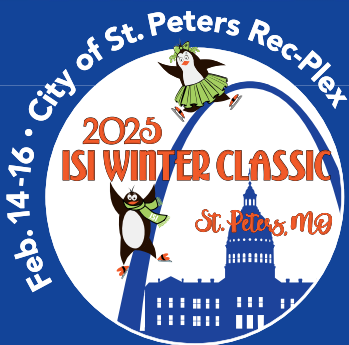


recreational

IceSkating

Fall 2024

Skating: A Lifetime Sport



Couples Spotlight
Teams in Sync
Ice Poets

2024
EVENT COVERAGE
INSIDE!

BE READY FOR THE NEW SEASON!



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

2 Renewal Options:

- ✓ **\$18 for 1 membership term**
(through 8/31/2025)
- ✓ **SAVE \$6**
\$30 for 2 membership terms
(through 8/31/2026)



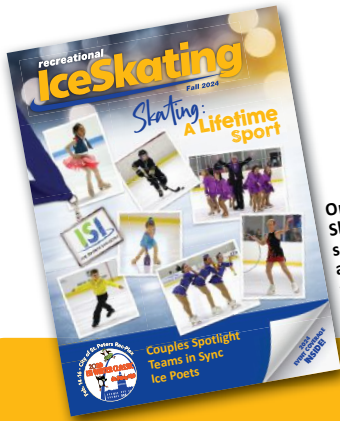
ONLY CURRENT ISI MEMBERS CAN:

- Register ISI tests
- Enter local, district and national ISI competitions and shows
- Receive excess accident insurance



DON'T DELAY, RENEW ONLINE TODAY AT
skateisi.org/renew





On the Cover:
Skating is a lifetime sport! Skaters of all ages and skills enjoy skating and competing with ISI. Photos by Diamond Photography

what's inside

Recreational Ice Skating | FALL | 2024 | Vol. 46, Number 2



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news & notes



RIS Magazine Designer LOVES to Clown Around – Literally!

We thought it would be fun for readers to learn more about *Recreational Ice Skating's* talented graphic designer, Brittany Allen. Brittany began designing *Recreational Ice Skating* (RIS) magazine in 2019 and works closely with editor Eileen Viglione to bring the pages of RIS to life. She feels fortunate for her role with ISI.

Below, Brittany answers some questions that will give you a behind-the-scenes peek at her career background and life as Zoe the Clown — yes (no clowning around), she's a professionally trained clown!

Q: What did you study in school to become a graphic designer? Did you always know that you'd be in this field of work?

A: "Following a year at the University of North Texas, where I aced my art classes and didn't quite ace my other studies, I transferred to Texas State Technical College, where I could take commercial art and advertising classes and really focus on what I loved — the process of creating. I received my Associate of Arts degree through their two-year program. And yes, I *always* knew art and being creative would be a *huge* part of my life. My aunt was in advertising, and I was always intrigued by her career and enjoyed seeing what she created!"

Q: Why do you enjoy working on RIS magazine? What is your favorite part about designing the magazine?

A: "Oh my gosh, where do I start? First off, I love working with ISI on the magazine. Eileen, Carol and I make the perfect team! Secondly, I absolutely love the creative process and freedom that I have to design neat layouts. I also get to use such an array of cool fonts, art and colors. It's different from most of the corporate work I do; it's much more fun! Lastly, I love getting to work with all the cute pictures of the skaters from different events and activities — they make me super happy!"

Q: What other types of projects do you work on?

A: "I design brochures, flyers, logos, business cards, posters, and so much more for my different clients. I also create clown logos for my clown friends — see next question!"

Q: What do you like to do in your free time?

A: "I have been Zoe the Clown since 2007, when I went to Mooseburger Clown Arts Camp for the first time. I've gone to Mooseburger every single summer since, to learn, laugh, stretch myself and recharge my clown batteries. In 2019, I was asked to join the staff and teach clowning 101 to new campers — it's been amazing!"

"Clowning has changed my life in ways I couldn't have imagined and brought more joy than I could have dreamed into my life. When I put on that big red nose and my big, cute clown shoes, I am transported into a magical world of play, and when I make that wonderful connection with a child who needs a bit of 'happy' in their day, it's just the *best*!"

"I've always known in my heart that I desired to work with children in need, and I'm proud of all that I've accomplished as Zoe these past 17 years. One very special thing I got to do was to visit India, where I visited orphanages to bring smiles and laughter to children on the other side of the world! My absolute favorite thing, however, was serving as a volunteer clown for 12 years at Medical City Children's Hospital in Dallas — until COVID hit — bringing joy and fun to sick children."

"Upon creation of this issue, I had just returned from another incredible and magical week at Mooseburger. I absolutely *love* being Zoe; the joy, the fun, the laughter, the friends, my loving and supportive 'clown family' — words just can't describe how lucky I feel to be a clown and have this as such a big part of my life. I'm totally in my happy place whenever I have that big, red nose on."



Brittany recently took Twizzle and Flip on an adventure in Florida, where they swam with the manatees!

Q: Anything else you'd like to share?

A: "I just have some words of wisdom for readers: follow your heart, follow your passion and trust your instincts."

"Doing the things that I love — design work, clowning, **swimming with the manatees**, and being with my family — all keep me happy and inspired."

MOVIN' ON UP! *Congratulations* to the following skaters who have recently passed ISI test levels!



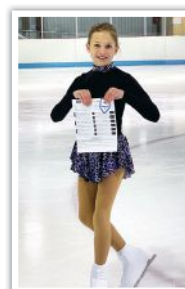
Heather Smarick 11 International Dance Tests!

Heather Smarick of Ice & Blades Figure Skating Team of Pittsburgh, Pa., recently passed 11 ISI International Dance tests to become the only skater in ISI history to do so (since we added two international dances to the testing program this year).

She passed the Austrian Waltz, Golden Waltz, Rhumba and Tea-Time Fox Trot in August, after mastering the following

tests in July: the Finnstep (first skater to pass this new ISI International Dance test), Midnight Blues, Ravensburger Waltz, Tango Romantica and Yankee Polka.

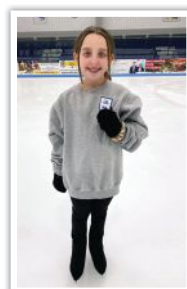
In March, she accomplished the Silver Samba and the Cha Cha Cha Congelado. She was profiled in *Recreational Ice Skating Online* in November 2022, after she successfully passed the ISI Dance 10 test. Visit risonline.org to learn more about this accomplished skater.



Mariana Redpath

FS 1

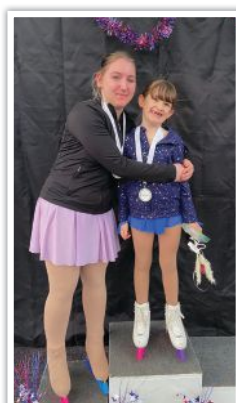
Bowie Ice Arena
Bowie, Md.



Briella Teixeira

Beta

FMC Raynham IcePlex
Raynham, Mass.



From left, **Zoe Melanson** and **Melody Caswell** (Jump & Spin event)

CENTER SKATING ACADEMY IN-HOUSE COMPETITION

The Center Skating Academy @ New England Sports Center (NESC) in Marlborough, Mass., held an in-house competition April 13. The club is preparing to host a full competition Feb. 8-9.



Couples event skaters, from left, **Sofia DeSimone** and **Cinzia Cianfichi**; **Lily DeSimone** and **Abigail Barter**; **Juliette Winston** and **Abi Steinberg**



From left, **Abi Steinberg**, **Juliette Winston** and **Cinzia Cianfichi**



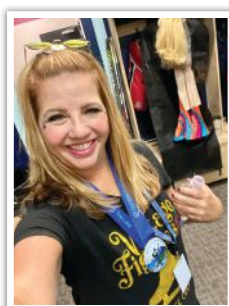
The club's first medalists, from left: **Sophia Lyons**, **Sofia DeSimone** and **Elizabeth Quigley**



Group photo, from left (back row): **Linda Willat**, **Robyn Fernsworth**, **Aimee Walker**, **Lisa Skinner**, **Gail Mielke**, **Linda Illsley** and **Karen Smith**. Front row: **Coach Karen Kresge**, **Laura Porter**, **Samantha Miller** and **Julie Strehlow**.

Vintage Figures Grabs Gold at Skate at the Lake

Vintage Figures from Snoopy's Home Ice in Santa Rosa, Calif., took home a first place medal in Synchro Dance at the ISI District 14 Championships (Skate at the Lake), held June 15-16 at California's South Lake Tahoe Ice Arena. Karen Smith, a member of Vintage Figures, was also a part of a winning small production team.



Karen Smith



What's going on at your home ice arena, or with your skating club or team? Send your news and notes to editor@skateisi.org.

2024 Skating Scholars!

Congratulations to the 2024 ISIA Education Foundation Scholarship recipients:

Caroline Keeley of Parkridge, Ill., who skates out of Niles Iceland Skate Complex in Niles, Ill., and **Hannah Lee** of Montgomery, Ala., who was a member of K-Lynn Skating School in Montgomery.

The skaters will each receive a \$7,500 award, payable directly to the educational institution of their choice over the next four years.

This year's scholarship amount represents a \$2,500 increase over last year's award of \$5,000.



