



THE INSIDE EDGE

FEBRUARY 2013

TEAMS TAKE TO THE ICE

SQSA Parade teams began practice in mid-November and had to work quickly to learn their programs in time to debut them at Snow Daze Winter Exhibition. There are four club teams and a team of skate school skaters (Pixies). Each club team practices approximately every two weeks and performs a three minute program to music inspired by a Cirque de Soleil show. The Pixies practice each week.

SQSA Parade teams started strong at Frosty Blades at the National Sports Center last weekend. All the teams skated inspired programs and placed 1st or 2nd in their groups.

They will compete again at Blades of March, against up to five other teams and will perform at *Cirque du Parade*, the Spring Ice Show in late April.

“Magic” (shown below) was the first of our teams to skate at Frosty Blades. The large hat caught everyone’s attention, but it was their creative program and skating that really wowed the crowd.



Magic

FS 1 Team: Anya London, Avery Lash, Amelia Selstad, Ella Brauer, Zoe Fustgaard, Jane Olney. Coached by Melissa Kaiser.

(More team photos on next page)

CALENDAR OF EVENTS



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

- February 17, 1:30 “Celebration of Champions” at Bloomington Ice Garden
- February 18: Grassroots to Champions Seminar at Parade
- February 23, 12:00-1:00: ISI Test Session
- March 1-3: 30th Annual Blades of March ISI Competition at Parade Ice Garden
- April 6-7: Spring Fling ISI Competition in Luverne MN (Blue Mound)
- April 10: Spring Ice Show Picture Night
- April 25: Spring Ice Show Dress Rehearsal
- April 26, 7:30: Spring Ice Show
- April 27, 2:30 & 7:30, Spring Ice Shows
- May 10 - Registration deadline for Braemar USFS Competition
- May 17-19: Roseville Open USFS Competition in Roseville
- June 21-22: Braemar City of Lakes USFS Competition in Edina
- June TBD: Banquet
- July 1: Registration deadline for Minnesota State
- July 19-21: State St. Paul USFS Competition in St. Paul
- August 2-4: Robin Lee Midwest Open at Augsburg in Minneapolis
- August 16-18: Minnesota State Figure Skating Championships at Bloomington Ice Garden
- October 10-22: Upper Great Lakes USFS Regionals in Cedar Rapids

MORE SQSA PARADE TEAM PHOTOS . . .

Photo credits to Kim Bercaw (*It Was All in Your Mind*), Anniqye London (*Magic*), Natalie Fredricks (*The Children*) Mark & Anita Litecky (*OVO*) and Rita Goodman (*Pixies*).



It Was All in Your Mind

Ensemble (FS 3-7): Kyle Berglund, Casey Schwarzkopf, Kirby Goodman, Grace Stoelzing, Grace Goers, Sophie Sela. Not pictured, Grace Byers. Coached by Amber Van Wyk.

Pixies

Top: Coach Raleigh Weld, Caroline Pollock, Kate Rekas, Adele Varley, Mackenzie O'Connell. Bottom: Anna Udris, Coco Bina-Kashani, Dana Smith, Olivia Hols, Milla Mirkovic. Not pictured, Vinetta Polinske.



The Children

Team Compulsory FS 2: Leah Smith, Stephanie Krause, Eve Clarkson, Zarah O'Brien, Tori Shrake, Linnea Schott. Coached by Natalie Fredricks.



OVO

Team Compulsory FS 4 (Clockwise): Gabby Sullivan, Olivia Litecky, Phoebe Sanders, Sarah Marie Green, Mia Romsaas, Bella Litcky. Not pictured, Mimi Longe. Coached by Char Martin, with assistance from Michael Luedtke and Julia Hussian.



ABBY RICHARDSON PASSES HIGH-LEVEL FS 8 TEST

Abby Richardson tested for ISI Freestyle 8 at the National Sports Center *Frosty Blades* competition and passed to earn the high-level test designation.

Tests for ISI FS 8 and above cannot be done at a regular test session. Applicants must send a video of completed elements to District 10 officials. Upon approval, skaters are invited to test at an ISI competition.

The same procedure is in effect for the ISI 10 test, however that test must be taken at a national ISI competition.

