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Feature Articles



COVER:

"Each year at Nationals I try to find skaters that radiate a naturalness and beauty and I found these in Lea Ann and Billy," says Dr. Roger Minkow, who for the past four years has provided the October covers for Skating magazine.

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SALT LAKE CITY**
*by Deborah Linke and
Trish Brink*

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**Kid
Talk**

Skating[®]

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USFSA President — George T. Yonekura

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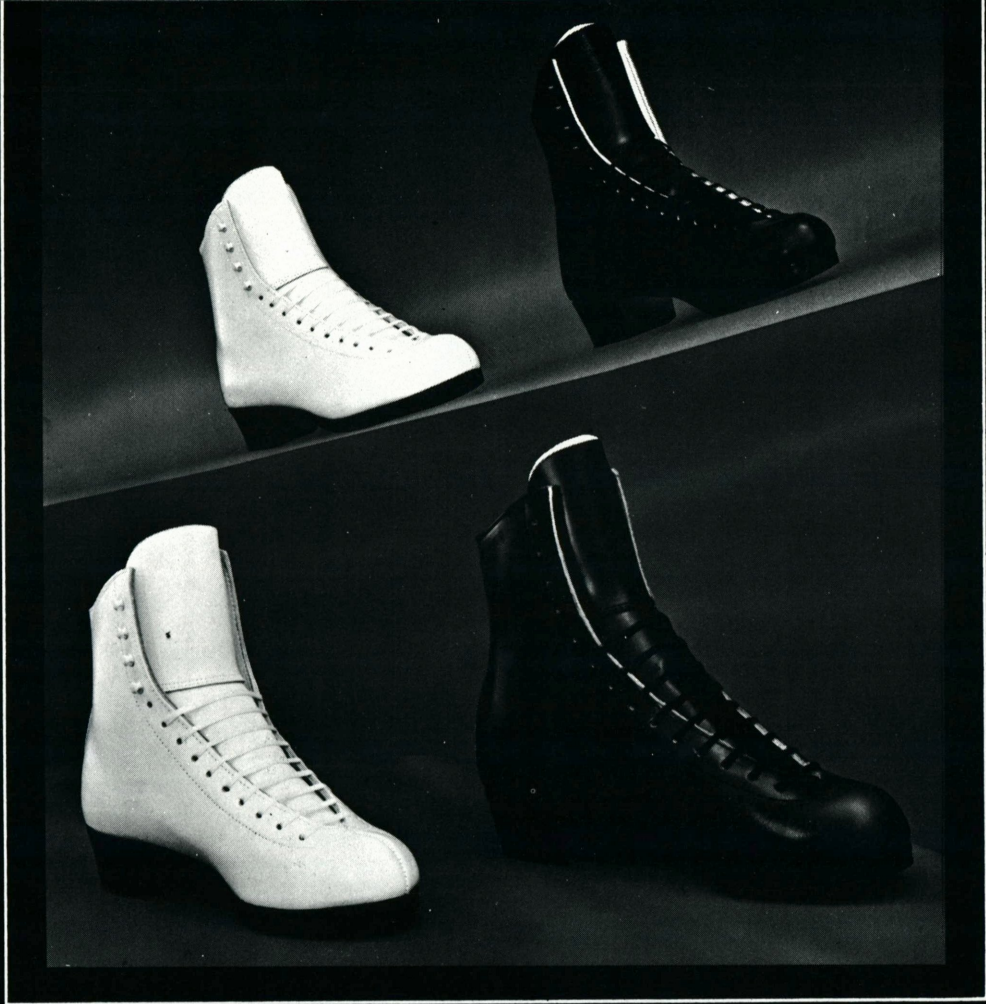
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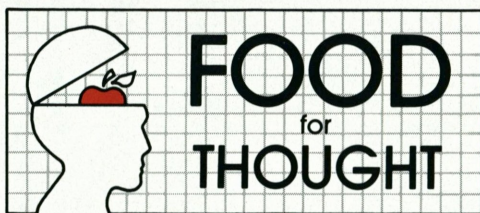
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*Nutritional
Guide for
the Skater.*

PROTEIN AND FAT—ESSENTIALS FOR GROWTH AND HEALTH

by

Arnold E. Denton, Ph.D.,
Vice President, Campbell Soup Co. &
Member, USFSA Sports Medicine Committee
and C.S. Khoo, Ph.D.,
Campbell Soup Co.

Previous articles appearing in this column covered several nutrition subjects in a general way, giving you some background so that in future articles we could convey more specific information to you. This will provide you with enough nutrition know-how to select a variety of foods that meets your nutritional needs.

Carbohydrates were discussed in the July issue of *Skating*. In this issue we will explain the importance of *proteins* and *fats*.

Protein is necessary for the body to: build tissues, like muscle and blood; produce antibodies to fight infection; and to manufacture enzymes and hormones that regulate body processes. Protein is found in every cell throughout the body.

Proteins are made up of building blocks called amino acids. If a protein contains all the amino acids that the body needs (called essential amino acids), it is a complete protein. If it is missing one or more amino acids or if it contains a very small quantity of one or more amino acids, it is an incomplete protein. Proteins from animal sources such as meat, fish, poultry, eggs, and milk are complete proteins, while those in cereals, grains, dried peas, beans, and nuts are incomplete.

For good nutrition, try to eat a mixture of animal and plant proteins since they complement each other. Our daily protein requirement can easily be met by eating *two* servings of food containing animal protein along with *four* servings from the grain/cereal group. The recom-

mended serving sizes for several sources of complete protein are: two to three ounces cooked lean meat, poultry, or fish; two eggs; one cup milk; one ounce cheese; one-half cup cottage cheese; and one cup yogurt.

Incomplete protein sources that can round out meals or serve as snacks include: bread, cereal, pasta, rice, and peanut butter. Combination dishes like macaroni and cheese or beans and franks are tasty ways to enjoy plant and animal proteins together.

Fat is an important nutrient because it provides the body with essential fatty acids and energy; carries the fat soluble vitamins A, D, E, and K; and contributes to the palatability and satiety of food.

Fats are complex molecules consisting of fatty acids and a substance called glycerol. They are readily broken down in the body and used in the functioning of each cell.

Generally, there is no difficulty in meeting the body's requirement for fat, providing you are eating a variety of foods. Butter, margarine, shortening, vegetable oils, salad dressings, and fat which normally occurs in foods such as meats and cheeses, are adequate sources of fat.

Both protein and fat provide energy, which is measured in calories. *Proteins* contribute 4 calories per gram, and a gram of *fat* provides 9 calories.

Of some concern to nutritionists is the possibility that some people may be consuming too much fat in relation to other nutrients. A good guide is to keep fat intake to about one-third your total calories. That means: trimming fat and skin from meats and poultry; switching to low fat milk and cheese products; and using less oil, shortening, butter, or margarine.

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"This one's on me. You paid for the coffee yesterday."

"Okay. Cream, sugar and strychnine."

"Now what? I saw you talking a long time to a skater's mother."

"It happened again. This time it's Karen who has to stop skating. Her mother says she's not getting anywhere, she can't do anything. Her mother looks at all the other skaters flying around, passing tests, competing, and there's Karen potsing along, looking like Lady Godiva's horse minus the rider. Her father agrees. He saw Karen the other day and had a fit, thought she looked like a circus clown."

"So what? You told me she loves it. Sleeps, eats, dreams skating, can't wait to get here, devours everything on the subject, et cetera. What was that school thing she did?"

"It was some sort of essay on a favorite subject. She wrote up a storm. I read it and it knocked me out. She may know more about the top skaters than both of us put together."

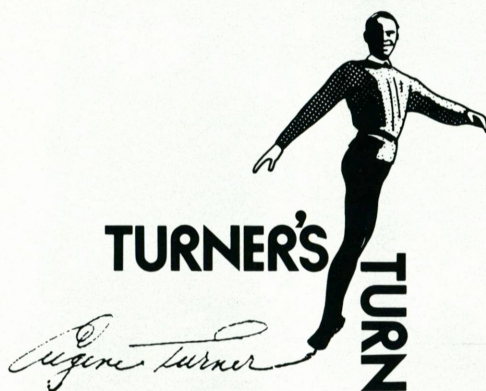
"Doesn't that mean anything to her mom?"

"Well, she says Karen's wasting her time doing something she can't do well. She says if something can't be done properly, why do it at all. She says it's costing money and time that could be put to better use doing something useful, or learning something she'd be good at. Of course, she went on from there, but that's the gist of it."

"Something she could do well, huh? It's said a person usually comes alive when he finds he can do something well. Like the son of a friend of mine who never cared about anything until he discovered swimming, now stars on a swim team and has boosted his school grades sky-high in the process."

"Yeah, sure, but we're talking about Karen. You know, Karen Kapoola, the gal who makes a Salchow look like Archie Bunker ballet-pirouetting while washing dishes."

"Okay, but hold on. Did I ever tell you about my brother George? When he started playing baseball he was the funniest looking thing you ever saw, spindly legs, gawky body. He couldn't catch, couldn't throw, couldn't hit, and when he drew a walk he'd trip twice on the way to first base. But he



loved it! I never saw a guy so charged up. You know the old glove-under-the-pillow thing. Well, George slept with his bat and ball, too. So here's this eager kid, my little brother, looking like a falling-down drunk in kid's clothes, trying to play baseball. But you know what? *Nobody told him he was lousy!* Got that? Everybody let him alone, miraculously so, because he was laughable. And he didn't know so he persisted. The following year he got the Most Improved Player award. The year after that he won the Top Player award."

"That's great. Now I don't mean to forget that one, but we're still talking about Karen, the remarkable Miss K., she who skates an inside figure eight on outside edges. Do you believe in miracles? It's been *four years* now. What do I tell her mother?"

"I'd tell her that enthusiasm is the spice of life, that enthusiasm for *anything* sparks the mind and body. Think of how many skaters we've seen who might have made Scott and Roz look like Yoda and R2D2 but who couldn't have cared less. Remember the one who would come in late on the last patch, take off his shoes and the sand would pour out because he'd been at the beach most of the day? I used to call him Sandy."

"Yeah, but the kids called him Bongo because he'd hit the railing so loudly after a fall. But he was fantastic, could do great figures, too . . . when he felt like it. If he'd have had one-tenth of one percent of Karen's desire . . . !

"Why don't you level with her mother and tell it like it is? If Karen's a straight-A student, and a good kid—a good cook, too, I've tasted her cookies—what's to complain of?

Continued on page 43



nice times

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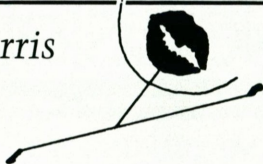
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DEALER INQUIRES INVITED



What does it mean to be successful? We each have a different interpretation of what success means. What does it mean to you; not your parents, your coaches, but to you?

Is succeeding accomplishing something you "should" do? Don't think of shoulds. It's too judgmental. Shoulds and musts are taboo—because either you want to do something or you don't. If you really want to be successful, and know what it takes to be successful, you have a good chance of succeeding.

We can accomplish more *when*, not if, we decide to do something. When is a positive; an affirmation. *When* you decide to do something, you can do it. *When* you make the choice to achieve all you want to in life, you can do it, in spite of the difficulties you may encounter.

"All parents are concerned with the hopes they and their children have in skating for achieving the ultimate 'gold,'" says Don Laws, coach of World Champion Scott Hamilton.

"Parents worry about the effect of failure on their children's mental health. I explain to them that during their children's progress in skating, a natural realization and adjustment begins to take place. As in all things, there is a phenomenon that occurs during the growth and development, as children become aware when they fall short of their idealistic goals, and changes begin to take place. They find themselves accommodating that realization by an adjustment towards goals they truly understand can be achieved. This then, is a natural progression in the development of the 'gold seeker,' or in any endeavor."

You are all sitting with a vision inside of you; a dream whether it is competing, teaching, performing, or owning a rink. It is not enough to reach the certain level you want, but it is important to succeed in that level.

Many people don't achieve success because they are afraid of the responsibility; the responsibility to do things that others expect of them. Take the time to find out what is inside of you; what you want for yourself. It may be something materialistic or completely unmaterialistic. It doesn't matter which as long as it makes you happy.

It is what you have inside, your true wants, that motivate you and make you go on to succeed. It is important to really listen to yourself and unearth your true feelings that sometimes are hidden way down deep inside of you.

A wonderful motivation exercise is to draw a ladder on a sheet of paper. Write your goal on the top of the ladder. Imagine you have reached your goal, and draw a picture of yourself—just a stick figure will do—standing on top of the ladder.

How does it feel to be up there, successful? Write down next to the ladder all the feelings you have about being on the top. Really feel the success of yourself. Do you feel good, confident, happy, wise, generous? Write down everything you feel and think.

Next, imagine someone else just starting out to try to accomplish your goal. Draw a picture of that person at the bottom of your ladder. What advice do you have to give that person at the bottom rung? Tell him what he has to do to get where you are; the hours of practice, the discipline, the dedication, the responsibilities. Explain to him some of the feelings he will have; resentment, jealousy, excitement, weariness, frustration, love. Think of and imagine everything you have "experienced" climbing that ladder to your goal. Encourage that person to work harder. Tell him time is precious and not to waste it.

Now sit back and relax and think how wonderful it is to be a success.

Museum Newsletter

"BEAUTY, FANTASY, AND FUN ON ICE . . ."

The Gladys McFerron Collection



*Delft Plaque, Makkum
18th Century*

On June 17, 1983, the United States Figure Skating Association Hall of Fame and Museum hosted an open house honoring the opening of its newest exhibition, "Beauty, Fantasy, and Fun on Ice . . ." This magnificent collection of fine porcelain, bronze, and glass skating figurines has been permanently donated to the museum by Mrs. Gladys McFerron of Seattle, Washington, honored guest of the evening.

Mrs. McFerron began her collection of skating memorabilia in 1939 with a purchase of several beautiful and delicate, blown glass skating figurines. Over the years, the collection began to increase in sophistication with additions of fine Dresden, Meissen, Royal Doulton and Rosenthal China pieces. A whimsical side is shown in the hand-carved dogs playing hockey and the most amusing piece in the collection, a one-hundred-year-old "potty," complete with skating scene!

Gladys McFerron's love for the sport of figure skating began in 1929. She had attended an ice show in Seattle, Washington, and after seeing the production she made the decision to actively participate in the sport of figure skating.

The present Seattle Skating Club was organized in 1931. Gladys became a

"Charter Member" and is now the only living "Charter Member" of the club. (The Seattle Skating Club joined the USFSA in 1936.)

In 1932, Gladys and her sister Farol teamed as a pair and gave exhibitions at hockey games and were acclaimed for their amateur acrobatic ice skating act called "The McPherron Sisters." Gladys and Farol presented their act in Seattle and other West Coast cities for many years. Another thrill for Gladys was in 1936 when she and Joseph Jensen placed second at the Northwest Pacific Championship Waltzing Competition.

In 1961, at the time of the tragic plane crash that took the lives of the entire U.S. Figure Skating World Team, Gladys decided she would donate her collection to the USFSA as a memorial to those skaters.

Gladys's collection radiates her love for the art of figure skating and mirrors her wonderful, generous, and twinkling personality. The United States Figure Skating Association Hall of Fame and Museum is honored to present "Beauty, Fantasy, and Fun on Ice . . ." The Gladys McFerron Collection. An invitation is extended from the museum staff to come and view this magnificent display.

DONATIONS DURING THE MONTHS OF MAY, JUNE, AND JULY 1983:

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1981 Worlds Memorabilia — Skating Club of Hartford

25th Anniversary Sandwich Glass Cup Plate — Cape Cod Skating Club

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Two Scrapbooks — Roland Geist

Dorothy Hamill Doll — Martha B. Caphton

Dr. Koch Collection — Skating Pins, Medals, Books, and Memorabilia — Dr. Gian Gensler

Three Porcelain Skating Figurines — Gladys McFerron (Elliot)



*Lady on Skates
Cordey ca. 1939*

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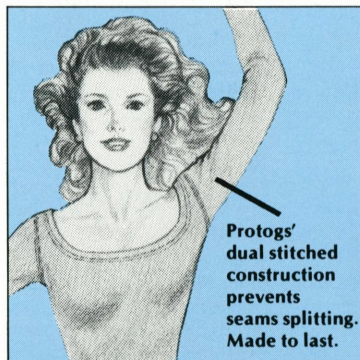
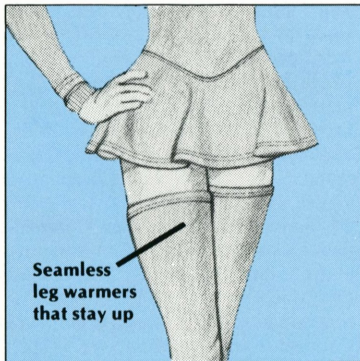
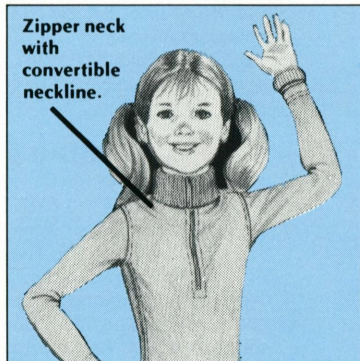
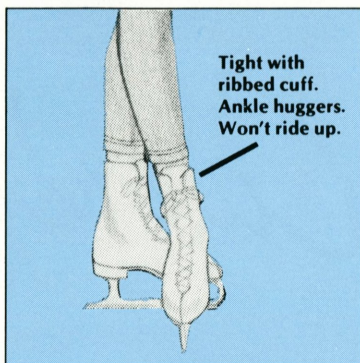
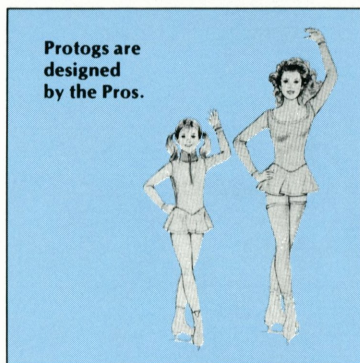
OCTOBER

- 7-9 **Fall Fiesta**, Club Competition, sponsored by the Mesa Verde FSC, at the Ice Capades Chalet, 2701 Harbor Blvd., Costa Mesa, CA 92626. Pre-Preliminary through Senior events in Figures, Freestyle, Pairs, and Dance. For information contact: Mrs. Jan Murar, Chairman, 35 Monaco, Newport Beach, CA 92660, 714-644-0667.
- 14-16 **4th Annual Madison Open Competition**, sponsored by the FSC of Madison, at the Madison Ice Arena, 725 Forward Dr., Madison, WI 53711. For information contact: Ms. Shirley Drouin, 113 Charleen Lane, Madison, WI 53714.
- 20-23 **Maplewood Fall Figure Skating Classic**, sponsored by the Maplewood FSC, at the Aldrich Arena, 1850 N. White Bear Ave., Maplewood, MN 55109. Figures, Freestyle, Compulsory, Pairs, Solo & Pairs Dance, and Precision Team events. For information contact: Ron Carlson, 1241 Quinlan Ave. S., Lakeland, MN 55043, 612-436-3390.
- 23 **17th Annual Ice Dance Competition**, sponsored by the New York Regional Council of FSC's, host club, Cantiague FSC, at the Cantiague Park Rink, Hicksville, NY. Solo, Shadow, and Couple events, Pre through International. Open to all USFSA members. For information contact: Ms. Linda Fox, 151 40 — 88th Street, Howard Beach, NY 11414, 212-848-1548.
- 24-29 **Eastern Great Lakes Regional Championships**, sponsored by the Winterhurst FSC, Lakewood, OH. For information contact: Michael Drops, 2046 Marlowe Ave., Lakewood, OH 44107, 216-228-6246 or 216-344-5614.
- 31-11/5 **Southwestern Regional Championships**, sponsored by the Silver Blades FSC of Greater Kansas City, at the Ice Chateau of King Louie West, Overland Park, KS. For information contact: J. Glenn Hahn, 840 West 55th St., Kansas City, MO, 816-363-3320.