Caroline, a FS 5 level skater and synchro skater, is attending Xavier University in Cincinnati, Ohio.

"I am a second-generation ISI member, who has loved ice skating since first stepping on the ice at age 5," said Caroline. "Thanks to ISI, my childhood was filled with amazing skating experiences. I have met my idols, skated in Worlds Benefit

shows, and competed in solo, artistic, character, couples, synchro, and team events, all of which have fueled my joy for skating. I traveled to new cities with my best friends, where we competed our hearts out and, above all, supported one another.

"I have a huge smile on my face when I think about all the memories created at ISI competitions. Skating shaped who I am from the first lesson of learning how to fall and get up, progressing to take one step at a time, and challenging myself to learn new and demanding skills. I have become strong both mentally and physically by overcoming fear, anxiety and injury."



A FS 7 and Dance 4 level skater, **Hannah** was also a synchro team leader. She is pursuing her studies at Emory University in Atlanta.

"Figure skating is one of the most beautiful blends of athleticism and artistry in the world," said Hannah. "Gliding across perfectly smooth ice is a feeling that no words could ever do justice. With the cold wind rushing against my face, I truly

feel like I can fly when my skates are on. I feel like I can do anything. It's a treasure to be able to breathe it, to feel the music, to have creative liberties with no bounds, to challenge myself with new elements, and to build immediate connections with diverse skaters at recreational ISI competitions all over the country. There is no sport quite like skating.

"At 5 years old, I began my skating journey in a tiny rink inside the Eastdale Shopping Mall in Montgomery, Ala. This rink soon became home — the place I could go to when I felt lost and unmotivated — because skating always reignited my flame. Despite countless falls, bruises, and moments of frustration for not landing a jump I know I'm fully capable of landing, I credit my biggest moments of growth to skating. It has humbled me to my core, built the foundations of my resilience, and has often broken me down, yet built me back up so much stronger."



Deadline to Apply for Scholarships
for the 2025-2026 school year:

March 1, 2025

Check out our website
for details!

www.isiafoundation.org

Visit us on Facebook
Follow us on Instagram
[@isiaeducationfoundation](https://www.instagram.com/isiaeducationfoundation)

The Ice Skating Institute of America (ISIA) Education Foundation was established to enhance the educational opportunities of ISI members by encouraging skaters to make athletic as well as educational achievements

spotlight



Lena Perez RECOGNIZED FOR 'Figure Skating Physics' PROJECT

When ISI skater **Lena Perez, 10**, of Bowie, Md., had to come up with a project idea for participation in her school's STEM fair, it was a no-brainer. The fourth grader at Heather Hills Elementary School chose to combine her interest in science and math with her love of skating.

The result? Her project, "Figure Skating Physics," went on to earn a second place award (in physics and astronomy) in the Prince George's County Public School's STEM Fair, held May 18. She was selected as her school's fourth grade representative to participate in the county STEM fair, which included 154 participants from 34 elementary schools.

"I came up with my idea because different coaches told me different recommendations on how long I should hold my edge before I spun," said Lena. "I wanted to find which length was the best for the more rotations."

For her project, she tested a classical physics and mechanics question: Does the length of the push affect the number of rotations in a one-foot skating spin? She recruited five figure skaters to help her with her experiment.

"I will be using a circle with a diameter of 4 feet," she wrote in her project summary. "Each skater will use no push, $\frac{1}{4}$ of the circumference of a circle push, $\frac{1}{2}$ of the circumference of a circle push, and $\frac{3}{4}$ of the circumference of a circle push before their spins. Then I will review the number of rotations in each spin to see if the lengths of the push affect the rotations.

"My results show that the push length affects the number of rotations in a one-foot figure skating spin. Using a $\frac{1}{2}$ of a circle push will give you more rotations in a one-foot figure skating spin than the other lengths I used for testing. I predicted using $\frac{1}{2}$ of a circle push would get the most rotations. This means my hypothesis was correct."

Lena, a fifth grader this fall, is hoping her research can help other figure skaters improve the number of rotations in their spins.

"I might do more figure skating physics projects in the future and test if my theory works with more advanced spins or with more momentum/speed by doing crossovers before the spin," she said.

How did Lena get her start skating? At age 7, she went to the ice rink for the first time with her Girl Scout troop. Now she skates once or twice a week at her home rink (Bowie Ice Arena in Bowie, Md.), where Christon Brinton is her coach.

"I enjoy figure skating because I get to learn new skills and spend time with my friends," she said.

Aside from skating and Girl Scouts, Lena also participates in her church's choir and is in her school's garden club, Green Team, orchestra (plays the cello) and chorus. A straight-A student, she has also achieved honor roll every quarter.



Lena, proudly displaying her certificates of recognition.



ISI Winter Classic

Feb. 14-16

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

Test & Entry Deadline: Dec. 12
skateisi.org/winterclassic



Gateway Arch

Gateway to FUN! in MISSOURI!

by Eileen Viglione

TOP 4 REASONS TO PARTICIPATE

1. YOU LOVE TO SKATE AND COMPETE

Is there really any other reason? Just in case there is, ISI Winter Classic kicks off Feb. 14 — Valentine's Day. What better way to showcase your love and commitment to the sport you adore?

Scheduled Feb. 14-16 at the St. Peters Rec-Plex in St. Peters, Mo., Winter Classic is also a great way to skate into a new year of competing, catching up with old skating friends from across the country and forging new friendships. Test and entry deadline is Dec. 12.

2. EVENTS GALORE!

ISI national competitions offer skaters a wealth of fun events to choose from, and Winter Classic is no exception. Here are some of the event offerings at Winter Classic: Artistic, Couples Spotlight, Dance, Ensemble, Family Spotlight, Figures, Footwork, Freestyle, Interpretive, Jump & Spin, Kaleidoskate, Pairs, Production Team, Rhythmic, Solo Compulsories, Solo Spotlight, Special Skater, Stroking, Synchronized Teams, Team Compulsories, Team Surprise and Tots-Delta.

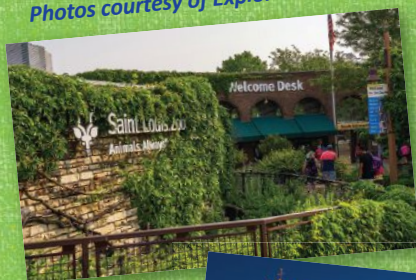
3. MIDWESTERN HOSPITALITY AT THE REC-PLEX

Midwestern hospitality is in full swing at St. Peters Rec-Plex, host of the 2025 event. Located approximately 30 miles west of St. Louis, the Rec-Plex, has hosted numerous ISI national events over the years, most recently ISI Worlds in 2019, and participants can expect a friendly environment and well-organized event, with many hands contributing to its success. Featuring three NHL-size rinks, the state-of-the-art Rec-Plex also features a natatorium, indoor track and workout facilities, making it the crown jewel of its community.

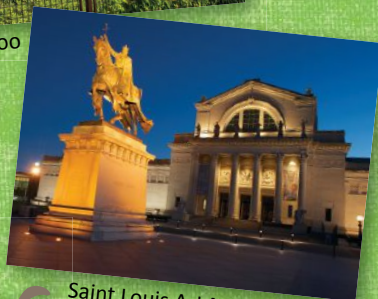
4. ST. LOUIS—AND ITS FREE ATTRACTIONS!

St. Louis is your gateway to adventure — and free attractions! It has more free tourist attractions than any other city in the country, aside from Washington, D.C. You won't pay admission fees at the history museum, science center and zoo, all located in the 1,300-acre Forest Park, one of the largest city parks in the world. St. Louis is also brimming with award-winning restaurants and other world-class attractions, including the iconic 630-foot-tall Gateway Arch, the highest man-made monument in the United States. If you haven't done so already, you'll want to take a tram ride to the top of the arch, where you'll be able to see breathtaking views of the mighty Mississippi River and other famous landmarks.

Photos courtesy of Explore St. Louis



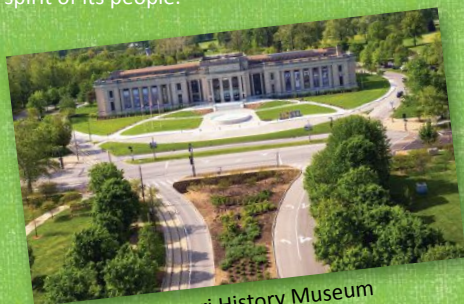
Saint Louis Zoo



Saint Louis Art Museum



Missouri's official state animal is the mule, which symbolizes the state's agricultural roots and the resilient spirit of its people.



Missouri History Museum

Missouri is known as the Cave State, with over 6,000 caves!



MORE INFORMATION: skateisi.org/winterclassic, stpetersmo.net, explorestlouis.com



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Skaters Make Magical Memories in



Orlando Ice Den — 2024 Winter Classic Overall Team Champion

by Eileen Viglione

There's no doubt magical memories were made at our first national event of 2024! Held Feb. 16-18 at Orlando Ice Den, ISI Winter Classic boasted the largest attendance since the COVID pandemic: 543 competitors from 24 rink teams from 11 states* and British Columbia, Canada.

"The 2024 ISI Winter Classic was our family's first ice skating competition," said Eli Jones, mom of Freestyle 1 skater Carter Murray, 12. "We thoroughly enjoyed ourselves thanks to the fun and welcoming environment!"

