

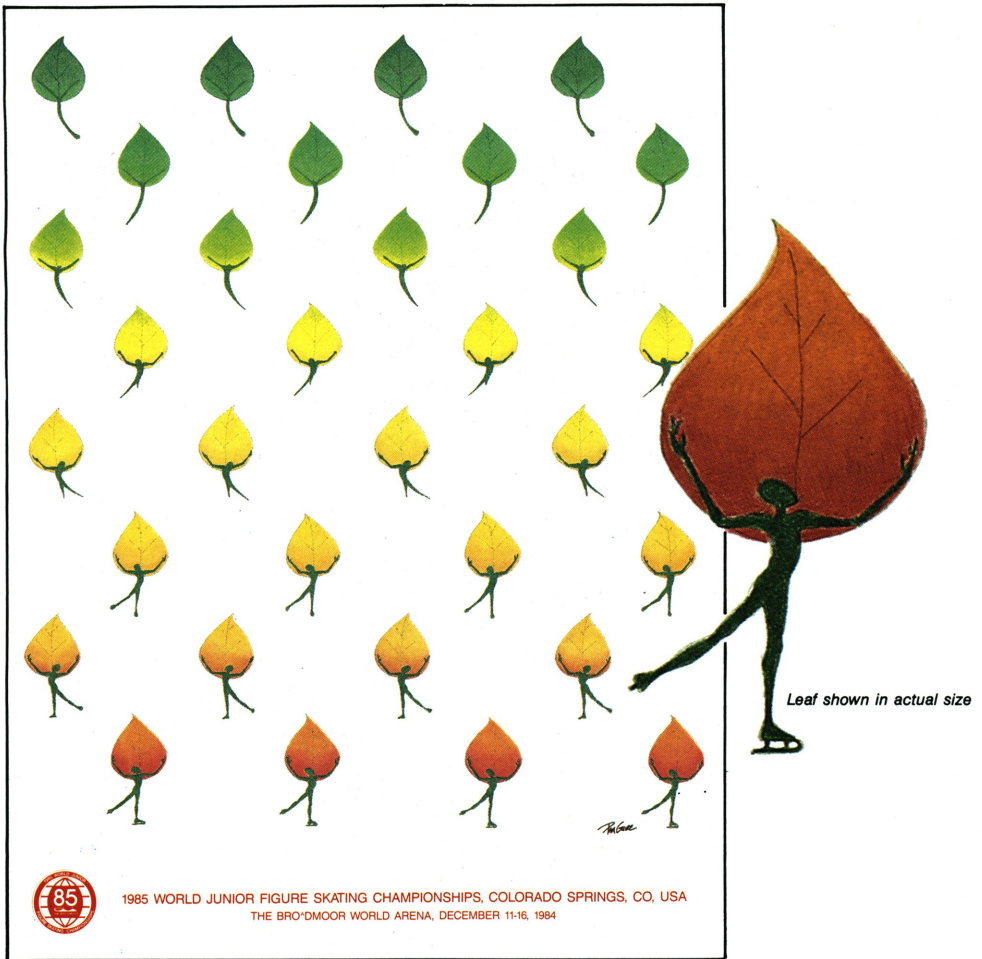
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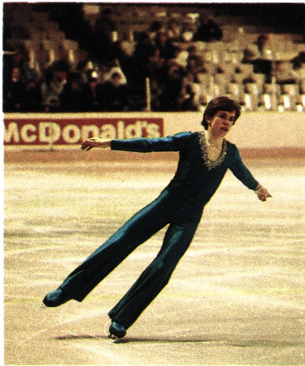
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M A G A Z I N E



COVER:
Erik Larson struck Gold at the 1985 World Junior Figure Skating Championships held in December in Colorado Springs, Colorado. For more on this competition, turn to page 32.

PHOTO: BARBARA VON HOFFMAN.

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Ever wonder how some athletes do it? I mean, when you see great feats of motion, like a McEnroe volleying or a Watson driving one three hundred yards or a Tiffany landing a triple on a musical phrase, it makes you think. "Isn't that incredible, how does he do it?" you say as the ski jumper takes off, soars in a seeming trance, then lands as simply as if he'd just finished polishing his car. "Wow! Isn't he scared stiff?" (I once asked that and received the reply, "I am . . . on the first jump of the season!") Does it help to remind you how many times you've driven the freeway, let your mind wander, then "wake" in a slight sweat as you realize you've spent the last fifteen minutes buzzing at 60 mph "unconsciously?"

No? Well, anyhow, I sometimes think we humans are so dumb. Time after time we question our ability. We often question that which is *already* programed into our bodies, as if the information which is stored is faulty, when in fact it not only is first rate, but is "smarter" than we are. Muscles and tendons and bone and cartilage and all the basic matter that make up our physical being combine to form an animal intelligence. Naturally, the nervous system links all this together and a section of computer inside our skulls sends the proper signals, yet it all breaks down when we try to mastermind the entire business.

All this came to mind when I read about Wendell Tyler, the San Francisco 49er running back being asked how he knew where to run through the opposing team's line. "There's a hole. It's a quick blur—a crack," he replied.

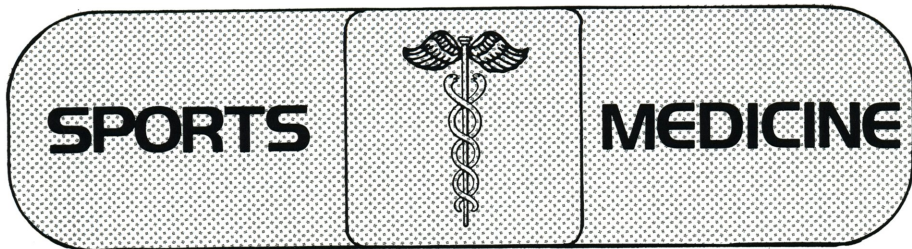
"How do you know the blur is a hole?"

"I let my body run for me. My reactions take me through. Ninety-five percent of the time they're right."

And here's the Los Angeles Raiders' Marcus Allen, equally talented if not more so: "You know, I don't know what the heck I'm doing out there most of the time," he said. "It's all instinct."



I "woke" in the middle of a Silver Dance test to startle my partner with, "Are we still on the beat?" Oh, she loved that. But here's a better one. December 7, 1941, was opening night in St. Louis for the Sonja Henie Ice Revue. It was also Pearl Harbor. The news was a shocker most of the day, but turned worse when I learned the battleship *Oklahoma* had been sunk. My brother was the ship's supply officer . . . and that's all I knew. (Later, I learned he was off ship that day, had donned a new white uniform, was about to drive off when the bombs began to fall, so he dove under his car only to find oil had dripped from the car all night.) That night I was backstage listening to "The Star-Spangled Banner" being played and feeling the music lift my head off. I was to skate first, heard the audience cheering the finish of the anthem, then remember stepping off the backstage ice to someone saying, "Good job!" I said, "What for?" The answer came: "Your number . . . very nice tonight." I said, "I haven't skated yet," which was greeted with an open mouth and popping eyes. To this day, I have yet to understand that I had stepped out onto the ice after the national anthem, appeared unperturbed, and skated my routine with no apparent slip-ups.



B R I E F

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.

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

OFF-ICE TRAINING (or 30 seconds made easier)

by Hal E. Marron, Jr.

Do the last 30-seconds of your program feel an hour long? Does your breathing get ragged, face red, and do your arms and legs feel like lead weights? Do you feel like you need a crane to get off the ice for that final jump? If so, maybe your training program needs a little pepping up.

An Off-Ice Training Program that builds both strength and endurance can help improve a skater's performance in much the same way that ballet and dance classes help with line and flexibility.

Athletes in other sports have developed training programs that develop strength and endurance independent of technical skills. It is felt that if an athlete is in proper condition new moves are learned and mastered faster and more safely.

It should be noted that this article is intended to be used in conjunction with a balanced training program. The skater and his or her coach should decide which of these exercises fit into their overall program. It is not intended for this article to cover all the possible Off-Ice Training Programs. Includ-

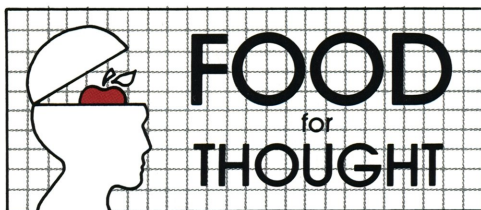
ed is a sampling of some of the programs that can be used.

RUNNING

Running is a good cardiovascular exercise that can help increase a skater's endurance. There are many running exercises. However, due to the "start-stop" nature of skating, interval sprints of approximately a quarter of a mile in length seem to produce the best results.

After a slow warm-up run of three quarters of a mile to a mile in length, the first quarter mile is run at about 80 percent of maximum speed. The elapsed time should be clocked and recorded for future comparison. After completion, the runner should walk during a seven-minute rest period. A second quarter mile is run, followed by a five-minute rest period, then a third interval sprint, a three-minute rest period, and then the fourth and final quarter mile. Each interval should be run at the same pace. This exercise should be performed on a one-quarter mile running track with a good surface, if available.

Continued on page 28



*Nutritional
Guide for
the Skater.*

SNACKS ARE IMPORTANT

by

*Arnold E. Denton, Ph.D.,
Member USFSA
Sports Medicine Committee
Senior Vice President
Campbell Soup Company*

I recently attended the 1985 U.S. Figure Skating Championships in Kansas City and was again impressed by the excellence demonstrated by all of our U.S. figure skaters.

In addition to watching their performances in the competition, I had the opportunity to speak with several skaters at "Well-Being: The Competitive Edge," a half-day seminar focusing on health and fitness issues for figure skaters held on Saturday, February 2, and sponsored jointly by Campbell's Soups and Baptist Medical Center of Kansas City.

In my section of the seminar, I explained the results of a survey of skaters' eating habits conducted by Campbell Soup Co. over the last several years. We were interested in determining the nutritional adequacy of the diets of figure skaters, and we also wanted to see if any trends in eating habits could be found among this group. We highlighted findings in an area that is of considerable interest to coaches, parents, and skaters—*snacking*.

Snacking is actually an important "meal" for young, active people, especially teenage athletes. It is also the "meal" most often blamed as a cause of poor nutrition. However, snacks can contribute important nutrients and calories to the total day's food intake.

Almost everyone has questions about snacks . . . "What kinds of snacks should figure skaters have?"; "Are apples and granola bars good snacks?"; "When should I snack?"; "How much is too much?"; "What is a good snack?"; and "I need to lose

weight . . . should I cut out snacks??"

Because of the confusion surrounding snacking, it became very important for us to study the habits of figure skaters and to assess the nutritional impact of snacks.

We were particularly interested in the snacking habits of young athletes, because the burden of malnutrition for them is greater than it is for adult athletes. Poor food habits during the early stages of life can affect normal growth and development. These consequences can be further aggravated by the constant physical and emotional stress common in competitive sports.

To evaluate the questions about the nutrients in snacks, Campbell conducted special dietary surveys. Fifty-two skaters from four USFSA skating clubs responded to our request for food diaries. We asked the skaters to keep track of what and how much they ate for three days. We also asked them to include the number of hours they spent training or exercising.

When the diaries were returned, they were analyzed using Campbell's Master Nutrient Database, which contains nutrient information for about 7,000 foods. The results of our surveys were very interesting:

- Skaters are frequent snackers, with more snacks eaten during the afternoon and evening.
- Younger skaters tend to snack more than older skaters.
- Snacks contribute important nutrients to the total diet.
- Snacks account for about 20 percent of the total calories eaten by skaters.
- Snacks tend to be high in fat and sugar, and low in complex carbohydrate and fiber, not desirable characteristics.
- Milk, bread and butter, fruit and juices, french fries and soda form the top five favorites of skaters' snacks.

Continued on page 27

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Notes

1985 SPRING MEETING

The 1985 Spring Meeting of the USFSA Board of Directors will be held Wednesday and Thursday, May 1 and 2, 1985 at the Doral Hotel and Country Club, 4400 N.W. 87 Avenue, Miami, Florida, (305) 592-2000. The first session is scheduled for Wednesday, May 1 at 7:30 P.M. Additional sessions are scheduled for Thursday, May 2 at 9:00 A.M. All Board of Directors meetings will be closed.

The 1985 Annual Meeting of the USFSA Governing Council will be held Friday and Saturday, May 3 and 4, 1985, at the Doral Hotel and Country Club, 4400 N.W. 87 Avenue, Miami, Florida, (305) 592-2000. The opening session of the Governing Council will begin at 7:30 P.M., Friday evening preceded that day by various workshops. The Governing Council meeting will be continued on Saturday, at 9:00 A.M.

A copy of the written notice of the meeting is available to USFSA Associate and Individual Members (Club members should obtain further information from their Club Officers) upon request to the USFSA National Headquarters, 20 First Street, Colorado Springs, Colorado, 80906, (303) 635-5200.

JUDGES' APPOINTMENTS . . .

LOW FIGURE TEST

Jeffrey DiGregorio, SC of Boston

INTERMEDIATE FIGURE TEST

Donna Rosenstein, ISC of Fresno

Elaine Ettman, Peninsula FSC

Helen Nowack, Baltimore FSC

NOVICE FIGURE COMPETITION

Robert Rosenbluth, Wissahickon SC

BRONZE DANCE TEST

Bonnie Collier, Yale FSC

JUNIOR DANCE COMPETITION

Michael Bauer, Lakewood WC

Ricky Harris



On
Straight Lines
& Angles

Just as music will tell you by playing connected notes when to use circular and curved movements, so will it be obvious when to use straight and angular lines. When you hear notes with a definite beginning and end to each note, you are listening to "marcato" sounds. There is a march-like quality to it as opposed to the lyrical softness of connected notes which are "legato."

Marcato sounds are great for using straight-line designs that cut through space. They can have a darting or striking quality with a definite beginning and end to each movement, stopping in space. They can be very strong, exciting, and give the feeling of control. Many fast sections of skating programs have lots of opportunity for straight-line and angular moves.

Think of all the joints in your body and how they can bend. Experiment by moving them separately and together.

Head: Move it up and down; side to side; tilted in an angle right and left.

Shoulders: Move them up and down; forward and back.

Elbows: Bend the elbow so that fingers are facing straight up; straight down; towards the body; away from the body. Pull the elbow towards the body in an angle; pull it away in an angle upwards.

Wrists: Keeping arms straight, bend wrists so that fingers point in different directions. Repeat with bent elbows.

Hips: Bend over straight forward, making body into a "tabletop." Lift a hip up; pull it back. Raise a leg straight up front; side; back.

Knees: Bend one knee parallel to standing leg so toes are touching the inside of the other knee. Now pull toes away from leg slightly out into space. Bring one knee towards other with toes facing away (could be humorous). Move knee in and out on a straight line. Bend knee so foot is up in back and toes are facing ceiling. Bend one knee in an open posi-

Continued on page 13

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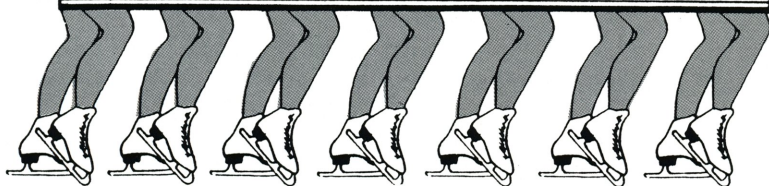
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Age _____ Student _____ Coach _____

Sundae's Review

by T. Sundae Bafo



CHOREOGRAPHING A PRECISION TEAM—WHERE DO I START?

Choreographing a precision routine is challenging and fun. There are many standard formations and maneuvers used over and over. Interesting footwork, unique holds, and precise head movements make these standard formations distinctive. Many programs include innovative and unusual maneuvers adding excitement to the routines.

Before any choreography is planned, the coach must first know the number of skaters on their team, and the height difference. An ideal situation is to have skaters all the same height. This simplifies regrouping after splicing, alleviating the picket fence appearance. If you have a team of varied sizes, (for example, a Novice team ranging in age 15 and under—height difference is inevitable), it is more difficult to form and re-form group maneuvers, keeping sizes graduated.

It should be noted the larger the group the harder it becomes to keep lines straight and synchronization exact. The number of team members may vary, depending upon their divisions.

Team Divisions & Requirements

Juvenile: A team of 12 to 32 skaters. Skaters must be 11 years of age and younger on the preceding January 1.

Novice: A team of 12 to 32 skaters. Skaters must be 15 years of age and younger on the preceding January 1.

Junior: A team of 12 to 20 skaters. No age limit.

Senior: A team of 21 to 32 skaters. No age limit.

Adult: A team of 12 to 32 skaters. Skaters must be 25 years of age or older on the preceding January 1.

It is advisable when forming a team to have an even number of skaters, preferably a number divisible by four, but the latter is not a necessity.

No. of Team Members & Possible Subgroups

Team Members	Subgroups
12	6 lines of 2 3 lines of 4 4 lines of 3 2 lines of 6
16	5 lines of 4 4 lines of 5 2 lines of 10 10 lines of 2
24	2 lines of 12 12 lines of 2 6 lines of 4 4 lines of 6 3 lines of 8 8 lines of 3
32	16 lines of 2 2 lines of 16 8 lines of 4 4 lines of 8

It is imperative the music be strong in beat and should vary to allow change of pace in choreography. Music must express the age and ability of the team. Once your team is formed and music chosen, choreographic ideas seem to develop quickly.

Arranging transitions from one formation to another takes a great deal of planning. Transitions should be in synchronization with the music and must flow smoothly in an organized manner. Skaters should not be dashing madly about the ice surface, frantically searching for "their spot" to begin

their next move. There should be a variety of transitions, continuous and fluid with minimal pauses.

Basic precision moves (circles, wheels, blocks, and kicklines) should be practiced and perfected first. With this accomplished, footwork may now be incorporated in these maneuvers adding variety. Simple dance steps, such as progressives, chassés, three turns, Mohawks, slide chassés, rolls, and cross rolls lend to the choreography of the precision routines. The Fourteenstep and the end pattern of the Kilian are often used in block formation. It may be done in reverse direction as well as by groups intersplicing.

Footwork is essential to produce an interesting precision program. Without it, a routine would only be formation after formation. Footwork compliments the music.

Some basic free skating moves may be incorporated such as spirals, forward and backward, small hops, shoot the ducks, and Ina Bauers. These must be executed in total synchronization. Teams must mirror each other moving as one. Featuring skaters and subgroups is not permitted.

As in any other program, ice utilization is necessary. This is not accomplished by dividing a team into many subgroups for extended periods of time; thereby appearing as a three-ring circus. Subgroups are necessary

to achieve formation patterns, but should not dominate the routine. The basic concept of precision skating is a team skating as one unit.

Body position is important in choreography. Heads high, legs stretched, arms extended, and torso carried upright and firm add to the aesthetics of the precision program. Music may be expressed through body lean. One sequence of footwork may be changed drastically in appearance by the position of the body or the head movements. Lifting knee action and sway in unison enhances the flowing effect of the team.

The coach must remember that footwork beyond the ability of the skaters will effect the unison and synchronization. A team will be penalized for this. Less difficult footwork performed well in total synchronization is awarded above complicated footwork skated poorly.

There are countless combinations of steps, maneuvers, and formations. Use your imagination to create your own original moves. Work your team diligently, enjoy them, and have fun!

T. Sundae Bafo is the coach of the Buffalo Skating Club's precision skating team, Hot Fudge Sundaes, and a member of the USFSA Board of Directors.

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Ricky Harris

Continued from page 11

tion away from standing leg, forming a triangle.

Ankles: Flex foot; point foot.

When you experiment with moving the various joints in the body, you will find different emotional reactions coming from each move. Humor can easily be displayed by bending the joints in a variety of ways. The emotions of sadness, excitement, and fear can also be expressed in movements using joints in straight and angular ways.



January 28 - February 3

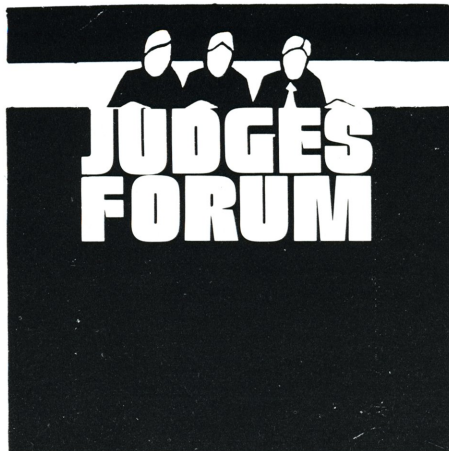
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"But Who Are The Judges?"

by Mrs. David C. Gerli

This question was probably raised at the first competition and, undoubtedly, will arise at the last. It is a legitimate concern of parents, skaters, coaches, and the ever-increasing viewing public. The complexity of the answer tempts one to be facetious and say they come from East of the Sun and West of the Moon—or like baby dear, "out of the everywhere into the here?"

In fact, USFSA judges come from all walks of life. They are bankers, brokers, lawyers, businessmen, doctors, artists, musicians, teachers, barbers, writers, and homemakers. They diverge in skating backgrounds from the recreational skater to World and Olympic Team Member. They have, in common, the bond of the love of the sport. They have successfully completed the same training and educational program which qualifies them to serve as a Judge.

The training program is twofold. It is theoretical and practical and is an ever on-going process. The theoretical consists of schools, seminars, and pre- and post-competition meetings. Here knowledge and information is exchanged and disseminated by experienced Judges and, as appropriate, coaches. The practical consists of an internship of learning by doing what is known as "Trial Judging!"

All our Judges must, before they are appointed or promoted, complete this course of training and show competence at each

Continued on page 27

THE HALL OF FAME



**Frances Dafoe & Norris Bowden
Canada**

On this and the following pages are accounts of the lives and distinguished careers of the most recent members elected to the USFSA Figure Skating Hall of Fame.

by Benjamin T. Wright

Frances Dafoe and Norris Bowden of Canada hold a unique distinction in the pair skating discipline of the sport of figure skating. The first winners of a World title for their country, they have continued to serve it faithfully ever since their competitive days as National and now World Championship Judges.

Actually, in the modern era, continuing dedication to the sport as both a competitor and official is relatively rare, when the attractions of the professional world are considered. The fact that Fran and Norris have done so is but an ongoing part of the great and continuing tradition of the sport in the Ontario area and particularly in the premier skating club which they have represented with distinction, the Toronto Skating Club (now the Toronto Cricket, Curling, and Skating Club). (For the sake of historical accuracy, however, it should be noted that one other pair, albeit from the early days of the sport, has done the same thing: Ludowika and Walter Jakobsson of Finland.)

