

PLACE	TEAM	TOTAL POINTS
1	Yerba Buena Ice Skating & Bowling Center San Francisco CA	344.5
2	Tampa Bay Skating Academy Countryside Clearwater FL	329.5
3	Vacaville Ice Sports Vacaville CA	184.0
4	Lloyd Centre Ice Rink Portland OR	129.0
5	Skatetown Ice Arena Roseville CA	90.5
6	Robert Crown Center Chicago IL	90.0
7	Sharks Ice at San Jose San Jose CA	83.0
8	Krac Center Ice San Diego CA	69.0
9	Dr Pepper StarCenter Farmers Branch Farmers Branch TX	64.0
10	FMC Aleko Arena Taunton MA	59.0

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

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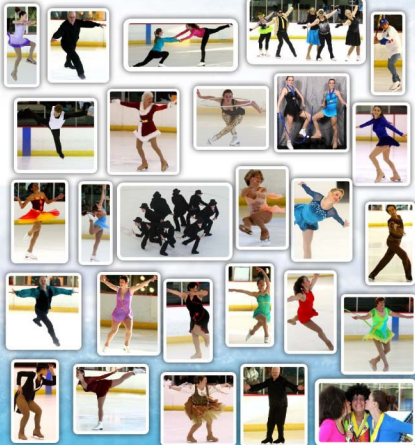


More photos on ISI
Facebook page and at
GabrielePhoto.com



2013 ISI

Gabriele Photography



ADULT CHAMPIONSHIPS



Flip for ISI in the Windy City!

ISI Conference Championships

May 23-25

Edge Ice Arena

Bensenville, Ill.

Entry & Test Deadline: March 1



PRESENTED BY
Dream Duffel

skateisi.org/conferencechamps



Millennium Park is the heart of downtown Chicago. Features stunning architecture and sculpture, including the world-famous Cloud Gate (also known as "The Bean"), a 110-foot mirror-like wonder inspired by liquid mercury.

Photos courtesy: Choose Chicago

Our Kind of Town!

Everyone knows Chicago has a rich history, but did you know that it was also the birthplace of the Ice Skating Institute almost 55 years ago? In 2014 ISU will return to Chicago for its annual professional conference as well as the Conference Championships on Memorial Day weekend. Chicago's central location — a one-day drive from more than half the country and a short flight from everywhere else — plus its proximity to one of the nation's most active ice skating and hockey playing populations — make it an ideal destination for ISU events.

The 2014 ISU Conference Championships, presented by Dream Duffel, will be held May 23-25 at The Edge Ice Arena in Bensenville, IL, just outside of Chicago. Home

of the Chicago Steel and Robert Morris University Eagles, The Edge boasts three premier skating surfaces including a 3,000 seat arena. The facility is part of the 88-acre Redmond Recreational Complex, which also includes a 1.2-mile walking path around a 16-acre lake, a 50-foot climbing wall, ropes courses, a fitness center, sports fields and courts, a playground, an aquatic center, a band shell, a skate park and much more.

There is never a shortage of fun things to do in Bensenville, DuPage County and the greater Chicago area (also known as "Chicagoland"). Centrally located near all the major highways and just a few miles west of O'Hare International Airport, Bensenville offers easy access to everything. Outdoor and athletic enthusiasts won't even have to leave the Village of Bensenville, with its many recreational facilities. Avoid shoppers won't have to travel far, either, thanks to nearby centers such as Woodfield Mall and Oakbrook Centre.

But with Chicago just a quick car or train ride away, why not take in the sites and sounds of the world-renowned Windy City? Ride a 150-foot Ferris wheel at the lakefront landmark Navy Pier. Take a stroll through Millennium Park or along Michigan Avenue's Magnificent Mile. Visit the incredible Shedd Aquarium or one of Chicago's doyens of acclaimed museums — most of which offer free admission. (If a museum charges admission on the day you visit, ask about student discounts.) Check out the legendary Wrigley Field, home of the Chicago Cubs. And don't miss the breathtaking views from The Ledge at Skydeck Chicago in the Willis Tower — at 110 stories, the second tallest building in the Western Hemisphere and the fourth tallest in the world. Chicago is also known as a foodie's paradise, so be sure to explore its delicious specialties, particularly the deep-dish pizza.

Sports, shopping, parks, architecture, world-class museums, great food — Chicago has it all, and in 2014 it also has the ISU Conference Championships! The entry and test deadline is March 1. www.isu.org



The fascinating Field Museum is home to "Sue," the largest, best preserved and most complete T-Rex ever found.



