



# INSIDE EDGE

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

## 2014-15 IllumiSkate Recap

(Article and photos submitted by Annique London)

IllumiSkate Holiday Exhibition 2014-15 was a huge success! The event, which took place December 13, 2014, included 30 programs this year! The holiday exhibition gives skaters of all ages and levels an opportunity to perform as a soloist, in a duet, or as part of a small group. Skaters from levels Gamma to Freestyle 9 entertained the crowd with creative holiday-themed programs, songs and costumes.



After the free show, SQSA hosted a free public skate for all club members, their guests, and the general public. Guests enjoyed holiday sweets, pizza, and hot chocolate – provided by the IllumiSkate families and SQSA. The show also provided an opportunity for SQSA to showcase the “Learn to Skate” program. Many thanks to all the volunteers, coaches, the staff at Parade Ice Garden, Page and Jay Lipe, student director Allison Pasdo, and show director Raleigh Weld. IllumiSkate 2015-16 will be here in a blink of an eye! More photos on page 5....



## Skate Parade 2015

\* Summary of major events. See website CALENDAR for complete club schedule \*

Mar 6-8: Skate Parade ISI Competition

Mar 22: Stars on Ice club event

Apr 15: Spring Ice Show Picture Night

Apr 30: Spring Ice Show Dress Rehearsal

May 1-2: SQSA Parade Spring Ice Show

## CONGRATULATIONS Coco Kaminski, the Polish Junior Champion!



# Congratulations



Caroline Bercau -	FS8
Isabel Constable -	FS7
Sophia Heegaard -	FS7
Annika Imdieke-	FS2
Coco Kaminski-	FS8
Ava Pihlstrom -	FS7
Grace Stoelzing-	FS7
Anna Udris -	FS2
Ava Unowsky -	FS5



Arial Grymala-	Pre-Juvenile Free Skate
Kirby Goodman-	Novice Free Skate and Junior Moves
Sophia Heegaard-	Pre-Juvenile Moves
Katie Kurzejeski-	Pre-Juvenile Free Skate
Lyra Koutlas -	Pre-Juvenile Moves
Kumi Mizuno-	Preliminary Moves
Jane Olney-	Pre-Preliminary Moves

## CONGRATULATIONS TO **CAROLINE BERCAU** AND **COCO KAMINSKI** FOR PASSING FS8!

High level ISI tests FS8 and FS9 can't be taken at regular test sessions; they can only be taken at ISI competitions. FS10, considered by many to be the most difficult of all USFS and ISI tests, must be tested at a National Competition. Applicants must send a video of completed elements for FS8, FS9 & FS10 to District 10 officials, and on approval, skaters are invited to test at an ISI competition. Great accomplishment skaters!

## ANNOUNCEMENTS



### WELCOME NEW SQSA MEMBERS

Nicolai Bennett.  
Aislyn Brogdon  
Isabelle Chapman  
Sophia DiPaola  
Emma Docken  
Sydney Dorvil  
Abby West

### **"Stars on Ice"**

The club Stars on Ice outing is scheduled for March 22<sup>nd</sup>. Thank you Korey Stoelzing for managing all the ticketing!

### **SAVE THE DATE!**

We are already making plans for our summer camp week, July 13-17. (This is in addition to "SummerQuest" our weekly training program that runs from early June through mid-August). More details to follow on both programs.



## Skate Parade 2015

Skate Parade is almost here! There's been a flurry of on ice activity as skaters refine their programs getting ready for our annual hosted competition at Parade Ice Garden. As announced earlier, we have added an exciting element to our competition: all 'spotlight' events will be skated under spotlights in the North Rink on Sunday. How cool is that?!

Even if you are not competing in one of these events, swing by on Sunday and watch the performances in the 'show like' setting. We wish all SQSA skaters good luck in all events (the trophies awarded in the freestyle and open events are awesome), and most of all we want all of our skaters to have lots of fun. Take lots of photos!



## Martin Luther King Day Spins and Nutrition Seminar

SQSA Parade hosted a Spins and Nutrition Seminar in January on Martin Luther King Day (MLK). The clinic was jam packed with skaters from not only SQSA but also rinks from the Twin Cities and Sioux Falls. The clinic featured Val Schonberg of Enlighten Nutrition who presented information specifically geared toward figure skaters. Spin specialist,



Kim Ryan Lewis returned to Parade for her second year and shared her expertise on spin technique. Kim worked on a variety of spins with the skaters.

Kim Ryan

Lewis returned to Parade for her second year and shared her expertise on spin technique. Kim worked on a variety of spins with the skaters.

As part of the seminar, skaters also gathered to watch Martin Luther King's "I Have A Dream" speech. Afterward, they reflected on the message of Dr. King's speech as well as their own dreams for their lives in and outside of the skating arena.