From Toronto, the daughter of a doctor and the niece of Dr. Allen Roy Dafoe of Dionne quintuplet fame, Fran attended Branksome Hall and the Art Department of the Central Technical School, at which she began her long interest in art and design, a field in which she has gained a well-deserved national reputation as a vocation since. In 1951 she won a nationwide competition for the design of a new Canadian Championship medal. She is a well-known costume and dress designer as well as having done work in commercial art.

Norris is also from Toronto, earning both a bachelor's degree in engineering and a master's degree in commerce from the University of Toronto. Insurance has been his field for many years with the premier insurance company in Canada, Sun Life. Presently in his own agency, Norris holds the coveted C.L.U. (Chartered Life Underwriter) designation of his profession.

In the tradition of one of the great skating centers in North America, both Fran and Norris were extremely versatile skaters each in their own right, before teaming up as a pair, participating as was customary then as competitors in singles, dance, and fours, as well as in pairs.

In fact, Norris had a distinguished career himself in singles, beginning on the national scene in the Canadian Junior Men's Championship in 1942, in which he was twice Silver medalist in 1943 and 1944. Following the war, Norris returned to singles competition and was Canadian Men's Champion in 1947 defeating Wallace Diestelmeyer, after having been the runner-up in 1946 to Ralph McCreath, the pre-war champion.

In 1945, Norris won the Canadian Junior Pair Championship with Suzanne Morrow, herself later a Canadian Ladies' Champion and Olympic Bronze medalist in pairs with Diestelmeyer. In fact, she and Diestelmeyer joined with Virginia Wilson and Bowden in fours at the 1947 Canadian Championships to earn for the Toronto club the required points to win the Earl Grey Trophy for teams.

First teaming with Frances in ice dancing in 1950, Norris and his new partner quickly earned their first national title together that

year in the Waltz, which with the Tenstep were for many years separate and important dance events in the Canadian Championships. They continued to compete in both dancing and pairs until 1953 in both the Canadian and North American Championships, winning four Canadian Waltz and two Tenstep titles, as well as the Canadian Silver Dance title in 1952. That year, Fran and Norris won a total of four titles in the Canadian Championships, truly a unique achievement.

Runners-up in the Senior Pairs' event of the Canadian Championships in 1951, their second year of partnership, Fran and Norris earned their first of four Canadian Pair Championships at Oshawa, thereby earning a place on the Canadian Olympic Team for that year. While they had first experienced international competition in the North American Championships in 1951 at Calgary, placing fourth, the Olympic Winter Games at Oslo in 1952 represented the first time Fran and Norris journeyed to Europe to compete against their European counterparts.

Today with the multiplicity of International Competitions available to the Senior and even Junior competitors, the importance of the North American Championships to the Canadian and American skaters of the day cannot be overestimated. For fifty years, the event served as the major international competition for the two countries, apart from the Olympic Winter Games and World Championships.

Based on a solid fourth in their first North Americans, Fran and Norris placed a very creditable fifth at Oslo in 1952. The four pairs ahead of them were all either World or European Pair Champions, in the years immediately preceding or following the Games. In the subsequent World Championships of that year in Paris, Fran and Norris moved up to fourth, behind three of the same four pairs they had encountered in the Olympics.

The 1953 season would seem "backwards" to us today, with the World Championships being held early in February in Davos, followed by the Canadian Championships later that month in Ottawa, with the North American Championships being held early in March in Cleveland. Despite the "upside down" schedule, Fran and Norris placed second at Davos to the overall winners Jennifer and John Nicks of Great Britain in a close

competition, defeating in the process Marianne and Laszlo Nagy of Hungary who had been the European Pair Champions in 1950 and were just ahead of them in the 1952 Olympics. The championships were held outdoors in very cold weather. Mrs. Theresa Weld Blanchard, the editor of *Skating*, in describing the skating of Dafoe-Bowden says they "skated beautifully . . . They were the only pair to do combined spread eagles . . . It was interesting to note that all the pairs used different versions of the round the head lift that I believed Dafoe-Bowden originated."

Returning home with their first World medals, Fran and Norris successfully defended their Canadian pair title and capped off the year by winning their first North American Pair Championships in Cleveland, defeating Carole Ormaca and Robin Greiner, who only won their first United States title later in the same month!

In 1954, Dafoe-Bowden attained the goal for which they had worked hard for four years, returning to Oslo to win their first World Championship, the first for Canada in pairs. The championships again were held outdoors in mid-February. At that time there was no short program, so the competition was a single "all or nothing" event, with no prior competition for "warm up!" The pressure was tremendous. With the Nicks having retired, Fran and Norris were the obvious favorites and rose fully to the challenge, winning decisively over Silvia and Michel Grandjean of Switzerland, the European Champions of that year. In third place were Sissy Schwarz and Kurt Oppelt of Austria, who would be the principal rivals of Dafoe and Bowden for the next two years.

Returning from Oslo, Fran and Norris won their third straight Canadian Pair Championship at Calgary.

In 1955, the schedule finally was "turned around" once again, with the Canadian Championships being held in Toronto in January, followed by the Worlds in Vienna in February. In the former, Fran and Norris won their fourth straight title in a unanimous decision, defeating Barbara Wagner and Robert Paul, who would turn out to be their worthy successors as World Champions from Canada in 1957.

The World Championships of 1955 were held on the famous outdoor rink of the

Wiener Eislauf Verein in a heavy snowstorm. The eyewitness account in *Skating* refers to the "psychological warfare" in the local press, despite which the "Canadian pair . . . turned in a marvelous program, full of difficult content and sprinkled with sensational lifts and jumps . . . unmarred by any mishaps." Schwarz and Oppelt of Austria were a close second, despite a fall by the lady near the end of their program. In third place were the durable Marianne and Laszlo Nagy of Hungary, who had regained their European title in their hometown of Budapest just two weeks earlier, an event in which Schwarz-Oppelt did not compete. Thus was the stage set for the climactic season of 1956!

Following their return from Vienna, Fran and Norris proceeded to Regina, Saskatchewan for the biennial North American Championships, where they gained their second title, defeating the United States Champions Carole Ormaca and Robin Greiner, with Wagner and Paul third.

It has often been said that the defense of a title is much more difficult than winning it the first time and, of course, repeated defenses become increasingly difficult. In 1956, the Canadian Championships were again scheduled after the Olympic Winter Games and World Championships of that year. As a result the Olympics in Cortina D'Ampezzo was the "first" event of the year for most of the competitors. Sissy Schwarz and Kurt Oppelt of Austria, the European Champions, having defeated the Nagy's in Paris before the Games were again the principal rivals of the Canadians. All accounts indicate that both pairs skated well, the Austrians first. Again Mrs. Blanchard, in describing the Austrians: "they have a program different from American ones . . . It did not seem to have as much variety nor seem as spectacular." The Canadians "were splendid. I liked their program better than last year and thought it very well skated. They have many unusual lifts and deserve credit for their originality." At the end of their program, they had one small break which perhaps cost them the title. In the final analysis, the gold medals went to the

Austrians on the basis of the total of the ordinals (or place numbers) of the judges, neither pair having a majority for first. The result actually turned on two third places received by Dafoe-Bowden, who had a higher total of points overall. It was probably the closest competition ever in the history of figure skating competition in the Olympic Winter Games.

What turned out to be the final competition of the career of Frances and Norris were the 1956 World Championships at Garmisch-Partenkirchen, Germany following the Olympic Games. Schwarz-Oppelt again skated first and skated as well as they had in Cortina. Again, Theresa Weld Blanchard in describing Dafoe-Bowden: "their performance was superb," but they again lost by four judges to five. "Fran and Norrie were terribly disappointed, of course, as they skated much better than in Cortina; but they took it like the good sports they are."

Despite the losses they suffered in 1956, Frances Dafoe and Norris Bowden did not give up on the sport which had been such an important part of their lives. Rather, they chose to continue to serve and have both progressed steadily up the line to their present positions of World Championship Judges. Norris has served as a Team Leader of Canadian teams at international competitions and championships in addition to judging. Fran continues to design skating costumes and to serve as a team leader and judge.

During their competitive careers, Fran and Norris received the unstinting support, encouragement, and expert instruction of their long-time coach, Sheldon Galbraith, senior professional at the Toronto club, formerly of California and the coach of Canada's first Olympic and World Champion Barbara Ann Scott.

Throughout their entire careers, both as competitors and judges, Frances Dafoe and Norris Bowden have exemplified the highest standards of integrity and sportsmanship, and are a great credit to the sport.

Frances Dafoe and Norris Bowden were elected to the Hall of Fame in 1984.

Calendar

OF EVENTS

FEBRUARY

- 7-10 **North Country Competition**, sponsored by the Jamesriver FSC, Hibbing, MN. Individual and Group events. For information contact: Karen Schlager, 701-252-1029.
- 9 **Winter Carnival Ice Show**, sponsored by the SC at Dartmouth, at the Thompson Arena, Hanover, NH, in celebration of the 75th Dartmouth College Winter Carnival. For information contact: Susan Norton, Box 93, Norwich, VT 05055, 802-649-5178.
- 10 & 17 **Judges' School**, sponsored by the Los Angeles FSC, at the Pickwick Ice Arena, 1001 Riverside Dr., Burbank, CA 91506. For information contact: Mrs. Eleanor Schultz, 913 E. Delaware Rd., Burbank, CA 91504, 818-846-7910 or Mrs. Jo Lawless, 7363 Sausalito Ave., Canoga Park, CA 91307, 818-347-1510.
- 12 **Skater/Judge Workshop**, sponsored by New Haven SC, at the Milford Ice Pavilion, School House Road, Milford, CT. Figures and freestyle judged and reviewed by panel. For information contact: Joan Bombassei, 350 Cross Court, Orange, CT 06477, 203-795-4138.
- 16-17 **The Greater Fulton Invitational Figure Skating Competition**, sponsored by the Fulton FSC, at the Fulton Community Center, Fulton, NY. For information contact: Mrs. Susan Davis, RDI Box 258, Fulton, NY, 315-593-1414.
- 16-17 **Wisconsin Classic Precision Competition and Judges' School**, sponsored by the Wisconsin FSC, at the Fairpark Indoor Ice Arena, West Allis, WI. Precision School for Judges and Competition for Precision Teams in the Midwest area. For information contact: Gale Tanger, 414-778-2079; Marianne Czaplak, 414-548-0211; or Bobbie Prochaska, 15280 Mark Dr., New Berlin, WI 53151, 414-782-5309.

- 27 **Test Session**, sponsored by the Chittenden Central SC, at the Essex Junction Skating Facility, Essex Junction, VT. For information contact: Marilyn Moreland, Partridge Hill, Williston, VT 05495, 802-879-7700.

MARCH

- 1-3 **Tenth Annual Creve Coeur Figure Skating Competition**, sponsored by the Creve Coeur FSC, at the Queeny Park Ice Arena, St. Louis, MO. Freestyle, Figures, Compulsory Moves, Interpretive, Pairs, and Dance events. For information contact: Shirley Sisson, 106 Morewood Dr., Manchester, MO 63011, 314-394-4947.
- 1-3 **Sixth Annual Evelyn Boyer Memorial Competition**, sponsored by the Old York Road SC, at the Old York Road SC, Church & York Rds., Elkins Park, PA 19117. Freestyle, Interpretive, Solo Dance, Similar Pairs, and Maneuver Teams. For information contact: Gille R. Vanasse, Mgr., Old York Road SC, 215-635-2770; or Ellen Gittleman, 909 Laburnum Lane., Wyncote, PA 19095, 215-635-2770, days, 215-885-6641, evenings.
- 2 **Fraser Mid-America Precision Team Championships**, fourth annual competition sponsored by the Fraser FSC, Fraser, MI. Juvenile, Novice, Junior, Senior, and Adult events. For information contact: Roger Geary, 33043 Stoner, Sterling Heights, MI 48077, 313-977-0789.
- 2-3 **New England Juvenile Championship**, sponsored by the North Shore SC, at the Town Line Twin Rinks, 58 Andover St., Danvers, MA 01923. For information contact: Sue Schlegel, 24 Gardner St., Beverly, MA 01915, 617-927-2827.
- 2-3 **Music, Music, Music**, annual club show sponsored by the Hiawatha SC, at the

- Pullar Stadium, Sault Ste. Marie, MI 49783. For information contact: Lovada Bell, 906-632-9408 or Jan Piirainen, 906-635-1163.
- 2-3 **Salute the States**, Ice show sponsored by the Blade & Edge FSC, at the Hitchcock Ice Rink, 45th & P Streets, Omaha, NE. Directed by Karin Olney. For information contact: Pat Hasking, 321 So. 90 St. Omaha, NE 68114.
- 3 **How to be a Skating Parent for Fun and Profit**, parents seminar sponsored by the Los Angeles FSC, at the Pickwick Ice Arena, 1001 Riverside Dr., Burbank, CA 91506. For information contact: Eleanor Curtis, 12764 Meadowlark, Granada Hills, CA 91344, 818-368-5767, days, 818-360-6915, evenings.
- 8 **Test Session**, sponsored by the Champlain Valley SC, at the Paquette Municipal Arena, Burlington, VT. Figures/Freestyle Test Session, all levels. For information contact: Mrs. Elaine Lavigne, 155 Woodbury Rd., Burlington, VT 05401, 802-864-9874.
- 8-9 **Broadway on Ice**, sponsored by the Kalamazoo FSC, at the Lawson Ice Arena, Kalamazoo, MI. For information contact: Lawson Ice Arena, 616-383-0421, or Nancy Wilson, 616-382-3752.
- 8-10 **Skate 'N' Almost Heaven**, sponsored by the Charleston FSC, at the Charleston Civic Center Ice Arena, 200 Civic Center Dr., Charleston, WV 25301. Competition open to USFSA members. Freestyle through third test and compulsory events. For information contact: Jack Freeland, 1212 Johnson Rd., Charleston, WV 25314, 304-346-0539.
- 9-10 **Champlain Valley Open**, sponsored by the Champlain Valley SC, at the Paquette Municipal Arena, Burlington, VT. Figures & Freestyle; Preliminary thru Sr., & Team Compulsory Moves. For information contact: Charles A. Luciano, P.O. Box 122, Essex, VT 05451, 802-878-8650.
- 9 & 15-17 **CIC Precision Team Competition and Cleveland Invitational Competition**, sponsored by the Greater Cleveland Council of Figure Skating and hosted by the Pavilion SC of Cleveland Heights, at the Pavilion Ice Rink, Cleveland Heights, OH. This is a limited participation event for members of clubs who are members of the Greater Cleveland Council. For information contact: Bill Quandt, Competition Chairman, 216-382-7537.
- 10 **Garren Invitational Free Style Competition**, sponsored by the Hudson-Mohawk FSC, at the Houston Field House, Troy, NY. For information contact: Mrs. John E. Palladino, 1 Marcia St., Troy, NY 12180, 518-273-2082.
- 15-16 **A Rainbow for All Seasons**, ice show sponsored by the Southern New Hampshire SC, at the J.F.K. Coliseum, 300 Beech St., Manchester, NH 03101. For information contact: Louise Gaudreau, 41 Wells St., Manchester, NH 03104, 603-625-5797.
- 15-17 **Seasonal Dreams**, ice show sponsored by the Jamesriver FSC, Jamestown, ND. For information contact: Karen Schlager, 1407 4th Ave. N.W., Jamestown, ND 58401, 701-252-1029.
- 16-17 **Eighth Annual Camellia Theatre on Ice**, sponsored by the SC of Sacramento, at the Birdcage Ice Arena, Citrus Heights, CA. For information contact: Mrs. Carol Takehara, Registrar, 10928 Alandale Way, Rancho Cordova, CA 95670, 916-638-0107.
- 16-17 **Steppin' Out**, fifth annual ice show sponsored by the Enchanted Mountain FSC, at the Olean Recreation Center, Olean, NY. For information contact: Pamela L. Senfield, Chairman, EMFSC Ice Show, Olean Recreation Center, Olean, NY 14760.
- 16-17 **Third Annual Dance Weekend**, sponsored by the Princeton SC, at the Baker Rink on the Princeton University Campus, Princeton, NJ. For information contact: Helen Marston, 43 Dorann Ave., Princeton, NJ 08540, 609-921-7549.
- 16-17 **Ice Enchantment**, sponsored by the Camillus FSC, at the Shove Park Rink, Slawson Dr., Camillus, NY. For information contact: Carol Miller, President, 109 Tudor Ln., Camillus, NY 13031, 315-487-0483.
- 16-17 **Seventeenth Annual Nassau County Free Skating Championships**, sponsored by the Cantiague FSC, at the Cantiague Park Rink in Hicksville, NY. Free Skating from Pre-Juvenile to Adult, Interpretive, Pairs, Similar Pairs, and Precision Teams. Open to all applicants. For information contact: Jerome Zettler, 70 Gardner Ave., Hicksville, NY 11801, 516-931-7301.
- 22-24 **Meet Me In St. Louis Dance Weekend**, sponsored by Gateway/St. Louis FSC, at the Brentwood Ice Arena, 2505 S. Brentwood Blvd., St. Louis, MO 63144. Weekend of dance, seminars, and possi-

- ble test session. For information contact: Mr. Bill Boeck, 743 Merus Ct., Fenton, MO 63026, 314-343-4900.
- 23 **Midwestern Precision Team Championships**, sponsored by the Tulsa FSC, at the Tulsa Convention Center, 100-Civic Center, Tulsa, OK. For information contact: Donna Norman, days, 918-586-6827; evenings, 918-836-3132 or 918-835-1652.
- 23 **Pacific Coast Precision Team Championship**, sponsored by the San Diego FSC, at the Mira Mesa House of Ice, San Diego, CA. For information contact: Gwen Hamilton, 6722 Jackson Dr., San Diego, CA 92119, 619-464-6107.
- 23-24 **Celebrity Celebration on Ice**, sponsored by the Magic City FSC, at the All Seasons Arena, Minot, N.D. For information contact: Libbie Chabot, 1818 S.E. 6th, Minot, ND 58701, 701-838-0058.
- 24 **Ice Fantasies 85**, sponsored by the Port Huron FSC, at the McMorran Arena, Port Huron, MI. For information contact: Ilene MacDonald, 313-987-5775.
- 29-30 **Eastern Precision Team Skating Championships**, sponsored by the Genesee FSC, at the Frank Ritter Memorial Ice Arena at the Rochester Institute of Technology, Rochester, NY. For information contact: Norma Leone, 716-385-1269.
- 29-30 **Icings 1985**, ice show sponsored by the Chittenden Central SC, at the Essex Junction Skating Facility, Essex Junction, VT. For information contact: Lucille McClure, 10 Rotunda Ave., Essex Junction, VT 05452, 802-878-2462.
- 29-30 **Musical Memories**, ice show sponsored by the Alexandria Bay FSC, at the Municipal Ice Arena, Alexandria Bay, NY. For information contact: Margie Elk, 315-482-9448.
- 29-30 **Skate USA**, ice show sponsored by the Laurel Ridge SC, at the Ridgefield Skating Center, 11 Prospect Ridge, Ridgefield, CT 06877. For information contact: Carol Stathis, President, 24 Walnut Grove, Ridgefield, CT 06877, 203-438-7152.
- 29-31 **Old York Road Ice Carnival**, sponsored by the Old York Road SC, at the Old York Road SC, Church & York Rds., Elkins Park, PA 19117. For information contact: Old York Road SC, 215-635-2770.
- 29-31 **Reflections on Ice**, ice show sponsored by the St. Clair Shores FSC, at the St. Clair Shores Civic Arena, 20000 Stephens Dr., St. Clair Shores, MI 48080.
- 29-31 For information contact: Joanna Willhite, Secretary, 313-775-2765.
- 29-31 **Spotlight On Ice '85**, sponsored by the Sangamon Valley FSC, at the Ice Chateau, Springfield, IL. For information contact: Vicki Thomas, Chairman, Sangamon Valley FSC, 2700 W. Lawrence, Springfield, IL 62704.
- 29-31 **WIM Competition**, sponsored by the Greater Milwaukee FSC, at the Wilson Park Recreation Center, 4001 South 20th Street, Milwaukee, WI 53221. Figure, Free Skating, and Dance Competition. For information contact: Ralph Dahlman, 4764 South 39th Street, Greenfield, WI 53221, 414-282-3948.
- 30-31 **Mardi Gras**, eighth annual ice show sponsored by the Taunton Area FSC, at the Taunton Memorial Rink, Taunton, MA. For information contact: Mrs. Diane Kraihanzel, P.O. Box 368, Raynham Center, MA 02768, 617-823-5775.
- 30-31 **22nd Annual New Jersey Council Championships**, at the William G. Mennen Sports Arena, Morristown, NJ. For information contact: Danielle Hass, Secretary NJCFSC, 30 Pondview Rd., Morris Plains, NJ 07950.
- 30-31 **Worcester Open**, sponsored by the SC of Worcester, at the Commonwealth of Massachusetts Skating Rink, 284 Lake Ave., Worcester, MA 01604 (across from Quinsigamond Lake Park). Free Skating, Pairs, Similar Pairs, Compulsory Moves, and Team Compulsory Moves. For information contact: Mr. Donald E. Kinney, 51 Sherbrook Ave., Worcester, MA 01604, 617-752-2337.
- APRIL**
- 11-13 **Annual Heart of America Competition**, sponsored by the Kansas City FSC at the Foxhill Arena, 4401 W. 107th St., Overland Park, KS 66211. Figures, freestyle, compulsories, solo and pair dance, and pair events, National and Gold-level Judges. For information call: Mrs. Carolyn Beauchamp, 913-341-5419.
- 12-14 **Seventh Annual Cherry Blossom Invitational Competition**, sponsored by the Capital Regional Council FSC's, at the Mount Vernon Ice Sports Complex, Alexandria, VA. Intermediate thru Senior Singles, Pairs, Dance, and Precision Teams. Figures, Short Program, Freestyle. For information contact: Dorothy Dodson, 4150 Lawrence, Seminary P.O., Alexandria, VA 22304, 703-370-5959 or Valerie Tinley, 511 Moorefield Rd., Vienna, VA 22180, 703-281-1734.

Continued on page 61

Report

Central Pacific

by Cris Marston

PHOTOS BY MARVIN B. HARRIS

The 1985 Central Pacific Championships were held in Stockton, California, November 15-18, 1984 at the Oak Park Ice Arena, hosted by the Stockton FSC.

In Senior Ladies with only two competitors, D'Re Anderson, St. Moritz ISC, won the Gold. She was first in the short and long program. Susan Faith placed second, she was first in figures.

Craig Henderson, Stockton FSC, was the overwhelming winner, placing first in all three categories; figures, short, and long. His free skating program was dynamic with some interesting moves to the music from *Ghostbusters*. The Silver was won by Richard Swenning, St. Moritz ISC, and the Bronze by Ricky Anderson, St. Moritz ISC.