"Carter's favorite event was the Solo Compulsories. The Greater Pensacola Figure Skating club gave my son the tools to achieve his goals at competition. He learned competing doesn't always mean you go against someone else but is more about pushing and growing yourself as a skater. We are thankful for the Greater Pensacola Figure Skating Club and ISI for this experience."

Freestyle 5 skater Sarah Burns, 16, a member of Tampa Bay Skating Academy (TBSA) Countryside said that Orlando Ice Den is one of her favorite places to compete. "It's always so well organized, and we love to catch up with our Orlando Ice Den friends. I also love the excitement that comes with on-ice awards. Even if your team doesn't place high, getting to be on the ice and feel the team energy is unmatched."

Orlando Ice Den Wins Title

As Overall Team Champion, the host team, Orlando Ice Den, was awarded the Robert Unger Trophy.



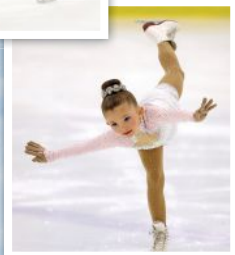
Icettes District 196, Apple Valley, Minn. — President's Award Winner



The Skating Club of Johnstown, Johnstown, Pa. — Board of Directors Award Winner



Winterland Skating School, Rockland, Mass. — Overall Percentage Award Winner



Linda Gangelhoff, right, with her daughters, Ashley, left, and Rachel, and granddaughter, Lyla.

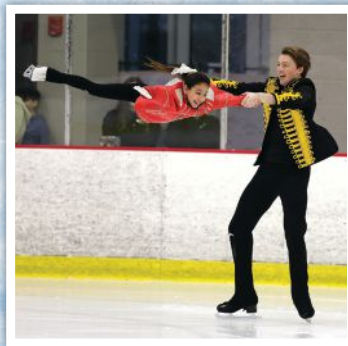
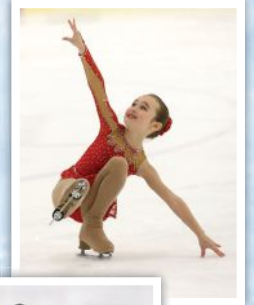
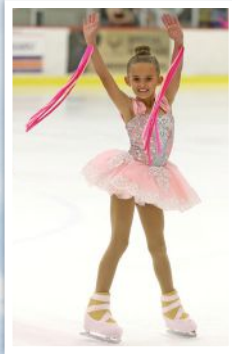
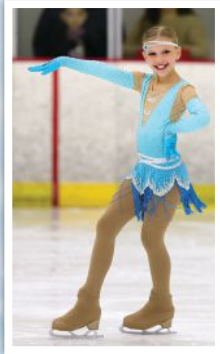
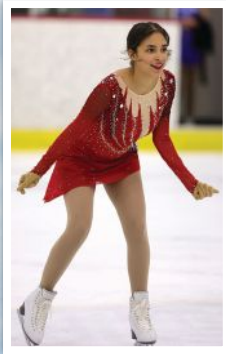
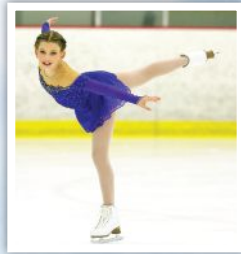
"The family spotlight was a fun way to get all of us out on the ice and have a good time," said Linda Gangelhoff, also a member of Tampa Bay Skating Academy (TBSA) Countryside. "My daughter Ashley (FS 4), now 29 years old, wanted to include her 2-year-old daughter, Lyla, and get her into figure skating. "I also agreed to help and skate. I convinced my youngest daughter, Rachel (Platinum), who is 16 years old, to skate with us.

"We went back to the original Family Spotlight of Peter Pan, which Ashley and Rachel did over 11 years prior and even used the same music. Ashley wore her Peter Pan outfit, and I got a new costume for Rachel as Tinkerbell. I became Wendy and my granddaughter was dressed as little brother, Michael. We incorporated the skate aid as the crocodile even!"

*Alabama, California, Colorado, Connecticut, Florida, Massachusetts, Michigan, Minnesota, Ohio, Pennsylvania and Texas.

Orlando at the ISI WINTER CLASSIC!

Photos by Diamond Photography



Top 5 Teams

PLACE	TEAM	POINTS
1.	Orlando Ice Den Orlando, Fla.	106.5
2.	TBSA Countryside Clearwater, Fla.	963.0
3.	TGH Ice Plex Tampa, Fla.	831.5
4.	M Health Fairview Sports Center Woodbury, Minn.	611.5
5.	Tampa Bay Skating Academy (TBSA) Oldsmar, Fla.	500.0

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CALM YOUR NERVES – NOT YOUR *Excitement!*

by Kim Hansen

Every ice skater who participates in ISI competitions knows that they are fun. There are events for everyone. Skaters who like to do footwork can do an entire event of that. Those who enjoy theatrical performing can do a Solo or Couple Spotlight, Ensemble or Production programs. There are also Rhythmic events, Interpretive events, technical events and non-technical events. There is simply something for everyone — and that is fun!

However, 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 an ISI 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.

TAILOR YOUR MINDSET

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.

Don't tell yourself, "I have to win." Say, "I'm going to do my best, and I'm going to have fun." Don't think about past mistakes. Many top performers — athletes, musicians, actors — follow a routine before they perform. They may dress in a specific order, eat the same foods, always wear a lucky item, or practice in a specific sequence. This relaxes them because they can go through their pre-performance routine without thinking about it.

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 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.

UNDERSTAND YOUR BODY

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!*

VISUALIZE SUCCESS

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."

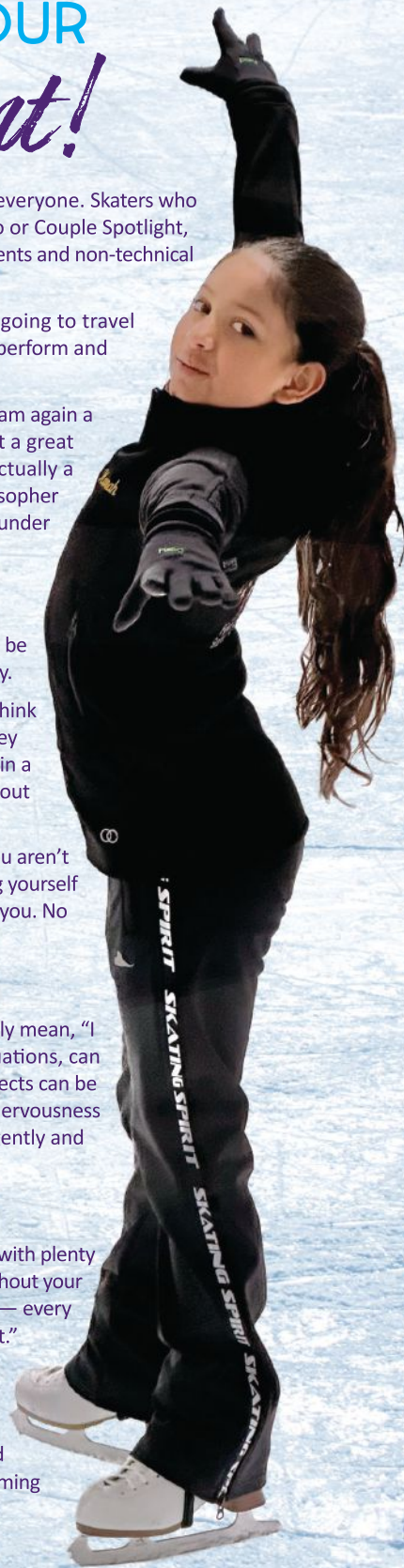
BREATHE DEEPLY

As the time for performance draws near, take note of how you are feeling. If you feel confused, lightheaded or listless, breathe deeply and shake the stress out of your body. Shake your hands and fingers, move your head from side to side and around in circles. Jump up and down as a last way of warming yourself up and releasing any stress.

Now you are ready to perform!

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!

Kim Hansen is the Ice Sports Industry (ISI) Skating Programs & National Events director. She can be reached at khansen@skateisi.org.



ISI HEARTLAND CHALLENGE



Nov. 8-10

Lou & Gib Reese
Ice Arena

Newark, OH

Test & Entry Deadline
Sept. 25

skateisi.org/heartlandchallenge





**JESSICA & COACH
LARRY LABORDE**

DANCE 10 IS IN THE BOOKS

FOR *Jessica Buchko!*

Jessica Buchko, 28, has been ice dancing on and off for a long time, with a goal of eventually passing the ISI Dance 10 test. When she saw the end in sight, she decided to give it a full-time effort — and now she can add the prestigious Dance 10 level to her list of skating accomplishments.

A registered dietician and skating coach at the Ice Chalet in Knoxville, Tenn., which is also her home rink, Jessica said that passing the test gives her the experience to be a better teacher and mentor to those skaters who also have the goal of achieving Dance 10, too.

She is also an ISI Freestyle 9 level skater and a U.S. Figure Skating gold medalist in Freeskate, Skating Skills, Partnered Dance and Solo Dance. Larry Laborde, owner and manager of Chalet Ice Rinks, Inc., and Peter Sasmore are her coaches.

“I grew up skating in the ISI program, and now I coach skaters under the ISI program,” she said. “I like the ‘no pressure’ and ‘just have fun’ aspects of ISI versus other competition programs.”

