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COVER:

Skating across this month's cover in the form of the Campbell Kids are Judy and Jim Sladky. For a look at the history of the Campbell Kids—and Judy and Jim, turn to page 20.

PHOTO: HOWEY CAUFMAN

Skating

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SKATING (ISSN: 0037-6132) is published by the United States Figure Skating Association, 20 First Street, Colorado Springs, CO 80906. Phone (303) 635-5200. Subscription rate: United States and Canada, one year **\$12.00**. Foreign, one year **\$27.00**. Allow 6-8 weeks delivery of the first issue. Second Class postage paid at Colorado Springs and at additional mailing offices. SKATING is published monthly October through July (10 issues per year). Copyright 1986 by The United States Figure Skating Association (USFSA). **Postmaster: Please send FORM 3579 to SKATING, 20 First Street, Colorado Springs, CO 80906.**

USFSA President - Hugh C. Graham, Jr., M.D.

Executive Director - Ian A. Anderson

SKATING is the official publication of the United States Figure Skating Association (USFSA).

NEWS BRIEFS

Richard S. Callaghan has recently moved his coaching center from the Philadelphia SC & HS in Ardmore, Pennsylvania, to the Broadmoor SC at the World Arena in Colorado Springs, Colorado. Callaghan is well known for his work in singles, pairs, and dance, having coached Junior Dance Champions Scott Gregory and Judy Ferris and National Novice Men's Champion Todd Eldredge, along with national and international competitors Susan Wynne and Joseph Druar, David Fedor, Leslie Sikes, and Maradith Feinberg and Craig Maurizi and others.

Callaghan himself was North Atlantic Novice, Junior, and Senior Men's Champion; Eastern Novice and Senior Men's Champion; South Atlantic Senior Men's Champion; North Atlantic and Eastern Senior Pairs Champion; a national competitor, with one silver and two bronze medals, and enjoyed a professional career as principal soloist with "Ice Capades" and "Holiday on Ice." He also was a bronze medalist in the World Professional Men's Championships.

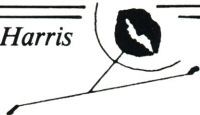
In addition to Philadelphia and Colorado Springs, he has also taught at the Buffalo

(New York) SC and the Genesee FSC in Rochester, New York, at the Olympic Training Center in Squaw Valley; in San Jose, Costa Rica, and with the North American Training Camp in Farmingdale, Long Island, New York.

☆ ☆ ☆

A funny thing happened to Robin Lewis on his way to class at the University of Alabama. A roving TV reporter spotted his bumper sticker saying "I'd Rather Be Ice Skating," and stopped to talk with him in the summer heat of Birmingham. The conversation lead to a story on the evening news concerning Rob, a member of the Atlanta FSC, and the closing of the rink in Birmingham, and his frustration in wanting to train and compete and his determination to also continue his education. The story showed Rob in the school's Sports Medicine Clinic working out and going to class. His frustrations may soon be eased with the planned new rink in Atlanta, but in the meantime, his bumper sticker says it all.

☆ ☆ ☆



On Age in Skating

To a great extent, age determines how much you can change your body through training and what kind of care your body needs for skating. The greatest results through training occur during certain periods of growth.

For example, during puberty, the most drastic changes occur in flexibility and muscle stretch. Turnout of the leg in the hip joint is most easily attained much earlier between the ages of eight and ten years, while the pelvic bones are going through a fast growing period. Changes can be made after these periods, but mostly because people work to develop their physical equipment.

I see cases of skaters past mid-teens, who have made dramatic changes in their bodies. This occurs because these skaters have worked very hard to develop muscle strength, control, and coordination, which can peak after the growth period stops. As a matter of fact, if skaters continue training, they can reach their prime between the ages of twenty-five and thirty. After that there is a very gradual decline of muscle tissue and joint suppleness, the rate of which depends on heredity, care of the body, body type, and how long people have been skating or exercising. However, this is also the time when skaters can feel better and perform better than ever, for by this time they have learned how to use their bodies in the most efficient way and with greater depth.

As one gets older, more care must be taken of the body, as the muscles will have a tendency to stiffen up and joints to lose their flexibility with less activity. At this stage one feels fatigue more easily and recovery from injuries is not as swift. That is why it is extremely important to take greater care about warming up and conditioning as one gets older. One thing that does not change is the development of muscle bulk and bone mass that occurs with exercise at any age. At the same time however, muscles will atrophy and

Continued on page 19

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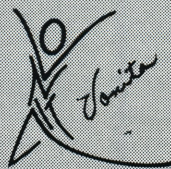
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State Games Mean Grass Root Participation

—Robert H. Helmick
President

United States Olympic Committee

A challenge we face as the leader of amateur sport in the United States is to increase opportunities for all people to participate in sports and also to share the Olympic experience and ideal.

With greater participation, not only are we providing the benefits of competitive sports to more individuals in this nation, we are also producing a greater pool of talent from which to select our teams and a greater grass roots support for our programs, financially and otherwise.

One way the U.S. Olympic Committee is broadening opportunities to participate is through the support of State Games: Olympic-style competition and festivals now being held or planned in nearly twenty-five states. Styled after the U.S. Olympic Festivals, these competitions bring together thousands of local athletes in a variety of sports and events. For most of the participants it is the first opportunity to experience an Olympic-style competition with an opening and closing ceremony and a chance to mingle with athletes from different sports in a spirit of Olympic competition.

These state festivals provide for participation not only by Olympic hopefuls, but by almost anyone who has the desire to share in the Olympic experience. Categories of competition have been established for juniors as well as for those in seniors' and masters' rank who wish to continue competition. Categories for handicapped individuals are urged to be included. The common bond throughout is participation, bringing together people from all walks of life in a spirit of friendship and competition.

Recognized and encouraged by the USOC, State Games most often are organized and run under the jurisdiction of a non-profit fitness and sports council or commission frequently initiated by the office of the governor. Funding comes from both the public and private sectors. The State Games also are supported by The President's Council of Physical Fitness Sports and the USOC has established criteria by which it will recognize a State Game.

The concept of State Games was begun in New York in 1978, the same year the first sports festival of the USOC was held in Colorado Springs. Last summer more than 80,000 athletes competed in six regions to select 6,000 finalists for the summer and winter Olympic sports and the competition is held annually.

In 1980 Florida started the Sunshine State Games and in its sixth year had 13,000 participants. Pennsylvania, in 1982, became the third state to start statewide Olympic-type sports festivals and in 1985 had 10,000 people competing.

The State Games provide an "Olympic style" atmosphere for amateur athletes to display their varied talents in addition to serving as a first step in competition for the more gifted and talented athletes on the long, demanding road to the Olympic Games. In the spirit of Olympism, the State Games also provide an opportunity for the amateur athlete who may not have the ability to go further a chance to participate in an event with a future Olympic great. Many of our 1984 Olympic team and a number of our medal winners began successful athletic careers in State Games.

By providing an opportunity for grass roots level community involvement, millions of people will be able to personally share in the Olympic experience not just as competitors, but as volunteer participants, coaches, managers, officials, and of course, spectators.

The State Games are a concept that will bring the spirit, excitement and tradition of the Olympic Games to every corner of our nation every year, not just once every four years.

This article is reprinted from The Olympian Magazine

OFFICIAL

Notes

CLUBS MERGE

The Sangamon Valley FSC and the Old Capitol FSC (both in Illinois) have merged and will now be called the Springfield FSC. This action has been approved by Barbara Holland, USFSA Membership Committee.

JUDGES' APPOINTMENTS

LOW FIGURE TEST

Scott Kurttila, Seattle SC
Barbara Carr, Eastland Mall FSC
Edward Dom, Jr., Cleveland SC
Patrick Brault, Los Angeles FSC
Norah Kirby, Mesa Verde FSC
Suzanne Carter, Creve Coeur FSC
Cheryl Wyskup, Glenwood FSC

INTERMEDIATE FIGURE TEST

Kristin Hill, Utah, FSC

HIGH FIGURE TEST

Esterica McGill, SC of Amherst
Colette Bourquin, Rye FSC
Laurie Klosk-Gazzale, SC of Rockland

BRONZE DANCE TEST

Tom Martens, Silver Blades of Kansas City FSC
Betty Galligan, Ice & Blades of Washington
Michael Stephenson, Great Falls FSC

SILVER DANCE TEST

Molly Marron, Broadmoor SC
Janice Merrill-Rossi, SC of Wilmington
Charles Bauer, Lakewood Winter Club

NOVICE FIGURE COMPETITION

Colette Bourquin, Rye FSC

JUNIOR FIGURE COMPETITION

Norman Barker, Conejo Valley FSC
Bridgette Flaherty, Arctic Blades FSC
Robert Bell, Individual Member

NOVICE DANCE COMPETITION

Dr. Sharon Rogers, Philadelphia SC & HS

MOST ACTIVE TEST JUDGES — CALENDAR YEAR 1985

More Than 300 Figure, Free Skating, and Pairs Tests

JUDGE	NO. OF TESTS	HOME CLUB	JUDGING STATUS
Mrs. Lynne Rae Robertson	409	Detroit SC	Intermediate
Wilhelm A.C. Appelfoht	364	Hayden Rec. Centre FSC	National
Leroy Lindgren	348	North Shore SC	High
Mrs. Glenn Lindgren	332	North Shore SC	High
Mrs. Earl Solon	305	Skokie Valley SC	High

More Than 400 Dance Tests

Edwin Godwin	597	Sun Valley FSC	Gold
Mrs. Lynne Rae Robertson	589	Detroit SC	Bronze
E. Richie Van Vliet	410	Genesee SC	Silver
Janet Crow	409	Essex SC of New Jersey	Gold

Most Active Judge of the Year

Mrs. Lynne Rae Robertson, Detroit SC, judged a total of 998 tests in 1985!

