



Winter 2013

## JANUARY WAS USFSA NATIONAL SKATING MONTH

The goal is to increase awareness and participation in ice skating. IHSA skaters have already kicked off the celebration by skating exhibitions at KVIH Skate with Santa events and will continue to participate with more special events next month. In addition, our skating director, Amanda Goetz, entered a group of IHSA skaters into the National skating month video contest. The top video in each category will be

selected as winners and will receive a U.S. Figure Skating prize pack along with having their video featured during the 2013 Prudential U.S. Figure Skating Championships in January. The winning videos will also be distributed to all member clubs, rinks and basic skills programs participating in National Skating Month to use during their events. Enjoy the video & Good Luck IHSA!

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*"I walk on water...frozen water"*

**-JOHNNY WEIR**

# FEATURE SKATER: SHANNON MCDAVID

**Skating level:** Juvenile - **Age:** 17

When my family moved to Michigan, we figured Sydney & I would need a hobby we could do in the cold. Little did we know that skating is more than just a hobby!

**Favorite moves:**

Spread eagles, death drops and split jumps

**Memorable moment:** Getting to compete at national showcase for the first time this year and even adding a few improvisations to my dramatic skate!

**Challenges:** It took me quite a while to land my axel (I am still improving it to this day). After I landed my axel for the first time I sprained my ankle and then went on vacation right after, so I didn't have any way to practice and lost the jump for a little while.

**Embarrassing moment:** I have gotten on the ice plenty of times before without realizing that I was still wearing my guards, and received a shock each time when I went tumbling to the ground!

**People who have inspired/influenced my skating:** My parents have been so important to my skating, not only for getting me started in the first place, but also for reminding me not to give up when I felt like quitting and to realize why I enjoy skating when I forget. My coaches have also been a huge influence on my skating, of course, and given me invaluable help.



**Favorite skater:** Hands down, Jeremy Abbott! Besides being a talented skater he does his own choreography, which is always beautiful, lyrical and unique. He really seems to skate with his whole soul!

**School:** I am currently a senior at International Academy West, so I'm currently thinking a lot about college. I'm not done with my college applications yet, but I already know that wherever I end up, I want to major in art history and study abroad in France. When I'm older I hope to work at an art museum like the MoMA or the DIA, perhaps as a curator.

**Long-term goals:** In skating, I hope to land one or two doubles and pass my senior moves in the field test. Apart from that, I one day hope to write a play that makes it to the Broadway stage.

**Hobbies:**

I like doing crafts, such as beading or making friendship bracelets. I like reading, writing, drawing, listening to music, and watching TV and movies.

**Fun fact you might not know about me:** I was born in Germany, am a citizen Germany as well as the US, I speak German pretty fluently and am currently taking my fourth year of French (my favorite subject) in school.

**Favorite color:** My favorite changes by the day.

**Favorite food:** I love Indian food and like to be adventurous and try foreign foods in general.

**Drink:** Water, orange juice and Dr. Pepper.

**Books:** The Great Gatsby, Wicked (which is also a musical that I love as well!), Harry Potter, The Astonishing Life of Octavian Nothing, The Casual Vacancy.

**Movies:** The Artist, My Dinner With Andre

**TV shows:** Bob's Burgers, South Park, Portlandia, Futurama, The BBC's Sherlock

**Songs and music:** Ragtime, classical and Opera (especially anything composed by Verdi or sung by Pavarotti), rock/alternative, musical comedy, musical theater (especially Wicked!). My favorite songs are "Lighting Crashes" by Live and "2 Frogs" by Five for Fighting.

**Celebrities:** Trey Parker and Matt Stone, Stephen Lynch, Andy Samberg/The Lonely Island, Kristen Wiig, and Benedict Cumberbatch.