NOVEMBER

- 1-5 **Northwest Pacific Regional Championships**, sponsored by the Great Falls FSC, Great Falls, MT 59404. For information contact: Terry Steel, 1104 Durango, Great Falls, MT 59404, 406-452-4016.
- 1-5 **South Atlantic Regional Championships**, sponsored by the Philadelphia SC & HS, Ardmore, PA 19003. For information contact: Frank Wolek, c/o the Philadelphia SC & HS, Holland Ave. & County Line, Ardmore, PA 19003.
- 3-5 **New England Regional Championships**, sponsored by The SC of Boston, Boston, MA 02135. For information contact: Richard T. Rigby, 23 Deering Ave., Lexington, MA 02173, 617-862-1946 or 617-271-2240.
- 4-6 **Evening with Champions Skating Exhibition**, sponsored by the Eliot House of Harvard University, to be held at the Bright Arena at Harvard University. Exhibition featuring national and world medalists. All proceeds benefit the Jimmy Fund. For information call: 617-498-8172.
- 7-12 **Upper Great Lakes Regional Championships**, sponsored by the Greater Milwaukee FSC, Milwaukee, WI. For information contact: Bruce Albertson, 5427 Olympia Dr., Greenfield, WI 53129, 414-421-3221.
- 10-13 **Central Pacific Regional Championships**, sponsored by the Crystal Springs ISC, Redwood City, CA 94063. For information contact: Mrs. Bonnie Collins, 874 San Jude Ave., Palo Alto, CA 94306, 415-493-6092.
- 10-13, 17-20 **Southwest Pacific Regional Championships**, sponsored by the South Bay FSC, Redondo Beach, CA 90277. For information contact: Perry Livingston, 1203 So. Gertruda Ave., Redondo Beach, CA 90277, 213-316-3288.
- 12 **Annual Kenawan Invitational Competition**, sponsored by the Kenawan SC of Western New York, at Sabreland, 3385

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SPORTS



MEDICINE

B R I E F

This month inaugurates an new column in Skating magazine: Sports Medicine Brief. These monthly columns will be written by members of the USFSA Sports Medicine Committee, and will include a variety of topics we hope are of interest and help to you. Included will be columns on the practical treatment of common medical ailments of international travel; the skater's foot; the role of the parent in the child's development as a competitor and human being; what to do if you are the first to respond to a sudden skating injury where no physician is present; and so on. While we cannot answer specific questions or give direct personal advice, we do encourage you to write in your

comments and suggestions (both on improvements we might make and medical issues you would like to see discussed).

The Sports Medicine Committee emphasizes strongly the need to consult your personal physician or medical professional for advice about any specific problems you may be experiencing.

I have chosen to inaugurate this column with a brief description of menstrual irregularities in athletes.

—Howard M. Silby, M.D.
Chairman
Sports Medicine Committee

MENSTRUAL IRREGULARITIES IN THE SKATING ATHLETE

PROBLEM:

Over the years several coaches, parents, and skaters have voiced concern about menstrual irregularities affecting competitive skaters. It turns out that this is a more common problem than originally thought. In researching this issue, I found no less than thirty articles in the English literature written on this subject in the past two years alone. While none of these studies were specifically done on figure skaters, it is reasonable to assume that the conclusions are applicable.

FINDINGS:

In one study of eighty-nine ballet dancers, it was found that 22 percent had not yet had a menstrual period up to the age of 20 1/2 years; 15 percent had only had one period; 30 percent had irregular periods; and only 33 percent had normal periods!

A second interesting finding of this study was that dancers with irregular periods were "significantly leaner," that is, they had less body fat than those with normal periods. The inference, although unproved, is that hard training combined with low food intake designed to keep their weight down (either a loss of weight between 10-15 percent of body weight; that is, a loss of 10-15 lbs. on a 100 lb. woman; or a total body fat of less than 17 percent) acts to delay the onset of normal puberty and menstrual cycles. These same findings have been noted by these and other authors in swimmers, runners, gymnasts, and college athletes.

Indeed, in a 1981 study of college athletes, it was found that the longer an athlete was in competitive training prior to the expected "normal" age of the onset of periods (ages 11-13), the more likely she was to either have

Continued on page 34

"The Perfect Edge"

The Technique of Ice Skate Sharpening

A film visualizing in step-by-step detail the professional methods of sharpening figure, hockey, and speed skates. Discusses common problems and how to overcome them.

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- How to Adjust Jig Levels for Even Cut
- Use of Gauges to Measure Radius
- Methods of Polishing the Edge After Sharpening
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- How to Repair a Nicked Blade
- How an Improperly Sharpened Blade Can Impair a Skater's Performance
- Exclusive Tips by the Experts on How You Can Achieve Best Results

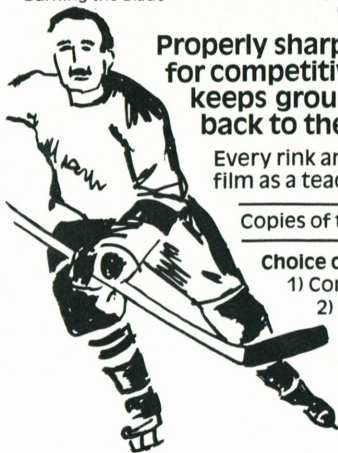
Properly sharpened skates can be the key to success for competitive skaters and can be the factor that keeps group class and recreational skaters coming back to the rink.

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Calendar of Events

Continued from page 15

- Niagara Falls Blvd., Wheatfield, NY. Freestyle, Music Interpretation, beginners to adults with costumes appropriate to the music, compulsory moves for beginner and preliminary groups and similar pairs. For information contact: Maryann Crouch, Chairperson, 40 E. Felton Street, North Tonawanda, NY 14120, 716-693-7384; or Joan Zorich, Registrar, 400 Belmont Ct. East, North Tonawanda, NY 14120.
- 14-19 **North Atlantic Regional Championships**, sponsored by the SC of Lake Placid. For information contact: Robert Allen, Olympic Arena, Lake Placid, NY 12946, 518-523-3325.
- 29-12/3 **Midwestern Sectional Championships**, sponsored by the FSC of Minneapolis, Minneapolis, MN. For information contact: Larry W. Petroskey, 8040 Wynnwood Rd., Golden Valley, MN 55427, 612-546-1876.
- DECEMBER**
- 6-10 **Eastern Sectional Championships**, sponsored by the Wissahickon SC, Philadelphia, PA. For information con-

tact: Mrs. John F. Curtis, Jr., 7700 St. Martins Lane, Philadelphia, PA 19118, 215-247-2465.

Pacific Coast Sectional Championships, sponsored by the Arctic Blades FSC, Paramount, CA 90723. For information contact: Vernon Elliott, 7931 Birchwood Circle, La Palma, CA 90613, 714-522-5217.

Precision Skating Competition, sponsored by the Lansing SC, at the Lansing Ice and Gymnastics Centre, Lansing, MI. Juvenile, Novice, Junior, Senior, and Adult Divisions. For information contact: Mr. Connie McAuliffe, 1854 Cahill Drive, East Lansing, MI 48823, 517-351-2022.

JANUARY

29 **Eastern Sectional Precision Championships**, sponsored by the Buffalo SC, Buffalo, NY. For information contact: Virgil Widler, 225 Lehn Springs Dr., Williamsville, NY 14221, 716-632-3590.

MARCH

17-19 **Midwestern Sectional Precision Championships**, sponsored by the Southport SC, Kenosha, WI. For information contact: Rose Waddell, 3845 Highway 38, Franksville, WI 53126.

COMPETITION NOTES

U.S. Nationals

- 1984: Salt Lake City, UT — January 17-22, 1984
1985: Kansas City, MO — January 28-February 3, 1985

Worlds

- 1984: Ottawa, Canada — March 20-25, 1984

Olympics

- 1984: Sarajevo, Yugoslavia — February 9-19, 1984
1988: Calgary, Alberta, Canada — No dates available.



George T. Yonekura

George T. Yonekura

USFSA's NEW PRESIDENT

On May 14, 1983, at the Governing Council meeting at Sun Valley, Idaho, the delegates elected George T. Yonekura, of Berkeley, California, as new President of the United States Figure Skating Association.

George became interested in figure skating in 1958, when his daughter Lynn took her first strokes on the ice. Lynn, now Assistant Professor in the University of Southern California School of Medicine, went on to become Central Pacific and Pacific Coast Junior Ladies' Champion and National Novice silver medalist. George's interests turned to administration. He served for many years as Board member, Vice President, and then President of the St. Moritz Ice Skating Club of Berkeley, California.

In 1967, George was elected to membership on the United States Figure Skating Association's Executive Committee, and since then has served as Chairman of the Membership, Sanctions, and Competitions Committees, and twice as Pacific Coast Vice President. He is a National Referee, High Test, and Junior Competition Judge and has put in long hours on the ice in these capacities at Regional, Sectional, and National Championships. In addition, he served as Team Leader for the 1978 Worlds in Ottawa, the 1979 Worlds in Vienna, and the NHK

Trophy in Japan in 1980 and 1983. He is always helpful and willing to serve at all levels, and his good sense and experience have been most helpful to the organizers of many competitions.

Occupationally, George is President of Blaco Printers, Inc. He has been an officer of this firm since 1967 and, fortunately for the USFSA, has found time to devise and print the World Team booklets and improve many of our test and competition forms.

George lives with his charming wife Margaret in a home near the top of the Berkeley hills, from which, when he has time to look at it, he has a sweeping view of San Francisco and its surroundings.

The United States Figure Skating Association has become a large and complex organization, and its problems, national and international, continue to proliferate. In George Yonekura, we have the combination of experience, dedication to our sport, willingness to work hard, and ability to get along well with people which are needed to produce a successful operation for the USFSA, at home and abroad.

— John R. Shoemaker

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INJURY PREVENTION IS TOPIC AT SPORTS MEDICINE SEMINAR

What can skaters learn from other athletes and from dancers?

A lot about muscle flexibility and conditioning and injury recognition, treatment, and, perhaps most important of all, injury prevention, according to Dr. Craig McQueen, Assistant Professor of Orthopedic Surgery at the University of Utah.

Dr. McQueen will share his expertise on "Stretching for Injury Prevention" during "Sports Medicine and the Figure Skater," a half-day seminar for skaters, their parents, and coaches to be held during the 1984 U.S. Figure Skating Championships in Salt Lake City. The seminar is being sponsored by Campbell Soup Company and Holy Cross Hospital, January 21, 1984, from 8:30 until noon at the Little America Hotel.

Dr. McQueen is team physician for many of the University's sports teams and is the consultant for Ballet West, one of the nation's leading dance companies. His private practice specializes in the concerns of athletes and dancers.

"Skaters and dancers all practice long hours for days on end," said Dr. McQueen. "They are susceptible to what we call 'overuse syndromes' such as tendonitis, bursitis, and stress fractures.

"Skaters are particularly prone to acute injuries, such as sprains and deep muscle bruises, from slips, and falls."

It is very important to stretch to prevent or minimize injuries. During the seminar, Dr. McQueen and a physical therapist will discuss and demonstrate stretching exercises which can minimize overuse syndromes and acute injuries.

But just as important as the exercises is information about *recognizing* injuries when they *do* occur," said Dr. McQueen. "Skaters (and their coaches and parents) need to know

to ask, 'What has happened?'; 'Should I keep practicing?'; 'Should I go for treatment?'; 'Where is the best place to go?'; 'Am I ready to get back on the ice?'

"The right answer to all these questions can actually get a skater back on the ice sooner than you may think," said Dr. McQueen.

During Dr. McQueen's session, he will formulate some of the right questions to ask. He also will touch on new technology and medications that can help diagnose and treat skating injuries.

Other topics and speakers for the morning seminar are: "Injury Diagnosis and Therapy," Dr. John A. Bergfeld, Cleveland Clinic; "Sports Nutrition," Dr. Arnold E. Denton, Campbell Soup Company; "Sports Medicine and the Figure Skater—A Skater's View," Joel Fuhrman; and "Mental Preparation: The Psychology of Skating," Keith Henschen, University of Utah.

Dr. Howard Silby, Chairman, USFSA Sports Medicine Committee, will serve as moderator for the seminar and lead a concluding panel discussion and question-and-answer session.

"This is the second annual seminar Campbell's Soups have sponsored for skaters, coaches, and parents at Nationals," said H. Pierce Pelouze III, Marketing Director—Soups and Special Projects at Campbell Soup Company. "Because this marks the first time our seminar will be an official function of the U.S. Figure Skating Association and the National Championships, we look forward to January 21 with special pride."

Campbell's Soups is the "Official Soup" of the 1984 Winter Olympics to be held in Sarajevo, Yugoslavia, and is a national sponsor of the U.S. Figure Skating Team.

Advance registration for the seminar is required. Details will be published in the next issue of *Skating* magazine.

Continued on page 39



USOC National Sports Festival V



Success in the Rockies

by Ian A. Anderson

The USOC called it "the media-event" as well they might. More than 900 media personnel poured into Colorado Springs at the foot of the Colorado Rocky Mountains to report on almost 2,800 athletes in the most participated National Sports Festival since its inception in 1979, which ironically was held in this very same city.

Ticket sales were already nudging the projected levels in most events when the announcement that Bob Hope would be heading the opening ceremonies made predictions of ticket sales redundant.

In figure skating, ticket sales boomed, although premature announcements of sold-out events caused some consternation amongst

skating officials and those seeking tickets. Attendees at the festival were obviously thirsty for skating events, with even preliminaries attracting decent attendance.

With figure skating launching the festival two days ahead of the opening ceremonies, many skaters, parents, judges, and attendees began trickling into the city early, taking the opportunity to visit the local sights as well as the USFSA National Headquarters and the fine display of "Past Festival Champions" in the Hall of Fame and Museum.

On Wednesday morning, June 22, compulsory figures began with the men.* The skating schedule was a departure from the norm because of the many events that had to be crammed into the week-long festival, with both Men's and Ladies' long programs being held during the day (Sunday) instead of the evening.

Barely a week before, the Olympic torch had been lit in a moving ceremony high atop Pikes Peak overlooking Colorado Springs, attended by Dr. Tenley Albright, figure skating's first U.S. lady to win an Olympic Gold medal in 1956. Tenley, who practices medicine in Boston, was also North American Ladies' Champion in 1953 and 1955, U.S. Ladies' Champion in 1952-1956, and World Ladies' Champion in 1953 and 1955.

In Men's figures, a seesaw battle ensued between Mark Cockerell (Los Angeles FSC) and Tom Dickson (Broadmoor SC). Mark Cockerell is no stranger to the Sports Festivals having competed in all since 1979. He placed eighth in 1979, and in 1981 he placed second as he did in 1982. There was no Sports Festival in 1980, an Olympic year.

The required compulsories were the Rocker, Paragraph Double Three, and Counter Loop for both Men and Ladies.

Twenty-year-old Tom Dickson was ahead after the first two figures, but a shaky Counter Loop almost cost him the lead. However, the final results confirmed Dickson in first place slightly ahead of Cockerell, with a delighted David Fedor (Philadelphia SC & HS) sitting comfortably in third position in the eleven-man field.

The Pairs' short held that Wednesday evening made it clear to all skaters facing their strenuous free skating programs that the unseen yet ever present annoyance of altitude would be an important factor to consider. Altitude squared off against attitude as the majority of "low altitude" skaters faced the 6,000 ft. above sea level problem. Although many would later vigorously state that altitude was indeed a debilitating factor, it became apparent that attitude and conditioning far outweighed the altitude problem.

Natalie and Wayne Seybold, the sister and brother pair from the Fort Wayne ISC, left no doubt in the short who was the winner. They skated a strong, full short program, hitting all the required elements that included a beautiful high, strong split double Lutz twist lift. Natalie and Wayne have also competed before at the Sports Festivals, placing fifth in 1981 and third in 1982.

Sandy Hurtubise (Philadelphia SC & HS) and Karl Kurtz (Hershey FSC) were awarded five second places to lock them into that position, although one judge placed them fourth, another third. They skated a well-timed change sit spin, executed the required double loop, but were a little hesitant on the split double Lutz twist lift, and off on their pair spin.

Little separated third, fourth, and fifth spots with each team skating equally fine performances.

In third place, Katy Keeley and Gary Kemp (San Diego FSC) skated a well-rounded performance, although they too were shaky in the Lutz and he toed the loop at the finish. However, their smooth program that included a well-executed death spiral was enough to edge Margo Shoup (Individual Member) and Patrick Page (Portland ISC). Margo and Patrick have good speed and managed a picture-perfect Lutz. They in turn edged Maria and Joseph Lako, also sister and brother, from the Detroit SC. Maria and Joseph skated a fast, sound program; they also executed a good Lutz and death spiral, although he had some trouble in the pair spin.

Wednesday evening also saw the compulsory dance event. Compulsory dances were the Westminster Waltz, Paso Doble, and Rhumba.

* In fact, there were four compulsories held before the opening ceremonies—Men's, Ladies', Pairs and Dance; and two final events—Pairs and Dance.

The result in the top three was a mirror image of the 1983 U.S. Nationals—Fox and Dalley, Roca and Adair, Wynne and Druar. They had placed third, fourth, and fifth respectively at Nationals, and here at the Sports Festival were in tandem once more, with the judges in complete agreement, placing them one, two, and three respectively.

On Thursday morning, the Ladies skated their compulsories. As with the Men, they had problems too. Kathryn Adams (St. Moritz ISC), skating confidently found the Paragraph Double Three a little troublesome however, and Kelly Webster (Broadmoor SC) always strong in figures emerged the undisputed winner, although she admitted some problems with the Counter Loop. Debbie Walls (Tara FSC) placed third behind Adams. It was all the more rewarding for Debbie, as she had to step in on short notice as a substitute.

The Pair and Dance finals were back-to-back on Thursday evening, the eve of the opening ceremonies. As almost 4,000 watched, a fascinating struggle unfolded between the top four.

Hurtubise and Kurtz started their program nervously, but gained confidence and ended with a well-polished finale. Their program included a throw double Axel, double Lutz, throw triple Salchow, Camel spins, and a twist double Lutz.

Shoup and Page came out with determination, skating aggressively and fast, and began with a star lift, twist double Lutz, flying Camel, and deathdrop. However, they lost their timing late in the program, picked up, and then lagged at the end of their program.

Keeley and Kemp skated a cautious program with few errors. Kemp's lifts were confident and firm, although he faltered on one. They included a throw double Axel, deathdrop, double Salchow and double loop.

With a strong lead in the short, Natalie and Wayne Seybold skated the last of the four. They thrilled the capacity crowd early with their daring star lift into an overhead lift and bucket, but their program was shaky, Wayne falling once, and a triple Salchow missed into a single. However, they held onto the lead and won the gold. The close marks finally computed Keeley and Kemp second, Hurtubise and Kurtz third and Shoup and Page fourth.

The final event of the evening, the free dance, also provided the audience with their money's worth.

Carol Fox and Richard Dalley (Wilmington FSC) unveiled what can only be described as an impressive "perky" free dance. Their program, they later stated, included some of their proposed new moves. Their combination of clever footwork and intricate lifts and changes, skated to a variety of music that included a section with a Greek flavor, brought them a thunderous standing ovation at the finish. The judges liked what they saw, too, posting 5.7's and 5.8's.

Carol and "Beanie," Richard's well-used nickname, were later asked the time-worn question, "Why Sports Festival?"

Their reply in part was echoed by all the skaters who competed.

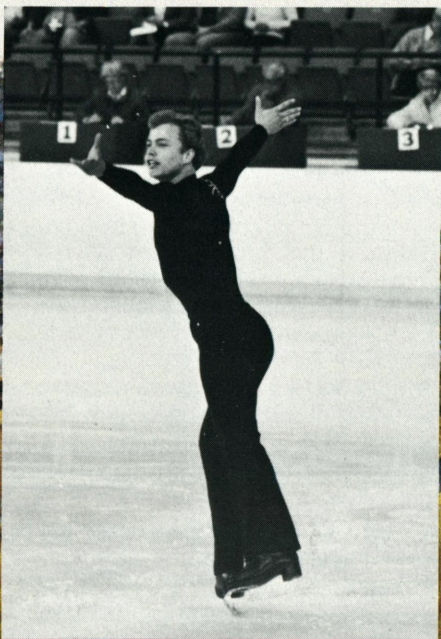
"We decided to skate in the Sports Festival *immediately* after the Nationals results," said Richard firmly. "We felt we did not give ourselves enough exposure last year, and this year we intend to remedy that!"

