



# INSIDE EDGE

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

## SQSA PARADE WRAPS UP 2013 AND RINGS IN THE NEW YEAR WITH A 'FLURRY' OF ACTIVITY!



Coaches:  
Peter Biver  
(Jumps),  
Kim Ryan  
(Spins)

See Page 3 for a recap of these exciting events.

## Calendar 2013-14



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

- Jan 25: Spring Ice Show Registration Deadline
- Jan 31- Feb 2: Duluth USFS Competition
- Feb 7-9: Frosty Blades ISI Competition
- Feb 22: SQSA Teams Exhibition at Parade
- Feb 28-Mar 2: Blades of March ISI Competition
- Apr 9: SQSA Parade Spring Ice Show Picture Night
- Apr 24-26: SQSA Parade Spring Ice Show
- May 15-18: 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 TO:

**MADALYN MOREE**



Maddy's dedication and hard work paid off! She wrapped up her Juvenile season by placing 11<sup>th</sup> in the nation at the 2013-14 US Championships in Boston against the toughest Juvenile field in years! Awesome job, Maddy! Not only was Maddy able to celebrate her personal achievement, but she was also able to savor every moment of the week-long Nationals Competition. What an experience - especially during an Olympic year! Maddy said that it was very exciting to be around so many renowned skaters, and that it was amazing to feel the energy in the rink during the Senior Mens & Ladies programs, especially Jason Brown's!



**COCO KAMINSKI**



Amid all the hustle and bustle of the holidays, Coco competed in the Four Nationals Championships in Bratislava, Slovakia on December 17-23. Four Nationals is an annual combined event to determine the National Champions at the Senior level for the Czech Republic, Hungary, Poland and Slovak Republic. Coco skated for Poland in a field of 25 skaters from the 4 countries. She pushed through a significant back injury and skated strong, placing 5<sup>th</sup> of the 12 Polish skaters and finishing 17<sup>th</sup> overall. Great job Coco, and good luck in February competing again for Poland in the Junior Nationals!

# Congratulations

## Test Results



- Eve Clarkson - FS4 (Freestyle 4)
- Alexa David - FS5
- Sophia Heegaard - FS6
- Stella Jass - FS6
- Kate McDonald - FS1
- Kumi Mizuno - FS3
- Abby Moredock - FS4
- Ava Pihlstrom - FS6
- Vivien Pihlstrom - FS1
- Kate Rekas - FS3
- Ava Unowsky - FS3



- Caroline Bercaw - Pre Juvenile Moves
- Isabel Bercaw - Pre Juvenile Moves
- Kyle Berglund - Intermediate Moves
- Isabel Constable - Pre Preliminary Moves & Pre Preliminary Free Skate
- Grace Goers - Pre Preliminary Moves & Pre Preliminary Free Skate
- Sarah Marie Green - Pre Preliminary Moves & Pre Preliminary Free Skate
- Sophia Heegaard - Preliminary Moves
- Stella Jass - Preliminary Moves
- Lucy Mayer - Juvenile Moves
- Olivia McDowell - Pre Preliminary Moves & Pre Preliminary Free Skate
- Preliminary Moves & Preliminary Free Skate

## ANNOUNCEMENTS



### March Bulletin Board - Photos needed:

Skaters, if you would like to be part of the next Bulletin Board feature... please provide Amy Pihlstrom with a close-up head shot photo of yourself (a school photo is a good option). You can drop a photo in the folder near the bulletin board, or email one to amyrievpie@hotmail.com. Your face should fit into a roughly 2" circle shape - if the photo is digital, please make sure the resolution is high enough quality if the photo must be enlarged. Please turn in photos by Monday, February 2<sup>nd</sup>. Amy has something clever and crafty in mind as we begin celebrating our 31<sup>st</sup> annual Blades of March Competition at Parade!

### Get one while you can!!

There are a limited number of SQSA Parade Garment Bags available for \$35. Please contact Amy Pihlstrom, amyrievpie@hotmail.com

### Mondor Tights at Wholesale Prices

#### SALE ENDS FEBRUARY 1st:

[www.tidewaterice.com](http://www.tidewaterice.com) is selling all Mondor tights at wholesale prices during the month of January. Shipping charges *do* impact the total price, so the best savings are on quantities of 4 pairs or more.

## PLYMOUTH BLIZZARD BLAST

### SQSA Parade wins the 2<sup>nd</sup> place Team Trophy!

23 Skaters kicked off 2014 with terrific performances at the Blizzard Blast Competition held at Plymouth Ice Center! SQSA Parade skaters hit the ice a total of 61 times, with Annika Imdieke and Katie Kurzejeski competing in 5 events each!