**Websites:**

Facebook, Reddit, The Oatmeal and The Onion



# TEST RESULTS NOVEMBER 2012

## MOVES

Megan Paweski - Pre-Preliminary  
Shannon Reeves - Pre-Preliminary  
Erin Dowd - Preliminary  
Lauren Dowd - Preliminary  
Emily Denhof - Pre-Juvenile  
Halle Greenwald - Pre-Juvenile  
Jenna Hanish - Pre-Juvenile  
Madison Alestra - Intermediate  
Alyssa Kormos - Novice  
Isabella Colasanti - Junior  
Jacque Goetz - Junior  
Mary Martin - Adult Bronze

## FREE SKATE

Olivia Colasanti - Pre-Preliminary  
Sonoma Colasanti - Pre-Preliminary  
Emily Denhof - Pre-Preliminary  
Hannah Legacy - Pre-Preliminary  
Sydney Mailloux - Pre-Preliminary

Amanda Vermillion - Pre-Preliminary  
Grace Caicco - Preliminary  
Olivia Colasanti - Preliminary  
Sonoma Colasanti - Preliminary  
Emily Denhof - Preliminary  
Isabella Pagogna - Preliminary  
Jessica Vermillion - Preliminary  
Remington Bennett - Pre-Juvenile  
Halle Greenwald - Pre-Juvenile  
Carly Apple - Juvenile  
Anna Domka - Juvenile  
Isabella Colasanti - Intermediate  
Paige Conrad - Intermediate  
Alyssa Kormos - Intermediate  
Anna Petty - Intermediate  
Paige Bartholomew - Novice  
Abbey Biehl - Novice  
Emily Bodo - Novice  
Ashlyn Olson - Novice

# UPCOMING DATES

Night at the Movies  
Ice Show  
February 22 7pm  
February 23 1pm and 7pm

Michigan Showcase  
Early Bird  
Discount Registration  
March 1<sup>st</sup>, 2013

Michigan  
Showcase 2013  
A Competition in Theatrical  
Skating  
June 1<sup>st</sup> & June 2nd, 2013

Next Testing  
Late March/Early April TBD

## CONTACT INFO:

Amanda Goetz  
[Goetzie7@hotmail.com](mailto:Goetzie7@hotmail.com)

Harmony Theatre  
[heather.holson@gmail.com](mailto:heather.holson@gmail.com)

Story Ideas  
[thanish@marykay.com](mailto:thanish@marykay.com)



# JANUARY 2013 TEST RESULTS

## DANCE

Dutch waltz  
Pam Breazeale  
Rhythm Blues  
Pam Breazeale  
American Waltz  
Ashlyn Olson  
Abbey Biehl  
Rocker Foxtrot  
Ashlyn Olson  
Fiesta Tango  
Kelsey Corrigan  
Willow Waltz  
Kelsey Corrigan  
Ten Fox  
Kelsey Corrigan  
Bronze test  
Kelsey Corrigan

## MOVES

Adult Pre Bronze  
Pam Breazeale  
Pre Preliminary  
Olivia Pearsall  
Sydney Ross  
Emma Vermillion  
Preliminary  
Cora DeWyre  
Allison Ross  
Sydney Mallioux  
Pre Juvenile  
Isabella Pagogna  
Hannah Legacy  
Erin Dowd  
Juvenile  
Aaron Caicco

## Novice

Beth Biernacki  
Kelli Bryant  
Junior  
Paige Bartholomew  
Paige Conrad  
Senior  
Jacque Shrader-Goetz

## FREESTYLE

Pre Preliminary  
Erin Dowd  
Preliminary  
Jenna Hanish  
Emily Schelling  
Juvenile  
Sydney McDavid  
Meghan Kummerfeldt

*"The world really does revolve around me."*  
*Ice Skating Spinning Diva*





## COACHES CORNER

AMANDA GOETZ

You probably ask yourself monthly, if not on a weekly basis; what is my child getting out of figure skating and where can they go with it? Can my child actually do something with it other than just having “fun” as a child? I would like to weigh in on this since Figure skating has been a huge part of my life for 27 years and made me who I am today.