"Also," said Carol, "the Sports Festival offers us the opportunity to prepare our new programs and bone up for summer school."

Renee Roca (Genesee FSC) and Donald Adair (Academy FSC) took second place with a fast, controlled free dance that included a perfect change in their program, and a well-executed double pullthrough.

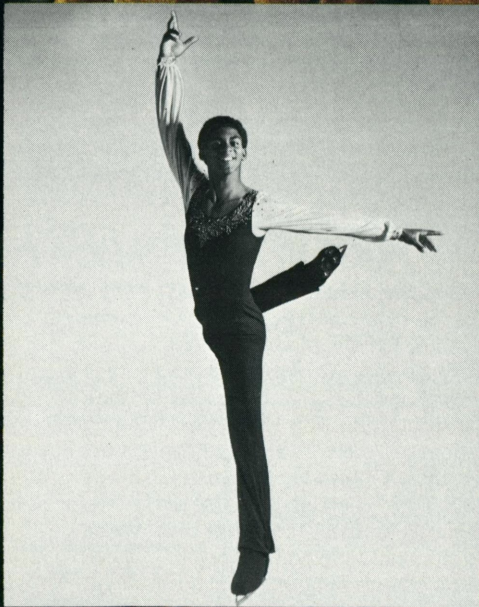
Susan Wynne (Philadelphia SC & HS) and Joseph Druar (Seattle SC) placed third with their intricate footwork and change from fast to "slinky" flowing music. Their finale was skated to boisterous rock 'n' roll.

A break in skating was occasioned on Friday by the opening ceremonies for the Sports Festival V. Held in the breathtaking foothills of the Rockies at the U.S. Air Force Academy's Falcon Stadium, home of the WAC conference Air Force Falcons football team, the ceremony attracted more than 40,000 spectators. Bob Hope was the main attraction for 2,800 athletes; 31 marching bands; the Up With People cast; a parade of Walt Disney characters; 30,000 red, white, and blue balloons; 1,000 naturally-colored red, white, and blue homing pigeons; 2,000 boy scouts as a living logo for the festival; and 500 cheerleaders.



Mark Cockerell
Gold

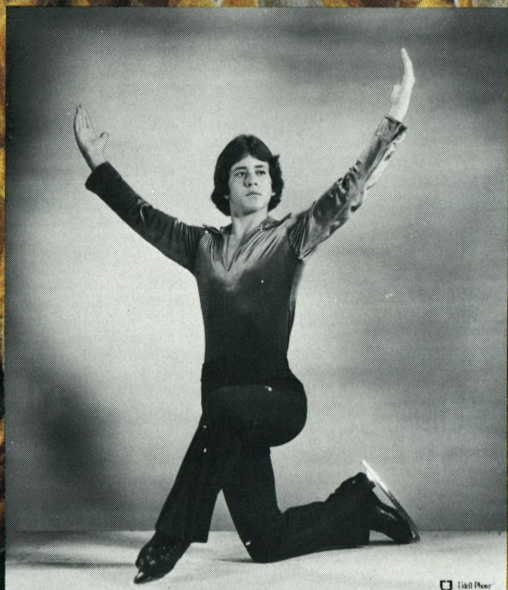
Men



Robert Beauchamp
Bronze



WILLIAM L. UDELL



Scott Williams
Silver



Ladies

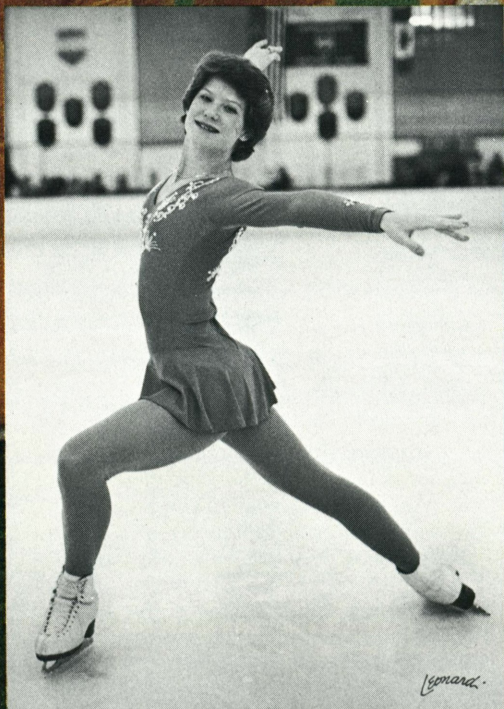
WILLIAM L. UDELL



Kelly Webster
Gold



Kathryn Adams
Silver



Leslie Sikes
Bronze

DAVID LEONARD

Both the Ladies' and Men's short programs were back-to-back events on Saturday.

In the Ladies', the draw had Kelly Webster skating eighth, Debbie Walls ninth, and Kathryn Adams thirteenth.

However, before the top three skated, Leslie Sikes (Atlanta FSC) and Rosanna Tovi (SC of Lake Placid) skated excellent short programs to put pressure on the later skaters.

Sikes, who was ninth in compulsories, skated early in the draw. She competently completed a double Axel and a combination, and presented an excellent short that won high marks. She placed second in the short, but her ninth place compulsories kept her down in fifth place going into the long.

Tovi, who was sixth in figures, skated a fast, strong program completing a double toe loop-double loop combination and a double Axel, although the Axel was landed a little flat. She placed fifth in the short, third going into the long.

For a moment it looked like Webster was going to throw it all away. Her first jump was a double Axel that she entered hesitantly and badly landed, although she held onto it and didn't fall. Obviously shaken by this early mistake, she took charge, recovered, and skated through the rest of her program without a hitch, successfully completing a triple loop-double loop combination, and a textbook double flip to capture first place.

"I was just a little too cautious on the double Axel, but at least I held on," Webster, who finds the jump troublesome, said later, "Then I was worried about the combination, because it had been off all week, but it was strong today."

Debbie Walls, who was only a fraction of a point behind Kathryn Adams in the compulsories, skated a seesaw short. She fell on her combination, but completed a double Axel and an excellent flying sit spin. Walls, who is a graceful spinner, managed to place only sixth in the short, tenth overall.

A determined Kathryn Adams was the last to take the ice. She threw everything she had into her program, completing a double flip, a smooth double Axel, and a triple toe loop-double loop combination. Adams skated a smooth, flowing program to place her third in the short behind Webster and Tovi, but second going into the long.

In the long, the now familiar names of Webster, Adams, Tovi, Walls, and Sikes would be joined by another. Debbie Thomas (Los Angeles FSC) had placed eighth in compulsories, and almost imperceptibly had moved up through her strong short to fourth place, sixth going into the long. In the long, she continued where she left off, skating an impressive program that included a triple Salchow, triple toe loop, triple loop, a double loop-double loop combination, and a split into a triple toe loop-double toe loop combination. She fell heavily on an attempted triple toe loop, and it was learned later that this had badly displaced her pelvis. Debbie placed a credible fourth overall.

Webster made no mistakes in her long. Her program was peppered with a variety of moves and jumps, including triple toe loop, triple loop, double Axel, double toe loop-double toe loop combination, and confident spins, and she finished strong to take second in the long, first overall to capture the Gold medal.

Kathryn Adams was not to be denied. In a well-executed and confident performance marred only by a missed entry into a planned triple loop, she filled her program with a double Axel, double flip-triple toe loop combination, triple Salchow, double Lutz, a delayed Axel, and a double Axel-double loop combination: she took the long, placing her second overall and a silver medal.

Adams had said, following the short, "I'm second going into the long . . . I've nothing to lose here." This was her first competition as a Senior.

Fifteen-year-old Adams has been making a name for herself over the past year or two, winning the Ladies' Novice title at the 1982 Nationals and the Ladies' Junior title at the 1983 Nationals.

Leslie Sikes had a couple of problems in her program, but completed a triple loop, triple toe loop, and an Ina Bauer into a double Axel. Her performance was strong enough to edge Tovi out of contention. She placed third overall, Tovi placed fifth.

The sun was still high in the sky on the warm Saturday afternoon when the men followed the ladies for their short program.

The Men's short began promisingly enough. Bobbie Beauchamp (Pilgrim SC) left no doubt he was out to win. Skating early,

Beauchamp's graceful skating soon had the audience clapping and cheering him on. His fast spins and complicated footwork coupled with strong, correctly landed jumps impressed both the audience and the judges. His double loop-triple loop combination coupled with a double Axel and a double flip gained him good marks of 5.6's and 5.7's for a well-rounded performance.

Tom Dickson, who had stated that he wanted to completely forget he was in first place after figures, seemed hesitant and unsure. He bobbled a triple loop-double loop combination and erred in his footwork. The judges were not impressed, and his marks were disappointing.

Mark Cockerell also had his problems. He missed his double loop in a triple Lutz-double loop combination, and had trouble with his spins. Cockerell, who is a fast, strong skater, completed a high flying sit spin and double flip.

A fired-up David Fedor took to the ice and equaled the earlier performance of Bobbie Beauchamp's with flair and confidence. With "awesome" ringing in his ears from club supporters, Fedor impressed with a high flying sit spin, a "tight" double Axel, a triple toe loop-double loop combination, an excellent Camel, and fast spins.

Another young skater whose figures had him hovering close to the top three was Daniel Doran (Broadmoor SC). In the short, Doran skated a winning performance. Doran is a light, graceful skater who executed the short requirements cleanly and correctly.

Scott Williams (All Year FSC) proved his strength also by completing a near error-free short. He skated a triple Lutz-double loop combination, a high, strong double Axel, a graceful double flip, and a high, on-the-mark flying sit spin to put him in contention in fifth place, fifth going into the long.

Following the accounting of the marks, the final of the short had a deserving Beauchamp first, Fedor second, and Doran third. Mark Cockerell and Tom Dickson had slipped to a disappointing sixth and seventh respectively.

The official standings sheet showing the combined figures and short was a revelation: it bore no resemblance to the previous placings whatsoever. The importance of figures

was starkly apparent. Little separated the top six skaters, with David Fedor first, Tom Dickson second, Mark Cockerell and Daniel Doran tied at third, and Bobbie Beauchamp and Scott Williams tied at fifth.

The Men's final would determine all.

The altitude began to wear on the skaters, and the long showed it.

David Fedor was the first of the six to skate. He skated a frustrating program, falling on a double Lutz, double Axel, and a triple Salchow. He fell four times, three on jumps. His triple loop-double loop and triple toe loop-double toe loop combinations were completed without fault as was a double loop and triple flip.

Bobbie Beauchamp also seemed a little drained, falling on a triple Lutz and completing a shaky triple loop. But his overall performance was up to his usual quality, featuring a high, long double Axel, triple Salchow, triple loop, and strong toe spins.

Tom Dickson followed Beauchamp. Unnoticed by officials was a loose strap over his boot, but fortunately it did not impair his skating. Dickson also had some shaky moments, missing a triple flip and a triple toe loop, but his program was firm and graceful with good spins and a nice butterfly side spread eagle, triple toe loop, triple Salchow, and double Axel. However, his short came back to haunt him and he could only place fifth overall.

Daniel Doran did not fare too well either. He completed a picture-perfect delayed Axel, and completed a triple Lutz, triple toe loop, but fell on an attempted triple flip and double footed a triple Salchow. He finished a credible fourth overall.

Mark Cockerell was not in an enviable position. He had said earlier that if he was in a strong spot going into the long he would attempt his quad, but he sensibly eschewed the idea. Mark took to the ice resplendent in an innovative outfit. It was all navy blue with the neck and arms trimmed with red V's. On one arm, nestling in the V was a USA patch. Very nice.

His first jump was an incredible triple Lutz that brought gasps from the press and murmurs of "Was it a quad?" No, it wasn't! He continued with a triple loop-triple loop combination, double Axel, spread eagle into a



Natalie Seybold & Wayne Seybold
Gold

WILLIAM L. UDELL



Katy Keeley & Gary Kemp
Silver

DAVID LEONARDI



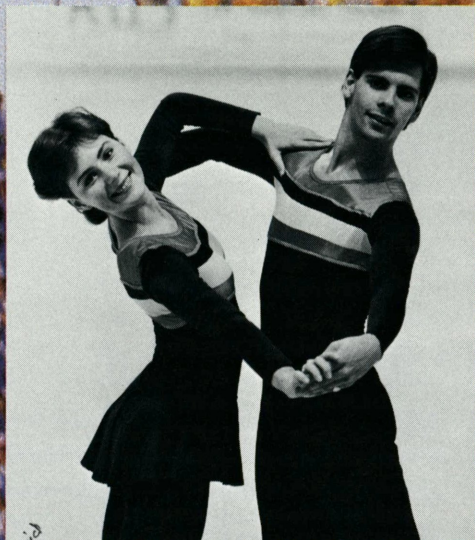
Sandy Hurtubise & Karl Kurtz
Bronze

Carol Fox & Richard Dalley
Gold

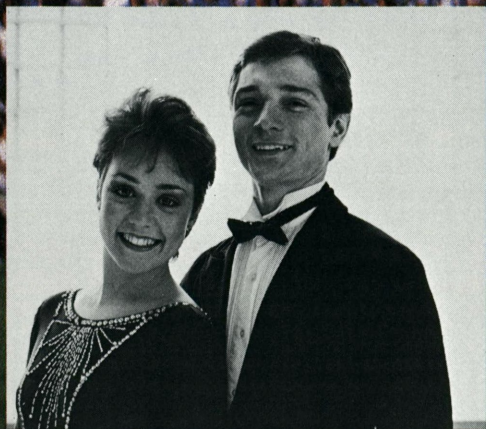
INGRID BUTT



INGRID BUTT



Renee Roca & Donald Adair
Silver



Susan Wynne & Joseph Druar
Bronze

triple Salchow, and a triple loop. Mark banged off six triples in his program. A smooth, competent, premier performance.

An exhausted Mark Cockerell (the altitude laid him out for fifteen minutes after his performance) later said that it was one of his better performances. It was learned also that he had been battling mononucleosis a week prior.

"The altitude gets you," he said, "but it's great to compete at this altitude, and it will help me for Salt Lake."

Scott Williams, put in a stirring performance also. He didn't falter at all, com-

pleting a triple Lutz, triple loop, double Axel, double toe loop, triple Salchow, triple loop, flying sit spin, triple flip, and a "moving sit spin" that Robert Wagenhoffer used to include in his program. Williams's program won him second place in the free to bring him up to second overall.

It was a clean sweep for California—one, two, three.

"What is satisfying," said Beauchamp, "is that we all three are great friends, almost like brothers. We spend a great deal of time together. It's great."

Great indeed. A fitting finale to an exciting Sports Festival V in the Rockies.



B R I E F

Continued from page 17

none, one, or irregular periods. This is particularly apt for female figure skaters who usually start their competitive training between the ages of 7 and 10.

It can be ascertained, then, that a significant percentage of competitive skating athletes can expect to have none, one, or irregular periods during their competitive years. The harder they train, the earlier they start their training, and the more strict they are in controlling their weight (having a very low total body fat), the more likely they are to have menstrual irregularities. There is no evidence at present that these irregularities in any way cause future menstrual problems, fertility problems, or inability to have children. Factors other than the above such as the tensions and stresses of the competitive experience may in and of themselves cause menstrual irregularities. In addition to the above, there are a host of medical and hormonal problems that can also cause menstrual dysfunction that have nothing to do with competition or training.

It is important, and common sense, to have yourself checked by your family physician, medical professional, or gynecologist

if you do experience problems to make sure no disease or abnormal hormonal process is a cause. If unusual factors of stress and tension are operating, an evaluation by a sports psychologist might be of value. Consultation with your physician, medical professional, or dietician for proper nutrition, weight control, and maintenance of ideal body fat for your particular frame might be helpful. If you are a teenage skater and have any worries about this problem, first talk to your parent or coach so that they can get you proper attention.

If you are a competitive figure skater, and your friends have had regular menstrual periods but you have not, and if you have had yourself checked medically and no disease process is present, then be reassured that you are one among many other competitive figure skaters who have a temporary delay in the onset of the normal menstrual function. The evidence to date indicates that most competitors go on to have normal menstrual functioning after their competitive athletic career is over. If this does not occur within six months of the time you stop your competitive training, then a medical re-examination is indicated.

Dr. Howard Silby, Chairman of the Sports Medicine Committee, is a practicing neurologist in Washington, D.C., and served as the team physician for the 1982 World Team; he will also be serving the 1983 Junior World Team, and the 1984 World Team in this capacity.



The Path to Excellence

by Dr. Curt Stensrude

This is a first in a series of interviews that will focus on how coaches and skaters, many former and present champions, prepare themselves for competition and victory. For a successful sports performance, these athletes employ a collection of mental preparation techniques along with strategies for practice sessions and competitions. They share with the reader their special tips and advice on maximizing performance on the ice.

SCOTT HAMILTON

STENSRUDE: You've won three World Championships, so you must have some kind of winning ingredient that allows you to jump to the top and stay there for three years. Do you have any idea what that might be?

HAMILTON: Yeah, I pay the judges. (*both laugh*) No . . . Seriously, I just try to be strong in all areas—figures, short, and long programs and try not to be weak in any particular part of those events. I try to be a strong spinner, a strong jumper, strong in presentation of the program, always keep interesting choreography; I try to be strong in everything that the judges are looking for so that there is nothing on which they can really mark me down. I try to be strong and consistent and well rounded; that's the reason I've been able to do so well.

STENSRUDE: You use a lot of humor in your general, everyday conversation—do you think that kind of keeps things light so that you can't take yourself too seriously?

HAMILTON: Somewhat; there is a lot of pressure in skating and trying to remain on top for a long time. People get tired of looking at you so if you can keep things fresh and keep every day as a new experience and always learn from other skaters regardless of

where they place—you can learn from everybody. I like the other kids on the tour [1983 World Team Tour] and want to be good friends with them and like joking around and having a good time. Sometimes I go a little overboard.

STENSRUDE: I think that humor comes across though; there's a certain amount of ease and flow that you can present to the audience, but there is also that element of humor that perhaps people read into.

HAMILTON: Well, when you're looking at someone in a competition atmosphere when somebody uses humor, they're totally out of the element of what the whole thing is about. It's like declaring a World Champion or declaring a National Champion and when you try to bring it down to a level everybody enjoys and understands it's a lot more fun. People enjoy the program more when they know they you've got a little more room to not take it so seriously. It's also different with the other skaters so if you have eighteen programs all the same and one of them has the element of humor or something that is totally different, they stand out.

STENSRUDE: When you hit your finest routine or the perfect moment, what does that feel like?



LAURA L. KEESLING

HAMILTON: It feels like you've succeeded; whether you win or not, you feel as though you've succeeded. You work all year and hope you perform well at Nationals or Worlds and when you do you feel satisfied in knowing that you've done everything you could and you just hope that you're placed where you can get a few points.

STENSRUDE: If your skating career was to stop today and you had to remember one program or one event, what would that be?

HAMILTON: I've had so many great and memorable moments in skating that it would be really hard to pick one. There are things like Norton Skate doing the first perfect program I've ever done in my life and winning over people that I wasn't even supposed to be in the same league with. During the Olympics, my long program was really neat. The 1981 World Championships was really fun. Others are Nationals in Indianapolis; that was a good one, and also in San Diego—all those were thrilling times because most of the people were standing before I was even done and that's the highest compliment an audience can give you. Those moments are all equal and special—anyone of those were terrific, even the Sports Festival that year—it felt wonderful to know that even when I wasn't in the best shape I could have been

in because it was the middle of the summer I still pulled off a good performance.

STENSRUDE: One time on television, Don Laws said that when you go out there on the ice, just before you go out, you have some self-doubt. How do you beat that or is it part of the process?

HAMILTON: It's part of the process, part of the act. Each performance is different and unique in the way that you approach it and the way that you concentrate and where it takes place. Mostly, I predict disaster and think I'm going to go out and bomb and that way, if you predict the worst, whatever happens, if it's a good one, then it's great. You think of what could happen and try to prevent that, each individual part that's a little bit hazardous.