Navy Pier, Chicago's lakefront landmark, features parks, shops, restaurants, museums and a 150-foot high Ferris wheel.



Wrigley Field is the legendary home of the Chicago Cubs and one of the city's top tourist attractions.



The Skydeck Ledge provides a thrill like no other, with breathtaking views into four states and up to 50 miles on a clear day.



The "L" train (mass transit) network has been called one of the "seven wonders of Chicago."

MORE INFO
 • skateisil.org/conferencechamps
 • discoverdupage.com
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Adriana T. Myles



Ainsley Johnson



Alexandra Chan



Carol Ann Surles-Law



Ashley Merrell



Amy Beth Wilson



Ashley Dondos



Gabriella Smith



Rannah Chan



Tricia Ste-Marie



Emma Kammerer



Cheri Michalek

2013 Holiday Card Creativity Contest



Mira Mulgund



Jessica Hansen



Audrey Wax



Jaklyn G. Reibenstein



Madeline Newell



Jazzie Trotter.JPG



Patricia Corasik



Holly Lane



Lydiaanna Smith



Renee Heacock



Joyelle Gilbert



Kendal Patty



Sophia Chan



Senia Mulgund



Maegan Young



Marissa Lumpkin



Ke'alahi Young



Madison Smith



Sydney Butler



Elizabeth Newell



Xanthe Thomas



Alice Barabj



Shannon Lin



Toni Carbone



Paigo Wilkie



Kennedy McKay



Emily Chen Shi



Timberlin Ste. Marie



Kylie Hansen



Annalee David



Calm Your Nerves — Not Your Excitement

Everyone knows that ISI is fun. There are events for everyone. Skaters who like to do footwork can do an entire event of that. Skaters who love theatrical performing can do a solo or Couple Spotlight, Ensemble or Production programs. There are Rhythmic events, Interpretive events, technical events and non-technical events. There is simply something for everyone — and that is fun!

But just because ISI is fun doesn't mean that it isn't competitive. Let's face it, you aren't going to travel across the United States to skate in a national event and not feel some anxiety about wanting to perform and compete at your best. After all, a program is a program.

If, for example, you are skating an Open Freestyle program, you might just be doing that same program again a few weeks later at one of

your local club events. Should you approach this differently? Isn't this just a great opportunity to get out in front of judges and an audience? Remember, performing at your best is actually a learned skill and as with any skill, this takes practice. Miyamoto Musashi, an ancient martial arts philosopher and strategist, once said, "You can only fight the way you practice." Taking every opportunity to skate under pressure will only make you a more skilled competitor.

There are other ways to enhance your ability to perform your best. This involves tailoring your mindset to be as positive as possible. It is nearly impossible to skate well if you are constantly criticizing yourself mentally. Recognize your strengths, celebrate your successes and "let go" of any errors when they occur. If you aren't feeling overly confident, pretend that you are. Take on a whole character and play the part by imagining yourself as the best

Skaters often say "I feel nervous" when, in fact, they really mean "I feel adrenaline coursing through my body."

High-Level Tests

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

DANCE 10

Devon Harman
Ice Chalet Knoxville
Knoxville, TN

FREESTYLE 8

Brianna Byrne
Elite Skating Academy @
CDL Arena
Raynham, MA

Courtney O'Connor
Ice Sports Forum
Tampa, FL

Sarah Sweetser
Skatetown Ice Arena
Roseville, CA

DANCE 8

Kim Irving
FMC William Chase Arena
Natick, MA

Haylie Ferreira
Skatetown-Roseville
Roseville, CA

Allie Spiekerman
Ice Center San Mateo
San Mateo, CA



Focus On

Couple Spotlight



skater on the warm-up. This is one time in your life that you get to pretend to be a different you. No one even has to know. Smile confidently and feel the nerves slip away.

Understanding your body will also help you. Skaters often say "I feel nervous" when, in fact, they really mean "I feel adrenaline coursing through my body." This hormone, which is produced during "stressful" situations, can actually help you skate faster, stronger and with more confidence — if you recognize that the side effects can be butterflies in the stomach and that annoying need to visit the bathroom just before you take the ice. Nervousness comes from being poorly prepared. Assuming you have done the work, practiced your programs diligently and trained as your coach has asked, this is not nervousness — this is EXCITEMENT!

Using mental imagery is another smart way to keep your anxiety at bay. Remember to arrive at the rink with plenty of time before your events to do your warm-up. Then, be sure to take some quiet time alone (with or without your music) to picture the program you are about to skate. Be bold and imagine yourself absolutely perfect — every step, every move: flawless. In the famous words of Walt Disney: "If you can dream it, you can achieve it."

