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## GOLD

Mariah Bell - Ashley Cain-Gribble  
Madison Chock - Evan Bates

## SILVER

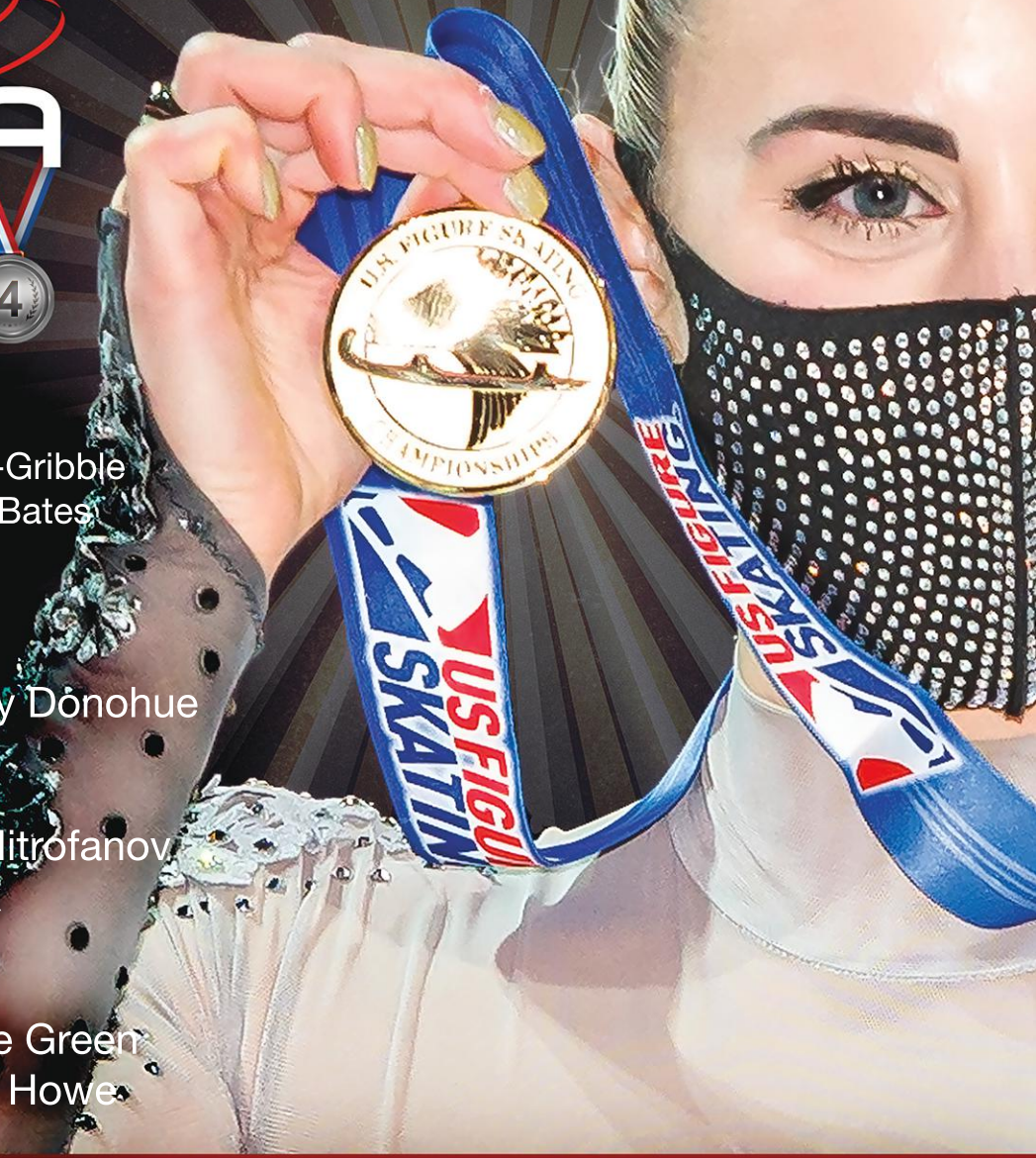
Brian Johnson  
Madison Hubbell - Zachary Donohue

## BRONZE

Isabeau Levito - Misha Mitrofanov  
Kaitlin Hawayek

## PEWTER

Gabriella Izzo - Caroline Green  
Emily Chan - Spencer Howe



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## ON THE COVER

Photos by Jay Adeff/U.S. Figure Skating

2022 U.S. champions (clockwise) Madison Chock and Evan Bates, Mariah Bell, Ashley Cain-Gribble and Timothy LeDuc, and Nathan Chen savor a moment with the coveted U.S. Championships Trophy in Nashville. Complete coverage of this Olympic-qualifying event starts on page 8!

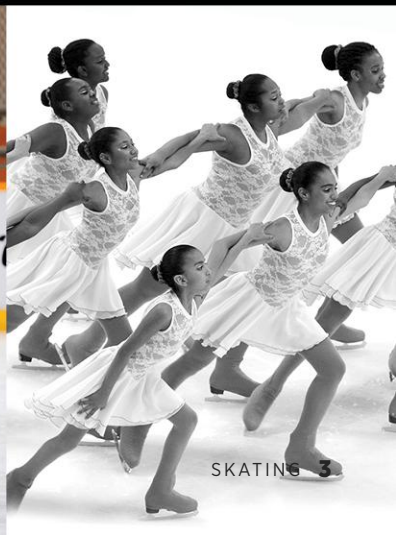
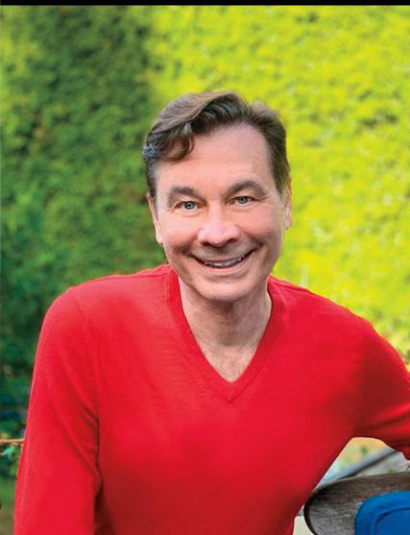


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# YOUTH ORGANIZATIONS GET TASTE OF CHAMPIONSHIP SKATING

Seeing an elite figure skating event for the first time is a memorable experience.

The moment a triple jump, pairs lift or twizzle is performed before your very eyes is magical; you know you have witnessed an almost unbelievable feat of athleticism. When you add in the excitement of being inside a venue as grand as the Bridgestone Arena, the experience becomes a shared moment, something you talk about with friends.

This feeling is what keeps loyal fans coming back, including those who braved a pandemic and rare winter storm in the South to attend the 2022 Toyota U.S. Figure Skating Championships in Nashville, Tennessee.

But for a large number of Nashville-area youth, their introduction to the sport was something even more extraordinary. With medals and nominations for the U.S. Olympic Team being the big draw, an enthusiastic group of young people got their first taste of in-person figure skating without truly knowing the high stakes.

As guests of U.S. Figure Skating, more than two dozen Nashville-area youth groups were able to take in the action as part of the organization's first Diversity, Equity and Inclusion outreach event.

A total of 25 groups — including area Girl Scouts, Special Olympics and Boys and Girls Clubs — attended the competition and certainly added extra energy to the crowd.

"This was an opportunity of a lifetime that they truly enjoyed and will always remember," Girl Scout Troop 381 leader Dr. Cherae Farmer-Dixon said. "The process was seamless. Many of the girls said they felt like a celebrity. Thank you so much for providing them with this opportunity, something they may have otherwise not been afforded." (See related photo, page 31)

The outreach event, a collaborative effort in partnership with the Scott Hamilton Skating Academy, certainly earned the sport some new fans.

U.S. Figure Skating DEI Task Force member Ouida Robins, a co-chair of the DEI outreach event, said the response from the attendees was positive and exceeded her expectations.

"Being in the audience and seeing skating live is such a unique experience," said Robins, who is also the president of the Pasadena Figure Skating Club. "For some attendees, it was their very first time at a skating event, and it was exciting to see how much they enjoyed it."

All event participants engaged in various activities, including DEI-focused trivia and learning to identify the many skating elements from the three disciplines. The children and their chaperones stood on the medals stand at the U.S. Figure Skating Fan Experience booth and received prizes and U.S. Figure Skating swag as keepsakes for a special day.

Taking it all in was U.S. Figure Skating DEI Director Kadari Taylor-Watson, who is based at headquarters in Colorado Springs, Colorado.

"In order to achieve our mission to create and cultivate opportunities for participation and achievement in figure skating, we believe we must prioritize outreach to underrepresented communities that may not otherwise have been exposed to our sport," Taylor-Watson said.

With Nashville being an exceptional host during a difficult time, the goal is for many of these young attendees to have another chance to check out a major U.S. Figure Skating event without the cloud of COVID-19 hovering above the nation.

At least that's what Scott Ramsey, president and CEO of the Nashville Sports Council, believes could happen.

"Despite the many operational and marketing challenges that the COVID-19 pandemic presented, the event was a great showcase for the U.S. Championships and the final selection event for Team USA," Ramsey said.

"On behalf of the Nashville local organizing committee, our volunteers and the entire community, I want to thank the U.S. Figure Skating leadership for a great partnership in staging the event under unique circumstances and limitations that still delivered a safe but competitive environment for the athletes, coaches and spectators. Hopefully we can work together to host another event in the future."

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PRINTING  
QUAD/WEST ALLIS, WISCONSIN  
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U.S. Figure Skating.

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The mission of SKATING magazine is to communicate information about the sport to the U.S. Figure Skating membership and fans of figure skating, promoting U.S. Figure Skating programs, personalities, events and trends that affect the sport.

SKATING (USPS 497-800) (ISSN: 0037-6132)

(Issue: Vol. 99 No. 3 is published 10 times per year in January, February, March, April, May, June/July, August/September, October, November and December by U.S. Figure Skating, 20 First St., Colorado Springs, CO 80906-3697. Subscription rates: United States, one year \$32.50 (U.S.); Canada, one year \$42.50 (U.S.); Foreign, one year \$52.50 (U.S.). Allow 6-8 weeks for delivery of the first issue. Periodicals postage paid at Colorado Springs and at additional mailing offices. Copyright ©2022 by United States Figure Skating, Colorado Springs, Colo. Phone: 719.635.5200. SKATING magazine assumes no responsibility for the return of unsolicited manuscripts or photographs. Postmaster: Send address corrections to SKATING, 20 First St., Colorado Springs, CO 80906-3697. Canadian return address: Station A, P.O. Box 54, Windsor, Ontario N9A 6J5. No part of this magazine may be reproduced without permission from the editor.

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## 'GO FIGURE: THE RANDY GARDNER STORY'

Tai and Randy.

Their names were inseparable in the 1970s and early 1980s, as the pair graced magazine covers and advertising campaigns and made frequent television appearances.

Today, Randy Gardner — with World champion pairs partner Tai Babilonia still very much by his side — has stepped out of that role to share the intimate details of his life and career in the documentary *Go Figure: The Randy Gardner Story*.

They were the darlings of the 1980 Olympic Team, with Gardner's on-ice image as that of leading man to Babilonia. The film contrasts that image with Gardner's exceptionally private and personal off-ice pursuit of his identity as a gay man.

The film, directed by adult competitive skater Sharidan Sotelo, uses footage from Gardner's one-man stage show, skating career and home movies to share his journey in coming to terms with his orientation so that he could be a light for others.

"Sharing my story and helping the next generation find their way is truly one of the most authentic things I can do," Gardner said.

Babilonia and Olympic champion Dorothy Hamill also appear in the film, which is musically scored by Canadian Eric Radford, an Olympic team event gold medalist and two-time World pairs champion. Sotelo and Deborah Ann Brooks are its executive producers.

With support from the Human Rights Campaign, *Go Figure: The Randy Gardner Story*, premiered on American Public Television in February. To see when it's airing in your area, go to [gofiguredocumentary.com](http://gofiguredocumentary.com) for the APT broadcast calendar.



## INTRODUCING KALISTA BELLE KWAN

Michelle Kwan continues to surprise.

The most decorated athlete in U.S. Figure Skating history, Kwan announced the birth of daughter Kalista Belle Kwan on Instagram on the eve of the 2022 Toyota U.S. Figure Skating Championships.

"As people closest to me know, I'm always full of surprises and tend to keep my personal life private," she said in the Jan. 5 post. "I've wanted to share this happy news for many months, but each milestone seemed to be exciting and daunting at the same time."

Kwan, who in December became President Joe Biden's nominee for U.S. ambassador to Belize, calls Kalista "a perfect miracle" in her extended post: "I'm overjoyed and tears of happiness are streaming down my face as I share the news of the arrival of Kalista Belle Kwan! ... I've always wanted to be a mom and, to me, she's a perfect miracle. I had a hard time picturing what she might look like yet it seems like she's been in my life forever."

In addition to a picture of the newborn Kalista, Kwan shared with her social media following a time-lapse collection of photos from the pregnancy. (Check it out on her Instagram!)





**RIPPON TIES THE KNOT**

*SURPRISE WE ARE MARRIED.*

And just like that, Adam Rippon announced via Instagram that he and Jussi-Pekka Kajaala are officially husbands.

No ceremony. No cake. Just Tony their pit bull-mix puppy by their sides in a courthouse for a New Year's Eve wedding.



*The only attendant at Adam Rippon and Jussi-Pekka Kajaala's wedding was their dog, Tony. Photo from Adam Rippon's Instagram*

In reality, the only surprise is the couple's unannounced timing. Rippon, a 2018 Olympic team event bronze medalist, said during an NBC Olympic broadcast in Tokyo that he was not one for a big ceremony.

"A wedding is really expensive," he said. "Wouldn't you rather just buy a couch?"

Rippon followed the interview by posting: "See you at the courthouse, @jussipekkakajaala."

Rippon and Kajaala, who began dating in early 2018, announced their engagement in December 2020. Last fall, Kajaala moved from Helsinki, Finland, to live with

Rippon in Los Angeles.

Once the pandemic subsides, the couple plans celebrations with family and friends in Finland and the United States.

**FAMILY OF GET UP CHAMPION PAYS IT FORWARD**

The family of a 2017-18 Get Up Champion is paying it forward by establishing a Get Up award within the Winona Figure Skating Club in Winona, Minnesota.

The award, started by the family of teenager Joelle Hammann, will be presented annually at the club's ice show in late March.

"After a successful journey and heart transplant, Joelle and our family wanted to internally offer a Get Up award that follows U.S. Figure Skating's mission of the Get Up campaign," Joelle's mother, Holly Jacobs, said. "We are so happy to take this forward and encourage everyone to persevere through tough times."

In April 2017, 13-year-old Hammann



*Joelle Hammann, center, with her heart donor's family*

was diagnosed with arrhythmogenic right ventricular cardiomyopathy. The genetic condition turns heart muscle into fatty tissue, especially during strenuous exercise. Upon receiving the diagnosis, Hammann had to pause her athletic activities, including figure skating.

Hammann spent 48 days in the hospital before the day she had waited nearly two and a half years for arrived. She received a heart transplant on Sept. 8, 2019. Six weeks later, Hammann was back on the ice. Today, her new heart is strong, and she is skating to her full ability.

In addition to her skating family, Hammann was able to perform for her donor's family, who made a long trek to Minnesota in the spring of 2021.

"This family, they gave me life, they are my heroes and my forever family," Hammann said.

"You never know when you won't be able to do something again," the 17-year-old added. "Appreciate the things you have and don't take them for granted. You may fall down a few times, just like you do in skating. But it's really important to get back up and keep going."

The inaugural National Get Up Day was celebrated on Feb. 1, 2017. U.S. Figure Skating encourages its members and people across the nation to share their Get Up stories on its social media channels.

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# 'BEAUTIFULLY HOSTED'

Memorable performances leave fans standing, cheering

BY TROY SCHWINDT

U.S. Figure Skating didn't waste any time in making sure its next 100 years would be as memorable and inspiring as its first 100.

Faced with difficult circumstances from the COVID-19 pandemic and a crippling winter storm, it delivered a safe and exciting 2022 Toyota U.S. Figure Skating Championships in Nashville, Tennessee, Jan. 3–9.

The skating, above all else, brought fans to their feet and made this final Olympic-qualifying competition of the quadrennium one for the ages.

Mariah Bell fulfilled her dream of winning a U.S. title and qualifying for the Olympics, at the age 25, while 14-year-old Isabeau Levito showed that she could be an

Olympic contender in 2026 with her riveting free skate that helped her earn a bronze medal in her senior debut.

Nathan Chen took another step toward being considered the GOAT (Greatest of All Time) by claiming his sixth consecutive U.S. title. Legend Dick Button was the last man to accomplish that feat, 70 years ago. Like Levito, 17-year-old Ilia Malinin dazzled the crowd in his senior debut with his big jumps and advanced skating skills en route to the silver medal.

In pairs, Ashley Cain-Gribble and Timothy LeDuc put out a record-breaking short program that left the audience in awe. They, too, fulfilled a longtime dream of qualifying

for the Olympics.

And in ice dance, the rivalry continued, with Madison Chock and Evan Bates winning their third U.S. title with the top rhythm dance score, while three-time U.S. champions Madison Hubbell and Zachary Donohue earned the silver medal with the top free dance score.

"Overall, the event ran smoothly and was a complete success," chief referee Lynn Goldman said. "There were several challenges, and the word for the week was *pivot*. I had to take the schedule day by day because of athletes and officials testing positive for COVID. The U.S. Figure Skating events and medical teams were available 24/7. They



Ashley Cain-Gribble and Timothy LeDuc, with their coaches Darlene and Peter Cain, react to their winning free skate scores and second U.S. title.



US FIGURE SKATING  
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*Karen Chen and the rest of the 2022 U.S. Olympic Figure Skating Team were presented guitars from the Nashville Sports Council and city of Nashville. Local event partner and Nashville-based Gibson Guitar provided the guitars.*



*U.S. ladies champion Mariah Bell celebrates her first U.S. title with coaches Rafael Arutunian and Adam Rippon.*

completed all the COVID testing and made sure all protocols were in place in order to keep everyone healthy and safe.

“And who would have expected a snow-and-ice storm in Nashville? The team at Ford Ice Center in Bellevue was able to adjust practice ice, as many athletes were unable to arrive on time.”

The Bridgestone Arena, which hosted the U.S. Figure Skating Championships as its first sporting event in February 1997, served as the ideal venue for these important championships. Sweet music filled the air from the Honky Tonk Highway across the street as fans strolled into the building. During breaks in the action, some of country music’s rising

*Madison Chock and Evan Bates share an emotional embrace after winning their third U.S. ice dance title and qualifying for their third Olympics together.*



stars entertained the audiences.

“Having the U.S. Figure Skating Championships in Nashville was a dream come true,” event ambassador and 1984 Olympic champion Scott Hamilton said. “From that very first mention of the possibility, a tidal wave of enthusiasm followed. It was a great championship beautifully hosted, with phenomenal skating topped off with the introduction of the 2022 U.S. Olympic Figure Skating Team.”

For those who couldn’t make it to Music City, NBC and the USA Network offered 18.5 hours of coverage, including eight in prime time. Nearly 9 million total viewers, including nearly 2.5 million for the ladies finals, caught the action on TV. In addition, every junior and senior skater/team in every discipline was shown live on Peacock Premium.

For the first time, the U.S. Championships were available worldwide. Fans in more than 250 countries and territories tuned in via the Olympic Channel.

U.S. Figure Skating’s social media channels lit up as well. The four Olympic team announcements generated more than 945,000 impressions. All posts on all of its channels between Jan. 3–9 produced more than 16.5 million impressions.

Immediately after Sunday’s Prevagen Skating Spectacular, family, friends and special guests of the newly minted Olympians celebrated at U.S. Figure Skating’s Destination Beijing Team USA Send-Off presented by Bridgestone.

The event, held in the stunning glass-walled Country Music Hall of Fame and Museum, had almost everything you could want — live music by Six Wire, expansive views of downtown Nashville, a specialty cocktail by 1988 Olympic champion Brian Boitano and an elaborate array of seafood. The only thing missing were the Olympians, who did not attend due to the ongoing pandemic. However, Team USA shared their excitement and gratitude via videos shown to those in attendance.

“Nashville has the unique identity of being a destination city based in hospitality,” Hamilton said. “There is no better place to host an event like this. I can’t wait to have more figure skating events here in the near future.”