While Jessica hasn’t participated in any ISI competitions and events in the past few years, she has students who participate in multiple competitions each year, including the annual ISI-endorsed Robert Unger competition at Ice Chalet.

She doesn’t have a current ice skating program or additional goals at the moment. “I just skate because I love it,” she said.

What does she enjoy most about ice dancing?

“I like being creative with different music choices and arm movements to make it one’s own,” she said. “I like tuning in to the rhythms and cadences of each dance and being able to synchronize with another person.”

Jessica considers the biggest challenge of ice dancing to be “maintaining proper technique for the edges and turns of a dance while being expressive of the dance.” She added that the most difficult part of the ISI Dance 10 test is “having or finding a partner that you are comfortable with, who is also a good ice dancer.”

In her free time, Jessica likes to read, crochet, knit and cross-stitch.

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Couple Spotlight

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

Do you have a skater friend whom you would enjoy performing with? If so, then Couple Spotlight just may be the event for you!

Couple Spotlight is for two skaters who perform 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.

It is strongly encouraged to set this program apart from a technical Couple program by presenting the story you want to tell. Know your audience — in this case, that would be the judges. Understand what they are looking for (judging criteria) in your performance.

Your story 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 the prop should be used 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 Couple Spotlight characters that we have seen over the years: Bride and Groom, 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.

If you decide to add this event to your competition repertoire but your skating friend is at a different skating level, that's okay. The only thing to remember is that you must enter into the event at the higher skater's test level. Couple Spotlight events are divided by the following test levels: Low (Tot-Delta), Bronze (FS 1-3), Silver (FS 4-5/Silver), Gold (FS 6-7/Gold) and Platinum (FS 8-10/Platinum).



2024 ISI WORLD RECREATIONAL



El Paso Figure Skating Club, El Paso, Texas — Overall Team Champion and Winner of the Michael Booker Trophy

WORLDS WAS EPIC IN San Jose

Both seasoned and beginning skaters travel from coast to coast and beyond to experience the thrill of competing at ISI Worlds, and this year was no exception! A total of 767 competitors of all skill levels from 42 rink teams from 15 states* and two countries (China and Indonesia), with ages ranging from 3 to 84, descended upon Sharks Ice San Jose in San Jose, Calif., July 25-28, to showcase their skills and soak in all the fun and magic that make Worlds our most EPIC event.

El Paso Figure Skating Club claimed the Michael Booker Trophy, as Overall Team Champion of the event.

In addition to four full days of competition, participants enjoyed the ISI Worlds Competitors' Party held July 26 at San Jose's Excite Ballpark (Twizzle threw out the first pitch!); the July 27 ISI Benefit Show, starring U.S. silver medalist Josephine Lee; pin trading with friends; and exploring the walkable downtown of San Jose and the surrounding area. Watch for more coverage of Worlds in the next issue of *Recreational Ice Skating* and mark your calendar for Worlds 2025, July 24-27, NSC Super Rink, Blaine, Minn.



St. Croix Valley Recreation Center, Stillwater, Minn. — President's Award Winner



City of Bowie Ice Arena, Bowie, Md. — Board of Directors Award Winner



Harry J McDonald Memorial Center, Eagle River, Alaska — Overall Percentage Award Winner



U.S. silver medalist Josephine Lee, who got her start in the ISI Ice Skating program, put on a dazzling ISI Benefit Show performance. Following the show, she contacted the ISIA Education Foundation to make a contribution to the foundation, which supports the academic endeavors of ISI skaters. Thank you, Josephine! (Sweet skater — sweet deal!)

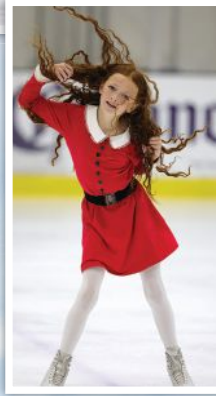
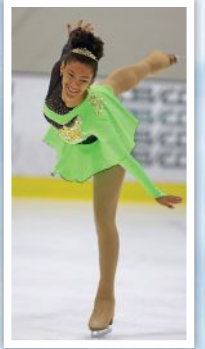
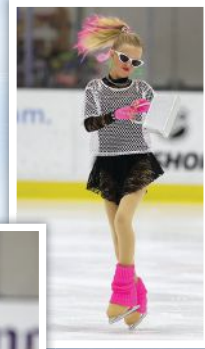
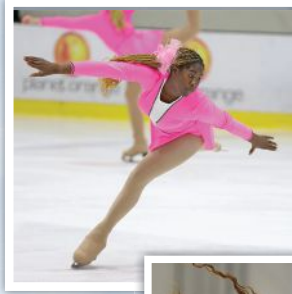
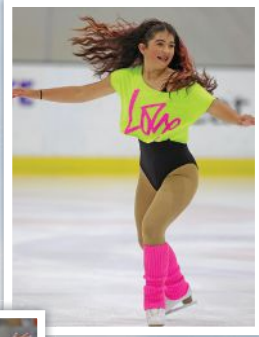


Michael & Linda Biggs, celebrating their 40th anniversary!

*Alaska, California, Colorado, Florida, Hawaii, Illinois, Maryland, Massachusetts, Minnesota, Nevada, Oregon, Pennsylvania, Texas, Washington and West Virginia.

TEAM CHAMPIONSHIPS!

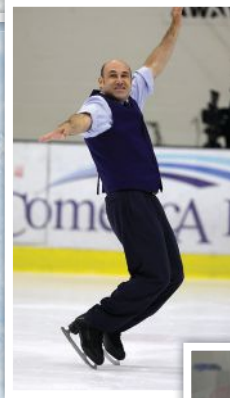
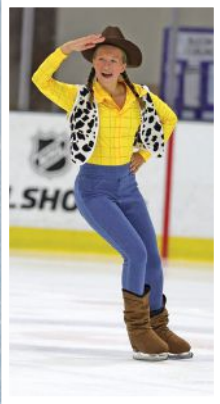
Photos by Diamond Photography



Oldest Skaters: Jimmy White, 84, Ellenton Ice and Sports Complex, Ellenton, Fla.; Cheryl Graffi, 79, Pasadena Ice Skating Center, Pasadena, Calif.

Youngest Skaters: Brendan Holt, 3, Bakersfield Blades Figure Skating Club, Bakersfield, Calif.; Nicole Staravoitova, 3, Nazareth Ice Oasis San Mateo, San Mateo, Calif.

Teams from Farthest Distance: Gardenice, Bandung, Indonesia, 8,724 miles; LeCool Ice Rink, Beijing, China, 5,921 miles



Top 5 Teams

PLACE	TEAM	POINTS
1.	El Paso Figure Skating Club El Paso, Texas	1,527.0
2.	Ontario Ice Skating Center Ontario, Calif.	1,056.0
3.	Sharks Ice San Jose San Jose, Calif.	709.5
4.	Vacaville Ice Sports Vacaville, Calif.	683.0
5.	Stars of Austin Figure Skating Club Pflugerville, Texas	535.0

@SkateISI SkateISI — Ice Sports Industry

ICE

poets



Skating Teacher

Modeling the twisting and turning,
As I dance out on the ice.
I'll be a skating teacher
And my students will think I'm nice.

Isla Lavizani, 6, Gamma

The Cube — Ice and Entertainment Center
Valencia, Calif.

*(Editor's Note: Isla recited her poem at
her kindergarten graduation.)*

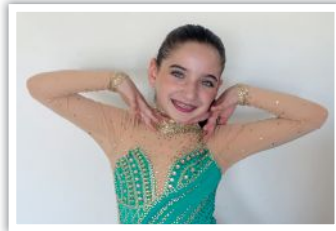


When You Skate, You are free!

When you skate you are free,
You are the best person you can be!
Work is hard on ice and off,
But the rink is truly the best place to be.
Competitions come and go,
You win medals galore,
And sometimes you are the star of the show!
You feel like you are flying,
Wind blowing behind you,
Teammates applauding from afar,
Coaches encourage you with a smile,
They say you'll do just fine!
You jump so high,
You spin so fast,
Spirals, both backwards and forwards,
With all these things you have a great time!

Prisha Thakkar, 10, FS 1, Couples 1

FMC William Chase Arena, Natick, Mass.



Sparkling Blades

Ice skaters unite and pose.
The music begins while twirls and spins are
in sync.
As skaters match the choreographed elegance
blades splice through the ice.
Sparkling ice crystals fly through the air,
and clapping fills the rink.

Leah Yacoubian, 10, FS 3

Iceland Ice Skating Rink, Van Nuys, Calif.



Ice Dance Test

Skates on, warmed up, I'm ready to begin.
There stands my coach, as steady as the trees
And smiling: "Don't forget to bend your knees."
I call on all the months of discipline,
Those early morning practices I've been
So faithful to, the edge drills no one sees,
The patterns, getting stronger by degrees,
And all the setbacks taken on the chin.
Now I am ready — so my coach has said.
"You got this. Just relax, and you'll be fine."
I feel my edges, breathe to clear my head.
Pass or retry, this moment is all mine —
Forget the judges — I must think instead:
To err is human, but to dance — divine!

Elizabeth Weiss Ozorak FS 3, Silver Solo Dance, Pairs 4

International Skating Center of Connecticut (ISCC)
Simsbury, Conn.