There is no question that hard work and dedication are essential attributes of a successful competitor. But by keeping the philosophy of having fun and loving what you do in your mind when you go to competition, you will most certainly give yourself the best chance of finding your inner performer. ISI events are the perfect place to practice that philosophy! **ISI**

When planning the events you want to enter in your next ISI national competition, think about adding one more: Couple Spotlight!

Do you have a skater friend (either male or female) who skates at your same skill level?

Couple Spotlight is for two skaters (either related or not related) who perform together a skating program that is entertaining, emotional or a portrayal of characters. Event groups are divided as they are for Solo Spotlight, into Character, Dramatic and Light Entertainment categories.

A recognizable theme is strongly encouraged to set this program apart from a technical Couple program. Know your audience — in this case, that would be the judges. Understand what they are looking for (judging criteria) in your performance.

Your theme should be easily recognizable and your music should match the costumes, the props and the choreography. Don't make the judges "guess" what is going on during your program.

Costumes and props are encouraged to help illustrate the act. If you decide to use a prop in your program, keep in mind that it should be "purposeful." The prop should be "used" by the skaters as a way to help you capture the theme of the program. In other words, don't just have a prop on the ice for the sake of having one.

Here are some of Couple Spotlight characters/themes that we have seen over the years: Bride and Groom, Annie and Sandy, Mickey and Minnie Mouse, Beauty and the Beast, Me and My Shadow, Woody and Jessie (or Buzz Lightyear), Santa Claus and Rudolph. These are just examples to help steer you in the right direction to find your own unique program featuring a famous twosome.

What sets this event apart from Family Spotlight is that it should be skated as a true "couple" event — the skaters should skate side by side more than they skate apart. Show the judges that you can skate as partners. Your choreography should show the two skaters interacting as a couple, not as two individuals on the ice at the same time.



Couple Spotlight Levels

Low	Tots-Delta	Duration: 1:00 minute
Medium	FS 1-3/Bronze	Duration: 1:30 minutes
Intermediate	FS 4-5/Silver	Duration: 1:30 minutes
High	FS 6-10/Gold/Platinum	Duration: 2:00 minutes

Judging Criteria:

Music and Choreography, Costume and Prop, Originality, Duration, Judge Appeal **ISI**

Teams in Sync



FMC Natick Synchro Teams

FMC Natick Synchro Teams

Home Rink: William L. Chase Arena, Natick MA

Team Colors: Red, Black and Gold

Competitions: State Games of America, District 1 Championships, FMC Ice Sports Natick, Skaters Cup, ISI World Championships

Facebook Page: facebook.com/WilliamLChaseArena

Website: fmcicesports.com

About: The Cutting Edge is the oldest of four synchro teams representing FMC Ice Sports Natick. This will be the first year that they will compete in the teen category. The skaters work very hard to be a positive role model for their younger teammates. The highlight of their season last year was winning the gold medal at State Games of America. They are looking forward to ISI Worlds in Boston in 2014!

Cutting Edge

Competition Category: Teen

Current Membership: 13 skaters, ages 13-16

Coach: Georgla Butler

Program Theme: Race Cars



Cutting Edge



Dazzling Edge

Dazzling Edge

About: The Dazzling Edge is one of four synchronized skating teams that represent FMC Ice Sports in Natick. Because of the various skating levels on the team, the skaters are always working together to improve their skating skills. This year, for the first time, they will compete in two different synchro events, and they're excited about skating at ISI Worlds in Boston!

Competition Category: Senior Youth

Current Membership: 12 skaters, ages 9-13

Coach: Donna Rozon

Program Theme: Hungarian Folk Dance

About: The Sparkling Edge is one of four synchro teams representing FMC Ice Sports Natick. They love synchro because they can skate together with all of their friends. The highlight of their season is performing a number in the ice show with the older teams under the spotlights!

Sparkling Edge

Competition

Category: Youth

Current Membership: 15 skaters, ages 7-11

Coach: Barbie Verna

Program Theme: '50s



Sparkling Edge



Magic Edge

Magic Edge

About: The Magic Edge is the youngest of the four synchronized skating teams representing FMC Ice Sports Natick. Using the basics of synchronized skating in their program, they are very excited to

skate with teammates. They are looking forward to their first ISI Worlds in July.