*Nashville-area resident Scott Hamilton helped bring the 2022 Toyota U.S. Championships to Music City and served as an ambassador to the sport and city during the competition.*







## PERSEVERANCE PAYS OFF FOR CHAMPION BELL; CHEN, LIU EARN OLYMPIC SPOTS; LEVITO MAKES STATEMENT WITH BRONZE

BY TROY SCHWINDT

As Mariah Bell (Rocky Mountain FSC) soaked up the moment following her moving free skate to k.d. lang's version of "Hallelujah," the in-arena camera panned to her family seated above the action at the Bridgestone Arena.

Her parents, Kendra and Andy, and older sister, Morgan, had joined the thousands of fans applauding after witnessing a career-defining performance by Bell at the 2022 Toyota U.S. Figure Skating Championships in Nashville, Tennessee.

It had been nine U.S. Championships at the senior level, and Bell — the short program leader — was finally in position to claim her first title at the advanced skating age of 25, and, likely, an Olympic berth, too. A few anxious minutes later, Bell was officially crowned the 2022 champion, 25 years after 14-year-old Tara Lipinski had won the 1997 U.S. title inside the same building.

As the Bell family watched an emotional Mariah stand at center ice following her free skate, Morgan was seen on the jumbotron,

overwhelmed as tears rolled down her cheeks.

"It's something she's worked so, so hard for," said Morgan, who was a competitive skater and then spent nearly seven years with Disney On Ice playing Anna from the movie *Frozen*. "Even back in the days when I was still competing, there would be days where I'd come home and I'd start eating a snack and Mariah would come in and say, 'Let's go run, let's go do this, let's go do that.' And I was like, I don't know. ... She always had that inner drive to get there and every year we said it's going to happen, it's going happen, be patient, it's going to happen. And nine years at the senior level, it finally worked out for her."

Mariah, who trains in Irvine, California, admitted in press conferences that the past year had been particularly difficult, as she and her fiancé broke up over the summer and she felt "lost" and "unorganized." With the support of her family, friends and coaches, she built her skating and herself back up.

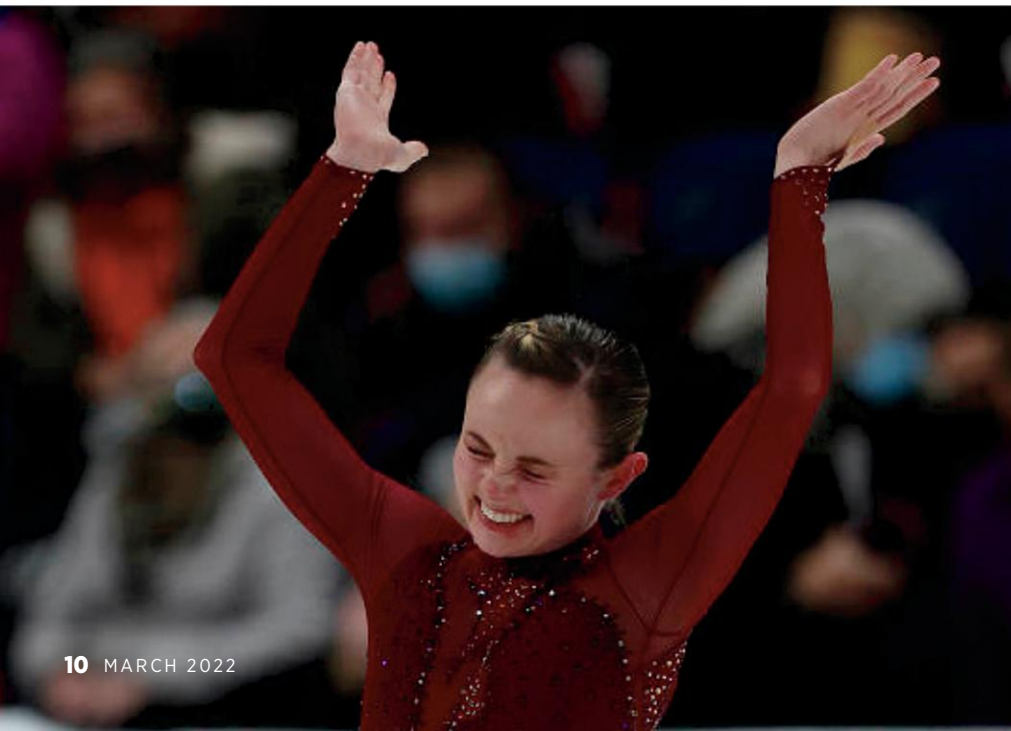
"I decided that I was just going to do

JAY ADEFF/US FIGURE SKATING



Bell performs her free skate to k.d. lang's "Hallelujah." "I have such a connection to this program from the moment the music starts. I feel like I'm really able to be in my own little world."

MATTHEW STOCKMAN/GETTY IMAGES



Mariah Bell displays raw emotion after her stirring free skate.

the easy things that I knew I could do well, and I was going to build up from there," said Mariah, who had finished a disappointing fifth at the 2021 U.S. Championships in Las Vegas. "I also got a dog [Nala, a German shepherd]. She actually helped me a lot to have something fun outside of the rink because I knew this was going to be a stressful season. I felt like I had good balance and I was just doing things that made me feel good





*The Bells, (l-r) Kendra, Morgan, Mariah and Andy, have been on this skating journey together for more than 20 years.*

and that helped build my confidence and keep training well.”

Mariah’s two performances in Nashville were the best one-two punch she’d ever delivered at a U.S. Championships. Before this, she had never won a short program or free skate at the marquee event.

Mariah’s short program to the song “River Flows in You” by Yiruma started with a triple flip-triple toe loop combination — the first successfully landed triple-triple of the season for her — and hit a crescendo at the end with Level 4 footwork and spins.

Her free skate, while not technically perfect, captivated the audience and kept her in contention for the title with an overall score of 216.25.

“I was excited to win the short,” Mariah said. “I feel like I’m a strong long skater in general and sometimes with the short it can be a little bit trickier for me. It was an interesting experience to be leading going into the long, but overall I’m just proud of how I skated. I think I held back a little bit on the opening combo in the long so that’s the only sort of regret that I have. To go from nationals last year to this, I’m very proud.”

During the Olympic press conference, Mariah circled back around to the support she received from her family during her skating journey.

“They [her parents] have sacrificed so much,” she said. “They gave up a lot for us to chase our dreams. I owe so much to my parents. I want them to write a book because I think the way they did it was perfect, and I want them to share their knowledge.”

Karen Chen’s Olympic dreams came true once again with two sterling performances on the biggest domestic stage. The

2018 Olympian, who trains in Colorado Springs, Colorado, displayed her signature elegance and vast skating skills to claim the silver medal and a trip to Beijing.

The 22-year-old from Fremont, California, saved the best for the U.S. Championships after a couple of disappointing performances at her two Grand Prix Series events. Chen finished second in the short program, third in the free skate and earned an overall score of 213.85.

“I’m super happy with the fight I put out there for this long program [to ‘Butterfly Lovers Concerto’],” Chen said. “It was not easy. Definitely my thoughts started racing and I had to constantly bring myself back into the moment. But I’m really happy with how I managed to fight through all of it and enjoy the process. Also, I’ve never got silver before so I’m super excited about that.”

In attendance at the U.S. ladies free skate press conference was 2014 Olympian Polina Edmunds, who shared the junior podium with Chen and Bell at the 2013 U.S. Championships in Omaha, Nebraska.

“It’s just so wonderful to see them be

successful; it’s really hard to stay in the game for a long time,” said Edmunds, who was in town for a media role. “I know with my career it was shortened with injury, but even in the comeback processes I know how mentally and physically challenging it is as you get older, so I’m proud that we have a team of women with Karen and Mariah, particularly, being in their 20s. To see them put in the hard work and be rewarded in the best way with them getting named to the Olympic team is outstanding.”

While Chen (Peninsula FSC) and Bell fielded questions about their experience and age, it was 14-year-old Isabeau Levito (SC of Southern New Jersey) and 16-year-old Alysa Liu (St. Moritz ISC) who offered a glimpse into the future.

Levito, the 2021 U.S. junior champion, wowed the crowd with her “Russian Dance” free skate, which was judged second-best in the 14-skater field. Like a seasoned veteran, she undauntedly moved from one element to the next, landing a total of seven triple jumps and finishing with the highest technical score of the segment, an overall score of 210.75

*Senior ladies medalists (l-r) Karen Chen, Mariah Bell, Isabeau Levito, Gabriella Izzo*

PHOTO BY JAY ADEFF/US FIGURE SKATING





SENIOR LADIES



PHOTOS BY JAV ADEFF/US FIGURE SKATING



**Karen Chen floats through her free skate.** *"I think at the end of the day what really keeps me going is just knowing that I'm on this journey whether it's in skating or in life. I just truly love skating. I love being out on the ice, I love training, I love competing, even if it goes well or doesn't go well," Chen said.*

and the bronze medal in her U.S. Championships senior debut. Levito was not age eligible to be considered for the Olympic team.

"I'm super excited because my goal was to medal, and here I am," she said. "I didn't have a perfect skate but it was a good program overall and I reached my goal."

NBC's Johnny Weir described Levito's skating with these words *posture, poise and presence*. Lipinski said Levito was a "professionally wrapped present from a department store," with all of her technical and artistic qualities in one box.

Her coach Yulia Kuznetsova said she told her young skater before the competition to enjoy every moment because there was nothing to lose.

"She was trained very well and we just wanted her to enjoy it, enjoy the skating, enjoy the audience, the media, the pictures. We think she did."

The music choices for Levito were

actually determined in a hotel room after the 2021 U.S. Championships in Las Vegas. With Kuznetsova, Levito's mother and Levito in the room, the coach played several pieces including "Russian Dance" from *Swan Lake*.

"As soon as I put this music on, she started dancing, she started giggling and moving; in my mind it was like, that's the choice," Kuznetsova said.

In looking to the 2026 Olympics, Kuznetsova said Levito already possesses many of the qualities of a champion.

"We are lucky she loves skating," Kuznetsova said. "If anything stopped her skating it would be end of the world for her. Second of all, she loves to win. And we need to find good music that she likes. It's easy to skate when the music is with you."

Liu, meanwhile, arrived in Music City as one of the favorites, hoping to win her third U.S. title (2019, 2020). She put herself in contention by finishing third with her "Gypsy Dance" short program, just 4.13 points out of the lead. Liu landed a triple-triple combination and received Level 4 on her closing footwork and spins. She fell on her opening triple Axel.

But a positive test for COVID-19 before the free skate forced her to withdraw from the event. She then petitioned for a spot on the Olympic team, and with her body of work, was granted a berth.

While disappointed she couldn't compete in the free skate, Liu said she was excited she had made the Olympic team.

"I've been training forever for this moment and I'm really happy about the decisions I've made because apparently they were pretty good ones because I'm here right now," she said during the Olympic ladies press conference via Zoom.

Liu said she watched the ladies free skate on FaceTime with her friends.

A positive COVID-19 test also took Olympic hopeful Amber Glenn (Dallas FSC) out of the free skate. Glenn struggled in the short program and finished 14th in the segment.

Two-time U.S. champion and 2014 Olympian Gracie Gold (IceWorks SC) earned a spot in the final ladies warmup group with her sixth-place finish in the short program.

Gabriella Izzo (SC of Boston) rallied from seventh place after the short program to earn the pewter medal with a score of 188.11.



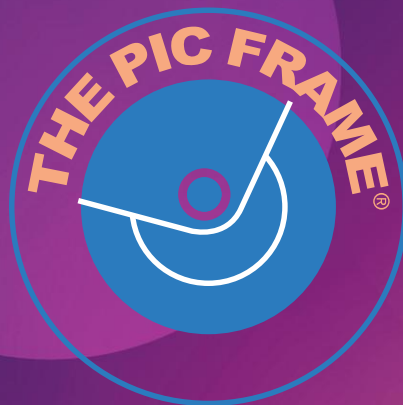
**Two-time U.S. champion Alysa Liu delights the crowd during the short program.**

**Isabeau Levito made a huge impression in her senior U.S. Championships debut.**





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## CHEN CAPTURES NUMBER SIX; ZHOU, BROWN EARN OLYMPIC SPOTS; MALININ FACE OF THE FUTURE

BY ELVIN WALKER

In 2010 when Nathan Chen made his first appearance at the U.S. Championships, Olympic team berths were on the line. As a 10-year-old, Chen captured the novice men's title in Spokane, Washington, and watched as Evan Lysacek, Johnny Weir and Jeremy Abbott were nominated to compete at the Olympic Winter Games in Vancouver, British Columbia, Canada. As in most Olympic seasons, beyond the spotlight of those competing for a shot at Olympic glory, the next generation begins to emerge.

At those championships, Chen was labeled the next big thing. His winning free skate to Prokofiev's "Peter and the Wolf" catapulted the Salt Lake City native into the limelight, and words like *prodigy* and *future champion* swirled about the little boy who could barely see over the boards surrounding the ice. With his signature "wolf paws" from that program in his periphery, Chen (Salt Lake Figure Skating) now stands as the first American man to capture six consecutive U.S. titles in 70 years.

"I've had great people in my life in my career who have helped me to get where I am

now. I see Raf every single day and he has pushed me every single day since I moved to him when I was around 13," Chen said of his longtime coach Rafael Arutunian. "It's been almost 10 years, and a lot of the success that I have had is definitely a credit to him — I can't do it alone."

Chen faced off against a strong field at the 2022 Toyota U.S. Figure Skating Championships in Nashville, Tennessee, navigating a competition that was arguably one of the strongest in the history of the event. Four men — Chen, Skate America champion Vincent Zhou, rising star Ilia Malinin and 2014 Olympian Jason Brown all broke the century mark in the short program, setting up a dogfight for the free skate at Bridgestone Arena.

"The short program was one of the best events that I have ever seen live," said Adam Rippon, the last man *not* named Nathan Chen to win the U.S. title. "I think that the excitement and the energy that the guys brought was Olympic level. What kind of words can I say about Nathan and Vincent? If they skate like that at the Olympics, they

*Coach Rafael Arutunian lifts the arm of six-time U.S. champion Nathan Chen.*



PHOTOS BY JAY ABEFF/US FIGURE SKATING



*A ramped-up crowd shows its appreciation for Nathan Chen at the end of his electric "Rocketman" free skate.*





PHOTOS BY JAY ADEFF/US FIGURE SKATING

**Chen leads a group of four skaters who broke the 100-point mark in the short program in Nashville.**

will be impossible or incredibly hard to beat.”

Chen arrived in Nashville armed with his 2019–20 short program to Charles Aznavour’s “La Boheme” and was able to edge Zhou for the lead by less than three points.

“This U.S. Championships short program was insane — every guy laid down an amazing program,” Chen said. “Happy to have started the competition the way that I did.”

The gold medalist’s “Rocketman” free skate was everything that it was expected to be — chock full of quadruple jumps and overflowing with contemporary street moves that elicited the kind of response from the audience that might be seen at a stadium concert.

“I love this program,” he said. “It’s fun to perform. I can really get into it.”

Near the end of his performance, Chen skated with such gusto that he lost control during the choreographed steps and face-planted in the middle of the ice. In typical Chen fashion, he got up, shrugged it off with a laugh, and finished the program to raucous applause. He admitted after the program that he lost focus as he spotted someone he knew in the audience.

“Silly things happen all the time,” he said. “Did I expect that? Probably not. I just got wrapped up in that moment. I lost my footing — don’t know what happened, but I

won’t do that again.”

Despite the mistake — and a fall on an early program quadruple flip attempt, Chen was clearly the class of the field, capturing the title by more than 25 points. He finished with an overall score of 328.01.

“In a skater’s career we only have a set number of competitions that we can do,” he said. “As I have these opportunities, I want to make the most of them and be able to look back on my skating career in 10 years or so and say, ‘You know I enjoyed the time that I was there. I had a lot of fun on the ice. This (free skate) is definitely a great vehicle to do that given the subject nature of the story and the tempo and energy of the music. It allows me to have a lot of fun with the program, and as much as I can, I try to remind myself of that.’”

After unseating Chen for the Skate America title in October, it appeared as if Zhou might challenge for the title in Nashville, but the 2018 Olympian was unable to keep pace in the free skate. Zhou attempted five quadruple jumps in his “Crouching Tiger, Hidden Dragon” program and took a hit on the grades of execution on three.

“The element layout in the free skate with the two quad Lutzes was something that we just decided to try out to get experience on,” Zhou said. “Obviously I had success earlier in this season with a four quad layout and then a five quad layout with two quad Salchows in earlier competitions. In Nashville

I learned that opening with a quad Lutz-triple toe loop greatly decreases my flow going into the second jump, which is a quad flip, so it didn’t work for me.”

Zhou (SC of San Francisco) slipped to third place overall, falling behind Junior Grand Prix Final qualifier Malinin, who captured the silver medal. Zhou finished with an overall score of 290.16.

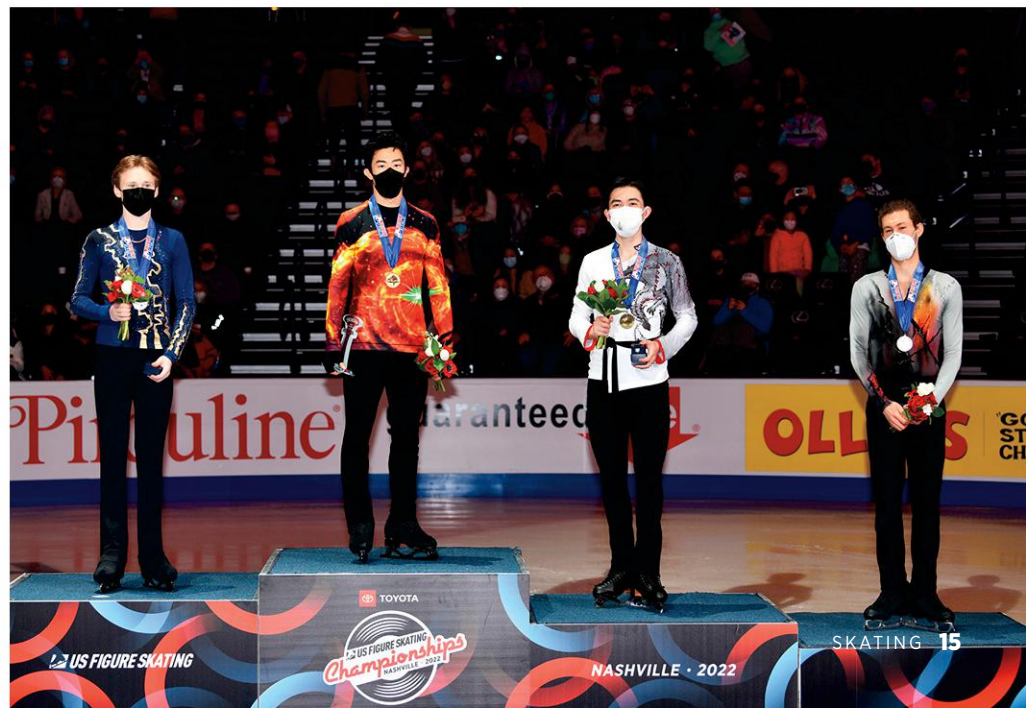
“I came in wanting to skate a personal best,” Zhou said. “I didn’t achieve my goal, so I’m clearly pretty disappointed in myself. Nashville has been good to all of us, and I am just happy to have the opportunity to compete for a place on the U.S. Olympic Team.”

After missing the last two U.S. Championships, Malinin (Washington FSC) made his senior debut with a bang by capturing the silver medal. The 17-year-old skated without a mistake in both programs, landing a total of six quadruple jumps.

“We haven’t seen this kind of technical talent since Nathan Chen,” NBC’s Tara Lipinski said after Malinin’s free skate. “This is not just a fresh face — he will be the face for men’s skating in 2026. When Nathan Chen leaves us, someone will need to take his place, and it will be Ilia.”

The child of two former Olympians, 1999 Grand Prix Final champion Tatiana Malinina and two-time Olympian Roman Skorniakov, who both represented Uzbekistan, Malinin has skating coursing through his veins.

Senior men’s medalists (l-r) Ilia Malinin, Nathan Chen, Vincent Zhou, Jason Brown





SENIOR MEN



PHOTOS BY JAW ADEFF/US FIGURE SKATING



*Ilia Malinin shows that the future is bright for men's skating in the U.S. with two memorable performances.*

"They know a lot about skating — they were at a high level," Malinin said of his parents. "They can give me a base of what it is supposed to look like, which is what has helped me to get where I am now."

