



# THE INSIDE EDGE



November 2012

## HALLOWEEN PARTY LARGEST IN YEARS

The Halloween Party started as an informal gathering a few years ago when Elizabeth Gorowsky organized an October party after the Saturday ice sessions. In typical Elizabeth fashion, the rink lobby was festively decorated. Families chipped in for pizza, showed off their costume creativity and hung out to socialize.

Spurred by the popularity of the event, the club now hosts the party as a club sponsored event with ice time for skating, pizza, treats and prizes. Elizabeth continues to provide her talents and is joined by Kim Bercaw, club Social Chair, in organizing the popular party.

This year RSVPs topped 100 members and families, becoming our largest Halloween Party yet. We expanded to 90 minutes of ice time for skating and included a costume contest.

Here are scenes from Halloween 2012. More photos can be found at the club Shutterfly site. Email [sqsaparade@gmail.com](mailto:sqsaparade@gmail.com) if you need the link and password.



## CALENDAR OF EVENTS



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

- November 17, 12:00-1:00: ISI Test Session
- November 17-18: Fall Festival ISI Competition in New Ulm
- November 21-24: No Ice Sessions
- November 27: Registrations for Plymouth Blizzard Blast ISI Competition due to Char Martin
- Nov 30-Dec 2: White Bear Lake Holiday Open ISI Competition
- December 8, 12:00-1:00: ISI Test Session
- December 10: Registration deadline (on-line) for Duluth Northland USFS Competition.
- December TBD: *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 27, 7:00-9:00: 2<sup>nd</sup> 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 19: *Snow Daze* Exhibition
- 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: 30<sup>th</sup> Annual Blades of March ISI Competition at Parade Ice Garden
- April 6-7: Spring Fling ISI Competition in Luverne MN (Blue Mound)
- April 25: Spring Ice Show Dress Rehearsal
- April 26-27: Spring Ice Shows

# SKATING – TUTORIAL

## TERMS, ACRONYMS & SKATING LINGO

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

We have nearly 20 new families at our club this year, which proves that the word is out: SQSA Parade is a great place to skate! Some are moving from our skate school or "Pixies" line. Many are coming from other rinks (Richfield, St. Louis Park, St. Paul and others) or are brand new to skating.

As we welcome new families, we also want to help them acclimate to SQSA Parade and the skating world in general. There can be a myriad of terms and acronyms heard around the rink. Below is a list of common skating and SQSA Parade specific terms to help navigate the lingo.

This is not intended to be a comprehensive glossary, rather a list that is commonly used at our club. We encourage members to let us know if you have questions by talking to your coach or emailing [sqsaparade@gmail.com](mailto:sqsaparade@gmail.com). Your question will be directed to the appropriate person for a prompt response.

**Blades of March (BOM)** - Annual ISI sanctioned skating competition run by Parade Figure Skating Club in conjunction with SQSA. Held at Parade Ice Garden since 1984. Serves as the major fundraiser for PFSC and members provide the volunteer organization and labor to host the event.

**Buy On** – Purchasing time on contract ice on a "per session" basis rather than purchasing an entire contract session (see *contract ice* below).

**Compulsory Figures "Patch"** - Specific patterns traced in the ice by a skater's blade. Emphasizes edge control and correct body position on a circle. An important building block for proper skating technique. While originally a major part of a skating competition, figures were removed from international competition in 1990. (Also referred to as "school figures" or "patch," referring to the patch of ice each skater practices on.)

**Contract Ice** - A method of purchasing practice ice time. At Parade, SportQuest Skating Academy purchases ice time and "resells" the ice in 45-60 minute sessions. Sessions are "contracted" for a specific period (usually 2-3 months) or skaters can "buy-on" individual sessions (based on availability, for a slightly higher rate). Sessions are limited to a fixed number of skaters (approximately 20) and may be limited to specific skating abilities of skaters (i.e. FS1 and above).

**Footwork** - A sequence of step maneuvers carrying the skater across the ice in patterns - generally straight, circular or serpentine. Footwork is intended to show the precision and dexterity of the skater's movements. Also a specific ISI event.

**Free Skate** - Term used in U. S. Figure Skating for one of the tested and judged portions in USFS. Formerly called the "long program" in competitions. Skaters select music and theme and choreograph jumps, spins and step sequences that display their technical and artistic skills.

**Freestyle** - In the skating world, "freestyle" has multiple meanings. In ISI, freestyle refers to a skaters test level, and is a program performed to music with emphasis on the required test level maneuvers from the skater's current freestyle level. In general skating terms, freestyle can mean doing jumps, spins, turns, and steps on the ice. A "freestyle" can also refer to a practice session at many clubs and rink.

**Ice Skating Institute (ISI)** - An international non-profit association encompassing all aspects of ice skating. Encourages participation in ice skating as a recreational sport. Provides ice skating programs for skaters of all ages and abilities. SQSA Parade is a member of ISI.