Competition Category: Junior Youth

Current Membership: 10 skaters, ages 5-8

Coach: Joanna Zehme and Robyn Arnold

Program Theme: Wizard of Oz

Teams in Sync



All Sharks Ice In Sync Teams

About: Candy Goodson's history with synchronized skating runs deep. Her synchro teams started back at the Sun Valley Ice Rink in California, when synchro was called "precision" skating. A group of 12 adults who skated on Candy's Golden

State Precision Team as young children reunited in 2012 to form the Sharks Ice In Sync Adult Team. They travel from all over the Bay Area to skate on this team, and refer to themselves as "Candy's Girls." In addition, many of Candy's skaters have gone on to become top-level show skaters, career coaches and collegiate skating athletes.

Candy now supports and coaches six ISI synchronized skating groups, all with multiple programs. Her teams include:

- Sharks Ice In Sync Youth Team
- Sharks Ice In Sync Senior Youth Team
- Sharks Ice In Sync Teen Team
- Sharks Ice In Sync Adult Team

To introduce new, younger skaters to synchro, Candy has started Intro to Synchro group classes for the tot and youth age groups.

Home Rink: Sharks Ice in San Jose

Competition Category: All teams participate in Synchronized Dance, Synchronized Skating, Synchronized Formation and Production

Current Membership:

Youth Team - 16 skaters, ages 8-12

Senior Youth Team - 24 skaters, ages 11-14

Teen Team - 18 skaters, ages 12-19

Adult Team - 12 skaters, ages 20-44

Intro to Sync Class (Tot) - 6 skaters ages 4-6 years

Intro to Sync Class (Youth) - 14 skaters, ages 8-12

Coach(es):

All Teams - Candy Goodson and Stephanie Gathright



Sharks Ice In Sync St. Youth Team

Sharks Ice In Sync Teams

Tot Intro to Sync Class Coaches: Yaniritz Quiroga and Allison Cahill

Team Manager: Sharon Comstock

Season: Year-round

Team Colors: Teal, Pink, White and Black

Mascot: Elephant (with the trunk up)

Team Saying: "Trunks up, good luck!"

Team Tradition: Candy stamps an elephant on the inside left arm of each girl to kiss before they take the ice at an event. This is to remind them to have fun and smile.

Signature Team Move: Fan-Kicks



Sharks Ice In Sync Youth Team



Sharks Ice In Sync Adult Team

Adult Team's Favorite Synchronized Skating Move: Kicklines

Signature Team Makeup: Love That Red Lipstick

Competitions: ISI World Championships, ISI Adult Championships, ISI Winter Classic

Program Themes:

Youth, Senior and Teen Teams - Flight Theme

Adult Team - Flight Pilots, 1920s Flappers and Skating Santas

Intro to Sync Class (Tot) - Teen Beach Movie

Intro to Sync Class (Youth) - Singing in the Rain

Team Production Number Themes: Hollywood, Jet Set, Kaleidoscope, Holiday

Website: sharksiceatsanjose.com/figure_skating/

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

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.



JENNIFER KELLY

Jennifer Kelly is the most amazing coach a skater could ever ask for! She has been coaching me for the past 12 years and I could not ask for a better coach. She is one of the kindest and most caring people I have ever met. We have bonded over the years and she is truly one of my greatest role models. She has not only been an incredible person in my life but also a wonderful coach. She has helped me develop into a great skater who loves to compete and share my love of skating with the audience. Together we have come up with some spectacular programs, and her creativity never ceases to amaze me! Thank you, Mrs. Jennifer!

Chelsea Mendenhall, 20, FS Silver
Arkansas Figure Skating Association
Springdale, Ark.



TASIA HILLESTAD

Our coach, Tasia Hillestad at Sioux Falls Ice and Recreation center, most definitely rocks!

She is my best friend in life and without her my sister and I wouldn't be where we are today. Tasia

has taken both of us from the very beginning learn-to- skate to Freestyle B. She has been our coach for the last seven years and is practically a member of our family! She has been with us in victory and defeat, in life and skating. She gives up any extra time she has for us when we need her the most. She is such a giving person of her time and many talents. She has touched my heart and leaves lasting memories in everyone else's hearts she has touched. This is my senior year and I will still keep skating with Tasia at my side and in my heart.

Lacey Jensen, 18, FS B

Tessa Jensen, 14, FS B

Sioux Falls Ice & Recreation Center
Sioux Falls, S.D.



TABBY MESSENGER

My coach rocks like Elvis Presley. We always have lots of fun, but at the same time she makes me work hard. When I compete she makes me feel confident from head to toe pick. My coach, Miss Tabby, rocks!

Meagan Lukavec, 9, FS 2
Ice Sports Forum
Riverview, Fla.

MY COACH ROCKS!