In third place after the short program, Malinin skated with the composure of a seasoned competitor in the free skate, captivating the audience with his "Nobody Knows" (Autograf)/ "Golden Age" (Woodkid) program.

"I'm grateful for the skate today," he said. "I'm surprised with how I skated because I definitely was not expecting to skate this good and to finish in second. I am glad to be here competing with these top-tier athletes. I've been working hard trying to improve everything and I think it worked for me today."

Malinin caught the eye of 1988 Olympic champion Brian Boitano, who was in the Bridgestone Arena for both of the young skater's performances.

"I was especially impressed with Ilia and how he just kind of burst onto the scene," Boitano said. "Both performances were just so amazing. This kid has got a lot of talent."

Malinin joined Chen as the only other American man to be part of the "300 Club" at the U.S. Championships, earning 302.48 points.

Brown (Skokie Valley SC), the 2015 U.S. champion, had to settle for the pewter medal, missing the third step on the podium by less than half a point. His story in Nashville was more about what he had to overcome just to compete than it was about the final results.

"After 33 hours of travel, five canceled flights, four airline changes, three airports, two countries, an overnight in Atlanta, a rental car and a ton of help ... we officially made it to Nashville," Brown posted on Twitter before the competition.

But that would not be the only hurdle that the Olympic team event bronze medalist had to overcome. The day of the free skate, his coach, Tracy Wilson, tested positive for COVID-19.

"I got a call from her, and she said that she was heading back to the hotel," Brown said of his coach upon learning she had tested positive. "She said that you have the tools and you're ready to fly. We said goodbye and that was it until after the competition."

Brown's performances were outstanding, earning the 27-year-old the highest program component marks of the competition. His Achilles heel is the quadruple jump, and though he opened his emotional "Schindler's List" free skate with a Salchow attempt, Brown still has not been able to land one successfully at the U.S. Championships.

"It's been a tough go to get here in the last four years," he said. "I finally had that moment of release when the program was



*Vincent Zhou performs his free skate to music from Crouching Tiger, Hidden Dragon.*

over. I was just trying so hard to keep the blinders on and stay focused. I'm not going to lie — it was getting harder and harder as the week progressed."

Brown finished with 289.78 points. At the end of the competition, Chen, Zhou, and Brown were named to the Olympic team, with Malinin as the first alternate.

*Jason Brown gives a powerful performance to music from the Schindler's List soundtrack.*





Starr Andrews

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## CAIN-GRIBBLE AND LEDUC WIN GOLD, JOIN KNIERIM AND FRAZIER FOR OLYMPICS; CALALANG AND JOHNSON, LU AND MITROFANOV SECURE SILVER AND BRONZE

BY DARCI MILLER

Ashley Cain-Gribble (SC of New York) and Timothy LeDuc (Los Angeles FSC) faced each other and took each other's hands, standing tall as they focused on each other and the task at hand.

"Representing The Skating Club of New York and the Los Angeles Figure Skating Club, please welcome Ashley Cain-Gribble and Timothy LeDuc."

The two glided out to center ice ... and began their run-through.

It was a visualization technique they've been incorporating all season as they prepared for the 2022 Toyota U.S. Figure Skating Championships and whatever might lay beyond. LeDuc would simulate the competition environment, announcing the pair skating before them and their score, and then announcing Cain-Gribble and himself. When they finished their program, they would score that as well.

Sometimes they were in first, sometimes second, but regardless of the imaginary result, one thing was certain: It got them ready.

"I think it just really helped in the process, because then when we were out there, it didn't surprise us," Cain-Gribble said. "We were ready to hear the scores. We were ready to hear the names."

Cain-Gribble and LeDuc say they worked harder than they ever had before and headed to Nashville with a new, unshakeable confidence.

"We prepared beyond what we thought possible, and at times, it could feel really isolating because honestly, you felt a little bit crazy," Cain-Gribble said with a laugh. "But at the end of the day, it's a beautiful process, and we were able to look back and say that we couldn't have done anything more. And so when we stepped onto that ice, nothing could really budge us at all."

"I think we came into this competition feeling like we were the best versions of ourselves," LeDuc added. "If we were ever going to be successful at a U.S. Championships, it was who we showed up as this week."

All that work and visualization paid off

Senior pairs medalists (l-r) Jessica Calalang/Brian Johnson, Ashley Cain-Gribble/Timothy LeDuc, Audrey Lu/Misha Mitrofanov, Emily Chan/Spencer Howe

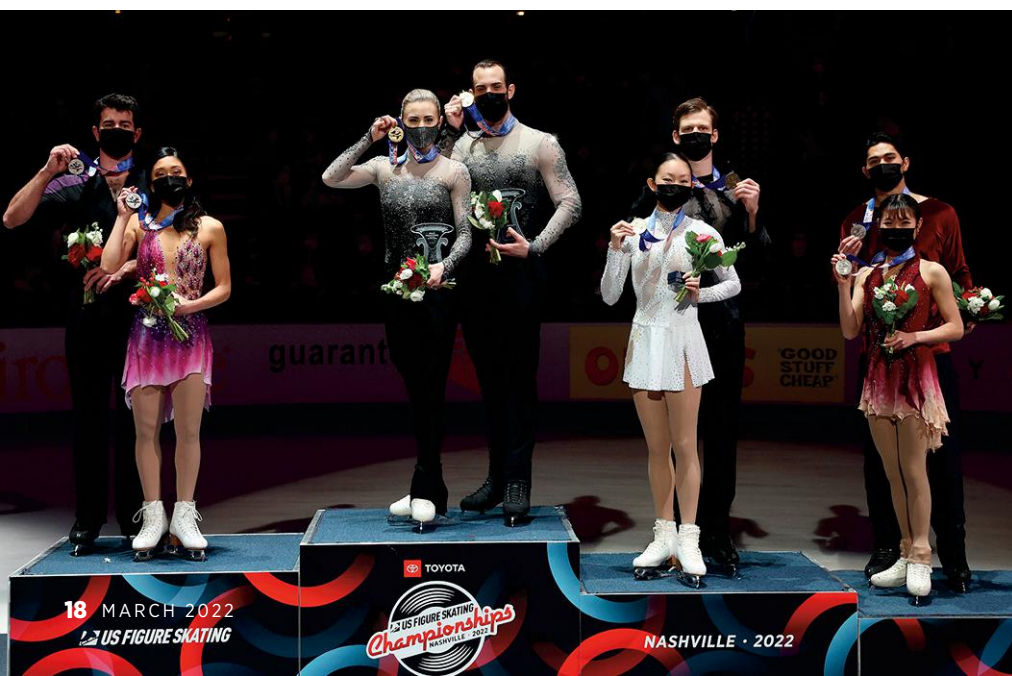


Cain-Gribble and LeDuc bask in the moment following their electric free skate to music from the W.E. soundtrack. The veteran team won the free skate by 13.45 points.

with the pair's second U.S. title (2019) and first Olympic berth. They won both segments of the event and finished with an overall score of 225.23, over 15 points more than the silver medalists.

They were joined in Beijing last month by 2021 U.S. champions Alexa Knierim (DuPage FSC) and Brandon Frazier (All Year FSC), who withdrew from the U.S. Championships due to a positive COVID-19 test by Frazier. They successfully petitioned for a spot on the Olympic team thanks to their strong body of work.

It was Knierim's second Olympic team — she placed 15th with husband and former



PHOTOS BY JAY ADEFFI/US FIGURE SKATING



partner Chris Knierim in 2018.

"It has been an emotional week," Frazier said during the Olympic press conference in Nashville. "I'm lucky to have the team that I do. I was very devastated. I know Alexa was, too, but she was the backbone of this team when it comes to support this week. She reminded me of all the work we've put in, that this wasn't the end. We have a great team — Chris (Knierim), Todd (Sand), Jenni (Meno) that is so supportive. [Getting named to the team] feels better than I could have imagined."

LeDuc has also made history as the first openly nonbinary athlete to win a U.S. title and be named to the Olympic team. They'd previously come out as gay and become the first out pairs champion when they and Cain-Gribble won their last title in 2019.

"It's been a long journey for me, embracing my gender, and I've had some amazing people in my life that helped me through that journey," LeDuc said. "But my hope is that when people see my story, it isn't focused on me and saying, 'Oh, Timothy is the first out nonbinary person to achieve this level of success in sport.' My hope is that

the narrative shifts more to, 'Queer people can be open and successful in sports.' We've always been here. We've always been a part of the sport. We've always been a part of sports. We just haven't always been able to be open. And I know that me being here and being able to be out now is only possible because of the many, many brave people that have come before me. I stand on the shoulders of so many amazing queer people that have pushed their way through the sport, allowing me to be open now. So I take no honor for myself, and simply say that all of us together have hopefully shown that now queer people can be out and part of the narrative and find their success in sport."

Cain-Gribble and LeDuc have always pushed boundaries and against the gender norms sometimes inherent on a male/female team, and hope that they can provide hope for others forging their own paths.

"We want to dedicate these performances and this title to all the people that felt like they didn't belong, or that were told that they didn't belong in this sport," Cain-Gribble said. "Because many times, we were told that, even when we teamed up. And the whole

time, we just stayed authentic to ourselves, and I think that we really bring that out in each other. So we want to be this beacon for people that feel like they don't belong."

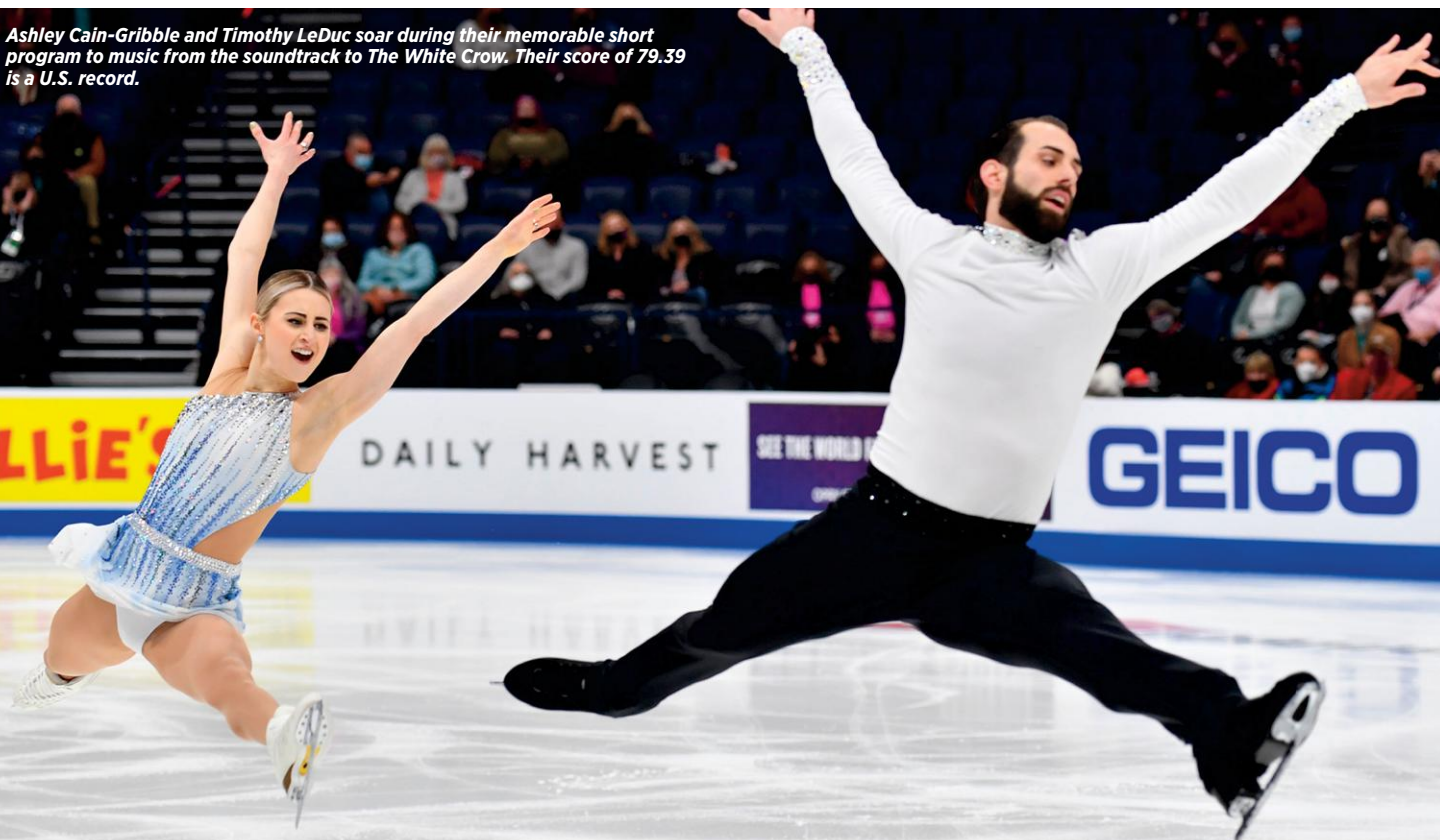
Jessica Calalang (DuPage FSC) and Brian Johnson (SC of New York) finished behind Cain-Gribble and LeDuc for their third consecutive U.S. silver medal. It came on the heels of an extremely difficult year in which Calalang was suspended for testing positive for a banned substance.

Turned out the banned substance was an ingredient in her makeup, so she was cleared of any wrongdoing in September, and she and Johnson spent the season simply trying to be grateful for every opportunity.

"After everything that's happened this year, we're both just so grateful to be here and be performing in front of an audience again," Johnson said. "It's an experience that, at the beginning of the year, we weren't sure if we were going to have again. This whole week has been a bunch of fun. Skating with Jess is awesome. We're so thankful just to be back in front of everybody and competing."

When asked about the ordeal she went

**Ashley Cain-Gribble and Timothy LeDuc soar during their memorable short program to music from the soundtrack to *The White Crow*. Their score of 79.39 is a U.S. record.**





## SENIOR PAIRS



PHOTOS BY JAY ADEFF/US FIGURE SKATING

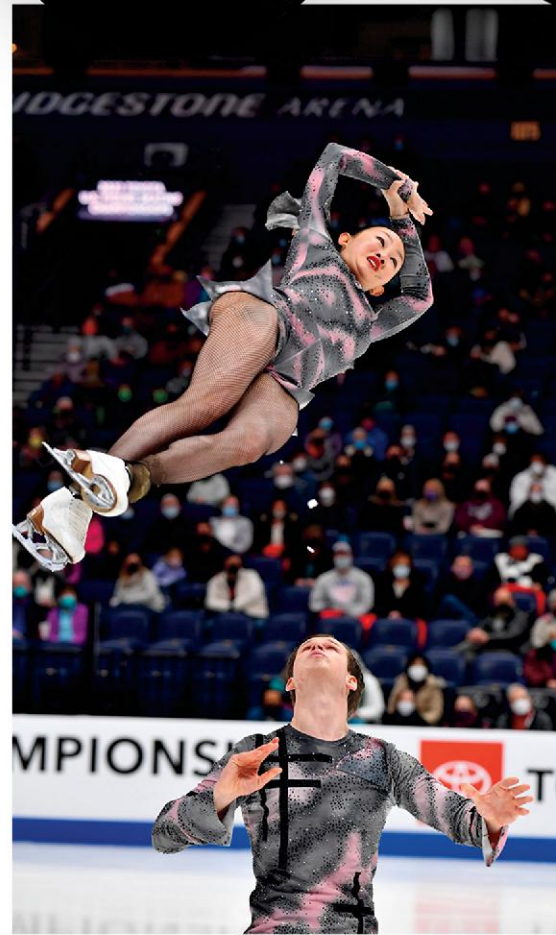
Alexa Knierim and Brandon Frazier

through, Calalang struggled to hold back her tears.

“I really had no option other than to be strong and to make it through,” she said, choking up. “It was just a really hard time for me, and just knowing that we’re a partnership, and it’s us together, and for something like that to happen that’s solely on me was really hard for me to keep going through the year. I’m just thankful that Brian is the person that he is, because he came every day, into the rink, positive attitude, knew that everything was going to be fine. Meanwhile, I didn’t think that everything was going to be fine, and that made us so strong as partners and just as people.”

Audrey Lu and Misha Mitrofanov (The SC of Boston) turned in their best performance at a U.S. Championships to take the bronze medal, two weeks after a training

Jessica Calalang and Brian Johnson showcase one of their powerful lifts during their free skate to the song “Who Wants to Live Forever.”



Audrey Lu and Misha Mitrofanov launch a powerful Level 4 triple twist in their short program to the songs “Toxic” and “Survivor.”

accident in which Mitrofanov’s blade sliced Lu’s cheek.

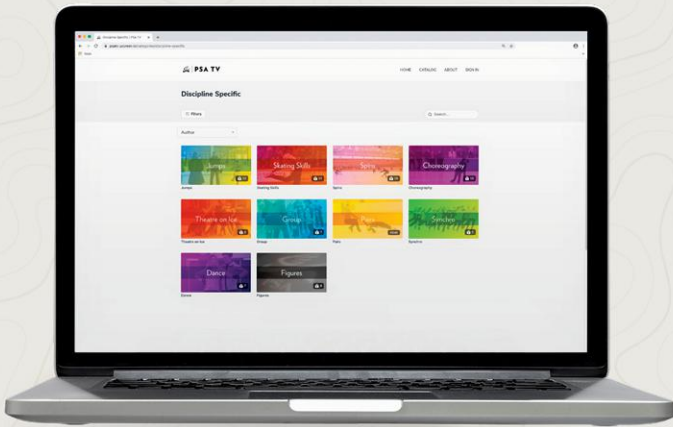
“What I’m really proud of about Audrey is that she never gave up,” Mitrofanov said. “She was always mentally ready. After a couple days, she was like, ‘All right, I want to go back to skate. I want to train.’ We had such amazing doctors who helped stitch her up real quick and make sure the process was going smoothly. We’re just proud of ourselves that we’re here, and just coming to nationals was a big accomplishment for us to begin with.”

Emily Chan and Spencer Howe (SC of Boston) rounded out the podium with the pewter medal.

“Last year we finished fifth, and we were grateful for that, and for us, the goal is just to always better our best,” Howe said. “We want the elements, but we also want to be able to touch people and showcase our skating, and I think that we did that well.”



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## CONTINUING A LEGACY, CHOCK AND BATES EDGE HUBBELL AND DONOHUE; HAWAYEK AND BAKER TAKE BRONZE

BY MIMI MCKINNIS

American ice dance has a track record of consistency. Six teams have won five titles, with Meryl Davis and Charlie White claiming a record six. But as Evan Bates noted at the post-event press conference in Nashville, “the names are a little more scattered these days.”

Over the last eight seasons, Madison Chock and Bates (All Year FSC/Ann Arbor FSC) have battled for the podium with Madison Hubbell and Zachary Donohue (Lansing SC), taking turns on the top step. Since they train together at the Ice Academy of Montreal, they knew their biggest competition would be each other at the 2022 U.S. Championships. While both teams turned in exquisite free dances, in the end, it was Chock and Bates’ turn for gold, edging their rinkmates with an out-of-this-world performance for a third U.S. title.

“It feels good to be sitting here right now, and to have won a national championship again against some of the toughest competitors we’ve ever faced,” Bates said. “We really had to work hard for it. All of our training and preparation, we needed all of it because this wasn’t easy. It wasn’t necessarily the best performance that we dreamt of today, but I’m proud of all the work we put in because it showed up and we relied on it.”

To say it was a close race would be an understatement. Mistakes by Hubbell and Donohue in the rhythm dance left the door open for Chock and Bates, whose Billie Eilish program came out on top by 2.55 points — a deficit that Hubbell and Donohue couldn’t overcome, despite winning the free dance.

“We knew coming in that we wouldn’t be able to win the U.S. Championships with a bad skate with the competitors that we have,” Hubbell said. “It’s just the reality. We couldn’t make up the 2.5 points from a poorly skated short program, but we’re satisfied with the feeling that we left this championships with.”