Senior Dance was undisputedly won by April Sargent, Peninsula FSC, and John D'Amelio, SC of Wilmington. Laura Evern-

gam, SC of Wilmington, and Jerry Santoferrara, Peninsula FSC, were second.

Thirteen Junior Ladies battled it out for top honors. Holly Cook, Utah FSC, won the figures and the Gold. Kimberly Drenser, St. Moritz ISC, won the short program and the Silver. Valerie Hearon, Peninsula FSC, won the long program and the Bronze.

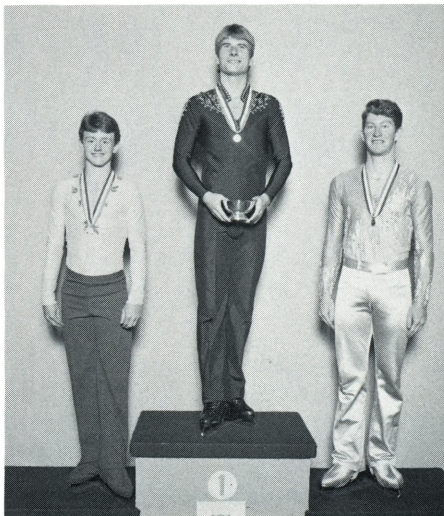
The Junior Men's figures, short and long program were won by Rudy Galindo, St. Moritz ISC. Triple jumps were scattered throughout his freestyle performance. Craig Heath, St. Moritz ISC, skated smoothly to second place, while Mark Alexander, SC of Sacramento, was third.

Placing first in the Junior Pairs competition were the team of Kristi Yamaguchi and Rudy Galindo, both members of the St. Moritz ISC. Bridget Drenser, St. Moritz ISC, and David McGovern, Arctic Blades FSC,



SENIOR LADIES

D'Re Anderson, Gold; Susan Faith, Silver



SENIOR MEN

Craig Henderson, Gold; Richard Swenning, Silver; Ricky Anderson, Bronze



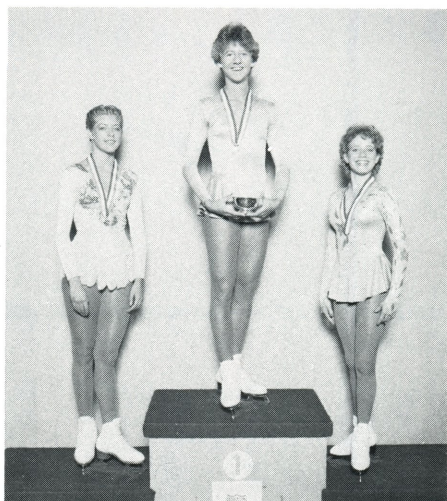
SENIOR DANCE

April Sargent & John D'Amelio, Gold
 Laura Evergam & Jerry Santoferrara, Silver

placed second, while Sonja Castaneda and Nicolas Castaneda, St. Moritz ISC, were third.

Out of twenty-four Novice Ladies, Kenna Bailey, Utah FSC, won the Gold. She was first in figures and first overall. Kristi Yamaguchi, St. Moritz ISC, won the Silver, skating a winning freestyle. Sara Mulholland, St. Moritz ISC, was third.

Five Novice Men competed. Cameron Birky, St. Moritz ISC, was first after winning



JUNIOR LADIES

Holly Cook, Gold; Kimberly Drenser, Silver;
 Valerie Hearon, Bronze

the freestyle. Joaquin Guerrero, St. Moritz ISC, placed first in figures and third in freestyle and finished second. Nicolas Castaneda, St. Moritz ISC, was third.

In Intermediate Ladies, thirty entrants had to be divided into two groups for elimination rounds. Results of the final round were: Maggie Kissinger, St. Moritz ISC, first; Jennifer Flock, Stockton FSC, second; Nicole Garrett, Utah FSC, third.



JUNIOR MEN

Rudy Galindo, Gold; Craig Heath, Silver;
 Mark Alexander, Bronze



JUNIOR PAIRS

Kristi Yamaguchi & Rudy Galindo, Gold
 Bridget Drenser & David McGovern, Silver
 Sonja & Nicholas Castaneda, Bronze

The Travelers Award of Merit



MARVIN B. HARRIS

Gloria Buckham received the Travelers Award of Merit for her outstanding contribution to the sport of figure skating. The formal presentation was made at the Central Pacific Regional Championships held at the Oak Park Ice Arena in Stockton, California.

David Delago, Mission Valley ISC, won Intermediate Men. Yaser Mujahed, Diablo FSC, took second, followed by Steven Smith, Peninsula FSC, in third place.

The competition also included the following non-qualifying events: Pre-Intermediate Ladies, Juvenile Girls, Pre-Juvenile Girls, and Pre-Juvenile Boys.

Co-chairmen, Cris Marston and Gene Moreau, of the 1985 Central Pacific Championships, organized a successful competition. Their hard-working committees func-

tioned smoothly, assuring competitors, judges, and officials a pleasant stay in Stockton.

Under the direction of Chief Referee Howard Taylor and Assistant Referees Joan Lucas, Roy Cofer, and William Munns, the competition was right on time for 166 entrants.

All in all, the Stockton FSC is pleased with the success of the Central Pacific Championships.

Continued on page 27

Report

Upper Great Lakes

by Michael Harris

PHOTOS BY JIM BAER

The Upper Great Lakes Championships, sponsored by the Creve Coeur FSC of St. Louis commenced, bathed in brilliant sunshine and ended with two days of torrential rain, with golf-ball-sized hail and lightning flashes that were audible inside the rink itself.

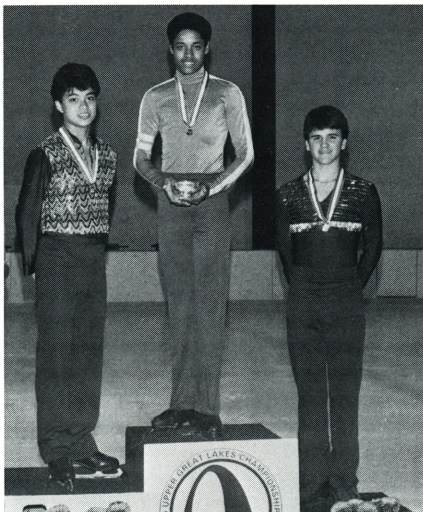
The competition was held at the St. Louis County Recreation Complex in Suson Park.

The Senior Ladies' competition was equally electric, some of the thunder provided by Debbie Tucker, Chicago FSC, overcoming third place on the figures (due mainly to a shaky paragraph bracket) to come through to win thanks to a shining long program, which included two triple Salchows, a slightly two-footed toe loop, and brilliant spins, highlighted by a jump camel spin in which she later inverted her position. Debbie has great presence on the ice and finished her



SENIOR LADIES

Debbie Tucker, Gold; Jana Sjodin, Silver;
Tracy Ernst, Bronze



JUNIOR MEN

Larry Toney-Holliday, Gold; Jonathan Depaz, Silver;
Jay Murphy, Bronze

jumps and spins beautifully. She also displayed great dexterity, skillfully avoiding the petals shedding intermittantly from her skirt during her long program.

Jana Sjodin, St. Paul FSC, and Tracy Ernst, Skokie Valley SC, are both off to the World Junior Championships, finishing second and third respectively. Jana did superb figures and freestyled elegantly despite a fall on a triple toe loop. Tracy was solid in all areas, performing wonderful double Axels that highlighted her long program.

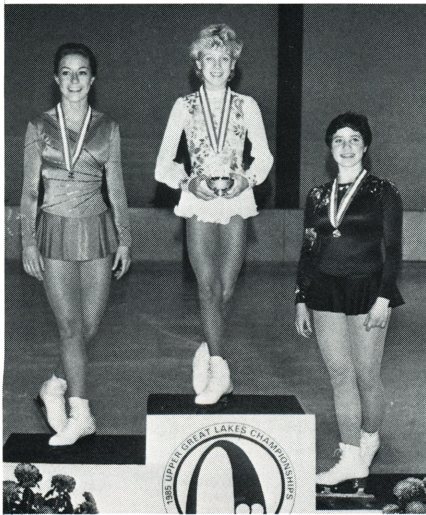
The Junior Men were consistently entertaining, one way or another. Every one of them skated a clean short program, Larry Toney-Holliday, Chicago FSC, winning with an excellently-choreographed routine and triple loop/double toe loop combination. He stayed first after the long with a superb tri-



JUNIOR PAIRS

Dana Sheill & Brian Peters, Gold
Sheila Hrasky & Brian Geddeis, Silver

ple toe loop combination and also a triple Salchow. Jonathan Depaz, Chicago FSC, took second, despite a fall from a triple Salchow and Jay Murphy, Old Capitol FSC, took third. The event was marred by an injury to Scott Kozlov who fell into the boards midway through his program. He suffered a broken nose and had a cut just above his left



JUNIOR LADIES

Lisa Cornelius, Gold; Maria Zarko, Silver;
Stacey Maxwell, Bronze

eye, but thankfully remained otherwise unscathed.

Neither Junior Pair was particularly strong, but both showed promise for the future. Dana Sheill, Detroit SC, and Brian Peters, Southport SC, emerged victorious.

A high standard of performance was exhibited by several Junior ladies. Twelve-year-old Lisa Cornelius, Burnsville-Minnesota Valley FSC, showed great consistency through the week and has a solid double Axel. Maria Zarko, Skokie Valley SC, had her best performance in the short program in which she displayed some subtle choreographic touches. Free skating kudos, however, went to Stacey Maxwell, Old Capitol FSC, who jumped breathtakingly high and displayed a fine triple toe loop in her long program.



NOVICE DANCE

Jocelyn & Brad Cox, Gold
Ginger Fletcher & Karl Rickard, Silver
Judith Anne Denny & David Ody, Bronze

Dance competition was rather thin on the ground, there being only three Novice and two Intermediate couples. Jocelyn and Brad Cox, FSC of Madison, skated very strongly to win the Novice category easily. They performed with great verve, but had a little timing trouble with the Rocker Foxtrot. Audrey Pawlowski and Brian Svrusis, Glenwood FSC, were unanimous winners of Intermediate Dance, showing good line and flow.

The Travelers Award of Merit



TIM PARKER

William Powers, manager of the Group Department of The Travelers Companies field office in St. Louis, right, with Renee Gilbert, of Winnetka, who received the Travelers Award of Merit for her outstanding contribution to the sport of figure skating. The formal presentation was made at the Upper Great Lakes Regional Championships held at the Creve Coeur Ice Arena in St. Louis, Missouri.



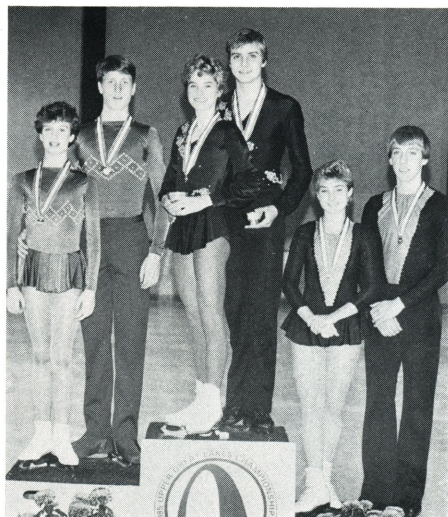
NOVICE LADIES

Shenon Badre, Gold; Katie Wood, Silver;
Kathryn Curielli, Bronze

Shenon Badre, Janesville FSC, free skated gloriously to win Novice Ladies, landing several double Axels, a very fine triple toe loop, and performing an excellent death drop. Katie Wood, Skokie Valley SC, skated in a very pleasing style, looking very smooth between her jumps and spins. She landed one stupendous double Axel, but fell twice towards the end of her program. Kathryn Curielli, Burnsville-Minnesota Valley FSC, finished third.

In the Novice Men's event, Bryan Rabin, Skokie Valley SC, pulled up from third on figures to win overall, courtesy of triples (Salchow and toe loop). Damon Allen, FSC of Rockford, and Todd Phelps, Burnsville-Minnesota FSC, were second and third respectively.

The Intermediate Ladies' title went to Robyn Abear, FSC of Minneapolis, thanks in the main to strong figures; and Grant Ror-



NOVICE PAIRS

Sandy Brown & Kenneth Mills, Gold
 Jocelyn & Brad Cox, Silver
 Jennifer Saari & Gary Strangman, Bronze

vick, St. Paul FSC, won Intermediate Men, showing good form in his jumps.

Caroline Lee, DuPage FSC, was arguably the pick of Juvenile Ladies, winning a very strong Group A, while Anne Royer, Creve Coeur FSC, provided an opportunity for the locals to cheer by winning her Juvenile Group B in nice style.

The competition was an unqualified success, thanks mainly to the tireless efforts of the co-chairpersons Sandee Lissner and Virginia Halpern.

The results for the Upper Great Lakes Championships were published in the December 1984 issue, page 42.

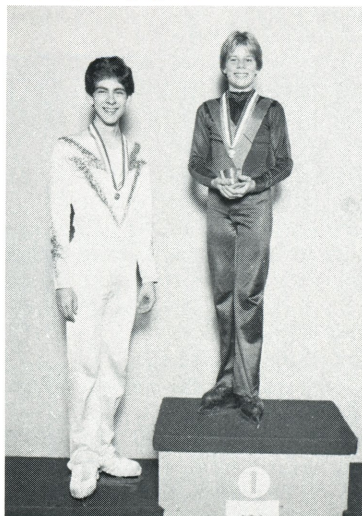
Food for Thought

Continued from page 9

With this in mind, it is important that skaters—and all people—realize the importance of everything they eat and that healthful snacks are beneficial. Good nutrition is a key to developing the competitive edge—on and off the ice. Remembering to include foods from the Basic Four Food Groups—milk and dairy, meat, fruit and vegetables, and grains—in your daily intake of food each day will help put you on the road to good nutritional health.

Central Pacifics

Continued from page 23



NOVICE MEN

Cameron Birky, Gold; Joaquin Guerrero, Silver;

The results for the Central Pacific Championships were published in the January 1985 issue, page 22.

Judges' Forum

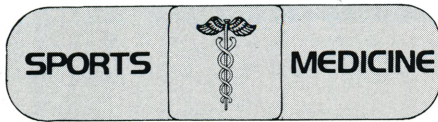
Continued from page 14

level. It takes the average Judge almost as many years to reach National rank as it does a skater to become a National competitor. In today's world of microwave ovens and instant foods, there are still no instant Judges.

This time-consuming and arduous program is directed by the Judges Education and Training Committee. The results are evaluated by the Regional, Sectional, and National Chairmen of the Judges Committee. (Details of the requirements to become a Judge may be secured from Test Chairmen or Regional Vice Chairmen).

If becoming and remaining a Judge sounds difficult, be assured it is, but the satisfaction is great. Judging is one of the most demanding and rewarding of volunteer endeavors. USFSA amateur Judges treat their work with the professionalism it deserves.

Mrs. David C. Gerli is the Chairmen of the USFSA Judges Committee and a National Judge.



B R I E F

Continued from page 8

Running backwards is a good exercise to strengthen the leg muscles used in jumping. A smooth stride should be used. A flat, grassy area with no obstructions, such as a football field, is the best site.

WEIGHT TRAINING

Weight training can be used to build the strength needed to perform new or advanced moves in skating. Skaters who have participated in this sort of training indicate that they do not spend as long trying to build the strength to develop a new move and can spend their valuable practice time developing technique.

Machines are available at most modern health clubs that can work the major muscle groups in the body. This equipment will lead to a general toning of the body. Some of the muscle groups worked by these machines are not used fully in skating. Athletes using these machines for the first time should have a workout program set up for them by a qualified staff member at one of these facilities.

Free weights (barbells) can be used in conjunction with the weight machines. Where the modern weight machines work primarily on the major muscles, the free weights also work on the supporting muscles. The following exercises are particularly helpful to skaters:

Squats: Feet should be placed shoulder width apart and angled so that the knees bend directly over them. Some people find it more comfortable to put their heels on about a one-inch lift for better balance. To start, the bar, with approximately one-half the person's body weight, should be placed behind the neck and across the shoulder blades. The exerciser should lower slowly

making sure that their weight is evenly distributed and that their knees are bending directly over their feet. The back should remain straight. Once they have reached a position where their thighs are parallel with the floor they should begin to rise slowly to the full upright position.

This exercise is particularly helpful for pair skaters and improving stroking power.

Heel Lifts: The weight is placed across the back in the same manner as that described for the squats. The feet should be placed shoulder width apart pointing straight ahead. The exerciser should slowly lift their heels off the floor and continue until they are as far up on their toes as they can reach. After reaching the apex, they should slowly descend until their feet are flat on the floor.

Jumping: The weight is again placed in the same position as the previous two exercises. The lifter simply tries to jump off the ground, straight up. Care should be given to bending the knees in order to take any shock out of the landings. This exercise is helpful in developing both take-offs and landings of jumps.

As a note of caution, please do not lift free weights by yourself. It is much safer and usually a lot more enjoyable if worked in a "buddy system" with somebody else.

Those skaters who have used this type of off-ice training program are usually very pleased with the results. Any readers who would like to share their experiences with off-ice training are encouraged to write to *Skating* magazine.

Hal E. Marron, Jr. is a former Pairs competitor and a USFSA Gold Test and Senior Competition Judge. In addition to being a member of the USFSA Sports Medicine Committee, he is Chairman of the USFSA Athletes Advisory Committee, and Vice Chairman of the USFSA International Committee, as well as a member of the USFSA Board of Directors and Executive Committee.

TRANSITIONS

by Frank Loeser



At a 1984 Skate Canada press conference in Victoria, B.C., the West German dance couple Petra Born and Rainer Schoenborn, spoke—quite passionately—about the genesis of their free dance. Setting their offering to music from the film *Slow Dancing in the Big City*, they detailed a scenario that followed along the lines of boy meets girl in the forest, they find love, boy meets another, the distraught girl commits suicide. That their imagery setting was something other than the city was made clear by the costuming which was, in its beiges and browns, with fringes and a headband for the girl, rather “Pocahontas.” As the couple trains away from a large urban center, in the mountain town of Oberstdorf, they spoke of how influenced they had been by videos. I heard no mention of the input of Martin Skotnický, the man listed as their coach and choreographer. Nor was any mention made of Jayne Torvill and Christopher Dean for the scenario of Born

and Schoenborn’s free dance closely resembled that suggested by the famous “Bolero.”

Perhaps Torvill and Dean’s influence has already been so well assimilated into the free dance that such borrowings can be taken for granted. Nearly all of the couples were doing one-concept routines. They tended to be unashamedly melodramatic. For the judges it must have been like choosing favorites from the TV. soaps. The Soviet couple, Olga Volozhinskaya and Alexandr Svinin, presented a very Spanish-looking number to Tchaikovsky’s “Capriccio Italien” that featured many tragic facial gestures and a rather large amount of simulated galloping.

The adoption of a dramatic concept in the free dance is not a Torvill and Dean discovery. Others deserve that credit, but with Torvill and Dean the idea reached a particular apotheosis. Not just for ice dancing, but for figure skating as a whole, this has been a healthy and even thrilling development.

The less than satisfactory artistic maturity that was so noticeable in the free dances at this most recent Skate Canada is a necessary aspect of a transitional stage. No one should yet expect a *Barnum* or a “Bolero.” The present couples are still unable to master the creation and delivery of a four-minute work of the highest quality. They are more adept in the Original Set Pattern dances; for instance Volozhinskaya and Svinin’s Quickstep was a brilliantly-executed small offering. It is the difference, so to speak, between producing one variation on a musical theme and composing a symphony.

In skating, the suspicion that “with all this art technique will surely suffer” persists. As no one could produce a “Bolero” or *Barnum*, so no one could skate as well as Torvill and Dean. Marvelous ideas such as the jazz-

Continued on page 44



DAVID LEONARDI

Petra Born & Rainer Schoenborn

Ice

ABROAD

CRITERIUM INTERNATIONAL DU SUCRE TOURS, FRANCE NOVEMBER 29-DECEMBER 2, 1984

by Jean-Christophe Berlot

Even though none of its members could place first this year in Tours, the American team still won the Coupe Jacques Favart for the best team, ahead of the Canadians and the French.

In the Men's event, Philippe Roncoli certainly was one of the favorites, but nobody really expected him to win. In the short program, the French skater took the lead thanks to a strong triple flip-double toe loop combination. David Fedor from the U.S., and Canadians Jaimee Eggleton and Lyndon Johnston were right behind, and their powerful exhibitions pleased the enthusiastic audience from the Loire Valley.

During the training sessions, John Filbig and Robert Beauchamp showed their will to win first place. All five skaters were performing the five triples, Jaimee Eggleton even attempting the triple Axel. Philippe Roncoli skated a perfect sequence and won the free with a very promising

talent. David Fedor could secure his second place, with Jaimee Eggleton coming third. John Filbig was not able to make it to the podium, in spite of a beautiful program. Robert Beauchamp remained at the fifth place.

The Ladies' competition without any doubt was made to be won by young Constanze Gensel, from the German Democratic Republic. Laura Steele, from the United States, came from fourth after the short to beat teammate Tonya Harding for second place. Cynthia Romano finished seventh.

In the Pairs, Melinda Kunhegyi and Lyndon Johnston, from Canada, placed first, ahead of Manuela Landgraf and Ingo Steuer, from the German Democratic Republic. Jeanine and Anthony Jones, from the United States, came third, and nicely completed the strong American representation in Tours, which was to make the team win the Jacques Favart Trophy.

1984 FRENCH NATIONAL CHAMPIONSHIPS BELFORT, FRANCE DECEMBER 14-16, 1984

by Jean-Christophe Berlot

Who was going to succeed Jean-Christophe Simond as the French Champion? The answer to that question was also to give a première to world ice skating: Fernand Fedronic's victory was the first Nationals ever won by a black skater.

After former champion Jean-Christophe Simond's eight-year reign on French ice skating, there were at least three to contend for victory. Laurent Depouilly, who had been second for two years, started by a third place in the figures. Philippe Roncoli, the recent winner of the Trophée International du Sucre in Tours, was coming fifth. Fernand Fedronic took the lead, thanks to a fantastic third figure that won him 5.0's.

Even though Laurent Depouilly, whom everybody was considering as Simond's most obvious successor, was suffering a knee injury, Fedronic's victory was not safe yet. In addition, Florian Lemaître, Alain Miquel, and Frédéric Harpagès were showing strong progress and were interfering with the three main contenders enough, to make the unplanned come true.