## SportQuest Skating Academy Skate School



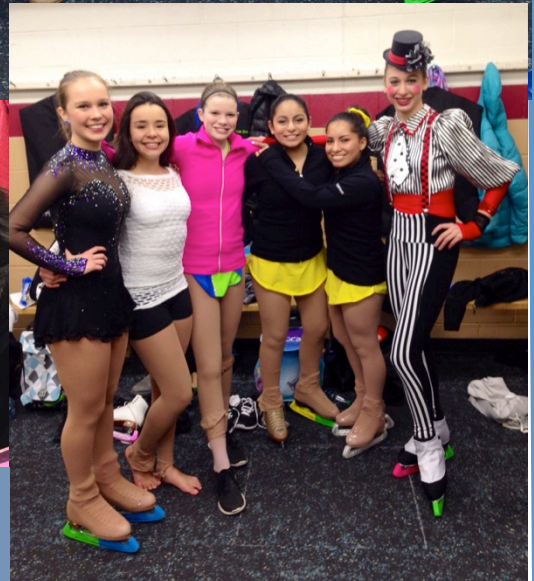
The winter Skate School program is always our biggest session of the year. This year it's off the charts! Over 180 kids to adults are learning to skate with SportQuest Skating Academy. Winter classes are offered three days a week and classes were added to meet the demand. Families were signing up into the third week of the session.

Due to the increased demand, we will be adding a spring skate school session for the first time. Watch for information coming soon.

Many of the skate school students will be joining us for our 40<sup>th</sup> annual Spring Ice Show. Our Tots and Pre Alpha numbers always steal the show and it is fun to marvel at the progress the Alphas, Betas, Gammas and Deltas have made since last year.

# FUN AND SUCCESS at Rochester Hiawathaland (USFS) and Frosty Blades (ISI) competitions

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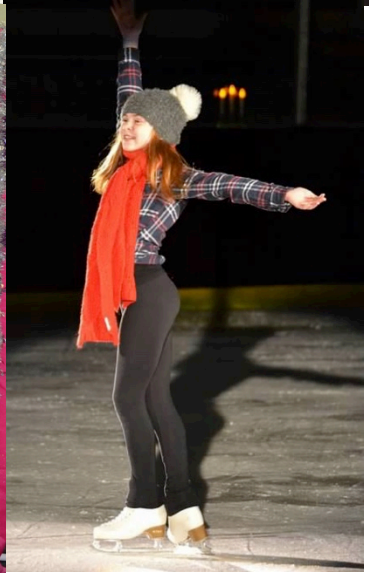
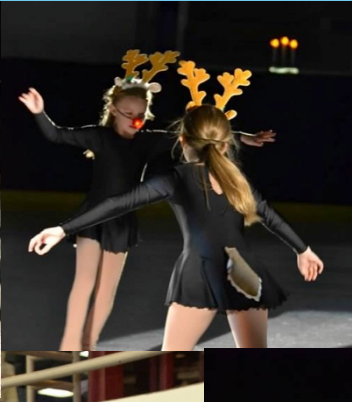
CONGRATULATIONS

to all skaters who participated! Way to go TEAM SQSA PARADE!

# IllumiSkate

(Cont....)

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## Walk-on Ice and ISI Testing Rates

Current SQSA Parade walk-on ice, drop-in group class, exhibition and ISI testing rates are posted on the glass in the South Rink. Rates vary depending on the type and length of ice session/class and member vs. non-member status. Test rates vary by test level.

The current rates are also available on the SQSA Parade website. You can find them by selecting the [Ice/Contracts/Classes](#) menu item on the home page, and then select [Rates 2014-15 Walk-on, Exhibition and Testing](#).

### Current Member rates:

Walk-on 45 min Contract Ice: <b>\$15.50</b>	Drop-in off-ice 50 min class: <b>\$15.00</b>
Walk-on 60 min Contract Ice: <b>\$17.50</b>	Drop-in off-ice 60 min class: <b>\$17.00</b>
Drop-in on-ice 30 min class: <b>\$15.00</b>	Exhibition: <b>\$16.00</b>
Drop-in off-ice 20 min class: <b>\$8.00</b>	

Walk-ons/Drop-ins are only available if sessions are not full.

## Ice Show

Planning is well under way for our annual Spring Ice Show. Registrations are in, many skaters have been measured for costumes, and music has been selected for the group numbers. Communication is crucial at this time of year, so pay close attention to your email over the next few months as planning and scheduling continues.

## Error in December Issue

Dr. Greg Dukinfield, family physician from Park Nicollet, provided the first aid refresher training to our coaches. His name was omitted from the December newsletter in error. Dr. Dukinfield generously donated his time to discuss this essential information with our coaches. The December Issue that is accessible through our website has been corrected.



SQSA Parade coaches are stylin' in their SQSA apparel!

## Volunteers

We cannot execute our large, annual events, Skate Parade or the Spring Ice Show without the help of our village of SQSA family volunteers! Hundreds of hours go into preparing for these events well before the actual production dates. And, hundreds more are needed at the events to make it all happen. Watch for Sign-up Genius links in your email.

We welcome news stories and photos! Please send corrections, news, photos, and articles to the editor: [terryrichardson@gmail.com](mailto:terryrichardson@gmail.com).

Photos and articles will be published as space allows. Also, our Shutterfly site has hundreds of photos of many SQSA Parade events.

## Stay Informed:

**SQSA Parade Club emails:**  
(Watch your inbox)  
[sqsaparade@gmail.com](mailto:sqsaparade@gmail.com)

**SQSA Parade website:**  
[www.sqsaparade.com](http://www.sqsaparade.com)



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