In these days of active sports and physical fitness, it may seem unnecessary to pour more fuel on the fire. Who needs it? Well, for one thing, ice skaters, and for a series of peculiar reasons, the first and foremost being the element in which they move. Where some lucky skaters perform in rinks warmed to Florida temperatures and so cope with nothing more serious than losses of balance and cantankerous coffee machines, others must suffer the consequences of a clammy cold that threatens to reduce them to the appearance of arctic explorers.

Super-active skaters can fight Jack Frost, provided they keep moving. Beginner or slow skaters are caught in a bind: stuck to gliding slowly, bereft of the ability to push hard. They are threatened with becoming snowmen (snowwomen?) and often without knowing it until too late. Even patch skaters, regardless of their ability can be caught in this same trap. During that slow methodical trip through the figure-eight dream world, they may often find themselves curiously inept after about thirty minutes.

Oddly, the skater's most important tool, the ice skate, does the most harm. Boot pressure, particularly on the toes, inhibits circulation. Once the toes start going there's little hope. As the toes go, so go the fingers. Unless caught in time, the body itself is eventually reduced to a state of shivers, and nothing in life matters anymore except an electric blanket, a fireplace, or a warm embrace (not necessarily in that order.)

Discomfort alone is not the real issue, nor is physical health. What is at stake is the sheer loss of muscular control, which is unfortunate in a sport so dependent on subtle foot pressures, and so outright dangerous where super-athletic movements are involved. Yet neither discomfort nor loss of muscle tone is necessary when we have a fantastic tool inside us to forestall the problems.

I call it a "heat-pump" because it reminds me of a central heating system in a house. Add one more letter and you have "hea-r-t pump"—the greatest little engine ever made, your own heating generator! This one is turned on by simple physical action. Prolong the effort and the body is flooded with heat that lasts and lasts. Dr. Ethan Nadel says, "Metabolism's cellular furnaces generate enough heat to raise the body temperature



a full degree in only five minutes. When we run (for instance), the furnaces roar with infinite metabolic fires . . ."

Along with that, the body has an automatic thermostat to monitor both skin and internal temperatures, largely the latter. As soon as it senses the body temperature rising inside, signals are sent to the hypothalamus (regulator of water balances, sleep, body temperatures, etc.) deep within the brain. On orders from the hypothalamus, the blood vessels in the skin enlarge in order to dissipate heat. Correct clothing then holds in the heat, like good insulation in a house. On the other hand, if internal temperatures *drop* the hypothalamus orders *less* blood sent to the skin—and the shivers start.

However, our heat pump is not through yet. It does something else special on those cold early mornings. Your muscles are stiff and cold, right? So the heart gets to pumping, the blood gets to flowing, and within seconds that all-important element known as oxygen is carried by the blood stream to the muscles. For top use, the muscles need more oxygen than usual.

But where does it come in the first place? It comes from the lungs where it passes through the cellular walls into the bloodstream. As we exercise, the blood vessels in the lungs dilate, expanding the area through which oxygen passes into the bloodstream, thus sending more oxygen to the muscles.

Next, we examine the muscles and find a fluid leaving the bloodstream, then seeping like a vast tide into the spaces between the muscle walls, virtually oiling the muscles.

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1987 WORLD FIGURE SKATING CHAMPIONSHIPS



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ICE CLASSICS 1986

by Mary Little

The concept of "Ice Classics" began in the mind of Jane Logan to serve a two-fold goal: (1) to make the community at large more aware of figure skating in general and the high quality of skating in central California, and (2) to present a memorable evening of entertainment along with a fund raiser for the Oakland Symphony. When the planning began, it was not known that two World and U.S. Champions—Brian Boitano and Debi Thomas—would represent this area.

George T. Yonekura, as President of the USFSA, helped to develop the plans for the performance. Don Laws agreed to act as Director for the event which would bring together the Oakland Symphony Orchestra and top names in skating for a grand evening to include a formal dinner, a full symphonic ice show, and a society jazz cast party.

When the final evening arrived, April 26, there was not an empty seat in the entire coliseum. The dinner party had been highly successful. Symphony lovers and skating enthusiasts mingled from boxes to gallery. The modulated buzz of fans created an excitement only heightened by tuxedos, silk, sequins, and furs on those who would see and be seen. The glamour was not all backstage that night.

The spotlights were ready, the 86 members of the orchestra warmed up, as did the skaters, and after delaying because of the logistics of seating 13,000 people, conductor, Richard Buckley, bounded onto his podium. After the playing of the national anthem, Peggy Fleming appeared, resplendent in a dazzling white evening gown, and sketched a history of the orchestra, and then introduced the skaters. From then on, it was a non-stop display of brilliant skating and live music accompaniment.

The evening of fluid, innovative quality was heightened by special lighting effects accenting the theme of each performance. Music masters such as Strauss, Copeland, and Stravinsky plus contemporaries Vangelis, Anka, and Bernstein were among the bill of fare. The ballet "Graduation Ball," the Olym-



TONY PLEWIK

pic opening, and the final American flag salute, were all beautifully choreographed by Wanda Guntert and Karen Kresge. Precision and line numbers were graceful, not stiff, as performed by a chorus of Bay Area skaters who devoted months of Sunday mornings to this endeavor. The task presented to Sandy Erle and Roy H. Cofer of the St. Moritz Ice Skating Club was artfully handled.

Highlights of the evening included Peggy Fleming's inimitable skating grace, Charles Tickner's charismatic "My Way" grin, Jill Watson and Peter Oppegard's exciting rendition of "The Firebird," Renee Roca and Donald Adair's classic pas de deux which covered the ice in three-quarter time, and the newly crowned World Champions Debi Thomas and Brian Boitano, each with a unique gift to the musical world on ice.

"Die Fledermaus" was exciting in itself but richly complimented by Kathryn Adams. The personable talents of Daniel Doran and Yvonne Gomez skated as complimentary blue-and-white jewels in motion. Rudy Galindo and Kristi Yamaguchi garnered a permanent spot in the hearts of the audience, as drummer and school girl they performed a delicate but strong pas de deux from "The Graduation Ball."

Continued on page 38

Celebration... America on Ice!

Tai Babilonia &
Randy Gardner
Judy Blumberg &
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Richard Button
Caitlin Carruthers &
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Charles Tickner
Gillian Wachsmen &
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presents spectators with an exciting overview of figure skating's great history in the United States of America, featuring the largest gathering of Senior United States National Figure Skating Champions ever assembled.

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honors the twenty-fifth anniversary of the United States Figure Skating Association's Memorial Fund, established to commemorate the 1961 U.S. World Team who perished en route to the World Championships. Proceeds from this star-studded event will benefit the Memorial Fund, which financially assists our country's future competitive figure skaters.

Celebration... America on Ice!

will be held in Indianapolis, Indiana, on Monday evening, September 29, 1986.

The official airline for CELEBRATION . . . AMERICA ON ICE! is Trans World Airlines. For reservations and information on special rates available for this event, contact Travel Services, Inc. at 1-800-351-0130. Please indicate your inquiry is in regard to "Celebration". The official hotel in Indianapolis for CELEBRATION . . . AMERICA ON ICE! is The Embassy Suites Downtown. Call Jill Anderson (317-846-6296) or Sue Thomsen (317-844-7313) for reservations/information regarding our special rates.

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SPORTS



MEDICINE

B R I E F

These monthly columns are 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.

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

PHYSICAL FITNESS IN FIFTEEN MINUTES PER DAY (or, How to Complete Six Sequences of the Kilian without Needing Cardiopulmonary Resuscitation)

by F. Todd Gardner, M.D., FACS

How does one establish an effective personal exercise program? That is a common question I am asked by my patients, adult skating friends, and medical colleagues who know of my interest in physical conditioning through skating, cycling, and weight training. There is a simple approach to physical fitness which centers on monitoring one's pulse rate and adjusting the intensity of the exercise to maintain a predetermined "target heart rate."

This method is effective for any type of exercise. I personally have applied it primarily to skating laps for on-ice conditioning and bicycling/exercycling for off-ice conditioning. When exercise intensity is limited to match the natural physiological response of one's heart rate, breathless side pains and sore muscles can be avoided which generally tend to limit enthusiasm for further exercise. Although this concept is primarily for adults, the basic principle may be applied to any age group. (It is significant that the Olympic Bicycling team was able to reach peak conditioning more quickly by starting each training day with thirty minutes on exercycles.)

What is a reasonable heart rate and how can it be calculated for different people. Cardiologists have determined that the most efficient means of reconditioning an out-of-condition heart is to exercise it at 80 percent of its theoretical maximal rate. *This rate varies with age.* Newborns and children are capable of the highest heart rates and the rest of us are capable of lower rates.

There are several means for calculating target heart rates. I prefer the simplicity of the following equation:

$$(220 - \text{your age}) \times .80 = \text{Target Heart Rate.}$$

For example, a 40-year-old former competitor would subtract 40 from 220 for a maximum predicted heart rate of 180 beats per minute. Eighty percent of 180 is 144, which is his exercise target heart rate. The highest it should be allowed to go before decreasing the intensity of the exercise is 85 percent of maximum, or, in this example, $180 \times .85$, which equals 153 beats per minute.