As a matter of fact, Roncoli won the short, but Fedronic and Depouilly were only fourth and sixth. The thrill was big in Belfort skating rink, when the time came for the long free.

Philippe Roncoli achieved a beautiful program, with the five triples perfectly executed. Laurent

Depouilly fell on the flip, and could only secure a third place, also meaning a third overall. Fernand Fedronic skated on the musical theme of *Jonathan Livingston Seagull*. His choreography won him the second place of the free, behind Roncoli. That was enough to give him the title, and the promise of representing French colors in Göteborg for the European Championships.

There will be only one male skater from France at the Europeans and Worlds. Still the future looks quite promising with Philippe Roncoli and Laurent Depouilly, whom the French audience has made its favorite, is hoped to come back next year at his best.

Angès Gosselin retained the Ladies' title without surprise, and won all three events. Her free program is now quite consistent, with triple Lutz, triple Salchow, and triple toe loop. Behind her, Nathalie Duquenne and Florence Copp fought for that second place that would allow one of them to go to Göteborg also.

Nathalie Duquenne came second in the figures, but could only secure the fourth place in the short. Florence Copp, who is now being trained by Jean-Christophe Simond, finished third of both events, but her enthusiasm on ice won her a second place in the free, which meant second overall, Nathalie Duquenne coming right behind.

In Pairs, Sylvie Vaquero and Didier Manaud retained their one-year-old title. They also will make the team for the Europeans and Worlds. In Dance, three weeks ago, Sophie Mérigot and Philippe Berthe won their first crown, easily ahead of Martine Olivier and Philippe Boissier.

1984 FRENCH NATIONAL CHAMPIONSHIPS BELFORT, FRANCE DECEMBER 14-16, 1984

MEN	PLACES
1. Fedronic	4.2
2. Roncoli	4.4
3. Depouilly	7.2
4. Lemaître	7.6
5. Harpagès	8.0
6. Miquel	11.8
7. Lipka	14.0
8. Glessier	15.6

LADIES	PLACES
1. Gosselin	1.4
2. Copp	5.0
3. Duquenne	5.8
4. Hildesheimer	7.8

PAIRS
1. Vaquero & Manaud
2. Cordeau & Renault

DANCE
1. Merigot & Berthe
2. Olivier & Boissier

BRITISH CHAMPIONSHIPS RICHMOND, ENGLAND NOVEMBER 27-28, 1984

MEN	PLACES
1. Stephen Pickavance	3.8
2. Paul V. Robinson	4.0
3. Spencer Durrant	4.8
4. Malcolm Nicholson	7.4
5. Jonathan G. Levers	10.0

LADIES	PLACES
1. Susan Anne Jackson	2.0
2. Karen L. Wood	5.0
3. Fiona Hamilton	7.2
4. Rachel Ravenhill	10.6
5. Heather Leslie	11.0
6. Maria Geier-Haylock	11.8

(21 competitors)

PAIRS	PLACES
1. Lisa K. Cushley & Neil C. Cushley	1.4
2. Cheryl Peake & Andrew Taylor	2.8
3. Colette Kay & Carl Nelson	4.2
4. Phillipa J. Burton & Andrew G. Burton	5.6

BRITISH ICE DANCE CHAMPIONSHIP NOTTINGHAM, ENGLAND NOVEMBER 16, 1984

DANCE	PLACES
1. Karen Barber & Nicky Slater	2.0
2. Sharon Jones & Paul Askham	4.0
3. Sharon Wilkinson & Panos Panayi	6.0
4. Danielle Biss & David Crofts	8.0
5. Elizabeth Coates & Alan Abretti	10.0
6. Donna Ward & Paul Ferris	12.0

MOVING?

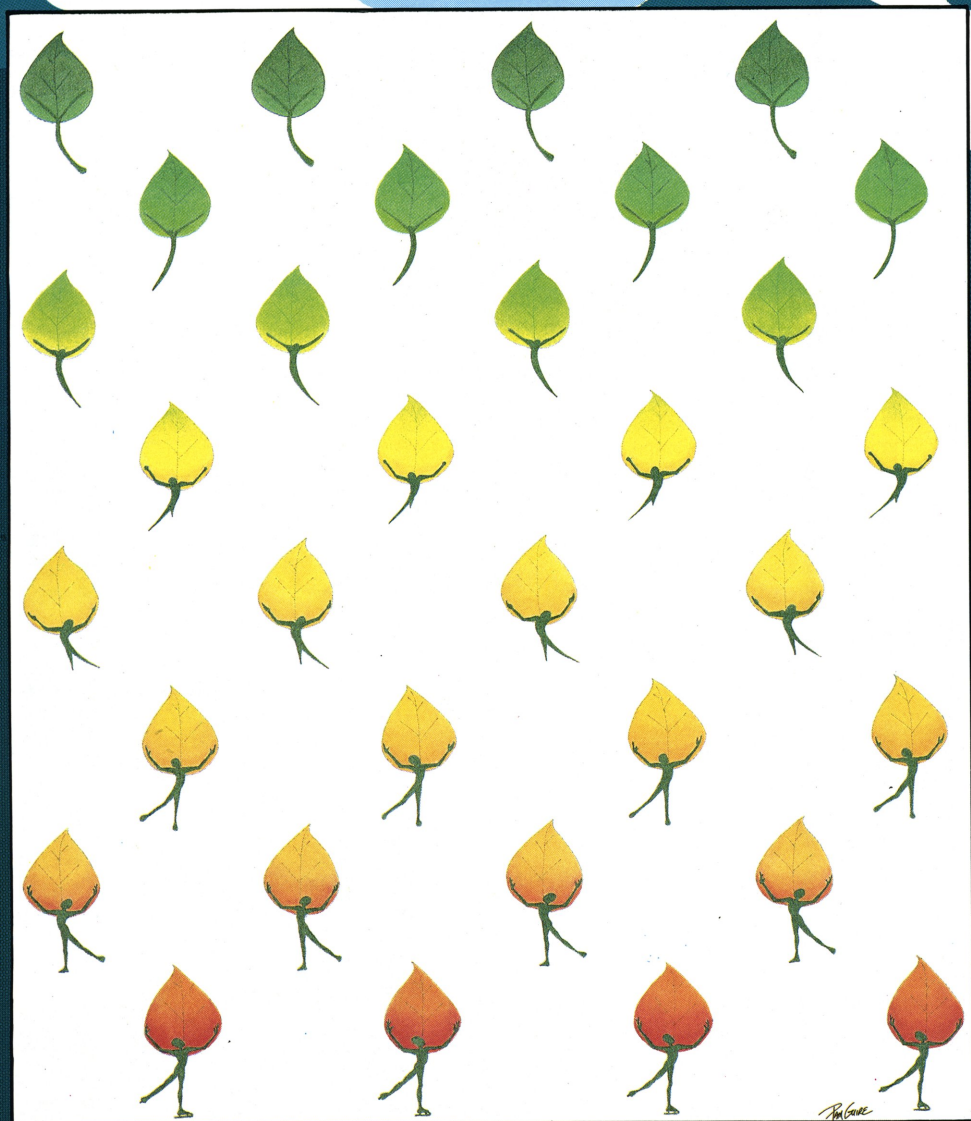
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1985 WORLD JUNIOR FIGURE SKATING CHAMPIONSHIPS:



“A Rocky Mountain High . . .”



Staff Report

. . . and the words of John Denver's* popular song certainly rang true in the beauty of the Colorado Rockies when the Broadmoor Skating Club hosted the seventh World Junior Figure Skating Championships, December 11-15, 1984, in Colorado Springs.

Responding to the invitation sent to the thirty-eight members of the International Skating Union (ISU), twenty-one countries sent eighty-nine competitors to vie for honors in this first World Junior Championship to be held in the United States.

The quality of skating was exemplary, offering encouragement for future skating successes.

The Broadmoor is no stranger to hosting major competitions, having held five World Championships. The Broadmoor Hotel, gearing up its fabulous organizational resources, gave the young skaters, many of whom were out of their native country for the first time, a treat they will not soon forget. With their every need catered for, the skaters were free to pursue their practice sessions and perfect their programs.

And the weather cooperated too—briefly. At the start of the competition, the weather changed from cold to sunshine, but later in the week snow and fog were the order of the day.

The official draw was held on Monday, December 10, and in an unprecedented move the Organizing Committee invited the press to attend and in fact film the event. And they responded. Local news coverage included mention of the draw, offering the public an insight of skating never before seen.

*John Denver, who resides in Colorado, made a hit song, “Rocky Mountain High” that extolled the beauty of Colorado.

MEN

Figures

Seventeen skaters competed in Men's singles. Vladimir Petrenko of the Soviet Union placed first in the compulsory figures. Petrenko had placed fifth in Sapporo. Daniel Weiss of the Federal Republic of Germany placed second, and Craig Burns of Canada third.

The U.S.'s Erik Larson of Julian, California placed fifth, and Rudy Galindo of San Jose, California placed ninth. Galindo was in thirteenth place after the first figure, but moved up after the other two. Larson had placed fourth overall at the 1984 World Juniors in Sapporo.

Short Program

There was good quality skating in the Men's short program. There was also difficulty. Thirteen out of seventeen men tried triples in their combinations. Eight were successful. Rudy Galindo, with a double toe/triple toe and Erik Larson, with a triple Lutz/double toe, had the most difficult.

Vladimir Petrenko won the short by skating a program that thoroughly covered the ice surface with great speed. His jumps have fast rotation in the air and his landings were wonderfully soft. Erik Larson skated very well and though he was second in the short he was a definite threat to Vladimir, since four judges gave Erik first place. There were the usual switchabouts—Mikhail Shmerkin, of the Soviet Union, who was twelfth in figures, won fourth in the short. Daniel Weiss, Federal Republic of Germany, second in figures, was fifth in the short. Craig Burns of Canada did double threes in between his triple toe/double toe and came in seventh in the short.

Long Program

There was a lot of shifting in placements going on, but no one was prepared for what happened in the long.

Tiny Mikhail Shmerkin skated in the second group and made sure he would be remembered for both the difficulty and style in his program. He is a very mature skater in spite of his small stature. After placing twelfth in figures and fourth in the short, he won third in the long earning a placement of fifth overall. Axel Mederic of France also

skated in the second group. After placing eleventh in figures and thirteenth in the short, he was fifth in freestyle with an artistic program and difficult jumps.

Rudy Galindo skated first in the last group. He gave a flawless performance with a very musical feeling and excellent footwork. His jumps included a triple loop, triple Salchow, a triple toe/double toe/double toe combination and a Bauer into a triple toe. The program was a complete composition and everything worked for Rudy that night.

Erik Larson was next. He was dynamite! Another flawless performance by a U.S. team member! Erik included four different triples—all high and clean. His interesting and skillfully-skated program kept the audience on the edge of their seats.

Everyone was waiting expectantly for Vladimir Petrenko to skate. But this was not Vladimir's day. He unfortunately fell on four triples. He just did not skate the way he can. However, he received a fourth in the long and, having been first in figures and in the short, came in second overall.

The Men's event turned out to be the big moment for the U.S. Erik won after starting out fifth in figures; Rudy pulled up from ninth to third. The excitement of the audience reflected not only the thrill of the U.S. winning the Gold and Bronze medals, but also celebrated the way that they were won. Both men fought their way up by skating very, very well in both the short and long programs.

LADIES

Figures

American hopes brightened when U.S. Ladies' singles competitors Jana Sjodin of St. Paul, Minnesota and Tracy Ernst of South Barrington, Illinois placed first and third, respectively, in the compulsory figures.

In second place was fourteen-year-old Susanne Becher of the Federal Republic of Germany. Fourteen-year-old Ernst was the Silver medalist in the 1984 U.S. National Championships, Junior Ladies' event. Sjodin, who is thirteen, placed third in that competition.

Sjodin's and Ernst's lead gave the American team a boost after domination by the Soviet Union in the Pairs' program.

Short Program

The short program changed things around. Jana remained in first by tying for third in the short with Natalia Gorbenko of the Soviet Union. Though Jana skated well, her combination was easier (double Axel/double toe) and the program could not move her above Tatiana Andreeva, also of the Soviet Union, or Susanne Becher, each of whom had a triple in their combination. Susanne even placed her triple toe after the double toe, but there seemed to be some disagreement among the judges as to whether she was due some deduction—it was very difficult to tell whether or not she had touched down on her triple. Gorbenko got credit for the difficulty of her combination, double toe/triple toe though she fell on the landing of the second jump. Tracy Ernst, who had been successful in landing a triple Salchow/double toe in practice, was evidently not in position to attempt it and did a single Salchow instead which placed her in eighth for the short and dropped her into fifth going into the freestyle. Susan MacKay of Canada skated seventeenth in the short and was the first of the ladies to successfully do a triple in the combination. She moved from eighth in figures to sixth. Another short program worthy of note was skated by Birgitta Andersson of Sweden. She performed with vim, vigor, and a most pleasing demeanor. For this program, she received a seventh—bringing her up from eighteenth to thirteenth.

In a way, it seems a shame that the combination plays such a large role in determining the marks on the short, because it lessens the importance of choreography, grace, and musical interpretation.

Long Program

Anything could have happened depending on the outcome of the long program. Some programs were lacking choreography and difficulty, while some were interesting, but not performed well. A few who skated well in the short were disappointing in the long—like Birgitta Andersson and Susan MacKay. Then the reverse was true of tiny Yukiko Kashiwara of Japan. After placing fifteenth in figures and twentieth in the short, she tripled herself into fourth place for the long. She had a difficult program and once she matures in skating might be a real threat. She skated

fifth out of twenty and it was good to see that the judges didn't forget someone who skated so early and had such a low placement from figures and short. In the final result, she could only pull to ninth, but that is quite a "pull"!

We waited in anticipation for the top ladies, who skated in this order: Ernst, Sjodin, Gorbenko, Becher, and Andreeva. Tracy landed a triple Salchow, but then after two falls seemed to be unsteady for the rest of her program. Her usual speed and style were not up to par. She received fifth place in the long—and fourth overall. Jana skated a lyrical program, but fell on the only triple she attempted, a triple Salchow, and then also on a double Axel. She received ninth in the long—fifth overall. Next up was Natalia Gorbenko, who, after falling on a triple toe, skated a fast-paced program including a triple loop and triple Salchow. She received a second in the long moving her up from fourth to third overall. Although Susanne Becher fell twice, she skated sufficiently well to receive a third in the long, maintaining her second placement in the final results. After the excessive number of falls and fumbles, the audience gasped as the last and leading skater, Tatiana Andreeva, started her program with a fall! That proved to be her last error as she proceeded to skate a program notable for good style and difficulty (triple toe, triple Salchow, plus a triple toe/double toe combination and good footwork and spins). Needless to say, she was first in freestyle and won the event.

PAIRS

Short Program

Only eight teams, representing four countries, were entered in the Pairs' event, emphasizing the lack of pair teams at the international level.

In the short, Ekaterine Gordeeva and Sergei Grinkov of the Soviet Union drew first. What was strikingly noticeable about this couple were their respective sizes. Ekaterine is minute, diminutive, while Sergei was rather tall and towered over her. This dramatic pair from Moscow had placed fifth in the 1984 World Juniors in Sapporo, Japan, and continued their upward progress by edg-



Front Row: Rudy Galindo, Erik Larson, Jodie Balogh, Shelly Propson, Ginger Tse, and Archie Tse. Back Row: Team Leader Monty Hoyt, Jana Sjodin, Tracy Ernst, Jerod Swallow, Suzanne Murphy, Andrew Niebler, and Team Leader Joan Gruber.

NASSAU SKATE SHOP 1985



The Chevron dress.
See page 7.

Unicorn Sport

The Skater's Edge in Fashion



A. Fashion puff sleeves end just below the elbow. Adjustable drawstring gathers at the bustline. Available in red stripe print (left) or leopard print (right).

U360 Sizes: Girls' S,M,L 36.00
Ladies' S,M,L 39.00



B. Classic styling sets this dress apart from the rest. Full sheer sleeves and sheer skirt. Adjustable drawstring gathers at the bustline.

Colors: Black, Royal Blue, Aqua, Purple, White, Red
U408 Sizes: Girls' M,L 36.00
Ladies' S,M,L 39.00

C. This dynamic handkerchief-sleeved and -skirted dress sports wispy double-layer sheer fabric for the sleeves and skirt. Adjustable drawstring gathers at the bustline.

Colors: Black, Red, Purple, Royal Blue, Aqua, White
U404 Sizes: Girls' L 36.00
Ladies' S,M,L 39.00



D. Contrasting stripes accent stylish new batwing sleeves. Available in black with aqua and purple stripes, navy with red and yellow stripes, aqua with red and yellow stripes, and red with royal blue and white stripes.

U352 Sizes: Girls' L 36.00
Ladies' S,M,L 39.00

E. A four color diamond pattern on the front and the back. A jewel of a dress. Available in black with silver, beige, and white; navy with purple, aqua, and jade; and aqua with red, purple, and yellow.

U355 Sizes: Girls' M,L 36.00
Ladies' S,M,L 39.00



TO ORDER: Call 516-931-4466
or see form between pages 8 and 9.



A

A. Contrasting chevron stripes highlight the front of this V-neck outfit. Available in aqua with red and yellow stripes, navy with red and royal stripes, and black with silver and wine stripes.

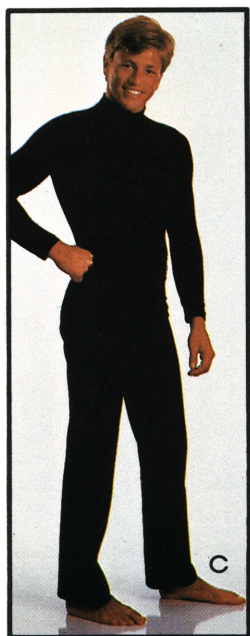
U364	Sizes: Girls' M,L	36.00
	Ladies' S,M,L	39.00
U864	Sizes: Boys' M,L	36.00
	Men's S,M,L	39.00



B

B. Three-toned skating outfit with V-neckline. Horizontal stripe highlights the arms and shoulders. Available in the following colors (top/stripe/bottom): wine, silver, and black; purple, aqua, and black; red, white, and navy

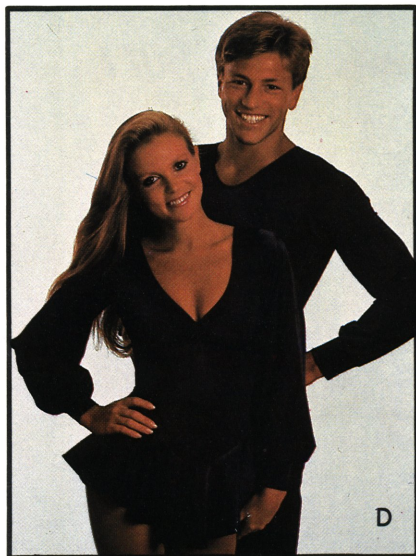
U363	Sizes: Girls' M,L	36.00
	Ladies' S,M,L	39.00
U863	Sizes: Boys' M,L	36.00
	Men's S,M,L	39.00



C

C. Men's and boys' spandex bodyshirt with fitted sleeves, and super-stretch 87% Nylon, 13% spandex skating pants. Pants have front fly, crease stitched legs, no pockets, and are shipped unhemmed with stirrups. Colors available are black, navy, purple, aqua, red, and royal blue.

U867	Bodyshirt sizes:	
	Boys' S,M,L	36.00
	Men's S,M,L	39.00
U1001	Stretch Pants sizes:	
	Waist 23" to 28"	42.00
	Waist 29" to 34"	48.00



D

D. Puffy sleeves end in tight cuffs at the wrists. Scoop neck with adjustable drawstring on the ladies' model. Colors available are black, navy, royal, purple, and aqua.

U368	Sizes: Girls' M,L	36.00
	Ladies' S,M,L	39.00
U868	Sizes: Boys' M,L	36.00
	Men's S,M,L	39.00



Unicorn Sport

A. Machine washable and dryable non-itch Merino wool dress. Classic ribbed turtleneck with snap closures in front. Sleeves gather into fitted cuffs at the wrists. Colors available are navy blue, light blue, and cranberry.

U605 Sizes: Girls' S,M,L 54.00
Ladies' S,M,L 58.00

B. Look again—it's the same dress! New batwing sleeves attached with brightly contrasting snap tape. Sleeves are detachable for warmer skating conditions. Colors available are navy blue, royal blue, and red.

U345 Sizes: Girls' L 36.00
Ladies' S,M,L 39.00

C. A classic returns to the Nassau Skate Shop catalog. Elegant styling with sheer flesh-tone sleeves and yoke forms the perfect background for beadwork. Colors available are black, navy blue, aqua, purple, royal blue, and wine.

U413 Sizes: Girls' L 36.00
Ladies' S,M,L 39.00



TO ORDER: Call 516-931-4466 or see form between pages 8 and 9.



The Skater's Edge in Fashion



A. "I Love Ice Skating" T-shirt and sweatshirt. Quality imprinting-not an inexpensive iron-on. Sweatshirt available in adult sizes in white, light blue, and grape. Children's sizes in white only. T-shirt is available in white and royal blue in all sizes. Sizes available are childrens 6-8, 10-12, 14-16. Adult's S,M,L,XL

"I Love Ice Skating" T-shirt 7.95
 "I Love Ice Skating" Sweatshirt 14.95

B. Suspender skirt with attached briefs. Wear with your favorite top for an outfit that's ready for a workout! Available in black, navy, royal blue, red, and purple.

U505 Sizes: Girls' S,M,L 22.00
 Ladies' S,M,L 24.00

"I love ice skating" heart T-shirt. Available in white only.
 Sizes: Girls' S,M,L; Ladies' S,M,L 7.95

C. The extremely popular Unicorn Sport skating skirt with attached briefs sports a wide waistband and the famous Unicorn logo.

Colors: Black, Navy, Wine, White, Purple, Royal Blue, Red, Hot Pink, Aqua.
 U500 Sizes: Girls' S,M,L 17.00
 Ladies' S,M,L 18.00



Highlight a great performance with one of these beautiful competition dresses by Figure Mates. The lovely rhinestone patterns are magnificent additions to the quality workmanship of the Figure Mate dresses. All competition dresses are available in 16 different colors and in your choice of scoop neck (zipperless) or zipper-back with regular neckline.



(see page 6)

A. This popular pattern continues halfway down the back of the dress.

Figure Mate Competition Dress 'A' . 108.50
 B. The elegant neckline pattern is the same on the front and the back of the dress.

Figure Mate Competition Dress 'B' .. 62.50
 C. The interesting flame pattern continues down the right sleeve.

Figure Mate Competition Dress 'C' .. 75.00
 D. This fine pattern continues halfway down the back of the dress.