The Cliff Notes (AKA Spark Notes) version of my journey began like this: Went to open skating with my dad and brother at Veteran’s ice arena. Could not even stand but something about the determination I had made my parents sign me up for Learn to Skate. I passed through those levels very quickly and was on my way to private lessons, in which directed me towards “Precision Skating” (Now called Synchronized Skating) on the Hockettes. I successfully completed my tests needed to skate on the Junior team by the time I was 13, and eventually after many years together we qualified for TEAM USA my Freshman year in College. After leaving Hockettes, I joined U of M’s Synchronized Collegiate and Senior team, in which we skated to an International slot my Junior year. My senior year was by far the team’s most successful year competing abroad, and placing nationally. However, it was also the hardest year for me; I came to the conclusion my amateur competitive skating career was over, and the next decision was where do I go from there? For many, they leave skating, cherish the memories and every once in a while look back and laugh. That was what I decided to do, “Move on with my life.” About a year after I had put my skates away (literally in my bottom closet) I received a call from a good friend who I skated with. They were in need of learn to skate coaches...and well the rest is history.

David McCullough said, "Real success is finding your lifework in the work that you love." How many people can say they spend every day teaching other people the thing that they love?

Next question you may have: How does my skater become a coach and make back all the money we have spent? Well you may or may not make all the money back that you have spent BUT your skater can be a coach, and can share their passion with other skaters. How they do it:

1. As early as possible, start volunteering in your local basic skills program to learn teaching skills and PATIENCE, and how to have fun in class. The IHSA offers seminars in the summer that allow your skater to learn how to handle a class of different ages to different levels. At the IHSA they are required to attend a seminar and go through the Skating Director before helping classes. You can find a list of requirements through [www.icehouseskatingacademy.org](http://www.icehouseskatingacademy.org). Remember just because your skater can skate does not mean they can teach!
2. I **HIGHLY** recommended that you pass your Senior tests in the discipline that you want to teach. Talk to your private coach if you think your skater is interested in coaching. They can direct you in the path you need to take in order to achieve this. Many rinks and ice shows will not hire you without this credential.
3. Down the road find a coaching mentor(s) who will let you apprentice with them. This will frequently include standing in on lessons that the mentor teaches, keeping a journal, and some one-on-one mentoring time. The Professional Skaters Association (PSA) has a great Apprenticing program which is a must do. Around the time of the mentoring, you will also need to complete the PSA’s Basic Accreditation Exam. Many rinks require this credential before allowing coaches to teach at the facility. Pursue PSA ratings exams as early as possible and work towards a Master Rating. The majority of top coaches have followed this path. Becoming a great coach has everything to do with who you can learn from.

- A. The IHSA and the Ice House require all Full time coaches to be members of the club & USFSA, members of PSA, have a background check, and liability insurance.
  - B. We also encourage through PSA attending seminars and classes that better your education. As any other profession, the sport evolves and we expect the coaches to remain educated.
4. Be willing to travel to PSA educational events and visit top coaches at their home rinks. Try to visit a major training center with top coaches if at all possible. You can learn a great deal by being around others who are pushing the envelope. Most of these seminars and requirements are expected to be paid for by the coach. It is not cheap to be a coach; however, the reward is amazing!
  5. If you have aspirations of becoming a choreographer, get as much practice creating programs as possible. Put your own competition or show numbers together. Help friends and younger skaters with their programs. The education for this skill is much less formal and more artistic. Take lots of off ice dance classes like ballet, jazz, and modern dance. The more exposure you get to different dance forms, the better choreographer you will become! Get as many influences as you can by attending stage dance and theater productions. It is important to realize that only a handful of people can make a living through skating choreography alone. You will likely need to teach another skating discipline so prepare yourself for that fact. All IHSA choreographers still need to be Primary or part time coaches of the club.

You might ask yourself if your skater does not want to coach, then what will they get out of it? With well-rounded skating skills you can be hired by a touring ice show like Disney on Ice, Holiday on Ice, or cruise ships. If this sounds interesting to you, learn basic pair moves, skating with small groups, duets and skating in small spaces.