In the final segment, both teams told captivating stories with passion and precision. Chock and Bates, performing to “Con-

PHOTO BY JAN ADEFF/US FIGURE SKATING



Madison Chock and Evan Bates create an out-of-this-world experience with their free dance to songs by Daft Punk.

tact,” “Within” and “Touch” by Daft Punk, delivered a message of love and acceptance, she an alien and he an astronaut learning to communicate and overcome differences. Earning near-perfect component marks for composition and musical interpretation, their segment score of 135.43 marked a personal-best and topped the previous U.S. record to that point.

Hubbell and Donohue danced to “Drowning” by Anne Sila, celebrating a 10-year partnership to punctuate the final U.S. Championships of their career. Setting

the new U.S. standard with the highest U.S. Championships score on record, they earned 136.20 points for nine elements that each received GOEs of +4 or higher.

While just more than a point separated the teams in the free dance competition, Chock and Bates edged their challengers 227.37 to 225.59 overall. Now with three titles apiece to their names, the friends and training mates have a deeper appreciation not only for each hard-fought victory over each other, but for their place among the greats, upholding the standard of U.S. excellence in



PHOTO BY AMY ADEFF/US FIGURE SKATING



*Chock and Bates glide through their rhythm dance to the edgy offerings of Billie Eilish.*

Everyone wanted to be them. Everybody wanted to catch them — they wanted that excellence they were able to put out every time. I'm sure that's what we very often modeled ourselves after. The fact that we're both [with Chock and Bates] going into the Olympic Games with three U.S. titles is somehow poetic. We grew up next to each other. We thought all along that we're the best we can be at this point because we're always pushing each other. We always have the other one right on our heels. I think it's cool to leave our mark on that trophy and be switching back and forth with them between these seasons.

"[Those who came before us] paved the way for American ice dance in a time that I don't think American ice dance was seen as competitive as the Eastern European countries. We've been able to continue that legacy and find our spot at the top of the world. We're both proud and excited to share that with our competitors."

For the fourth consecutive year, the bronze medal went to Kaitlin Hawayek and Jean-Luc Baker (Detroit SC/Seattle SC), who fought battles of their own just to compete in Nashville. Hawayek sustained a concussion in training earlier in the season, forcing limited practice time and withdrawal from their first Grand Prix assignment. Closing their week to a soundtrack of Frédéric Chopin, the weight of their ethereal performance resulted in tears as they took their bows center ice.

their discipline.

"This generation of skaters has grown up with Tanith [Belbin] and Ben [Agosto], and Meryl and Charlie, and I'm incredibly proud to be a U.S. ice dancer," Bates said. "It makes the U.S. Championships, in this discipline, extremely significant as a competition. It's not easy to win a U.S. title and to get your name on that cool trophy with the blades. ... To have learned and studied under them in a way had a huge impact on me, so I'm incredibly proud to be alongside those who came before us."

"I was looking at that cool trophy with the blades on it earlier today," Hubbell added. "I was looking at the ice dance plaque and I was counting. How many titles do Meryl and Charlie have? How many for Tanith and Ben? Naomi [Lang] and Peter [Tchernyshev]? ... For me, Meryl and Charlie were the ones I grew up with, and they were setting the bar.

*Senior ice dance medalists (l-r) Madison Hubbell/Zachary Donohue, Madison Chock/Evan Bates, Kaitlin Hawayek/Jean-Luc Baker, Caroline Green/Michael Parsons*





SENIOR ICE DANCE



PHOTOS BY JAY ADEFF/US FIGURE SKATING



Hubbell and Donohue thank the crowd in Nashville. The couple announced at the start of the season that this would be their final competitive campaign.



Kaitlin Hawayek and Jean-Luc Baker go back to the 1970s, performing their rhythm dance to a retro remix of Donna Summer's music.

Madison Hubbell and Zachary Donohue display raw emotion in their winning free dance to Anne Sila's "Drowning."

"This means so much to us. It has not been a straight journey to this point for us whatsoever, over the last four years and especially over the last six months," Hawayek said. "I think both Jean-Luc and I have leaned on each other more than ever and we've found such a deep trust within one another through the challenges and obstacles that we've overcome. To be able to get the bronze is just a culmination of emotions for everything that we've been able to accomplish."

The team, now in the ninth year of their partnership, fought back from a fourth-best rhythm dance to share the podium — and Olympic Team honors — with their Mon-

treal-based training mates, leaving Nashville with 205.68 points and respect for the standing they earned alongside their compatriots.

"For me, part of the journey is being able to be on the podium with these two teams," Hawayek said. "We train together every day and I can't imagine honestly being with any other people. All of them are incredible humans and I look up to everyone in different ways. It's special."

Reprising the role of pewter medalists, Caroline Green and Michael Parsons (Pavilion SC of Cleveland Heights/Washington FSC) got a taste of the top after placing third in the rhythm dance segment, finishing with an overall score of 203.27.





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## JACKIE WONG'S TOP 8 TAKEAWAYS FROM THE U.S. CHAMPIONSHIPS

### A MEN'S SHORT EVENT FOR THE AGES

It was, hands down, the greatest men's short program event I have ever witnessed at a U.S. Championships, and one of the best set of men's short programs ever. One after another, the seven best in the event threw down clean or near-clean programs, all with their own interesting point of view and confidence.

### GOLD REDISCOVERS THE MAGIC

If there was a moment that people will remember for years to come, it might be Gracie Gold's short program. It's been years since we had seen Gold bringing her confidence to competition ice, and it's been a long road back for her to regain that belief in herself. We saw signs of it in the fall during the qualifying Championship Series, but the impact of her skating a clean short in Nashville was tremendous.

### A SEASON'S WORK WAS NOT LOST

The pandemic was the obstacle that everyone expected but no one could really predict — and it took out a few of the pre-competition favorites. But Alysa Liu's, and Alexa Knierim and Brandon Frazier's great skating during the fall season was what helped them petition onto the Olympic team. All was not lost, as their bodies of work spoke for themselves.

### BELL REWRITES THE NARRATIVE

Last year at this time, Mariah Bell seemed to have been at a crossroads, stalled after a career-best previous season and unable to find her voice. She reset, re strategized and came into the U.S. Championships with the most momentum of any of the ladies. She carried that momentum all the way to her first title in nine senior U.S. Championships appearances.

### U.S. ICE DANCE FUTURE IS BRIGHT

For the past four years, it felt like there was a big gulf between the best ice dance teams in the U.S. and the next tier of teams, but what transpired in Nashville was a sign that, even if the top American teams retire



after this season, the future is bright. And it's not only the technical proficiency of the up-and-coming teams, but it's also the variety of styles and strengths that will continue to push American ice dance in the next quadrennial.

### CHEN GETS NUMBER SIX

After an uneven Grand Prix Series, Nathan Chen went back to the drawing board and resurrected two programs that never got their due during the first pandemic season. He came to Nashville looking more at ease with the content that he was putting out. That renewed comfort level propelled him to skate the best that he'd skated this season — face-plant on his choreographic sequence notwithstanding — and become the first six-peat U.S. men's champion since Dick Button.

### A NAILBITER FOR THIRD DANCE SPOT

It was an ever-so-close battle between Kaitlin Hawayek and Jean-Luc Baker, and Caroline Green and Michael Parsons for the bronze medal, and what would be the third spot on the U.S. Olympic Team in ice dance. Hawayek and Baker came in as the veterans, while Green and Parsons were the new faces. After both couples had issues in the rhythm dance, it was Hawayek and Baker who had

to come from behind, needing the skate of their lives to get that spot they've been eyeing for four years. They did just that, besting an ethereal skate from Green and Parsons, who would go on to win the Four Continents title.

### SKATING WITH THEIR OWN PURPOSE

The U.S. Championships has been where Ashley Cain-Gribble and Timothy LeDuc have brought their best selves, and with their second U.S. title, they did it again. In the process, LeDuc made history as the first publicly open nonbinary figure skater to make the U.S. Olympic Team. LeDuc has never made any of the history that they've made about them — but their representation will mean so much to so many people who don't feel they belong.

*Jackie Wong is a figure skating analyst at Rocker Skating. He has been involved in figure skating for more than 20 years as a skater, coach, choreographer and judge. You can follow him at [rockerskating.com](http://rockerskating.com) and on Twitter and Instagram @rockerskating for comprehensive coverage of figure skating events all season long.*





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The U.S. Figure Skating Hall of Fame classes of 2021 and 2022 are honored on the ice at the U.S. Championships. (l-r) Gale Tanger (2021); Coco Shean, representing Lucy Brennan (2022); Brad Lamb, representing his mother, the late Sandy Lamb (2021); Ashley Korn, representing her late mother, Vicki Korn (2022); and Tiffany Chin (2022). Not pictured is Johnny Weir, who as an NBC analyst was inducted in the broadcast booth due to COVID-19 protocols.

## HALL OF FAME HONORS TWO CLASSES, 2021 AND 2022

Since the 2021 U.S. Championships did not allow any nonessential personnel, the annual U.S. Figure Skating Hall of Fame reception and inductions took a pause last year. This year, the induction classes of 2021 and 2022 were honored together in Nashville.

The Class of 2021 featured Johnny Weir, the late Sandy Lamb, and Gale Tanger. The Class of 2022 welcomed Tiffany Chin, the late Vicki Korn, and Lucy Brennan.

Due to his responsibilities as an NBC skating analyst, Weir was unable to attend the reception. However, his mother, Patti Weir, was in the front row with tears of pride, as were aunts Diane Neff and Cindy Moore, as Weir accepted the honor via a heartfelt video during the reception at the Renaissance Nashville Hotel.

Accepting on behalf of Lamb, the first female president of the Professional Skaters Association and driving force

behind opportunities for adaptive skaters, were her children Shannon Lamb and Brad Lamb. Shannon, an accomplished Special Olympics skater, beamed from her wheelchair below the lectern as her brother shared stories about their mom.

Tanger, a longtime official, team leader and organizer, had a large contingent of family and skating family in attendance. The always-high-energy Tanger shared stories that involved many of the people in attendance, which included her husband Tom Tanger, the chief accountant of the event. Their sons Kyle and Reed also traveled to Nashville.

Chin, accompanied by dear friend and current PSA President Alex Chang, said she was humbled by the honor. A two-time World medalist, Chin discussed what it has meant to her to be considered a trailblazer, as the first Asian American to win a U.S. Championships. She thanked many who helped her along the way, including her parents and coach Frank Carroll, who was in attendance.

Miami University synchronized

skating coach Korn was remembered for her many contributions to the discipline. Accepting on her behalf was her daughter Ashley Korn, who has followed in her mom's footsteps as a synchronized skating coach at the University of Michigan. She was joined by her fiancé, Lew Porchiazzo; and father, Mitch Korn.

Two-time Olympic judge Brennan, who elected not to attend the U.S. Championships due to the spread of COVID's omicron variant, asked fellow Olympic judge Coco Shean to accept on her behalf. Shean, whom Brennan told to "wear something sparkly," honored her longtime friend with stories dating back many decades, including how Brennan and her husband met at a skating event she organized.

The reception and on-ice inductions were hosted by U.S. Figure Skating President Anne Cammett, who was filling in for Hall of Fame Nominating Chair Larry Mondschein, who was unable to travel from his home in Switzerland due to the pandemic.





Olympic champion Brian Boitano talks about the making of *RISE* at the Memorial Fund reception.

### RISE REUNION HELD DURING MEMORIAL FUND RECEPTION

The 2022 Memorial Fund reception offered an interesting look back at the making of the movie *RISE* with two of the film's storytellers, Olympic champions Brian Boitano and Scott Hamilton. Scheduled guest Peggy Fleming and host Meryl Davis were unable to attend.

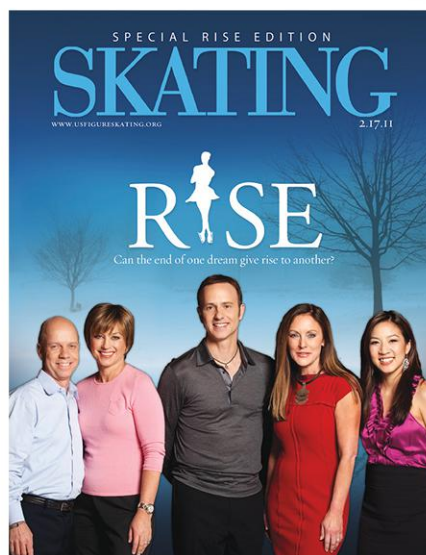
*RISE*, which debuted Feb. 17, 2011, featured many high-profile skaters discussing the athletes, coaches and officials from the 1961 U.S. World Team who perished in a plane crash near Brussels, Belgium. From that tragedy, the Memorial Fund was created as a memorial to those lost in the crash and as an endowment for current athletes' skating careers and education.

In addition to Boitano and Hamilton, Fleming, Dorothy Hamill and Michelle Kwan were featured storytellers in the making of *RISE*.

Before a live audience, Boitano and Hamilton waxed poetic on the making of the film and shared some of their favorite stories while on set for the film.

"We definitely became closer as a group throughout the filming," Boitano said.

Boitano and Hamilton shared stories including what a notorious prankster Fleming can be (especially to friend and



Olympic champion Kristi Yamaguchi).

Those in attendance received a true insider look into the making of the film and the personalities of the Olympic champions.

Upon learning that coach Danny Ryan's daughter, Terri Sullivan, was in attendance, Boitano sought her out after the event, as he was the one who shared the story of the coach of ice dancers Diane Sherbloom and Larry Pierce. Sullivan, who was only 2 when her father died, is one of Danny Ryan's five children.

### FOFS BREAKFAST GOES VIRTUAL

The Friends of Figure Skating always show up for Team USA, even when the athletes can't show up in person.

Hosted by 2014 Olympian Polina Edmunds, the 2022 Friends of Figure Skating Breakfast was held inside Bridgestone Arena. Due to COVID-19 protocols, athletes were unable to mingle with Friends, but that did not stop them from attending. More than 25 Team USA members joined the breakfast virtually, with Edmunds asking questions via a camera set up for the athletes, who were secured in a suite three stories above the ice.

Senior skaters like Katie McBeath and Nate Bartholomay, and Eva Pate and Logan Bye discussed what it was like to skate in front of fans again at the U.S. Championships. Junior skaters like Joseph Klein and Tairo Shinohara had a chance to say hello to their fans and talk about what a rush it was to perform on such a big stage.

Friends from all over the country braved travel issues and snow and rain to attend the event. From fans who have attended Championships for more than 20 years to new donors who wanted to support Team USA for the first time, everyone had their fill of food and fun.



FOFS members have breakfast and hear from the athletes via Zoom inside Bridgestone Arena.





Former competitive ice dancer **Anastasia Cannuscio** and 2014 Olympic pairs team **Marissa Castelli** and **Simon Shnapir** reunite in Nashville.

## ALUMNI GATHER IN NASHVILLE

The 2022 Athlete Alumni Reception inside Bridgestone Arena brought together many of the sport's beloved former skaters. Hosted by Brian Boitano, those in attendance included Olympic medalist Timothy Goebel and 2014 Olympic team event bronze medalists Ashley Wagner, Marissa Castelli and Simon Shnapir.

World medalist and fan favorite JoJo Starbuck joined the U.S. Figure Skating alumni as they reminisced with one another and celebrated historic anniversaries, like the 1972 U.S. Olympic Figure Skating Team.

The private Alumni Reception has been held for more than a decade at the U.S. Championships to allow former skaters to catch up with old friends and meet skaters they've always admired from different eras.

## WORLD TEAM SELECTIONS

U.S. Figure Skating announced its selections for the ISU World Figure Skating Championships 2022 (March 21–27, in Montpellier, France). The team was selected following the 2022 Toyota U.S. Figure Skating Championships in Nashville, Tennessee.

### WOMEN

Mariah Bell  
Karen Chen  
Alysa Liu  
Alternate 1 – Amber Glenn

Alternate 2 – Lindsay Thorngren

Alternate 3 – Gabriella Izzo

### MEN

Nathan Chen

Ilia Malinin

Vincent Zhou

Alternate 1 – Jason Brown

Alternate 2 – Camden Pulkinen

Alternate 3 – Jimmy Ma

### PAIRS

Ashley Cain-Gribble/Timothy LeDuc

Alexa Knierim/Brandon Frazier

Alternate 1 – Jessica Calalang/  
Brian Johnson

Alternate 2 – Audrey Lu/Misha Mitrofanov

Alternate 3 – Emily Chan/Spencer Howe

### ICE DANCE

Madison Chock/Evan Bates

Kaitlin Hawayek/Jean-Luc Baker

Madison Hubbell/Zachary Donohue

Alternate 1 – Caroline Green/  
Michael Parsons

Alternate 2 – Emily Bratti/Ian Somerville

Alternate 3 – Christina Carreira/  
Anthony Ponomarenko



**Audrey Lu** receives the 2022 Mabel Fairbanks Skatingly Yours Elite Athlete Award. Lu, a senior-level pairs skater, is the second recipient of the award, which was established to support the training and development of promising figure skaters of color. Fairbanks was the first African American and Native American skater and coach inducted into the U.S. Figure Skating Hall of Fame. Lu and her partner, Misha Mitrofanov, were the 2022 U.S. bronze medalists and former champions at the junior level. "I am so honored and grateful to receive the Mabel Fairbanks Skatingly Yours Fund Award," Lu said. "Her sportsmanship, commitment, perseverance and determination inspired me to never give up and chase my dreams. Always remember, whatever you do, do it with all your heart. Give back and make a difference for the community."

**Country music star Ruthie Collins** was one of several top entertainers to perform during the U.S. Championships. Collins played the guitar and sang several of her best songs, including her latest single "Hypocrite."





Madison Hubbell and Zachary Donohue received the Meryl Davis and Charlie White Global Excellence Award during a break in the action at the Prevagen Skating Spectacular. It marked the third time that the three-time U.S. ice dance champion team has won the coveted honor (2019, 2020). The Davis and White Global Excellence Award is presented annually based on a formula that includes placements/points at the U.S. Championships and world ranking points from designated international championship events. The senior dance team with the highest combined point total receives the trophy. The original bronze sculpture portrays the starting pose of Davis and White's free dance at the 2014 Olympic Games. Harold Linke is the sculptor. The trophy resides at the U.S. Figure Skating Hall of Fame in Colorado Springs, Colorado. Names are engraved and added to the wood base each year.



Members and chaperones from Girl Scout Troop #381 in Nashville enjoy the fan experience on the concourse of Bridgestone Arena during the 2022 Toyota U.S. Figure Skating Championships. A total of 25 area youth organizations took in the exciting action as part of U.S. Figure Skating's first Diversity, Equity and Inclusion outreach event.

Members of the 2022 Scholastic Honors Team are honored in the kiss and cry during the U.S. Championships. Scholastic Honors Team members received a \$3,000 scholarship and a \$1,000 donation to the charity of their choice. Recipients were chosen based on their academic prowess, community involvement and skating accolades. On hand for the presentation were (l-r) Jessica Lin, Maximilian Lai, Elizabeth Hong and Alyssa Chan. Not pictured are Isabelle Goldstein, Caroline Green, Benjamin Starr, Lily Sun, Jessica Wang and Katarina Wolfkoston.







# ‘LOVES TO PERFORM’

Seo tops the charts with two superb programs

BY TROY SCHWINDT

Clare Seo moved to Colorado Springs, Colorado, from South Korea in September 2020 to chase her skating dreams.

Just shy of 14 years old at the time, the soft-spoken Seo readily embraced a new culture and language as she honed her skating skills at the Broadmoor Skating Club under coach Tammy Gambill.

Since moving to the Pikes Peak region with her mom and sister (her father remains in Korea), Seo has become more confident on and off the ice. In Nashville, she displayed her impressive repertoire of jumps, spins and footwork to win the title by more than 10 points in a field of 17 skaters.

Seo, the 2021 U.S. junior bronze med-

alist, entered the event having won her U.S. Championships Series event in Henderson, Nevada, and the bronze medal at one of her two Junior Grand Prix Series competitions.

“This year I had a lot of big competitions,” Seo said. “Those events helped me prepare for this competition and be more confident and comfortable. Also, my family and coaches help me so I can prepare to skate the best that I can.”

Off the ice, Seo said she’s also feeling more comfortable communicating and adapting to a new culture.

“At first it was hard to speak to other people because of the language, but now, while it’s not perfect, I feel more confident

Clare Seo



Josephine Lee



Ava Ziegler

to speak. It’s still hard, but it’s been a fun experience [adjusting to life in America].”