Figure Mate Competition Dress 'D' . 109.50
 E. Any two or three initials can be added to any solid color Figure Mate dress

Initials for Figure Mate Solid Color Dress 9.95



Figure Mate Zipper Back Dress

Figure Mate Wrap Front Dress

The exquisite line of Figure Mate skating dresses is available from Nassau Skat Shop. These dresses are available in three different types: The scoop neck (zipperless) dress, the zipper back dress with regular neckline, and the wrap front dress. Choose from sixteen different colors (shown at left). Made of beautiful spandex.

Figure Mate sizes available:

Girls' C-5, C-6, C-8, C-10, C12-14

Ladies' A-8, A-10, A12-14

Wrap front dresses are cut slightly fuller than the scoop neck or zipper back dresses.

Solid color Figure Mate — scoop neck 36.75

Solid color Figure Mate — zipper back 36.75

Solid color Figure Mate — wrap front 38.50

Colors: Black, Brown, White, Royal, Jade, Purple, Navy, Plum, Kelly Green, Orchid, Pink, Red, Turquoise, Yellow, Light Blue, Raspberry.



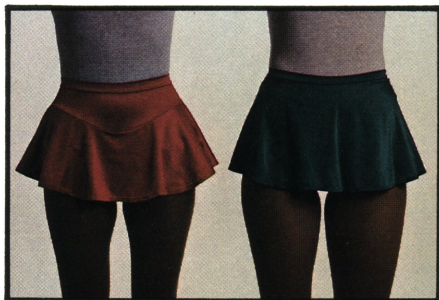
Figure Mate skirts come in two different styles. On the left is style PSA, on the right is style PSB. Available in 16 beautiful colors, and both have attached trunks. Sizes available are

Girls' C4-5, C6-7, C8-10, C12-14

Ladies' A8-10, A12-14, A-16

Figure Mate PSA skirt: Girls' 18.00, Ladies' 20.00

Figure Mate PSB skirt: Girls' 18.00, Ladies' 20.00



The chevron dress. Available in black or white in all the figure mates sizes (see chart)

Figure Mates Chevron Dress — Scoop Neck 41.75

Figure Mates Chevron Dress — Zipper Back 41.75



SIZE CHART: MEASUREMENTS IN INCHES

Figure Mate Originals for the average to slim figure

Size	Chest	Waist	Hips	Girth	Sleeve Length
Child's (C-5)	20-22	18-20	24-26	39-41	14-16
Child's (C-6)	21-23	19-23	25-28	41-44	15-17
Child's (C-8)	24-27	20-23	27-30	44-48	18-20
Child's (C-10)	26-30	21-24	29-32	47-52	18-20
Child's (C-12-14)	27-32	22-25	30-33	51-56	19-21
Adult's (A-8)	30-34	24-29	32-35	54-57	19-21
Adult's (A-10)	30-34	24-29	33-36	55-59	20-22
Adult's (A-12-14)	33-37	24-29	34-38	59-63	22-24



Shouldn't you have these beautiful print dresses by Figure Mates in your skating wardrobe? They're available in all the Figure Mates sizes. See the size chart on page 7. A. Black Flower print skating dress, 36.75; B. Purple and Turquoise print skating dress, 36.75; C. Purple cornflower print skating dress, 36.75.

Please specify Scoop Neck (zipperless) or zipperback dress (high neckline) when ordering.



TO ORDER:

Ordering Instructions

Ordering by mail: By mail, please use the order form between pages 8 and 9. Fill it out completely and send it to us along with a check, money order, or credit card number. If the order form is missing, please write us a letter stating all the pertinent information about the merchandise you would like to order.

Ordering by phone: Call 516-931-4466. We're open seven days a week. We will assist you in the selection of the products you would like. We can send your order to you C.O.D., or you can use your Visa or MasterCard.

Our orders are sent by United Parcel Service, either by ground or 2-day air delivery, depending on your location. In emergencies and on super-rush orders we can ship packages to you for next day delivery. Call us for information on our next-day service.

Shipping charges: For orders under \$50, please add \$2 for shipping. For orders over \$50, but under \$200, please add \$4 for shipping. On all orders over \$200, please add \$7 for shipping. There will be a \$2 charge for C.O.D. service.

Sales Tax: New York State residents please add the sales tax collected in your area. NO SALES TAX on packages shipped to destinations outside of New York State.

Return Policy: We will be happy to exchange unused merchandise for other items in our catalog. We'll pay the shipping back to you on the first exchange. Personalized and special order items are not returnable. Unused merchandise may be returned for refund or exchange within 30 days of delivery.

Phone number for orders and assistance. 516-931-4466

PLACE
STAMP
HERE

NASSAU SKATE SHOP

Cantiague Park Ice Rink
West John Street
Hicksville, NY 11801 USA

Attention: Order Department

Ordering Instructions

It's easy to order quality skating equipment from Nassau Skate Shop. There are two main ways to order. You can order by mail, or you can phone us directly if you have a question or a rush order.

Ordering by mail: If you send us an order by mail, please use this order form. Fill it out completely and send it to us in the attached envelope along with a check, money order, or credit card number.

Ordering by phone: To order by phone, call us at 516-931-4466. We're open seven days a week. We will assist you in the selection of the products you would like. We can send your order to you C.O.D., or you can use your Visa or MasterCard.

Orders are usually sent by United Parcel Service, either by ground or 2-day air delivery. Orders for Alaska and destinations outside the U.S. are sent by mail. In emergencies and on super-rush orders we can ship packages to you for next day delivery. Call us for information on our next-day service.

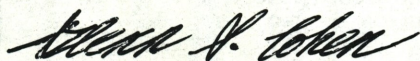
Shipping charges: For orders under \$50, please add \$2 for shipping. For orders over \$50, but under \$200, please add \$4 for shipping. On all orders over \$200, please add \$7 for shipping. There will be a \$2 charge for C.O.D. service.

Sales Tax: New York State residents please add the sales tax collected in your area. NO SALES TAX on packages shipped to destinations outside New York State.

Phone number for orders and assistance 516-931-4466.

Return Policy: We will be happy to exchange unused merchandise for other items in our catalog. We'll pay the shipping back to you on the first exchange. Personalized and special order items are not returnable. Unused merchandise may be returned for refund or exchange within 30 days of delivery.

You get quality merchandise at Nassau Skate Shop - I personally guarantee it.



Glenn S. Cohen
Director of Operations

PLACE
STAMP
HERE

NASSAU SKATE SHOP

Cantiague Park Ice Rink
West John Street
Hicksville, NY 11801 USA

Attention: Order Department

Do you know any of your skating friends who would like our catalog? We'll be happy to send them a copy. Please fill in their names and addresses below:

Name _____

Address _____

City, State, Zip _____

Please check: Ice Skater Roller Skater

Name _____

Address _____

City, State, Zip _____

Please check: Ice Skater Roller Skater

Name _____

Address _____

City, State, Zip _____

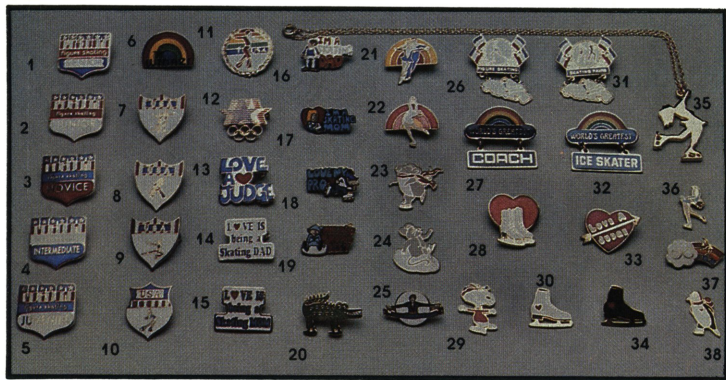
Please check: Ice Skater Roller Skater

Name _____

Address _____

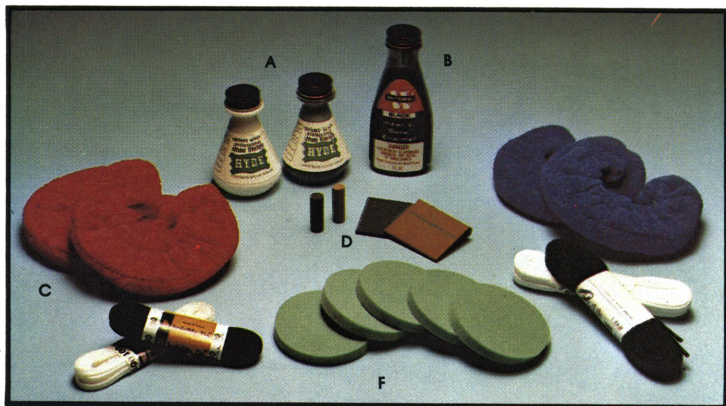
City, State, Zip _____

Please check: Ice Skater Roller Skater



1. Senior Figure Skating
2. Junior Figure Skating
3. Novice Figure Skating
4. Intermediate Figure Skating
5. Juvenile Figure Skating
6. Winner
7. Dance Skaters
8. Pair Skaters
9. Boy Figure Skater
10. Girl Figure Skater
11. USA Boy Figure Skater
12. Los Angeles Olympics
13. Love a Judge
14. Love is being a Skating Dad
15. Love is being a Skating Mom
16. I'm a Skating Dad
17. I'm a Skating Mom
18. Love my Pro
19. My Pro Knows Best
20. Alligator Skater
21. Dance Team
22. Layback Skater
23. Mouse with Scarf
24. Skating Mouse
25. Russian Split
26. Sarajevo Figure Skating
27. World's Greatest Coach
28. Boots with Heart
29. Skating Snoopy
30. White Skate
31. Sarajevo Pair Skating
32. World's Greatest Ice Skater
33. Love a Judge Heart
34. Black Skate
35. Layback Necklace
36. Small Layback Skater
37. Figure Eight Layback
38. Penguin Skater

All pins are \$4.75 except #35, which is \$9.50



A. Hyde Polish—A quality boot polish available in white and black. Shake well and keep refrigerated! 3.00

B. Whittemore Heel and Sole Enamel—keep heels and soles shiny. Available in Black, Brown, and Clear. 1.95

C. These terry cloth blade covers are great to use when storing your skates. They absorb moisture and prevent the blades from being nicked. Available in red and navy blue. Sizes: Small, Medium, Large 6.00

D. These honing stones are becoming more and more difficult to find. Please specify medium or coarse grit.

Round Pencil stone (2.50) or Flat Slip stone (4.95)

E. Laces are available in either cotton or nylon, white or black, and in the following sizes: 54", 63", 72" 81", 90", 100", 108", and 112". Please specify the type, color, and size of the laces you would like when ordering 1.50

F. Our blister pad, made of soft foam. Sold in sets of 4 for 1.00.



This skating luggage set is just perfect for skaters! Roomy Cordura Nylon bags are sturdily constructed to hold up under heavy use. Colors available: Red, Navy Blue.

A. Nylon Double Skate Bag 29.50

B. Nylon Scribe Case 15.50

C. Nylon Skate Tote 12.50



A. Spandex boot covers by Unicorn Sport. One size fits all! Available in White, Black, Navy, Royal Blue, Red, Purple, Pink, Green, Yellow, and Suntan 5.50

B. Soft fuzzy boot covers protect your boots from scuffs and help to keep your feet warm. White only. Available in sizes XS, S, M, and L 8.50



Heavy double-knit skater's mittens. Great for keeping your fingers warm on a cold patch. 100% Acrylic.

Colors: Off White, Rust, Navy, Brown, Black, Green, Tan

Sizes: Misses, Adults

Double knit skater's mittens 6.00



A. Two-way stretch spandex unitard by Figure Mates with beautiful contrasting stripes down both arms. Available in black, purple, navy, and red.
Figure Mates Unitard Sizes: Child's S,M,L 34.00
Adult's S,M,L 37.00

B. N'ice Times Nylon-Lycra Unitard with V-neckline and stripes. Comes with sharp-looking sash. Matching wrap skirt also available (see inset). Available in black, navy, red, plum, and jade. Coordinates with 'C' below.
N'ice Times Unitard Sizes: Adult XS,S,M,L 38.50
N'ice Times Wrap Skirt Sizes: Adult XS,S,M,L 16.50

C. The N'ice Times Creslan® skating warmup. This soft, comfortable three-piece outfit can be worn in any combination—colors available are black, navy, red, plum, jade
sizes: Child's S,M,L; Ladies' S,M,L

N'ice Times Warmup Jacket 26.50
N'ice Times Zipper Leg Warmer 18.95
N'ice Times Pull-on Skirt/Trunks 17.95

D. Two-piece sweat set. Top has "It's great to skate" imprinted on sleeve. Bottom has an old-fashioned skate blade imprinted on it. 50% cotton, 50% polyester. Colors are lilac, red, and powder blue.
It's Great to Skate Sweat set Sizes: Child's S,M,L 30.95
Adult's S,M 32.95

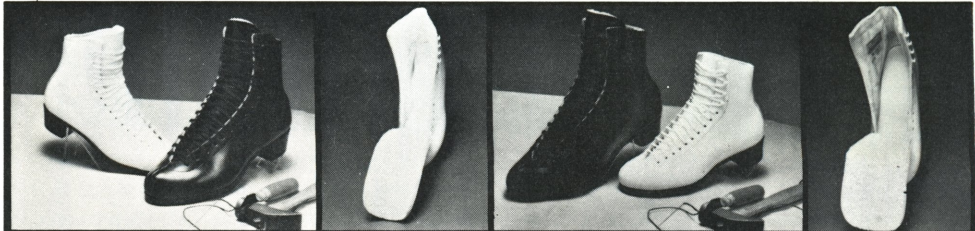
To Order Skating Boots:

Whenever you buy skating boots, whether by mail or otherwise, it is extremely important that you get the proper size. If boots are fitted as little as a half size too large, they can cause all kinds of problems. To avoid this, we have developed a system which will help us to determine your proper size. If you are not absolutely certain of your Riedell skating boot size, we recommend that you follow the below procedure exactly.

1. Have the skater stand on a piece of paper on a flat surface, wearing thin skating socks or tights. Holding a pencil exactly upright, trace around the foot, keeping a moderate pressure with the pencil against the side of the foot. Be especially careful to be accurate around the heel and toes. Repeat the procedure for the other foot.
2. Send us the skater's current skate size and width, and the brand of skates currently being worn (if any).
3. Send us the skater's current shoe size and width.
4. If possible, pull out the sock lining (inner sole) from the skater's current pair of boots and send it to us. (It will be returned if you wish).

After the above procedure has been followed and we have received your order, we will send you a pair of boots which we feel will be your proper size. If you try them on and you feel that the sizing is incorrect, we will be happy to send you another pair if you return them to us in their original condition with original packaging.

TO ORDER: Call 516-931-4466 or see form between pages 8 and 9.



The Riedell Model 950 Imperial is an extremely firm boot recommended only for skaters who break down their regular boots quickly. The inside features soft padding covered with luxurious white pearl glove leather linings. Tendon pads insure a snug fit in the heel. The tongue is fully padded to ease the pressure on the top of the foot, and the heel is slightly higher than other Riedell boots.

Sizes Available:

Ladies' (Model 950W) 4-10 AA,A,B,C

Men's (Model 950B) 4-13 Narrow, Medium, Wide

R950 Riedell Imperial 211.00

Riedell's model 900 Royal is a great boot for everyone who needs maximum support and comfort. The smooth tan laramie leather linings are quilted and padded with foam and form to the foot for a superior fit. The Royal has added features such as the thick padding on the tongue and tendon pads to lock those heels in where they belong!

Sizes available:

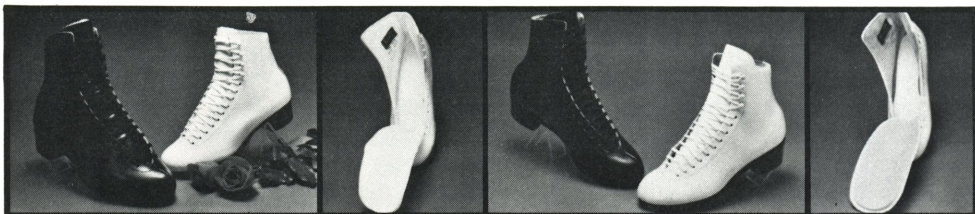
Ladies' (Model 900W) 3-10 AAA,AA,A,B,C

Men's (Model 900B) 4-13 Narrow, Medium

Girls' (Model 90W) 13-4 Narrow, Medium

Boys' (Model 90B) 13-4 Medium

R900 Riedell Royal 191.00
R90 Riedell Jr. Royal 148.00



The Riedell model 375 Gold Star is a medium temper boot and is ideal for compulsory figures or intermediate freestyle. Tendon pads between the uppers and tan split leather linings snug the heel of the foot for maximum support. The special padded tongue is also included in the Gold Star design for a superior fit.

Sizes available:

Ladies' (Model 375W) 3-10 AAA,AA,A,B,C

Men's (Model 375B) 4-13 Narrow, Medium, Wide

Girls' (Model 75W) 11-4 Narrow, Medium

Boys' (Model 75B) 11-4 Medium

R375 Riedell Gold Star 155.00
R75 Riedell Jr. Gold Star 123.00

The Riedell 355 Silver Star was specifically designed for the intermediate skater who doesn't need the rigidity of a top-end boot, but needs more than the beginner models offer. Fine leather uppers are used along with sueded split leather linings that are treated to resist moisture. Tendon pads are located between the uppers and linings for a great fit.

Sizes available:

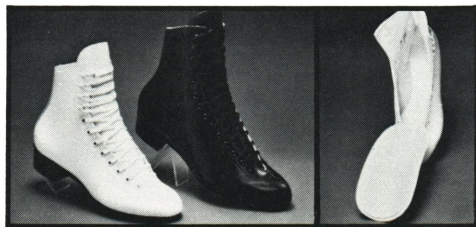
Ladies' (Model 355W) 4-10 AA,A,B

Men's (Model 355B) 4-13 Medium

Girls' (Model 55W) 9-4 Narrow, Medium

Boys' (Model 55B) 9-4 Medium

R355 Riedell Silver Star 132.00
R55 Riedell Jr. Silver Star 99.00



The Riedell Model 220 (for adults) and 101 (for children) are for the beginning skater. The boots are all leather and have sueded split leather linings and moisture resistant counters. An ideal first pair of boots.

Sizes available:

Ladies' (Model 220W) 4-10

Narrow, Medium, Wide

Men's (Model 220B) 4-13

Narrow, Medium, Wide

Girls' (Model 101W) 6,7,8 Medium,

9-4 Narrow, Medium, Wide

Boys' (Model 101B) 6,7,8 Medium,

9-4 Narrow, Medium, Wide

R220 91.00
R101 66.00



Ice Skate Blades

check our low blade prices!

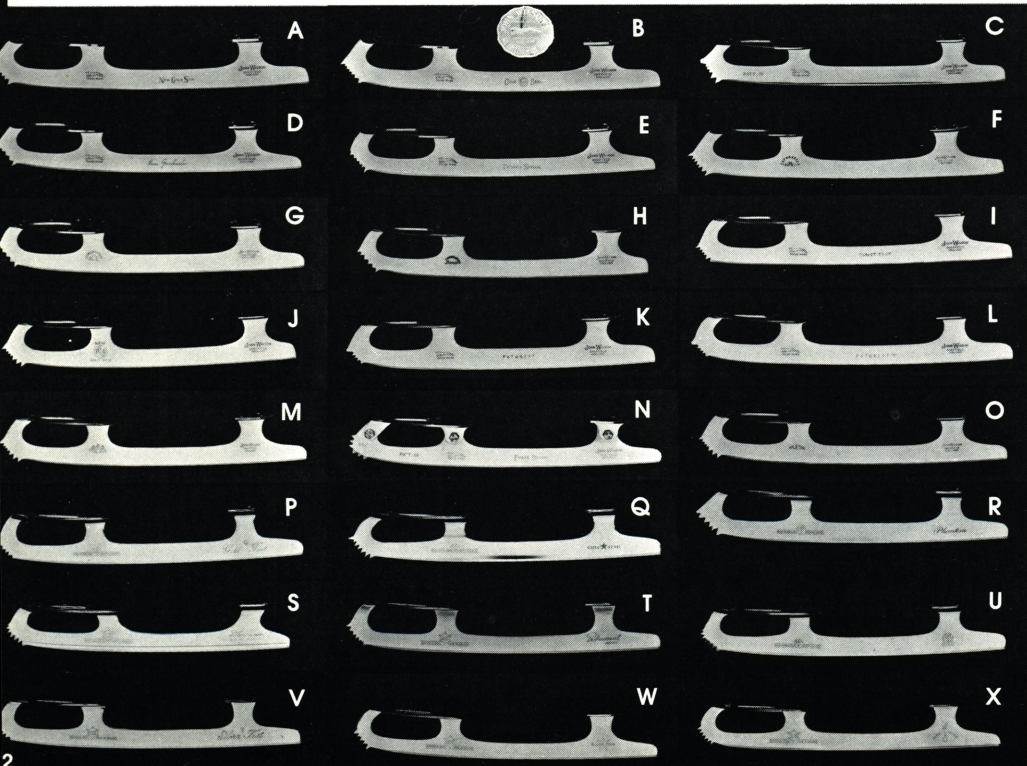


Nassau Skate Shop first gained national attention several years ago when we cut our prices on skate blades to super low levels. Smart skaters from all over the country ordered their blades from us because they knew we were fast, efficient, and had super prices. Today, that tradition continues as we offer our blades at low prices, and provide efficient, reliable service to all our customers. Other skate shops may try to imitate us, but no one comes close to Nassau Skate Shop.

When ordering blades, the proper size is one that is equal to or slightly smaller than the length of your skating boot in inches from the toe to the heel. Measure your skating boots accurately from the farthest point forward on the toe to the farthest point back on the heel. Generally you

should take the next smaller size that the blade you desire comes in. For example, if you were ordering Gold Seal blades and your boot measured 10 3/8", you would take a 10 1/4" blade.

The most common error made when ordering blades is requesting a blade size that is not made in the particular model you have chosen. John Wilson and Strauss blades are made in 1/4" increments, (i.e., 9 1/2, 9 3/4, 10, etc.) while MK blades are made in 1/3" increments, (i.e., 9 1/3, 9 2/3, 10 etc.) An error, for example, would be to order a Gold Seal blade, which is manufactured by John Wilson, in a 9 1/3" size. The Gold Seal, and all other John Wilson blades, only come in 1/4" increments. Have a question? Feel free to call us, seven days a week at 516-931-4466.