NATALIE STEEL

My coach, Natalie Steel, rocks. She is always very vibrant and makes everything a blast. She is a very kind coach and makes me feel good myself. Natalie made sure I was feeling good and ready and that I wasn't nervous about my competition, and also made sure I was comfortable with all of the choreography in the routine for the competition I was in. Natalie always finds a way to teach me how to do a new move and makes me comfortable with it. She is very patient with me. Natalie is a one-of-a-kind coach and I am certain she is the one for me.

Nicole Andre, 10, Pre-Alpha
Aliso Viejo Ice Palace
Irvine, Calif.



AMANDA JOHNSON

My coach, Amanda Johnson, rocks! She is nice and funny, and she works really hard with me. She never lets me stop until I get it right. She believes in me and encourages me to always do my best. She is patient with me, and now that I am working on my Axel, Lutz and flip, with her I know I will be the best I can be, because she is the best coach EVER! She believes in me and in my abilities, and she makes me happy when I am down. Coach Amanda made me feel comfortable and not so nervous at Worlds before going on the ice for my programs. I know I would not have done as well as I did if it wasn't for her. I love Coach Amanda!

Courtney Bunch, 8, FS Bronze
Iceoplex Simi Valley
Simi Valley, Calif.



LINDSEY COLLINS

I love my coach because when I don't believe in myself, she does. Even when I am frustrated at her, she says to me, "The reason I push you so hard is because I know you can do it." We work very well together. Once I got lost and I was really sad. She called me to make sure I was OK. You can't separate us because we are like sisters. We have a lot of fun when we are together. These are some of the reasons I love her.

Abby Scotch, 12, FS 4
Galleria Ice Skating Center
Carrollton, Texas



MARY LU SHIPSTAD

Mary Lu, you are ...
Always smiling and bringing your Tinkerbell charm that makes my practices magical.
Really makes skating interesting and fun.
You are not only an awesome coach but a wonderful role model as well.
Loves her students and the annual Nutcracker.
I have been my great coach for the past six years.
Really, the best coach and hugger ever.
One-of-a-kind skating coach.
Choreographs beautiful programs that I enjoy performing.
Genuinely loves you!
Skating rocks with Mary Lu as my coach!

Kendal Patty, 11, FS 5/Dance 4
Ice Chalet
Knoxville, Tenn.



Parents Want to Know

Ice skating opens up a whole new world for parents as well as skaters. Lessons, classes, apparel, gear, practices, competitions, shows, scheduling, motivation, etiquette, expectations — we know you're certain to have lots of questions. Please send them to editor@skateis1.org (subject line: Parents Want to Know) and check back here for answers and helpful tips to support your skater with minimal stress.



Q: I pick up my son from school and take him directly to the rink for his lesson, I could use some good healthy snack ideas that he can eat in the car.

A: Fresh fruit is great choice; so is dried fruit and nuts. Other heartier options could be a peanut butter sandwich, fruit smoothie or crackers with cheese. Don't forget to bring a large water bottle — the best drink choice for any athlete.



Q: My daughter's coach wants her to compete in a Spotlight event. She has asked me to come up with a character costume suitable for her age. Where do I start?

A: With so many costume websites, this would be a great place to start. During the fall, you might be able to find costumes on clearance after the Halloween rush. Don't be afraid to plan ahead and buy a costume she loves for future events. If you find something you really like, consider buying two of them; her coach could put together a Couple Spotlight program using that theme. Other ideas: ask your friends and neighbors if they have gently used costumes that their children have outgrown; or if you are a seamstress, consider making a costume from a pattern. You just might find that you have a hidden talent!

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Q: My 9-year-old daughter doesn't like to practice. She only wants to skate when she has a lesson. How do I encourage her to practice more on her own?

A: Your daughter might feel like she doesn't know what to practice. Buy her a notebook that she can use as her skating workbook. Have her take it with her to her lesson and ask her coach to write down the skills she should practice before her next lesson. Get your skater involved in creating her own practice chart. Enroll her in a group lesson where she can skate with other skaters at her own skill level. Schedule a "practice date" with her skating friends. Make sure that practice has a social/fun element in order to keep her encouraged and enjoying the sport of skating.

Q: My daughter, who just started high school, skates daily and is at the Freestyle 4 level. How do we balance her dedication to skating and her desire to participate in high school activities?