Pick It Up

I see them skate all lithe and fluffy.
Sometimes I wish I could feel the light.
Again.
That I felt with cold knees, holding smudged glass.
Thinking every jump a story above,
before they fall with lunar languidness,
to engrave a slate with their sharp signature.
Swirling and flicking, curling.
Flickering.
Drawing their lives.
Drawing me in.

What I once felt is dormant now.
Cold as ice.

Like live fish at a market,
my heart beats only two inches above,
hitting hard into the cold and solid.

Wrestling with incompetence; inadequacy.

Beat. Beat. Beat.

Picks thudding like a mountaineer. I feel too
heavy, like I won't ever swing and dazzle,
like I'm not a feather on a lake.
I dreamt of that future, of me on that music
box, but I've made a grave mistake.

I know it's there now.

Weighing them down. Weighing us all down.
Crushing us.
It's not about the light phantom wings of a bird,
lifting you, loving you.

It's about the one spotlight alighting you as you
fight against the dark.

As you burn the ice.
And you uppercut gravity.
As you fight everything restricting you, all at once.
It's about loving what you do, that fight.
Looking at your reflection next to observers'
mottled faces in the plexiglass and saying:

"Watch me fly like I'm on the moon;
Watch me bring the stars to earth."
I'm strong enough.
I will do it.

Naomi Daniel, 20, FS 1

Skatetown Ice Arena, Roseville, Calif.

Do you have an original poem about ice skating/ice sports to share? Please send it to editor@skateisi.org for consideration in the next issue of *Recreational Ice Skating* magazine.



ISI Synchronized Championships & Texas Showdown

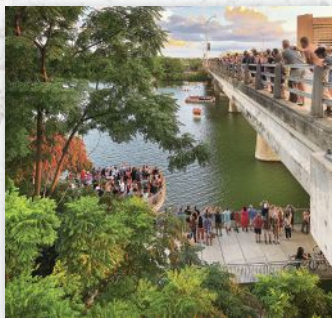
April 5-6

Stars of Austin Figure Skating Club
Ice & Field at The Crossover
Cedar Park (Austin), Texas

Test & Entry Deadline: Feb 3
skateisi.org/synchrochamps

Photos courtesy of Visit Austin

SADDLE UP IN AUSTIN ROCK THE SYNCHRO CHAMPS & TEXAS SHOWDOWN!



Congress Bridge Bat Viewing

BentoBox Photos



Historic Sixth Street Mural

Carmen M. Fischer



Nixta Taqueria

Jacob Lerma



Live Music at Sour Duck

Richard Casteel



Nido rooftop restaurant at The Loren hotel

Casey Woods

by Eileen Viglione

Saddle up for a sweet time of skating at the ISI Synchronized Championships & Texas Showdown, April 5-6, at the Stars of Austin Figure Skating Club in Ice & Field at The Crossover in Cedar Park (suburb of Austin), Texas.

This fun event is open to both synchro and non-synchro teams from the area and across the country. In addition to synchro events, it will offer Production, Kaleidoskate, Pattern, Team Compulsories, Ensemble, Family Spotlight and Couple Spotlights. Test and entry deadline is Feb. 3.

CEDAR PARK/AUSTIN

Located on the edge of the Texas Hill Country, Cedar Park is located just 21 miles from downtown Austin, and April is a fantastic time to visit this beautiful area of the country — the temperature is pleasant (the scorching Texas summer heat hasn't moved in yet), the bluebonnets are in bloom, and it's the ideal patio weather!

Austin is known for its vibrant music scene, often referred to as the Live Music Capital of the World. Visitors can catch live music at the many clubs, coffeehouses, bars, restaurants and festivals, and in just about every nook and cranny of this lively city. For a distinct Austin vibe, check out the popular Sixth Street, where you'll discover a colorful array of bars, restaurants and entertainment venues — all bursting with musical performances.

There's also no shortage of other world-class attractions and family-friendly activities in Texas' capital city. Museums, art galleries, parks, swimming holes, shops, hiking trails — you name it, Austin has it, and it's proud of its "Keep Austin Weird" motto. Truth be told, the slogan is really just a call to keep the city from losing its eclectic character.

For a unique Austin experience, be sure to visit the Congress Avenue Bridge, home to the largest bat colony in North America. At sunset, you'll marvel at the hundreds of thousands of bats emerging from underneath the iconic bridge.

MORE INFORMATION
skateisi.org/synchrochamps
visitaustin.com

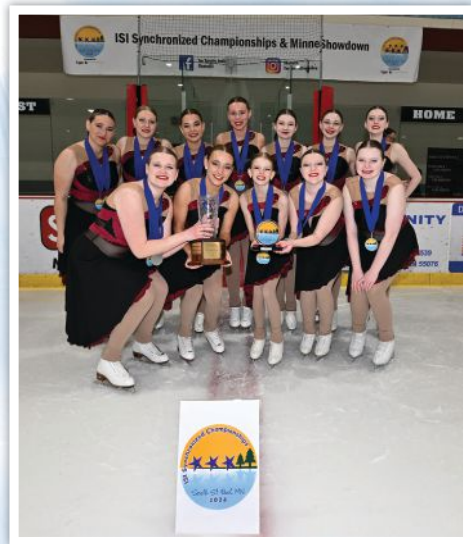
2024 SYNCHRONIZED CHAMPION



Presented By



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2024 Synchro Teen Premiere Champion — Blade Brigade (Gold), Kennedy Recreation Center, St. Louis



2024 MinneShowdown Champion — M Health Fairview Sports Center, Woodbury, Minn.

Skaters Create S'more Synchro & Showdown Memories!

The historic Doug Woog Arena in South St. Paul, Minn., was the setting for our 2024 Synchronized Championships & MinneShowdown on April 6, and the facility did not disappoint!

"We had enthusiastic teams, eager to be at the event, and they all enjoyed the S'mores camping theme," said ISI Skating Programs & National Events Director Kim Hansen. "Barb Yackel [Blades N Motion skating school founder and coach] went out of her way to make the competition wonderful. The arena was beautiful and spotless, the hospitality was amazing, and the schedule was comfortable, allowing all teams to get to multiple events. Plus, we had great springtime weather in Minnesota, and St. South Paul is a quaint community."

As the Teen Premiere Champion of Synchro Champs, the Blade Brigade (Gold) of the St. Louis Kennedy Recreation Center, took home the Boyd Wietecter Trophy, named in honor of the late Wietecter, who was a staunch supporter of the ISI. It was an exceptional full-circle moment, as Mr. Wietecter was employed by the St. Louis County Parks for 35 years, including 26 years as director of the Kennedy Recreation Complex!

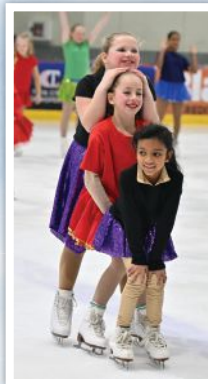
M Health Fairview Sports Center of Woodbury, Minn., was crowned the winner of the MinneShowdown.



Thank you to our presenting sponsors, Croatian Hall South St. Paul and North Risk Partners, for their support of our event.

NSHIPS AND MINNESHOWDOWN

Photos by Perkins Media Group



Youngest Skaters

Jamie Reis, 1, and Lettie Kessner, 4, both from M Health Fairview Sports Center, Woodbury, Minn.

Most Events

Aubrey Lovins, Hadley Rhein, Breelie Schmuecker and Holly Sorgert, 6 events each, all from M Health Fairview Sports Center

Largest Skating Teams

M Health Fairview Sports Center, 81 skaters; Blue Mound Figure Skaters Inc., Luverne, Minn., 33 skaters; NSC Super Rink, Blaine, Minn., 32 skaters



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TEAMS **I** N SYNC

BLADE BRIGADE

Wayne C. Kennedy Recreation Complex, St. Louis, Mo.



Blade Brigade (Gold), Kennedy Recreation Center, St. Louis — the 2024 Synchronized Championships Teen Premiere Champion

From left, back row: Maddie Averbeck, Kayla Randolph, Haley Paluczak, Lilly Averbeck, Laney McRoberts, Juli Valleroy, Alyssa Kaiser. From left, front row: Anna Rohr, Izzy Paluczak, Rebekah Stockwell, Brianna Kaiser, Kenzie Brown.

Coaches: Niki Hrebec and Mandy Paluczak

Year Formed: 1981

Interesting note: Strictly an ISI-affiliated team, Blade Brigade teen synchronized skating team was started at Wayne C. Kennedy Recreation Complex, the home of the late Boyd Wietecter, who served 35 years with St. Louis County Parks, including 26 years as director of the Wayne C. Kennedy Recreation Complex. The Boyd Wietecter Trophy is awarded to the team that wins the Teen Premier Round at the annual ISI Synchronized Championships.

Skaters' Ages and Levels: 8-11, FS 2-6

Team Practice: October through April (1-2 times a week)

Team Colors: Black, red, white

Team Slogan: No slogan, but the team's mission is as follows: To provide an environment where skaters of all skill levels and ages may reach their skating goals and compete with good sportsmanship while encouraging the development of teamwork, self-confidence, dedication, trust, friendships and heart, which will help skaters to succeed on and off the ice.