### CONGRATULATIONS SKATERS!

Ella Brauer	Maddie Kerber	Abby Moredock
Isabel Constable	Katie Kurzejeski	Jane Olney
Shannon Cross	Bella Litecky	Mia Romsaas
Lucy Durben	Olivia Litecky	Casey Schwarzkopf
Carmen Ercolani	Anya London	Amelia Selstad
Katie Ercolani	Mimi Longe	Gabby Sullivan
Grace Goers	Kate McDonald	Ava Unowsky
Annika Imdieke	Kumi Mizuno	





## HOLIDAY PARTY AND ILLUMISKATE

(Article by Darcy Berglund, and photo credits to Jennifer Kerber and Annique London)

### Holiday Party

On Saturday December 14<sup>th</sup> the rink was alive with activity as SQSA Parade hosted its annual Holiday Party, complete with open skating, treats, hot chocolate, a visit from Santa, and, something new this year: a skating-themed Silent Auction! Proceeds totaled nearly \$2,000, and go directly to the benefit of SQSA Parade Figure Skating club. A thank you to the skate parents who made this event, including auction, happen.

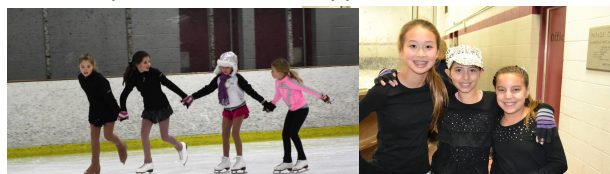


### IllumiSkate

On Sunday December 15<sup>th</sup> SQSA Parade presented its third annual IllumiSkate show! Luminaries flickered along the perimeter of the South Rink while over 40 skaters took their turns in the spotlight. Skaters did a beautiful job of presenting programs they choreographed



themselves, having chosen holiday music from a wide range of selections. The packed audience was as entertained as they were proud! A huge thank-you to Raleigh Weld for her work on this again this year, and a thank you to all parents who helped her make it happen.



**\*\*More photos on the SQSA Parade Shutterfly website!\*\***

IN THE SPOTLIGHT

## JUMPS AND SPINS CLINIC



20 SQSA skaters along with 10 skaters from other clubs attended the Jumps and Spins Clinic hosted by SQSA Parade on January 20<sup>th</sup>. Skaters took away a wealth of jump/spin information to enhance their everyday training! The coaches were surprised at the equal split between clockwise and counterclockwise rotators in Group A, which is



highly unusual to see!! The instructors for the seminar were Jump/Pole Harness Specialist Peter Biver and Spin Specialist Kim Ryan. See below for instructor bios and words of wisdom they share about jumps and spins applicable to skaters of all levels:

**Kim Ryan:** Kim is the Pacific Northwest's premier Spin Specialist with 35+ years of coaching experience. Kim focuses on improving spin technique, perfecting spins in all basic spin positions and increasing levels of spin difficulty.

**Spin Tip/Technique:** Kim emphasizes that practice is essential to mastering spins. She offers two tips for skaters of all levels: 1) "For every 1 hour of freestyle ice, make it a goal to focus a solid 15 minutes straight *just on spins!*" 2) Kim says to focus on 'Centeration' when spinning. This is a word she uses that simply means 'practice centering your spins'.

**Peter Biver:** Peter has been coaching full-time since 2002. He is a US National competitor, 3-time USFS Gold Medalist and professional skater with Holiday on Ice. At the clinic, Peter focused on jump drills and exercises to improve jump technique.

**Jump Tip/Technique:** Peter says, "Make it a daily habit of warming up your jumps off ice for 10-15 minutes before you skate so your session is more productive. This will aid in your alignment and consistency while helping keep you injury free."

"Keep a jump journal and track the consistency of your three most challenging jumps each day for a week and repeat as desired. Also track how many jumps you perform in a session. Many top skaters perform over 40 jumps in an hour session."

**\*\*Discuss these tips with your head coach to see how they can be tailored for you and incorporated into your individual training plan!**



**The Jump & Spinners!**



## 2013-14 SQSA Parade



## Pilates at Parade Ice Garden!



# SQSA PARADE – Executive Updates

## Letter from Club President:

Dear Members,

I hope you are enjoying the New Year. As many of you know, our Club wrapped up 2013 with a bang, including the following events:

- **Club Photo** – on December 14<sup>th</sup> we took a beautiful Club photo with big smiles from so many skaters and coaches (despite the early morning start!). 5x7 prints will soon be available for every Club skater (including those who were unable to attend the photo session). The photo is displayed above.
- **Annual Holiday Party & Silent Auction** – also on December 14<sup>th</sup>, we had a terrific turnout for this festive holiday celebration and fundraiser. Thank you to all the volunteers who helped make it such a fun and inviting atmosphere – we raised nearly \$2,000 for our Club!
- **3<sup>rd</sup> Annual IllumiSkate** – on December 15<sup>th</sup>, we watched 40 of our skaters perform self-choreographed, holiday-themed routines. A special thanks to all the volunteers and skaters who helped make the evening so memorable.

Since my last message, the Board of Directors has had two productive meetings. In its quest to lower the costs for our Club members, the Board decided to subsidize half of the \$80 registration fee for those Club skaters attending the January 20<sup>th</sup> Jump and Spin Seminar at Parade conducted by Kim Ryan (spin specialist) and Peter Biver (jump/pole harness expert). In addition, the Board agreed to reduce by \$50 each Club skater's registration fee for the Annual Spring Ice Show.