Seo started fast in Nashville, winning the short program with a nearly flawless performance to “Rain in Your Black Eyes” by Ezio Bosso. After landing her opening

PHOTOS BY JAN ADEFF/US FIGURE SKATING





Katie Shen

triple Lutz-triple toe loop combination, Seo dazzled late in the program with her electric footwork.

“She’s a great little jumper,” Gambill said. “She’s great with her spins. She loves to perform. She has a lot of energy. She’s very strong and a joy to work with.”

For her briskly paced free skate set to music from *Manon of the Spring*, Seo landed seven triple jumps — three in combination — and finished with Level 4 spins and dynamic footwork. She placed second in the segment, finishing with an overall score of 185.53.

Ava Ziegler (SC of New York) overcame foot and ankle injuries in the weeks leading up to the U.S. Championships to secure the silver medal with a score of 175.50.

The 2021 junior pewter medalist, who trains in Hackensack, New Jersey, had enjoyed a strong season, competing twice on the JGP circuit and finishing first at both of her U.S. Championship Series events.

“We had a few setbacks in the month of December and leading up to this,” one of her coaches, Steven Rice, said. “We actually didn’t know if she was going to be here today. She sprained her ankle and then she had a sesamoid bone injury that affected the ball of her foot. She’s been wearing a boot here all week. The doctor put her in a boot about a week and a half ago, so we were kind of debating [about her competition status]. She couldn’t do Axels, Salchows and toes for about three weeks. We just started doing them two days before we got here. It

was a little bit of a struggle this week in the practices, but Ava is a true fighter and when it counts she’ll always do it. She’s very tough mentally.”

Ziegler placed fourth in the short program and turned it on in the free skate to Sara Bareilles’ emotional song “Gravity.” She landed six triple jumps and ended her program with Level 4 spins and footwork.

For Ziegler, it was the first time competing on the big stage in front of an audience. She was at the intermediate level two years ago, skipped the novice division and last year competed as a junior in front of cutouts in Las Vegas. Her two JGP events didn’t have spectators, either.

“I just told Ava to go out and enjoy her skating,” Rice said. “She skates from the heart.”

Josephine Lee (All Year FSC), an eighth grader who trains in Lakewood, California, continued her upward trajectory by claiming the bronze medal at her first U.S. Championships, with a score of 172.08.

Lee has come on strong in the past year, earning a Junior Grand Prix Series assignment and finishing on the podium at both

of her 2022 U.S. Championship Series competitions.

“She’s the hardest worker that we have,” one of her coaches, Naomi Nari Nam, said. “She’s focused, does her job, very coachable, and she’s on her way if she keeps that work ethic up.”

“I think the best thing about her is her grit and resilience through the entire year process,” another of her coaches, Amy Evidente, said. “I think most kids go on this really slow incline. For her it was here you go, this is what you are dealt with. Your first big competition is going to be a Junior Grand Prix and you deal with it. She’s come through every single time in a resilient way.”

In Nashville, Lee showcased her full package of jumps and skating skills. She landed a triple toe loop-triple toe loop combination in both programs and finished her free skate to “Red Ballerina” from *Don Quixote* with two Level 4 spins. She did have one fall in her free skate.

Katie Shen (Glacier Falls FSC) placed eighth in the short program but rallied to win the free skate and earn the pewter medal with a score of 170.77.

Junior ladies medalists (l-r) Ava Ziegler, Clare Seo, Josephine Lee, Katie Shen

PHOTOS BY JAY ADEFF/US FIGURE SKATING







# BACK AT IT

Kovar rebounds from injury to capture title

BY JR WALKER

Last season Kai Kovar (Wasatch FSC) watched the U.S. Championships from the comfort of his own home after failing to qualify for a spot in the junior men's event in Las Vegas.

Suffering from a lower back injury, Kovar ended his season with a 17th-place finish in the U.S. Championships Series, giving the high school sophomore the opportunity to heal in advance of the 2021–22 season. With the injury in his rearview mirror, Kovar arrived in Nashville ready to challenge for a spot on the podium and walked away as the 2022 U.S. junior men's champion.

"I grew a lot last year, so injuries set me back a little bit," the Utah native said. "I went to physical therapy for a month or two and wasn't fully ready to compete. I felt much better around the end of January, and even though I wasn't able to make it [to the U.S. Championships] last year, I am happy with how I was able to respond this year."

There was no evidence of the injury in Kovar's seven-triple-jump free skate, and after the competition, he was speechless upon realizing that he had ascended to the top spot on the podium.

"I have never been in this position before," he said. "I have no words to describe it — I'm just extremely happy."

Kovar's journey to the top of the podium has been a family affair, as his mother, Amanda, has served as his coach over the years.

"At the boards I'm not really nervous or anything because I'm more in coach mode," she said. "But then when he killed it and landed the last jump in his program, Mom came out and I started crying. It was exciting but up until that point I'm only thinking technically — I'm counting the spins, I'm looking at the steps, I'm looking at the skating. I'm just being the coach throughout that until that end and then I got pretty excited."

Kovar finished with 204.68 points, outscoring silver medalist Will Annis (SC of Boston), the leader after the short program, who posted a score of 202.87.

After capturing the novice men's title in 2019, Annis failed to qualify for the U.S. Championships the next two seasons, leaving him to contemplate an early retirement.

"I kind of lost a lot of motivation," Annis



Kai Kovar

said. "I almost actually stopped skating because I just felt like I was going downhill and I wasn't pushing myself enough. I switched coaches and it really helped me find the motivation to work hard and put the effort in again, so that's what I credit to having that step up this year."

In the free skate, Annis put his hands down on his first three elements — a fully rotated quadruple toe loop attempt and two triple Axels. He did manage three clean triple jumps.

"From day to day I see a lot of improvements and I am starting to see the results that I want," he said. "I have a lot better practices — just overall more consistent. So, the fact that I was able to get here and skate fine even if it was not my best, is a huge step up from last year."

Second in the short program a year ago, Maxim Zharkov (Dallas FSC) plummeted to



Will Annis



Maxim Zharkov





Joseph Klein

12th place overall after a nightmare performance in the free skate. In third place after the short program in Nashville, Zharkov found redemption with a strong free skate that earned him the bronze medal.

“I came into this competition a lot more mentally aware of what I can do consistently as well as understanding what it takes to get what I want to achieve,” he said. “Last season I was just basically trying out elements that I had hardly done for more than like a month, and this season I was just a lot more prepared.”

Like Annis, Zharkov opened with a flawed quadruple toe loop attempt and received full credit on three triple jumps. His overall score was 188.15.

“It’s not about the podium finish; it’s more about seeing my personal achievements and



U.S. junior men’s medalists (l-r) Will Annis, Kai Kovar, Maxim Zharkov, Joseph Klein

hard work finally come and show itself to me,” Zharkov said. “I’m finally creating more of a structured plan whenever I practice, and seeing that work well in competition is what I do it for.”

Last year’s silver medalist, Joseph Klein (Skokie Valley FSC), settled for pewter this year. Klein cleanly landed four triple jumps, but

popped both of his Axel jumps, losing precious points along the way.

“It wasn’t ideal, but not every performance is going to be perfect,” he said. “My goal here was just to be myself and enjoy skating as much as I could, and while I didn’t skate to the best of my ability, I really did enjoy every moment.”

PHOTOS BY JAY ADEFU/S: FIGURE SKATING

## 2022 WORLD JUNIOR TEAM SELECTED

U.S. Figure Skating has announced its selections for the ISU World Junior Figure Skating Championships 2022. The women and men were selected following the World Junior Singles Camp, Jan. 31-Feb. 1, in Norwood, Mass., while the pairs and ice dance teams were selected following the conclusion of the 2022 Toyota U.S. Figure Skating Championships in Nashville, Tenn. The World Junior Championships are set for March 7-13, 2022, in Sofia, Bulgaria.

### WOMEN

Isabeau Levito  
Clare Seo  
Lindsay Thorngren

Alternate 1: Josephine Lee  
Alternate 2: Kanon Smith  
Alternate 3: Ava Ziegler

### MEN

Lucas Broussard  
Liam Kapeikis  
Iliia Malinin

Alternate 1: Kai Kovar  
Alternate 2: Matthew Nielsen  
Alternate 3: Robert Yampolsky

### PAIRS

Isabelle Martins and Ryan Bedard  
Anastasiia Smirnova and Danil Siianytsia

Alternate 1 – Catherine Rivers and Timmy Chapman\*  
Alternate 2 – Cate Fleming and Chase Finster

### ICE DANCE

Oona Brown and Gage Brown  
Angela Ling and Caleb Wein  
Katarina Wolfkostin and Jeffrey Chen

Alternate 1 – Leah Neset and Artem Markelov  
Alternate 2 – Helena Carhart and Volodymyr Horovyi

\*Pending achieving minimum technical score.





# 'PROUD OF OURSELVES'

Baram and Tioumentsev make statement in debut together

BY CLAIRE CLOUTIER

Sometimes new stars burn the brightest in sport. That was certainly the case in Nashville, where new team Sonia Baram and Daniel Tioumentsev (Los Angeles FSC/Dallas FSC) dominated the junior pairs event. They began skating together only eight months prior to the 2022 U.S. Championships but won the title by 26.65 points.

Baram and Tioumentsev skated with grace, speed and ease to win both segments of the competition. They included a Level 3 triple twist in both programs. Their lifts were also high quality, and they attempted two side-by-side triple jumps (Salchow and loop) in their free skate. The duo earned 171.36 points, a score that would have placed them fifth in the senior pairs event.

"We're really proud of ourselves. We worked hard this whole season," Baram said.

"It's a relief," Tioumentsev added. "We finished the season great, so we're really

proud of what we achieved."

The duo trains in Irvine, California, with Olympic coaches Jenni Meno and Todd Sand. Baram, who is from California, has been competing in both singles and pairs for several years. Tioumentsev, a former intermediate pairs medalist, moved from Houston to partner with her.

"We became good friends the minute we stepped on the ice together," Tioumentsev said.

His partner, meanwhile, claimed jokingly, "I annoy him 24/7. It's one of my hobbies."

"We're both good singles skaters. When we combine that with pairs, I think that's what makes us a good team," Tioumentsev said.

The duo's learning curve was eased by their prior experience with pairs skating. For example, Baram had already learned the triple



Isabelle Martins and Ryan Bedard

Sonia Baram and Daniel Tioumentsev



PHOTOS BY JAN ADEFF/US FIGURE SKATING

twist before teaming with Tioumentsev.

"Learning it with a new guy was weird at first," Baram said. "Over time, it built and got more confident."

Both partners said that Baram, although younger, often drives their training.

"Sonia is a perfectionist," Tioumentsev said. "She's always committed and ready to work and bring things to perfection."

Baram said that Tioumentsev's mellow personality complements hers.

"Mostly he's just chill and tries to calm me down all the time, because I'm crazy," she said with a giggle.

Baram and Tioumentsev train alongside many U.S. senior pairs, including Olympians Alexa Knierim and Brandon Frazier.

"Watching them train for nationals has been really interesting," Tioumentsev said. "It definitely teaches me a lot — how I can be a better partner and prepare myself more for competitions."

The duo is looking forward to next





*Catherine Rivers and Timmy Chapman*



*Megan Wessenberg and Blake Eisenach*

season, when Baram will be old enough to compete internationally.

“We’re hoping to get at least one Junior Grand Prix and an opportunity to compete for Team USA,” Tioumentsev said.

Their off-season goals include working on throw triple jumps. Baram also has ambitions to get a quad twist.

Isabelle Martins and Ryan Bedard (Chicago FSC/Northern Ice SC) took the silver medal for the second consecutive year, with an overall score of 144.71. Unlike the champions, Martins and Bedard have been skating together for a long time.

“This is our seventh nationals together,” Martins said.

The team faced a new challenge when Bedard came down with COVID-19 just three weeks before the U.S. Championships.

“Leading to nationals, we didn’t get to train as much as we’d like,” Bedard said.

Despite the COVID-19 setback, the team put out impressive technical content, completing a triple twist and throw triple jumps, as well as a side-by-side single Axel-double toe loop combination.

“We’d been planning the programs with these elements the whole season,” Martins said. “I think scaling back would have been a major setback.”

“We wanted to go for everything and give 100 percent,” Bedard added. “It was a lot tougher than I thought it was going to be. I got tired really quick.”

Catherine Rivers and Timmy Chapman (Knoxville FSC/Central Florida FSC) claimed the bronze medal with two appealing programs. The second-year team showed nice

lifts and a throw triple Salchow, posting a score of 130.75.

Rivers, a native of Knoxville, Tennessee, found it deeply satisfying to perform in her home state.

“It feels so good to be here and have that energy from the crowd,” Rivers said. “Being able to see all my family and friends cheering me on felt so unreal and magical.”

Megan Wessenberg and Blake Eisen-

ach (SC of Boston/Rocky Mountain FSC) collected the pewter medal with a score of 129.09. For both, it was a welcome return to the U.S. Championships after a long break.

“It feels wonderful,” Eisenach said.

“We battled a lot of injuries this season,” Wessenberg said. “And we teamed up last year, coming off a couple of difficult years. So today, the meaning was just about resilience.”

*U.S. junior pairs medalists (l-r) Isabelle Martins/Ryan Bedard, Sonia Baram/Daniel Tioumentsev, Catherine Rivers/Timmy Chapman, Megan Wessenberg/Blake Eisenach*

PHOTOS BY JAN ADEFF/US FIGURE SKATING







# ‘PRODUCT OF THEIR WORK’

Neset and Markelov realize dream in only second season together

BY TAYLOR DEAN

Before Leah Neset and Artem Markelov were crowned the 2022 U.S. junior ice dance champions, they dreamed about making the podium.

“It would mean the world,” Neset said, before the final scores were announced. “It’s our second nationals, so we’re just thankful to be here.”

The Magic City FSC dancers had been skating together since March 2020 when

Markelov moved to the U.S. from Russia to begin training with Neset in Colorado Springs, Colorado; they found each other through an online partner search. Despite starting a new partnership just as a pandemic was starting and rinks were shutting down, Neset and Markelov got to work on choreographing programs and learning each other’s training and skating styles.

After a sixth-place finish at their U.S. Championships debut in 2021, Neset and Markelov set new goals for the upcoming season, including working on their speed and creating harder elements.

The team collaborated with Joel Dear to choreograph this season’s programs. Their rhythm dance to “Feeling Good” by Michael Bublé and “DJ Turn It Up” by Yellow Claw featured intricate steps and lively choreography. While the team said it was a tough program, they enjoyed every moment of it.

Trailing by .68 point and in second

place going into the free dance, Neset and Markelov knew they had to put everything they had out on the ice.

“We tried to express ourselves and just skate,” Markelov said.

The duo’s emotional free dance tells a story of loss and overcoming it. In the first section, set to “My Immortal” by Evanescence, Neset’s character copes with losing Markelov, using lyrical movements. In the second piece of the program, set to Tommee Profitt’s cover of “In the End” by Linkin Park, both characters question how the loss happened and how to move on. The lyrical choreography quickly becomes energetic and mysterious.

Neset and Markelov connected not only with each other but with the audience as they moved through their elements, earning all positive grades of execution to post a personal-best score, take the lead and eventually the gold medal with 155.84 points.

Leah Neset and Artem Markelov



PHOTOS BY JAY ADEFF/US FIGURE SKATING

Angela Ling and Caleb Wein







Elliana Peal and Ethan Peal



Vanessa Pham and Jonathan Rogers

Neset and Markelov expressed how grateful they were for their result, and coach Elena Dostatni echoed similar sentiments.

“Our team comes in every day and they pour all their heart into what they do,” Dostatni said. “The result you see is a product of their work.”

Angela Ling (Peninsula SC) and Caleb Wein (Washington FSC) were also pleased with their silver-medal finish. The duo, who train in Rockville, Maryland, wanted to skate like they do every day at practice. While there were some minor mistakes, both skaters felt they performed at a high level.

“It wasn’t exactly the skate we were hoping for, but we’re still happy with what we’ve done,” Wein said.

With a personal-best rhythm dance score, the team entered the free dance with a slight lead. Their program to “April” by The Lumineers and “Can’t Pretend” by Tom Odell featured emotional movements and engaging choreography. They earned Level 4 on four elements, which helped propel them to an overall score of 153.58.

“We couldn’t have asked for a better last year at junior,” Wein said.

With it being their last season at the junior level, Ling and Wein wanted to make their free dance something special, and the music was an important part of it.

“We spent a really long time looking for music this year,” Ling said.

The team chose their first piece of music after hearing “April” at practice, then added the second piece by Tom Odell. To pull it all together, Ling composed a few notes on the piano.

Ling and Wein play instruments and pursue other hobbies outside of skating, most of which revolve around the arts. Ling, a high school senior, enjoys playing the piano and painting, while Wein, a third-year aerospace engineer at the University of Maryland, dabbles in painting, photography, poetry, and music and even hopes to submit some dance videos to competitions.

Nashville natives Elliana Peal and Ethan Peal secured the bronze medal with 140.67 points after two memorable skates. Their rhythm dance was a combination of hip-hop and jazz, while their free dance held more

emotion and softness.

The Scott Hamilton SC members took in every moment possible while competing in their hometown. They relished the support from the audience, many of whom were close friends and family members.

“We were just trying to skate with joy and freedom in mind,” Ethan Peal said.

“The love helped us get through the programs,” Elliana Peal added.

Vanessa Pham (SC of Houston) and Jonathan Rogers (Texas Gulf Coast FSC) captured the pewter medal with 140.08 points.

Junior ice dance medalists (l-r) Angela Ling/Caleb Wein, Leah Neset/Artem Markelov, Elliana Peal/Ethan Peal, Vanessa Pham/Jonathan Rogers

PHOTOS BY JAN ADERFU/US FIGURE SKATING





# 'THE FUTURE IS BRIGHT'

National Development Camp prepared, inspired new generation of Olympic hopefuls

BY MIMI MCKINNIS



PHOTOS BY SARAH ARNOLD

Olympic ice dancer Judy Blumberg gives one-on-one instruction to a national camp skater.

The moment an athlete qualifies for the Olympic team is enough to inspire a nation. For participants of the 2022 High Performance National Development Camp, held January 7–12 at the conclusion of the U.S. Championships in Nashville, witnessing those moments firsthand gave a clear visual of what they hope to achieve in 2026 and beyond.

“I think the best part of this year’s camp was the observation of championship competition,” Justin Dillon, U.S. Figure Skating director, high performance development, said. “The Olympic year gave it an extra punch of excitement, and the athletes got to watch those Olympic moments happen with national and international/ISU-level officials observing with them and educating them at what they should be looking for during an event.”

Attended by 144 of the top juvenile-, intermediate- and novice-level athletes from this season’s U.S. Figure Skating Championship Series presented by Toyota, the camp, which

saw its third iteration in Nashville, offered instruction from more than 75 coaches and instructors, and feedback from more than 20 national and international ISU-level officials. Skaters received educational training to accelerate their exposure to high performance programs and Team USA and were given the opportunity to be selected for advanced novice and junior international competitions and other high performance programs at the event’s conclusion.

“We closed out the week with a consistency drill, and free dance performances from the ice dancers,” Dillon said. “The event has *camp* in the name, but it’s really more competitive by nature. The programming gives us a 360-degree look at each athlete so we can collectively look at the data and assess where the best opportunities are to continue their development and competitive trajectory.”

Participants worked with top names from several pertinent industries, including rhythmic gymnastics World champi-



The camp was designed to meet the individual needs of each athlete.





*Jiaying Johnson works on her skating skills and presentation.*

on-turned-figure skating choreographer Tatiana Druchinina, professional cast members of Cirque du Soleil, Skybeat Dance's Skyler Rodgers, and Randi Strong, best known as a top-5 competitor on the fifth season of "So You Think You Can Dance?" Skating-centered faculty included big names like Amber Corwin, Derrick Delmore, Ivan Dinev, Amanda Evora, Jim Peterson, and Tanith and Charlie White. Renowned choreographer Benoit Richaud taught sessions to improve skating skills, while Judy Blumberg worked on improvisation and performance quality, all with the unified goal of educating and preparing the next generation of Olympic hopefuls.

"Ann Barr, one of our most experienced team leaders, gave a terrific presentation on what happens next when a skater is named to Team USA," Dillon said. "She spoke with the athletes and in the parents' track about being named to the team, the paperwork, how international events look, how they differ from other competitions and how to manage all of those details. She walked them through the whole process. We have a great crop of up-and-coming talent, and a lot of these families haven't experienced these kinds of things. I think it answered a lot of questions and generated a lot of excitement for the possibilities that the future holds."

