



INSIDE EDGE

SQSA PARADE FIGURE SKATING CLUB, PARADE ICE GARDEN, 600 KENWOOD PKWY, MPLS, MN 55403

SQSA PARADE CELEBRATES SECTIONAL, NATIONAL & INTERNATIONAL COMPETITORS!



Club Members rock their team spirit during a send-off celebration for Coco, Izzi and Maddy!

CONGRATULATIONS TO:



COCO KAMINSKI

Senior Ladies competitor at the Warsaw Cup!
(w/Peter Biver)

IZZI GOROWSKY
Grassroots Division Champion!
Young Artist Showcase (MKYAS4)



MADALYN MOREE
Midwestern Sectionals Silver Medalist!
Advances to USFS Nationals
in Boston
January 5-12

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Calendar 2013-14



(Summary of major events. See website CALENDAR for complete club schedule)

Dec 13: Deadline for Frosty Blades Competition

Dec 14: SQSA Parade Holiday Party at Parade Ice Garden 11:30-1:00 (Club Photo 8:30-9:00am)

Dec 15: IllumiSkate Exhibition at Parade Ice Garden

Dec 21: Deadline for Rochester Competition

Jan 7: Team Practices begin (see website for complete schedule)

Jan 11-12: Blizzard Blast ISI Competition

Jan 31- Feb 2: Duluth USFS Competition

Feb 7-9: Rochester USFS Competition

Feb 7-9: Frosty Blades ISI Competition

Feb 28-Mar 2: Blades of March ISI Competition

Apr 25-26: SQSA Parade Spring Ice Show

May (TBD): Roseville Open USFS Competition

June 20-21: Braemar USFS Competition

June 8: SQSA Parade Club Banquet at Interlachen Country Club

July TBD: SQSA Summer Skate Camp at Breck

July 18-20: Skate St. Paul USFS Competition

August 1-3: Robin Lee USFS Competition

August 22-24: Minnesota State Figure Skating Championships (USFS)

October 5-8: Upper Great Lakes Regionals (USFS)

Congratulations

Test Results



Ella Brauer - FS3 (Freestyle 3)
 Lyra Koutlas - FS5
 Anya London - FS2
 Lucy Mayer - FS7
 Grace Stoelzing - FS6



USFS test results pending. December results will be posted in the January newsletter. Congratulations testers!

WHITE BEAR HOLIDAY CLASSIC

WOW! 47 SQSA Parade skaters, levels Beta through FS8/Open Platinum, competed in 51 different events at the White Bear Lake Holiday Classic Competition. With many skaters participating in multiple events, SQSA Parade skaters were on the ice a total of 93 times! SQSA Parade placed 3rd overall in the competition. What a great way to kick-off the 2013-14 ISI Competition Season!

GREAT JOB SKATERS!

Odeya Atar	Coco Kaminski	Jane Olney
Caroline Bercaw	Lyra Koutlas	Greta Paschke
Isabel Bercaw	Stephanie Krause	Allison Pasdo
Kyle Berglund	Katie Kurzejewski	Ava Pihlstrom
Isabel Constable	Isabella Litecky	Vivien Pihlstrom
Shannon Cross	Olivia Litecky	Kate Rekas
Lucille Durben	Anya London	Abby Richardson
Zoe Fustgaard	Mimi Longe	Alessandra Scarpa
Isa Garcia	Lucy Mayer	Linnea Schott
Grace Goers	Elizabeth McClurg	Casey Schwarzkopf
Kirby Goodman	Kate McDonald	Amelia Selstad
Izzi Gorowsky	Charlotte Meeks	Leah Smith
Sarah Marie Green	Abigail Moredock	Grace Stoelzing
Sophia Heegaard	Madalyn Moree	Ava Unowsky
Annika Imdieke	Sadie Nelson	Adele Varley
Stella Jass	Zarah O'Brien	

UPCOMING CLUB EVENTS

↓ SAVE THE DATES! ↓



Sunday, December 15th, 6:30pm

This year's show is certain to illuminate your holiday season, and it's shaping up to be the best IllumiSkate ever!!

40 skaters have been working hard to ensure their programs are 'performance ready' for Sunday! The show will last about an hour and be followed by goodies & beverages for everyone!

The performance is free*, and we'd love a large audience to enjoy this festive event, so please invite family, friends & neighbors to come watch!

***Participants (Skaters), please remember to bring your 'registration fee': 1 dozen baked goods to share!**

(Contact Show Director, Raleigh Weld, for more information)

REMINDER: CLUB PHOTO - Sat. 12/14

ALL SQSA Parade Figure Skating Club SKATERS are invited to be in this group photo!

Skating dress, tights, skates on, hair up & ready to smile for the camera ☺

8:30 am SHARP!