Website Address: skatebladebrigade.com

Facebook Page: bladebrigade

Instagram Page: @bladebrigadeteams

ISI National Competitions (that the team has competed in): Synchronized Championships

Upcoming ISI National Competitions: Winter Classic, Synchronized Championships

Coaches' Comments regarding what they enjoy most about coaching a synchro team:

"I love the process of making something magical with the girls and sharing my passion for skating. I love seeing them work, create, and become family together. I also get to work with my best friend, Mandy. I am very blessed."

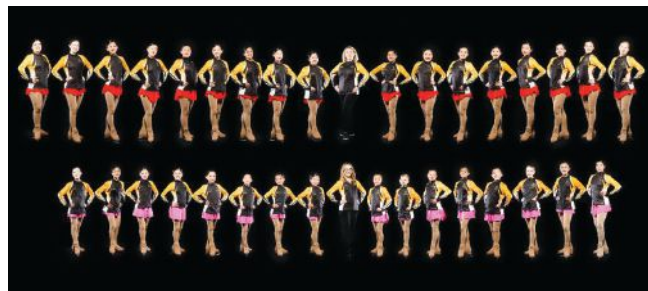
Niki Hrebec

"I would have to say I love coaching synchro because it has allowed me to continue being involved in the sport I have loved for so many years. On top of that, developing connections with all my skaters and watching them grow not only into strong skaters but strong men and women as I coach them through their skating journey is by far the most rewarding aspect of coaching synchro. I will always cherish the time I have had with every skater I have coached, no matter if it was for one year or for 10, and I will always have so much love for each and every one of them."

Mandy Paluczak

DUBLIN DAZZLERS & DUBLIN DOLLS SYNCHRONIZED SKATING TEAMS

Tri Valley Ice Dublin, Dublin, Calif.



Coaches: Sandy Gray & Brittany Gray

Year Formed: 1999

Current Membership: 17 Dazzlers, 12 Dolls

Dazzlers: Jia Acharya, Lara Akman, Jocelyn Balland, Rasika Bankar, Sofia Bedolla, Olivia Halim, Lauren Ji, Angela Li, Jessica Lien, Joanna Lien, Elena Nguyen, Zoe Soong, Lily Tang, Nicole Targosz, Cristina Tuy, Sasha Vorobiev and Isabella Wu

Dolls: Sophie Chang, Kaydri Ho, Nika Khulup, Vedha Kodali, Colette Lum, Tanisha Mandalia, Sophia Pan, Emery Smith, Lydia Tigner, Olivia Tian, Kiara Wanchoo and Ashley Wong

Skaters' Ages and Levels: Dazzlers, 12-17, FS 4-7; Dolls, 8-12, FS 1-4

Team Practice: 30 minutes, twice weekly

Team Colors: Black and gold

Team Slogan: "Skate Because You Love It."

Website Address: N/A

Facebook Page: N/A

Instagram Page: @d3synchro

ISI National Competitions (that the team has competed in):

World Recreational Team Championships, Synchronized Championships, Theatrical Challenge, Winter Classic

Upcoming ISI National Competitions: World Recreational Team Championships

Coaches' Comment regarding what they enjoy most about coaching a synchro team:

"We always look forward to our team practices and seeing our skaters happy and eager to work together as a team. It is very rewarding to watch them learn and progress while having fun in a sport they love. The life-long friendships they make from skating together on a synchro team are priceless."

WINTERETTES GOLD

Winterland Skating School/Rockland Skating Rink
Rockland, Mass.



Coaches: Meaghan Morrissey and Jessica Shaw

Year Formed: 2019

Current Membership: 15

Kaitlin Bartlett, Lily Bendell, Brooke Blahut, Sophia Carroll, Jenna DiRamio, Hadley Dwyer, Kyleigh Egan, Molly Finch, Liliana Fuller, Fiona Lee, Mackenzie Matzdorff, Olivia McCann, Alice McDonald, Ava Vaughn, Lillian Wright

Skaters' Ages and Levels: 10-16, FS 1-Platinum

Team Practice: Twice weekly

Team Colors: Blue and red

Team Slogan: "One Dream, One Team"

Website Address: winterlandskatingschool.com

Facebook Page: Winterland-Skating-School

Instagram Page: @winterlandskatingschool

ISI National Competitions (that the team has competed in): Beantown Showdown

Upcoming ISI National Competitions: ISI-endorsed event at FMC Gardner Veterans Arena in January 2025 and ISI Districts in June 2025.

Coaches' Comment regarding what they enjoy most about coaching a synchro team:

"We enjoy watching the bond that forms between teammates. Skaters at Winterland have a skating family, and this team is a great example of that."

Upcoming ISI National Competitions: World Recreational Team Championships, Synchronized Championships

Coaches' Comments regarding what they enjoy most about coaching a synchro team: "Synchro has always been a lifelong passion for all our coaches, deeply rooted in our family history with synchronized skating and ISI. We cherish the joy of skating and teaching all skaters to love the sport. Our goal is to positively impact each and every skater's journey. Working with multiple skaters to create cohesive programs is incredibly fulfilling."



Austintatious Stars, from left: Carly, Cathryn, Sarah, Anne, Dawn, Jenna, Amelia, Bryn, Devinai, Michelle.



From left: Maddie, Coach Carly, Bryn, Gloria, Semara, Devinai, Amelia, Grace



From left, back row: Eva, Luna, Malone, Valencia; front row: Duda, Sofia, Natalie, Peyton, Madison, Elodie



From left, back row: Semara, Emma, Duda, Sofia, Luna, Malone, Peyton, Madison, Elodie, Gigi, Catalina; front row: Maddie, Helen, Isabelle, Elise, Bryn, Gloria, Jada, Amelia, Saanvi, Grace



From left, back row: Coach Dawn, Coach Carley, Devinai, Lauren, Saanvi, Jenna, Coach Cathryn; front row: Heather, Brittany, Anne, Elizabeth, Genesis, Jasmine, Moni

STARS OF AUSTIN FSC TEAMS

Pflugerville, Texas



Coaches: Carly Tremewan, Cathryn Tremewan, Dawn Dudley

Year Formed: 2002

Current Membership: 45

Skaters' Ages and Levels: 4-70, Tot-FS 8

Team Practice: Once a week

Team Colors: Red, fuchsia, purple, teal

Team Slogan: "Smile, Shake It, We Love You"

Website Address: starsofaustinfsc.com

Facebook Page: StarsofAustinFSC

Instagram Page: @starsofaustinfsc

ISI National Competitions (that the team has competed in): One or more of the teams have competed at World Recreational Team Championships every year since 2004.

Would you like your synchro team(s) to be featured in Teams in Sync? Coaches, please send your team profile (using the information above as a guideline) and high-resolution photos to editor@skateisi.org for consideration. Teams/skaters must be ISI members.



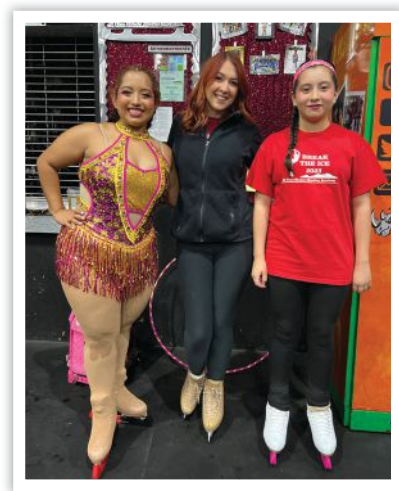
My Coach ROCKS!

Does your ISI coach rock? Please send a short essay (about 75 words or less) telling us why, along with a high-resolution photo, to editor@skateisi.org. We'll run it in an upcoming issue of *Recreational Ice Skating magazine*. Note: Essays must be written by skaters (not their parents). Skaters and coaches must be current ISI members.

Paolo Ramirez

“ Our coach, Paola Ramirez, rocks because she encourages us and pushes us to reach our full potential. As sisters, we both love to skate together, and Paola embraces our sisterhood, and even if we are different levels, she always makes it work. ”

Alyssa Devora, 23, FS 4 and Open FS Bronze
Marissa Ramirez, 12, FS 2
El Paso Blades Skating Academy
El Paso, Texas



From left, Alyssa Devora, Coach Paola Ramirez and Marissa Devora



From left, Rylan Higgins, Coach Albie Minkovitz, Aneliese Bouzan and Lila Yennior

Albie Minkovitz

“ Albie Minkovitz has been a coach for over 50 years. Our coach instilled in us a love of skating. She challenges us to be great skaters, but she also supports us. She is firm, but kind and funny. She inspires us to always want to work hard and do our best, but in a way that is fun. ”

Rylan Higgins, 16, FS 5
Aneliese Bouzan, 16, FS 4
Lila Yennior, 15, FS 7
FMC William Chase Arena
Natick, Mass.

Jennifer Jones

**Jennifer Jones Ice Theatre
Skatetown
Roseville, Minn.**



From left, back row: Kayla Yeung, Juliette Trump, Sydney Marks and Amelia Backes. Front row: Keira McGarry, Coach Jennifer Jones, Abigail Burgess.