The next step is exceedingly difficult for those basically competitive in nature. Whether skating laps, cycling, running, swim-

ming, or whatever, do *not* be concerned with speed or distance covered, ("Wow, I did thirty-two laps in ten minutes." This sounds good in the locker room but is meaningless.). Two laps in thirty minutes while maintaining one's target heart rate is *much better* than fifty laps in thirty minutes, if the exerciser's heart rate never exceeds 60 percent of predicted maximum.

The next question is: How much exercise intensity do I need to attain my target heart rate? At this point we must consider the three parts of the training session: warm-up, aerobic conditioning, and cool-down. Whether skating laps, exercycling, running, or whatever exercise, start at a slow pace, and in the case of exercycling at low enough resistance, to increase the pulse only slightly. The resistance and/or pace should be gradually increased, so that at the end of five minutes the target heart rate has been attained. The pulse rate should be counted every minute or two until the target rate is attained. Since there is a considerable drop in the pulse rate during the first minute after exercise is stopped, it is best to count for fifteen seconds and multiply by four.

When skating laps or riding my stationary exercycle, I use a pulse counter which attaches to my earlobe. This gives me an accurate, continuous digital display of my pulse rate, which I can then alter appropriately by changing my pace while skating laps or the degree of resistance on the exercycle. In spite of trying several types and brands, I haven't yet found a pulse counter which will remain accurate while running or bicycling on the road. (I will admit, however, I have not gone to the expense of trying the pulse counters which strap to the chest and respond to the electrical activity of the heart.)

Now that we have warmed up slowly and attained our target heart rate, how long should we maintain it? The minimum time needed to obtain significant physiological benefit is ten minutes at the target heart rate. This would then be followed by two to three minutes minimal resistance or slow pace, to cool down. The total workout would then last seventeen to twenty minutes and should be repeated at least four times per week. As noted above, this represents the minimum training need for minimum, but nevertheless noticeable, improvement in one's physical

conditioning. Optimum results would be achieved by a daily workout which maintains the target heart rate for thirty minutes. Most will end up with an exercise schedule somewhere between those two extremes.

Generally, somewhere between ten minutes and thirty minutes time, the pulse rate will begin to increase even though the pace and/or resistance has not been increased. This is the end of one's basic conditioning. At this point, the pace should be slowed, the resistance decreased so that the predetermined target heart rate is not exceeded. As conditioning improves, a faster pace and/or higher resistance will be needed to maintain the target heart rate. It will also take longer before the workload has to be reduced in order to prevent "over-revving" the heart. Depending upon an individual's beginning state of conditioning, or lack thereof, the goal of attaining the target heart rate and maintaining it for thirty minutes without a reduction in pace/resistance will be achieved in several weeks to several months. A skater can then do three full laps of the Kilian and still carry on a conversation with his/her partner (provided both are still standing and on speaking terms after six consecutive Kilian Choctaws!)

There are a few things to remember when exercycling: Be certain the seat is set high enough that the knee is almost, but not quite, fully extended when the pedal is in its lowest position. If the seat is lower than this, too much internal stress is applied to the overflexed knee and can result in premature osteoarthritis. The easiest way to make this adjustment is to have the knee straight with the heel on the pedal while in the full down position. This will leave a slight bend in the knee while pedaling with the ball of the foot.

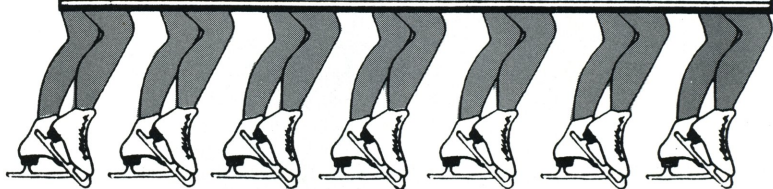
The best approach to exercycling is to first establish a constant pedal rpm, or cadence. If one intends to switch from the exercycle to bicycling during the warm months, than a cadence of 70 to 90 rpm is preferable. The individual then controls the heart rate by altering the resistance on the wheel while maintaining a constant pedal cadence.

In summary, anyone can attain and maintain adequate aerobic condition with three or four workouts, lasting seventeen to thirty minutes each, per week. There is no need to be concerned with "how fast," "how far," or

Continued on page 19

Sundae's Review

by T. Sundae Bafo



MAINTAINING TEAM MORALE

Many people have expressed an interest in team contracts. This contract is given to the skaters and their parents to be read and signed. It acquaints the members with all of the rules and regulations of the team.

Skating on a precision team demands commitments and sacrifice. Skaters may have to give up some social activities, school functions, etc. to practice. Full attendance is essential if a practice is to be productive. Skaters *must* accept responsibility if they are to be a valuable member of the group.

The following is an example of a team contract. It is mailed to the skater in the beginning of the season and is to be returned within two weeks to the coach, or team manager, signed by the skater and parent.

To Skaters and Parents:

Welcome to (Name of Team). We are looking forward to a busy and exciting year. As a member, you are responsible for attending all practices. Three excused absences are permitted throughout the year. The coach, team captain, and/or manager must be notified if you will not be present. Attendance will be taken each week by team manager or captain. A \$1.00 fine will be imposed for any additional absences. If absences exceed seven, an alternate will be substituted in your place for the next competition.

You are responsible for your behavior on and off the ice. Sportsmanlike conduct is a must. Courtesy is always expected. You represent (Name of Club) and (Name of Team).

Your actions and attitude will be a reflection on the club and team. Failure to comply with conduct code will result in suspension or dismissal from the team).

All team members shall support fund raising activities. Working together is the only way we will achieve our goal. If you have any questions regarding this contract, please contact your team managers!

I have read the team contract. I understand my duties and responsibilities. As a member of (Name of Team).

Signature of skater _____

Age _____

Signature of parent _____

A conduct code is passed out to skaters with the competition schedule.

A special note to coaches and managers: Team contracts do not eliminate all problems, but it insures that all members and parents understand the team rules.

T. Sundae Bafo is 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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MANAGEMENT

SHOULD YOUR CLUB MERGE?

by Homer Hagedorn

As rinks close and skating costs increase, merging is one way for figure skating clubs to survive. In fact, many currently successful clubs, such as the Peninsula Figure Skating Club, are the results of mergers. Should you be thinking about merger?

One basic consideration usually does not need any additional analysis. If yours is a small club operating in a privately owned rink, doubling or tripling club size will make a significant difference to rink management valuable to the club. A fifty member USFSA club on the average provides a rink with only about five to ten percent of its total revenue. Figure skating club revenue is about the smallest item in the rink's list of income sources from ice surface rental or utilization. You can expect to be given higher priority treatment if your club doubles or triples its ice time requirements, because a merger has doubled or tripled its membership.

There are three conditions to be met, to determine if a merger is definitely worth investigating. Are there clubs nearby? Is a larger club going to help your members meet their survival related goals better? Is there a body of members and leaders in your club ready to work towards merger? If the answer to all three of these questions is "yes," you may be almost ready to begin conversations with neighbors. If "no" is the answer to any of these three questions, then the issue is whether things can or may change.

Obviously, your club is unlikely to start up new clubs just to merge with later; the effort required to do so probably means that no one club is likely to try to change the answer to the first question from "no" to "yes." But, answers to the other two questions can change with time, and will change if the right kind of effort is put into changing them. In

a later article, we will discuss what to do to develop merger discussions. In this article, however, we are concerned with how to answer the three merger questions.

Let's consider the first question. In large metropolitan areas, any or all neighboring clubs may be merger candidates. It is worth considering them all, even though previous relationships between some of them may not be all warm and fuzzy. Thinking about the strengths that each could bring to a merger will help to clarify everybody's purpose. Furthermore, it makes for better politics to consider all possibilities from the time you begin. The more options you consider, the better.

Think also about the advantages as well as the disadvantages of letting all the clubs in the area know that you are considering merger, before getting locked into serious discussion with just one club. It takes two to tango, and the dancing is better when both partners really want to be on the floor. But the other clubs cannot know you are interested unless you tell them.

The second question—about survival goals—is a tough one to answer. If a club has been active for a number of years, it undoubtedly has developed a character of its own. Whatever its traditions may be, some members will believe more strongly in some parts of the tradition than in club survival. That is what we mean by a survival goal. For example, take the member who says, "I don't want to have any part of a club unless it gives number one priority to ice dancing." If enough members agree, then one survival goal of that club is to provide a setting for ice dancing. Close judgement is needed to decide if a club has too many survival goals, or too few. The question is a tough one to answer when the judgement calls are too close. Two or three strong, clear survival goals probably indicate optimum conditions for a

Continued on page 23

W A N T E D

time

**Could
This
Be
You?**



★
★ ★

Sports Medicine Brief

Continued from page 14

"how much resistance?" Simply calculate your target heart rate $(220 \text{ minus your age}) \times .80$, and adjust your pace (skating, jogging, bicycling) or the pedal resistance (exercycling) to maintain the predetermined target rate.

Begin slowly, so as to include a short (three to five minutes) cool-down period. Adequate weight control, a subject for another time, should be included in the training plan. If you have been sedentary for a significant period of time and/or have been ill, a medical examination should be obtained before undertaking significant exercise. By using the age-adjusted target heart rate, anyone who is otherwise physically capable, can use this simple approach to physical conditioning.

Dr. F. Todd Gardner is a practicing physician in Louisville, Kentucky, who specializes in general surgery and gastrointestinal endoscopy. A former Midwestern champion, he remains an active ice dancer. In addition to his current appointment to the Sports Medicine Committee of the USFSA, he has also served on the Dance Committee while translating the ISU Bestimmungen into English. He has been President, Vice President, and Treasurer of the Louisville Figure Skating Club.

Ricky Harris

Continued from page 5

bones thin out very quickly with lack of suitable movement.