MEMBERSHIP UP NEARLY 25 PERCENT OVER LAST YEAR

Our little club isn't so little anymore. Thanks to the very vibrant SQSA Skate School we have many eager young skaters who are taking the next step and joining our club. Many joined in order to participate on our FS 1 or FS 2 teams or are Pixies who want to participate in all club activities. We also had skaters transfer from other clubs at a higher rate this year than in previous years.

WELCOME NEW MEMBERS

Coco Kaminski
Sophia Lindholm
Kate Rekas
Tess Maginas

We're happy to have you join our skating family.

HIAWATHALAND (ROCHESTER) USFS

Isabel Garcia	Preliminary	Freestyle	1st
Isabel Garcia	Preliminary	Showcase Dramatic	3rd
Isabel Garcia	Preliminary	Compulsory	2nd
Kirby Goodman	Juvenile	Freestyle	6th
Julia Hussian	Novice	Short Program	4th
Julia Hussian	Novice	Jumps	4th
Joyce Johnson	Pre-Juvenile	Free Skate	3rd
Joyce Johnson	Pre-Juvenile	Spins	1st
Joyce Johnson	Pre-Juvenile	Jumps	2nd
Joyce Johnson	Pre-Juvenile	Showcase Dramatic	3rd
Joyce Johnson	Pre-Juvenile	Compulsory	1st
Madalyn Moree	Intermediate	Short Program	2nd
Madalyn Moree	Intermediate	Jumps	1st
Madalyn Moree	Intermediate	Spins	1st
Madalyn Moree	Intermediate	Dramatic	1st
Sophie Sela	Preliminary	Free Skate	2nd
Sophie Sela	Preliminary	Showcase Dramatic	4th
Sophie Sela	Preliminary	Compulsory	3rd
Sophie Sela	Preliminary	Jumps	4th



TEST RESULTS



Sophie Sela - Figure 1
Odeya Atar - FS 1
Linnea Schott - FS 1
Eve Clarkson - FS 2
Stephanie Krause - FS 2
Mia Romsaas - FS 3
Ava Pihlstrom - FS 4
Stella Jass - FS 5
Grace Stoelzing - FS 5
Isa Garcia - FS 7
Abby Richardson - FS 8



Madalyn Moree - Junior Moves in the Field
Abby Richardson - Novice Moves in the Field

COMPETITION RESULTS

FROSTY BLADES ISI

Pixies		Production Team	1st
<i>Magic</i>	FS 1	Team Ensemble	1st
<i>The Children</i>	FS 2	Team Ensemble	1st
<i>OVO</i>	FS 4	Team Ensemble	2nd
<i>It Was All in Your Mind</i>	FS 3-7	Ensemble	2nd
Kirby Goodman	FS 7	Jump & Spin	5th
Kirby Goodman	FS 7	Freestyle Platinum	5th
Izzi Gorowsky	FS 7	Dramatic	1st
Izzi Gorowsky	FS 7	Interpretive Platinum	1st
Izzi Gorowsky	FS 7	Freestyle	2nd
Izzi Gorowsky	FS 7	Footwork	3rd
Sophia Heegaard	FS 4	Compulsory	3rd
Sophia Heegaard	FS 4	Freestyle	4th
Stella Jass	FS 4	Compulsory	5th
Stella Jass	FS 4	Freestyle	3rd
Stella Jass	FS 4	Freestyle Silver	6th
Joyce Johnson	FS 6	Artistic	3rd
Joyce Johnson	FS 6	Interpretive Gold	3rd
Lyra Koutlas	FS 3	Freestyle	1st
Lucy Mayer	FS 6	Freestyle	4th
Lucy Mayer	FS 6	Jump & Spin	5th
Sadie Mitchell Nelson	Delta	Freestyle	5th
Casey Schwarzkopf	FS 4	Compulsory	4th
Casey Schwarzkopf	FS 4	Footwork	4th
Casey Schwarzkopf	FS 4	Freestyle	3rd
Sophie Sela	FS 5	Freestyle Silver	1st
Sophie Sela	FS 5	Dramatic	1st
Sophie Sela	FS 5	Rhythmic Ribbon	1st
Sophie Sela	FS 5	Jump & Spin	1st
Sophie Sela	FS 5	Compulsory	6th
Grace Stoelzing	FS 4	Freestyle	1st
Grace Stoelzing	FS 4	Jump & Spin	1st
Grace Stoelzing	FS 4	Compulsory	3rd
Grace Stoelzing	FS4	Freestyle Silver	6th

COACH SPOTLIGHT – SHEILA THELEN



Sheila in the 1994 Ice Show program. Proving once again, Parade coaches do not age.