PLEASE JOIN US:

SQSA PARADE

HOLIDAY SKATE

(AND SILENT AUCTION FUNDRAISER)

SATURDAY 12/14, 11:30 – 1:00

- **Cookies & Hot Chocolate**
- **Skating**
- **Service Project – Holiday Cards**
- **A visit from the North Pole?!**
- **Auction Items include:** Pro Ice punch card, Chanhassen Dinner Theater tickets, Learn to Skate Classes, Tilia Gift Card, and more....

Open to the public –
bring your friends and family!

MADALYN MOREE PLACES 2nd IN USFS MIDWESTERN SECTIONALS ADVANCES TO NATIONALS

Maddy qualified for one of the 12 coveted Juvenile spots available at the 2014 USFS National Championships in Boston, January 5–12! She secured her spot by placing 2nd at Midwestern Sectionals with a score of 50.31 in November. Maddy had previously advanced to Sectionals with her stellar performance at Upper Great Lakes Regionals, where she placed 1st with a personal best score of 55.11! The Juvenile level was one of the most competitive this year. A total of 530 skaters competed in the 9 Regional Qualifiers hoping to advance. Annually, only 36 Juvenile skaters (the top four in each region) move on to Sectionals, and only 12 of those skaters (the top four in each of the 3 sections) advance to Nationals. **Congratulations Maddy!**



USFS National Championships run from Jan 5-12th. Maddy is currently scheduled to skate on Weds 1/8 at 1:00pm EST (12:00pm CST). Skating Order, Results and Video will be available on icenetwork.com



IN THE SPOTLIGHT



IZZI GOROWSKY WINS GRASSROOTS DIVISION FINALS MK YOUNG ARTISTS SHOWCASE (MKYAS4)

Izzi spent the summer immersed in the MKYAS4 online choreography competition. She choreographed 5 different programs, each having very specific requirements such as theme, music, style, artistic elements and footwork. She submitted videos of the programs to a panel of judges who provided feedback and selected winners for each challenge. Izzi placed 2nd overall in the Grassroots Division and won an all expenses paid trip to Washington DC to compete in the Finals on Dec 1 in front of a live audience!

For the Final challenge, Izzi was tasked with choreographing two programs: a solo that she skated, and a duet that renowned 'secret talent' skaters Kimmie Meissner and Adam Blake performed. The Finals took place during a live benefit ice show. The event boasted a long list of skating talent including guest skater Ryan Bradley, guest judge Michael Weiss, and previous YAS winners, to name a few. Judging was done in the style of 'Dancing with the Stars' with each judge commenting and awarding a number of 'stars' for each performance.

Kimmie & Adam executed Izzi's program flawlessly, and Izzi skated a fabulous solo! She received live feedback as both programs were scored. The two scores were added together for her total, and she placed 1st to win the Grassroots division! In addition to Izzi's experience of a lifetime 'skating with the stars', she received a \$1,000 scholarship, a pair of MK Revolution Blades and an opportunity to skate with Ice Theater of New York (ITNY)! **GREAT JOB, IZZI!** (For more info on YAS, visit youngartistsshowcase.net)

COCO KAMINSKI COMPETES IN THE WARSAW CUP

Coco competed at the Senior level representing Poland in her first international competition at the Warsaw Cup in Warsaw, Poland (skating up from the Junior level she competed this year). She turned in solid performances against the top skaters from 11 European countries! **WAY TO GO, COCO!**



Q: What was most memorable about your experience?

A (Coco): During my short program, there was a huge crowd with lots of people waving Polish flags and cheering loudly. It was so surprising and supportive. It would definitely be hard to get used to!

Q: What was most challenging about traveling abroad and competing in an international competition?

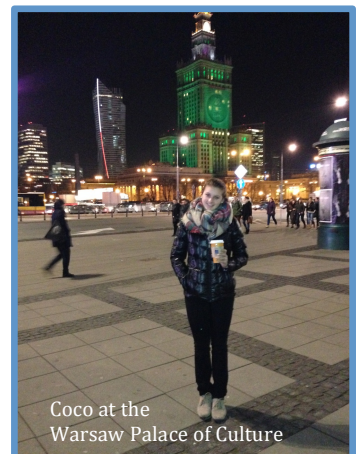
A (Coco): It was a completely different kind of competition than I was used to. There was no registration or music drop or practice ice. Of course, the language was the most challenging! But, everyone was extremely friendly and all spoke English very well so it wasn't as much trouble as I thought going into the competition.

Q: What did you enjoy most about the Polish culture?

A (Coco): I loved walking around the city looking around and eating in cute bakeries.

Q: Will we see you competing internationally again anytime soon?

A (Coco): I will be going to Bratislava, Slovakia December 19–23 for Senior Nationals. I will be competing with three other countries: Hungary, Czech Republic and Slovakia. I will also be going back to Poland in February for Junior Nationals. **GOOD LUCK COCO!**



A warm welcome to our new Club Members!