**icenetwork.com** - A subscription based live and on-demand on-line network providing coverage of domestic and international figure skating competitions and the latest news and information about skating. A subsidiary of U. S. Figure Skating.

**ISI Levels** – The graduated progression of test levels in the ISI system. From beginning to advanced, levels are: Pre Alpha, Alpha, Beta, Gamma, Delta, and FS 1 through FS 10. Required moves (and a freestyle program for FS 1-10, with music and accompanying choreography) are required to pass and compete at each level.

**Moves in the Field** - One of three test structures in U. S. Figure Skating (including free skating and dance), moves in the field tests help develop all basic fundamental edges and turns while emphasizing edge quality, extension, quickness and power.

**Parade Figure Skating Club (PFSC)** - The non-profit organization of SQSA Parade skaters, families and coaching professionals. Figure skaters have been active at Parade Ice Garden since the rink opened in the mid-1970's. Parade FSC operates Blades of March, the ISI sanctioned annual competition, our annual Spring Ice Shows and also coordinates ISI test sessions, numerous social functions and Snow Daze and IllumiSkate exhibitions.

**Pro's Ice** – Ice time, not sold to a group, which is available to purchase directly from Parade Ice Garden as practice ice. Pro's Ice can be sold at any time so is subject to change without notice. Skater's planning to skate on this ice should verify with the Parade Ice Garden office.

**Professional Skaters Association (PSA)** - The official coaches education, training and accreditation program for Ice Skating Institute and U. S. Figure Skating.

**SportQuest Skating Academy (SQSA)** - Company owned by Page Lipe that operates skate school, SummerQuest and classes (freestyle, STARS, Patch). SQSA ensures practice ice time by purchasing blocks of ice and selling to skaters. Coaches who teach classes are hired by SQSA, but individual coaches who give lessons are contractors and are not employed by SQSA or PFSC. (Coaches are hired on an individual contractual basis by PFSC to manage certain events and functions.)

**SQSA Parade** - The name commonly used to refer to our club of SportQuest/Parade Figure Skating Club skaters and families and The club name our skaters compete under at ISI competitions.

**Starlight Ice Dance Club** – A member club of U. S. Figure Skating based at Parade Ice Garden. The main purpose of the club is to encourage the instruction, practice and advancement of members in ice dancing, but is also the home U. S. Figure Skating club for many SQSA Parade skaters who wish to test and compete with USFS.

**STAR Class** - Class offered during some sessions that covers topics such as stroking, footwork, musicality, jumps and spins (**Stroking, Technique, Artistry and Rhythm**).

**Twin City Figure Skating Association (TCFSA)** - Consists of 20 U. S. Figure Skating clubs in Minnesota. The purpose is to foster, promote, improve and encourage figure skating, to promote cooperation between clubs and encourage and facilitate participation in regional, sectional, national, and international figure skating. Sponsor organization of Minnesota State Figure Skating Championships.

**U. S. Figure Skating** - U. S. governing body for figure skating. U.S. Figure Skating is a member of the International Skating Union (ISU), the international federation for figure skating, and the U.S. Olympic Committee. USFS is composed of clubs and individual members.

**USFS Levels** - SQSA Parade skaters who are U. S. Figure Skating members may optionally test and compete at USFS test levels of Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior and Senior. Within each level are Free Skate and Moves in the Field tests. USFS also has beginner and basic test levels and testing structures for pairs, ice dance, theater, Special Olympics and others.

*Sources: Ice Skating Institute ([skateisi.org](http://skateisi.org)), U. S. Figure Skating ([usfsa.org](http://usfsa.org)), [ask.com](http://ask.com), [wikipedia.com](http://wikipedia.com), [sqsaparade.com](http://sqsaparade.com).*

## ISI SKATERS CREED

- I will try to do my own personal best.
- I will support and encourage my fellow teammates.
- I will make three new friends at this competition from ice rinks other than my own.
- I will be a good representative from my home rink team.
- I will skate at my own true level of ability.
- I will be modest in victory.
- I will be gracious in defeat.
- I will not focus on winning but on my participation and enjoyment of ice skating.

## REPORTING COMPETITION RESULTS

**THANK YOU to families for reporting competition results. We love to celebrate effort and achievement and are proud of how well our skaters represent SQSA Parade with quality skating and good sportsmanship. We often see groups of club skaters in the stands cheering for SQSA Parade teammates.**

Reporting competition results for the newsletter and website is voluntary and the responsibility of each family.

After a competition, members will receive an email with a link to a "Google Docs" spreadsheet with easy instructions on how to enter the results. (If you skate in a competition and do not receive an email with the link, please email sqsaparade@gmail.com.)

Entering results into the spreadsheet gives your approval to publish and allows us to "cut and paste" for ease in publishing. Please take care in accurately entering results/events and extra care not to overwrite or alter any other results. Results **MUST** be entered to be included in the newsletter and on the website.