Sheila Thelen is a “Rock Star” in the skating world (to use one of her favorite sayings).

She is the Executive Director of *Grassroots to Champions* (G2C) seminars, involved with *iCoachSkating.com*, a video training company, a consultant, inventor of a patented skating product and works with several other small companies involved in figure skating. With all that, she still finds time to coach a couple days a week at Parade.

She started skating at age seven when her grandparents bought her skates and group lessons, first at Apple Valley and then at Burnsville. She skated at five Regionals and numerous ice shows and exhibitions. One of her best memories was skating in Vail, Colorado and placing 3rd in the final round of the Intermediate level AND meeting Scott Hamilton there.

She got into coaching in Brainerd to pay her college tuition. After college and a year in Israel working on her Masters (in archaeology, no less), she returned home needing a job. A good friend was coaching at Parade Ice Garden. She met Char Martin and was hired in 1992.

“I feel like I became a way better coach than I was a skater. I understand this stuff is HARD!” Sheila commented. She can also relate to the humility it takes to be a skater. She has had her share of embarrassing skating moments: like colliding with a national and world champion (Minnetonka’s Jill Trenary), belly-flopping and making a perfect circle of blood during a flying camel miss and going down face first in a giant Donald Duck costume during an ice show curtain call. (She received a standing ovation.)

Always a coaching problem-solver, Sheila first used what would become her “Champion Cords” product for a dyslexic skater who was having trouble with body position. “I knew I had a wonderful product,” she commented. “Page Lipe encouraged me to turn Champion Cords into a ‘real’ company.” Through this product she became involved with Grassroots to

Champions, *iCoachSkating.com* and many of the leading coaches.

Sheila has become very well-known in the skating and coaching world. She has been a presenter at eight Professional Skater Association (PSA) conferences, written for PSA magazine and traveled all over the world for G2C seminars.

We are fortunate to have such a mover, shaker, leader and teacher at Parade. “I love the coaching staff and Parade. I have worked in a lot of rinks and never found the ‘special place’ that Parade offers. I drive an hour and a half each way to Parade and it’s worth every minute. But don’t cancel your lessons”, she joked!”

So far the archaeology Masters degree has not been overly useful in any of her many endeavors, but who knows what archeological treasures might be unearthed when they starting digging up the ice during Parade renovations. Perhaps she can consult on that as well.

CLUB SKATERS TO PERFORM IN “CELEBRATION OF CHAMPIONS” SUNDAY, FEBRUARY 17

(by Terry Richardson)

Annually, The Twin Cities Figure Skating Association (TCFSA) hosts the Celebration of Champions exhibition to highlight award winning USFS skaters in the State of Minnesota.

Each year, the first place free skate medalists from the TCFSA-sponsored Minnesota State Figure Skating Championships competition are featured along with Minnesota’s sectional, national and international competitors. We are proud to announce that six SQSA-Parade skaters have been invited to skate in the event this year based on their impressive achievements! Kudos to our skaters!

Caroline Bercaw is the reigning 2013 Minnesota State Pre-Preliminary Champion and will be skating her free skate program, 'Viva' by Bond. And, USFS National Showcase Team Ensemble Champions IceArt (Izzi Gorowsky, Julia Hussian, Jillian Christie, Abby Richardson and coach/choreographer Amber Van Wyk) will skate their 'Ave Maria' program. Jillian will also be skating with the U.S. Synchronized Skating Nationals Champion & 2012 World Challenge Cup Pewter Medalist, Team Braemar.

Please mark your calendars to attend the event, see this year’s top Minnesota Figure Skaters, and celebrate our own club skaters’ achievements! The Celebration of Champions Show is at Bloomington Ice Garden on Sunday February 17, at 1:30. Tickets are available at the door!