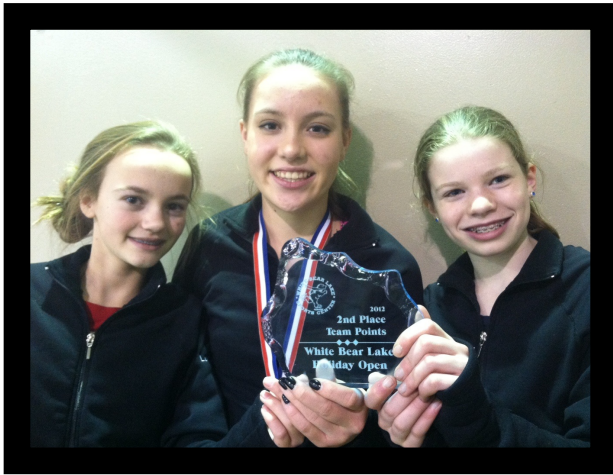




THE INSIDE EDGE

December 2012

TEAM CAPTURES 2ND PLACE WBL TROPHY



SQSA Parade took 2nd place honors, right behind host rink White Bear Lake, at the White Bear Lake Holiday Open ISI competition in early December. An impressive contingent of thirty-one skaters from our club skated in up to six events each at the event.

Skaters Lucy Mayer, Sophie Sela and Kirby Goodman accepted the trophy on behalf of the club late Sunday afternoon.

It joins dozens of others in the Parade main entrance trophy

case. Congratulations to all the skaters. This was a team effort. There were great performances across every event entered by SQSA Parade skaters.

UPCOMING HOLIDAY EVENTS

There is no other month that is quite as active for SQSA Parade than December. The Winter contract is in full swing, teams are practicing for their first performances, skaters compete at White Bear Lake and are getting ready for Plymouth's Blizzard Blast and IllumiSkate exhibitors are busy planning and choreographing their performances. But wait, that's not all! We also throw a great holiday party!

Our annual Holiday Party & Bake Sale will be Saturday, December 15th from 11:30-1:00. The party is open to members, skate school families and the local community.

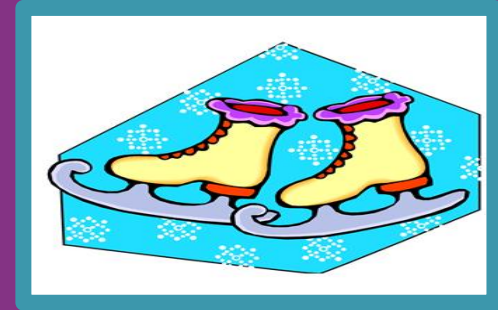
Consider bringing your specialty holiday baked items to donate for our popular bake sale. Proceeds support club social activities.

At the end of the month, we hold our 2nd annual IllumiSkate holiday exhibition in the North Rink. Performances are open to members for a solo number or a duet or trio. Skaters are encouraged to choose music and choreograph their number, although coaches can provide some help and guidance.

The performance is free and open to the public. Treats and refreshments will be served in the North Lobby after the show. Feel free to invite friends, family and neighbors.



CALENDAR OF EVENTS



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

- December 13: *IllumiSkate* registrations due
- December 15, 11:30-1:00: Annual Holiday Party & Bake Sale at Parade
- December 15: Registration deadline (on line) for Rochester Hiawathaland USFS competition
- December 17: Registration deadline for Frosty Blades ISI Competition at National Sports Center
- December 20-January 1: NO CONTRACT ICE
- December 27, 7:00-9:00: 2nd Annual IllumiSkate Holiday Exhibition
- January 5-6: Blizzard Blast ISI Competition in Plymouth
- January 12: ISI Test Session (cutoff for Ice Show & Blades of March level)
- January 12: Blades of March registrations due
- January 19: Snow Daze Exhibition
- January 25 & 26: NO CONTRACT ICE
- January 26: Spring Ice Show registrations due
- January 31-February 3: Duluth Northland USFS Competition
- February 1-3: Rochester Hiawathaland USFS Competition
- February 8-10: Frosty Blades ISI Competition at National Sports Center
- 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
- June TBD: Banquet

Welcome New Members

Shannon Cross
Robert Cross

We are happy to have you as a part of the SQSA Parade family.