STENSRUDE: The disaster—is it talking in your head or do you picture the disaster?

HAMILTON: You don't picture it as much as you just say, "What happens if I bomb? What's going to happen? What's going to come out of it? I'll probably lose the championship or feel like a jerk later on." It's only for that championship, each one is different. It's hard to get up every single time and try to be the best one in that competition—you just hope for the best.

STENSRUDE: Do you do any kind of specialized training at all—concentration or visualization?

HAMILTON: No, I mainly just train and teach my body how to do the job and hope my mind doesn't mess up my body. You're trained and ready to do it and the only thing that can really mess you up is distraction or lack of concentration. You just want to let it happen; it's called "refined indifference"—you don't want to do it badly but at the same time you don't really care. Don taught me that—it's like "This is the most important thing I'm doing for the next four and a half minutes, but it's not the most important thing in my life."

STENSRUDE: Did your early childhood disease have anything to do with your attitude toward skating or this general philosophy?

HAMILTON: I think that the only thing that could have come out of it was that when I was little I wasn't really good at anything or any sport—all my friends were really athletic, but I was really too small and underdeveloped muscularly so maybe it made me really want to succeed and be special in something, but it wasn't anything conscious.

STENSRUDE: Once before, I talked to you after you won your first Worlds and you mentioned that you have a sense of flow when everything just clicks right—is that still happening or is that magnified even more now?

HAMILTON: No, I know more what's going on—it's not like a trance, but like I know what's going on and know about each job and know I have to try with each one and it's not like it just happens, but something I have to produce.

STENSRUDE: The role of family is critical to a figure skater, isn't it?

HAMILTON: Somewhat, yes.

STENSRUDE: What would you recommend to parents—any kind of suggestions that you would give them to help their child to become the best skater possible?

HAMILTON: I think the best thing to do is to leave them alone. Too many parents become more involved in the skater's skating than the skaters are themselves. I would just say to give when they need, but not until they need it. I think a parent will know when, but they need to give /their child/ room and space and let them improve on their own level. Produce whatever they can sincerely and from the heart because that's the way improvement is made. Anytime it is produced artificially by the parents or when there is a push or shove and making someone do something, it is not honest or real and doesn't happen quite as good.

STENSRUDE: Several years back, the media made a big deal regarding the rivalry between you and David Santee. Is a rivalry a critical part of the training program?

HAMILTON: There is always a rivalry in every competition. With me now it's Brian /Boitano/ at Nationals and Norbert /Schramm/ at Worlds. It will always be there no matter what.

STENSRUDE: Is the rivalry really there in your mind?

HAMILTON: I'm more into my own stuff now. I respect everyone; I really admire Brian, I really like him and respect him as a skater. Norbert is very strong and competes well; he's very European and that is what most of the judges are. What good is the rivalry? It doesn't do you any good to sit there and concentrate on what your competitors are doing; it's really negative and destructive, so I just try to think about what I'm doing and try to bring out the best product I can and if it's good enough, it's good enough, but it won't do me any good to think about somebody else.

STENSRUDE: You're your own critic?

HAMILTON: I'm trying. You always look at the other competitors, but it's better to just do your own thing and try to be as good as you can be.

STENSRUDE: What is on the agenda for 1984?

Continued

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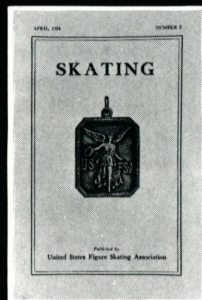
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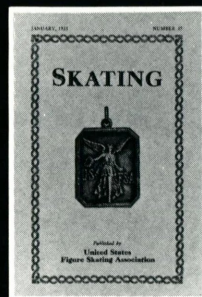


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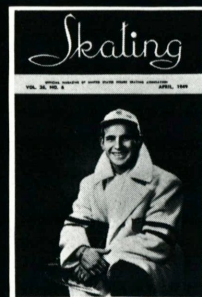
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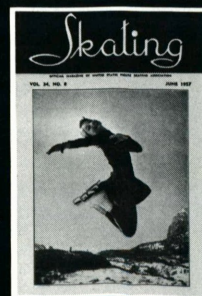
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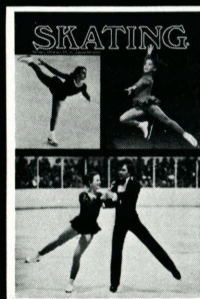
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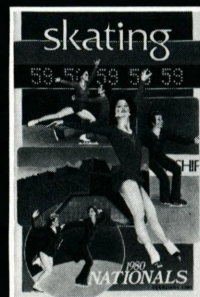
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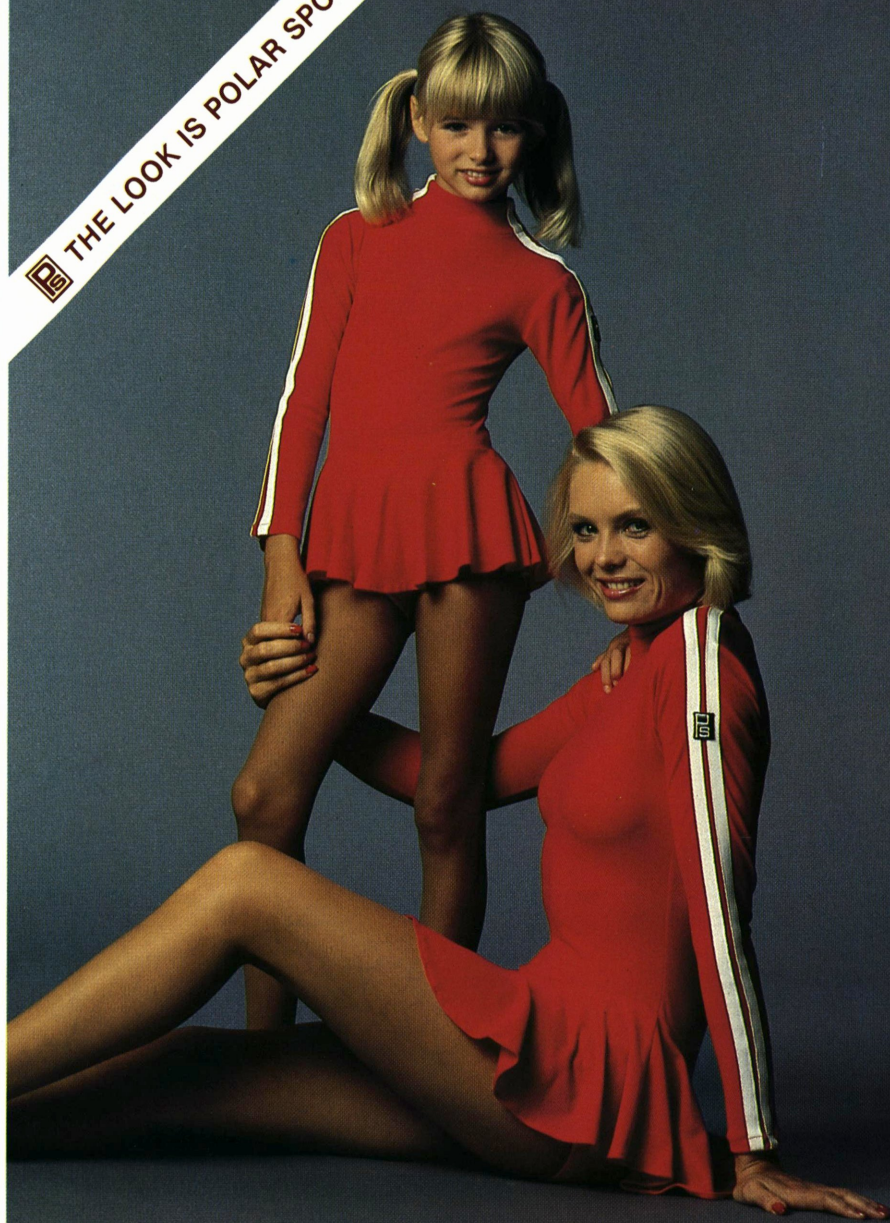
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HAMILTON: I'd say probably get as much practice time in as possible. Try to avoid the press as much as possible—not get caught up in the hype of the Olympics, but get into the spirit of the Olympics and compete as well as I can. Everything happens on the ice, but the importance is off the ice. I'm looking at it idealistically and it's something that I'm really not into right now /the Olympics/. I really want to be a good skater and beyond that . . . skating comes first and then everything else. I really want to get my skating going and to do that right.

STENSRUDE: Can you really get enough of that adulation as World Champion?

HAMILTON: You get used to it. I'm really comfortable . . . I was always nervous about it before and tried to overdo and do stuff . . . "Oh, I'm a World Champion" and I didn't feel like I fit the role and other people made better World Champions than me—Robin Cousins or someone like that. I don't look at myself that way. I try to compete and show skate as well as I can and try to live up to the title. The first two years I felt that pressure and was miserable with it, but now I'm more comfortable and relaxed with it.

STENSRUDE: I think what you are doing for male skaters is bringing a brand new athletic perspective.

HAMILTON: I'm trying. If you market something towards an artistic audience you're missing a major portion of the American public and the figure skating community. Artistry comes down to taste and people that are interested in the arts. But then you have to be not only interested in the arts, but you have to be of their taste in order to be enjoyed. But everyone enjoys athletics. It is such an athletic thing that it is a shame that the male aspect has been marketed as mostly artistic.

STENSRUDE: When you made the decision to change the male role in figure skating, was it a difficult one to make?

HAMILTON: It really wasn't a decision, it was just something that made sense. When someone is successful at something . . . everybody wants to be successful at something and when they are, they want to be the most successful ever . . . Bjorn Borg was the most successful tennis player of his time; I'm not into that as much as . . . as far as the ego thing, I've always wanted to be to figure skating what Kurt Thomas was to gymnastics. I wanted to bring it out into the public eye to let people enjoy it more—I wanted to involve the whole sports community. I kind of wanted to gain the public's respect as an athlete because for so long I really felt kind of inferior to a lot of people in skating and felt that I really didn't belong. It's not so much what you do when you're in sports but how you leave it, if you changed it or left something. I guess it's really an ego thing too because I really wanted to do something positive for skating.

STENSRUDE: When you leave the sport of figure skating, what do you want it to be left with? How do you want people to remember you, not always as a three-time World Champion, but . . . ?

HAMILTON: I just want to be remembered as . . . that skating is for everybody, not just for people that have a taste for artistry. It's something that everybody can enjoy. I'd like for the image of male skating to be brought up a little more and mainly so more people could be interested in it and enjoy it.

Dr. Curt Stensrude, Director of Sports Performance Associates, is a former AAU gymnastics champion and collegiate performer in track. He has a Ph.D. in psychology and more than ten years experience in hypnosis, biofeedback, and behavior modification. He has presented seminars, workshops, and training in stress management techniques at the local, state, and national levels. Dr. Stensrude has applied these enhancing techniques to high school, national, and Olympic athletes. He is a member of the International Society of Sports Psychologists and the North American Society of Sport and Physical Activity.



OLYMPIC STAMPS FROM THE U.S. POST OFFICE

The USPS has designed stamps to draw attention to the 1984 Olympic Games.

A block of four 40-cent international air-mail stamps feature weight lifting, men's gymnastics, women's swimming, shot put; 28-cent international airmail for soccer, women's gymnastics, women's basketball, women's high jump, women's archery, boxing, and yachting.

A block of four stamps featuring winter sports will be ice hockey, ice dancing, cross-country skiing, and alpine skiing.

"MYSTERY" DELEGATE IDENTIFIED

In the photo on page 40 in the July 1983 issue, one of the delegates at the 1983 Governing Council Meeting in Sun Valley, who had also attended the 1961 meeting also held at Sun Valley was not identified. Kathy Magerkurth of the Silver Blades FSC of Greater Kansas City, KS, cleared up the mystery. He is John Babcock, fellow

delegate with Kathy to the 1983 meeting representing Silver Blades. Our thanks to Kathy, and apologies to John.

MARRIAGES . . .

Barbara Roles, former Ladies' Olympic and World Bronze medalist, to **Charles Williams**, July 2, 1983. Charles is the father of Scott Williams, 1982 Men's Junior World Champion and most recently silver medalist at Sports Festival V. Barbara is a teaching professional and will be teaching at the Olympic Ice Rink, in Harbor City, CA.

CONGRATULATIONS . .

Charles D. (Chuck) Rosen, who has recently graduated from the UCSD School of Medicine with a degree of Doctor of Medicine. Chuck was a silver medalist in Gold Dance at the 1975 Upper Great Lakes Regional Championship with his partner Suzanne Metzel.

BEREAVEMENTS . . .

Dr. Robert G. Haman, May 26, 1983, husband of Carolyn Haman, who is a High Test and Silver Dance Judge with the Dallas FSC, and father of Becky Haman Calvin, a teaching professional at the Broadmoor World Arena.

C.V. Otto, member of the USFSA Dance Committee and Silver Dance, High Figure, and Novice Competition Judge, on March 26, 1983. He was fifty-seven. A member of the Iceland FSC of Houston since 1961, Mr. Otto was a past president and Board member and had been Music Chairman since 1971 and Test Chairman since 1979.

Mary Temple (Mary Rose Thacker) in Victoria, Canada, aged sixty. Mary was a former Canadian Senior Ladies' Champion in 1939, 1941, and 1942, and Junior Ladies' Champion in 1938. She was also North American Champion in 1939 and 1941 and was Canada's Athlete of the Year in 1941 and 1942. The war years prevented her from competing in the Olympics or Worlds.

CORRECTIONS . . .

In the July 1983 issue the following discrepancies should be noted.

On page 11, the heading for Ricky Harris should read "On Being Prepared."

On page 43 under World Championships, John W. Gruber should read *Mrs. John W. Gruber*.



ABROAD

THE 1983 AUSTRALIAN FIGURE SKATING CHAMPIONSHIPS PERTH, WESTERN AUSTRALIA AUGUST 2-6, 1983

by Barry Lake

Before the commencement of the 1983 Australian Figure Skating Championships, it would have been reasonable to predict that Cameron Medhurst would take the Senior Men's title but that Vicki Holland, recently plagued by injuries, might have difficulty winning the Senior Ladies' gold medal for the fourth year running. Both predictions would have been wrong.

Medhurst faced stronger opposition than he or anyone else expected. Life wasn't even made easier for him when Mark Basto, who had recently won the New South Wales Championship and topped the figures section of the nationals, succumbed to tendonitis in the free skating and slipped back down the list. Perry Meek, second to Basto in the state title and with considerable coaching time in the U.S. since last year's nationals, and the much-improved Stephen Carr, were both in top form in the free skating sections.

If ever Medhurst needed to turn in a flawless performance, this was it. But Cameron had one of those inexplicable "off" nights and suffered fall after fall in his long program. While he was up he still looked the best of them all, but he didn't land enough of the big jumps to make the grade.

In the end result, it was Perry Meek who had put in the best overall performance and he was rewarded with the gold medal, while Cameron Medhurst made it to the silver ahead of Stephen Carr (bronze), whose polished free skating wasn't quite good enough to make up for a lowly result in the figures.

There were serious doubts that Vicki Holland could win her fourth straight Australian title in the Senior Ladies' section. Vicki had been off the ice for many weeks with shin splints before the NSW titles and, though she had managed to win that championship for the sixth year running despite a performance well below her best, she had been beaten on points by unofficial entrant Mandy James from Victoria, her strongest rival in the nationals. Vicki badly needed some hard work and her best jumps to get back to winning form. But, could she do it in such a short time?

The answer, we now know, was "yes." Vicki is, above all, a determined competitor and, when the time comes, she delivers the goods.

Vicki showed no real sign of her recent handicap, jumping as high and as confidently as ever. Mandy James, though she has done the jumps that are required to win, didn't have them all in her performance on the final night. Not only did she fail to outperform Vicki, she lost second place to Diana Zovko. Diana, still only fifteen, repeated her performance of last year by competing in both the Junior and Senior events. She won the Juniors comfortably and confidently (for the second year running) and, despite tiredness keeping her from giving her best in the Senior event, she came home a strong second overall. Diana has grown considerably in height and has improved her style in the intervening year and, though extremely shy, seems to be unworried by the pressures of competition.

Behind Diana in the Junior Ladies' Championship was petite Japanese-born Akiko Hara. Akiko, who won the Novice section

last year, began skating when her family lived in the U.S. a few years ago. The bronze medal went to Marilyn Metzner, another to compete at both Junior and Senior levels.

The Junior Men's Championship was won by dynamic Sean Abram from South Australia. Sean missed the Novice title last year, his excellent free skating let down by a poor figures' result which dropped him to third, but he has worked hard since then and came out on top in the higher category. Behind Sean came Matthew Monk and Frank Hallworth.

Once again the Novice sections gave a pointer to the stars of the future. The brightest of them all is Tracey Brooke, a quietly confident youngster who seems to win virtually every competition she enters as a matter of course. Her skating and her poise leave little doubt that she is headed for greater things. Behind Tracey came Poppi Geeros and Joanne Weiss. The Novice Men's Championship went to Peter Crameri ahead of Rodney Baurycza and Guy Mitchell.

Stephen Carr (seventeen) and his diminutive thirteen-year-old sister Danielle won the Senior Pairs' Championship to round off a good year for Stephen, in particular. In second place was another brother and sister combination, also both good free skaters, Rodney and Danielle Baurycza. The former two backed up for a win in the Junior division.

Dancing has gained in popularity in Australia recently and, as with the free skaters, dance couples are taking in overseas training to add to their performances. In the Senior Dance Championship, Michael Fisher and Liane Telling showed that a few weeks in the U.S. plus some good coaching and hard work at home can do wonders. They showed much more poise and polish than ever before to take the gold. In second place

was former twice-Australian Champion Chris Stuart, returned after a long break with a new partner, Jo-anne Crynes, who also produced a lively and entertaining performance.

The Junior Dance title went to Rodney Clark and Monica MacDonald, who spent some weeks in England under the care of Roy Calloway, husband of Betty Calloway, who coaches the sensational Torvill/Dean duo, as well as having coaching from Rodney's parents—themselves former Australian Champions. Taking the silver medal was another Sydney pair, Mark Tahmindjis and Fiona Klimkowsky.

Some controversy arose after the titles when it was announced that Cameron Medhurst was to be nominated to represent Australia in the 1984 Winter Olympics at Sarajevo. There were those who thought the honor would automatically go to the Australian Champion. The selection committee, however, felt that Medhurst is the better skater of the two, despite his "off" night in Perth. Accompanying Medhurst to Sarajevo will be Vicki Holland and this will be Vicki's swan song as she intends to retire from amateur competition after the Olympics.

Perry Meek has, however, been nominated for the World Championships in Ottawa. In the absence of Vicki Holland from this event, many thought Mandy James would gain election, but this honor has gone to Diana Zovko. It will be the first international competition at Senior level for Diana, who will just barely make the age limit.

Diana Zovko will also represent Australia in the Junior Worlds at Sapporo, Japan, in December—as will Sean Abram, Rodney Clark and Monica MacDonald (Dance), and Stephen and Danielle Carr (Pairs).

MERANO SPRING TROPHY
14TH INTERNATIONAL FIGURE SKATING JUNIOR COMPETITION FOR LADIES
MARCH 25-27, 1983 MERANO, ITALY

JUNIOR LADIES

1. Yvonne Gomez, USA
2. Veronique Degardin, France
3. Claudia Villiger, Switzerland
4. Nathalie Sasseville, Canada
5. Satoko Kawakami, Japan
6. Izumi Aotani, Japan
7. Gigi Siegart, Austria
8. Zelika Cizmiesija, Yugoslavia
9. Fiona Hamilton, Great Britain
10. Pinuccia Ferrario, Italy

POINTS

- 5.8
- 7.0
- 8.0
- 8.2
- 9.4
- 10.6
- 14.6
- 16.4
- 20.4
- 21.2

11. Tamara Teglassy, Hungary 21.6
12. Paola Tosi, Italy 21.6
13. Bettina Neumann, Federal Republic of Germany 23.4
14. Maria Kluc, Italy 25.4
15. Vibecke Sørensen, Norway 29.6
16. Anne-Marie Soederholm, Sweden 29.6
17. Liselotte Schreppers, Netherlands 34.0
18. Carmen-Mihaela Ionescu, Rumania 37.6
19. Tiziana Mussner, Italy 38.2
20. Sanne Gottlieb, Denmark 39.2
21. Năgy-Kinga Szallassy, Rumania 39.2

COUPE DES ALPES 1983



J. KARL BROLICH

The 1983 Coupe Des Alpes Team consisted of (left to right) Craig Maurizi, James Yorke, Jennifer Newman, Christopher Bowman, Staci McMullin, Sandra McGee, Team Leader Jack Curtis, Katy Keeley, Scott Driscoll, Debra Fahy, Gary Kemp, Eleanor DeVera, and Frank Summers.