It is a challenge to make a full time income coaching figure skating in most areas of the country. It is a good thing that skaters tend to be resourceful people! Plenty of other jobs can be combined with coaching. That is why you will see many coaches who make accessories, edit music, crystal dresses, create costumes, and teach seminars across the country.

There is a great need for trained technical specialists since most competitions are using the International Judging System. Becoming a specialist, a judge, an official, or club volunteer are all ways to stay involved.

Absolutely; Skating can give someone much more than a way to make a living. Skating through my child hood gave me lifelong friends, courage, strength and determination. Skating is one of the toughest sports there is, if you don't believe me try jumping through the air rotating three times, strapped to steel blades, and smile at the end of it (Whether you landed it or not). Skating creates strong athletes that embrace challenges ahead and many skaters become successful young men and women outside of the skating world.

So whether your skater stays in the sport for a lifetime, or accomplishes what they want and moves on; skating is and always will be a part of us! SO the next time you ask "What is my child getting out of skating?" you have the answer.

If coaches have articles to submit please send to [thanish@sbcglobal.net](mailto:thanish@sbcglobal.net) or [thanish@marykay.com](mailto:thanish@marykay.com)





## CONGRATULATIONS JACQUE SHRADER-GOETZ

The test structure is the backbone of U.S. Figure Skating. Passing skill tests presided over by official judges advances the skater to the next level. Skaters test in moves in the field, free skating, pairs and ice dancing. As a skater advances, the tests become more difficult. The highest achievement in each discipline is passing the senior, also called "gold" test. When a skater passes a gold test, he or she earns the designation "U.S. Figure Skating Gold Medalist". Becoming a U.S. Figure Skating Gold Medalist is the culmination of many years of hard work and dedication to the sport. In a typical year,

approximately 40,000 U.S. Figure Skating test levels are completed by athletes. Of those, about 1,300, or 3% are at the gold or senior level. When an athlete passes the senior test, he or she receives a congratulatory letter from the president of the U.S. Figure Skating, a gold certificate and a gold lapel pin to commemorate the accomplishment. They are eligible to purchase the gold test medal and the U.S. Figure Skating Gold Medalist jacket. It is also an accomplishment that goes on the skater's permanent U.S. Figure Skating record and can be used on a resume or college application.

## COACHING STAFF

### **Brandee Amick**

Freestyle, Choreography, group lessons, Moves in the Field, Theatre on Ice

### **Holly Beck**

Moves in the Field, Freestyle, Dance, Theatre on Ice

### **Karen Caicco**

ISI Freestyle, group lessons, hockey power drills

### **Anna Cobb**

Freestyle, Choreography, group lessons, on and off ice warm up

### **Amanda Goetz**

IHSA Director, Moves in the Field, Freestyle, Synchronized Skating, ISI Compulsory Teams, Hartland High School United Coach, group lessons, Learn to Skate Coordinator, Theatre on Ice

### **Michelle Hunt**

Freestyle, Moves in the Field, Choreography, Theatre on Ice Director, Ice Show Director

### **Piercyn Hunt**

Choreography, Freestyle, Off Ice Dance Instructor, Group Lessons

### **Candice Jewell**

Basic Skills, Hockey

### **Susie Kalinowski**

Freestyle, Moves in the field, Group Lessons, Learn to play hockey, Choreography

### **Catherine Lepkowski**

Moves in the Field, Freestyle, Dartfish, Group Lessons

### **Baiba Lieckfield**

ISI Director, ISI Freestyle, Theatre On Ice, Moves in the Field, Choreography, Adult Skating

### **Jackie Muha**

Freestyle, ISI, Moves in the field, Choreography, Theatre on Ice, group lessons

### **Ashlee Pantano**

Spins Coach

### **Paige Shepler**

Moves in the Field, Freestyle, Group Lessons, hockey strength skating, Choreography

### **ASSOCIATE COACHES**

Richard Brown - Freestyle, Dance

### **GUEST COACHES**

Steve Hartsell - Pairs



<http://www.icehouseskatingacademy.org/>

# IHSA HIGH SCHOOL SKATERS THAT ARE SKATING ON THE TEAMS:

Results are after first two competitions.