Annual Membership Trivia

(Based on memberships as of 12/9. Answers on back page)

1. What percentage of club members are first time members?
2. What percentage live in the city of Minneapolis?
3. What percentage are in 6th grade or below?
4. What percentage are adult (non-coach) skaters?
5. What percentage are also U. S. Figure Skating members?
6. What percentage has a first name that starts with "A"?
7. What percentage is named Grace or Isabel/Isabella/Izabel?
8. What percentage has a sibling in the club?
9. Name the families that have multiple members.

Help Wanted

Coaches, parents, skaters: Would you like to write an article or research a topic and write a "Skating Tutorial"? We welcome submissions. Editing and source assistance provided if needed. Email sqsaparade@gmail.com if interested.

Calling All Bakers



Pull out that secret family recipe for Grandma's famous holiday cookie... or bread... or homemade candies. We have buyers willing to pay top dollar at our Bake Sale on Saturday. If you can share a dozen or two of your favorite homemade recipe, drop them off either Friday (leave them in Pro's Office) or Saturday

morning. The Bake Sale starts at 9:30 during the Learn-to-Skate and Freestyle sessions.

If you would like to price the items, feel free, otherwise our volunteers will price items and prepare them for sale.

Pick up a few items for your holiday entertaining while you are at the Holiday Party.



Zoe Fustgaard - Freestyle 1
Stephanie Krause - Freestyle 1
Leah Smith - Freestyle 1
Lyra Koutlas - Freestyle 3
Sophia Heegaard - Freestyle 4
Rebekah Matson - Freestyle 4
Joyce Johnson - Freestyle 6



Izzi Gorowsky - Pre Juvenile Free Skate
Izzi Gorowsky - Juvenile Moves in the Field
Sophie Sela - Preliminary Free Skate

COMPETITION RESULTS

NEW ULM FALL FESTIVAL ISI COMPETITION

Name	Level	Discipline	Place
Mimi Longe	FS 3	Freestyle	1st
Mimi Longe	FS 3	Stroking	2nd
Mimi Longe	FS 3	Compulsory	5th

WHITE BEAR LAKE ISI HOLIDAY OPEN

Grace Byers	FS 4	Interpretive	3rd
Grace Byers	FS 4	Jump & Spin	1st
Isabel Constable	FS 5	Solo Compulsory	3rd
Isabel Constable	FS 5	Jump & Spin	1st
Isabel Constable	FS 5	Freestyle	3rd
Kirby Goodman	FS 7	Jump & Spin	1st
Kirby Goodman	FS 7	Freestyle Platinum	5th
Kirby Goodman	FS 7	Solo Compulsory	4th
Izzi Gorowsky	FS 7	Freestyle	1st
Izzi Gorowsky	FS 7	Interpretive	2nd
Sophia Heegaard	FS 3	Solo Compulsory	1st
Sophia Heegaard	FS 3	Freestyle	1st
Julia Hussian	FS 8	Freestyle Platinum	1st
Stella Jass	FS 4	Freestyle	3rd
Stella Jass	FS 4	Solo Compulsory	2nd
Lyra Koutlas	FS 2	Freestyle	1st
Mimi Longe	FS 3	Freestyle	2nd
Mimi Longe	FS 3	Solo Compulsory	2nd
Mimi Longe	FS 3	Interpretive	5th
Mimi Longe	FS 3	Stroking	5th
Lucy Mayer	FS 6	Freestyle	1st
Lucy Mayer	FS 6	Solo Compulsory	4th
Lucy Mayer	FS 6	Freestyle Gold	3rd
Madalyn Moree	FS 7	Footwork	1st
Madalyn Moree	FS 7	Rhythmic Hoop	1st
Greta Paschke	FS 7	Freestyle	4th
Greta Paschke	FS 7	Couples Spotlight	1st
Greta Paschke	FS 7	Freestyle Platinum	3rd
Allison Pasdo	FS 6	Couples Spotlight	1st
Allison Pasdo	FS 6	Ensemble	1st
Allison Pasdo	FS 6	Footwork	3rd
Allison Pasdo	FS 6	Freestyle	3rd
Abby Richardson	FS 7	Freestyle Platinum	2nd
Abby Richardson	FS 7	Dramatic Spotlight	1st
Sophie Sela	FS 5	Freestyle Silver	2nd
Sophie Sela	FS 5	Rhythmic Ribbon	1st
Sophie Sela	FS 5	Jump & Spin	3rd
Sophie Sela	FS 5	Solo Compulsory	4th
Grace Stoelzing	FS 4	Freestyle	1st
Grace Stoelzing	FS 4	Solo Compulsory	3rd
Grace Stoelzing	FS 4	Freestyle Silver	2nd