First launched after the 2020 U.S. Championships, then held in conjunction with Champs Camp, Dance Camp and Cranberry Cup after the global pandemic forced



*Coach Derrick Delmore was one of the dozens of top instructors at the national camp.*



*In addition to the learning and competitive opportunities on the ice, there was ample time for camaraderie and fun off the ice.*

a bubble-style championships in 2021, this year's event returned to its planned timeline to enhance the skills and development of the attending athletes. And while the camp's tagline was "I dreamed, I believed, I achieved," the motto behind-the-scenes could have been "We pivoted."

"We were faced with a lot of challenges," Dillon said. "We had to adapt after the spread of the omicron variant [of COVID-19]. The coaches' track had to transition some of their sessions to being held over Zoom, and some instructors had to step in and fill in the gaps for scheduled faculty who were quarantined or needed to isolate to prepare for Beijing. We just kept moving forward and rolling with

the punches, and in the end, it was a really excellent camp."

While it wasn't without logistical hurdles, the camp ran smoothly, successfully filling the toolboxes of skaters, coaches, and parents in attendance with knowledge in the technical and performance aspects of skating, mental training, off-ice conditioning, international competition preparedness, and plenty of inspiration as they climb the ladder toward their place as the sport's next stars.

"There were some real standout skaters on this year's roster," Dillon said. "The future is bright. We saw top-notch competitive performances and skills on display, across all disciplines, which is exciting."



# BACK AT THE MIC

With fresh momentum, Allison Manley resurrects the Manleywoman SkateCast

BY AVIVA M. CANTOR

Lifelong skater Allison Manley is a seasoned competitor who earned the title of 2001 adult gold ladies champion. Last year, she added another achievement: an impressive top 10 finish as one of 25 competitors in the championship masters intermediate-novice ladies event at the 2021 U.S. Adult Figure Skating Championships.

From 2007–2014, Manley podcasted her compelling interviews with outstanding athletes like Kurt Browning and Debi Thomas, legendary coaches such as Frank Carroll and Ron Ludington, and the founding chair of the Adult Skating Committee, Rhea Schwartz.

2022 marks a milestone for Manley: She's back to podcasting.

**SKATING:** What got you into skating?

**MANLEY:** I was born with a major hip displacement. To set my hips properly, I was initially put into a plaster body cast. At 18 months, I was put in a plastic cast. I walked like a crab! Doctors told my parents to sign me up for sports. My mother's friend said, "There's a facility a half mile away where some young Olympic hopeful named Scott Hamilton is training." It was the Philadelphia Skating Club and Humane Society. Needless to say, skating stuck. Here I am all these years later. I have some lingering issues in my hips and legs that require me to be careful and take precautions, and I'm not incredibly flexible, but I've been able to do almost anything physical, thank goodness.

**SKATING:** When did Manleywoman SkateCast start?

**MANLEY:** I was podcasting well before most anyone knew what podcasting was. The term *podcasting* didn't exist until 2004. Apple didn't add podcasts to iTunes until 2005. My first episode came out in March 2007. When I started, you could only listen on iTunes or directly from my website. Spotify only started including podcasts in 2018.

**SKATING:** What inspired you to start the podcast?

**MANLEY:** I listened to a podcast about how to make a podcast. I thought, "I could do that." In 2007, I met Kurt Browning backstage at Stars On Ice. I had the courage to ask if he would honor me by being my first guest. Without hesitation, he said yes. I started big. Those early episodes might be a bit rough, as I was still figuring it all out, but I figured it out. The initial run was 82 episodes.



Allison Manley competes at the 2021 U.S. Adult Figure Skating Championships.

**SKATING:** Your work was recently featured on the Skating Vault podcast. Tell me about this.

**MANLEY:** U.S. Figure Skating reached out to ask if they could use my existing content and repurpose it rather than reinvent the wheel, so to speak, to which I agreed. They chose the footage that worked for them, and I was delighted to have it be shared with new fans in a new way.

**SKATING:** Looking back, what are you most proud of?

**MANLEY:** Being an early adopter for once? But seriously, I'm also proud that at the podcast's height, Google Analytics showed that I had listeners in 53 countries. Are there 53 countries that even have figure skating programs? I'm proud that I've built an archive of evergreen content full of the voices and stories around the sport I love. It never goes out of style and can be rediscovered by new fans and be just as fresh as the day it was released.

**SKATING:** What can we look forward to on your newly resurrected podcast?

**MANLEY:** I've just released interviews with Elizabeth Manley, Courtney Jones and Debbi Wilkes. I have more coming soon.

**SKATING:** Who have been your favorite interviewees?

**MANLEY:** Dick Button, because ... Dick Button! Slavka Kohout because she invited me to her lovely house and we did it there. Richard Dwyer was so delightful. Getting invited to the Ice Capades 70th reunion was a trip. And I'll never forget the hilarious side-eye I got from Oleg Vasiliev when I asked him what his weaknesses were. If looks could kill!

**SKATING:** Whom would you love to interview, but haven't?

**MANLEY:** Janet Lynn, Michelle Kwan, Oleg



Allison Manley and Dick Button share a moment at the 2014 U.S. Adult Championships.

Protopopov, Alexei Mishin, Nobuo Sato, Yao Bin, Peggy Fleming, Tenley Albright ... I could go on and on. I'm regretful of some voices I didn't capture before they passed away. Tom Collins, Ina Bauer and Toller Cranston come to mind.

**SKATING:** What did it mean to have the family back together at the 2021 U.S. Adult Figure Skating Championships?

**MANLEY:** It was amazing. I really surpassed my goals. And to see everybody in a safe environment, cheer for them, give hugs and just be around friends who love skating — that was the icing on the cake.

**SKATING:** Will we see you in Newark, Delaware, in April 2022?

**MANLEY:** If I stay COVID- and injury-free ... yes!

*To check out the Manleywoman SkateCast, listen on Spotify, Apple Podcasts, Audible or Amazon Music or visit [manleywoman.com](http://manleywoman.com)*





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In this installment of the Athlete Corner, three former competitive skaters share what their favorite Olympic sports are and what retiring from skating has taught them about themselves.

## MARISSA CASTELLI

PAIRS



**Skating club/current location:**  
Skating Club of Boston/Rhode Island

**What is your favorite Winter Olympic sport other than figure skating?**

Bobsled and snowboard halfpipe.

**What did retiring from skating teach you about yourself?**

Retiring from skating was one of the hardest things I have ever done. One thing skating has taught me is to never say no and always keep learning. I have used my mental and physical training to help guide and motivate me to try new hobbies and jobs. I have said yes to new opportunities that would normally scare me and found that being in a learning position is refreshing and fun. I am so happy that I am still coaching figure skating along with running and working toward my college degree. Retiring from skating was not the end to my story, but a new chapter that I cannot wait to continue to explore.



## SHARON NEFF

SYNCHRONIZED SKATING

**Skating club/current location:**  
Hayden Recreation FSC/  
Massachusetts

**What is your favorite Winter Olympic sport other than figure skating?**

I've really taken an interest in watching short track speedskating. In 2016, the Haydenettes competed at an ISU event in Shanghai that featured both synchronized skating and short track speedskating. It was incredible to see the speed and power of the athletes in person. Growing up, I always loved watching freestyle skiing and snowboarding because of all the tricks.

**What did retiring from skating teach you about yourself?**

Retiring from anything that has played a major role in anyone's life is never easy. I realized that while it was one of the hardest things for me to let go of, skating and training had prepared me for the next steps and gave me the necessary tools and skills to be able to move forward. While I may be done competing, skating will always be a huge part of me and something I will forever be thankful for. I know that I will always have the support from all the many teammates I've been blessed with and the many other friendships I've formed to help me through any of life's challenges or hardships.

## SEAN RABBITT

MEN



**Skating club/current location:**  
Glacier Falls FSC/Irvine, California

**What is your favorite Winter Olympic sport other than figure skating?**

It would be either speed skating or snowboard halfpipe. I get so into speed skating races and cheering for the athletes when they get neck and neck. For the half pipe, it's amazing to see all their cool flips and rotating elements.

**What did retiring from skating teach you about yourself?**

I am a planned and scheduled person. I am most comfortable following a regimen, so when I chose to retire from competitive skating (I still skate several times a week and coach) I had a lot of free time, and I had the ability to kind of do whatever whenever and not have to consider how it would affect my training the next day or week. Having no plan other than my daily coaching and skating was actually the scariest part for me; what do I do with myself? So what it taught me was that it's OK to sometimes just go with the flow and wing it. It has opened up so many new interests and opportunities for me. For example, I had a free weekend and booked a cheap flight to Hawaii to learn to surf; it's something I have always wanted to try.





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Zachary Donohue

Madison Hubbell



# MY FAVORITE PROGRAM

BY SEAN RABBITT

I am a creative person, which is why I love our sport of figure skating. I always say, “The ice is a canvas and my blades are the connection between the ice and my soul.” For me, whether I was working with a choreographer or choreographing my own programs, I have always enjoyed involving myself in the creative process of crafting my programs.

When I try to decide my favorite program, it’s hard to choose. It’s almost easier to name the programs I didn’t like. That being said, two specific programs come to mind as being particularly special. The first program was my 2017 free skate to a Perez Prado medley. My performance of this program at nationals was the first time I received a standing ovation from an audience of 10,000-plus people and I also achieved a personal-best score.

The second program, my short program to the *East of Eden* soundtrack by Lee Holdridge, I skated at three nationals. I choreographed this program myself. Each time I skated it, I felt the nerves disappear and the skating flow from my heart onto the ice. Once again, I broke personal-best scores and placements at nationals.

If you love the music that you are skating to, you will perform it better. Plus, you will have no problem training these programs day after day throughout the year. Both of these programs I loved, and therefore I never had a problem training them, and it showed.

*To learn more about the Ice-men program, go to [usfigureskating.org](http://usfigureskating.org) and click on Skate and Skating Opportunities.*



JAY ADEFFUS/US FIGURE SKATING

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**EDEA’s new anatomic E-SOLES give support, can help prevent injuries**

EDEA has developed a new anatomically-formed skate insole for EDEA skates. The E-SOLE, with pieces of NOENE material built in, is designed to provide a higher level of performance. The major developments are a bit more firmness and stability for the foot, as well as extra arch support, which help to correct and align body posture points. Most importantly, E-SOLES are inserted directly under the heel and metatarsus.

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and then moves up to the ankle, the knee, the hip, the back and even up to the base of the skull.

The EDEA NOENE anti-shock undersoles and the new EDEA anatomic E-SOLES are available from any of the almost 400 Skates U.S. authorized EDEA dealers or from Skates U.S. directly at [www.SkatesUS.com](http://www.SkatesUS.com). They are sized in 5mm increments, the same sizing as the EDEA Skates.





# FIGURE SKATING

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# BELOVED BUS DRIVER MADE SKATING TRIPS FUN FOR EVERYONE

BY ALISSA KNUDSON

For more than a decade, Ron Watson transported the Capital Ice Synchro teams in Bismarck, North Dakota, to competitions around the country. Through time spent at the rink, driving through blizzards and long talks on the bus, the skaters and coaches got to know and love Watson.

Simply put, he became part of their synchronized skating family.

Watson, 72, made his final bus trip last July. He was diagnosed with cancer that has since spread. He is still receiving chemo treatments, although the cancer is terminal.

“I’ve had a good life,” Watson said. “There’s always a little bit of hope, so I’ll keep fighting it.”

The club first met Watson on a trip to Minneapolis, Minnesota, for the Maplewood Synchro Competition. After that trip, Capital Ice coach Becky Gallion made a team decision.

“That was it for me and I requested him every single trip we went on after that,” Gallion said.

Watson has driven coast to coast, carrying teams and groups across the country. He estimates that he drove approximately 2 million miles in the past 20 years.

“Driving was probably the most fun I’ve had in my life,” Watson said.

Gallion said one thing that stood out to her about Watson was his hard work and how much he cared for all of the skaters. He would work overtime to make sure that the girls got to all of their events and competitions on time.

“We were never, ever late with Ron,” Gallion said. “He really took his job to another level. He was never just a bus driver to us.”

“My philosophy was I don’t care if it was the president of the United States or first graders, you treat them the same, you give them the same, exact service,” Watson said.

Watson drove the Capital Ice Synchro team buses for about 10 years.

“I can’t remember a trip where I didn’t enjoy it,” Watson said. “I looked forward to it every year, I couldn’t wait.”

Watson knew how to lighten the mood of a bus trip and made sure the skaters had fun, saying, “Laughing is a cure for anything.”

He joked with the skaters, would stop for ice cream even when it was not on the itinerary and supported the teams unconditionally. He remains eager to hear how the teams do at competitions and is still invested in their lives. Capital Ice teams would have fun activities and traditions to fill the time on the long bus trips. One of those traditions was singing a song about Watson.

“Singing the Ron Watson song has always



Unplanned ice cream stops were just part of the fun when traveling on Ron Watson’s bus.

been my favorite,” Adriel Vetter, a senior on the Capital Ice Chips, said. “He has definitely been, to the club as a whole, like a grandpa to us. When the younger kids join they are always scared of their first bus ride, but they are always so happy once they get to know Ron, and it just makes them feel so much more at home.”

Since learning of his diagnosis, the club has been raising money to help pay some of his medical bills and his funeral costs. His wife is working as a janitor at night to make ends meet. The club has raised nearly \$12,000 for Watson and his family.

“We are hoping we can do a little more so his mind can be at ease,” Gallion said.

Watson wants to make life easier for his wife after he is gone, he said.

“I’m trying to take care of business for her, because my problems are going to be over, but hers are probably just getting started.”

The skaters have written cards, drawn pictures, started a GoFundMe campaign and given money over the past couple months to give Watson some of the joy that he gave to them.

“He’s made a difference in a lot of people’s lives,” Gallion said. “They want to show Ron how much they care about him and how much of an impact he has had on their lives.”

Watson never expected the club to raise so much money or support him.

“I’ve never had any people do what they



Watson and members of the Capital Ice Synchro teams have a good time getting to their destination.

did for me,” he said. “What these girls did for me, that means that I made an impression on somebody in my lifetime, and that’s something I’ll never forget.”

Each time Capital Ice travels now, they name one of their buses the RW bus to honor Watson and all the joy and love he brought to the club.

*Alissa Knudson is an alum of Capital Ice Synchro*



# TRAVEL NUTRITION: WHAT YOU SHOULD KNOW

BY CARRIE APRIK, MS, RDN, CSSD  
AND DANA SIVAK, MS, RDN, CSSD, LDN

Traveling for the sport you love can lead to some of the best adventures and most fulfilling memories in your skating career. It can certainly come with challenges as well, especially from a fueling perspective.

With a proactive approach, however, these challenges can be successfully managed. Prior to departure, ask yourself some key questions: How can I best prepare my body for travel? What do I need to have with me to stay consistent with my normal fueling plan? What is available at my destination? Are there any food safety considerations?

Taking time for these preparations ensures that your body will have fuel available when it counts the most, maximize recovery between short and long programs, and minimize the risk for illness and food-related distractions. From local to international travel, having a game plan in place for your nutrition prior to departure is key for maximizing your performance potential.

## PRE-DEPARTURE PREPARATION

While no foods (or supplements) can truly boost immunity beyond its natural capabilities, there are many foods that help support immune function. High-antioxidant plant foods, such as citrus fruits, garlic, dark greens, and even green tea, contain a slew of plant chemicals, vitamins and minerals that fight infection and inflammation. Fermented milk products, like Greek yogurt and kefir, contain probiotics, beneficial bacteria that live in the digestive tract and can help fight travel-related gastrointestinal stress. Incorporate foods from this list (bottom right) daily at least two to four weeks before departure.

In the weeks leading up to travel, it's also important to assess the key parts of your daily fueling and hydration strategies and the foods and products you consistently consume. If you have applesauce before every session, make sure to pack enough applesauce for the number of practice sessions you'll have on the road.

Take note of your preferred eating times and apply those habits to your competition schedule. Make sure to research the location you're traveling to for available grocery stores, keeping in mind the type of transportation

you will have access to. This will help you narrow down what you need to bring and what you can buy when you get there. Also, explore local restaurant options and menus. If you eat pasta before every competition, find a restaurant in the area that serves your favorite dish — you can even make a reservation.

Of course, there are locations where maintaining your normal fueling habits can be more challenging. These include, in particular, locations where grocery stores are not close by, where restaurants only serve unfamiliar foods, and areas of the world that present significant food and water safety concerns. In these instances, packing meal-replacement options that can be prepared in a hotel room is a great strategy. Choose items that are shelf-stable, lightweight, provide carbohydrates and protein, and can be prepared with minimal tools or appliances. You can even throw in packets of your favorite sauces and spices. Examples of travel-friendly foods to consider packing include:

- Dry rice or quinoa
- Instant potatoes
- Tuna, chicken, or salmon
- Dried edamame or chickpeas
- Dried or freeze-dried fruit
- Just-add-water camping meals
- Canned beans or lentils
- Oatmeal packets
- Shelf-stable milk cartons
- Cereal

Check with the hotel to determine whether water kettles, microwaves, refrigerators and/or utensils are available. Or, you can bring your own kettle, travel-sized blender, and disposable bowls and utensils, provided you have the packing space and proper electrical converters.

Should water quality be an issue at your destination, check with the organizing committee on the availability of bottled water. Also, look into water purification tablets or solutions and/or water bottles with filtering features. Camping stores have a wide variety of water purification options.

## ON-THE-GROUND IMPLEMENTATION

While en route to your destination, carry fluids and snacks for long hours in the













car or plane and in case of flight delays or traffic. Foods with fiber, quality fats and/or protein will keep you feeling full and satisfied longer than traditional snack foods that are mainly carbohydrate-based (like crackers, chips and pretzels). Reach for fresh or dried fruits or veggies, nuts or trail mix, jerky, dried edamame, or popcorn. Steadily sip on plain water or low-sugar fluids to meet the recommendation of consuming one cup of fluid per hour in flight. Examples include unsweetened tea or coffee, sparkling water, or electrolyte-enhanced waters. However, don't feel like you need to go overboard with fluids — chugging limits absorption and leads to more bathroom stops. Follow your thirst.

Once you arrive at your destination, rest and get acclimated. Attempt to adjust sleep and eating times to the local time zone as soon as you arrive. Use your downtime to map out your schedule for the days ahead, plugging in meal and snack times according to practices and events. Take time to safely explore your surroundings and check your preparation work — which grocery stores and restaurants are actually accessible, appealing, and safe.

When the time comes to hit the rink for your events, don't forget your packed or recently purchased fueling and recovery options. Your confidence should be high, knowing that you've done everything you can to maintain energy levels, minimize gastrointestinal disturbance and feel like you have a home ice advantage while on the road.