It is important to remember that experience, body knowledge and sense of self come only with age, while actual physical equipment is limited by time. Skaters sometimes hit their physical prime before their personality and skill have matured, but good training can extend physical powers so they continue to serve while the other sides of skating are developing.



1986 CHINA FIGURE SKATING CHAMPIONSHIPS

by Wang Shu-bin

The 1986 People's Republic of China Figure Skating Championships were held at Harbin City, Province of Heilungjiang on May 27 to 31.

Last year's champion, Shu-bin Zhang from Hielungjiang successfully defended his title. Leading in all events, in the long program he successfully completed four triple jumps, a Lutz, Salchow, toe loop, loop, and a triple toe loop/triple toe loop combination.

Chai-shu Fu, also from Heilungjiang, lead the Ladies' singles from figures through freestyle in which she included a triple Salchow and a triple Salchow/triple loop combination to win the title.

Thirteen-year-old Mei Zhi-bin and sixteen-year-old Li Wei from Harbin became the new Pairs champions. In Ice Dancing, Liu Lu-yang and Zhao Xias-lei from Harbin were the 1986 PRC champions.

RESULTS

MEN

	CF	SP	FS	PLACES
1.	1	1	1 Shu-bin Zhang	2.0
2.	3	2	2 Zhao-xiao Xu	4.6
3.	2	3	3 Chang-yu Luo	5.4

LADIES

	CF	SP	FS	PLACES
1.	1	1	1 Chai-shu Fu	2.0
2.	2	4	2 Yi-bing Jiang	4.8
3.	4	3	3 Li Cao	6.6

PAIRS

		SP	FS	PLACES
1.	1	1	1 Mei Zhi-bin & Li Wei	1.4
2.	2	2	2 Chen Li-ling & Qiu Wen-jun	2.8
3.	3	3	3 Xiao Yu-hang & Zhang Zhi-qiang	4.2

DANCE

	CD	OSP	FD	PLACES
1.	1	1	1 Liu Lu-yang & Zhao Xiao-lei	2.0
2.	2	2	2 Han Bing & Yang Hui	4.0
3.	3	3	3 Liu Di & Fu Ye	6.0



HOWEY CAUFMAN

Campbell Kids

on and off the ice

Performing intricate dance steps, exciting spins, and jumps, the Campbell Kids have skated to ice dancing fame, proving that at the age of eighty-two they have yet to reach their peak.

The Campbell Kids, a universal identity for Campbell's Soups, started out as simple childhood doodles and went on to portray characters from almost every walk of life before they ventured on to the ice. The Kids were "born" in 1904 when Grace Drayton added some sket-

ches to her husband's advertising layout for Campbell's streetcar advertising cards. She had been doing this type of drawing since childhood when she discovered that her "self-portraits" delighted her playmates. Mrs. Dayton continued to draw the chubby tots throughout the years, consulting the mirror from time to time.

When Campbell's advertising agency recommended that some "character" be added to the streetcar posters, Grace's

cherubic kids were made public. By 1905, the Campbell Kids were starring in streetcar, magazine, and newspaper advertisements nationwide. From 1905 through 1912, the Campbell Kids popularity grew and were in the consumer spotlight. People sent Campbell Kid postcards and kept score on Campbell Kid bridge tallies. The Kids smiled out from grocery store windows, and Campbell's mailing envelopes proclaimed, "From the home of the Campbell Kids." All newspaper and car card advertising was dropped in 1917 when the United States went to war and the Kids were used to promote better nutrition on the home front in magazine ads.

For the next twenty years, the Kids were in and out of advertising but in the 50's they became media stars again, appearing in commercials for the Campbell-sponsored *Lassie* television show. During that time, Campbell undertook a revision to update and standardize the Kids' artwork with "correct" eyelashes, eye position, noses, necks, and kneecaps.

In 1983, the Kids slimmed down and started practicing sports to show support for the athletes competing in the 1984 Winter Olympics at Sarajevo, Yugoslavia, where Campbell's was the "official soup." The Kids were depicted skiing, bobsledding, speed and figure skating, and playing ice hockey on the labels of five Campbell's Soup varieties. After Campbell's became the first national sponsor of the U.S. Figure Skating Team, the Kids celebrated by taking to the ice at a debut performance at 1983 Skate America in Rochester, New York.

Filling the skates of the Campbell Kids is a well-known and admired duo—the most honored American ice dance team in history—Jim and Judy

Sladky. Five-time U.S. Ice Dancing Champions, the Sladkys also made their mark as 1969, 1971, and 1972 World Bronze Medalists and 1970 World Silver Medalists. The Sladkys also set a special place for themselves in ice dancing history in 1968 when they demonstrated their sport to an Olympic panel formed to consider including ice dancing in the Olympics. When the speciality was sanctioned as an Olympic sport, the Sladkys were invited to choreograph a compulsory dance for the competition. Their creation, "The Yankee Polka," is the only compulsory dance ever choreographed by a U.S. team and became an authorized pattern in 1971.

The Sladkys are also well-known for their colorful careers as professional skaters. They have skated with "Ice Follies," "Holiday on Ice," "Disney's World on Ice," and Charles Schulz's "Snoopy on Ice." As the Campbell Kids, Jim and Judy appear at major skating





events each year, including Superskates and the U.S. Figure Skating Championships' "Exhibition of Champions." At the '86 Nationals in Uniondale, New York, the Kids performed a new routine created to celebrate Campbell's renewal of its U.S. Figure Skating Team sponsorship through 1988.

The original Kid routine, created to portray two children just learning to skate, used expressions, tricks, and struggling movements that beginners would use. The new routine, however, is more sophisticated and shows how the skating Kids have improved. Opening with a large segment from the "Yankee Polka," the routine features an effortless sliding split, knee drape and a lift from a spiral followed by a single turn-around. The Kids also execute a throw Axel, individual shoot-the-ducks in unison, and a death spiral with a twist.

An impressive act: but why would anyone want to perform this routine wearing hot, oversized clothing, shoulder pads, and an eight-pound head? Part of

the reason, the Sladkys agree, is that it gives them the opportunity to acknowledge Campbell's support of the U.S. Figure Skating Team. "When we were competing, the sport had no corporate sponsorship, and that made it very difficult for many skaters," says Jim. "We know first-hand how important corporate involvement is, especially during non-Olympic years when skaters really need support to finance training."

"Besides that," Judy continues, "skating as the Kids is fun and challenging, and it allows the Sladkys to do what they love most. A few years ago, we thought it would be interesting to pursue individual careers," Judy recalls, "but we found it was too hard to go from working while holding hands for most of our lives to being apart."

Now that the Kids have firmly established their fame on the ice, skaters and skating fans can look forward to many more dazzling performances by Campbell's modern-age mascots.



Club Management

Continued from page 17

merger. If two or three survival goals are present, there are clearly a number of people who want their interests protected; but their aspirations are not so varied, numerous, or conflicting as to become immobilizing. The best mergers seem to combine clubs with somewhat different patterns of survival goals but with enough overlapping interests that the major survival goals of all the clubs involved can be reached more easily after merger than before.

Now, the third question: Is there a large enough body of members and leaders in your club ready to work towards merger? This question actually isn't so tough. If you get favorable responses from the majority of those you talk to, and you talk to ten to fifteen percent of the members, that's enough to start with, especially if it includes several of the permanent leaders of the club—people who have been officers, are officers, or will soon be officers, and who are usually among those consulted about major issues. To succeed, you have to have enough of a nucleus of interested people that you can stir up a lot of enthusiasm quickly, pass the word quickly when necessary, and be reasonably sure of being in touch with any major bodies of opinion in the club that are different from one another.

Once the preconditions have been met, you will need to argue your case, at least with the officers and the board, and maybe the membership more broadly. It is rarely wise for a rump group to initiate merger discussions with another club's representatives. All you need, after all, is official consent to go and find out if somebody else is interested and to develop possible terms of merger if anybody responds. If you cannot get authorization for an ad hoc committee to at least explore merger possibilities, obviously, you aren't ready yet.

However, once you have demonstrated that you have met the preconditions, and have the charter you need to talk with other clubs, then it is time to find out if anybody really wants to talk with you. Some advice on merger discussions will be covered next month.

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MEMORIAL



Each year the USFSA Memorial Fund salutes those who have made significant contributions during the period ending March 31, 1986. Contributors are named to the following lists of honor: *Gold Patrons*, for those donating \$25,000 or more since the Memorial Fund began in 1961; *Silver Patrons*, for those donating \$10,000-\$24,999; *Bronze Patrons*, for \$5,000-\$9,999; *Benefactors*, for \$2,500-\$4,999; *Sponsors*, for \$1,000-\$2,499; the *Century Club*, for those donating \$100 or more; the *Honor Roll of Clubs*, for those clubs donating the equivalent of \$1.00 per registered member; the *Bronze Honor Roll of Clubs*, for those clubs that have been on the Honor Roll of Clubs 2 to 9 times; and the *Silver Honor Roll of Clubs*, for those clubs that have been on the Honor Roll of Clubs 10 to 19 times. The figures in parentheses indicate the number of times a particular honor has been earned. As the swelling ranks indicate, more and more individuals and clubs are supporting the Memorial Fund in a significant way which, in turn, goes to further help all of skating. To each contributor the USFSA Memorial Fund extends a heartfelt "Thank You" and looks forward to another banner year for the Memorial Fund.