SKATING – *TUTORIAL* - *SPORTQUEST, SQSA & PFSC*

Skating Tutorial is a periodic feature that covers topics related to skating to help inform and educate SQSA Parade families.

It can be confusing. We're the first to admit it, and it's our most frequently asked question: "What's the difference between SportQuest Skating Academy, Parade Figure Skating Club and SQSA Parade?" All three work together and play key roles in the skating program at Parade. Here is a brief summary.

SportQuest Skating Academy is a private business owned by Page Lipe that operates the SQSA Skate School, SummerQuest Skating Academy, contract ice sessions and many classes (freestyle, jumps, STARS). SportQuest ensures there is practice ice time for members by purchasing blocks of ice time and re-selling it to skaters (contract ice). SQSA hires coaches to teach classes. Individual coaches who give private lessons are private contractors and do not work directly for SQSA or PFSC. Coaches who teach our skaters at Parade are complimentary members of Parade Figure Skating Club and volunteer time to benefit SQSA Parade club activities.

Parade Figure Skating Club (PFSC) is the non-profit club of skaters and their families. The club manages most of the club activities and functions as part "booster club". The club runs our two large events: The Blades of March (BOM) ISI Competition and the annual Spring Ice Show. The proceeds from BOM provide the majority of our yearly budget of funds for our club programming, including numerous social events, the Spring Ice Show, banquet and other new programming, which is being developed. The club also coordinates test sessions, exhibitions and manages club merchandise. An elected Board of Directors oversees the club and most activities are volunteer run.

SQSA Parade is the commonly used name to refer to our skating club and program. It is the name we "compete" under at ISI competitions and the name that we commonly use to refer to the joint group of SQSA skaters and PFSC members.

The Skate School, operated by SportQuest is the entry point for many of our young skaters. If they want to continue with skating, SportQuest provides the "infrastructure" in the form of figure skating expertise, coaching, ice time and after school and summer training programs and Parade Figure Skating Club provides the volunteer organization and labor to help promote the program and run our social, testing, exhibitions, fundraising activities and Spring Ice Show.

Skating at Parade also has another unique opportunity. Skaters who wish to test and compete with U. S. Figure Skating can do so via Starlight Ice Dance Club, also based at Parade. Starlight is a U. S. Figure Skating sanctioned club and membership gives our skaters all the privileges and opportunities within USFS.

This entire package makes Parade a quality, supportive and fun place for skaters, coaches and families.



OFF ICE CLASS OFFERINGS

Top skaters can spend as much time conditioning and building strength and endurance *off* the ice as they do *on* the ice. Club skaters at Parade who are FS 3 and above and 10 years old and above, now have an off-ice training program to complement our substantial on-ice program.

Skaters can participate in off ice classes of PowerBarre and Zumba/Core/Stretch at "The Firm" fitness studio in Minneapolis. Classes are led by Leslie Fhima, a highly respected and sought-after instructor. Leslie is a former figure skater and brings her knowledge of our sport, and it's unique training needs, to the classes.

Terry Richardson has worked with The Firm and Leslie to put together the classes at a very attractive package price. We encourage skaters to consider participating.

If you/your skater is eligible (FS 3 and 10 or older) and would like more information, contact Terry Richardson.

MEMBERSHIP TRIVIA ANSWERS

1. 29% are new, first year members
2. 73% live in Minneapolis
3. 56.5% are in 6th grade or below
4. 5.9% are adult skaters
5. 27.5% belong to USFS
6. 15.9% first name begins with "A"
7. 13% are named Isabel/Isabella/Izabel or Grace
8. 14.5% have a sibling in the club
9. Bercauw, Cross, Ercolani, Litecky & Pihlstrom