A high school team needs to place in top 3 after cumulative points are added together at end of 3 competitions to go to States.

**Howell - District 1**  
Meghan Kummerfeldt

B Team:  
10th place with a total of 19 points

**Lakes Area - District 3**  
Isabella Colasanti

A Team:  
7th place with a total of 16 points

**Hartland United - District 3**

Shannon McDavid  
Sydney McDavid  
Allison Ross  
Jacqueline Shrader-Goetz  
Ashlyn Olson  
Angela Brooks  
Cassidy White  
Beth Biernacki

A Team:  
4th place with a total of 21 points

B Team:  
1st place with a total of 34 points

C Team:  
7th place with a total of 20 points

**Brighton High School- District 1**

Paige Bartholomew  
Kelsey Corrigan  
Erin Dowd  
Madison Hipple  
Holly Iglewski  
Cassidy Kamm  
Alyssa Kormos  
Alissa Legacy  
Miranda McDonald  
Malorie Moen  
Shannon Reeves

A team:  
5th place with a total of 24 points

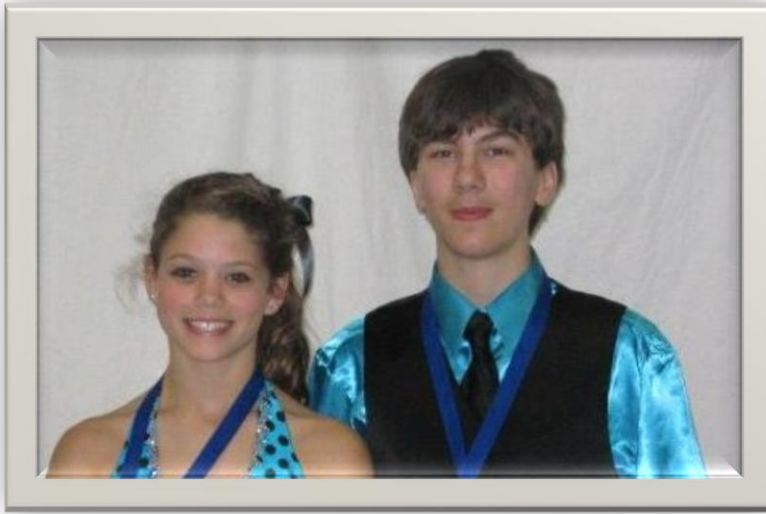
B team:  
9th place with a total of 22 points

C Team:  
4th place with a total of 20 points

**United Farmington**  
Bridget Race

A Team  
2nd place with 35 points





## ASHLYN OLSON & JACOB NUSSLE

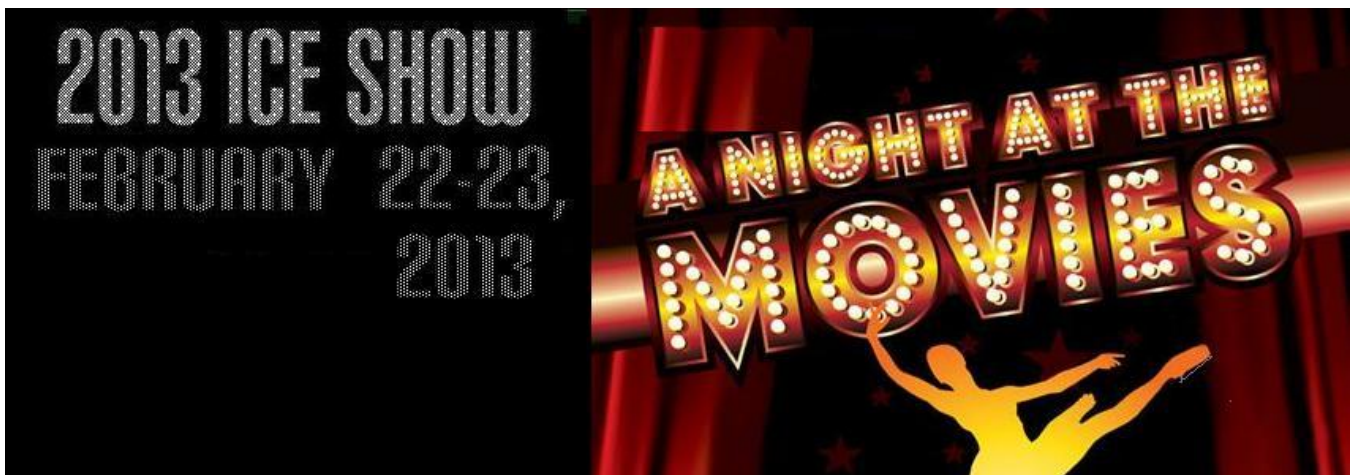
WE are PROUD and HONORED to scream from the rooftops that our amazing IHSA pairs skaters finished 6 out of 8 competitors nationally tonight!!! 1.5 points higher than their personal best in competition!!!!