John Wilson Blades

A. New Gold Seal—A new addition to the John Wilson line of skate blades. Exactly like the Gold Seal, but without the tapering or side-honing. (Tapering is the narrowing of the width of the blade as viewed from the bottom) Nassau Skate Shop studies show that the great majority of skaters who use the Gold Seal blade can switch to the New Gold Seal and not notice the difference.

New Gold Seal . . . Regular retail price 197.00, **our price 153.50**

B. Gold Seal—Our most popular freeskating blade. This blade is extra strong with a solid toe plate, extra-hard steel, side-honing and tapering. So many Gold Medals in International competitions have been won on this blade over the last decade that we can honestly say it's the best freeskating blade in the world.

Gold Seal Regular retail price 252.00, **our price 189.50**

C. Pattern 99—A freeskating blade with a large top toe pick and a flatter radius. This combined with other technical adjustments have made the Pattern 99 a favorite among competitive skaters and professionals alike.

Pattern 99 Regular retail price 195.00, **our price 152.75**

D. Hans Gerschwil—A top grade freeskating blade designed in cooperation with the well known coach and former world champion Hans Gerschwil. A superb side-honed blade designed to give that little extra.

Hans Gerschwil Regular price 207.00, **our price 159.50**

E. Taylor's Special—A blade of remarkable versatility. Its design makes it an excellent choice for freestyle, figures, or dance—an ideal combination blade.

Taylor's Special Regular price 207.00, **our price 159.50**

F. Coronation Comet—A thoroughbred freeskating blade for the 80's incorporating the latest ideas of proportion and configuration for modern freeskating techniques.

Coronation Comet Regular price 98.00, **our price 94.50**

G. Coronation Ace—A remarkable blade at a moderate price. The majority of top teaching professionals start their students on this blade. Excellent as a combination blade for figures and freestyle.

Coronation Ace Regular retail price 88.00, **our price 83.50**

H. Coronation Dance—An adapted version of the great Coronation Ace blade. Shortened heel makes intricate footwork easier. A first class ice dancing blade at a moderate price.

Coronation Dance . Regular retail price, 91.00 **our price 85.50**

I. Comet Test—A moderately priced compulsory figure blade—one of John Wilson's newest. Features flat grind and no bottom toepick for cleaner turns and loops.

Comet Test Regular retail price 98.00, **our price 94.50**

J. IPSA Dance—The original concept of this blade, created in conjunction with skating coach Jacques Gerschwil with the short toe and heel, is now accepted and used by all ice dancing enthusiasts.

IPSA Dance Regular retail price 146.00, **our price 124.50**

K. Futurist—Extra length and flatness of radius assist balance on this fine compulsory figure blade. A small diamond shaped toe pick is well out of the way in balanced skating and can be removed easily if desired.

Futurist Regular retail price 195.00, **our price 159.50**

L. Futurist 'T'—Similar to the Futurist above, but tapered from the center of the blade toward the toe and heel. If a tapered blade is required do not forget to specify the 'T' when ordering.

Futurist 'T' Regular retail price 260.00, **our price 199.50**

M. Four Aces—An intermediate freeskating blade which fulfills the needs of many skaters who are progressing in their expertise and want a high quality skate at a reasonable price.

Four Aces Regular retail price 145.00, **our price 119.50**

N. Pattern 88—This figure blade can be detached from the sole and heel plates to simplify sharpening with absolute precision, and it also enables the skater to have spare blades for immediate use without having to detach the sole and heel plates from the boots. Replacement runners are also available.

Pattern 88 Regular retail price 289.00, **our price 225.00**

O. Majestic—A well finished blade for general purpose skating. Ideal for the advanced beginner.

Majestic Regular retail price 54.00

MK Blades

P. Gold Test—One of the finest compulsory figure blades in the world. A side-honed, tapered blade with a magnificent finish. Specially designed to assist the skater in achieving clean figures free from flats and scratching.

Gold Test Regular retail price 180.00, **our price 144.50**

Q. Gold Star—Designed to meet the advanced free skater's needs. Features a large toe pick combination including one high pick to facilitate jumps and spins. The blade is side honed to give maximum grip along the edge. The blade is very rugged, yet exceptionally light in weight.

Gold Star Regular retail price 191.50 **our price 149.50**

R. Phantom—A most popular free skating and general purpose model. The toe picks are ideal for advanced freeskating. Side-honing reduces weight and provides a better edge.

Phantom Regular retail price 160.00, **our price 134.50**

S. Dance Model—The world's most popular ice dancing blade. The heel is shortened to prevent tripping on fast, intricate overlap footwork. A reduced width skating edge gives fast smooth running with minimal effort. The toe pick combination with domed picks stops scratching during turns.

Dance Model Regular retail price 173.00, **our price 139.50**

T. Professional—An ideal combination figure and freestyle blade. The chrome plating is highly polished and an increased hardening depth ensures long life.

Professional Regular retail price 87.95, **our price 83.50**

U. AB Special—A favorite freestyle and dance blade with domed toe picks. This model has been discontinued by the factory so all sizes are not available. Please call for information.

AB Special Regular retail price 151.00, **our price 149.50**

V. Silver Test—Incorporates the same toe pick design as the famous Gold Test blade, but is flat sided with less hand finishing.

Silver Test Regular retail price 96.50, **our price 89.50**

W. Single Star—Designed for the beginning competitive skater—features two large picks with crosscut teeth for spinning and jumping. The hollow ground edge is polished to give smooth skating.

Single Star Regular retail price 43.50

X. Rinkmaster—An inexpensive beginner's blade. This nickel plated blade is rugged and will stand up under heavy use.

Rinkmaster Regular retail price 20.25

New!

Not shown

Elite—The only compulsory figure blade that allows fine lateral and longitudinal adjustment without removing the blade from the boot! All hardware included. Runner features are the same as the Gold Test.

Elite Regular retail price 250.00, **our price 199.50**

Strauss Blades

Although Strauss no longer manufactures skate blades, we still have some sizes in stock. Please call to see if we have the model and size you need.

Strauss 5-star finalist 199.50

Strauss school figure model 199.50

A word about choosing skate blades

As you can see, there are many different types of blades for many different purposes. For help in choosing blades we recommend that you consult with your skating coach and he or she can recommend a blade for you. If after this you are still undecided, call our order line, 516-931-4466 and we will recommend a blade for you.

Skate sharpening, mounting, and repair

Nassau Skate Shop is proud to have Mr. Glenn S. Cohen on our staff. Glenn was the official skate sharpener at the 1980 Winter Olympic Games in Lake Placid and is an expert in all phases of skate sharpening and repair. Feel free to call for consultation.

Skate Sharpening—Patch, Free, Dance, Combination 6.00

Blade Mounting— 12.00

(No charge when boots and blades are purchased from us and mounting is requested at the time of the order)

Other skate repair services such as remounting and sole plugging are available at Nassau Skate Shop.

Very often advanced figure skaters find themselves without a competent skate sharpener in their local area. What many skaters do around the country to ensure quality sharpening is to get a bunch of skates together from their skating friends and ship them to us, insured of course, by an overnight delivery service. We sharpen all the skates that day and return them by overnight express. By doing this the skaters only lose one day in transit and they're assured of a quality sharpening.

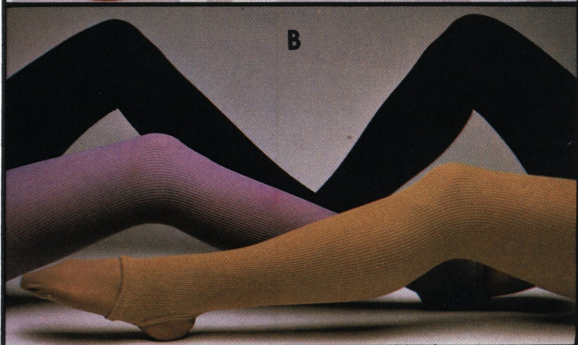
Does this sound like it would help out the situation in your rink? Talk it over with some of your friends and give us a call at 516-931-4466

**valerie
sweet** 
sportswear



A

A. The USA warmup suit by Valerie Sweet Sportswear, with "skaters are number one" right across the front—80% polyester, 20% cotton. Quality imprinting—not an inexpensive iron-on. Stripes are sewn in, pants feature drawstring waistline. Sizes: Adults S,M,L,XL. When ordering mixed sizes, please use the individual piece price.
USA Warmup suit 37.50
Individual top or bottom 19.75



B

B. Ribbed stirrup tights from Valerie Sweet Sportswear. Superior quality stretch acrylic/nylon combination makes these tights number one for skaters. Take the same size as you would in Dan-skin®. Colors available are suntan, navy, black, and purple. Sizes are childrens' M (8-10), L (12-14); Adults' A (5'-5'4"), B (5'-5"-5'7"), C (5'-8"-5'-10"), D (5'-10" and over)
Valerie Sweet tights 11.95



C

C. The lovely cumberbund dress by The Patch Company. Cumberbund is sewn in double-thickness to maintain shape and add fashion flair. Scoop neck, full skirt. Available in purple/turquoise, red/navy, and black/red. Sizes are child's C12-14, ladies' A4-6, A8-10, and A12-14
Cumberbund Dress 41.50

TO ORDER: Call 516-931-4466 or see form between pages 8 and 9.



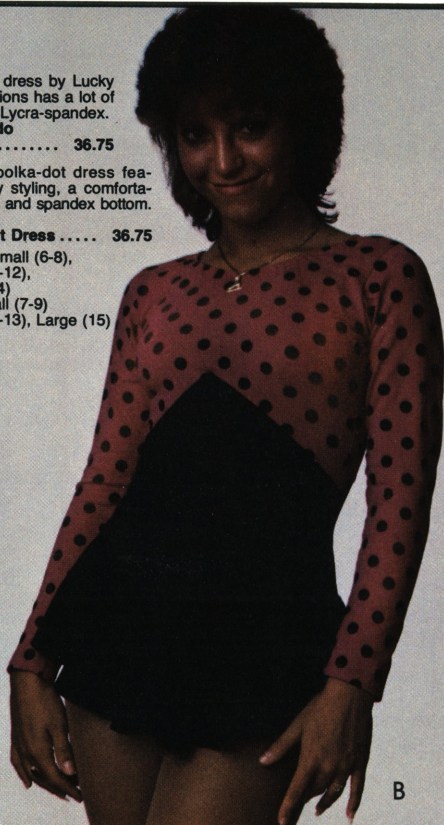
A. The tuxedo dress by Lucky S Skating Fashions has a lot of class. Made of Lycra-spandex. Lucky S Tuxedo Dress 36.75

B. The Lucky S polka-dot dress features contemporary styling, a comfortable cotton-lycra top, and spandex bottom. A real eye-catcher. Lucky S Polka-Dot Dress 36.75

Sizes: Children's Small (6-8),
Medium (10-12),
Large (12-14)
Ladies' Small (7-9)
Medium (11-13), Large (15)



A



B

DANSKIN.

C. Danskin Netskin seamless fishnet tights, no seam panty and sewn-in stretch nylon comfort sole. Knit seamless of 57% Lycra spandex, 43% Nylon.

Colors: Black, Suntan
Sizes: A/B (5'-5'7"), C/D (5'8" & over)
D203 Seamless fishnet tights 14.00

D. Danskin Netskin fishnet tights with back seam. Knit of 82% Nylon, 18% Lycra spandex, with sewn in seamless stretch nylon sides for extra comfort.

Colors: Black, Suntan
Sizes: A(5'-5'4"), B(5'5"-5'7"), C(5'8"-5'10"), D(5'10" and over)

D104 Fishnet tights with back seam . 13.00

Netskin children's tight. Nylon covered lastex with backseam.

Colors: Black, Suntan
Sizes : Medium (8-10), Large (12-14)
D101 Children's fishnet tights 8.50

Not Shown—

The most popular tights for skating in the country!
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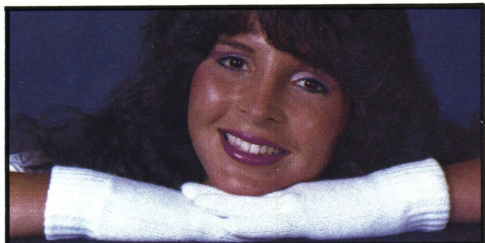
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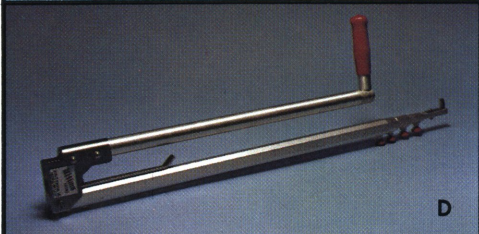
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1985 WORLD JUNIOR TEAM



BOB MCINTYRE

ing teammates Irina Mironenko and Dmitri Shkidchenko. Gordeeva and Grinkov skated an enthusiastic program, fast and accurate in all elements. They indeed set the pace. Mironenko and Shkidchenko skated well, with an excellent spiral step sequence, but had problems with synchronization in the change sit spin. Elena Gud and Eugeni Koltun, also of the Soviet Union, continued the fine display, skating a side-by-side spin combination as close as the legendary Protopopovs used to skate. At thirteen, Elena was the youngest competitor.

Shelly Propson and Jerod Swallow of the U.S. are a well-matched pair who exhibit a fine quality of skating. With hardly an error in their program, they swept around the ice exhibiting excellent changes and edges, completing the required double Lutz and a excellent twist and death spiral. Their efforts secured fourth place. Jerod is a story in himself, competing in both Pairs and Ice Dancing. Needless to say, practice sessions for him became a mathematical problem alone.

Ginger and Archie Tse, also of the U.S., began strong, with an original opening, but early into their program Ginger lost her spin on the side by side and later fell on the double Lutz, leaving little chance for their placing in this very closely contested event.

Long Program

In the long program, the top four skated very well. The three Russians performed programs of great difficulty and speed. An interesting side note is that the judges from the USSR, USA, and Yugoslavia favored the second-placed team of Mironenko and Shkidchenko over the first-placed team of Gordeeva and Grinkov. It gave cause to speculate as to whether consideration had been given to the great disparity in height and body build of Gordeeva and Grinkov. Lifts and throws are much easier to handle when the man is so much larger. Perhaps the size difference should not matter at this level. At any rate, it will be interesting to note the progress of these teams in the future. Shelly Propson and Jerod Swallow of the U.S. skated admirably with lovely line though they were not able to climb through the Russian phalanx. Though they were crowd pleasers as always, Ginger and Archie Tse were not at the top level of their ability.

DANCE

Compulsory Dances & OSP

There were changes on placement after each element of the dance event. It is good to see this movement, even if one doesn't always agree with the result.

After the compulsory dances, the two Russian teams, 1984 World Junior Champions Elena Krykanova and Evgeni Platov and Svetlana Liapina and Georgi Sur, the 1984 Bronze medalists, were first and second followed by Doriane Bontemps and Charles-Henri Paliard of France in third and the U.S. team of Jodie Balogh and Jerod Swallow in fourth. For the OSP first and fourth remained the same, but second and third switched. This was due, we believe, to the fact that Bontemps and Paliard performed one of the very few Quicksteps of the event. Balogh and Swallow also skated a Quickstep. Otherwise, we saw examples of the jitterbug, the Charleston—plus none of the above!

Free Dance

After taking all three medals in the Pairs' event, the Soviet Union made an excellent showing in the finals of the Ice Dancing event by capturing both the Gold and Silver medals.

1984 World Junior Ice Dancing Champions Elena Krykanova and Evgeni Platov of the Soviet Union held onto their World title by performing a very fast-moving free dance program to popular folk dance melodies. Svetlana Liapina and Georgi Sur, also of the Soviet Union, who were Bronze medalists in the 1984 World Juniors, received the Silver medal this year. They also skated a fast-moving program that had amusing overtones.

Doriane Bontemps and Charles-Henri Paliard of France skated a dramatic program to the music of *West Side Story* and captured the Bronze medal. Bontemps and Paliard were sixth in last year's World Junior Championships.

The U.S. Dance team of Jodie Balogh of Livonia, Michigan and Jerod Swallow of Northville, Michigan maintained their fourth-place position. Suzanne Murphy of Montclair, New Jersey and Andrew Niebler of Warren, New Jersey dropped one place from twelfth to thirteenth after the free dance.

The three Russian teams seemed very in-

fluenced by Bestemianova and Bukin with frenetic hand, head, and body movements. Another trend traced back to Torvill and Dean are unusual tricks. However, such moves integrated into a dance the way Torvill and Dean did them and the inclusion of tricks just for the sake of excitement are two different things. Let's hope we get back to dance first, then tricks only if they fit in. One confusing moment occurred in the free dance of Serkeli and Zharkov. They were skating quite far apart when suddenly he executed an Arabian Cartwheel! Nonetheless, they came in fifth in the free dance.

After the free dance, there was some switching of placements between nine and ten and also twelve and thirteen. This caused our U.S. team of Murphy and Niebler to drop to thirteenth. At least the placements did not all stay the same from the first dance on!

Though the audience seemed to respond more to Liapina and Sur than Krykanova and Platov, the judges placed the latter team first. Liapina and Sur regained their second place over Bontemps and Paliard who gave a dramatic free presentation to music that included *West Side Story*. The U.S. team of Balogh and Swallow maintained fourth place with a free dance that moved well with good line and long sweeping edges.

At these prestigious championships, the Soviets captured three Gold medals, three Silver medals, and two Bronze. The U.S. team was the next largest medal winner with one Gold and one Bronze. The Soviets swept the Pairs' competition taking all three medals in that category, the top two places in Ice Dancing, first and third place in the Ladies' event, and second place in the Men's event. The United States took the Gold and Bronze in the Men's event. The French team went home with the Bronze medal in Ice Dancing and the Federal Republic of Germany captured the Silver in the Ladies' competition.

The competitive portion of the championships ended with the Ladies' final, but one of the highlights of the event took place on Sunday, December 16, when the medal winners of each of the four events skated an exhibition program.

For many of the competitors, this marked the first time they had competed in a World event. In addition to vying for World titles, they gained valuable international competition experience that will be helpful to these young skaters when they compete for a position on their country's 1988 Olympic team.



MEN



PHOTOS BY BOB MCINTYRE

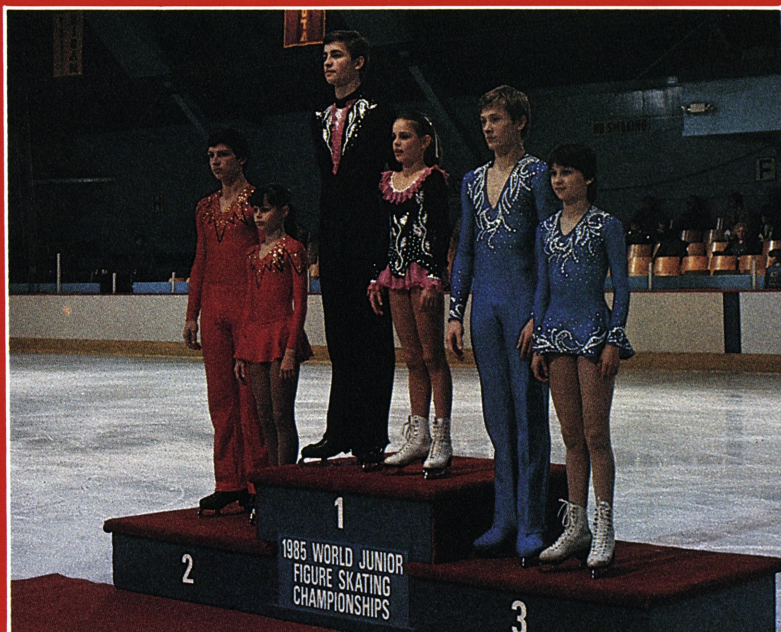
Erik Larson, USA, Gold; Vladimir Petrenko, USSR, Silver;
Rudy Galindo, USA, Bronze

LADIES



Tatiana Andreeva, USSR, Gold; Susanne Becher, Federal Republic of
Germany, Silver; Natalia Gorbenko, USSR, Bronze

PAIRS



Ekaterine Gordeeva & Sergei Grinkov, USSR, Gold; Irina Mironenko & Dmitri Shkidchenko, USSR, Silver; Elena Gud & Eugeni Koltun, USSR, Bronze

DANCE



Elena Krykanova & Evgeni Platov, USSR, Gold; Svetlana Liapina & Georgi Sur, USSR, Silver; Doriane Bontemps & Charles-Henri Paliard, France, Bronze

Report

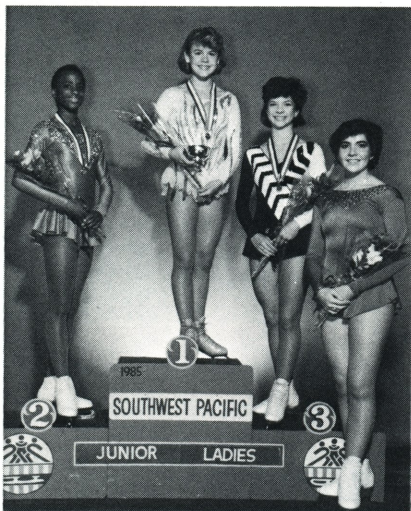
Southwest Pacific

by Anne Udell

PHOTOS BY WILLIAM UDELL

The weather outside was frightful, or so the old song goes, but inside Culver Ice Arena, Culver City, California, the All Year FSC, hosting the 1985 Southwest Pacific Championships, extended a warm welcome to over 260 skaters competing for eight days, over two weekends, for medals and the opportunity to qualify for the 1985 Pacific Coast Sectionals.

Nine Senior Ladies "went for the Gold!" with Sara MacInnes, Los Angeles FSC, taking nine first places to lead in figures. The 1984 Bronze medal winner at St. Gervais and Obertsdorf, skating her long program to *Swan Lake*, presented a content-packed performance featuring two double Axels; three triple jumps, one in combination, triple toe Walley to a double toe loop; variations on combination spins, highlighted by a beautiful



JUNIOR LADIES

Sharon Barker, Gold; Rory Flack, Silver;
Kristin Kriwanek, Bronze; Jenny Harden, Fourth

Bauer full-circling the rink to a diagonal, earning her the Gold.

The elegant and balletic style of Debbie LaVerde, Los Angeles FSC, pulled her from fifth place in figures to second in both the short and long programs and the Silver medal, overtaking Michele Muramoto, Los Angeles FSC, whose long program failed to live up to the promise of her superb short. Fourth-qualifying position went to Marianne DeLeeuw, Arctic Blades FSC.

Although only two Senior Men fought for the title a lively battle ensued. Figure winner, thirteen-year-old Troy Goldstein, All Year FSC, delighted the audience with his fast, funky footwork, combination spins, triple Salchow, and four double jumps in succession to win the Silver medal.