GRAND PRIX INTERNATIONAL

SAINT GERVAIS, FRANCE

AUGUST 16-21, 1983

MEN

1. Philippe Paulet, France
2. Guren Vardanian, USSR
3. **Scott Driscoll, USA**
4. Joachim Ehmann, Federal Republic of Germany
5. **Christopher Bowman, USA**
6. Andre Bourgeois, Canada
7. Florian Lemaitre, France
8. Frederic Harpages, France
9. Tatsuya Fujii, Japan
10. Thomas Wieser, Federal Republic of Germany
11. Paul Robinson, Great Britain
12. Patrick Greasley, Canada
13. Eugenio Biaggini, Switzerland
14. Didier Dieufils, Switzerland
15. Fini Ravn, Denmark

12. Niki Ohata, Japan
13. Helene Godard, France
14. Elise Ahonen, Finland
15. Heike Gobbels, Federal Republic of Germany
16. Barbara Von De Hoogen, Netherlands
17. Natacha Viel, Australia
18. Tjin Li Wang, Netherlands
19. Anette Olsson, Sweden
20. Nina Östman, Finland

PAIRS

1. Inna Bekker & Sergei Lichanskij, USSR
2. **Katy Keeley & Gary Kemp, USA**
3. Laurene Collin & David Howe, Canada
4. **Debra Fahy & Craig Maurizi, USA**
5. Linda Ivanich & John Ivanich, Canada
6. Lisa Cushley & Neil Cushley, Great Britain

LADIES

1. Katrien Pauwels, Belgium
2. Lana Sherman, Canada
3. **Staci McMullin, USA**
4. Barbara Butler, Canada
5. Manuela Tschupp, Switzerland
6. Ingrid Karl, Federal Republic of Germany
7. Maria Geier-Haylock, Great Britain
8. Alison Southwood, Great Britain
9. Magdalena Kredl, Switzerland (ISD)
10. Nahalie Duquenne, France
11. **Jennifer Newman, USA**

DANCE

1. Marina Klimova & Segej Ponomarenko, USSR
2. **Eleanor DeVera & James Yorke, USA**
3. Antonia Becherer & Ferdinand Becherer, Federal Republic of Germany
4. Sophie Merigot & Philippe Berthe, France
5. Yumiko Kage & Yoshiki Nakajima, Japan
6. Guillemette Ferial & Eric Chamoine, France
7. Daniel Biss & David Croft, Great Britain
8. Deborah Byrne & Alan Abretti, Great Britain
9. Michelle McDonald & Patrick Mandley, Canada
10. **Sandra McGee & Frank Summers, USA**

NEBELHORN TROPHY
OBERSTDORF, FEDERAL REPUBLIC OF GERMANY
AUGUST 23-27, 1983

MEN

1. Heiko Fischer, Federal Republic of Germany
2. Richard Zander, Federal Republic of Germany
3. Andre Bourgeois, Canada
4. Pierre Seveno, France
5. Guren Vardanian, USSR
6. **Christopher Bowman, USA**
7. Thomas Wieser, Federal Republic of Germany
8. Patrick Greasley, Canada
9. Tatsuya Fujii, Japan
10. Richard Furrer, Switzerland
11. Paul Robinson, Great Britain
12. Eugenio Biaggini, Switzerland
13. Markus Vogt, Federal Republic of Germany
14. Ralph Burghart, Austria
15. Ed Van Campen, Netherlands

Scott Driscoll, USA, withdrew

LADIES

1. **Staci McMullin, USA**
2. Barbara Butler, Canada
3. Karin Telsner, Italy
4. Claudia Villiger, Switzerland
5. Ingrid Karl, Federal Republic of Germany
6. Lana Sherman, Canada
7. Alison Southwood, Great Britain
8. Nathalie Duquenne, France
9. Heike Gobbers, Federal Republic of Germany
10. Maria Geier-Haylock, Great Britain
11. Helene Godard, France
12. Judith De Bie, Belgium
13. Elise Ahonen, Finland
14. **Jennifer Newman, USA**
15. Li Scha Wang, Netherlands
16. Gigi Siegert, Austria
17. Barbara Van De Hoogen, Netherlands

18. Anette Olsson, Sweden
19. Natacha Viel, Australia
20. Nina Östman, Finland
21. Miki Ohata, Japan

PAIRS

1. Inna Bekker & Sergei Lihansky, USSR
2. **Katy Keesley & Gary Kemp, USA**
3. Laurene Collin & David Howe, Canada
4. **Debra Fahy & Craig Maurizi, USA**
5. Linda Ivanich & John Ivanich, Canada
6. Lisa Cushley & Neil Cushley, Great Britain

DANCE

1. Marina Klimova & Sergej Ponomarenko, USSR
2. **Eleanor DeVera & James Yorke, USA**
3. Antonia Becherer & Ferdinand Becherer, Federal Republic of Germany
4. Yumiko Kage & Yoshiki Nakajima, Japan
5. Sharon Jones & Paul Askham, Great Britain
6. Danielle Biss & David Croft, Great Britain
7. Michelle MacDonald & Patrick Mandley, Canada
8. **Sandra McGee & Frank Summers, USA**

COUPE DES ALPES 1983 (Team Trophy)

1. **USA.** 2. Federal Republic of Germany. 3. Canada.
4. USSR. 5. France. 6. Great Britain. 7. Switzerland.
8. Japan. 9. Belgium. 10. Finland. 11. Netherlands.
12. Australia. 13. Sweden.

FRITZ GEIGER MEMORIAL TROPHY 1983 (Team Trophy)

1. **USA.** 2. Canada. 3. Federal Republic of Germany.
4. USSR. 5. France. 6. Switzerland. 7. Great Britain.
8. Italy. 9. Japan. 10. Belgium. 11. Finland. 12. Austria.
13. Netherlands. 14. Sweden. 15. Australia.

Continued from page 9



How lucky can you get, to have a child who loves something so completely. How many kids do you see nowadays who really love *anything* . . . except their TV set, I mean?

I'll say it again, enthusiasm is everything!"

"Hey, speaking of enthusiasm, did I tell you Bea's latest? I was thinking of all the skiing and tennis playing she does at age eighty-three, plus all the skating, so I asked her about golf, had she ever tried it. She comes back with, 'Oh, no! That's much too slow!' Then she adds, 'I'm going to take it up when I'm older.' Oops, there she is, time to get going. I wish they'd shorten those dances. She skates me under on a Fourteenstep. See ya' later."

An Eagle's Eye View Of Salt Lake City





by
Deborah Linke
and
Trish Brink

There's only one word of caution for visitors to Salt Lake City: Don't stay too long—you'll never want to leave! Just as pioneers said "This is the place," when they first overlooked the valley, so too, have thousands of visitors-turned-residents who have found Salt Lake the perfect balance of city and mountain living.

The capital of a state which boasts five national parks, six national monuments, forty-four state parks and, of course, "The Greatest Snow on Earth," Salt Lake City adds to its list of attractions the 1984 National Figure Skating Championships. Those visiting Salt Lake for the event will find a prime setting for outdoor enthusiasts; for the cosmopolitan visitor there is a spectrum of cultural arts, most notably the world-renowned Utah Symphony and the nationally-acclaimed Ballet West.

They'll find a city of half a million people thriving beneath the snow-capped peaks of the Wasatch Mountains overlooking a valley filled with glimmering lights. In addition to being welcomed by an open-hearted, enthusiastic host city, visitors will find a winter sports paradise for nordic and alpine skiing, with easy access by car or bus to any of ten major ski resorts. Snowmobiling, "lodge skiing," and other winter recreation is also available.

Downtown Salt Lake City provides a dynamic focus for the 1984 Nationals. The broad streets (laid out in a grid pattern and designed so a covered wagon and team of horses could easily turn around), towering mountains and crisp weather should pro-

Aerial view of Salt Lake City, home of the 1984 National Figure Skating Championship.

vide a panoramic backdrop to the unfolding skating drama.

The Salt Palace Arena, located just a block from the main business district, can accommodate up to 11,000 people and will serve as the center arena for the '84 competition. The rink, 200 feet long by 85 feet wide and home of the Salt Lake Golden Eagles hockey team, will be groomed to perfection. The practice rinks at the Bountiful Recreation Center and the Cottonwood Recreation Center, are only short freeway drives away.

The 1984 Nationals Program is as spectacular as the skaters, the spectators, and Salt Lake City. Events scheduled throughout the week spotlight all three. The Patrons and Donors party will be held at the exquisite Deer Valley Ski Resort on the Saturday evening preceding the events. Competitors will thoroughly enjoy the official draw party accompanied by a star show at Hansen Planetarium Sunday night. The Salt Lake Country Club will be the classic setting for the officials dinner on Monday evening. The events will conclude in the glow of the Little America Hotel's grand Ballroom where the competitors' party will be held Saturday night.

While not watching scheduled events, visitors can tour the various sights and shops scattered within a few blocks of the Salt Palace arena. If you need directions, just ask any friendly Utah resident; they're eager to help out. In the heart of the city, just a block east of the Salt Palace area, visitors will find the nation's largest downtown mall—Crossroads Plaza—with 160 shops, a dozen restaurants, two banks, and three movie theaters. Adjacent to Crossroads is the ZCMI Center which features another selection of stores and shops.

Trolley Square, a unique shopping complex of restored brick buildings which once served the city as trolley barns, is located minutes from the downtown area. Its fashionable boutiques, pubs, restaurants, and eight movie theaters are designed around antique lighting fixtures, stained glass windows, and old trolley cars. Bluegrass, jazz, and pop musicians line the walkways to entertain, as caricaturists amuse the passersby with their interpretation of the common visage.

Not limited to its majestic countryside, Salt Lake has many points of interest, all of which can be seen, if desired, by a walking tour of the city. One block away from the Salt Palace Arena, you can begin a city tour at the Mormon Temple Square, then journey a few blocks to the State Capitol and the Pioneer Memorial Museum, where you can enjoy an overall view of downtown. Across from the Capitol is the Utah Travel Council, where brochures and maps of the city can be obtained.

The Bicentennial Arts Center, a \$19 million project completed in 1979, is adjacent to the Salt Palace and includes Symphony Hall, and the nearby Capitol Theater, where performances are given by Ballet West (America's fifth-largest dance company), Repertory Dance Theatre, Ririe-Woodbury Dance Company, and the Utah Opera Company. The Capitol Theatre was restored to its original opulence and is the only theatre between the east and west coasts designed specifically for dance. Also included in the complex is the Salt Lake Art Center which offers galleries and special exhibits and a Collector's Gallery featuring local artists' works. The Utah Media Center is located within the Art Center and offers an on-going weekend "Night Visions" series of classic movies.

For more information on walking and driving tours, where to eat, Utah liquor laws (yes, you can drink in Utah), lodging and just about anything else, write the Salt Lake Valley Convention and Visitors' Bureau, Salt Palace Suite 200, 100 South West Temple Street, Salt Lake City, UT 84101, or call 801-521-2822; or the Utah State Government Travel Council, 300 North State, Salt Lake City, UT 84103 or call 801-533-4000. Information can also be obtained by writing the Salt Lake Area Chamber of Commerce, 19 East 299 South, Salt Lake City, UT 84111.

All-event and individual ticket requests should be sent to the 1984 Figure Skating Nationals, P.O. Box 8857, Salt Lake City, UT 84108. Request for housing reservations should be sent to the 1984 Nationals Accommodations, Salt Lake Valley Convention and Visitors' Bureau, no later than December 1, 1983. The Little America Hotel, four blocks from the Salt Palace, will be the host hotel

for competitors, chaperones, coaches, judges, and officials. Spectators and guests can stay in the host hotel or at either of the sponsoring hotels, the Salt Lake Sheraton Hotel and Tower or the Shilo Inn, each within a block of the Salt Palace. There are more than a dozen other hotels and motels located in the downtown area.

Since parking at the Salt Palace is limited, free shuttle buses will provide transportation for competitors, chaperones, coaches, and officials from the three host hotels to the Salt Palace and practice rinks. Bus passes for all others can be obtained for a nominal fee. Write: 1984 Nationals Committee, c/o Kathie Miller, 1304 East Federal Heights Drive, Salt Lake City, UT 84103.

Here's a list of addresses of various sights in Salt Lake City:

The Arts

The Salt Palace — 100 South West Temple Street. The complex includes Symphony Hall and the Capitol Theatre (50 West Second South).

Salt Lake Art Center — 20 South West Temple; contains works of Utah artists.

Utah Museum of Fine Arts and the Utah Museum of Natural History — both at the University of Utah campus on the east bench of Salt Lake City, minutes from downtown.

Theaters — Theatre 138 at 138 South 200 East; Pioneer Memorial Theatre at University Street and 300 South; Shire West Theatre, 915 West 100 South; and Salt Lake Acting Company at 168 West 500 North.

1984 NATIONAL CHAMPIONSHIPS TENTATIVE SCHEDULE

January 14, 1984 (Saturday)

Patron and Donor's Party — Deer Valley Ski Resort

January 15, 1984 (Sunday)

Official Draw Party — Hansen Planetarium

January 16, 1984 (Monday)

Officials' Dinner — Salt Lake Country Club

January 17, 1984 (Tuesday)

morning:

Novice Ladies' Figures

afternoon:

Novice Men's Figures

Junior Men's Figures

January 18, 1984 (Wednesday)

morning:

Championship Men's Figures

afternoon:

Junior Dance — Compulsory Dance

Novice Men's Freestyle

Junior Dance OSP

Novice Ladies' Freestyle

evening:

Opening ceremony

Junior Men's Short Program

Championship Pairs' Short Program

Awards

January 19, 1984 (Thursday)

morning:

Junior Ladies' Figures

Championship Ladies' Figures

afternoon:

Championship Dance — Compulsory Dance

evening:

Championship Men's Short Program

Championship Pairs' Freestyle

Drill Team

Awards

January 20, 1984 (Friday)

morning:

Junior Pairs' Short Program

Junior Dance Free Dance

afternoon:

Junior Ladies' Short Program

Championship Dance OSP

Junior Men's Freestyle

evening:

Championship Ladies' Short Program

Championship Men's Freestyle

Awards

January 21, 1984 (Saturday)

afternoon:

Junior Pairs' Freestyle

Championship Ladies' Freestyle

Awards

evening:

Junior Ladies' Freestyle

Championship Dance Free Dance

Awards

Competitors' Party (guests welcome)

January 22, 1984 (Sunday)

evening:

Exhibition of Champions

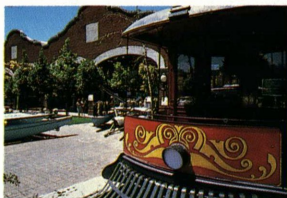
Utah State Capitol in full bloom.





*Utah skiing on the
"Greatest Snow on
Earth."*

All photos courtesy of the Salt Lake Convention and Visitors' Bureau.



*Trolley Square, an
eclectic mix of bouti-
ques, restaurants, and
entertainment.*



*Little America
Hotel, host
hotel for the
'84 Nationals.*



*Salt Palace Arena,
center rink for the '84
Nationals.*

The Best of the Rest

Beehive House — 57 East South Temple Street, restored official residence of Brigham Young, founder of Salt Lake City.

Daughters of the Utah Pioneers Museum — West of the State Capitol on Main Street; it is a replica of the old Salt Lake Theatre.

Hansen Planetarium — 15 South State Street.

Pioneer Trail State Park — East edge of Salt Lake City. The park features the "This is the Place" Monument, the Brigham Young Farm Home, and Deseret Village, a restored pioneer settlement.

Salt Lake City Council Hall — 200 North and State Streets. The Utah Travel Council and Visitors' Information Center are located here.

State Capitol — At the north end of State Street. The Capitol commands a view of the city and features large murals of Utah history.

Temple Square — Bounded by Main Street, North Temple, South Temple, and West Temple streets. Includes the Mormon Temple, the Tabernacle, Visitors' Center, and is the home of the Mormon Tabernacle Choir.

The Hotels

Little America Hotel — 500 South Main Street, 800-453-9450 or 801-363-6781.

Salt Lake Sheraton Hotel and Tower — 255 South West Temple Street, 801-328-2000.

Shilo Inn — 206 South West Temple Street, 801-521-9500.

The Shopping

Crossroads Plaza — 50 South Main Street.

Trolley Square — 700 East 500 South. The old trolley barn built by railroad magnate E.H. Harriman in 1908.

ZCMI Center — 15 South Main Street.

Classified

ADVERTISEMENTS

CLASSIFIED RATES: \$20 for the first 35 words, 50¢ for each additional word, \$20 minimum. Two-letter state abbreviation code plus zip code count as one word. *Payment required with order.* All advertising copy is subject to acceptability. BOX NUMBERS: \$5 extra. Send all box responses to: *Skating*, Box No. _____, 20 First Street, Colorado Springs, CO 80906.

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FIGURE SKATING CLUBS, FUND RAISERS, pro shops, professionals: Beautiful, inexpensive, profitable, SKATE/mate quality jewelry; stationery; cloisonné enameled jewelry with your custom design. Brochure: above groups, please. SKATE/mate, Box 264 H, Orange, NJ 07051.

QUALITY FRONT ZIP SWEATERS, Skating bags, matching scribe cases, boot covers. For free brochure write: FIBURES, Box 5251, Berkeley, CA 94705.

ICE DANCING ILLUSTRATED. Instructional guide to the compulsory ice dances by Lorna Dyer former U.S., North American Dance Champion, Silver World Medalist. Send \$35.00 (U.S. Funds) to: Moore Publications, P.O. Box 2530, Redmond, WA 98052.

WANTED: ADULT MALE DANCE PARTNER, on or above Silver Level for Non-qualifying Competitions and/or tests. Eastern Section, Send reply to: Skating, Box No. 95, 20 First Street, Colorado Springs, CO 80906.

WANTED: VERY SERIOUS FEMALE PAIR Partner to skate with experienced Junior Pair skater. Must be 4'9" — 5'1" and 80 lbs. — 95 lbs., good skater with high expectations. Send photo and resume to: Skating, Box No. 94, 20 First Street, Colorado Springs, CO 80906. Pair experience preferred, but not necessary.

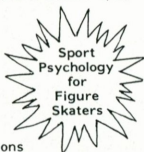
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Continued on page 54

Kid Talk

I can land a triple Axel
double toe, split Lutz with a
half twist . . .

BIG DEAL!
I did that just
trying to stand
up!



12 Thrower Drive
Currumbin QLD
Australia 4223

Dear Kid talk.

My name is Melissa Tommasi,
I am 8 years old and I live in
Queensland, Australia. I skate at "ICE-
WORLD" in Brisbane and my
coach is Mr. Ron Frank.

I enjoy skating very much and I
also enjoy reading "Skating
magazine" whenever I can borrow
some copies off my coach.
I will be going for my Preliminary
Test very soon.



Have an ice day.

Melissa

Melissa Tommasi
Age 8
Queensland, Australia

ME

Bruised and sprained
Achy and sore
I limp to school
Then go back for more.
What is discovered
Sooner or later?
A battered child?—
No, an ice skater!

Regina Savastano
Ice World FSC



Tanya Noel Street
Age 7
Huntsville, Alabama



Sheila Otto
Age 5
Denver, CO

Ice skating is a part of me
That no one really sees.
It's something that I like to do
Cause it makes me feel so free.

I get to the rink at six am.
It seems so cold and bare.
I sit on the bench to lace my skates
With the feeling that no one's there.

These hours of work are tough it's true
But as hard as they maybe
The time, the practice will all pay off
When the medal winner is me!