A: This is a great question, and one that faces many teenagers as they enter the high school years. Sit down with your daughter and have her make a list of the activities outside of skating that she would like to become involved in. Take some time

as a family to prioritize and discuss this list. It is OK to remind her of the investment of time and finances that she and your family have already committed to skating;

however, it is a good idea to remain open in allowing her to experience other activities. Carefully consider the weekly and even monthly calendar of events. Perhaps a small adjustment to her skating schedule might allow her some flexibility to include more school activities. For example, skating Friday afternoons during football season might not be ideal, but a morning practice session instead could be a better choice. With a little planning and honest communication between you, your daughter and her coach, she should be able to pursue her skating goals while enjoying her high school years.



Q: Our rink has a synchro team, and my son has shown interest in participating. But some of the other mothers have told me that synchronized skating is just for girls.

A: Synchro teams are NOT just for girls. There are many teams across the U.S. and even throughout the World with both male and female skaters. Encourage your son to pursue his interest by introducing him to the coach and some friendly team members. **ISI**



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skateisi.org/dvd

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ISI National Event

A fallen phrase puzzle shows the spaces for a statement or phrase. The letters are directly below the column in which they will fit, but jumbled within the column. Move them into the correct spaces and you will have a message about an upcoming ISI national competition.



H L E T
E D N R H C
A L I N N V H O
L E L E I D A E E
M H B C O L O G A Y W I T L
C I O F O H I G E D R I L Y

Flip's Favorite Words

C R O S S O V E R E F L P W O
Y R O E H K T K G I A P O I E
A E P O L L L N S R X S H G C
A E L M J Z U H I D Y I Y G N
N U F L U L Z P F N L T N L A
S P I N A J S I C M H Y N E D
Q S F M S W B H W G D F U A C
L P R R J E R L I S L O B X L
N P N O E O C L F I M Z U E B
A U O L N E T I P G V C O L W
O M Z I U O S W U K S S R T A
E O Z T P T E T F Y F Z K T V
M E K S R T Z C Y P X P B J E
D W O H C L A S P L U Z V Y Y
O M H G L K Z D M U E V Z C T

Can you find each of these words?

AXEL
BUNNYHOP
CROSSOVER
DANCE
FISH
FLIP
FREESTYLE
FUN
ICE
JUMP
LUNGE
LUTZ
SALCHOW
SPIN
SPIRAL
SPOTLIGHT
SWIZZLE
SYNCHRONIZED
WALLEY
WIGGLE



Winter Craft: Flip's Rink

Here's a fun and easy winter craft for you to do with a friend, a family member or all by yourself!



Supplies:

- White cardstock paper for the ice rink
- Green construction paper for the trees
- Blue crayons
- Watercolor paints
- Salt
- Cotton balls
- Pencil
- Scissors
- Glue
- RIS magazine to find a picture of Flip



Instructions:

1. Using the white cardstock, draw a pond shape onto the paper and color in with various blue crayons.

2. Brush blue watercolor over the pond and sprinkle with salt (to create an icy, glistening look).

3. While the paint dries on your pond, draw some trees with a pencil and cut them out, leaving an extra long piece of construction paper at the bottom of the trunk to fold over as a flap to glue the tree to the paper.

4. Find a picture of Flip in the magazine and cut him out, leaving a "tab" below his feet to glue him to the pond.

5. Pull the cotton balls apart and glue them around the edges of the pond.

6. Add glue to the extra flap on the trees and Flip, and glue them to the pond.



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©2013 National Figure Skating Association

Feel free to add your own special creative ideas, such as more trees or ice skaters.

Take a picture of your creation and send it to editor@skateisv.org, with "Flip's Rink" in the subject line.

competitions

december



6-8 Centennial CO
South Suburban Family Sports Center
ISI Holiday Challenge

6-8 White Bear Lake MN
White Bear Lake Sports Center
White Bear Lake Holiday Open
6-8 Northbrook IL
Northbrook Sports Center
2013 Northbrook Winter Welcome
7 Marlboro MA
FMC Navin Arena
Ickle Invitational

january

2 Rolling Meadow IL
West Meadows Ice Arena
Rolling Meadows Ice Arena
Frost Fest 2013
4-5 Youngstown OH
Covelli Centre
Skating Club of Greater Youngstown
2014 All American Challenge Cup
11 Flossmoor IL
Homewood -Flossmoor Ice Arena
ISI Polar Classic
17-19 Wayne MI
Wayne Community Center
Winter Wonderland
18-19 Centennial CO
South Suburban Family Sports Center
South Suburban Family Sports Center ISI Competition
19 Franklin Park IL
Franklin Park Ice Arena
Kirkline Synchronized Skating Competition

february

1-2 Bensenville IL
Edge Ice Arena
14th Annual Mardi Gras Competition
7-9 Blaine MN
Schwan Super Rink-NSC
Frosty Blades 2014
9 Salem MA
Salem State Univ. Rockett Arena
Viking Skating Club
33rd Annual Winter Festival Competition