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 James E. Tonra (2)
 Harry Torbitt
 Tucson Conquistadors
 Ronald J. Ulrich
 Union City Body Co., Inc.
 United Electric Company
 Jack Vaughan (4)
 Ventura Holdings
 Vitale, Young & Johnson, Inc.
 Mr. & Mrs. Ralph Voorhees (2)
 Vulcan Materials Company
 Mr. & Mrs. Robert Warner, Jr. (5)
 Mr. & Mrs. Davis W. Wetmore (2)
 Mr. & Mrs. Benjamin T. Wright (12)
 Dr. Christopher Wyndham (2)
 T.L. Wynne, Jr. (3)
 Evelyn Curtis Young (4)
 Alan Zell

HONOR ROLL OF CLUBS 1985 — 1986

Binghamton Figure Skating Club
 Conejo Valley Figure Skating Club
 Skating Club of Darien

Continued on page 50

Calendar

OF EVENTS

AUGUST

- 2-3 **19th Annual Cohasset Open Freestyle Competition**, sponsored by the Silver Blades SC, at the Cohasset Winter Gardens, Cohasset, MA. Freestyle Competition. For information contact: Jeffrey LaPointe, President, 339 Hancock St., Quincy, MA 02171, 617-328-8080.
- 2-3 **Manitoba Summer Open Free Skating Competition**, at the River Heights Arena, Winnipeg, Manitoba, Canada. For information write: Manitoba Summer Open, Box 245, Station C, Winnipeg, Manitoba R3M 3S7, Canada.
- 2-3 **Ninth Annual Summer Competition**, sponsored by the SC of Western New York, at the Holiday Twin Rinks. Figures, Free Skating, Solo Dance, Shadow Dance, Compulsory Moves, and Music Interpretation events. For information contact: Mrs. Carl Day, S-5411 Old Lakeshore Rd., Lake View, NY 14085, 716-627-5501.
- 7-10 **The Jane Kirby Driano Memorial Skating Competition**, sponsored by the Puget Sound Inter-Club Association, at the Sprinker Recreation Center, Spanaway, WA. All events from Pre-Preliminary on up. Men, Ladies, Pairs, and Dance. For information contact: Linda Stacy, Chairman, 32711 193rd Ave. S.E., Kent, WA 98042, 206-631-5073.
- 8-10 **Miami Summer Skating Competition**, sponsored by the Oxford SC, the FSC of Cincinnati, and Miami University, to be held at the Lloyd Goggin Ice Arena, Miami University, Oxford, OH. For information contact: Robert Shearer or Vicki Merritt, 513-529-3343.
- 10-11 **23rd Annual Arctic Blades Invitational Championships**, sponsored by the Arctic Blades FSC, at the Paramount Ice-land, 8041 Jackson St., Paramount, CA. Compulsory Moves and Free Skating for Senior Men, Senior Ladies, Junior Men, Junior Ladies, Novice Men, Novice Ladies, Championships Pairs. Compulsory Dances for Championship Dance. For information contact: Mrs. Janet Lipscomb, Chairman, 213-863-9541 after 6:00 P.M. PDT.
- 14-17 **Howard E. Van Camp Memorial Invitational Competition**, hosted by the Lansing SC, to be held at the Lansing Ice and Gymnastics Centre, 1475 Lake Lansing Rd., Lansing, MI. Combined Figures and Freestyle, Juvenile-Novice; Figures, Freestyle and Short Program, Junior-Senior; Beginner-First Test: Freestyle, Compulsory Moves. Pairs, Dance, and Solo Dance events. For information contact: Don Thompson, 517-321-2591.
- 15-17 **15th Annual Midwest Open Competition**, sponsored by the FSC of Minneapolis, at the St. Louis Park Ice Arena. Figures, Freestyle, Dance, Showcase (drama & comedy), and Precision events. For information contact: Linnell Sathers, 2925 Everest Ln., Plymouth, MN 55447, 545-1615.
- 19-24 **1986 Colorado Figure Skating Championships**, sponsored by the Mile High FSA, to be held at the Colorado Ice Arena, 5555 West Evans, Denver, CO. Combined Figure and Freestyle events for Pre-Juvenile through Senior Singles. Compulsory Moves for Preliminary through Intermediate. Novice Short Program Event offered as a separate event. Preliminary and Adult Freestyle event. Team Events and Precision Teams. For information contact: Lea Miller, 4300 South Alton Pl., Englewood, CO 80111, 303-770-8193.
- 22-24 **August Ice Spectacular**, sponsored by the SC of Van Nuys, at the Van Nuys Iceland, 14318 Calvert St., Van Nuys, CA 91355. For information contact: Bobbi Heuer, 25675 Bellerive Dr., Valencia, CA 91355, 805-259-3266 or 9172, home; 805-253-7878, office.

Continued on page 39



1986 GOVERNING COUNCIL MEETING



REPORT OF ACTION
taken by the
USFSA GOVERNING COUNCIL
at its
ANNUAL MEETING
held in
SAN FRANCISCO, CA
May 9 & 10, 1986

The Notice and written reports of the Officers and Committee Chairmen presented to the 1986 Annual Meeting of the USFSA Governing Council are contained in the Report Book of the Meeting. The actions of the Governing Council with respect thereto are summarized below. Unless noted, the changes to the Official Rules as well as the changes to the Bylaws as set forth in Exhibits A, B, and C to the Notice of the Meeting will become effective October 1, 1986.

The Governing Council took the following actions:

1. Approved the Minutes Committee Report of the May 1985 Governing Council Meeting.
2. Elected the following Probationary Member Clubs to *Permanent Membership* in the United States Figure Skating Association: Alpena FSC, Alpena, MI; Berkley Royal Blades FSC, Berkley, MI; Central Florida FSA, Orlando, FL; Chittenden Central School District, Essex Junction, VT; Denali Ice Club, Soldotna, AK; Eden Prairie FSC, Eden Prairie, MN; Northern Lights FSC, East Grand Forks, MN; Palm Desert ISC, Palm Desert, CA; Valley FSC, Neenah, WI; Wenatchee FSC, Wenatchee, WA.
3. Elected the following Interim Probationary Member Clubs to *Probationary Membership* in the United States Figure Skating Association: Beaver County FSC, Beaver Falls, PA; Idaho Falls FSC, Idaho Falls, ID; Mason-Dixon FSC, Morgantown, WV; Mentor FSC, Mentor, OH; North Iowa FSC, Mason City, IA; Star of the North FSC, Grand Rapids, MN; Timberline FSC of Reading, Temple, PA; Triangle FSC, Winston-Salem, NC; University of Delaware FSC, Newark, DE.
4. Approved Bylaw changes as set forth in Exhibits A, B, and C to the Notice of the Meeting.
5. Adopted a Memorial Resolution in memory of Robert T. McLeod.
6. Adopted the proposed USFSA Operating Budget as adjusted for the fiscal year ending June 30, 1987.
7. Approved a resolution to engage Alexander Grant & Company as auditors for the 1986-87 fiscal year.
8. Approved an addition to CR 35.032 to allow a judge, referee, or accountant in a National Championship to skate as a competitor in the Adult Precision Team events.
9. Approved, in MR 4.04, retaining the words "the clubs concerned" so that copies of the Change of Home Club Form will continue to be sent to the former and new home club of the member.
10. Defeated a motion to delete PSR 6.02, allowing foreign skaters to comprise up to twenty-five percent of a team, from the Precision Skating Rules.
11. Approved an amendment to PSR 10.01 to state that there "shall" be three distinct music rhythms in the music selected.
12. Defeated a motion to delete PSR 12.011, a new rule prohibiting certain types of ornamentation on precision team skating costumes, from the Precision Skating Rules.
13. Approved an amendment to PSR 15.03 to require that seven (7) judges be used in both the Initial Rounds and Final Rounds of Sectional Precision Team Skating competitions.
14. Approved an amendment to PSR 15.04 to require that nine (9) judges be used in both the Initial Rounds and Final Rounds of the National Precision Team Skating Championships.
15. Adopted a Resolution of Congratulations honoring the 1986 World Junior Team, Team Leaders, and Team Doctor.
16. Adopted a Resolution of Congratulations honoring the 1986 World Team, Team Leaders, Team Doctor, and Team Physical Therapist.
17. Elected three members to the *Nominating Committee* for 1986-87: Roberta Parkinson, Eastern Section; Joyce Komperda, Midwestern Section; and Harland Burge, Pacific Coast Section.
18. Approved and ratified all actions taken by the Officers, Executive Committee,

Board of Directors and Committee Chairmen during the year 1985-86, including changes to the Official Rules as set forth and amended in Exhibit D to the Notice of the Annual Meeting.