“ Jennifer is so nice. She always helps me learn new skills, and when I fall she helps me get up, and she helps me try again. ”

Keira McGarry, 11, Open FS Silver

“ I think Jen is the best coach because of how uplifting she is. She keeps each lesson fun and productive. I wouldn't be even close to where I am in skating without her. Jen is more than just a coach, she's the person I look up to and one of my best friends. Love you so much, Jen! ”

Abigail Burgess, 14, Freestyle 2

“ Thank you for your time and effort in coaching us. ”

Kayla Yeung, 13, Open FS Bronze

“ Jen is such a good coach. She brightens my day with just one compliment or correction. I decided to have Jen as my coach about three years ago, and I have improved so much since then. I am so grateful for her smiles. Thank you, Jen, for everything you do for me. Lots of love from your favorite hamster! ”

Juliette Trump, 14, Open FS Bronze

“ Coach Jen's guidance and support have helped me grow as an athlete. ”

Sydney Marks, 15, FS 2

“ Jennifer is like a second mom to me and her other students. She has been with me my whole skating journey, and I couldn't do it without her. She pushes us to be better and get stronger. Her unwavering support and belief in my abilities have meant the world to me. ”

Amelia Backes, 12, Open FS Silver

Amanda Truax

“ My coach, Amanda Truax from River Blades Skating School in Hastings, Minn., rocks! She has taught me so much about figure skating and has made a huge impact on my life. She is very kind, supportive, and *always* has a positive attitude. I appreciate her so much and all she does for me and all the skaters at River Blades. She is truly an amazing person, and I feel really lucky to have her as my coach! ”

**Livie Schmidt, 12, FS 2
River Blades Skating School
Hastings, Minn.**



Livie Schmidt and Coach Amanda Truax

Jenna Pitts

“ Ms. Jenna is a very kind coach. I have learned all my skills from her. She not only teaches but also participates in competitions, which is inspiring. I started training with her in 2022, and she has helped me win lots of medals at competitions. She keeps helping me even if I make mistakes. She is my role model, and I want to be able to skate like her someday! ”

**Daksh Bharat, 10, FS 1 and Couples 1
FMC William Chase Arena
Natick, Mass.**



Daksh Bharat and Coach Jenna Pitts

THE ADVENTURES OF

Twizzle



"OH, THE PLACES YOU'LL GO!"
-DR. SEUSS

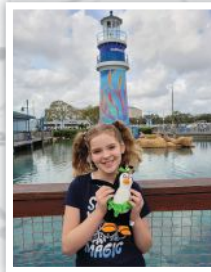
"ALWAYS SAY YES
TO NEW ADVENTURES."



Grand Canyon, Arizona
Ajooni Sandhu, 11, FS 4
FMC William Chase Arena
Natick, Mass.



ISI St. Louis Park Summer
Classic, St. Louis, Minnesota
Stella, 10, (FS 3), and
Cora, 6, (Beta), **Salak**
White Bear Lake Sports Center
White Bear Lake, Minn.



Sea World Orlando,
Orlando, Florida
Gemma Quigley, 10, FS 2
Central Florida Figure Skating Club,
Orlando Ice Den
Orlando, Fla.



Mammoth Cave National Park,
south central Kentucky
Norah Ortlieb, 7, Alpha
Greater Pensacola Figure
Skating Club
Pensacola, Fla.

Thanks to our spectacular skaters, Twizzle has had an amazing year of adventures so far! She hasn't stopped talking about all the fun she's having as she traverses the country with her skating besties. She has gone on adventures in four states: Arizona, Florida, Kentucky and Minnesota. (Poor Flip, he's feeling a bit envious that he didn't get to tag along — he had to work long hours at the ice arena — but he's hoping he'll get to travel soon!)

Skaters, can you help Twizzle and/or Flip in their quest to participate in an adventure in every state? Share your Twizzle and/or Flip photos with us, and we will track their adventures across the United States (in the pages of this magazine). Send photos to editor@skateisi.org. Be sure to include adventure location as well as name, age, skating level and home club and/or rink. (Also, feel free to send photos from adventures outside of the United States as well!)

Flip 'n' Fun... Adventures & Activities

CAPTURE THAT EXTRA CREDIT!

Did you know that your *ISI Handbook* includes several pages of “Uncaptured Moves” — maneuvers that are not required in any of the test levels? These maneuvers, or skills, can be added to your routines for additional content. They can help to connect other required moves while adding to your Extra Content, General Overall and Judge Appeal scores. How many of them do you already know? Match the maneuvers with their correct description.

- ___ Attitude
- ___ Double Bunny Hop
- ___ 1-Foot Salchow
- ___ Inside Axel
- ___ Corkscrew Spin
- ___ Forward Outside Pivot
- ___ Double Walley
- ___ Charlotte
- ___ Quarter Flip
- ___ Broken Leg Spin
- ___ Split Flip
- ___ Grafstrom Spin



Attitude



Broken Leg

- A** 1 full revolution in the air, landing on the backward inside edge of the foot used for takeoff.
- B** Similar to a half flip but takes off and lands on the same toe used for takeoff.
- C** A sit spin position with free leg held out to the side.
- D** A camel spin with a very bent skating knee.
- E** A jump where the skater extends legs into split position in the air (one rotation), landing backward on one foot.
- F** 1 1/2 revolutions, takeoff forward inside edge, landing backward outside edge on same foot used for takeoff.
- G** An upright glide with the free leg held behind with the knee bent and the foot, knee and thigh held as high as the skating hip.
- H** Backwards glide with upper body bent down to touch skating leg while free leg is held straight in air in split position.
- I** A skip, taking off and landing forward on the toe of the takeoff foot.
- J** One toe remains stationary on ice while the other foot revolves around it on a forward outside edge.
- K** 1-foot spin, free leg crossed behind spinning leg.
- L** 2 revolutions from a backward inside edge and landing on a backward outside edge.



Answers: Attitude, G; Double Bunny Hop, I; 1-Foot Salchow, A; Inside Axel, F; Corkscrew Spin, K; Forward Outside Pivot, J; Double Walley, H; Charlotte, L; Quarter Flip, B; Broken Leg Spin, C; Split Flip, E; Grafstrom Spin, D.

Flip 'n' Fun...

TURN A PINECONE INTO A PENGUIN!



SUPER CUTE!!

FLIP & TWIZZLE ARE FLIPPIN' OUT OVER THIS COOL CRAFT!



SUPPLIES NEEDED:

- Pinecone (from outdoors or store bought)
- Black acrylic paint
- Black marker
- Craft felt
- Small, white Styrofoam ball
- Felt (black, white, yellow, orange)
- Paintbrush (small)
- Glue gun

Optional: pipe cleaner (any color) and small craft pom-pom — to make earmuffs.



INSTRUCTIONS:

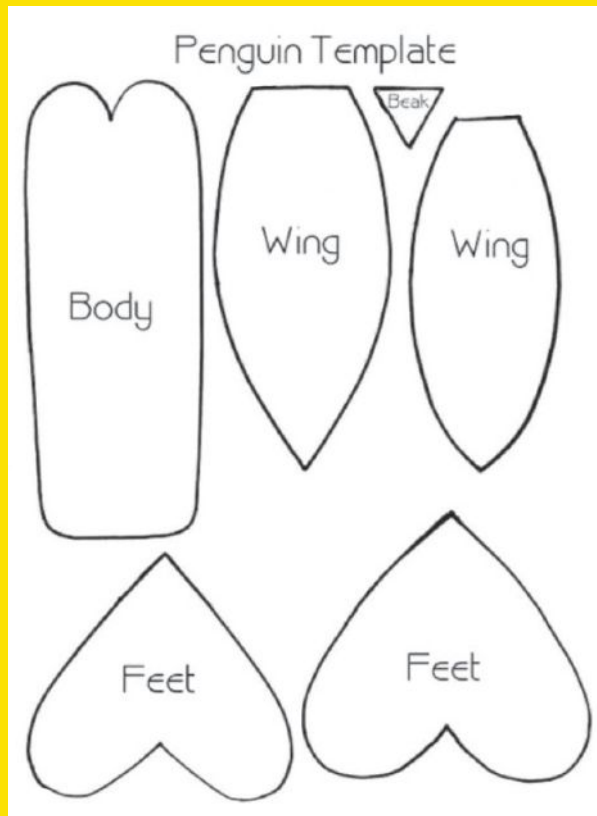
STEP 1. Prepare the pinecone if found outdoors to exterminate any unwanted pests: Submerge in a solution of water and vinegar (two parts water/one part vinegar) for 30 minutes, freeze in a plastic bag for at least 24 hours or bake in the oven at 200 degrees for 30 minutes.

STEP 2. Once dried, thawed or cooled, paint the pinecone black.



Adventures & Activities

STEP 3. While pinecone is drying, cut out the felt shapes (refer to illustration on the left, below) as follows:



- For the body: 1 white oval shape as shown in illustration (a bit shorter and skinnier than the pinecone)
- 2 black wings and smaller white wings that will be glued on the underside of the black wings
- 1 small orange triangle for the beak
- 2 orange feet
- 1 yellow scarf (8 inches long and 1/2 inches wide; not shown on template) — using scissors, make small cuts into each end to create fringe



STEP 4. Paint the top part of the Styrofoam ball black, coming to a point in the front to make the penguin's head. You can also use a black magic marker if easier.



STEP 5. Glue the penguin's body together:

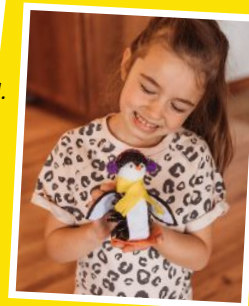
- Glue the orange feet to bottom of pinecone.
- Glue the white belly onto the front of the pinecone, just above penguin's feet.
- Glue the white wings onto the black wings and glue to penguin's body.
- Glue the painted Styrofoam ball to the top of the pinecone.