-Karen Eible

Karen Eible
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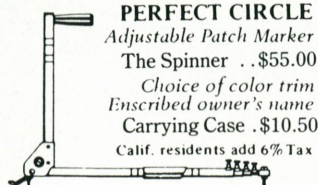
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Continued on page 73

Laurels

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GOLD 8TH FIGURE

Amy Walther, SC of Boston; Beth Ann Weingardt, Laurel Ridge SC; Craig Henderson, Stockton FSC; Hollie List, Braemar-City of Lakes FSC; Jeffrey Di Gregorio, SC of Boston; Laurie Rasalan, Winterhurst FSC; Leigh Ann Fisher, Tuscon FSC; Maria Lako, Detroit SC; Michael Stephenson, SC of Boston; Nancy O'Neill, SC of Boston; Schonda Greene, Broadmoor SC; Stefany Fanelli, Fraser FSC; Suzanne Brinser, Hershey FSC; Wendy Weston, Yarmouth Ice Club.

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Jessica Campbell, SC of Phoenix; Alexander Miller, III, Academy FSC; Ann Hensel, Essex SC of New Jersey; Carla Palumbo, South Mountain FSC; Deanna Stanton, All Year FSC; Diane McShane, Skokie Valley SC; Glenn Cummings, Broadmoor SC; Linda Kaumeyer, Plymouth FSC; Margaret Bodo, Long Island FSC; Patricia Gottwein, Wisconsin FSC; Philip D'Entremont, Professional; Reginald Stanley, Professional; Susan Semanick, Pittsburgh FSC.

ACADEMY FSC: 4—Mary Ellen Dettloff, Mia Frantz, Susan Gyulveszi. 5—Joy Tanner.

ACHILLES FSC: 1—Allison Woodford.

ALEXANDRIA BAY FSC: Int FS—Jeni Flock.

ALL YEAR FSC: Pre—Corinne Sharp, Jennylynn Andersen. 1—Cheryl Ricklin, Dawn Moses, Louisa Gauerke. 3—Rebecca Mellaci. 6—Angela Carazo, Kristin Kriwanek. 7—Margaret Carney. Pre FS—Corinne Sharp, Jennylynn Andersen. Int FS—Cynthia Patterson, Rebecca Mellaci. Jr FS—Nicole Locander. Bronze Pair—Dawn Goldstein, Troy Goldstein.

AMHERST SC: Pre—Erin Callahan, Felicia Ursitte, Julie Fine, Stephanie Green, Suzanne Ott. 1—Amy Rosenfeld, Mary Cay Fletcher. 2—Christina Bonasera, Perri Rosenfeld. 4—Susan Storfer. Pre FS—Erin Callahan, Felicia Ursitti, Julie Fine, Stephanie Green, Suzanne Ott. Juv FS—Anne Buhsmer. Int FS—Shelia Shary.

SC OF AMHERST: Int FS—Mary Ruth Warner.

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2—Anna Salih, Cathy Cowart, Martha Garza, Monica Uribe, Steve Moore. 5—Rhonda Guevara. 6—Cheryl

Ann Pascarelli, Dedie Richards, Noreen Diaz. Pre FS—Alma Vargas, Barbara Burguete, Brenda Salinas,

Catalina Burguete, Cynthia Martinez, Dora Lisa Martinez, Lorena Burguete, Norma Elizondo, Olga Fernandez,

Sandra Luna. Juv FS—Alison Oneacre, Anessa Underwood, Anna Salih, Martha Garza, Monica Uribe. Int

FS—Tanya Whittemore, Pre D—Elizabeth Williams, Jennifer Lorant, Robert Cowart. Bronze—Tricia Linder-

man. Pre Gold—Margaret Cloyd. Pre Pair—Anessa Underwood, Steve Moore.

DAYTON FSC: Pre—Katherine Rhee. Pre FS—Katherine Rhee.

DENVER FSC: Pre—Heather Morris, Jody Kogel, Linda Bolander, Tami Miller. 1—Jennifer Houchens, Jen-

nifer Whittington, Kimberly Macrum, Liesl Inouye, Mahaley Boyer, Nicole Hanak, Tamme Lytle. 2—Shey

Beauchamp, Susan Anderson. 3—Melina Heimbeck, Michelle Shively, Rebecca Houchens. 4—Cindy Noll.

5—Becky Brown. 6—Kim Freedman, Lisa Leach. 7—Jill Trenary. Pre FS—Alyssa Haun, Jody Kogel, Linda

Bolander, Nicole Seeds. Juv FS—Liesl Inouye, Linda Bolander, Tracy Anselmo. Int FS—Beth Engelke, Michele

De Andrea, Tamara Johnson. Nov FS—Cindy Noll. Jr FS—Christopher Bartlett, Kathleen Weiner.

DEPERE FSC: Pre—Amy Jones, Cathy Sheahan, Monica Flaherty, Renee Flora, Susie Ganch. Pre FS—

Jennifer Loignon, Monica Flaherty, Renee Flora, Susie Ganch. Juv FS—Cathy Sheahan.

DETROIT SC: Pre—Leah Valente, Sandra Seydel, Todd Henderson, Tracy Todd, Tracy Henderson. 1—April

Katz, Daniel Hollander, 2—Lara Honos, Marsha Diamond. 3—Dena Giannotti. 4—Jennifer Benz, Julie Benz.

5—Jeffrey Benz. 6—Deveny Deck, Jennifer Goolsbee, Leslie Friess, Stacey Gaker, Susan Dungjen. 7—Maria

Giannotti. Pre FS—Leah Valente, Sandra Seydel, Todd Henderson, Tracy Todd, Tracy Henderson. Juv FS—

Colleen Smith, Marsha Diamond. Int FS—Susan Norton. Nov FS—Janine Johnson, Jennifer Benz, Julie Benz,



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Leslie Fielding. Jr FS—Ann Sapienza. Bronze—Aimee Wilhelmi. Silver—Leslie Friess. Pre Gold—Kim Paterson. Pre Pair—Jill Skrzycki.

DIABLO FSC: 7—Kim McBride.

DUPAGE FSC: Pre—Michelle Lee. 4—Doris LaFever, Jenny Stoltman. Pre FS—Michelle Lee.

EASTLAND MALL ISC: Pre—Amy Fernald, Ann Lee, Cissy Richardson, Kathy Houck, Kristina Wilson. 1—Kevin Howell, Susan Wright. 2—Alice Conboy, Christian Sills, Michelle Purser. 3—Jennifer Jones, Sonya Baker. Pre FS—Amy Fernald, Ann Lee, Cissy Richardson, Kathy Houck, Kristina Wilson. Juv FS—Kevin Howell. Int FS—Jeff Warters, Pam Warters. Nov FS—Pam Warters.

EL CAMINO ISC: Pre—Christina Garcia, Trina Lee. 2—Kimberly Rhyne. 3—Cherie Callander, Greg Weld. 4—Annamarie House, Kassandra Miller. 5—Virginia Dudley. 6—Heather Emmel, Teresa Roach. Pre FS—Christina Garcia, Trina Lee. Juv FS—Kimberly Rhyne. Int FS—Cherie Callander, Cindy Morrow. Nov FS—Annamarie House. Pre Gold—Sherry Martinelli. Pre Pair—Jessica Gross, Jill Bruciati. Bronze Pair—Jill Bruciati.

ESSEX SC OF NEW JERSEY: 2—Jennifer Debonis. 5—Lisa Panayiotou. Int FS—Jennifer Debonis, Mark Swirsky. Pre Gold—Michelle Durkin

EVANSTON FSC: Pre—Sandy Kempf. 2—Eva Wong. Pre FS—Sandy Kempf.

FAIRBANKS FSC: Pre FS—Helena Megyesi, Sheree Cosgrove. Pre D—Barbara Philleo, Eugene Reed, III, Jim Philleo, Terry Putnam. Pre Silver—Anders Bro.

FLAGG POND SC: Pre—Jennifer Hingston. Pre FS—Jennifer Hingston. Int FS—Leeann Morrison.

FORESTWOOD FSC: Pre—Gemma Sucion, Kimberley Eagle, Megan Arthur. Pre FS—Anita Ballash, Danielle Muir, Debbie Fickel, Gemma Sucion, Jennifer Brown, Kim Hlad, Michélie Hollis.

FRASER FSC: Pre—Jill Van Houteghen, Kelly Chmielewski, Kimberly Gibbs, Lori Anderson, Melissa Rosen, Natalie Boccaccio, Shelly Ziolkowski, Shelly Maluchinik. 1—Gina Ragle. 2—Tanya Anandan. 3—Rosa Maria Di Cintio. Pre FS—Jill Van Houteghen, Kimberly Gibbs, Lori Anderson, Melissa Rosen, Natalie Boccaccio, Shelly Ziolkowski, Shelly Maluchinik. Int FS—Jacqueline Geary.

FREE STATE FSC: Pre—Jennifer Alpine. 1—Christine Fowler. Pre FS—Cathy Martin, Joseph Cousins, Mary Anne Toler. Juv FS—Alix Cohen. Int FS—Michelle Hartzell. Pre D—Christine Fowler, Joseph Cousins, Josephine Kaestner. Pre Silver—Jennifer Karweit, Ruben Rodriguez.

ISC OF FRESNO: Pre—Jennifer Lyles, Sabrina Coson. 1—Belinda Adams, Sarah Jones. 2—Heather Lester. Pre FS—Jennifer Lyles, Sabrina Coson. Juv FS—Dara Worrel, Heather Lester

SC OF GAITHERSBURG: Pre—Jennifer Stolbach, Kimberly Bush, Alida Anderson. 1—Colin Bennett, Heather Rodgers, Katie Mulligan, Linda Chen, Tracey Dove. 2—Ann Marie Wells, Geremi Weiss. 4—Krista Beed. Pre FS—Alida Anderson, Jennifer Stolbach, Kimberly Bush, Michelle Hunt. Juv FS—Ann Marie Wells, Geremi Weiss. Int FS—Alison York.

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GALLERIA ISC: Pre—Betsy Boswell, Cory Giovanella. 1—Melissa Burns. 4—Sharyn Presley. Pre FS—Betsy Boswell, Cory Giovanella, Jamie Anne Jennings. Juv FS—Kathleen Riley. Int FS—Mary Lasater.

GARDEN CITY FSC: 5—Sheri Wood.

GARDEN STATE SC: Pre FS—Denise Moore.

GATEWAY—ST LOUIS FSC: 2—Lisa Pavlow. Juv FS—Lisa Pavlow. Pre D—Thomas Long. Pre Gold—Sarah Reid.

GENESEE FSC: 1—Erika Eichelberger. 2—Merisha Janecki. 6—Pamela Jones. Pre FS—Katie Brown. Juv FS—Mary Napier. Int FS—Hedi Hamill. Pre D—Loretta Tang. Silver—Pamela Jones. Silver Free—Connie Sams.

GLENWOOD FSC Pre—David Goodpaster, Melinda Walls, Robin Tanko. 1—Audrey Pawlowski, Debbie Garfien, Lori Lepp. 3—Michael Brown. 7—Beverly Schilke. Pre FS—David Goodpaster, Jennifer Wimmer, Melinda Walls, Robin Tanko. Juv FS—Brian Svrusis, Leah Milligan, Susan Svrusis. Bronze—Mark Sawchik. Pre Silver—Gregory Tinberg.

GREAT BAY FSC: Pre—Audrey Latham, Dianne Turgeon, Donna Falbo. 1—Beth Nelson, Lauri Reynolds, Rachel Loomis. 2—Stephanie Purdy. Pre FS—Orange Miller, Sherry Legare. Juv FS—Ann Myers, Brigid Jordan, Nancy Duchesneau, Rachel Loomis.

GREATER LYNN SC: Pre—Julie Ribicandria, Marla McGrane. 1—Kerry Francis, Marcie Poska, Mary Cluett. 2—Pamela Denutte. 3—Michelle Crowe. Pre FS—Julie Ribicandria, Marla McGrane.

GREATER MILWAUKEE FSC: 1—Catherine McWilliam. 2—Ann Hall, Michelle Miller. 6—Lisa Foss. Pre FS—Kristie Wilson. Bronze—Mark Fiorina.

GREAT LAKES FSC: Pre—Carolyn Castillo, Susan Eastman. Pre FS—Amy Kurczewski, Carolyn Castillo, Edie Smith, Susan Eastman, Virginia Vasquez. Juv FS—Hilary Hart, Jennifer Hart

GREAT NECK FSC: Pre—Miriam Schwab. Pre FS—Miriam Schwab. Juv FS—Regina Roehm.

GREENBRIER FSC: Pre—Amy Beth Wisniewski, Beth Arakaki, Dena Barrett, Diane Borsz, Jeffrey Werner, Jennifer Wallace, Laura Lee Wellet, Michelle Barth, Sandy Bell, Shannon Schraegle, Tina Kriss. 1—Brian Yorko, Kerry Ann Scanlon, Lisa Bodner, Megan Monosky, Shelly Reese. 2—Christine Broestl. 5—Natalie Bak. Pre FS—Amy Falkowski, Amy Arona, Cheryl Zajac, Deborah Robbins, Erma Pfeiffer, Heather Lewandowski, Jennifer Kole, John Yoon, Karilyn Krupa, Laurel Keller, Leslie Hildebrand, Lydia Caputo, Michele Patrick, Noelle Frere, Noelle Ann Gusky, Patricia Orenick, Richard Konjura, Robert Farruggia, Sara Martin, William Nolan. Juv FS—Faith Ann Bodnar, Kristin Spiegelberg, Lisa Bodner. Int FS—Lisa Hollis. Pre D—Jennifer Kaya, Kristen Krajniak, Michelle Meeks. Pre Pair—Faith Ann Bodnar, Justin Krumm.

GREENSBURG FSC: Pre—Monica Meier. Pre FS—Monica Meier, Rebecka Hower.



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SC OF HARTFORD: Pre—Jennifer Westine. 2—Denise Graugard, Kimberly Sykes. Pre FS—Jennifer Marco, Terese Cagianello. Juv FS—Denise Graugard, Heather Harrington, Kimberly Sykes. Pre D—Alice Colonna, Roxanne Rodrigue. Bronze—Christine Smith, Denise Graugard, Laurel Swol, Stephanie Pullmann. Adult Bronze—Maureen Coakley. Adult Pre Silver—Grace Lougee.

HERSHEY FSC: 5—Claudine Primorac.

HICKORY HILL FSC: Pre—Lisa Schapiro, Nancy Diaz. 1—Christine McKeon. 2—Ann Desperito, Elizabeth Beattie, Julie Vozick, Melissa Deutsch. 7—Debra Ciripompa, Holly Hash, Wendy McNally. Pre FS—Daniel Fowler. Juv FS—Denise Caruso, Elizabeth Beattie. Int FS—Christine Khoury.

HIGHLAND SC: Pre—Ralph Mintel. Bronze—Roger Pomeroy. Pre Silver—Dan Butler.

HILLTOP ISC: Pre—Agnese Depianto, Eleonora Depianto. 1—Adrienne Regier, Christi Taylor, Deanna Serb. 2—Lisa Carlund. Pre FS—Agnese Depianto, Eleonora Depianto. Juv FS—Lisa Carlund.

SC OF HINGHAM: Pre—Karin Panepinto, Kathy Kelleher, Susan Bennett. Pre FS—Karin Panepinto, Kathy Kelleher. Pre D—Lisa Jones, Shannon Hynes.

HOLIDAY BLADES SC: Pre—Stacy Cathcart. 1—Cindy Battistone. 3—Deborah Beers. 4—Carleen Day. 5—Dawn Lesser. Pre FS—Stacy Cathcart. Int FS—Therese Gietler. Adult Bronze—Frank Radzwill.

HOUSTON FSC: 2—Allana Spier. Silver—Veldonna Crowson.

HUDSON VALLEY FSC: Juv FS—Marie Milliken.

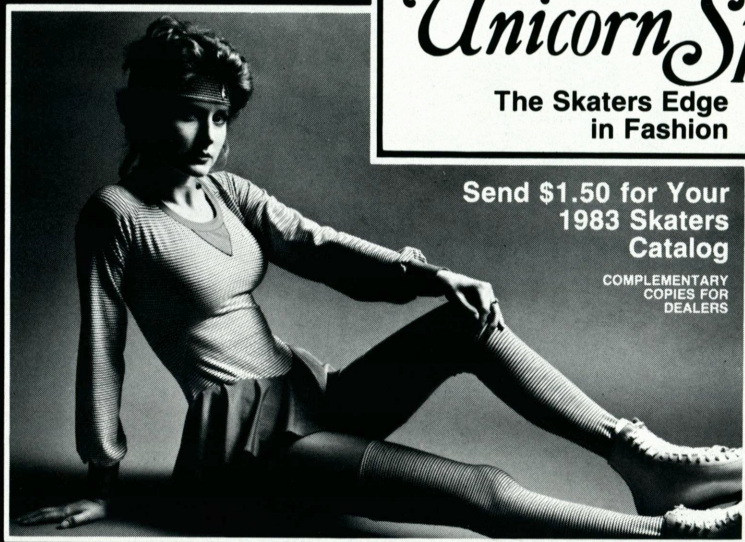
ICE WORLD FSC: Pre—Dana D'Angelo, Marissa Facciponte, Tori Agresti. 1—Tina Fontane. Pre FS—Hugh DeVore. Pre D—Cynthia Ricciardi. Pre Silver—Steven Partyka.

ILLINOIS VALLEY FSC: 1—Lori Simenauer.

ISC OF INDIANAPOLIS: 1—Hilary Russ, Jennifer Sartino, Mark Patterson. Pre FS—Beth Ann Smith, Kimberly Newland, Rana Dogar, Sarah Gonser, Wendy Waldman. Pre D—Jennifer Erner, Kristin Anderson, Mary Thompson.

JANESVILLE FSC: 4—Mazal Farhi. 7—Michelle Amspoker, Stacey Tisdale.

KANSAS CITY FSC: Pre—Crystal Thompson, Eric Poe, Lisa Hall, Lisa Diane McKay, Tonya Holman, Valerie Stittsworth. 1—Jennifer Logan. 3—Cindy Neal. 4—Julie Schwab. Pre FS—Lisa Hall, Lisa Diane McKay, Tonya Holman, Valerie Stittsworth.



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KENNEBEC SC: Pre—Nancy Blais. Pre FS—Nancy Blais, Sarah Lockwood. Nov FS—John Millier. Pre D—Sarah Lockwood. Pre Gold—John Millier. Silver Pair—Elizabeth Davidson, John Millier

KENT SC: Pre—Carol Baughman, Erika Postlewaite. 1—Jacqueline Greitzer. Pre FS—Carol Baughman. Pre D—Elizabeth Riling, Jacqueline Greitzer. Pre Gold—Charles Sinek, Tiffany Conaway, Tina Beth Johnson.

KEYSTONE FSC: Pre—Keena Wels, Lynda Chang. 1—Michelle Vanzant. 2—Michelle Sheesley. 3—Nicole Purcell. 5—Tracy Hodes. Pre FS—Lynda Chang. Int FS—Kelly Prather. Nov FS—Lisa Marie Vranicar.

LA JOLLA FSC: Pre—Jennie Pyles, Stacey Ball. Pre FS—Jennie Pyles, Stacey Ball.

LAKE MINNETONKA FSC: Pre—Katie Monroe. 1—Carlyn Smith, Sheryl Bearson. 3—Tamara Matchan. 5—Michelle Lacey. Pre FS—Katie Monroe. Jr FS—Theresa Pilarski.

SC OF LAKE PLACID: Int FS—Samantha Hawks.

LAKE REGION SC: Pre FS—Nancy May.

LAKEWOOD WINTER CLUB: Pre—Cee Cee Mitchell, Jennifer Eberhardt, Tara Harrison. 1—Melissa Flake. 2—Dawn Gardunia. 3—Lynette Lagmay. 4—Karen Brawley, Tim Chulina. 6—Lori Knoll. Pre FS—Tara Harrison. Juv FS—Dawn Gardunia. Int FS—Lynette Lagmay. Nov FS—Tim Chulina. Bronze—Dawn Gardunia, Jane Ghilarducci, Julie Elledge, Phyllis Dyberg, Ralph Landis, Tammy Larson. Pre Silver—Heather McLaughlin, Lynette Lagmay.