*Carrie Aprik is a registered dietitian and board-certified specialist in sports dietetics. She works closely with the U.S. Olympic and Paralympic Committee as a consulting dietitian for the U.S. Women's National Hockey Team and U.S. Figure Skating, and served as a Team USA dietitian at the 2018 and 2022 Olympic Winter Games*

*Dana Sivak is a registered and licensed dietitian and board-certified specialist in sports dietetics. Dana also currently works as a consulting dietitian for U.S. Figure Skating.*

FOOD SOURCE	BENEFIT	DAILY RECOMMENDATION
 <b>Citrus Fruits</b> 	Rich in vitamin C that aids in white blood cell production to fight infection	½ - 2 C Citrus Fruits
 <b>Garlic</b> 	Contains calcium, potassium, and sulfuric compounds which protect against bacteria and infection	1-2 Cloves (1-2 tsp minced)
 <b>Ginger</b> 	Provides antioxidants, antimicrobial and anti-inflammatory properties	1.5-3 tsp Fresh ginger (1/4-1/2 tsp powdered ginger)
 <b>Greens &amp; Root Vegetables</b> 	Rich in antioxidants and nitrates which help protect cells and guard against inflammation	1-3 C raw veggies ½-1 C cooked veggies
 <b>Green Tea</b> 	Rich in flavonoids and other bacteria-fighting amino acids	2-3 C
 <b>Greek Yogurt &amp; Kefir</b> 	Helps protect against travelers' diarrhea and upper respiratory tract infection	1 C

USOPC Sport Nutrition Team (2020). Immune System. Team USA. <https://www.teamusa.org/nutrition>





# SKATING

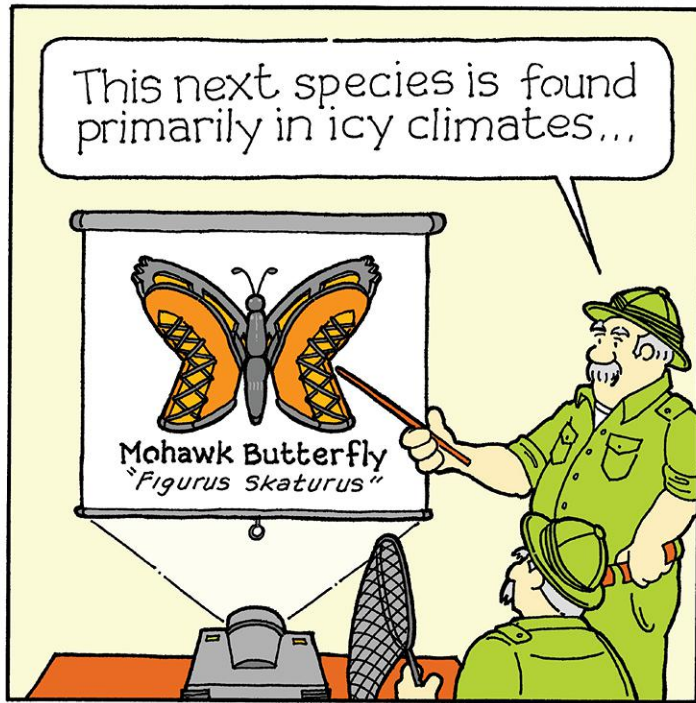
## KIDS ZONE

PUZZLES BY  
TAYLOR DEAN

Answers on page 64

### Go Figure

by Gene Browning



A R E U S E A S T C K I N J C  
J B K N T L U Y X B H Y E P P  
H A M I L T O N O N L L C K I  
D S I O H D Y C A J E A F Q H  
I E L V S N V H M A M Y H L S  
A N J I P A I R S C N B D R N  
M E D A L O B O E H Y A R M O  
P H I W I C W F Z D P C A S I  
H C M P R T A I G T N K O N P  
T N N X P B H G D N A H Z T M  
G A T M V L C V B A I S A O A  
I H G Y H O T I V E L J C U H  
F T N A Q I K E Y N I S I P C  
V A C Z A W A D A P T I V E D  
E N O H P M L I L F R G B Q B

### WORD SEARCH

Hi skaters! Try to find and circle the listed words hidden in the box of letters. The words will appear in a straight line in any direction (up, down, forward, backward or diagonally), and some words may overlap and share letters. Find them all and you'll be on top of the medal podium!

ADAPTIVE  
BEIJING  
CHAMPIONSHIP  
HAMILTON  
LAYBACK  
LEVITO  
MEDAL  
NATHAN CHEN  
PAIRS  
SYNCHRO

### KIDS SPOTLIGHT

#### ERIANNE PAMBID

**Age:** 11

**Hometown:** Waterford, Michigan

**Club:** Detroit SC, Troy Academy of Figure Skating

**Level:** Juvenile free skate, novice moves in the field

**Coaches:** Rachel Bauld-Lee, Paul Bellantuono, Yuka Sato

**How I got started:** When I was 5, I watched *Frozen* and saw them skating. I really wanted to try, so my parents got me into learn to skate lessons. A year later, we came to Detroit SC and have been skating there since.

**Favorite moves:** Double Axel, front pull up, double flip, flying broken leg spin

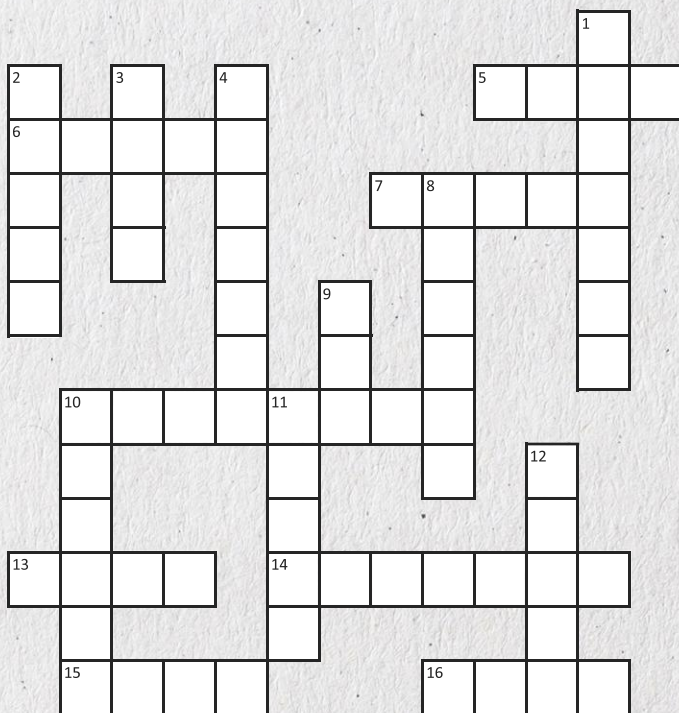
**Favorite skater:** Alysia Liu

**Goals:** Compete at the U.S. Championships or Olympics, land a triple Salchow or triple toe loop before May/June 2022.

**Hobbies:** Playing with my brother, Dré, reading, being with my best friends







**ACROSS**

- 5 In 1997 \_\_\_\_\_ Lipinski won the gold medal at the U.S. Championships in Nashville.
- 6 Bridgestone \_\_\_\_\_ was the \_\_\_\_\_ host venue for the 2022 Toyota U.S. Figure Skating Championships.
- 7 Junior ladies champion \_\_\_\_\_ Seo trains in Colorado Springs,

- Colorado.
- 10 Ashley Cain-Gribble and Timothy LeDuc received a \_\_\_\_\_ ovation following their short program.
- 13 \_\_\_\_\_ music can be heard for blocks on the Honky Tonk Highway.
- 14 One of the most popular attractions in Nashville is the \_\_\_\_\_ Music Hall of Fame and Museum.
- 15 Nathan Chen won the \_\_\_\_\_ medal, marking his sixth consecutive U.S. title.
- 16 The top juvenile, intermediate and novice skaters participated in the National Development \_\_\_\_\_ in Nashville.
- 3 Mariah \_\_\_\_\_ won the gold medal for the first time at the U.S. Championships as a senior lady.
- 4 Making his senior debut, Ilia \_\_\_\_\_ brought the crowd to its feet en route to the silver medal.
- 8 Skaters at the U.S. Championships made their way to the Pirouline \_\_\_\_\_ after their performances.
- 9 After not qualifying for the 2021 U.S. Championships, \_\_\_\_\_ Kovar returned to win the junior men's title.
- 10 Planning a warm destination vacation in March means \_\_\_\_\_ break is near.

**DOWN**

- 1 \_\_\_\_\_ of Figure Skating members got to interact with skaters in Nashville via video call.
- 2 2014 Olympian \_\_\_\_\_ Brown earned his second trip to the Olympics in Music City.
- 11 Three teams that train in Montreal represented the U.S. in ice \_\_\_\_\_ at the Olympics.
- 12 Sonia \_\_\_\_\_ competed in singles and won the junior pairs title with Daniel Tioumentsev.

If you would like to be featured in the KIDS Spotlight, email your information to [tdean@usfigureskating.org](mailto:tdean@usfigureskating.org) and include action and nonaction skating photographs of yourself. Include in your submission your name, address, home phone number (not for publication) and U.S. Figure Skating member number. Complete as many of the categories that you see printed in the KIDS Spotlight as you want, and we might feature you.

**KIDS SPOTLIGHT**

**HARLAND BOYNTON**

**Age:** 8  
**Hometown:** Scottsdale, Arizona  
**Club:** Coyotes SC of Arizona  
**Level:** Pre-preliminary  
**Coach:** Denae Raught, Steven Cousins, Douglas Razzano, Max Aaron, Todd Gilles  
**How I got started:** I was born in Canada and my dad played in the NHL. My parents put skates on me when I was 2. I've been in Learn to Skate USA® at the Ice Den Scottsdale since I was 3 years old.  
**Favorite moves:** Axel, double Salchow, flip  
**Favorite skaters:** Sasha Trusova, all of my coaches  
**Goals:** Land all of my double jumps next year and compete in shadow dance with my best friend, Charlotte Walter.  
**Hobbies:** Riding my bike, swimming, dancing, speaking French, playing with my dog





# TOOLS OUTLINED TO PROMOTE MENTAL WELLNESS IN YOUTH

BY JULIE PARKES



In December 2021, the U.S. Surgeon General released a public health advisory titled "Protecting Youth Mental Health." The report offered a summary of contributing environmental factors and recommendations for a whole-society effort to promote mental well-being in youth.

Also in December 2021, TrueSport, the youth sports and wellness arm of the U.S. Anti-Doping Agency (USADA), hosted a one-day summit on "Mental Wellness and the Young Athlete."

With help from Nadia Kyba, a registered social worker and TrueSport expert in team building through conflict management and communication, this article will explore how the figure skating community can create healthy cultures for improved athlete mental wellness. Most examples provided below can be used by any group, so continue reading for ways you can identify and promote mental well-being for yourself and others.

## SKATERS

The U.S. Surgeon General's report provides a few suggestions for youth to protect their mental well-being, one of which is investing in healthy relationships. This includes recognizing people in their lives who support and care for them, spending more time with those people and limiting interactions with those who do not. They can further support themselves by asking those trusted individuals for help when they are struggling.

Athletes can also improve their mental wellness by positively contributing to their club's culture. Offering service and help to others is an impactful way to improve one's self-worth. Kyba also suggests practicing empathy, where we can connect with someone else's emotions even if we haven't had the same experience. Kyba says, "When we practice empathy, we deepen connection and build relationships that can support us, and we are more clear on how to support others."

Additionally, skaters can look to those who are more experienced in the sport for a mentor. This encourages athletes on both sides of the relationship to practice peer-to-peer interactions. This can provide the men-



WILLIAM BAUM VIA TRUESPORT

*Olympian Gracie Gold sat on a panel of Olympic and Paralympic athletes at TrueSport's Summit "Mental Wellness and the Young Athlete."*

tee a role model to trust and learn from while the mentor can benefit from an additional sense of purpose.

## PARENTS/CAREGIVERS

Both Kyba and the U.S. Surgeon General recommend parents and caregivers model self-care, since children typically learn their behaviors from the adults in their lives. Some examples would be healthy sleeping habits, implementing proactive and reactive stress management strategies, and balanced time spent on social media. Additionally, parents and caregivers can model their own healthy relationships while recognizing whether their children are cultivating safe and supportive relationships with those people as well.

Another way this group can model helpful behaviors to their children is encouraging and normalizing conversation around mental well-being. It is beneficial to foster dialogue with children that supports their verbal expression of emotions. This may be difficult at times, especially after a conflict, so Kyba recommends using phrases like "I feel" and "I need" for children to learn how to listen to others as well as mirror those phrases with their own emotions.

## COACHES/ADMINISTRATORS

This group has direct access and impactful interactions with youth that go far beyond teaching skills on the ice. One area of focus, supported by both Kyba and the U.S.

Surgeon General, is creating safe spaces for all athletes and families. This could include creating and demonstrating anti-bullying behaviors, using inclusive language, celebrating athletes as whole humans and implementing appropriate security measures at the clubs.

Another way this group can support the mental well-being of their skaters is to point out what they are doing well, also known as a strengths-based approach. Kyba says, "Asking strength-based questions helps develop resiliency that may not be apparent and gives the person a chance to find solutions to their own problems."

Also, due to frequent interactions, this group may be the first to notice a skater's irregular change in behavior or routine. It is beneficial for this group to be able to ask questions without judgment and provide support if an athlete needs help. Coaches and administrators are not expected to be experts in this field, so they could build their network of mentors and mental health professionals for guidance. They could also have a list of resources readily available to provide to skaters and families if ever needed.

If you'd like more information on the free resources mentioned above, visit [Youth.gov](https://youth.gov) or [TrueSport.org](https://truesport.org). You can also contact the U.S. Figure Skating SkateSafe department at [skatesafe@usfigureskating.org](mailto:skatesafe@usfigureskating.org).

*Julie Parkes is the SkateSafe manager of education and outreach at U.S. Figure Skating.*



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# COACH BRINGS SKATING AND SCIENCE TOGETHER

BY KAMA STIGALL

Salchows, swizzles and ... science? Nancy Pluta, a coach and choreographer from Scottsdale, Arizona, displayed the connection between figure skating and science during the 10th anniversary of the Arizona Science Center's Snow Week event.

Pluta, who teaches at the Ice Den, recently participated in the event by performing several skating demonstrations. The Arizona Science Center's Snow Week is an annual event held in Phoenix that teaches area residents about snow and ice.

"I was delighted to bring this educational ice skating demonstration to a nonprofit community event, with my teaching and show experience," Pluta said.

Pluta performed for a total of 750 attendees at the Daniel Cracchiolo Theater. She dazzled audiences with a variety of popular skating moves, including jumps, spins and edges.

While they might seem quite different, science and skating actually have a lot in common.

"The similarity that exists between skating and science is that skaters use all three of Newton's laws of motion — the law of inertia, law of mass and acceleration and the law of motion," Pluta said. "Having an understanding of the science of ice skating enhances a person's skating ability by



Nancy Pluta demonstrates the science behind skating.

understanding that the main forces in ice skating are friction and momentum. These forces allow the skater to reach top speeds on the ice and allow skaters to achieve complicated moves, spins and jumps."

Pluta has an extensive skating background. She is a PSA master-rated choreographer and a PSA certified freestyle, Level 2 ranking coach.

In addition to coaching and choreographing, she spent several years performing in ice shows, including Ice Capades, Disney on Ice and Holiday on Ice. Pluta recently launched her own synthetic

ice entertainment company, High Note Productions, LLC.

The Arizona Science Center, whose mission is to inspire, educate and engage curious minds through science, opened to the public in 1984 and has more than 400,000 visitors annually.

The non-profit organization is a popular destination in Phoenix and features more than 350 permanent, hands-on exhibits.

For more information and videos, check out the Arizona Science Center's Facebook page at [www.facebook.com/arizonasciencecenter](http://www.facebook.com/arizonasciencecenter).

## 2022 TOYOTA CAMRY HYBRID: WHEN BLENDING IN IS GOOD

BY BRETT SOLOMON

Some skaters love to show off. Nothing wrong with that! But there are plenty of folks who simply love the sport and look to exercise and continually improve. They refrain from showing off. The Camry Hybrid is that type of skater.

While some vehicles look to make a statement (like the Toyota Supra), the Camry Hybrid excels at being consistent transportation without any fuss or drama. For example, a lot of people are not a fan of the shifter on the Prius. It requires you to slide a small joystick to the left and then push it up or down. The Camry uses the PNRD standard most customers are used to. Even the hybrid system blends seamlessly into the background, so you don't even know it is working.

But with a combined mileage of 52 miles per gallon, it certainly is working in the background, and the payoff is at the pump just like a Prius. The Camry Hybrid is the perfect vehicle for those who don't want to think about



aggressive driving, refueling or plugging in — they just want to get into the car and go. It is the ideal daily commuter.

When you fire up the Camry Hybrid, if the ambient temperature is close to normal, you hear, well, nothing. The major difference between the Hybrid and regular models is just looking for the green READY in the instrument cluster, and then you can shift into drive. Until the power-plant needs extra energy from the gasoline engine, the ride remains silent. Hitting the gas pedal to the floor offers an unexpectedly quick experience in a Camry. Moreover, nothing needs to be plugged in at night and you still get mileage that will probably cut your gas station visits in half. My tester said it was ready to take me 650 miles once it was topped off.

The nice thing about all Toyota vehicles is they come standard with all the safety goodies

you would expect in a luxury car.

The amenity I like most is the adaptive cruise control. This luxury feature allows you to mellow out during a commute. Although you still need to monitor the road, this feature alone leads many enthusiasts to Toyota for their daily drive. It also allows you to enjoy the JBL audio system, as JBL loudspeakers are a staple at most ice rinks.

With a serene driving experience, impressive range and a luxurious cabin, the Camry Hybrid is a well-engineered vehicle that will serve you for years to come. It is the consistent skater at the rink that never lets you down.

*Brett Solomon is an automotive journalist based in New York City. He covers vehicle and motorcycle technology. He never thought figure skating would be on his radar until his daughter fell in love with the sport.*



# A GOLDEN TIME

## Skaters pass adaptive skating tests

BY COURTNEY FECSKE

Angelina Pallotta and Michael Ferraioli from the Essex Skating Club in New Jersey passed their adaptive gold moves-in-the-field and freestyle tests last November. This was extra special for Ferraioli, as it was also his birthday.

Passing the adaptive gold tests on its own is quite an accomplishment, but for Pallotta and Ferraioli, this is just one of their many achievements on the ice.

Pallotta started skating in a special needs learn to skate program and began competing at the age of 8. She currently takes one lesson a week, practices with her Theatre on Ice team and skates on a unified synchronized skating team.

“Angelina is an amazing student,” her coach Sally Saul said. “She’s up for any challenge and that’s made her a better skater.”

Ferraioli signed up for learn to skate classes at the age of 9 and has continued his skating journey since, including skating during an exhibition at the 2016 U.S. Championships in St. Paul, Minnesota, where he met Olympians Johnny Weir and Gracie Gold, two of his favorite skaters.

He skates about five hours a week with practices for Theatre on Ice, unified synchronized skating and ice dance.

From the start, Pallotta’s and Ferraioli’s parents have been supportive, with Pallotta’s mother jokingly saying she is her “taxi,” and Ferraioli sharing that his mom motivates him and just recently started skating as well; Ferraioli even took her through her first partnered dance test.

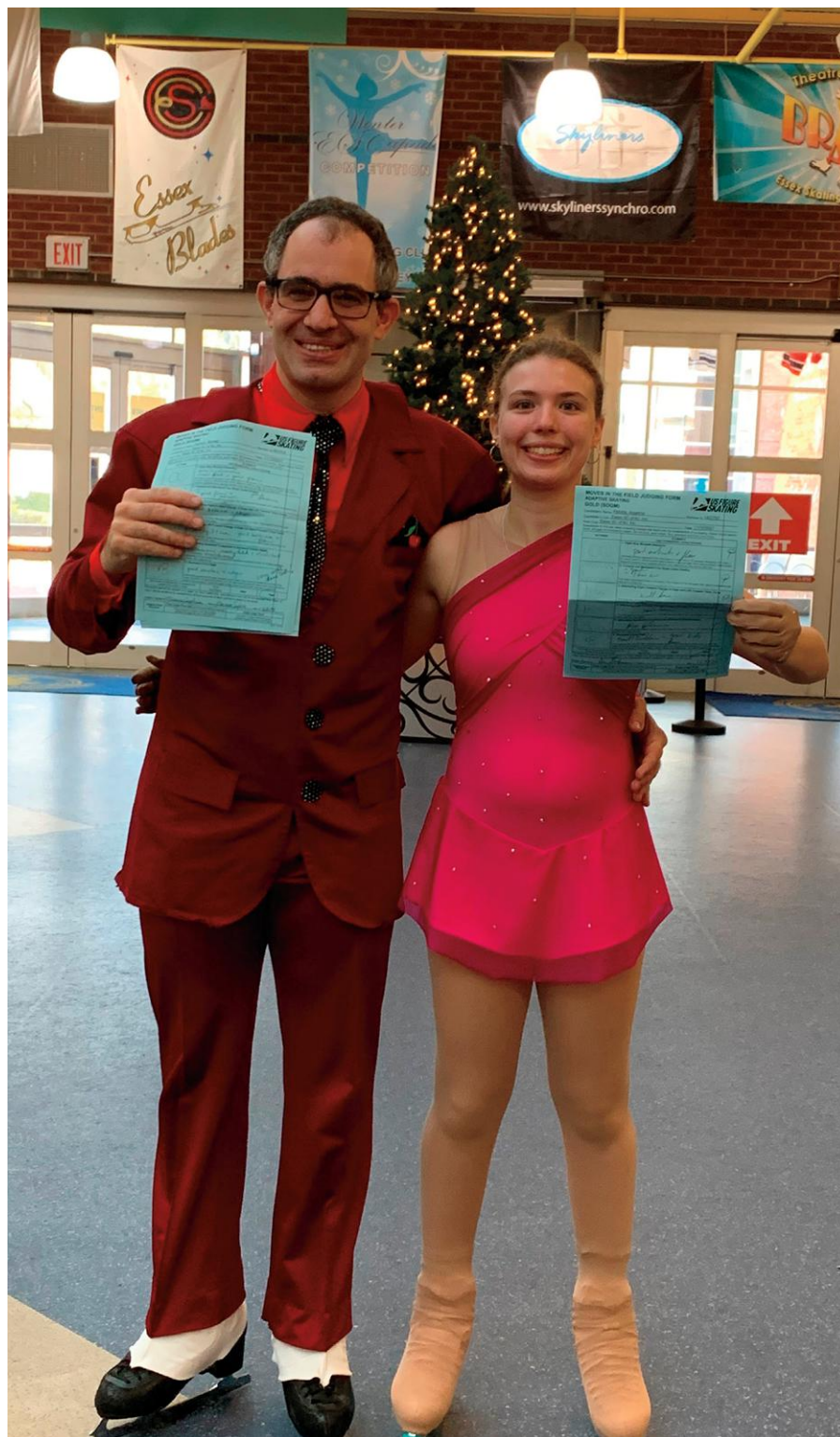
“I love everything about skating, especially spinning,” Pallotta said. “My advice to other adaptive skaters is to reach for the stars and practice very hard.”