STEP 6. Add Flip's trademark yellow scarf! Wrap it around the head and glue to secure.

STEP 7. Make the penguin's face:

- Using a black marker, make two small dots for eyes.
- Glue the orange felt beak underneath.

OPTIONAL: To make earmuffs, cut a small piece of pipe cleaner long enough to fit around the top of the Styrofoam ball, and glue a small craft pom-pom to each end. Place it on top of the penguin's head.



THANK YOU TO CHESNEY MARTHALER, 5, FOR DEMONSTRATING HOW TO TURN A SIMPLE PINECONE INTO A CUTE PENGUIN.

CHESNEY IS A MEMBER OF RIVER BLADES SKATING SCHOOL AT HASTINGS CIVIC ARENA IN HASTINGS, MINN.



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

parents' page

Parents Ask Questions ?



Q. My daughter's instructor is encouraging her to enter her first competition at our rink. She's only in a Beta class now. What do we have to do to be sure she's ready for this?

A. If your daughter is excited to do this, she is certainly ready! Since she is just now learning the Beta skills, she wouldn't be competing at that level yet. She must first be a current ISI member and pass her Pre-Alpha and Alpha badge test to qualify to compete at that level. Any professional ISI member can administer and register these tests — check with your instructor to determine your rink's policy and procedure. The tests then must be registered in the ISI national office before the competition entry deadline date.

Some competition events require a few private lessons to learn a routine to music, while others don't. Assuming your instructor is an ISI Professional member, she will be knowledgeable on all the different event categories and help your daughter make the best choice for her first competition performance.

Q. My 5-year-old son often watches his sister skate and now says he wants to play hockey, but he's never been on the ice before. What is a good age for him to start?

A. Most hockey coaches will tell you that their best players are those who have solid skating skills. Your son is certainly ready to start mastering the balance and learning forward and backward skating, stopping, crossovers and turning maneuvers that will allow him later to focus on things like stickhandling and scoring goals!

Q. My daughter's foot has been growing quickly and she needs another pair of skates. I want to be sure the next pair lasts for years, but her instructor insists this is a bad idea. What is the problem with getting another pair with plenty of "growing room?"

A. A couple of things — first, stand your daughter's skate on a flat surface like a tabletop. Notice how the entire blade is not touching the surface. Only a small portion of the blade, called the "rocker," actually touches the ice when upright. It is important that the ball of your daughter's foot be over this part of the blade for proper balance. A skate that is too long will cause her weight to shift dangerously backward.

Blisters are also formed from skates that are too big — not too small, as is often believed. The boot needs to be snug enough that the foot and skate move as one. When the foot has room to move around and rub back and forth against the leather, painful blisters will occur.

Therefore, it is never recommended to get more than a half-size in "growing room." Even then, insoles are often used initially to elevate the foot and take up some of the additional space in the boot to prevent injury.

Are you a parent who has a question about skating or the ISI? Please email your question to editor@skateisi.org, and we'll be happy to answer it!

High-Level Tests

Congratulations to the following skaters who have passed high-level tests (July 22, 2023 - Aug. 28, 2024).

FREESTYLE 9

Kenley Novak

White Bear Lake Sports Center
White Bear Lake, Minn.

Meaghan Richards

Sharper Edge Skating School
Concord, Mass.

Ella Steffl

SportQuest Skating Academy (SQSA)
Parade
Minneapolis

FREESTYLE 8

Ashleigh Berlien

White Bear Lake Sports Center
White Bear Lake, Minn.

Joslyn Edminster

NSC Super Rink
Blaine, Minn.

Lillian Engelke

NSC Super Rink
Blaine, Minn.

Jin Hudson

SportQuest Skating Academy (SQSA)
Parade
Minneapolis

Lucy Koschinska

SportQuest Skating Academy (SQSA)
Parade
Minneapolis

Audrey Lee

NSC Super Rink
Blaine, Minn.

Kenley Novak

White Bear Lake Sports Center
White Bear Lake, Minn.

Ava Paulson

Hutchinson Figure Skating Association
Hutchinson, Minn.

Allison Piper

Orlando Ice Den
Orlando, Fla.

Hannah Stricker

SportQuest Skating Academy (SQSA)
Parade
Minneapolis

DANCE 10

Jessica Buchko

Ice Chalet
Knoxville, Tenn.

DANCE 9

Jessica Buchko

Ice Chalet
Knoxville, Tenn.

DANCE 8

Sofia Melani

Ice & Blades Figure Skating Team
Pittsburgh, Pa.

HEATHER SMARICK

Ice & Blades Figure Skating Team
Pittsburgh, Pa.

INTERNATIONAL DANCES:

- AUSTRIAN WALTZ
- CHA CHA CHA CONGELADO
- FINNSTEP
- GOLDEN WALTZ
- MIDNIGHT BLUES
- RAVENSBURGER WALTZ
- RHUMBA
- SILVER SAMBA
- TANGO ROMATICA
- TEA-TIME FOX TROT
- YANKEE POLKA

2024 Competitions

September

14-15 **Arlington TX**
ICE at The Parks 21st Annual ISI Open Competition
ICE at The Parks

28-29 **Johnstown PA**
Crown & Glory Invitational
1st Summit Arena

October

4-6 **Huntsville AL**
4th Annual Dream Bigger, Aim Higher, Reach Farther ISI Team Competition
Huntsville Ice Sports Center

5 **Roseville CA**
Octoberfest
Skatetown Ice Arena

25-26 **Woodbury MN**
Skate Woodbury ISI Classic
M Health Fairview Sport Center

26 **Simi Valley CA**
Iceplex Simi Valley 21st Annual ISI Open Competition
Iceplex Simi Valley

26 **San Francisco CA**
Haunted In-House
Yerba Buena Ice Skating Center

November

1-3 **Tampa FL**
ISI Fall Challenge 2024
TGH Ice Plex

1-3 **St. Peters MO**
Show-Me State Games ISI Spooktacular Competition
City of St. Peters Rec-Plex



2024 ISI Heartland Challenge
Nov. 8-10
Lou & Gib Reese Ice Arena
Newark OH

23 **Littleton CO**
South Suburban Sports Complex Winterfest ISI Competition
South Suburban Sports Complex

23-24 **New Ulm MN**
Fall Festival
New Ulm Civic Center

30-Dec. 1 **North Richland Hills TX**
2nd Annual ISI Pumpkin Spice & Everything Ice
NYTEX Sports Centre

December

6-8 **White Bear Lake MN**
White Bear Lake Holiday Open
White Bear Lake Sports Center

2025 Competitions

January

18 **Centennial CO**
Family Sports Center ISI Competition
South Suburban Family Sports Center

February

7-9 **Blaine MN**
Frosty Blades 2025
NSC Super Rink

8-9 **Marlborough MA**
The Center Skating Academy 1st Annual Competition
New England Sports Center



2025 ISI Winter Classic
Feb. 14-16
City of St. Peter's Rec-Plex
St. Peters MO

22-23 **Brookings SD**
Brookings Prairie Polar Blast
Larson Ice Center

April



2025 ISI Synchronized Championships & Texas Showdown
April 5-6
Stars of Austin Figure Skating Club
Ice & Field at The Crossover
Cedar Park (Austin) TX

May

2-4 **Knoxville TN**
The 56th Annual Robert Unger ISI Competition
Ice Chalet

June

8-9 **Littleton CO**
Yvonne Dowlen Memorial ISI Competition
South Suburban Sports Complex

July



2025 ISI World Recreational Team Championships
July 24-27
NSC Super Rink
Blaine MN

2024 Shows & Exhibitions

September

12 **Arlington TX**
Monthly Exhibition
ICE at The Parks

October

10 **Arlington TX**
Monthly Exhibition
ICE at The Parks

November

14 **Arlington TX**
Monthly Exhibition
ICE at The Parks

December

8 **Knoxville TN**
The 37th Annual Nutcracker on Ice
Ice Chalet

11-12 **Honolulu HI**
From Me to You, A Classic Christmas
Ice Palace Hawaii

12 **Arlington TX**
Monthly Exhibition
ICE at The Parks

14 **Arlington TX**
Holiday at The Parks
ICE at The Parks

*"We have ISI spirit, yes we do!
We have ISI FUN, how 'bout you?"*



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UPCOMING ISI NATIONAL EVENTS

Watch for more national events to be announced shortly!



2024 ISI Heartland Challenge

Nov. 8-10, 2024
Lou & Gib Reese Ice Arena
Newark, Ohio
Test & Entry Deadline: Sept. 25, 2024



2025 ISI Winter Classic

Feb. 14-16, 2025
City of St. Peters Rec-Plex
St. Peters, MO
Test & Entry Deadline: Dec. 12, 2024

2025 ISI Synchro Championships & Texas Showdown

April 5-6, 2025
Stars of Austin Figure Skating Club
Ice & Field at The Crossover
Cedar Park (Austin), TX
Test & Entry Deadline: Feb. 3, 2025



2025 ISI World Recreational Team Championships

July 24-27, 2025
NSC Super Rink
Blaine, MN
Test & Entry Deadline: May 15, 2025



For details, visit skateisi.org