LANSING SC: Pre—Judith Barnes, Linda Hazlett, Michelle Jagutis, Shantel Rodriguez. 2—Jo Ann Smith. 3—Jennifer Holmes. Pre FS—Meredit McKnight, Shantel Rodriguez. Pre D—Maija Anne Jacobson.

LAS VEGAS FSC: 2—Jennifer McKenna. Nov FS—Melanie Spradlin, Nicole Bounds. Jr FS—Melissa Sessions.

LAUREL RIDGE SC: Pre—Christine Watson, Laura Sandy, Rachel Stathis, Rebecca Glaser. 2—Jill Santoriella. 4—Erika Muraski. Pre FS—Christine Watson, Karen Greene, Rachel Stathis, Rebecca Glaser. Int FS—Erika Muraski.

LILAC CITY FSC: Pre—Jill Thompson. 2—Berkley Villard. 3—Karee Jones. 4—Adel McDonald, Victoria Asmussen. 6—John Gallagher. 7—Susan Ashby. Pre FS—Jill Thompson. Juv FS—Berkley Villard. Nov FS—Adel McDonald.

LITTLE SUN VALLEY SC: Pre—Dinah Holtzman, Maria Benson. 1—Lisa Gramada. 3—Michelle Hendrick. 4—Bee Upatham, Deborah O'Leary, Gina Petronella. 5—Robyn Slongwhite. 6—Linda June Mamulski. Pre FS—Lisa Matroni. Juv FS—Laura Graczewski, Robyn Bateman. Int FS—Michelle Hendrick.

LONG ISLAND: 1—Stephanie Ross. 3—Moriko Nishiura, Stacey Waurishuk. 4—Kristen Vardy. 7—Linda Rose.



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FSC OF MADISON: Nov FS—Kim Schebig, Laura Macaulay.

MANKATO FSC: Pre—Elizabeth Confer, Natalie Rosin, Shawna Rodgers. 1—Pam Dickie. 2—Michele Morales. Pre FS—Natalie Rosin, Shawna Rodgers. Juv FS—Cathy Beito, Diane Gerteisen, Michele Morales.

MAPLEWOOD FSC: Pre—Jennine Arndt. 1—Dawn Pitlick, Jennie Kosel. 4—Rebecca Bressler. 5—Andrea Hall, Paula Ruppel. Pre FS—Gita Sitaramigh, Tiffani Hale.

MARIN FSC: Pre—Casey Litz, Elvira Cage, Stephanie Harris. 1—Claire Mork, Melissa Jackson, Sean Crowley. 4—Teena Miller. Pre FS—Casey Litz, Elvira Cage, Stephanie Harris. Nov FS—Teena Miller.

MASS BAY SC: 2—Lisa Marie Leccese. Juv FS—Gina Anzuoni.

MESA VERDE FSC: Pre—Kanakio Yano. 1—Brian Bernard, Therese Victor. 2—Stacey Forman. 3—Monica Mayr. 4—Tracy Ventura. 6—Cheryl Carrion. Pre FS—Margo Leopold, Stacey Forman. Int FS—Monica Mayr, Tracy Tomlin. Nov FS—Tracy Ventura. Silver—Leah Allen, Ron Kravette.

METROPOLITAN FSC: 1—Jenine Tankoos. 3—George Joseph, Lauren O'Rourke. 4—Tracie Werner. 5—Lucy Eichenwald. Nov FS—Lucy Eichenwald, Tracie Werner.

MIDLAND FSC: 4—Claudia Scherzer.

FSC OF MINNEAPOLIS: Pre—Alya Corten, Elisabeth Clemence. Pre FS—Anne Sohn, Elisabeth Clemence, Shelly Hansen.

MISSION VALLEY ISC: Pre—Andrea French, Gigi Villanueva. 1—Michelle Culich. 3—Carrie McClory. Pre FS—Andrea French, Gigi Villanueva. Juv FS—Barbara Joyce. Nov FS—Kesha Fikes. Jr FS—Claudette Krauss. Bronze—Patricia Marrazzo. Pre Pair—Rudy Galindo. Bronze Pair—Rudy Galindo.

SC OF MONTCLAIR: Juv FS—Nancy Beth Riegraf.

MONTEREY BAY FSC: 4—Heidi Tomblinson.

SC OF MORRIS NJ: Pre—Amy Cameron, Beth Allen, Florence Weingast, Lori Ann Rodelli, Tammy Miles. 2—Cindy Zedeck. 4—Steffani Gordon. Pre FS—Emmy Weigel, Florence Weingast, Kerri Rodelli, Tracey Moore. Int FS—Karen Sulewsky. Pre D—Bradley Hass, Holly Jeffcoat, Julie Smith, Karen Toufayan, Karen Sulewsky, Kristine Toufayan, Lauren Kruse, Pamela Santamaria, Tammy Miles, Tracey Moore. Bronze—Michael Dennis, Jr., Michelle Dennis, Steffani Gordon.

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NEWBURYPORT FSC: Pre—Kelly Ann Tedford. 2—Alice Carroll, Darlene Royan, Pre FS—Kelly Ann Tedford. Juv FS—Alice Carroll.

NEW HAVEN SC: Pre—Amy Ellen Bower. 1—Meredith Delre. 2—Michelle Hamed. 3—Dorann Linhard. 7—Cynthia Dunlop. Juv FS—Edward McLellan, Michelle Hamed. Int FS—Dorann Linhard.

FSC OF NEW ORLEANS: Pre—Jessica Schenk. 1—Stephanie Burst. 6—John Kanicka. 7—Barbara Stafford. Int FS—Tara Riviere. Jr FS—John Kanicka. Pre D—Karen Middleton, Toni Occhipinti. Bronze—Kathy Chichester.

SC OF NEW YORK: Pre—David Stroebel, Michele Cohen, Janet Cely, Laura Wray, Tracy Lane. 2—Isabella Novielli, Margaret Tracy. 4—Robert Nelson. Pre FS—Katharine Veerman. Juv FS—Alison Ginsberg, Maryl Frank, Thomas Incantalupo. Int FS—Nanako Yuasa, Robin Lane. Nov FS—Dayna Madwatkins. Pre D—Felix Romero, Susan Gluckman.

NORDIC FSC: 2—Jackie Nimitz, Sara Gordon, Wanda Schmacker. Int FS—Jackie Nimitz, Stacey Schlup.

NORTHCROSS FSC: Pre—Blyth Weber. 3—Rachel Stavrowsky. Pre FS—Blyth Weber, Britni Henrich, Christie McDaniel, Christina Crowley, Elizabeth Revell, Jennifer Darst, Kimela Moore, Nicole Henrich, Tische Ruede. Juv FS—Martha Krause. Pre D—Carol Barbutto.

SC OF NORTHERN VIRGINIA: Pre—Barbara Muse, Frank Zimmerman, Maryann Tsou, Regina Puzo, Terza Motkowski. 1—Amy Rice, Caitlin Mahar, Julie Schenker, Kimberly Gibson, Laura Mathews, Michelle Walker, Sally Capots, Vicki Staples. 2—Cathy Hudak, Dana Chinn. 3—Erin Sasaki, Romy Kerchner. 4—Pam Smith. Pre FS—Barbara Muse, Christie Waters, Katie Waters, Kelley Goodsell, Maryann Tsou, Regina Puzo, Terza Motkowski. Juv FS—Dana Chinn, Leanne Klein, Nelly Skrivseth. Int FS—Kimberly Kriger, Sandra Miller, Victoria Chinn. Nov FS—Shannon Smeeton. Pre D—Joseph Inman, Susanne Seagrave.

NORTH JERSEY FSC: Pre—Debbie Gill. 4—Michele Czech. 7—Gregory Dietl. Pre FS—Debbie Gill. Juv FS—Charlene Sionsky, Jennifer Haas.

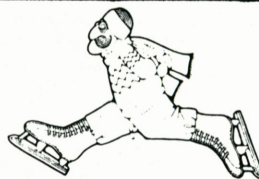
NORTH SHORE SC: Pre—Deanna Brisbois, Maryellen Gorton. 1—Gloria Sollazzo, Rosanne Gingras. 2—Jennifer Gulla, Jennifer Deroche. 4—Tracey Bowker. Pre FS—Deanna Brisbois, Maryellen Gorton. Juv FS—Gloria Sollazzo, Rosanne Gingras. Int FS—Gordon Grady, II, Kim Dejens. Jr FS—Jo Ann Fasano. Pre D—Alison Zweil, Caroline Mann.

NORTH SUBURBAN FSC: Bronze—Erin Gaiser.

OAK PARK FSC: Pre—Anne Marie Porro, Barbara Dolenga, Holly Thomsen, Jessie Kalal, Joseph Jansen, Mary Osborn, Michelle Auge, Michelle Bocik, Robin Zalewski. 1—Annette Mosco, Catherine Long, Kim Mauk. 2—Deanne Santoro. Pre FS—Anne Marie Porro, Holly thomsen, Joseph Jansen, Julie Ellison, Mary Osborn, Michelle Auge, Michelle Bocik. Juv FS—Deanne Santoro, Tina Santoro, Tracy Artman.



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OKLAHOMA CITY FSC: 1—Chantal Koenig. Pre FS—Lynda Haney. Juv FS—Bill Eldridge, Chantal Koenig, Nancy Anderson. Int FS—Chantal Koenig, Nancy Anderson.

OLD CAPITOL SC: 1—Amy Evans.

OLDE MONMOUTH SC: Pre—Eileen Kelly, June Applegate, Nicolisa Colen. 1—Justine Ordner, Lynn Atkinson. 2—Deborah Pinkowitz, Gamze Balasaygun. 3—Denise McSherry. Pre FS—Eileen Kelly, June Applegate, Kevin Kosich, Nicolisa Colen.

OLD YORK ROAD: Pre—Alice Turner, Angela Cohen, Cathie Schermer, Cecilia Turner, Daniel Turner, Hillary Krain, Leslie Sussman, Lisa Schiffer, Marlene Platt, Rachel Bramen, Wendy Gash. 1—Jackie Toll, Suzanne Myers. 2—Jennifer Chalfin, Shara Smiley. 5—Francine Elmaleh. Pre FS—Alice Turner, Angela Cohen, Cathie Schermer, Cecilia Turner, Hillary Krain, Jennifer Kaufman, Lisa Schiffer. Juv FS—Judy Curry, David Malpass. Jr FS—Naomi Kaji. Pre D—Angela Cohen, Lisa Schiffer. Pre Silver—Eileen Erlich.

FSC OF OMAHA: Pre—Aiko Weame, Elizabeth Loker, Leisl Hoag, Nikole Bentz. 1—Laura Marshall. 3—Elaine Beberniss, Kacia Coffman, Marisa Howe. Pre FS—Aiko Weame, Elizabeth Loker, Nikloe Bentz. Int FS—Mindy Costar.

OVERLAKE SC: 1—Megan Kendrick. 3—Kelly Moller.

OXFORD SC: Pre—Robbie Shearer. Pre FS—Kathy McCabe, Lee Ann Shoker. Bronze—Debra Jorgenson, Pre Silver—Denise Gifford.

PALACE FSC: 2—Beth Ann Hendricks, Erica Dean, Julie Calabrese. Juv FS—Beth Ann Hendricks, Cara Council. Int FS—Cambria Goodman. Pre Silver—Erica Dean.

PARK FSC: Pre—Diane Cohen, Natasha Carnevali. 3—Sabrina Segal. Juv FS—Deborah Haberman.

PASADENA FSC: Pre—Andrea Updike. Pre FS—Andrea Updike. Pre D—Margo Aceves.

PAVILION SC OF CLEVELAND HGTS: Pre Silver—Patricia Botti.

PENGUIN FSC: Pre—Heather Wagner, Janene Barber, Kori Gabovitz. 1—Shannan Reed, Tiffany Cooper. 2—Erik Rockwell, Nicole Hornak, Susanne Little. 3—Susan Tuscher. 4—Jennifer Stavros, Lisa Marie Klotz, Lyla Fanger. 5—Mimi Connors. Pre FS—Janene Barber, Kori Gabovitz, Oliver Blatt. Juv FS—Laura Ferretti. Int FS—Lyla Fanger. Jr FS—Ann Beth Canzano, Michelle Pavis, Valerie Palencar. PreD—Joe Ulmer. Bronze—Erik Rockwell. Pre Gold—John Pavis.

PENN STATE FSC: Pre FS—Amy Comeal, Jennifer Zangrilli, Kathe McCullough, Mary Saladna, Robert Myers. Pre D—Amy Comeal, James Rushmock, Jennifer Zangrilli, Mary Saladna.

PENNSYLVANIA STATE UNIVERSITY: Pre FS—Allwyn Baskin. Pre D—Allwyn Baskin, Michele Padayhag.

PHILADELPHIA SC & HS: Pre—Allison Walsh, Christina Young, Lauren Massara, Marie Lincoln, Michele Boornazian, Susane Soffe. 1—Cheryl Leicht, Christopher Lincoln, Leigh Driscoll. 3—Catherine Murray.

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4—Linda Gordon, Tracy Sterck. 5—Dawn Latona, Sarah Osborne. 6—Margaret Munder. 7—Stephanie Adler. Pre FS—Audrey Cooper, Courtney Bookbinder, Kristen Zeitzer, Kristin Bookbinder, Mary Gibbons-Neff. Juv FS—Alicia Dilworth, Ella Dillon. Jr FS—Sandra Heintz. Pre D—Allison Manley. Bronze—Margaret Valenteen. Pre Silver—Catherine Murray. Bronze Pair—Danielle Broussard.

SC OF PHOENIX: Pre—Jane Alfano. Pre FS—June Altenbernd. Juv FS—Barbara Morgan. Nov FS—Catherine Baggott. Pre D—Roxie Hauptman. Adult Pre Silver—Bette Smith.

PILGRIM SC: Pre—Kim Hudson, Melanie Warren. 2—Lisa Plant, Lisa Jones. 5—Tracey Sylvester. Pre FS—Kim Hudson, Melanie Warren. Juv FS—Mary Marino, Shelley Turner.

PITTSBURGH FSC: Pre—Julie John, Kayla Jauch. 1—Alyssa Miller, Becky Gilbert, Dawna Thomas, Emily Mulherin, Gretchen Carlo. 3—Elizabeth Bragle. Pre FS—Kellie Corfield, Nicole Helling. Juv FS—Debbie Carlo. Pre D—John Gedid, Leslie Titzel, Marybeth Mazon. Bronze—Sherri Hicks.

PLYMOUTH FSC: Pre—Bridgett Kane, Dawn Lapshan, Jennifer DeJohn, Kathy Bebeau, Kristen Pembroke, Lara Crosby, Paul McCrate, Sandra Cummings, Tara Gonyea, Taya Tiplady. 1—Dawn Popejoy, Erika Hinchcliff, Keith Reno, Laura McKenzie. 2—Christina Ingmire. 3—Noel Schimeck. 4—Michelle Noel. 5—Gwen Cirbes, Laura Clary. Pre FS—Bridgett Kane, Crystal Gutierrez, Karen Berger, Kristen Pembroke, Lara Crosby, Lisa Lynn Zabawa, Paul McCrate, Sandra Cummings, Tara Gonyea, Taya Tiplady. Juv FS—Tamra Chute. Pre D—Donna Reni Chute, Janelle Gebeau, Mandy Lee Neubecker. Pre Silver—James White.

PORT HURON FSC: 1—Maureen Flanigan, Patricia Bogdan. Pre FS—Shane Bettis. Pre D—Kristi Mattson.

PORTLAND ISC: Pre—Adrianne Thomas, Anna Roberts, Jennifer Vance, Keri Brooks, Kimberly Wuepper, Sonny Newton, Stephanie McCormack, Tammy Dee Shaw. 1—Holly Hogg. 4—Jeannine Newman, Melissa Caspell. 5—Michelle Nicholson. 7—Nancy Sullivan. Pre FS—Adrianne Thomas, Anna Roberts, Jennifer Vance, Kelly Corallo, Kimberly Wuepper, Sonny Newton. Juv FS—Taina Coffey. Bronze—Anita Johnston.

POTSDAM FSC: Pre—Leanne Grant, Mary Veglahn. 2—Danielle Bartow, Shaune Burrell. Pre FS—Cassie Labarge, Julia Stoltie. Juv FS—Leanne Grant. Pre D—Cassie Labarge, Lauren McCabe. Pre Silver—Jeanette Mein, Kathryn Tyler. Silver—Kathy Wilcox, Melissa Fadden.

PRINCETON SC: Pre—Elizabeth McCredie. 1—Mary Alice Wright. Pre FS—Joseph Jeydel. Juv FS—Mary Alice Wright. Bronze—Karen Baker.

PUEBLO FSC: 1—Kathy Stefanic

QUAKER CITY FSC: Int FS—Leigh Robinson.

QUEEN CITY FSC: Pre—Debbie Axt, Douglas Biggs, Jennifer Ballenger, Vicki Wall. 1—Corinne Malatin, Rebecca Biggs, Shannon Gravitt. 2—Heather Phenicie, Laurie Browne, Susan Nordmeyer, Suzanne Sanders, Theresa Weber. Pre FS—Debbie Axt, Douglas Biggs, Julie Neumark, Nancy Nyari, Vicki Wall, Wendy Oliver. Juv FS—Heather Phenicie, Laurie Browne, Robin Dickhaus. Pre D—Nancy Nyari. Pre Gold—Jennifer Astore

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SC OF RADNOR: Pre—Betsy Rosen, Hollee Actman, Sharon Tashjian. 1—Gail Lage. 2—Margaret Schwarze. 4—Annie Hatch. Pre FS—Allison Grebe, Betsy Rosen. Juv FS—Pamela Tedesco.

RICHFIELD FSC: 2—Vivika Olander.

FSC OF RIVERDALE: Pre—Janice Weintraub, Jenifer Gornstein, Jennifer Horenstein, Michele Gill. 1—Claudine Ferrara. 3—Simone Dinham. Pre FS—Ann Rezza, Janice Weintraub, Jennifer Horenstein. Juv FS—Melissa Rivera. Int FS—Susan Twomey. Bronze—Simone Dinham.

SC OF RHODE ISLAND: Pre—Amy Baillie. Pre FS—Amy Baillie.

ROCHESTER FSC: Pre FS—Karen Hohberger.

FSC OF ROCKFORD: Pre—Marianne Matty, Melissa Ouellette, Michelle Turner. 2—Krista July. 3—Brian Kaye. Int FS—Claire Lundin. Jr FS—Jane Stachur.

SC OF ROCKLAND NEW YORK: Pre—John Hull. 1—Christine Corcillio, Christine Callahan, Dara Rubino. 5—Dawn Cushing, Jayme Stein. Pre FS—Elena Quathrone.

ROCKY COAST FSC: Int FS—Kristen Andrews. Nov FS—Amy Webster.

ROCKY MOUNTAIN FSC: Pre—Amy Denzin, Jennifer Vito, Laura Andrews. 1—Ann Tuma, Jill Mullican. 4—Anna Marie Geving, Cynthia Douglas. 5—Denice Sweeney. 7—Kelly Sue Gipe. Pre FS—Becca Spitler, Brandy Poston, Celeste Schroeder, Christina Davis, Erin Stevens, Jamy Wetzel, Kendra Pfenning, Kristen Shellenberg, Laura Andrews, Michelle Roark, Molly Towner, Shawna Phillips. Juv FS—Cassie Hardison, Chauna Wigham, Lisa Ann Krug. Int FS—Amy Holmberg, Juliann Kennedy, Laura Lekowicz, Rachel Gibson, Shelley Meyers. Nov FS—Cynthia Douglas, Dencie Sweeney.

ROSEVILLE FSC: Pre—Melissa Jo Guy. 1—Glenda Lillie. 7—Andrea Steinberg. Juv FS—Julie Fischer.

RYE FSC: Pre—Leslie Effron. 1—Lori Frohlich. 5—Laurie Sofferman. Nov FS—Lauren Picker. Pre D—Fred Miller.