In other news, The Inside Edge, our Club's periodical, will debut a contest (with a prize!) in *this* issue. Future issues will also contain a contest. We encourage all skaters to participate. Those that do will be entered into our grand-prize drawing at the Annual Skater Banquet on June 8, 2014. The more you participate, the more chances you have to win! See page 5 for contest form.

Finally, the Board is pleased to announce the launch of the Club's Community Building Committee. Current projects that are underway include (1) drafting a Club Handbook, (2) establishing a buddy program, and (3) organizing a charity event with The Sandwich Project of MN.

I look forward to chatting more with each of you in the coming weeks. Until then, thank you for all you do in making the Club a success.

Best regards. Amy Pihlstrom

## Letter from SQSA Director:

Happy New Year Skating Families,

Welcome to the SQSA Parade Winter 2 Contract session! New for this contact is our on-site Pilates class held on Saturdays at Parade! Check out the photo on this page for a snapshot of the girls working hard at their first class! It's very exciting to have 'Pilates at Parade'!

Earlier this month, we also kicked off practices on Tuesday nights for our Production Team coached by Melissa Kaiser. The team will debut their work along with the Pixies Synchro Team at an Exhibition at Parade on Saturday, February 22<sup>nd</sup>!

Blades of March is just around the corner! Registrations are in and preparations are underway to ensure we have a fun and wildly successful 31<sup>st</sup> annual event!

The theme for this year's ice show was announced at IllumiSkate!

### 2014 SQSA PARADE SPRING ICE SHOW "DIGITAL ICE"

Digital Ice will celebrate our fast-paced era of digital technology while looking back to those charming differences from the analog life. We will revel in the present, honor the past and recognize just how much has changed over time!

Registration forms were emailed out, and are also available on the website. The **forms are due on Saturday, January 25<sup>th</sup>**! Planning is already gearing up for the show, which sneaks up quickly right on the heels of Blades of March!

There are many exciting and fun volunteer positions available for both of these events! Please watch your emails to stay informed about requirements and opportunities. We really appreciate all of your volunteer efforts, and can only execute these fabulous events as a hardworking team!

Happy Skating!  
Page





# ATTENTION SKATERS!

We want to get to know you better! Please print this page, answer the questions below, and place your completed form in the **INSIDE EDGE** envelope near the Bulletin Board at the rink. We may use your answers for future club activities and/or

publications. Please make sure to include your first & last name. Your completed 'All about me' form is your entry for this month's prize drawing. Five winners will receive USFS Destination Sochi T-shirts, which are currently displayed on the Club Bulletin Board! Prize winners will be randomly selected from all entries. **Deadline for entries is Friday, Feb. 14<sup>th</sup>**, and the winners will be announced in the February **INSIDE EDGE** newsletter. Good luck Skaters ☺

January  
Raffle  
Contest

**ALL  
ABOUT  
ME**

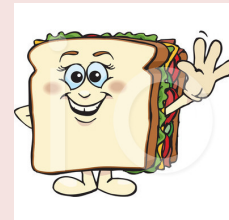
Skater Name: \_\_\_\_\_  
 ISI Test Level (passed): \_\_\_\_\_  
 Favorite Spin: \_\_\_\_\_  
 Favorite Jump: \_\_\_\_\_  
 Favorite Color: \_\_\_\_\_  
 Favorite Food: \_\_\_\_\_  
 Month you were born in: \_\_\_\_\_

List 3 words that describe you well: \_\_\_\_\_

What do you like best about skating? \_\_\_\_\_

What is a figure skating goal you are working on for this season? \_\_\_\_\_

What do you like to do when you aren't skating? \_\_\_\_\_



**SQSA  
Parade  
Skaters**

**Give  
Back!**

A group of SQSA skaters participated in a community outreach charity event on Sunday, January 19<sup>th</sup>.

In support of The Sandwich Project of MN, skaters assembled sandwiches to be delivered to local area homeless shelters. SQSA Parade Figure Skating Club provided the bread, lunchmeat, cheese, zip lock bags and gloves....and the skaters provided the labor of love that will help feed 4500 homeless people served by The Sandwich Project of MN each week. It was a fun teambuilding event benefiting a great cause. Many thanks to all participants, and to the organizers: Christina Pasdo, Teresa Kleinschmidt, and Jennifer Johnson (SQSA Parade Community Building Committee).



## GOOD LUCK!

TO ALL SKATERS  
PARTICIPATING IN:

DULUTH USFS COMPETITION  
**JAN. 31 – FEB. 2<sup>ND</sup>**

&  
FROSTY BLADES  
ISI COMPETITION  
**FEB. 7-9**



## 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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Message from Editor: Thank you so much to the contributing writers and photographers! We are always looking for volunteer field photographers and writers! Please forward news to [terryrichardson@gmail.com](mailto:terryrichardson@gmail.com). Also, please contact me if you spot any errors or omissions. Print deadline for February edition is 2/14.