They were amazing and those that could watch them and all the antics that lead us to huddle around choppy live streaming footage inside Bigby Coffee House in Hartland were screaming and cheering from the distance to a projection on the wall of our team, out there showing the world...

## HERE COMES ISHA!

Special thanks to Mike at Bigby for all the last minute scrambling, Mr. Conrad for his new membership to [icenet.com](http://icenet.com) and Tiffany Pagogna for all her IT efforts!

## WE ARE A HUGE FAMILY & AN AMAZING TEAM!





# THE TEN COMMANDMENTS FOR FIGURE SKATING PARENTS

I. Thou shalt not impose your ambitions on thy child. Remember that figure skating is your child's activity. Improvement and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes, and don't push them based on what you think they should be doing.

II. Thou shalt be supportive no matter what. There is only one question to ask your child - "Did you have fun?" If competitions, shows, and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach your child. You have taken your child to a professional coach - do not undermine that performance by trying to coach your child on the side. Your job is to support and love your child no matter what, and the coach is responsible for the technical part of the job.

IV. Thou shalt only have positive things to say at a competition. If you are going to show up at a competition, you should cheer and applaud, but never criticize your child, other children, the judges, coaches, or officials. Always strive to set a good example for your child.

V. Thou shalt acknowledge thy child's fears. A first competition (or every competition) can be a stressful situation. It is totally appropriate for your child to be anxious. Don't yell or belittle, just assure your child they are ready for it.

VI. Thou shalt not criticize the judges. If you complain about the judging or results, don't be surprised when your child models your behavior and acts out against other authority figures in his life. He learned it from you.

VII. Honor thy child's coach. The bond between coach and skater is a special one and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. The child shall have goals besides winning. Giving an honest effort, regardless of the outcome, is much more important than winning. An Olympic swimmer once said, "My goal was to set a world record. Well, I did that but someone did it too, just a little faster than I did. I achieved my goal and lost. That does not make me a failure. In fact, I am very proud of that race."

IX. Thou shalt place your child first above everything. Ask yourself this question - Are your child's goals more important to you than they are to your child? Remember that the focus of youth sports should be fun. Children are constantly changing, and their goals, interests and participation in activities will change as well. Parents should remain flexible, patient and always supportive while their children strive to find their niche in life.

X. Thou shalt not expect thy child to become an Olympian. There are more than 100,000 skaters registered with ISI and US Figure Skating. The odds of your child making the Olympic team are less than one in 33,000. Figure Skating is much more than just the Olympics. Ask your coach why he coaches. Chances are he or she was not an Olympic skater but still got enough out of skating that they want to pass that love for the sport on to others. Figure Skating teaches self-discipline and sportsmanship. It builds self-esteem and fitness. It provides lifelong friendships and much more. Figure Skating builds good people and you should be happy that your child wants to participate.

Taken from [www.skatepsa.com](http://www.skatepsa.com)