Gold medal winner, Scott Wendland, All Year FSC, included a triple toe, double toe



SENIOR LADIES

Sara MacInnes, Gold; Debbie LaVerde, Silver;
Michele Muramoto, Bronze



JUNIOR MEN

Erik Larson, Gold; Patrick Brault, Silver;
Christopher Borden, Bronze

loop combination in his short program. His long featured several combinations; a triple toe loop; two double Axels, one in combination; and intricate footwork, all skated with maturity and style.

From a field of twenty-nine Junior Ladies, eight emerged to compete in the Final Round, the most exciting event of the competition. After a fourth place in figures, Sharon



NOVICE LADIES

Cindy Bortz, Gold; Joan Colignon, Silver;
Tiffany Ryan, Bronze; Tracy Ventura, Fourth

Barker, Los Angeles FSC, the 1984 National Novice Ladies' Champion, won the Gold with a beautiful, well-choreographed program. In spite of a slip on landing her triple Salchow, she completed several combinations: double Lutz, double toe loop, step to a double Axel; and double Axel, double toe loop.

The spectacular jumps of Rory Flack, San Diego FSC, vaulted her to second place over figure winner Kristin Kriwanek, All Year FSC. Jenny Harden, San Diego FSC, was fourth.

Erik Larson, San Diego FSC, became the Junior Men's Champion in a strong exhibition of style and technique. His long program



NOVICE MEN

Alex Chang, Gold; Fritz Steinheider, Silver;
Shawn McClintock, Bronze; Christian Hendricks, Fourth

included four triples: Lutz, Salchow, loop, and triple toe loop in combination with a double Axel, ending with two Russian splits to piston rolls to a fast scratch spin.

He was challenged by the 1984 National Novice Men's Champion, Patrick Brault, Los Angeles FSC, whose solid, polished performance won him the Silver. Christopher Borden, Arctic Blades FSC, skated a clean program to win the Bronze. Fourth went to Christopher Mitchell, Los Angeles FSC. In first place after figures, but hampered by a knee injury, his freestyle performance fell short of his usual high standard.

Continued on page 45



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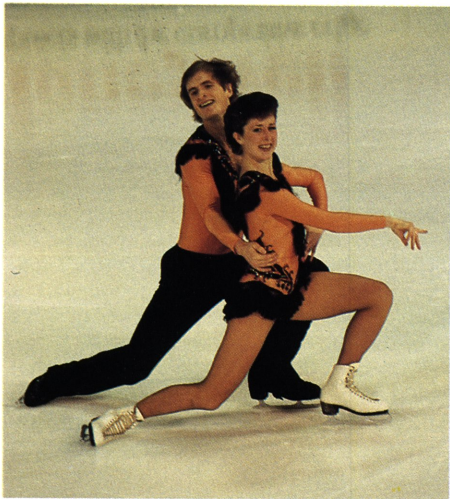
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Loeser on Music

Continued from page 29



Olga Volozhinskaya & Alexandr Svinin

inspired parody put forth by Bernard Ford for the Canadian couple, Michelle McDonald and Patrick Mandley, suffered not so much from poor composition as from the incomplete development of the couple. In two years they could perhaps do the program justice.

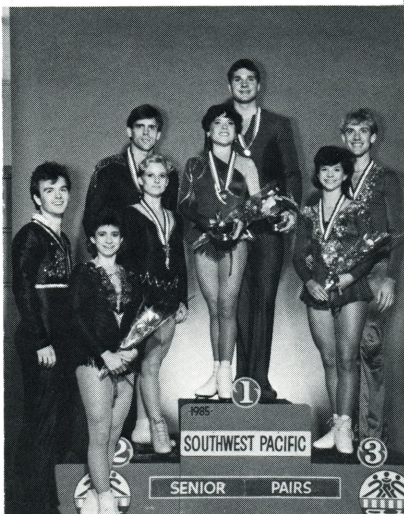
As evidenced by Torvill and Dean, technical and artistic development tend to go hand in hand. Skating's history has been marked by a lopsided preference for technical accomplishment (probably because technical skill is more easily judged) and finally the balance seems to be righting itself in the Dance event. The virtue most needed during this transitional period is patience. The other events, particularly the Men's and Ladies', would do well to take notice of Dance's growth in recent years.

DAVID LEONARDI

Southwest Pacific
Continued from page 43

Skating her way to the top of a field of forty-nine Novice Ladies, dynamic Cindy Bortz, Los Angeles FSC, electrified the audience with her energy, speed, and confidence. She recovered quickly from a fall on a double Axel and performed two more along with combinations: triple toe loop, double loop. Figure-winner, Joan Colignon, Arctic Blades FSC, placed second, and Tiffany Ryan, Arctic Blades FSC, third. Fourth place went to Tracy Ventura, Mesa Verde FSC.

Alex Chang, Arctic Blades FSC, dominated the Novice Men's event in both figures and freestyle. His long program featured two triple toe Walleys; triple toe and double toe loops, two double Axels, and a very high flying sit spin.



SENIOR PAIRS

- Katy Keeley & Joseph Mero, Gold
- Jill Watson & Peter Oppgaard, Silver
- Kristin Kriwanek & Doug Williams, Bronze
- Elaine Asanakis & Gregg Moon, Fourth

The exuberant, clean program of Fritz Steinheider, Los Angeles FSC, enabled him to pull from seventh in figures to second place. Shawn McClintock, All Year FSC, finished third, and Christian Hendricks, Arctic Blades FSC, fourth.

Three initial rounds were required to arrive at twelve Intermediate Ladies in a closely-contested event. In a solid freestyle performance, Monica Sheya, Arrowhead FSC, held onto her figure lead to win the Gold medal.

The exciting program of Tisha Walker, Conejo Valley FSC, brought her from seventh



JUNIOR PAIRS

- Lori Blasko & Todd Sands, Gold
- Jennifer Newman & Scott Wendland, Silver
- Ashley Stevenson & Robert Pellaton, Bronze

in figures to the Silver medal. Ashley Stevenson, San Diego FSC, finished third with fourth place to Cristina Palmieri, Los Angeles FSC.

The fast-paced program of John Baldwin, Jr., San Diego FSC, won him first place in freestyle to add to his figure first to become Intermediate Men's Champion. In second



SENIOR DANCE

- Karen Knieriem & Leif Erickson, Gold
- Dorothy Rodek & Robert Nardoza, Silver



JUNIOR DANCE

Jill Heiser & Michael Verlich, Gold
 Colleen Boman & Doug Murray, Silver
 Colette Huber & Ron Kravette, Bronze



NOVICE DANCE

Katrina Stader & Stephen Laumann, Gold;
 Kristina & Karl Nelson, Silver;
 Kelly Mellaci & Jimmy Sun, Bronze

place, Eddie Guzman, Los Angeles FSC; third, Geoffrey Migala, Arrowhead FSC; fourth, Vearle Klinger, SC of Phoenix.

Of forty-one Juvenile Girls, twelve survived three initial rounds to compete in the Finals with the title going to Amy Gross, Conejo Valley FSC, whose lively program pulled her from sixth in figures to the Gold medal. Tamara Kuchiki, Conejo Valley FSC, the figure winner, won the Silver with the Bronze medal going to Misty Gordon, Arrowhead FSC. Alexandra Stams, Los Angeles FSC, finished fourth.

Douglas Durward, South Bay FSC, claimed the Juvenile Boys Championship. Richard Wheelock, La Jolla FSC, placed second; and Brian Bernard, Mesa Verde FSC, third.

The three Senior Pair teams all experienced difficulty in their short programs, especially with the spiral sequence which was interpreted differently by each. Katy Keeley and Joseph Mero, San Diego FSC, won both the short and long program. Combining speed with unison and control they included a lateral twist out of a star lift, split triple twist, and combination double Axels. The new team of Jill Watson and Peter Oppgaard, Los Angeles FSC, placed second. Kristin Kriwanek and Doug Williams, All Year FSC,

third. Elaine Asanakis and Greg Moon, Los Angeles FSC, fourth.

Lori Blasko, Conejo Valley FSC, and Todd Sand, Los Angeles FSC, became Junior Pair Champions performing fast footwork and effortless lifts: back platter, flip-out, and an original variation on a double Axel. Short program winners, Jennifer Newman and Scott Wendland, All Year FSC, took the Silver medal, with the Bronze to Ashley Stevenson, San Diego FSC, and Robert Pellaton, La Jolla FSC. Fourth place went to Lynda Kordakis and Jim Williams, Los Angeles FSC.

The young sister-brother team of Dawn and Troy Goldstein, All Year FSC, delighted the audience with side-by-side double Lutz jumps, double flips, and Biellmanns, winning the Novice Pair Championship. Second place went to the graceful team of Natasha Yockey, San Diego FSC, and Alexander Enzmann, La Jolla FSC.

Two couples competed for the Senior Dance title both exhibiting unison and style. Karen Knieriem, Broadmoor SC, and Leif Erickson, Los Angeles FSC, won the compulsories performing an especially happy Polka. Their Free Dance, to a military theme, received great audience response and won them the Gold medal. Dorothy Rodek and

The Travelers Award of Merit



Cornelius Hurlbut, manager of the Commercial Lines Department of The Travelers Companies field office in Los Angeles, left, speaks with Ginger Flaherty, who received the Travelers Award of Merit for her outstanding contribution to the sport of figure skating. The formal presentation was made at the Southwest Pacific Regional Championships held at the Culver Ice Arena, Culver City, California.

Robert Nardoza, Arizona FSC, won the OSP, and the Silver medal.

Jill Heiser, San Diego FSC, and Michael Verlich, Arctic Blades FSC, skating with superior unison and interpretation, won the Gold by placing first in all categories of the Junior Dance event. Colleen Boman and Doug Murray, Arctic Blades FSC, won the Silver, with the Bronze medal to Colette Huber, Los Angeles FSC, and Ron Kravette, Arctic Blades FSC. Fourth place went to Kelli Haveman, Arizona FSC, and Shawn Rettstatt, Dallas FSC.

Novice Dance Gold medalists, Katrina Stader, La Jolla FSC, and Stephen Laumann, Los Angeles FSC, performed with style and flow edging out Kristina and Karl Nelson,

San Diego FSC. The Bronze went to Kelly Mellaci, Arctic Blades FSC, and Jim Sun, Peninsula FSC.

Karla Johnson, Arctic Blades FSC, and Mike Boggio, Los Angeles FSC, became Intermediate Dance Champions with K.C. Watkins and Duane Greenleaf, San Diego FSC, second; Tiffany Gross and Greg Levorchick, La Jolla FSC, third. Angela and Jason Leslie, San Diego FSC, were fourth.

The easy style and rhythm of Janet Becht, All Year FSC, and Stan Kolodzi, Los Angeles FSC, gained them the Adult Dance Gold medal. Silver medalists were Brigit Luciani, San Diego FSC, and Robert Engle, La Jolla FSC. Bronze went to Charlotte Rundle and Andy Becht, All Year FSC, with Karen Milne

Continued on page 69

Report

North Atlantic

by Nancy Siepel McGee

PHOTOS BY RICHARD W. SIEPEL

Once again, the Buffalo SC was pleased to host the North Atlantic Championships. With over two hundred skaters, this year's event proved to be one of the largest ever.

With so many entries in Juvenile Girls, there were three winners: Aphrodite Milonopoulos, SC of New York, Group A; Olivia Pennock, SC of Morris, Group B; and Mindy Sue Blitz, Metropolitan FSC, Group C.

First place in Intermediate Ladies was captured by Rachel Bardak, Buffalo SC, who showed good ability in interpreting her music. Philip Diguglielmo, South Mountain FSC, won Intermediate Men with some nice double jumps and very fast spins.

But the real story of this competition unfolded in Novice Ladies. Tiny Kyoko Ina, SC of New York, wearing a white dress with black-sequined vest, free skated her way

through triple Salchows, triple toe loops, and a lovely layback spin to finish with a standing ovation from the crowd. But the story did not end there. Caryn Yap, Long Island FSC, who had finished fifth in figures also gave an outstanding free skating performance including many well-done and unusual jumps finishing second.

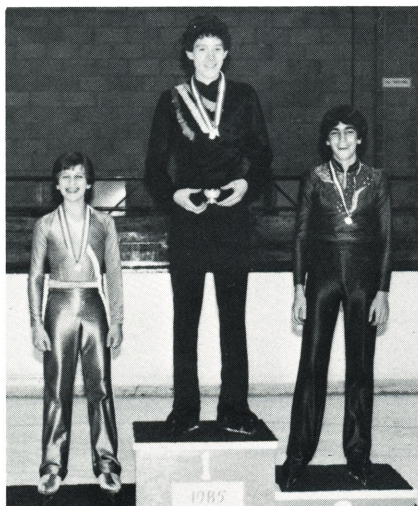
Jason Dilworth, SC of Westchester, with good strong jumps won Novice Men while Brenden Readett, Buffalo SC, finished second.

In the Dance events, which are always so enjoyable to watch, the team of Wendy and Peter Mirsky, Essex SC of New Jersey, took the Novice Dance event title by performing a very unique OSP, including some very athletic and energetic moves. In Junior Dance, the team of Suzanne Murphy and An-



NOVICE LADIES

Kyoko Ina, Gold; Caryn Yap, Silver;
Graceann Bridgman, Bronze



NOVICE MEN

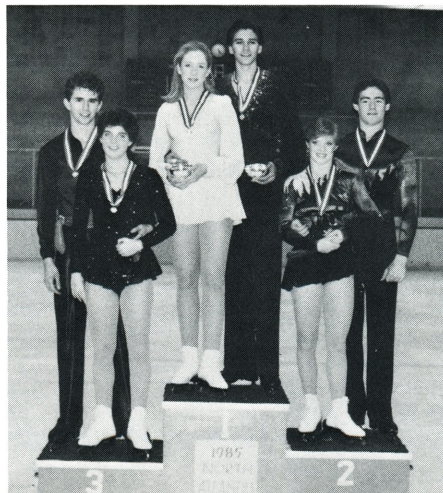
Jason Dilworth, Gold; Brenden Readett, Silver;
Christian Conte, Bronze



NOVICE DANCE

Wendy & Peter Mirsky, Gold
 Lucia Reed & Richard Carinci, Silver
 Ashley Hunt & Norman Smilowitz, Bronze

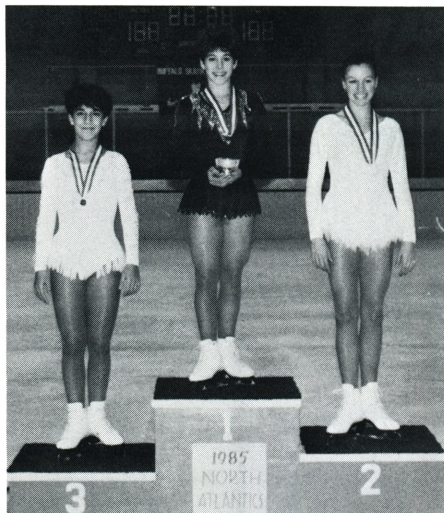
drew Niebler, SC of Morris, led all the way through the compulsory American Waltz, Blues, and Rhumba. They continued to lead all the way through the OSP which was a very intricate and well-executed version of the Quickstep. In the final round, Suzanne and Andrew performed a very fast moving free dance which included some nice lifts.



JUNIOR DANCE

Suzanne Murphy & Andrew Niebler, Gold
 Jeanne Miley & Christopher Macri, Silver
 Megan Kennedy & Roy Hamm, Bronze

In the Adult Dance event, Harlene Lee and E. Richie Van Vliet, Genesee FSC, with their nice strong edges in the Fiesta Tango and Foxtrot and an intricate and difficult variation of the Willow Waltz, took first place



JUNIOR LADIES

Julie Wasserman, Gold; Tracey Damigella, Silver;
 Danielle-Alyse Babaian, Bronze

The Junior Ladies' event proved to be outstanding, especially in the short program. Julie Wasserman, SC of Westchester, in bright red and skating to the music from *Ragtime*, performed an excellent short program. In her free skating program, Julie executed a triple toe loop, several double jumps, and many lovely spins. Tracey Damigella, SC of Lake Placid, skated an outstanding short program to a medley from *West Side Story* and a very nice long program including a successfully completed triple toe Walley and a double Axel from a spiral.

John Liotta, SC of New York, was the winner in Junior Men with some excellent straight-line steps in the short program and an exciting free skating performance including many double jumps, a camel spin into a back sit spin combination, and most of his moves connected with good footwork. Rick Scarry, SC of Rockland, took second place by skating a good short program and an excellent long program including many well-done triple jumps.

In Senior Ladies, Leslie Friedman, SC of New York, led all the way from figures place-



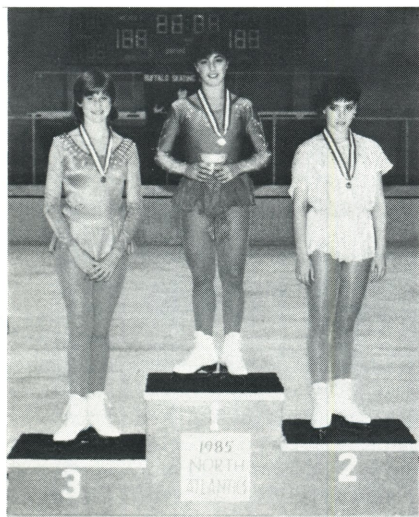
JUNIOR MEN

John Liotta, Gold; Rick Scarry, Silver;
Steven Rice, Bronze



SENIOR MEN

Angelo D'Agostino, Gold; Tom Cierniak, Silver



SENIOR LADIES

Leslie Friedman, Gold; Rosanna Tovi, Silver;
Kathaleen Kelly, Bronze

ment through the short program. Wearing purple trimmed in silver, Leslie free skated well by completing some very nice footwork, spins, and a triple toe loop. Perhaps the most original skater in this competition was Rosanna Tovi, Buffalo SC. Wearing a light-blue-sequined tunic-style dress with matching gloves, "Rosie" performed her triple jumps

and connecting steps to a collection of sounds such as birds singing, helicopter engine noises, and other unusual variations as well as music. Rosanna was very entertaining and pleasing to watch and finished second.

Always the highlight of any competition, this Senior Men's event was no exception. Tom Cierniak, SC of Lake Placid, skated a very nice short program, but missed one required element. His long free skating program included several triple jumps which he executed well. His moves are quick and he shows good expression. But this day belonged to Angelo D'Agostino, SC of Rockland. After a very good short program, Angelo presented a superb free skating performance. His connecting steps and expression were excellent. He completed many high, clean, double and triple jumps including a triple flip, triple toe loop, and a triple Lutz.

The only disappointing aspect of this North Atlantic Championships was that there was no competition in Pairs. However, to all those who did compete—well done! Congratulations to the winners and best wishes at the Eastern Championships in Lake Placid!

The results for the North Atlantic Championships were published in the December 1984 issue, page 34.

Report

New England

by Mary L. Clarke

PHOTOS BY ANNA-MAY WALKER

Kennebec SC and the Maine Inter-Club Council organized and ran the first "New Englands" ever held in the state of Maine. The November 6-11 competition was held at the Cumberland County Civic Center and will be remembered for the excellence of the facility, the convenience of the hotels, restaurant and shopping areas, and for some fine skating.

Three Senior Men appeared, all representing the SC of Boston. Theirs was a tight competition. William Lawe won the figures with a split decision for second going to Jeff DiGregorio over Scott Cudmore. Then Jeff won the short. In the final, however, Lawe prevailed, with Jeff finishing second and Scott third.

There were six Senior Ladies, but Wendy Lee Weston, Yarmouth IC, was the clear winner, taking all three sections. The other girls



SENIOR LADIES

Wendy Lee Weston, Gold; Eileen Groth, Silver; Diane O'Donnell, Bronze; Kerry Jennings, Fourth



SENIOR MEN

William Lawe, Gold; Jeffrey DiGregorio, Silver; Scott Cudmore, Bronze

battled for the remaining places, with Eileen Groth, SC of Hartford, coming out in second place and Diane O'Donnell, Smithfield FSC, third.

The Junior events may have been the most exciting. Mark Mitchell, SC of Hartford, put on a real show in winning Junior Men's. His long program contained five triple jumps, plus double Axels, and he was awarded marks in the middle fives, quite high for a regional Junior event. The SC of Boston's William Druar finished second, with Richard Sears, Colonial FSC, third.

Tracey Seliga, Colonial FSC, prevailed in a tight Junior Ladies' contest. Though an easy winner in figures, Tracey fell on her jump combination in the short and was placed only fifth. Jan Mary Bombassei, New Haven SC, won that and challenged for the long, receiving some support from the judges. However, Tracey's fine program gave her the victory, both in the long and overall. Kimber-



JUNIOR MEN

Mark Mitchell, Gold; William Druar, Silver;
Richard Sears, Bronze; John Denton, Fourth



JUNIOR DANCE

Amy Webster & John Millier, Gold
Tina Marshall & David Low, Silver
Lisa Clark & Collin Sullivan, Bronze

ly Colecchi's consistently good skating gave her the Silver, while Kristina Swanson took the Bronze. Both girls are from the SC of Boston. Jan wound up fourth.

State-of-Maine ice dancers Amy Webster and John Millier, representing the host Kennebec SC, drew the biggest crowds and loudest cheers. Their excellent dancing deserved it, particularly their highly polished and difficult free dance. Tina Marshall, Charter Oak FSC, and David Low, Yale FSC, were second, with Yale FSC's Lisa Clark and Charter Oak FSC's Collin Sullivan third.

The dazzling brother-sister team of Robert and Sara Powell, SC of Boston, skated brilliantly in winning Junior Pairs from a strong team from Stoneham FSC, Nancy Kerrigan

and Bobby Martin. Novice Pairs went to Wendy Lee Weston and David Goodman, Yarmouth IC, who set an unusually high standard. Kimberly-Ann and Frank Testa, Smithfield FSC, were second.

Liane Moscato's lovely jumps and spins won Novice Ladies for her. Fellow SC of Boston competitor Jennifer Leng was second with good figures and a fine program, and Nancy Kerrigan, Stoneham FSC, rose to third with a program that included two triples.

Tory Giso won the free skating of Novice Men. The SC of Boston skater bested SC of



JUNIOR LADIES

Tracey Seliga, Gold; Kimberly Colecchi, Silver;
Kristina Swanson, Bronze; Jan Mary Bombassei, Fourth



JUNIOR PAIRS

Sara & Robert Powell, Gold
Nancy Kerrigan & Bobby Martin, Silver



NOVICE LADIES

Liane Moscato, Gold; Jennifer Leng, Silver;
Nancy Kerrigan, Bronze; Dawn Duhamel, Fourth

Hartford's Gary Pastizzo and Flag Pond SC's Peter Breen.