14-16 San Jose CA
Sharks Ice
ISI Winter Classic

14-16 Oxford OH
Goggin Ice Center
2014 ISI Miami Open Team Competition
22 Brockton MA
FMC Askaf Arena
3rd Annual Skate for the Love of It
23 Long Island City NY
City Ice Pavilion
City Ice Winter Challenge

march

1-2 Nowark OH
Lou & GIB Reese Ice Arena
2014 Newark Spring Open
8-9 Natick MA
FMC William Chase Arena
43rd Annual ISI Competition
21-23 Woburn MA
Lansing Chipman Skating Rink & William College
Mass. Amateur Sports Foundation
2014 Bay State Games
22 Pittsburgh PA
RMU Island Sports Center
2014 Shamrock Skate

april

4-6 Knoxville TN
Ice Chalet
45th Annual Robert Unger ISI Team Championship
11-13 Pleasant Prairie WI
RecPlex Ice Arena in Pleasant Prairie
ISI Synchronized Championships



13 Flushing NY
World Ice Arena
World Ice Arena Open Competition
25-27 Pasadena CA
Pasadena Ice Skating Center
30th Annual Pasadena Open ISI Competition

may



23-25 Bensenville IL
Edge Ice Arena
ISI Conference Championships

june

29 Long Island City NY
City Ice Pavilion
City Ice Pavilion Summer Skating

july



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

october



10-12 Little Falls NY
Floyd Hall Arena
ISI Adult Championships

shows & exhibitions

october

1-Dec. 31 Valencia CA
Ice Station Valencia
Seasonal Exhibitions

november

22-Dec. 31 Pittsburgh PA
RMU Island Sports Center
The Magical Holiday Express
29-Dec. 19 Dallas TX
Galleria Ice Skating Center
Macy's Grand Tree Lighting

december

3-7	Knoxville TN
Ice Chalet	
Nutcracker on Ice	
4-5	Honolulu HI
Ice Palace Hawaii	
Gift for You	
6-7	Belmont CA
Belmont Iceland	
Tribute to the Silver Screen	
7-8	Gatlinburg TN
Ober Gatlinburg Ice	
Christmas on Ice	
7-8	Franklin Park IL
Franklin Park Ice Arena	
2013 Holiday Recital	
7	Oak Lawn IL
Oak Lawn Park District Ice Arena	
Days on Ice	
7	Fremont CA
Sharks Ice at Fremont	
Skate a Holiday Present	
8	Escondido CA
Ice-plex	
Ice-Flex Escondido Annual Holiday Show	
13	Raleigh NC
Raleigh Iceplex	
Holiday Razzle-Dazzle on Ice	
13-14	St. Peters MO
St. Peters Rec-Plex	
Winter Wonderland on Ice	
13-14	Dublin CA
Dublin Iceland	
2013 Holiday Ice Show	
13-15	Oakland CA
Oakland Ice Center-Sharks Ice	
Holiday Lights by the Bay 2013	
14	Arlington TX
ICE at The Parks	
Holiday at The Parks 2013	
14	Redwood City CA
Nazareth Ice Oasis	
Holiday Show	

14	Pekin IL
Veterans Memorial Ice Arena	
Pekin Memorial Arena	
Winter Wonderland Holiday Show	
14	San Jose CA
Sharks Ice at San Jose	
Skate a Holiday Present	
14	Laconia NH
Laconia Ice Arena	
Central NH Skating Academy	
Christmas Show	
15	St. Louis MO
Wayne C. Kennedy Complex	
Holiday Celebration	
15	Long Island City NY
City Ice Pavilion	
City Ice Pavilion Winter Show	
15	Valencia CA
Ice Station Valencia	
An America Holiday	
15	Bensenville IL
Edge Ice Arena	
Annual Holiday Exhibition	
15	Johnstown PA
Planet Ice	
Celebrate the Season	
15	Fort Myers FL
Fort Myers Skatium	
Rudolph's Christmas Adventure	
19-20	Richmond VA
Richmond Ice Zone	
Nutcracker on Ice 2013	
20	Newark DE
University of Delaware	
On the Red Carpet	
21	Newark OH
Lou & Gib Reese Ice Arena	
Holiday Show 2013	
21	Stillwater MN
St. Croix Valley Recreation Center	
Holiday Skate	