19. Elected the following Officers and Members of the *Board of Directors* for the year 1986-87: President-Hugh C. Graham, Jr. M.D.; First Vice President-Mrs. Anne Gerli; Second Vice President-Mrs. Ida S. Tateoka; Third Vice President-Frederick Meyers; Secretary-Mrs. Carolyn Kruse; and Treasurer-John Holdsworth. Eastern Section-Mrs. Mary-Lucile Ager, Mrs. Patricia Hagedorn, Robert J. Horen, George B. Ludlow, Jr., and Ronald T. Pfenning. Midwestern Section-Mrs. Gay Barnes, Mrs. Jo Anne Bryan, Mrs. Bonnie McLauthlin, John Powers, and Mrs. Gale Tanger. Pacific Coast Section-Mrs. Joan Burns, Roy Cofer, Mrs. Janet McLeod, Robert Watson, and Steve Winkler, D.D.S. Athletes-Judy Blumberg, Mahlon Bradley, M.D., Scott Gregory, Scott Hamilton, Scott Kurtila, Lisa-Marie Allen-Lucie, Hal Marron, Jr., Renee Roca, and Kent Weigle. Coaches-Wanda Guntert, Mrs. Carol Heiss Jenkins, and Mrs. Peggy McDonald.
20. President Graham appointed the following *Permanent Committee Chairmen*: Athletes Advisory-Mahlon Bradley, M.D.; Competitions-Mrs. Josephine Lawless; Dance-John LeFevre; Finance-John Holdsworth; International-Mrs. Claire Ferguson; Judges-Mrs. Susan Johnson; Membership-Mrs. Marie Pearce; Sanctions-Morry Stillwell; Singles & Pairs-Mrs. Joan Gruber; Tests-Mrs. Paula Naughton; Precision Skating-Mrs. Ann Fauver; Hall of Fame and Museum-Benjamin T. Wright; Memorial Fund-F. Ritter Shumway; Program Development-Walter Lupke, Jr.; Rules-Mrs. Maribel Leiter; and Sports Medicine-Howard Silby, M.D.
21. President Graham appointed the following Special Committee Chairmen: Grants & Allocations-Frederick C. LeFevre; Music-Walter Lupke, Jr.;

Public Relations-Mrs. Pam Robinson; Skating Standards-Franklin S. Nelson, M.D.; TV & Commercial Sponsorship-William Brennan, Jr.; ISU Representative-Franklin S. Nelson, M.D.; and Olympic Representative-Charles U. Foster.

22. President Graham appointed Anne Gerli as Chairman of the Nominating Committee.
23. Elected George T. Yonekura an Honorary Life Member of the United States Figure Skating Association.

The following announcements were made to the Governing Council:

1. The election of persons to the World Figure Skating Hall of Fame for 1986 are: Courtney J.L. Jones, Esq., MBE of Great Britain and F. Ritter Shumway, United States.
2. The 1987 Governing Council Meeting will be held in Milwaukee, Wisconsin on May 8 and 9, 1987, hosted by the Wisconsin Figure Skating Club, assisted by the Greater Milwaukee Skating Club.
3. The 1988 Governing Council Meeting will be held in Bethesda, Maryland, on May 6 and 7, 1988, hosted by the Washington Figure Skating Club.
4. 1987 Qualifying Competitions will be held as follows: World Championships, Cincinnati, OH, Queen City FSC, March 9-14, 1987; U.S. Olympic Festival '86, Houston, TX; July 25-27, 1986; World Junior Championships, Kitchener, Ontario, Canadian FSA, December 2-8, 1986; Skate America International, Portland, ME, Kennebec SC, October 16-19, 1986; National Championships, Tacoma, WA; Lakewood Winter Club, February 1-8, 1987; Easterns, Alexandria, VA, Capital Regional Council of FSC's, December 8-13, 1986; New England's, Smithfield, RI, Smithfield FSC, October 27-November 1, 1986; North Atlantic's, Morristown, NJ, SC of Morris, November 10-15, 1986; South Atlantic's, Wilmington, DE, SC of Wilmington, November 3-8, 1986;

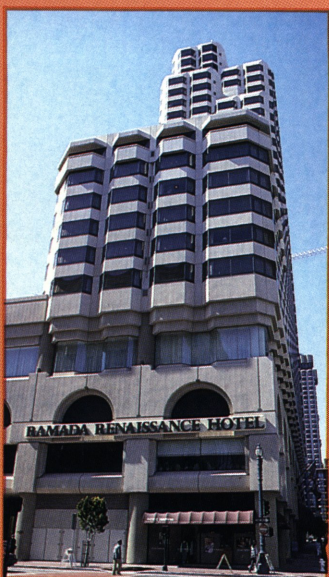
Midwesterns, Wilmette, IL, Skokie Valley FSC, December 3-6, 1986; Eastern Great Lakes, Trenton, MI, Academy FSC, November 2-8, 1986; Upper Great Lakes, Edina, MN, Braemar-City of Lakes FSC, November 2-8, 1986; Southwesterns, Denver, CO, Mile High FSA, October 26-November 1, 1986; Pacific Coast, Phoenix, AZ, SC of Phoenix and Arizona FSC, December 9-14, 1986; Northwest Pacific, Great Falls, MT, Great Falls FSC, November 5-8, 1986; Central Pacific, San Francisco Bay Area, Peninsula FSC, November 13-16, 1986; and Southwest Pacific, Paramount, CA, Arctic Blades FSC, November 6-9 & 20-23, 1986. Precision Team Skating Championships: Easterns, Rochester, NY, Genesee FSC, February 21-22, 1987; Midwesterns, Minneapolis, MN, FSC of Minneapolis, March 13-14, 1987; Pacific Coast, Salt Lake City, UT, Utah FSC, February 27-28, 1987; and Nationals, Tulsa, OK, Tulsa FSC, April 11-12, 1987.

5. A partial list of the skaters and officials selected to attend International Competitions in which the USFSA will participate, appears on pages 34-35.
6. The Selections Committee announced officials and judges for the following competitions: U.S. Olympic Festival, Houston, TX, July 25-27, 1986. Chief Referee: Franklin S. Nelson, M.D. Assistant Referee: Benjamin T. Wright. Chief Accountant: Albert Beard. Assistant Accountant: John Chrien. Scoreboard: Albert Beard. Music: Bill Wind. Judges Eastern: Elizabeth Casner, Dorothy Dodson, Ann Fauver, Doris Heinold, and Oscar T. Iobst, Jr. Judges Midwest: Lester Cramer, M.D., Barbara Holland, Frances Lupke, and Will Smith. Judges Pacific Coast: Barbara Davis, Ramona McIntyre, Eleanor Schultz, Helen Seale, and Betty Sonnhalter. National Championships, Tacoma, WA, February 1-8, 1987. Chief Referee: Howard Taylor. Assistant Referees: George T. Yonekura, Ronald Pfenning, Mickey Leiter, Walter Lupke, and Charles U. Foster.

Chief Accountant: Avonia Dondero. Assistant Accountants: Adrienne Schafler, Jo Anne Bryan, Janet Fry. Music: Bill Wind, Everett Yagud, and Chip Rauth. Technical Representative: Joseph Serafine. Judges East: Lucy Brennan, Edward Cossitt, James Disbrow, Dorothy Dodson, Ann Fauver, Ann Greenthal, Joan Gruber, Elinor Houk, Susan Johnson, George Ludlow, Grace Moore, and Paula Ziegler. Judges Midwest: Nancy Bizzano, Lester Cramer, M.D., Joy Cunningham, Roger Glenn, Barbara Holland, Monty Hoyt, Virginia LeFevre, Bonnie McLauthlin, J. Barlow Nelson, Shirley Sherman, Will Smith, and Gale Tanger. Judges Pacific Coast: Harland Burge, Joan Burns, Joyce Butchart, Eleanor Curtis, Thomas Easton, Margaret Freepartner, Joseph Glab, Josephine Lawless, Janet McLeod, William Munns, Jean Robinson, Patricia Smart, Guido Sordelli, and Marilyn Whelan. U.S. National Precision Team Skating Championships, Tulsa, OK, April 11-12, 1987. Chief Referee: Ronald Pfenning. Assistant Referee: Les Seale. Chief Accountant: Marilyn Goldstein. Judges East: William Beharrell, Judy Edmonds, Ann Fauver, Nancy Meyer, and Ardelle Sanderson. Judges Midwest: Joy Cunningham, Monty Hoyt, Gale Tanger, Bette Todd, and Al Viviani. Judges Pacific Coast: Doyle Doherty, Donald Mumper, Helen Seale, Betty Sonnhalter, and Marilyn Whelan. U.S. Olympic Festival, Raleigh-Durham, NC, July 1987. Chief Referee, Assistant Referee, Chief Accountant, Assistant Accountant, Scoreboard, and Music: To be announced. Judges East: James Disbrow, Anne Gerli, John LeFevre, Nancy Meyer, and Nancy Steffen. Judges Midwest: Margaret Faulkner, Joyce Komperda, Mickey Leiter, Shirley Sherman, and Matthew Zats. Judges Pacific Coast: Jack Curtis, Sherie Grimson, Margery Schleh, and Virginia Vale.

7. Announced the following for the 1986-87 competitive season: (A)

Continued on page 35



PAUL HARVATH

The Ramada Renaissance in San Francisco was the site for the 1986 Governing Council Meeting.



PAUL HARVATH

The President's gavel is passed from George T. Yonekura to Hugh C. Graham, Jr., M.D.



PAUL HARVATH

No visit to San Francisco would be complete without a ride on the famous trolley cars.



DALE MITCH

F. Ritter Shumway's induction into the World Figure Skating Hall of Fame was marked with the presentation of a plaque by Benjamin T. Wright.



DALE MITCH

World Champions Debi Thomas and Brian Boitano were honored guests at the Governing Council meeting.



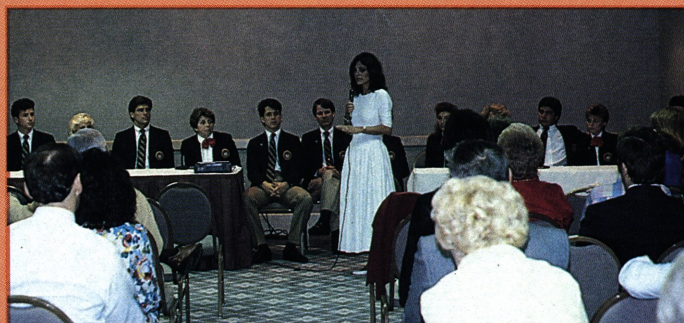
PAUL HARWATH

Nearby Chinatown drew many delegates for dinner and shopping.



DALE MITCH

Brian Boitano chats with delegates at the Luncheon of Champions.