Another state-of-Mainer won a Gold when Elizabeth Davidson, Kennebec SC, teamed with Sean Swartz, Charter Oak FSC, for a clear win in Novice Dance. The skated a beautiful OSP Waltz. Renee Brunelle, SC of Brunswick, and Mark Stiles, Colonial FSC, were second, and Bethany Traynor, Warwick Figure Skaters, and John Merrill, Kennebec SC, were third.

Kimberly-Ann and Frank Testa, Smithfield FSC, took the Intermediate Dance event with Melanie Sheehan, Warwick Figure Skaters, and Gerald Miele, Providence FSC, second. Third were Beth Ann Shepard and Peter Breen of Flag Pond SC.



NOVICE MEN

Tory Giso, Gold; Gary Pastizzo, Silver;
Peter Breen, Bronze



NOVICE DANCE

Elizabeth Davidson & Sean Swartz, Gold
Renee Brunelle & Mark Skiles, Silver
Bethany Traynor & John Merrill, Bronze

Adult Dance went to Marion Hogan and Leonard Colarusso, SC of Boston. Second were Gail Connolly, Colonial FSC, and Robert Burns, SC of Boston.

Intermediate Ladies was a close competition. The top four figures changed places somewhat, but all will go to Easterns. Elisabeth Morse came out on top with a fine free skating performance, and Lizbeth Brogna's strong skating brought her a second. Both girls are from the SC of Boston. Third was Sally Pacios, Silver Blades FSC, who won the figures.

Robert Love, Commonwealth FSC, won Intermediate Men, with Lars-Eric Vallin, Hamden FSA, second. Scott McCoy, Pilgrim FSC, was third.

The championships had a number of fine touches. As each skater or team went out, their names appeared in lights on the big stadium scoreboard. There was a bank of fall flowers in front of the judging stand. The hosts also arranged for a fourth step on the winners' platform since four are going to Sectionals this year. Those who placed fourth received ribbons, and all of the top four received flowers from a small skater. There was a skaters' lounge, a coach's lounge, and even a hideaway for volunteers. In all, it was a class event.

The results for the New England Championships were published in the January 1985 issue, page 15.

The Travelers Award of Merit



JOHN EWING

Dennis Markell, Account Executive of the Group Department of The Travelers Companies field office in Portland, is shown with Carol Ludlow, who accepted the Travelers Award of Merit on behalf of Dorothy Fedick of Easton, Connecticut. Ms. Fedick received the award for her outstanding contribution to the sport of figure skating. The formal presentation was made at the New England Regional Championships held at the Cumberland County Civic Center in Portland, Maine.

Report

Eastern Great Lakes

by Jan Jordan

PHOTOS BY NOEL T. LEDIN

The dust is finally settling at Yack Arena, home of the Wyandotte FSC in Wyandotte, Michigan. This year besides our annual September Invitational Competition, we hosted the Eastern Great Lakes Regional Championships with just a four-week break to "get ready." Somehow, we managed to pull it all together. One-hundred-ninety, well-prepared skaters from thirty clubs helped us achieve our goal—a calm, smooth competition.

The Senior Ladies' division saw all skaters executing double Axels and a triple jump. The Gold medalist was Maria Lako, Detroit SC, who won both figures and the long program. Lesli Calabro, Academy FSC, was the Silver medalist and Leslie Shackelford of the Cleveland SC won the Bronze.

The Junior Men's division had six entrants. Jeff Freedman, Winterhurst FSC, placed first over all. Greg Larsen, Academy FSC, led after the short program and took the Silver. Todd Brown, Detroit SC, skated a fantastic

long program to win that event and place third overall. His double Axel and combination jumps were high and cleanly executed.

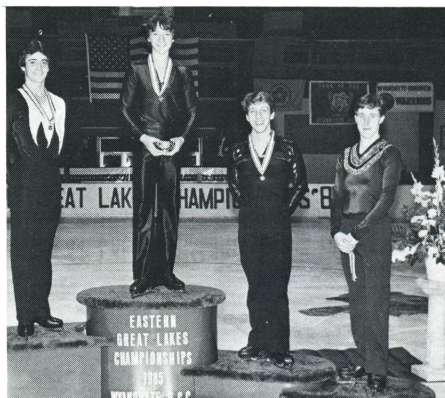
The twenty-seven Junior Ladies moved the audience to yells, clapping, and foot stamping. Narrowing this field to three medal winners was no easy task. Each medalist won one event. Jeri Campbell, Garden City FSC, and Silver medalist in the Novice division at the 1984 Nationals, won the Gold medal. Her double Axels and triple-double jump combinations caused one spectator to wonder if she had springs where her knees should be. Silver-medalist Tonia Kwiatkowski, Winterhurst FSC, won the figures. The Bronze medalist was Micki McMahan, Detroit SC. Her opening combination of three double Lutzes was just the start of a winning long program.

Grant Noroyan, Detroit SC, executed a double Axel and exciting spins to win the Gold medal in the Novice Men's division. Brandon Smith, Detroit SC, and Jeff An-



SENIOR LADIES

Maria Lako, Gold; Lesli Calabro, Silver
Leslie Shackelford, Bronze



JUNIOR MEN

Jeff Freedman, Gold; Greg Larsen, Silver;
Todd Brown, Bronze; Jeff Myers, Fourth



JUNIOR LADIES

Jeri Campbell, Gold; Tonia Kwiatkowski, Silver; Micki McMahon, Bronze; Joan Freedman, Fourth



NOVICE MEN

Grant Noroyan, Gold; Brandon Smith, Silver; Jeff Antolini, Bronze; Dennis Wasielewski, Fourth

tolini, Winterhurst FSC, were Silver and Bronze medalists.

The forty-two Novice Ladies were the largest division and most competitive group to watch. Gwen Cirbes, Plymouth FSC, won the Gold medal after placing first in both figures and freestyle. Her program was exciting, well choreographed, and fun to watch. Marcy Reis, Winterhurst FSC, was the Silver medalist and Jenny Hirschauer, Plymouth FSC, was the Bronze medalist.

The Intermediate Men's division was won by Mel Chapman of the Wyandotte FSC. Mel performed a perfectly-executed double Axel and some fast, intricate footwork, à la Scott Hamilton, to win the freestyle event, Silver-medalist Daniel Hollander, Detroit SC, was first after the figures. Phil Lang, Garfield Heights FSC, won the Bronze medal.

The Intermediate Ladies' division consisted of very evenly-matched skaters. Annette Jasinkiewicz, Garden City FSC, skated an excellent freestyle program to win the Gold medal. Diminutive Megan Carpenter, Academy FSC, was the Silver medalist and Sandra Renaud, Wyandotte FSC, captured the Bronze medal.

When the Juvenile Ladies took the ice, their excitement and skating hopes were very high. Twelve medals in four groups were awarded. Gold medals were won by: Becky Hargis, Wyandotte FSC, Group A; Mary Currier, Garden City FSC, Group B; Angeline Huppert, ISC of Indianapolis, Group C; and Eva Rogers, Detroit SC, Group D.

Only two Juvenile Men were represented, Eddie Bielecki, Greenbrier FSC, won the Gold medal and David Kastan, Louisville FSC, the Silver.

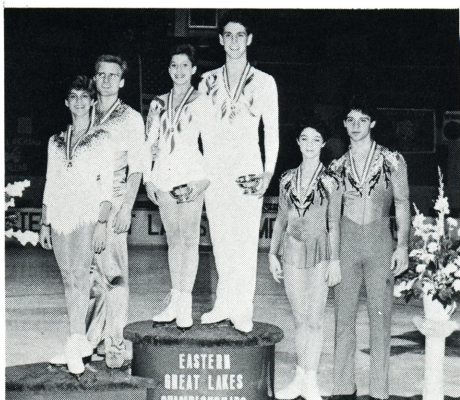
Pair skating is always a crowd pleaser, and this year was no exception. The Senior Pairs Gold medalists were the brother-and-sister team of Susan and Jason Dungjen, Detroit SC. They did a perfect throw triple Salchow. The Silver medal team was Maria Lako, Detroit SC, and Mike Blicharski, Academy FSC. Another brother-and-sister team, Jeanine and Tony Jones, Winterhurst FSC, were the Bronze medalists.

The Junior Pairs' division was dominated by the team of Shelly Propson and Jerod Swallow from the Detroit SC. They had ex-



NOVICE LADIES

Gwen Cirbes, Gold; Marcy Reis, Silver; Jenny Hirschauer, Bronze; Jill Weisenstein, Fourth



SENIOR PAIRS

Susan Dungjen & Jason Dungjen, Gold
 Maria Lako & Mike Blicharski, Silver
 Jeannine Jones & Tony Jones, Bronze

cellent overhead lifts and a nice throw double Axel. Silver medalists were Deveny Deck, Detroit SC, and Luke Hohmann, Buffalo SC. Jill Skrzycki, Detroit SC, and Rick Roth, Silver Blades FSC of Kansas City, were the Bronze medalists.

The Dance events provided us with beauty as well as accomplished skating. Junior Dance Gold medalists were Jodie Balogh, Academy FSC, and Jerod Swallow, Detroit SC. Their free dance started with a "moon-walk" step and was stylistic and interpretive to the end. Jennifer and Jeffrey Benz, Detroit SC, were the Silver medalists. Newcomers,

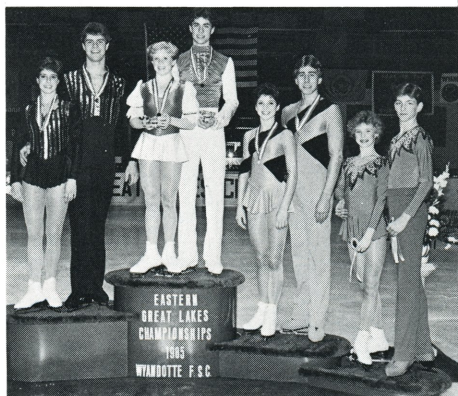
Megan O'Donnel, Detroit SC, and David Shirk, Academy FSC, skated well and took the Bronze.

In Novice Dance, all the teams were smooth, had deep edges, and good flow over the ice. Gold medalists were Leslie Fielding, Detroit SC, and Dee Pascoe, Academy FSC. Silver and Bronze medalists were Jennifer Goolsbee, Detroit SC, and Peter Chupa, Academy FSC; and Elizabeth Punsalan and Frank Singley, Winterhurst FSC, respectively.

The Intermediate Dance Gold medalists were Kathy Soskins and David Kastan, Louisville FSC. Silver medalists were Aimee Goodman, North Suburban FSC, and Christopher Hickson, Wyandote FSC. Bronze medal winners were Kellie Horval and Ryan Lini, Greenbrier FSC.

Adult Dance proved again that you don't have to be under eighteen to skate—and skate well. Sandy Burkons and Alan Narvy, Cleveland SC, were the Gold medalists; Ellen Clark and Harlan Brunner, WC of Indianapolis, the Silver medalists; and Nancy Tyner and Martin Storm, WC of Indianapolis, won the Bronze medal.

It's all over now. The dust has settled and the skaters are home. Some to practice for Mids, some to sharpen skills for next year. We, here at Wyandotte FSC, would like to thank everyone who participated in the 1985 Eastern Great Lakes Championships for helping to make this such a pleasant memory.



JUNIOR PAIRS

Shelly Propson & Jerod Swallow, Gold
 Deveny Deck & Luke Hohmann, Silver
 Jill Skrzycki & Rick Roth, Bronze
 Shanda & Brandon Smith, Fourth



JUNIOR DANCE

Jodie Balogh & Jerod Swallow, Gold
 Jennifer & Jeffrey Benz, Silver
 Megan O'Donnel & David Shirk, Bronze
 Susan Hindman & Jeff Choate, Fourth

The Travelers Award of Merit



NOEL T. LEDIN

Russell E. Delongjay, manager of the Medicare Unit of The Travelers Companies field office in Southfield, left, with William B. Estey, Jr. of Wyandotte who received the Travelers Award of Merit for his outstanding contribution to the sport of figure skating. The formal presentation was made at the Eastern Great Lakes Regional Championships held at Yack Arena in Wyandotte, Michigan.



NOVICE DANCE

Leslie Fielding & Dee Pascoe, Gold
 Jennifer Goolsbee & Peter Chupa, Silver
 Elizabeth Punsalan & Frank Singley, Bronze
 Jackie Yarema & James White, Fourth

All our efforts were worth it when we saw all the dedication and hard work that these skaters had brought with them. If we had to do it again, would we? You betcha!

The results for the Eastern Great Lakes Championships were published in the December 1984 issue, page 17.



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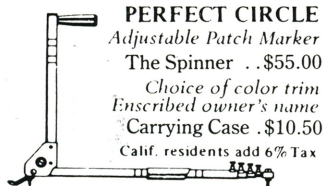
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Calendar of Events

Continued from page 20

- 12-14 **Ice Spectacular 1985**, sponsored by the North Sore SC, at the Town Line Twin Rinks, Rte. 114, Danvers, MA 01923. Featuring the Flashing Blades Precision Team. For information contact: Dave Wallis, 28 Hull St., Beverly, MA 01915 or the "Iceline" 617-922-2067.
- 12-14 **New York State Invitational Competition**, sponsored by the Salt City Figure Skaters, and the Syracuse Parks and Recreation Dept., at the Syracuse War Memorial, Syracuse, NY. Precision Team, Individual Freestyle, Interpretive, Dance, Similar Pairs, and Adult Dance. For information contact: Judy Fiorini, 144 Stafford Ave., Syracuse, NY 13206, 315-437-2285.
- 12-14 **Spring Festival**, sponsored by the Portland ISC, at the Clackamas Town Center, Portland, OR. Freestyle, Interpretive, and Drill Team events. For information contact: Sandy Hemmingsen, Competition Chairman, 18032 Markham Ct., Oregon City, OR 97045, 503-657-7201.
- 12-14 **1985 Tri-State Freestyle Competition**, sponsored by the St. Clair Shores FSC,

Continued on page 69

Laurels

Skating congratulates the following skaters who have passed USFSA sanctioned tests in figures, pair, and dance. Only completed dance tests, rather than the individual dances passed, are recorded below. Any errors should be reported to the USFSA, 20 First Street, Colorado Springs, CO 80906.

New Test Abbreviations are as follows: PRE = Preliminary Figure; 1 = First Figure; 2 = Second Figure; 3 = Third Figure; 4 = Fourth Figure; 5 = Fifth Figure; 6 = Sixth Figure; 7 = Seventh Figure; 8 = Eighth Figure; PF = Preliminary Free; JF = Juvenile Free; IF = Intermediate Free; NF = Novice Free; JRF = Junior Free; SRF = Senior Free; PPR = Preliminary Pair; BPR = Bronze Pair; SPR = Silver Pair; GPR = Gold Pair; P DT = Preliminary Dance Test; BR DT = Bronze Dance Test; PS DT = Pre Silver Dance Test; S DT = Silver Dance Test; SFD = Silver Free Dance; PG DT = Pre Gold Dance Test; G DT = Gold Dance Test; GFD = Gold Free Dance; I DT = International Dance Test; B ADT = Bronze Adult Dance Test; PS ADT = Pre Silver Adult Dance Test; S ADT = Silver Adult Dance Test; PG ADT = Pre Gold Adult Dance Test; G ADT = Gold Adult Dance Test.

GOLD 8TH FIGURE

Gail Ferdman, Skokie Valley SC; Lisa Brantley, Los Angeles FSC; Lori Murphy, Winterhurst FSC; Stephanie Adler, Philadelphia SC & HS.

GOLD SENIOR FREE

Elizabeth Johnson, Cleveland SC; Lisa Brantley, Los Angeles FSC; Susan Pittman, Troy SC.

GOLD PAIR

Doug Williams, All Year FSC; Kristin Kriwanek, All Year FSC.

GOLD DANCE

Robin Michaelson, South Mountain FSC.

ACADEMY FSC: P DT—Kristin Buckler.

ALL YEAR FSC: 2—Christina Kopp. 4—Leslie Herndon. JF—Christina Kopp. IF—Cameran McCoy, Michele Venacro. NF—Leslie Herndon.

ALPINE SC: 2—Jennifer Houchens. PF—Tammy Willey.

SC OF AMHERST: JF—Kimberly Cutting.

ANCHORAGE FSC: PRE—Deanna Wilks, Sara Ann Halvorson. 1—Rene Coppola. PF—Deanna Wilks, Julie Kim, Sara Ann Halvorson.

ARIZONA FSC: PRE—Jeanine Dubois, Ken Arnold, Lucinda Day, Peggy Zimmer. 1—Kimberly Kellogg, Sarah Coleman. 2—David Coleman. 3—Jodi Porter. PF—Jeanine Dubois, Ken Arnold, Peggy Zimmer. JF—David Coleman, Jodi Porter. BR DT—Patricia Thornham.

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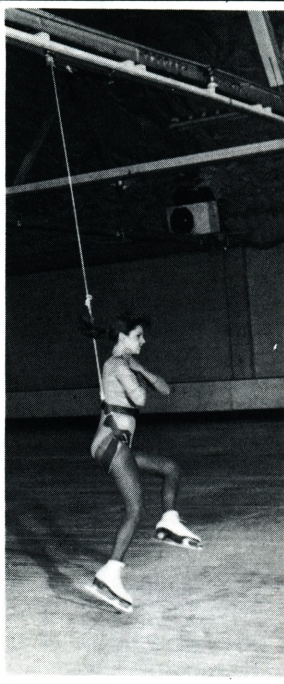
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BURNSVILLE-MINNESOTA VALLEY FSC: 6–Sarah Upton. JF–Mara Halberg.
CANTIAGUE FSC: PRE–Carolyn Diers. 4–Jean Widlicka.
CASPER FSC: 3–Candice Wartick.
CENTENNIAL SC: 1–Dustin Mithaug, Lisa Ann Vellar. 5–Katie Carlos. PF–Kristin Kenda. JF–Lisa Ann Vellar. IF–Shea Anderson. NF–Allison Kimura.
CHARLESTON FSC: 2–Ashley Ann Hupp.
CHARTER OAK FSC: IF–Matthew Stimac. SFD–Tina Marshall.
CHICAGO FSC: 7–Terry Banghart. JF–Karoline Wojtalk.
FSC OF CINCINNATI: PRE–Richard Zielasko.
COLONIAL FSC OF MA: PRE–Regina Clarke. 1–Colleen Maguire. PF–Elizabeth Calore. JF–Michele Breen. P DT–Alison Climo, Dick Edgar.
COLISEUM FSC: IF–Lisa Florek.
COLONIAL SC OF NJ: PPR–Janine Burgess.
COLORADO SC: 2–Heather Martin.
CONEJO VALLEY FSC: PRE–Tamara Smith. PF–Tamara Smith.
COTTONWOOD HEIGHTS FSC: PRE–Rebecca Moore. 2–Laurie Fukushima. 3–Valleri Smith. PF–Rebecca Moore. JF–Karen Thomas. IF–Valleri Smith.
DALLAS FSC: IF–Alejandra Cortes, Edgar Beckley. P DT–Anessa Underwood.
DENVER FSC: PRE–Jennifer Murdock, Michelle Henk. 1–Danielle Zentgraf, Stephanie Wayland. 2–Chera Taylor. 4–Jenny Ward, Stacey Blake. 5–Jennifer Seick. JF–Chera Taylor, Lauren McAlvany.
DETROIT SC: PRE–Nannette Hankin. 1–Debbie Raub, Jennifer Dell. 2–Monique Schroeder. 3–Aimee Wilhelmi, Christy Tapp. PF–Kristen Campbell. IF–Christy Tapp. P DT–Alexandra Scriptor, Danielle Pritchard, Linsey Beck. BR DT–Jennifer Dell, Kara McAlister.
DIAMOND EDGE FSC: PRE–Anne Rucker, Bridget McGovern, David Hilliard, Dina Povio, Gwen Pfeifer, Janice Lamb, Jennifer Franks, Jessica Pfeifer, Karen Douglass, Kristi Kolberg, Misty Hartman, Paul Pfeifer, Robin

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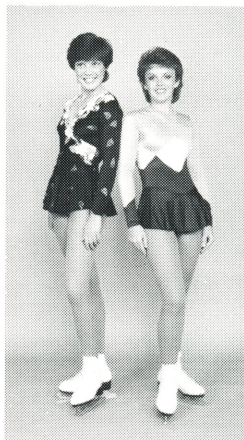
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Southwest Pacific

Continued from page 47

and David Allen, La Jolla FSC, fourth.

Twelve Precision Teams representing eight clubs were the hit of the competition. Gold medals were awarded to the San Diego Starlites in the Juvenile Division; San Diego Ice Blazers, Novice; San Diego Icettes, Junior; and Los Angeles FSC's Fabulous Forties in the Adult Division.

On the last evening of the competition, in recognition of her volunteer efforts and dedication to our sport over the years, Mrs. Ginger Flaherty, Los Angeles FSC, was presented with the Travelers Award of Merit plaque. In her name, Travelers Insurance Company has made a contribution to the USFSA Memorial Fund to benefit skaters in the Southwest Pacific Region. The work of volunteers is seldom honored and this presentation was warmly applauded.

Not even an invasion by the Los Angeles Kings Hockey Team arriving for a practice session could interrupt this smoothly-run competition. The level of skating was high; keen battles were fought; medals were won and lost, but the spirit of friendship and good sportsmanship prevailed—all the skaters were winners.

The results for the Southwest Pacific Championships were published in the January 1985 issue, page 18.

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Calendar of Events

Continued from page 61



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- 12 & 14 **Fantasy On Ice**, ice show sponsored by the Fort Wayne ISC, at the Memorial Coliseum, 4000 Parnell Ave., Fort Wayne, IN. For information contact: Anne Humcke, 2531 Ethel Ave., Fort Wayne, IN 46808, 219-483-7564 or 219-461-4170.
- 14 **Tarsh Trophy**, competition sponsored by the Los Angeles FSC, at the Pickwick Ice Arena, 1001 Riverside Dr., Burbank, CA 91506. Ladies Solo, American Waltz, and International Dance. For information contact: Helena Schlup, 12913 Strathern St., North Hollywood, CA 91605, 818-983-0151.

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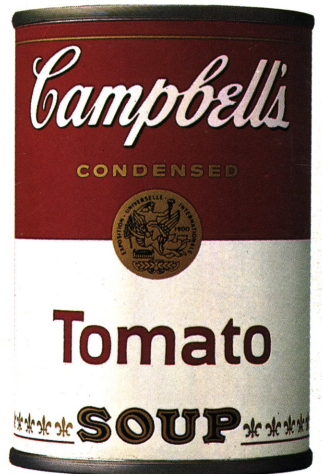
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