

INSIDE EDGE

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

Congratulations to all our competitors at the Upper Great Lakes USFS Regionals Competition

SQSA Parade was well represented at UGL Regionals this year with 17 members competing!



Caroline Bercaw finished 2nd overall at the Pre-Juvenile level, and several other skaters made it to final rounds for their levels after qualifying performances in their initial rounds. Great job everyone!



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

Dec 13: Holiday Party AND IllumiSkate

Feb 6-8: Frosty Blades ISI Competition

Feb 6-8: Rochester Hiawathaland (USFS)

Mar 6-8: Skate Parade ISI Competition

Apr 30: Spring Ice Show Dress Rehearsal

May 1-2: SQSA Parade Spring Ice Show

** 2015 SQSA Parade USFS Regionals Team **

Pre Preliminary

Ava Pihlstrom
Kate Rekas
Kumi Mizuno
Leah Smith
Lyra Koutlas

Preliminary

Grace Goers
Isabel Bercaw
Sophia Heegaard
Stella Jass

Pre Juvenile

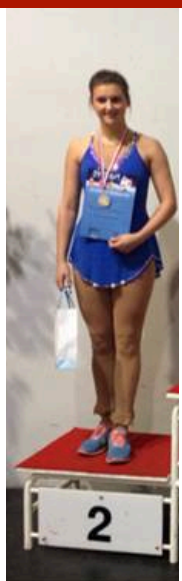
Caroline Bercaw
Grace Stoelzing
Vanessa Bird
Juvenile
Greta Paschke

Open Juvenile

Lucy Mayer
Intermediate
Isabel Garcia
Kirby Goodman
Novice
Madalyn Moree

* Allison Pasdo & Abby Richardson (injured, did not compete)

CONGRATULATIONS to Coco Kaminski! She finished 3rd in the short, 2nd in the free skate and 2nd overall for the Polish National team at the VIII Zawody Mikolajkowe competition (which translates to "8th Annual Santa Klaus Cup.")



Our Annual IllumiSkate Exhibition is this Saturday, December 13th from 5:30-8:00. Skaters have been working hard over the last few weeks polishing their holiday themed performances. Please invite your friends and family to join us for this event and kick off the holiday season with SQSA Parade!



Skaters, remember to pick up your Snowflake from the Parade Rink Office to decorate for the event. Decorated Snowflakes must be turned in to the Rink Office by Friday Dec 12th.

Congratulations

Test Results



Vanessa Bird -	FS7
Shannon Cross -	FS4
Zoe Fustgaard -	FS3
Grace Goers -	FS7
Sarah Marie Green-	FS5
Annika Imdieke -	FS1
Stella Jass -	FS7
Coco Kaminski -	FS7
Maddie Kerber -	FS2
Lyra Koutlas -	FS6
Stephanie Krause -	FS5
Katie Kurzejeski -	FS6
Kate McDonald -	FS2
Jane Olney -	FS4
Alessandra Scarpa -	FS2
Dana Smith -	FS2
Anna Udris -	FS1
Ava Unowsky -	FS4



Kyle Berglund -	Juvenile Free Skate
Isabel Constable-	Preliminary Moves & Free Skate
Carmen Ercolani -	Pre-Preliminary Moves & Free Skate
Kathryn Ercolani -	Pre-Preliminary Moves & Free Skate
Grace Goers -	Pre-Juvenile Moves
Izabel Gorowsky -	Intermediate Moves & Juvenile Free Skate
Stella Jass -	Pre-Juvenile Moves
Liz McClurg -	Adult Bronze Moves
Greta Paschke -	Intermediate Free Skate
Ava Pihlstrom -	Preliminary Moves & Free Skate
Kate Rekas -	Preliminary Moves
Mia Romsaas -	Pre-Preliminary Moves & Free Skate
Casey Schwarzkopf-	Pre-Preliminary Moves & Free Skate
Leah Smith -	Pre-Juvenile Moves

CONGRATULATIONS TO MADALYN MOREE WHO PASSED FS9!

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 Maddy! One more to go ☺



ANNOUNCEMENTS



WELCOME NEW SQSA MEMBERS

Eleanor VanDuyne
 Julia Bennett - Assoc
 Meghan Christensen - Assoc
 Ariel Grymala - Assoc
 Ruby Hendrickson - Assoc
 Mitchel Markkanen - Assoc
 Eleanor Pitts - Jr
 Lauren Scott - Assoc
 Lily Scott - Assoc
 Sydney Tannen - Jr
 Eleanor Van Duyne - Jr

"Stars on Ice"

The ticket order will be placed ON MONDAY 12/15.

The performance is Sunday, March 22, 2015 at 4:00 pm at the Xcel Energy Center in St. Paul. If interested, email organizer Korey Stoelzing at korey.stoelzing@gmail.com with the number of tickets you would like or if you have questions.

This was a very fun and memorable club event last year. Don't miss it!

SAVE THE DATE!

Monday, Jan. 19th, 2015
 8:45am-2:45pm
 Parade Ice Garden

Spin Seminar with Kim Ryan
 Kim is a Nationally Renowned Spin Specialist and we are pumped to have her back for a second time!

Nutrition Seminar: Special Guest, Nutritionist Val Schonberg (MS, RD, CSSD, LD) specializes in nutrition to optimize athletic performance, especially for dancers, and is excited to work with figure skaters!