DALE MITCH

Peggy Fleming joined the 1986 World Team at the press conference.



The lobby of the Ramada Renaissance was a popular gathering spot between meetings.

INTERNATIONAL COMPETITIONS

MAY 1986 – APRIL 1987

SUBJECT TO CHANGE

MEN

LADIES

PAIRS

DANCE

COUPE DES ALPES

GRAND PRIX INTERNATIONAL – St. Gervais, France, August 20-24, 1986
NEBELHORN TROPHY – Obertsdorf, Germany, August 26-30, 1986

JUDGES: Monty Hoyt, Patricia S. French, Margaret H. Freepartner

TEAM LEADER: Gay Barnes

COMPETITORS:

Mark Mitchell	Julie Wasserman	Ashley Stevenson & Scott Wendland	Karen Knieriem & Leif Erickson
Erik Larson	Holly Cook	Shanda Smith & Brandon Smith	Colette Huber & Ron Kravette

ST. IVEL ICE INTERNATIONAL – London, England, September 23-25, 1986

JUDGES: Roger A. Glenn and Nancy Meiss

TEAM LEADER: Roger A. Glenn

COMPETITORS:

Scott Williams	<i>To Be Announced</i>	Gillian Wachsmen & Todd Waggoner	Susan Wynne & Joseph Druar
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SKATE AMERICA INTERNATIONAL – Portland, Maine, October 13-19, 1986

JUDGES:

J. Barlow Nelson	Coco Gram Shean	Joseph L. Inman	Ronald T. Pfenning
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TEAM LEADER: Roberta Parkinson

COMPETITORS:

Brian Boitano	Debi Thomas	Katy Keeley & Joseph Mero	Renee Roca & Donald Adair
Daniel Doran	Tracey Damigella	<i>To Be Announced</i>	<i>To Be Announced</i>
<i>To Be Announced</i>	<i>To Be Announced</i>	<i>To Be Announced</i>	<i>To Be Announced</i>

SKATE CANADA – Regina, Saskatchewan, Canada, October 30-November 2, 1986

JUDGES:

Joan I. Burns	Susan Johnson	Mary Louise Wright	Sherie Grimson
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TEAM LEADER: Eleanor G. Schultz

COMPETITORS:

Christopher Bowman	Tiffany Chin	Maradith Feinberg & Craig Maurizi	Suzanne Semanick & Scott Gregory
<i>To Be Announced</i>	<i>To Be Announced</i>	<i>To Be Announced</i>	<i>To Be Announced</i>

DANUBIUS THERMAL TROPHY 1986 – Budapest, Hungary, October 30-November 2, 1986

JUDGES: Elaine DeMore and Paula M. Naughton

TEAM LEADER: Elaine DeMore

COMPETITORS:

<i>To Be Announced</i>	<i>To Be Announced</i>	Renee Roca & Donald Adair
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GOLDEN SPIN OF ZAGREB – Zagreb, Yugoslavia, November 11-16, 1986

JUDGES:

Raymond C. Alperth	Raymond C. Alperth	Thomas Easton
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TEAM LEADER: Thomas Easton

COMPETITORS:

<i>To Be Announced</i>	<i>To Be Announced</i>	<i>To Be Announced</i>
------------------------	------------------------	------------------------

NHK TROPHY – Tokyo, Japan, November 27-30, 1986

JUDGES:

John F. LeFevre

Gale Tanger

Gale Tanger

Margaret Faulkner

TEAM LEADER: Margaret Faulkner

COMPETITORS:

Angelo D'Agostino

To Be Announced

Jill Watson & Peter Oppegard

Suzanne Semanick &

Scott Gregory

To Be Announced

To Be Announced

Natalie Seybold & Wayne Seybold To Be Announced

WORLD JUNIOR CHAMPIONSHIPS – Kitchener, Ontario, Canada, December 2-8, 1986

JUDGES:

Lucy Brennan

Claire W. Ferguson

Margaret A. Wier

Eleanor Curtis

TEAM LEADER: George B. Ludlow, Jr.

COMPETITORS:

Todd Eldredge

Cindy Bortz

Kristi Yamaguchi & Rudy Galindo To Be Announced

To Be Announced

To Be Announced

PRIZE OF MOSCOW NEWS (Sr.) – Moscow, USSR, December 3-7, 1986

JUDGES: Raymond C. Alperth and Margery L. Schleh

TEAM LEADER: Raymond C. Alperth

COMPETITORS:

Paul Wylie

Jill Trenary

To Be Announced

To Be Announced

WORLD CHAMPIONSHIPS – Cincinnati, Ohio, March 9-14, 1986

JUDGES:

Janet G. Allen

Ida S. Tateoka

Joan H. Gruber

Jan Robinson

ALTERNATES:

Lucy Brennan

Lucy Brennan

Lucy Brennan

Eleanor Curtis

TEAM LEADER: Monty Hoyt

Report of Action

Continued from page 31

Singles Compulsory Figure Groups: Senior: Group 3–No's. 23, 40, and 39; and Group 4–No's. 22, 37, and 30; Junior: Group 3–No's. 23, 29, and 17; and Group 4–No's. 22, 35, and 30. Announced the *Junior and Senior Short Program* is Group 3. (B) Pairs: Announced the *Junior and Senior Pair Short Program* is Group C. (C) Dance: *Intermediate Variation Dance* is the European Waltz. Music selected is "The Merry Widow Waltz" (Roger Williams version). *Adult Variation Dance* is the Tango. Music selected is

the "La Cumparsita." *Compulsory Dances* for the *Initial Round of Adult Regional and Sectional Dance* events are the Ten Fox and the American Waltz. *Senior Compulsory Dances:* One waltz and two other rhythms from the following list: Westminster Waltz, Starlight Waltz, Yankee Polka, Rhumba, Blues, and Argentine Tango. *Junior Compulsory Dances:* One Waltz and two other rhythms from the following list: European Waltz, American Waltz, Foxtrot, Kilian, Blues, and Argentine Tango. *Junior and Senior OSP* is the Viennese Waltz, 3/4 time of 57-63 bars per minute. Two full or four half sequences are to be skated.

Visit the World Figure Skating Hall of Fame and Museum



GILLIS GRAFSTRÖM COLLECTION

Trace the history of skating from ancient to modern times. View treasured artifacts dating as far back as 1560 A.D. and the world's largest collection of skating art and memorabilia. Browse through the largest resource library of its kind, view film and videos of past and current champions, enjoy the extensive collection of skating clothing and costumes, pins, medals, photographs, posters, figurines, and much more, including the "Hall of Fame" honoring international figure skating personalities.

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Colorado Springs, CO 80906
(303) 635-5200

Summer Hours: Tuesday – Saturday 10:00 A.M. to 4:00 P.M.

Museum Donations

The World Figure Skating Hall of Fame and Museum gratefully acknowledges the following contributions which have been made to the permanent collection.

Hat with 111 Skating Pins.

—Frank Holcome

Stained Glass Skater - Sun Catcher.

—Kate Kronenberger

13 Paintings of 1980 Olympic Medalists.

—Mary E. Myer

Mother of Pearl Skate Charms and Skating Memorabilia.

—Mrs. Robert A. Horsky

2 - Black and White, 8" by 10" Mounted Photographs of Sonja Henie and Donna Atwood

—Mrs. Carol K. Dudgeon

Sona Henie Scrapbook and Programs. Skating Costumes and Skates.

—Thelma Olsen

Video Tape *Path to Perfection* of Torvill and Dean.

—Thorn EMI Video, Inc.

Skating Printed Material, ISU Communications, 250 - 45RPM Records, 6 - 35mm Films.

—Charles A. DeMore

Book *Torvill and Dean*.

—Fredrick LeFevre

USFSA and NSA of GB Rulebooks and Handbooks.

—Sidney Soanes

Blue Skating Dress.

—Lisa-Marie Allen

3 - Video Tapes of 1984 Olympics (Interviews and Opening Ceremonies).

—Janet Griffiths Allen

25 - Essex Skating Club Silver Anniversary Ice Show Programs.

—Essex Skating Club of New Jersey

Cuffs Links, Tie Bars, Medals, Stick Pins from Skating Competitions. Commemorative Coins, Stamps, Handbooks, Programs, Pro-

ocols, Books Pertaining to Figure Skating.

—Benjamin T. Wright

Colonial FSC Patch.

—Bill Beharrell

5 - 16mm Films (Figure Skating).

—Laurence Demmy

870 Record Albums.

—Prof. Richard Stevenson

Figure Skating Printed Material (Programs).

—Alis McCurdy

3 - Olympic Commemorative Medals.

—Vincent Beretta

1 - Pair Hudora Skate Blades ca. 1939.

—Barbara Oglivie

3 - Pairs of Skates ca. 1932.

—Orville A. Kenelly

Canadian Skater, Ice and Roller, and *Skating* magazines. Programs from Various Figure Skating Events.

—Mrs. Dorothy Burkholder

50th Anniversary Book KNSB.

—Herman J. van Laer

7 - Porcelain Figurines, *Skating* magazines, Bronze Piece, and Christmas Ornament.

—Gladys McFerron Elliott

16 - Video Tapes of Various Figure Skating Competitions.

—John and Ruth Pepitone

Reproduction of the Painting "Skating" by Hans Erni for the 1984 Olympic Winter Games.

—Jurg Wilhelm

7 - Trophies 1928-31, 6" Replica of the Henry Wainwright Howe Memorial Trophy.

—Pauline M. Madden

2 - Gold Pins (Engraved), 1 - Sterling Silver Calgary Pin, 1 - Gold Medal, 1 - Gold Bracelet with 3 Medals and 5 Test Bars and 1 - Silver Commemorative Medal for 1980 Olympic Winter Games.