We only publish results that are reported by each family and please enter only results for *you/your child* (even if you competed in a partner event).

## Help Wanted

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



There was no reported test activity since the October newsletter.

The next ISI Test Session at Parade is Saturday, November 17<sup>th</sup> at 12:00 in the South Rink.

The sign up sheet will be posted rink side. Depending on test signups, there may be exhibition opportunities available.

## COMPETITION RESULTS

### SKATE WOODBURY ISI CLASSIC

Isabel Garcia	FS 6	Light Entertainment	2nd
Isabel Garcia	FS 6	Dramatic Spotlight	1st
Isabel Garcia	FS 6	Interpretive	1st
Isabel Garcia	FS 6	Freestyle	4th
Sophia Heegaard	FS 3	Freestyle	3rd
Sophia Heegaard	FS 3	Compulsory	1st
Lyra Koutlas	FS 2	Freestyle	1st
Laura Lehman	FS 5	Interpretive	2nd
Laura Lehman	FS 5	Character Spotlight	1st
Laura Lehman	FS 5	Light Entertainment	2nd
Laura Lehman	FS 5	Freestyle Silver	3rd
Lucy Mayer	FS 6	Freestyle	2nd
Lucy Mayer	FS 6	Interpretive	3rd
Lucy Mayer	FS 6	Gold	1st
Ava Pihlstrom	FS 3	Freestyle	4th
Ava Pihlstrom	FS 3	Compulsory	2nd
Vivien Pihlstrom	Alpha	Freestyle	4th
Alessandra Scarpa	Beta	Freestyle	1st
Alessandra Scarpa	Beta	Light Entertainment	1st
Sophie Sela	FS 5	Freestyle	2nd
Sophie Sela	FS 5	Freestyle Silver	1st
Sophie Sela	FS 5	Rhythmic Ribbon	1st
Grace Stoelzing	FS 4	Freestyle	2nd
Grace Stoelzing	FS 4	Compulsory	1st
Grace Stoelzing	FS 4	Freestyle Silver	2nd

## MEMBERSHIP CONTINUES TO GROW

New members continue to join our skating family.

Membership is now at a healthy 66 skaters. At this time last year we were at approximately 55. New members are welcome to join throughout the year and take advantage of all we have to offer. For information on joining or learning about the benefits of membership, visit [sqsaparade.com](http://sqsaparade.com) under the "Membership" tab.

**This month we welcome to SQSA Parade:**

**Ava Unowsky  
Caroline Pollack**



# SENIOR SPOTLIGHT – ASHLEY SCHILLING



Skating at Parade has been a part of Ashley Schilling's life since she started in a tot Learn-to-Skate class. She began to skate more regularly in third or fourth grade and became more active in the club and in several Spring Ice Shows. Her first ice show was the 2002 show, "United We Skate".

Ashley's first skating love was synchronized skating. She was on several synchro teams with Parade over the years. Ashley was a member of the *Parade Polarettles* Teen skating line that medaled in the National ISI Synchronized Skating Championships in Chicago in 2009.

Her best memories of skating are from Synchro teams. Being on a team "taught me how to be a strong skater and a team member . . . it taught me to be a better person, a leader and a friend, while giving me a strong sense of place". She was disappointed that interest in synchro skating waned over the past few years. She recently commented that many skaters "do not know the joy of a team."



In the 2005 Spring Ice Show "Time"

Ashley is active at Minneapolis South High School. She is the captain of her Nordic Ski Team and is on the Varsity Ultimate Frisbee team. Those activities and the rigor of college prep classes have left less time for skating, but "as I've gotten older, skating is something I do for myself and skating always makes my day more fun."

Ashley is currently narrowing down her college choice. Her top three choices currently are the University of Minnesota, University of Wisconsin – Madison and the University of Michigan. She is interested in studying social work and psychology.

## ILLUMISKATE - BACK BY POPULAR DEMAND



Last December we debuted a new holiday event called *IllumiSkate*, a skater-driven exhibition. It didn't take long to realize that this would become a cherished holiday tradition at Parade.

*IllumiSkate* is unique in that skaters choose the music, choose their costume and create their choreography.

The 2<sup>nd</sup> annual *IllumiSkate* Holiday Exhibition will be held Thursday, December 27<sup>th</sup> from 7:00 – 9:00 p.m. in the North Rink at Parade.

Families, friends and the community are invited to the free event and the club will provide refreshments and treats in the lobby following the performance.

All member skaters are invited to perform in the exhibition. There is no fee for entry, but pre-registration is required. The exhibition is compliments of SQSA Parade membership. Participants will need to arrange for music to be cut and arrange for ice time to choreograph and practice their performance. There will be no formal practices or dress rehearsal.

More details and entry forms will be coming soon. Skaters and parents should talk to their coach or Raleigh Weld, Exhibition Director, if you have questions.