Madeleine Debele
Madelyn Kerber
Olivia McDowell
Charlotte Meeks
Milla Mirkovic
Sadie Storie
Dana Smith

Tips & Helpful Hints



Frustrated over the short life span of 'over-the-boot' tights?! How often do you purchase a new pair for a competition and discover holes after one, *and only one*, performance?! Ugh.

Well, here are a few tips to help extend their life span...

* Mend the tights with matching colored tan all-purpose thread. For holes, sew the entire hole together from the wrong side. For runs, just sew a few stitches on both ends of the run to prevent it from spreading.

* Place tan Band-Aids or tan skate tape (available at stores like Westwood) directly on the skate boot under where the hole will be. Or just cover the entire boot with tape for the competition. The tape can easily be removed.

* Purchase tan colored boot covers to wear under the tights.

These are all great options that no one will notice when skaters are on the ice!

SQSA PARADE – Executive Updates

Letter from Club President:

Dear Skaters & Families,
The SQSA Parade Figure Skating Club is excited to celebrate the holiday season with two festive events – The Holiday Skate & Silent Auction and IllumiSkate.

We are also thrilled to announce that funds have been allocated to purchase an off-ice harness that will be installed soon!

Speaking of off-ice activities, a special thanks to those parents who are helping get our newly-formed committees off the ground. Kristyn Heegaard is busy researching potential educational seminars for parents and skaters. Please contact Kristyn at krisheegaard@yahoo.com if you're interested in helping her brainstorm seminar topics.

Christina Pasdo and Teresa Kleinschmidt are heading up our community building efforts. They are initiating a mentorship program pairing younger skaters with older skaters, drafting a Club handbook, and organizing parent informational meetings.

Finally, the Board is happy to announce that as a result of our successful fundraising efforts each Club member will receive one Club photo to be distributed in early 2014. I hope you and your family have a wonderful Holiday Season!

Warmly, Amy Pihlstrom

Letter from SQSA Director:

Hi all,
Here are a couple exciting pieces of news and announcements from SportQuest Skating Academy!

1) The theme for the 2014 Spring Ice Show will be announced at IllumiSkate!

2) Save the date....

Mon. Jan. 20, 2014

Morning Jump and Spin Seminar
featuring Spin Specialist Kim Ryan
and Peter Biver.

Seminar will be from 8:30am to Noon. Private lessons will be available on Pro's Ice in the afternoon. Details to follow.

3) The winter ice contract will be available on the website this week. The new contract starts January 6th. An off-ice Pilates class has been added on Saturdays, and the on-ice power class is moving to Saturdays (from Tuesdays). Contracts are due on **Monday, January 2nd**.

Happy Holidays,
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SQSA PHOTO BOOTH...



icenetwork

Icenetwork.com, a subsidiary of United States Figure Skating Association (USFS), is a website that provides ice skating news & photos, the current season's schedule of events, competition results, and event videos.

The news, photos, schedules and results portions of the website are available for free and accessible at any time. You can also find specific event times and skating order for the scheduled competitions. Scores for events are updated real-time via live feeds so results are available as they happen!

The videos are accessible with a paid annual subscription (Season Pass) that runs from Sept-Aug of each year. Subscriptions may be purchased at anytime during the year, but the USFS member discount that is offered at the beginning of each season may not apply later in the season.

Most videos are available 'on-demand' shortly after the event is concluded and can be watched an unlimited number of times at your convenience. Some of the major events are also streamed live.

Coverage includes: USFS Regionals (Juv-Sr. levels), Sectionals & Nationals, The European Championships, World Championships, The Grand Prix Series, Four Continents, and more! The subscription also includes video archives for 4 previous seasons.

Icenetwork is an invaluable resource given the limited television coverage of figure skating! It is the 'go to' place to watch thousands of videos on demand. You can follow the world's top figure skaters, and may even recognize some local faces from qualifying events! Check it out at icenetwork.com.



GOOD LUCK!

TO ALL SKATERS PARTICIPATING IN THE **BLIZZARD BLAST** ISI COMPETITION AT PLYMOUTH ICE CENTER: **JANUARY 11-12**

Stay Informed:

SQSA Parade Club emails:
(Watch your inbox)
sqsaparade@gmail.com

SQSA Parade website:
www.sqsaparade.com



Follow us on Facebook
<https://www.facebook.com/pages/SQSA-Parade/12720489398209>

Message from the Editor: The club is always looking for ideas, articles & photos for the newsletter (note that the best photos may be on your skater's phone ☺). Please forward news to terryrichardson@gmail.com. Also, please contact me if you spot any errors or omissions. I will happily correct the newsletter that is linked from the website and/or include an item in the next issue.

Print deadline for January edition is Sunday, 1/19.