SC OF SACRAMENTO: 1—Dianne Williams, Marci Knutson. 2—Eliza Thomas. 3—Anna Shields, Kimberly Wassenberg. 4—Jason Little. Nov FS—Sonny Ellison. Pre Pair—Valerie Hearon. Bronze Pair—Valerie Hearon.

SALT CITY FIGURE SKATERS: 2—Mary Rusyniak. 3—Janet Harig. Pre Silver—Sian Matthews.

SAN DIEGO FSC: Pre—Myriah Southard. 1—Margarita Alexander, Monique Moxey. 3—Kimberly Kuehler, Kristin Kucha. 4—Drew Johnson. 7—Lynn Lindborg. Pre FS—Myriah Southard. Int FS—Kimberly Kuehler, Kristin Kucha. Nov FS—Drew Johnson, Michelle Dutelle. Silver Pair—Jeffrey Smith, Tammy Lynn Purcell.

SANGAMON VALLEY FSC: Pre—Holly Benson, Shannon Summers. 1—Kimberly Elits, Susan Morescki. 3—Carrie Waud, Tracie Matsko. 5—Andrea Larsson.

SANTA BARBARA FSC: 4—Sally McLean. Pre D—Kelly Degraw. Silver—Daniel Cutcher.



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SANTA ROSA FSC: Pre—Cheri Kendrick, Erica Steiner, Lelynn Skinner, Stacie Crimmins. 1—Erika Ann Olson, Kaarin Michaelsen. 2—Kristi Dupre, Lisa Ann Mitchell, Romy Rounds. 3—Stephanie Grob. Pre FS—Amelia Innes, Bonnie Batt, Carrie Ann Roberts, Cheri Kendrick, Chris Flores, Curt Lipinski, Erin Lee, Jamee Turner, Karen Stone, Lelynn Skinner, Michael Innes, Michelle Wall, Nikki Leonard, Robyn Rodota, Stacie Crimmins. Juv FS—Joy Medley, Romy Rounds. Pre D—Alexandra Prentice, Didi Cassidy. Bronze—Janet Ellis, Maiko Lynn Dildine. Pre Silver—Bob Bowles. Silver—Melissa Clendenin.

SEATTLE SC: Pre—Julie Coughlan, Paige Remington. 1—Julie Critchlow, Lara Carpenter. 2—Jennifer McCain, Jennifer Elston, Katharine Appleton. 4—Lori Nelson. 6—Holly Nelson, Marybeth Baum. 7—Shannon Hunter. Pre FS—Julie Coughlan, Paige Remington. Int FS—Christen Cole. Jr FS—Marybeth Baum. Silver—Sylvia Price.

SHAMROCK FSC: Juv FS—Stacey Cunningham.

SHELBY VALLEY FSC: Pre—Alicia Gambino, Christy Stagner, Jennifer Garstecki, Jennifer Dawson, Judy Gatlin, Julia Garstecki, Linda Hammond, Miki Marciniak, Monique Schroeder, Pennie Reece, Teah Stillings. 1—Alicia Gambino, Amie Carlone. Pre FS—Alicia Gambino, Christy Stagner, Dawn Gooley, Deanna Sommers, Jennifer Davis, Jennifer Rassey, Jennifer Dawson, Judy Gatlin, Julia Garstecki, Krista Scott, Kristi Spiller, Linda Hammond, Lisa Grice, Lisa Stagner, Lisa Ann Scorzo, Lynn Marie Lis, Marcy Hanaford, Mary Beck, Miki Marciniak, Monique Schroeder, Pennie Reece, Teah Stillings. Juv FS—Judy Gatlin, Monique Schroeder. Pre D—Jennifer Rassey, Jennifer Garstecki, Joan Berger, Mary Beck Miki Marciniak. Bronze—Joan Berger, Mary Beck.

SIERRA NEVADA FSC: Pre—Kathleen Taeubel. 1—Jessica Artman, Lori Mendoza. 3—Shannon MacLellan. Juv FS—Claire Smith, Jacqueline Pasa. Int FS—Sara Shields, Shannon MacLellan. Pre D—Gretchen Sauer, Nicole Lamboley, Ronda Silva, Shayla Mull. Bronze—Lori Mendoza.

SILVER BLADES FSC OF GREATER KC: 1—Jennifer Clasen. 3—Melanie Michals. 5—Aren Nielsen.

SILVER BLADES SC: 2—Kerrie Ann Mills. 4—Tara Marie O'Brien. Juv FS—Kerrie Ann Mills.

SILVER EDGE FSC: 2—Jennifer Su. 3—Kim Marie Fisher.

SILVER SKATE FSC: Pre—Michele Morrison. 1—Jerilyn Felton, Leah Crews. Pre FS—Michele Morrison.
SKOKIE VALLEY SC: Pre—Elizabeth Rosenblum, Emily Beatty, Gillian Garfield. 1—Amy Sowka, Heather Schumacher, Ileana Dickler, Mark Forbes, Stacy Rutkowski. 2—Beth Robertson, John Weinstein, Lia Turner, Michelle Lipschultz. 3—Alexis Weil, Anastasia Wehrenberg, Maryann Huang. 4—Kate Wood, Lisa Ann Basil, Missy Goveia. 5—Ellen Clark. 6—Christie Edwards. 7—Gail Ferdman, Tracy Ernst. Pre FS—Elizabeth Rosenblum, Emily Beatty. Pre Pair—Sharon Carz. Bronze Pair—Sharon Carz.

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SMITHFIELD FSC: Pre—Kelly Lynch. 1—Gina Gesualdo. 3—Michelle Medeiros. 7—Allison Grant. Pre FS—Kelly Lynch. Juv FS—Kristin Brousseau.

SOUTH BAY FSC: Pre—Christina Arriola, Kristie Fox, Lisa Fitzgerald, Tami Fitzgerald, Wolf Alan Fengler. 1—Angela Ford, Anna Ricioppi, Donna Diem. 4—Kelly Lynn Cross. 5—Cynthia Hutton. Pre FS—Christina Arriola, Kristie Fox, Lisa Fitzgerald, Tami Fitzgerald, Wolf Alan Fengler. Int FS—Kumi Denda. Nov FS—Kelly Lynn Cross. Pre D—Karen Matsuoka, Nancy Gibbs. Pre Gold—Barbara Howell.

SOUTHERN CONNECTICUT FSC: Int FS—Serena Wille.

SOUTH MOUNTAIN FSC: 7—Jill Kanoff. Pre D—Catharine Marano. Silver Free Dance—Andrea Brodwin. Pre Gold—Jeffrey Grethe, Kineta Sue King.

SOUTHPORT SC: Pre—Sheryl Gordon. Pre FS—Sheryl Gordon.

SOUTH TOWNS YMCA FSC: Pre—Catie Curran, Julie Cook, Karla Zimmerman, Leigh Zimmerman, Lisa Nelson, Rachel Moog. 1—Kathy Tocke, Molly Cimsi, Suzanne Weimer. 2—Amy Breckon, Barbara Bolton, Robin Schichtel, Yvonne Ruhland. Juv FS—Amy Breckon, Amy Fleissner, Kirstin Jensen, Monica Michaels, Robin Schichtel, Tammy Trentmann. Int FS—Candy Kozlowski. Pre D—Danielle Piscitelli, Kathy Tocke. Bronze—Diane Holynski. Pre Silver—Pam Maishak.

SC OF SPRINGFIELD: 1—Kathleen Savoy, Stephanie Jensen.

ST. CLAIR SHORES FSC: Pre—Adrienne Tomlan, Alexis Dinatale, Danielle McCarron, Nicole Berri. 1—Mary Guay. Pre FS—Janel Robinson. Juv FS—Holly Hammel, Nicole Bullaro. Int FS—Christine Valka.

ST. CLOUD FSC: 1—Jennifer Widga. Int FS—Bridget Ahles. Nov FS—Chrissy Schlough.

ST. JOSEPH FSC: 1—Amy Brockett. 2—Amy Counts, Amy Graham, Katie Williamson. 3—Brandee Maxwell, Jerry Wheeler, Laurey Wyatt. Juv FS—Amy Counts, Christine Boutwell. Int FS—Brandee Maxwell, Jill Duncan. Pre D—Katherine Brill, Susan Savidge. Bronze—Brandee Maxwell, Katie Williamson, Wayne Wheeler. Pre Silver—Amy Graham, Christine Boutwell.

ST. LAWRENCE FSC: 1—Kelly Mattice. Juv FS—Kathleen Miller. Bronze—Kim Keller. Pre Silver—Kelly Mattice. Silver Dance—Jacquie Mowry. Pre Gold—Krista Lee Stacy.

ST. MORITZ ISC: Pre—Ofelie Rogers. 1—Darlene Alday, Gina Gianelli, Shannon Suerstedt. 2—Bridgit Drenser, Julia Bowman. 3—Kristi Yamaguchi. 4—Melissa Gruben, Paula Losinger, Sonja Castaneda. 5—Lisa Erle, Norma Ramos. 6—Kimberly Drenser. 7—Kendall Travaglio, Ricky Anderson. Pre FS—Ami Silva, Ofelie Rogers. Juv FS—Jill Ann Parker. Nov FS—Alisa Ortiz, Christine Naud, Craig Heath. Pre D—Eva Rigney. Pre Pair—Dean Chin, Kristi Yamaguchi. Bronze Pair—Dean Chin, Kristi Yamaguchi. Silver Pair—Nicolas Castaneda, Sonja Castaneda.

ST. PAUL FSC: Pre—Maureen Jordon, Timothy Cichocki. 1—Abby Glasrud, Elizabeth Huebsch. 2—Grant Rorvick. 4—Lori Thompson, Shannon Kratzke. 5—Christine Hayek. 7—Kris Thompson. Pre FS—Maureen Jordon, Timothy Cichocki. Jr FS—Vi Radosta.

STOCKTON FSC: Pre—Nicole Vosburg. 3—Charis Marston. 4—Stephanie Bishop. 7—Vanessa Pezzi. Pre FS—Nicole Vosburg. Juv FS—Susan Damery.

SUBURBAN SC OF MARYLAND: Bronze—Robert Knowles.

SUNCOAST FSC OF FLORIDA: Pre—Carrie Ann Verhoeven, Karen Barrett, Laura Morrell, Nicole Wasilewski. 2—Susan Haynes. Pre FS—Carrie Ann Verhoeven, Karen Barrett, Laura Morrell, Nicole Wasilewski. Juv FS—Susan Haynes. Nov FS—Jennifer Gardner.

SUN VALLEY FSC: 2—Susan Schneider. 5—Michelle Pilant.

SYMMETRIC FSC: 7—Douglas Yatsushashi.

TARA FSC: 2—Lori Beason. 3—Alice Sue Claeys, Anne Kaiser, Carrie Ferguson, Tiffany Gilhuly. 4—Christi Ussery, Lisa Massingale, Suzanne Dudley. 6—Jon Robinson. 7—Catherine Brizendine, Michelle Dudley. Int FS—Alice Sue Claeys, Anne Kaiser, Becky Vanderhorst, Elizabeth Elders, Nicole Maddox. Nov FS—Lisa Massingale, Suzanne Dudley. Pre Pair—Holly West, Troy West.

TIDEWATER FSC: Pre—Kimberly Turner, Kirsten Etnyre, Lisa Bradley. Pre FS—Kimberly Turner, Kirsten Etnyre, Lisa Bradley. Nov FS—Lea Ann Ashmore.

TIMBERLINE SC: Pre—Charlotte Hoecker. Pre FS—Charlotte Hoecker.

TRENTON COMMUNITY SC: Pre—Ericka Adolf, Karen Mero. 1—Becky Hargis, Dennis Gratopp, Monica Tank. Pre FS—Denise Murray, Gail Emmert, Jennifer Fanfalone, Michele Fenech, Penny Torok, Rebecca Housley, Rhonda Snoes, Sherri Zentgraf, Theresa Jennfeldt.

TRICITIES FSC: Pre—Kristen Brodie, Rachelle Hast. 1—Christie Walters. 2—Wendy Oller. Pre FS—Kristen Brodie, Rachelle Hast. Juv FS—Wendy Oller. Pre D—Deborah Yates. Silver Free Dance—Gregory Cannon.

TROY SC: 1—Kristin Knapp. 6—Lisa Converse.

TULSA FSC: Pre—Colleen Kelley, Julie James. 6—Kirsten Whealy. Pre FS—Colleen Kelley, Julie James.

TUSCON FSC: Pre—Nicole Sirota. 1—Lara Shore. 2—Wendy Sankey. Pre FS—Nicole Sirota. Juv FS—Lara Shore, Lynnette Thompson, Wendy Sankey. Nov FS—Laurie Ware.

UNION COUNTY FSC: Pre FS—Eric Weisgerber. Bronze—Jason Miller.

UNIVERSAL FSC OF WINCHESTER: Pre—Stacey Reilly. Pre FS—Stacey Reilly.

UNIVERSITY OF COLORADO: Pre FS—Anna Hobin, Jennifer Hobin.

UNIVERSITY OF DELAWARE: Pre FS—David Waterloo, Geraldine Finlay, Karla Lichi. Pre D—Brenda Fedorak. Bronze—David Waterloo, Jennifer Jensen, Nancy O'Brien. Pre Silver—William Doerler.

UTAH FSC: 1—Lora Hansen. 2—Taanya Daly. 3—Kirsten Novak, Lisa Herzog, Roxanne Rees. 5—Kenna Bailey. 7—Merrilee Rowland. Pre FS—Janet Wadsworth. Juv FS—Daren Miller, Taanya Daly. Int FS—Kirsten Novak. Nov FS—Dorothy Bowers. Pre D—Nicole Garrett. Bronze—Janice Blackham. Silver—Jean Carlsen.

VACATIONLAND FSC: Pre—Christine Sholl, Rachel Ryan. 1—Stacey Shields. Pre FS—Carrie Gutzman, Christine Sholl, Kimberly Gallant, Melodie Wetzel. Juv FS—Penny Wise.

SC OF VAIL: Pre—Krista Warner. 3—Hillary Schieve, Martina Lademan. Pre FS—Krista Warner. Int FS—Hillary Schieve.

VALLCO SC: Adult Bronze Dance—Donna Scheider.

SC OF VAN NUYS: Pre—Jayme Vargas. 1—Jennifer Greene. 7—Wanda Gene Leland. Pre FS—Jayme Vargas.

WACO FSC: Pre—Judith Richardson, Rachel Alldis. Pre FS—Rachel Alldis.

WAGON WHEEL FSC: Pre FS—Melissa Blazek.

WALLA WALLA FSC: 3—Evelyn Richards. 4—Sherry Danielson. 6—Richard Verburg.

WARWICK FIGURE SKATERS: Pre—Andrea Benza, Jill Ortel, Julie Robinson, Patty Belbin. Pre FS—Jill Ortel, Kristen Rini, Patty Belbin.

ICE & BLADES CLUB OF WASHINGTON: Int FS—Margaret Machamer. Pre D—Kevin Zurchin, Kirk Strotman.

WASHINGTON FSC: Pre—Kristin Born, Lisa Ellis, Lizzy Scully, Marcia Smith. 1—Meredith McIntosh, Phillip Dulebohn. 2—Amy Schneider, Heather Hughes, Karen Ponette, Laura Manning. 3—Amy McPartland, Christina McPherson, Craig Horowitz, Elena Tomelden. 4—Colin Vanderveen, Cynthia Warner. Pre FS—Kristin Born, Lisa Ellis, Lizzy Schully, Marcia Smith. Juv FS—Amy Schneider, Heather Hughes, Michelle Lamarre. Int FS—Craig Horowitz, Elena Tomelden. Nov FS—Colin Vanderveen, Cynthia Warner. Pre D—Joan Wiss. Bronze—Dana Murphy. Pre Pair—Evan Gottesman, Marcia Smith.

FSC OF WATERTOWN: Silver—Jennifer Crabb.

SC OF WESTCHESTER: 2—Alisa Firriolo. 4—Jason Dilworth. 5—Christine Lukas. 6—Julie Wasserman. Pre FS—Jeannine Jameson. Int FS—Melissa Seide. Jr FS—Julie Wasserman. Bronze—Alexander Zemcov. Pre Silver—Madelene Wendland.

WEST COVINA FSC: 7—Colleen Boman. Pre Gold—Colleen Bowman.

WEST SHORE FSC: 1—Jennifer Helon.

WICHITA FSC: Juv FS—Denise Sarver. Bronze—Cory Newby, Robin Garritson.

SC OF WILMINGTON: Pre—Bethany Roulsin. 2—Michele Thompson. 3—Valerie Nielsen. 6—Charmaine Moon. 7—Cara Gill. Juv FS—Elaine Hickman, Natasha Schlegel, Sharon O'Neal. Nov FS—Ann Adams, Jeffrey Czarenecki, Kristen Struck. Pre D—Jody Elser, Karl Liljedahl. Bronze—Janice Pettes, Keith Tindall. Pre Silver—Melissa Stuckey, Nicole Piovoso, Scott Fritschel. Silver—Donnie Thornton. Pre Gold—Erin O'Neill, John Johnson.

WINCHESTER FSC: 6—Paula Franzese.

WINTER CLUB OF INDIANAPOLIS: Juv FS—Diane Bauchle.

WINTERHURST FSC: Pre—Christi Herron. 1—Amy Unger. 3—Shannon Kardos. 4—Marcy Reis, Veronica Sexton. 5—Deborah Szelesta, Jennifer Meno, Michael Drops, Mindy Rasalan, Stacy Archer. 6—Kelly Burt-

nett, Laura Bell. 7—Jeff Freedman. Pre FS—Christine Mikula, Jennifer Malafa, Mary Nell Boyden, Melanie Miller, Sara Phillips. Juv FS—Jennifer Heinert, Sandy Varjadic. Nov FS—Jeff Antolini, Marcy Reis. Silver—Rita Marie Burger.

WISCONSIN FSC: Pre—Kerri Dietz. 2—Laurie Ann Mahoney. 5—Charmaine Feil, Lara Talbot. Pre FS—Jennifer Cheung, Nicole Pierce.

WISSAHICKON SC: Pre—Jessica Vogelsson. 1—Elena Wechsler, Kimberly Bridges, Stephanie Gleit. 2—Marla Brody. 3—Bill Brennan. 4—Beth Horvitz. 5—Clare Raasch, Elisa Curtis, Lori Gittleman. 6—Susan Brody. 7—Laurie Miller. Pre FS—Alexandra Urban, Jessica Vogelsson, Shannon Quill, Kimberly Bridges, Krista Wodjak. Int FS—Edward Muntz Jr., Michele Lynn Kelly. Nov FS—Lori Gittleman. Pre D—Bill Brennan, Brian Helgengerg, Melissa Allan.

SC OF WORCESTER: 2—Kristen Tepper. 3—Beth Anne Munger, Karen Mazzola. 4—Thomas Riel. 6—Lynne Chamberland. Nov FS—Thomas Riel.

WYANDOTTE FSC: Pre—Amy McQuiston, Beth McQuiston, Kimberly Cingel, Paul Spevitz. Pre FS—Julia Kittle, Michele Rydicki. Juv FS—Lawrence Ulanski, Lisa Iwasko. Pre D—Rebecca Karakash.

WYOMING VALLEY ISC: 2—Lisa Cosgrove.

INDIVIDUAL MEMBERS: Pre—Aleta Wright, Bridget Oleary, Carie Gibbs, Caroline Lee, Elizabeth Massaro, Jody Weixelbaum, Mary Ellen Burfete, Tracy Halter. 1—Christine Rutkowski, Eileen McCusker, Jaime Uribe. 7—Miki Ohata. Pre FS—Aleta Wright, Alice Fecher, Bridget O'Leary, Carie Gibbs, Carmen Marinari, Christina Silvestri, Elizabeth Massaro, Jody Weixelbaum, Mary Ellen Burfete, Tracy Halter. Int FS—April Parham. Pre D—Christina Silvestri, Kathleen McBride, Paige Ruddy. Bronze—Barry Bogert, Mr. Leonard Moskowit.

PROFESSIONALS: 5—Greg Hancock. 7—Robin Norton. Pre FS—Darryl Larson. Juv FS—Barret Mulligan, Darryl Larson.

Classifieds

Continued from page 54

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