21	Salem MA
Salem State Univ. Rockett Arena	
Viking Skating Club	
Viking Skating Club's 2nd Annual Holiday	
Exhibition	
22	Flushing NY
World Ice Arena	
5th Annual Winter Wonderland Show	

february

1	Flushing NY
World Ice Arena	
Olympic Dream Spectacular	
8	Mountlake Terrace WA
Lynnwood Ice Center	
Destination Olympic View	
13	Stillwater MN
St. Croix Valley Recreation Center	
Skate-With-Your-Date	

march

9	Salem MA
Salem State Univ. Rockett Arena	
Viking Skating Club	
A Salute to Motown	
15	Laconia NH
Laconia Ice Arena	
Central NH Skating Academy	
15-16	St. Louis MO
Wayne C. Kennedy Complex	
Annual Ice Recital	
Spread Your Wings & Soar-Cancer Benefit	
21-22	Luverne MN
Blue Mound Ice Arena	
Blue Mound Figure Skaters Inc.	
Lights! Camera! Skate!	

april

25-26	Newark OH
Lou & Gib Reese Ice Arena	
9th Annual Jane McConnell Spring	
Ice Show	



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Statement of Ownership, Management and Circulation

1. Title of Publication: Recreational Ice Skating 2. Publication No.: USPS 361-570 3. Date of Filing: 9-27-13 4. Frequency of Issue: Quarterly 5. No. of Issues Published Annually: Four (4) 6. Annual Subscription Price: \$12. 7. Complete Mailing Address of Known Office of Publication: 6000 Custer Road, Bldg. 9, Plano, TX 75023 8. Complete Mailing Address of Headquarters or General Business Office of the Publisher: Ice Skating Institute, 6000 Custer Road, Bldg. 9, Plano, TX 75023 9. Full Names and Complete Mailing Address of Publisher, Editor and Managing Editor: Publisher, Ice Skating Institute, 6000 Custer Road, Bldg. 9, Plano, TX 75023; Editor, Lori Fairchild, 6000 Custer Road, Bldg. 9, Plano, TX 75023; Managing Editor, None. 10. Owner: Ice Skating Institute, 6000 Custer Road, Bldg. 9, Plano, TX 75023 11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities: None 12. Tax Status: Has Not Changed During the Preceding 12 months 13. Publication Title: Recreational Ice Skating 14. Issue Date for Circulation Data: 9/30/12-9/30/13 15. Extent and Nature of Circulation: A. Average No. Copies Each Issue During Preceding 12 Months (net press run): 30,878 Actual No. Copies of Single Issue Published Nearest to Filing Date: 36,727 B1. Average Paid and/or Requested Circulation Outside-County Mail Subscriptions: 29,292 Actual No. Copies of Single Issue Published Nearest to Filing Date: 35,226 B2. Average Paid or Requested Circulation In-County Subscriptions: 0. Actual No. of Copies of Single Issue Published Nearest to Filing Date: 0. B3. Average Sales Through Dealers and Carriers and other non-USPS Paid Distribution: 44. Actual No. of Copies of Single Issue Published Nearest to Filing Date: 46 B4. Average No. Copies of Other Classes Mailed Through the USPS: 27. Actual No. Copies of Other Classes Mailed Through the USPS: 30 C. Average Total Paid and/or Requested Circulation: 29,363. 5. Actual No. Copies of Single Issue Published Nearest to Filing Date: 35,302. D1. Average Free Distribution by Mail Outside-County: 440. Actual No. Copies of Single Issue Published Nearest to Filing Date: 582. D2. Average and Actual No. Copies Free Distribution In-County: 0. D3. Average No. Copies Free Distribution Other Classes Mailed through USPS: 11. Actual No. Copies of Single Issue Published Nearest to Filing Date: 7. D4. Average Free Distribution Outside the Mail: 33. Actual No. Copies of Single Issue Published Nearest to Filing Date: 19 E. Average Total Free Distribution: 484. Actual No. Copies of Single Issue Published Nearest to Filing Date: 608. F. Average Total Distribution: 29,847. Actual No. of Copies of Single Issue Published Nearest to Filing Date: 35,910. G. Average Copies not Distributed: 1,031. Actual No. Copies of Single Issue Published Nearest to Filing Date: 817. H. Average Total: 30,878. Actual No. Copies of Single Issue Published Nearest to Filing Date: 36,727. I. Average Percent Paid and/or Requested Circulation: 98.3%. Actual No. Copies of Single Issue Published Nearest to Filing Date: 98.3%. 16. Publication of Statement of Ownership will be printed in the Winter 2013 issue of this publication. 17. I certify that all information furnished on this form is true and complete: (signed) Elizabeth Kibat, Controller (date) 9/27/13

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

skateisi.org/worlds



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 & Test 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