—Mary Louise Wright

1 - Pair Woman's Figure Skates.

—Mrs. Carlisle B. Guy

1936 Olympic Book.

—Los Angeles FSC

Video Tapes: 11 - 1985 National Championships, 6 - 1985 Skate America, 10 - 1986 National Championships.

—Everett Yagud

1 - Sony Video Recorder, 40 - 1974-75 World Championships Video Tapes.

—John F. Palker

14 Past Issues of *Skating* magazine.

—Susan Sebo Scherer

Sonja Henie Memorabilia: Costume, Figure Skates, 3 - Evening Gowns, Wedding Album, Photographs, Newspaper Clipping and Scrap Books.

—Mrs. Dorothy Stevens

Collection of *Skating* magazines, Ladies Figure Skates, Antique Skates, Skating Dress, Fur Hat, and Miscellaneous Printed Material.

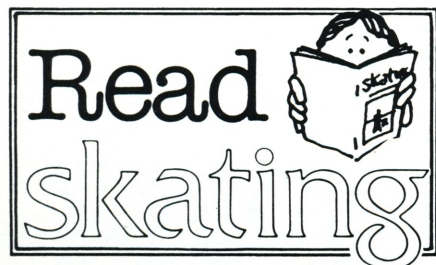
—Sally Rail

Ice Classics 1986

Continued from page 11

Comedy, mime, and character were part of the evening fare. Wanda Guntert was the perfect schoolmarm headmistress and Steve Nelson was her dashing Commandant. Later on, Thomas's wacky rendition of the beginner skating to a crashing classical overture was in itself a comedic work of art.

Two standing ovations of the evening were immediate reactions to excellence. The skill and superb artistry of Scott Hamilton's interpretation to a very "Simple Song" with "Amazing Grace" stopped the show. He wore no sequins, but the hands clasped in prayer were lit into the ice and the musical melodies both complimented his smooth and flawless skating. Of course, the second ovation was given to the entire cast for the finale. As flags waved, red, white, and blue balloons were released and the audience rose to salute an evening of elegant beauty and the successful fusion of music, athleticism, and art.



Memorial Fund Donors

Continued from page 5

Dr. & Mrs. E. Hendricks Funk, Jr.

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Mr. & Mrs. William L. Hires & Family

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Mr. & Mrs. Joseph H. Kirkpatrick

Aileen R. Lalor

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Mrs. William J. Williamson

Dolores Woodward

Kenneth Rockett

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Marion Uzupes

Donors:

Paul & Paige Harvey

Yarmouth Ice Club

80TH BIRTHDAY

F. Ritter Shumway

Donor: Candid Productions

GET WELL WISHES

Fred C. LeFevre

Donor: F. Ritter Shumway

Calendar of Events

Continued from page 27

- 27-29 **Sun Valley Summer Skating Championships**, sponsored by the Sun Valley FSC, at the Sun Valley Skating Center, Sun Valley, ID. Competition including Free-skating, Dance, Pairs, and Showcase events. (Practice Ice Days: August 25 & 26.) For information contact: Sun Valley FSC, 208-622-8020 or Sun Valley Skating Center, 208-622-3888.
- 29-31 **First Annual Silver State Open Championships**, sponsored by the Las Vegas FSC, at Iceland Skating Rink. Preliminary thru Novice level, Figures, Free Skating, Compulsory Moves, Showcase, Interpretive, and Pairs. Limited events for Pre-Preliminary and Junior/Senior levels. For information contact: Lola Ditmar, 702-645-5281.

SEPTEMBER

- 6-7 **Judges' School**, sponsored by the Twin City Figure Skating Association, at the St. Louis Park Community Center, Minneapolis, MN. Intermediate, High, and Gold Figures and Freestyle. For information contact: Pamie Klindworth, 612-941-0556, day; Nancy Bizzano, 612-473-1382.
- 13 **Birthday Party/Ice Dancing**, honoring the Evanston FSC's tenth year, to be held at the Robert Crown Center, 1701 Main Street, Evanston, IL. Noon til 5:00 P.M. For information contact: Mary Lou Klipo, Secretary, 312-725-4217.
- 18-21 **Rockford Open Competition**, sponsored by the FSC of Rockford, at the River-view Ice House, Rockford, IL. Figures, Freestyle, Pairs, Compulsory Freestyle, and Dance events. For information contact: Sandy Catanese, 4321 Lori Dr. #1, Rockford, IL 61111, 815-633-1217.
- 27-28 **Pasadena Open Championships**, sponsored by the Pasadena FSC, at the Pasadena Ice Skating Center, 300 E. Green St., Pasadena, CA. For information contact: Esme L. Peake, Chairman, 837 Magnolia St., Pasadena, CA 91106, 818-793-3916 or Susan Schulz, Registrar, 3162 N. Marengo Ave., Altadena, CA 91001, 818-797-5204.
- 27-28 **Fourth Annual Sun Coast Open**, sponsored by the Sun Coast FSC, at Clearwater, FL. For information contact: Marion R. Sudduth, 1204 Alameda Ave, Clearwater, FL 33519.

OCTOBER

- 3-5 **Autumn Leaves Ice Dancing Festival**, sponsored by the Queen City FSC, at

the Goggins Ice Arena, Miami University, Oxford, OH. Social Ice Dancing Weekend includes ice dancing clinics, dinner and entertainment, and dance competition. For information contact: Sue Gorman, 1010 Brayton Ave., Cincinnati, OH 45215, 513-821-4023.

- 3-5 **Golden West Figure and Free Skating Championships**, sponsored by the All Year FSC, at the Culver Ice Arena, 4545 Sepulveda Blvd., Culver City, CA 90230. Preliminary through Senior, Figure and Free Skating, Initial and Final Rounds. For information contact: Larry Kriwanek, 7209 Alverstone Ave., Los Angeles, CA 90045, 213-641-1681.

- 3-5 **Skate Cleveland**, sponsored by the Winterhurst FSC, at the Winterhurst Ice Rink, 14740 Lakewood Hts. Blvd., Lakewood, OH 44107. Competition featuring Figures, Short and Long Programs, Dance and Pair events. For information contact: Diane Reis, Winterhurst FSC, 216-529-4236.

- 10-12 **1986 Conejo Valley Open Skating Championships**, sponsored by the Conejo Valley FSC, at the Conejo Valley Ice Center, 510 Ventu Pk. Rd., Newbury Park, CA 91320. Open Figures and Freestyle events. For information contact: Gayle Bondio, 207 Venado Ave., Thousand Oaks, CA 91320, 805-499-4735.

- 10-12 **Fall Fiesta Club Competition**, sponsored by the Mesa Verde FSC, at the Ice Capades Chalet, 2701 Harbor Blvd., Costa Mesa, CA 92626. Figures, Freestyle, Pairs, and Dance events, Pre-Preliminary through Senior levels. For information contact: Mrs. Barbara Hoyt, Secretary, c/o P.O. Box 2121, Costa Mesa, CA 92626, 714-894-6795.

- 10-12 **13th Annual Gateway Invitational**, sponsored by the Brentwood FSC, at the Brentwood Ice Arena, 2505 S. Brentwood Blvd., St. Louis, MO 63144. Singles, Pairs, and Dance events. For information contact: Cynthia Allen or Georgia Fletcher, 22 Log Cabin Dr., St. Louis, MO 63124, 314-994-1336 or 314-961-3391.

- 13-19 **Skate America '86**, sponsored by the Kennebec SC, at the Cumberland County Civic Center, Portland, ME. International Invitational Competition. For information contact: Priscilla Millier, 11 Penwood Dr., Winthrop, ME 04364, 207-377-6679 or 377-6763.

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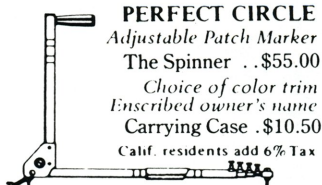
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Continued on page 49

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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.

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Craig Gill, Professional; Jennifer Helfrich, Penguin FSC; Roberta Santora, Winterhurst FSC.

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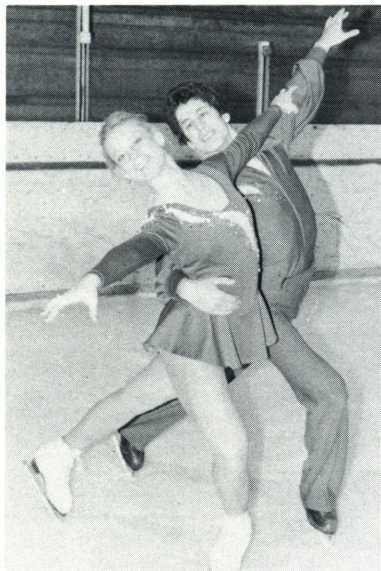
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Continued from page 41

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Skating Club of Boston (6)
Bowling Green Skating Club (9)
Broadmoor Skating Club (9)
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Turner's Turn

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One more thing the blood's hemoglobin concentration rises, which allows a given volume of blood to carry more oxygen than usual.

So if those skates start giving you icicle toes, get them off fast. Then walk, run, jump, hop, skip, do anything to get the heart pumping and the circulation going. Do it for about ten minutes, but leave the boots off until the toes feel normal again. If you're away from the ice rink and experience chills, get moving if you can and keep moving. Sure, it may seem silly at first, even idiotic, but it works. Don't raise the thermostat; raise your body onto your feet. No telling how much money you can save on heating bills, not to speak of doctor bills with your "heat pump" doing its job.



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