**** Check out the Trophy Cases in the North Rink ****

Amy Pihlstrom and Susan Donnelly totally revamped the trophy cases in the past few weeks. The design is striking and the display highlights all aspects of SQSA Parade!



2014 -15 SQSA Parade

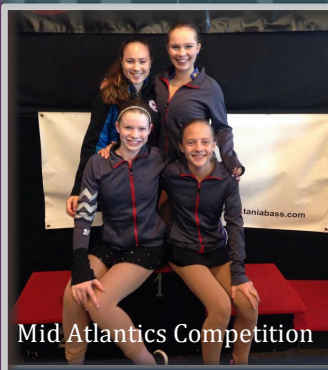
**Other Happenings
around SQSA Parade
this Fall:**



Two Olympians coaching at SQSA Parade
(Surya Bonaly (guest coach) and Caryn Kadavy)



**Our "Skating Mentors" groups
working hard choreographing their
programs**



Mid Atlantics Competition



White Bear Competition



This season's Pixies skating team at practice

CONGRATS TO
SKATERS WHO
COMPETED THIS
FALL:

- MID ATLANTICS
- USFS
- MAPLEWOOD
- USFS
- NEW ULM - ISI
- WOODBURY - ISI
- WHITE BEAR - ISI

FUN AND SUCCESS AT WHITE BEAR LAKE ISI COMPETITION



CONGRATULATIONS TEAM SQA PARADE! Your hard work and great skating earned us the 2nd Place trophy at the White Bear Lake Holiday Open competition. Well done, team!

Halloween Party (article & photos submitted by Vicki Ercolani)

Saturday, October 25 was a great day for the 2014 Halloween Party at Parade Ice Garden. Lots of club families showed up early to help decorate the lobby including a beautiful photo booth provided by Elizabeth Gorowsky. Lisa Cargill (mom of Mia Romsaas) brought a banquet including sandwiches, chips, apples, cider, a fancy cake and more. Several families brought even more treats to add to the table. Indoor activities included pumpkin bowling and eyeball toss for candy prizes, and decorating mini pumpkins – oh, the glitter!

The sunny weather encouraged skaters to a new outdoor activity – dressing a scarecrow! (Frame built by Ron Ercolani, Katie and Carmen’s dad.) Reggie and the

staff at the rink were kind enough to keep the lovely scarecrow on display in the garden through the Halloween weekend. Ice time

featured Halloween music. Skaters outdid themselves this year with costumes ranging from simple to scary to glamorous. The skate school families were invited to attend the party. They learned how much fun the SQSA Parade club can be. A big thank you to the many volunteers who showed up to help and bring supplies to add to the enjoyment.



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

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

The Ice Rink

She worked hard, says the stinky socks piled on top of each other in the rusty locker; a high jumper too, says the skates so broken down she had to duct tape them; and a fast, powerful skater, says the marks on the hard, cold ice beaten up by her skating; but not a graceful girl, says the bruises on her body and the many butt pads in her bag.

Her friends were loud and fun, says the laughter still hanging in the air in the stinky locker room from that morning; and they ate a lot say the wrappers and leftover food sitting in the garbage can in the center of the room; The figure skaters? Oh they always had fun in here, says the big lobby were they did cartwheels and jump drills.

The girls are here all the time, says the dirty floor covered in snow; They're here even more in the summer, says the sun bleached beach outside of the ice rink; I like a break though, says the clean, spotless zambonied ice; Now they are gone for the day, say the locked up doors and the dark, quiet arena; Until tomorrow, says the skates waiting to be tied up and help her define her dreams.

- Written By SQSA Skater, Grace Stoelzing

Safety comes first!

Safety and first aid are priorities at Parade! Dr. Gary Dukinfield, family physician from Park Nicollet, provided SQSA Parade coaches with a refresher course in first aid as well as in responding to skater's injuries. Our on-site first aid kits were updated specifically for figure skating injuries. During Pro's ice, a first aid kit is available from the Parade Rink office if needed.

Stay Informed:

SQSA Parade Club emails:

(Watch your inbox)
sqsaparade@gmail.com

SQSA Parade website:

www.sqsaparade.com



Follow us on
Facebook [here](#)



Former SQSA member Maria Kalina is running the 2015 Boston Marathon. In doing so, she is hoping to raise \$5000 for the American Medical Athletic Association. Here is what she has to say:

"Dear SQSA/Parade family,

2 and ½ years ago, I moved to Boston, MA to attend Harvard University. I left my family, friends, and my beloved skating family from Parade. However, Boston has since become my home. That is why I, along with thousands of others, was greatly affected by the 2013 Boston Marathon bombings. The emotional wounds were slow to heal. I was recently given the opportunity to run the 2015 Boston Marathon, as a member of the American Medical Athletic Association (AMAA) Youth Fund Team.

AMAA is committed to promoting higher levels of physical activity for youth, so that they may learn to establish a healthy lifestyle—something skating taught me to do 16 years ago! My goal is to raise \$5000 for the organization. Please consider reading more about the AMAA story and donating here:

<https://www.crowdrise.com/amaabostonmarathon2015/fundraiser/mariakalina>. Checks can also be made out to AMAA and sent to: AMAA; 4405 East West Highway; Bethesda, MD 20814. Thank you all for your support as I embark on this journey to the finish line. Similar to all of the skating memories I've made, I will cherish and hold this experience close to my heart for the rest of my life!"

Sincerely,
Maria



We welcome news stories and photos! Please send corrections, news, photos, and articles to the editor: 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.