Added Ferraioli, “Work, work, work is the key to success.”

The support of their parents, coaches and the Essex Special Skaters Program have enabled the two skaters to continue to reach their skating goals. Ferraioli’s coach Heidi Vanderhoof encourages others to email her at [essexspkater@yahoo.com](mailto:essexspkater@yahoo.com) to become involved in the Essex Special Skaters Program.

For coaches and program directors nationwide who want to provide these opportunities, reach out to the Adaptive Skating Subcommittee to learn how to start an adaptive skating program or learn more about the Special Olympics (for skaters with intellectual disabilities) and Skate United (for skaters with physical disabilities) testing and competition opportunities supported by U.S. Figure Skating.

*Check out the adaptive skating page on the U.S. Figure Skating website to find a program near you, learn how to start a program and be connected with adaptive skating resources.*



Angelina Pallotta and Michael Ferraioli proudly display their adaptive gold moves-in-field and freestyle test sheets with passing marks.



# IOC HONORS FIGURE SKATING IN HARLEM

BY U.S. FIGURE SKATING

On the eve of the 2022 Olympic Winter Games Beijing, the International Olympic Committee honored Figure Skating in Harlem as a continental winner of its prestigious 2021 Women and Sport Awards, making the announcement during the 139th IOC Session in Beijing.

Introduced in 2000, the awards celebrate exceptional role models and change-makers in advancing gender equality and inclusion in sport.

Each year, the IOC awards six trophies (see accompanying list), one for each of the five continents and one at the world level. Figure Skating in Harlem was selected over entries from Canada, Central America and South America.

With a mission to help girls transform their lives and grow in confidence, leadership and academic achievement, Figure Skating in Harlem annually supports about 275 girls of color, many from low-income families. This year, the nonprofit is celebrating its 25-year anniversary. It expanded into Detroit in 2017.

Sharon Cohen, the founder and CEO of the not-for-profit organization, has seen firsthand the power of sport when combined with education.

“When we provide access, space and opportunity for girls using sports as the platform, we see them thrive,” Cohen said. “On the ice, and through sport, our youth develop invaluable qualities such as physical and mental discipline, a hard work ethic, leadership and goal-setting.”

Figure Skating in Harlem, the seventh award winner from the United States in 21 years, is the first U.S. recipient whose focus is on supporting and inspiring girls of color.

Many of its students reside in the poor New York City neighborhoods of Central and East Harlem and the South Bronx. About 70 percent of its students identify as Black, 15 percent as Latina, and 15 percent as multiracial, with their ages ranging from 6 to 18. These students face multiple challenges growing up within a culture of generational poverty, including a lack of access to positive educational experiences and risks to their health through poor nutrition.

“Recognition from the IOC sends a powerful message to the world about the importance of providing inclusive access to high-quality, sports-based programming on a global scale,” Cohen said. “Our message to leaders: The future of sport must be inclusive



to evolve and maintain universal relevance.”

Since the IOC Women and Sport Awards introduction, there have been 128 recipients from 67 countries.

Of this year’s winners, only Seiko Hashimoto (Japan) was able to attend the ceremony due to the ongoing COVID-19 pandemic. All six honorees are eligible for grants from the IOC to strengthen or expand their work.

## 2021 IOC WOMEN AND SPORT AWARDS

### WORLD WINNER

**Hashimoto Seiko (Japan):** Seven-time speedskating Olympian; most recently the president of the Tokyo 2020 Organizing Committee.

### CONTINENT WINNERS

**Africa:** Natsiraishe Maritsa (Zimbabwe | Taekwondo)

**Americas:** Figure Skating in Harlem (United States)

**Asia:** Zhang Xia (People’s Republic of China | Wrestling)

**Europe:** Kari Fasting (Norway | Scholar and researcher)

**Oceania:** Tracey Holmes of Australia (Australia | Sports journalist)

### PAST U.S. HONOREES

The IOC Women and Sport Awards have honored seven U.S. women or organizations since its inception in 2000:

**2022:** Figure Skating in Harlem

**2016:** Dr. Carole Oglesby’s five decades of advocacy work helped shape the development of women’s sport and Title IX.

**2014:** Nancy Hogshead-Makar, a three-time Olympic champion in swimming, is considered an authority on gender equity in sport.

**2013:** Marlene Bjornsrud, a co-founder of the Bay Area Sports Women’s Sport Initiative, led the nonprofit from 2005 to 2014.

**2007:** Jackie Joyner-Kersey, a three-time Olympic champion in track and field, is the founder and CEO of the Jackie Joyner-Kersey Youth Foundation in her hometown of East St. Louis, Illinois.

**2005:** Donna Lopiano remains an internationally recognized leader and expert in gender equity in sports at all levels.

**2000:** Women’s Sports Foundation, which was founded by Billie Jean King in 1974 to promote opportunities in sport and fitness.





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Amara Hunt  
Christine Merlino  
Heidi Keller Moon  
Deborah Neiman  
Katie Osdoba  
Margaret Spencer  
Barbara Thomson  
Maida F. Townsend  
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Jennie Walsh  
Beth Weiner  
Nicole Woodruff

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Carly Jarmus  
Sharon Matthews  
Skating Club of Mt. Lebanon

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Suna Murray

##### **Marion Coleman**

Loretta Hoard

##### **Janis Crowe, Chuck Foster and Ron Ludington**

Barbara Goodrich

##### **Chuck Foster**

Mary-Jennifer and Paul Hanlon

##### **Clifford Kruse**

Angela Smith Scoles

##### **Donna Reed**

Deborah Spence

##### **Jan SooHoo**

Los Angeles Figure Skating Club

##### **Bette and Tony Todd**

Suzanne Martinsson

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David Shapiro

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#### **IN HONOR OF**

##### **Debi Thomas**

Joanne Pasternack

#### **SYNCHRONIZED SKATING ATHLETE SUPPORT FUND**

#### **GENERAL DONATIONS**

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Gayle and Roger Finder



## 2022 TOYOTA U.S. FIGURE SKATING CHAMPIONSHIPS

NASHVILLE, TENNESSEE, JAN. 4-9

**Competition Officials:** Samuel Auxier, Lynn Bell, Nicholas Bond, Todd Bromley, Jeffrey Charbonneau, Carolyn Clausius, John Cole, Katherine Conrad, Deborah Currie, Richard Dalley, Kelly Davies, Brett Drury, Janis Engel, Alexander Enzmann, Whitney Gaynor, Roger Glenn, Lynn Goldman, Dana Graham, Eric Hampton, Kathleen Harmon, Jennifer Hartley, Jaclyn Helms, Dana Hordyszynski, Robert Horen, Steven Hsu, Stephanie Jenkins, Kerry Jennings-Cooper, David Kirby, Linda Leaver, Hal Marron, Stefanie Mathewson, Gerald Miele, John Millier, Richard Perez, Danielle Rey, Julia Rey, Sharon Rogers, Robert Rosenbluth, Kevin Rosenstein, Aubrey Samost-Williams, Coco Gram Shean, Cynthia Stevenson, Jennifer Thompson, Scott Wendland, Carol Wooley, Michelle Zeles-Hahn

### Championship Ice Dance

**Pl. Name, TS, RD, FD**

1. Madison Chock/Evan Bates, 227.37, 1, 2
2. Madison Hubbell/Zachary Donohue, 225.59, 2, 1
3. Kaitlin Hawayek/Jean-Luc Baker, 205.68, 4, 3
4. Caroline Green/Michael Parsons, 203.27, 3, 4
5. Emily Bratti/Ian Somerville, 187.98, 6, 6
6. Katarina Wolfkostin/Jeffrey Chen, 187.27, 7, 5
7. Christina Carreira/Anthony Ponomarenko, 185.82, 5, 7
8. Eva Pate/Logan Bye, 180.72, 8, 8
9. Lorraine McNamara/Anton Spiridonov, 179.35, 9, 9
10. Molly Cesaanek/Yehor Yehorov, 172.11, 10, 10
11. Cayla Cottrell/Uladzislau Palkhouski, 118.80, 13, 11
12. Livvy Shilling / Ryan O'Donnell, 115.43, 12, 13
13. Cara Murphy/Joshua Levitt, 106.01, 14, 12
14. Raffaella Koncius/Alexey Shchepetov, 52.63

### Championship Ladies

**Pl. Name, TS, SP, FS**

1. Mariah Bell, 216.25, 1, 1
2. Karen Chen, 213.85, 2, 3
3. Isabeau Levito, 210.75, 4, 2
4. Gabriella Izzo, 188.11, 7, 4
5. Lindsay Thorngren, 186.38, 5, 7
6. Audrey Shin, 180.58, 9, 5
7. Kate Wang, 178.20, 8, 8
8. Hanna Harrell, 175.66, 12, 6
9. Starr Andrews, 173.04, 11, 9
10. Gracie Gold, 171.92, 6, 12
11. Jill Heiner, 171.54, 10, 10
12. Sierra Venetta, 164.24, 15, 11
13. Rena Ikenishi, 158.69, 13, 13
14. Wren Warne-Jacobsen, 143.39, 16, 14
15. Amber Glenn, 54.80
16. Alysa Liu, 71.42

### Championship Men

**Pl. Name, TS, SP, FS**

1. Nathan Chen, 328.01, 1, 1
2. Ilya Malinin, 302.48, 3, 2
3. Vincent Zhou, 290.16, 2, 4
4. Jason Brown, 289.78, 4, 3
5. Camden Pulkinen, 260.41, 6, 5
6. Jimmy Ma, 226.98, 5, 8
7. Liam Kapeikis, 221.31, 8, 6
8. Dinh Tran, 215.72, 9, 7
9. Ryan Dunk, 191.36, 11, 9
10. Paul Yeung, 183.74, 13, 10
11. Artur Dmitriev, 183.01, 12, 11
12. Mitchell Friess, 171.19, 10, 13
13. Sebastien Payannet, 162.28, 14, 12
14. Yaroslav Paniot, 88.68

### Championship Pairs

**Pl. Name, TS, FS, SP**

1. Ashley Cain-Gribble/Timothy LeDuc, 225.23, 1, 1
2. Jessica Calalang/Brian Johnson, 209.87, 2, 2
3. Audrey Lu/Misha Mitrofanov, 191.54, 3, 3
4. Emily Chan/Spencer Howe, 177.25, 5, 4
5. Katie McBeath/Nathan Bartholomay, 167.10, 4, 6
6. Valentina Plazas/Maximiliano Fernandez, 148.37, 6, 7

7. Kate Finster/Matej Silecky, 144.14, 8, 5

8. Sydney Cooke/Keyton Bearinger, 136.31, 7, 8

### Junior Ladies

**Pl. Name, TS, SP, FS**

1. Clare Seo, 185.53, 1, 2
2. Ava Ziegler, 175.50, 4, 3
3. Josephine Lee, 172.08, 3, 4
4. Katie Shen, 170.77, 8, 1
5. Elyce Lin-Gracey, 166.96, 2, 6
6. Mia Kalin, 155.58, 5, 7
7. Adele Zheng, 153.76, 6, 8
8. Elsa Cheng, 147.62, 7, 9
9. Hannah Herrera, 147.32, 16, 5
10. Abigail Ross, 138.34, 9, 11
11. Sarah Everhardt, 136.79, 11, 10
12. Gwen Bloesch, 128.09, 14, 12
13. Sonia Baram, 123.96, 17, 13
14. Katie Krafchik, 121.20, 10, 17
15. Hannah Lofton, 118.74, 13, 14
16. Rinako Oya, 117.55, 12, 16
17. Hazel Collier, 116.13, 15, 15

### Junior Men

**Pl. Name, TS, SP, FS**

1. Kai Kovar, 204.68, 2, 1
2. Will Annis, 202.87, 1, 2
3. Maxim Zharkov, 188.15, 3, 3
4. Joseph Klein, 176.97, 5, 4
5. Robert Yampolsky, 173.78, 8, 5
6. Beck Strommer, 173.13, 4, 7
7. Taira Shinohara, 172.64, 6, 6
8. Jonathan Hildebrandt, 158.35, 7, 12
9. Jacob Sanchez, 155.03, 13, 8
10. Antonio Monaco, 154.07, 11, 9
11. Goku Endo, 152.56, 10, 11
12. Philip Baker, 151.14, 9, 13
13. Michael Xie, 149.69, 12, 10
14. Nhat-Viet Nguyen, 138.14, 14, 14
15. Lake Liao, 131.58, 16, 15
16. Allan Fisher, 125.50, 15, 16

### Junior Pairs

**Pl. Name, TS, SP, FS**

1. Sonia Baram/Daniel Tioumentsev, 171.36, 1, 1
2. Isabelle Martins/Ryan Bedard, 144.71, 2, 2
3. Catherine Rivers/Timmy Chapman, 130.75, 5, 3
4. Megan Wessenberg/Blake Eisenach, 129.09, 7, 4
5. Cayla Smith/Andy Deng, 126.11, 3, 6
6. Cate Fleming/Chase Finster, 125.43, 6, 5
7. Winter Deardorff/Jake Pagano, 117.31, 8, 7
8. Brooke Barrett / Levon Davis, 106.36, 12, 8
9. Mandy Romero/Kristofer Ogren, 105.53, 11, 9
10. Sylvia Wong/Skylar Weirens, 104.28, 9, 10
11. Lilianna Murray/Jordan Gillette, 100.18, 10, 11
12. Ellie Kam/Ian Meyh, 46.16

### Junior Ice Dance

**Pl. Name, TS, RD, FD**

1. Leah Neset/Artem Markelov, 155.84, 2, 1
2. Angela Ling/Caleb Wein, 153.58, 1, 2
3. Elliana Peal/Ethan Peal, 140.67, 5, 3
4. Vanessa Pham/Jonathan Rogers, 140.08, 3, 4
5. Helena Carhart/Volodymyr Horovyi, 136.20, 4, 5
6. Jenna Hauer/Benjamin Starr, 128.92, 6, 7
7. Caroline Mullen/Brendan Mullen, 127.35, 8, 6
8. Kristina Bland/Matthew Sperry, 123.63, 7, 8
9. Romy Malcolm/Noah Lafornera, 108.18, 9, 9
10. Madeleine Gans/Jim Wang, 100.92, 10, 11
11. Madeline Freeman/Christian Bennett, 99.69, 12, 10
12. Olivia Dietrich/Eduard Pylypenko, 95.93, 11, 12

## HEVELIUS CUP 2022

### CHALLENGER SERIES

GDANSK, POLAND, JAN. 5-8, 2022

#### SENIOR

**Pl., Team, Country, TS, SP, FS**

1. Team Tatarstan, RUS, 226.00, 1, 1
2. Team Crystal Ice, RUS, 212.04, 2, 3
3. Team Dreams Edges, FIN, 210.35, 3, 2
4. Team Passion, HUN, 170.85, 4, 4
5. Ice Fire, POL, 145.24, 5, 5
6. Team United Angels, GER, 129.39

#### JUNIOR

**Pl., Team, Country, TS, SP, FS**

1. Team Crystal, RUS, 201.87, 1, 1
2. Team Valley Bay Synchro, FIN, 180.72, 2, 2
3. **Teams Elite, USA, 169.74, 3, 3**
4. **Team Lexettes, USA, 149.86, 5, 4**
5. Team Ice Fire, POL, 140.50, 4, 5
6. Team Illuminettes, NED, 112.76, 6, 6
7. Team Le Soleil, POL, 107.11, 7, 7

## LUMIERE CUP 2022

### CHALLENGER SERIES

EINDHOVEN, NETHERLANDS, JAN. 5-8, 2022

#### SENIOR

**Pl., Team, Country, TS, SP, FS**

1. Team Paradise, RUS, 226.55, 1, 1
2. Team Crystal Ice, RUS, 208.61, 2, 2
3. Team Zoulous, FRA, 154.81, 3, 3
4. Team Skating Graces, GER, 138.27, 4, 4
5. Team Ice United, NED, 127.48, 5, 5

#### JUNIOR

**Pl., Team, Country, TS, SP, FS**

1. Team Crystal Ice, RUS, 206.15, 1, 1
2. **Team Image, USA, 166.48, 2, 2**
3. Team Cool Dreams, SUI, 123.59, 3, 3
4. Team Le Soleil, POL, 114.00, 4, 4
5. Team Starlight, SUI, 106.26, 5, 5
6. Team Zazou, FRA, 100.68, 6, 6

## BAVARIAN OPEN

OBERSTDORF, GERMANY, JAN. 18-23

#### Junior women

**Pl., Name, Country, TS, SP, FS**

1. Ida Karhunen, FIN, 159.39, 1, 2
2. Anna Pezzetta, ITA, 150.26, 6, 1
3. Lola Grhocali, FRA, 147.55, 2, 3
4. **Kanon Smith, USA, 143.51, 4, 4**
5. Olesya Ray, GER, 143.01, 3, 5

(17 women competed)

#### Junior ice dance

**Pl., Name, Country, TS, RD, FD**

1. Angelina Kudryavtseva/Iliia Karankevich, CYP, 153.17, 1, 1
2. **Elliana Peal/Ethan Peal, USA, 131.03, 6, 9**

(15 teams competed)

#### Advanced novice ice dance

**Pl., Name, Country, TS, PI, P2, FD**

1. Dania Mouaden/Theo Bigot, FRA, 128.79, 1, 1
2. **Olivia Ilin/Dylan Cain, USA, 105.74, 2, 6, 5**

(10 teams competed)

## ISU FOUR CONTINENTS CHAMPIONSHIPS 2022

TALLINN, ESTONIA, JAN. 18-23, 2022

#### Women

**Pl., Name, Country, TS, SP, FS**

1. Mai Mihara, JPN, 218.03, 1, 1
2. Haein Lee, KOR, 213.52, 2, 2
3. Yelim Kim, KOR, 209.91, 3, 4
4. **Audrey Shin, USA, 203.86, 5, 5**
5. Rino Matsuike, JPN, 202.21, 8, 3
6. Young You, KOR, 198.56, 4, 7
7. Yuhana Yokoi, JPN, 185.34, 12, 6
8. **Gabriella Izzo, USA, 180.06, 7, 8**
9. **Starr Andrews, USA, 173.01, 6, 12**
10. Gabrielle Daleman, CAN, 172.98, 9, 9

(20 women competed)

#### Men

**Pl., Name, Country, TS, SP, FS**

1. Junhwan Cha, KOR, 273.22, 1, 1
2. Kazuki Tomono, JPN, 268.99, 2, 2
3. Kao Miura, JPN, 251.07, 3, 3
4. Sena Miyake, JPN, 240.02, 5, 4
5. Mikhail Shaidorov, KAZ, 234.67, 8, 5
6. Brendan Kerry, AUS, 227.57, 4, 8
7. Sihyeong Lee, KOR, 223.18, 6, 11
8. **Tomoki Hiwatashi, USA, 222.37, 7, 10**
9. Joseph Phan, CAN, 220.85, 10, 6



10. Jimmy Ma, USA, 215.12, 9, 9  
 12. Camden Pulkkinen, USA, 204.39, 14, 7  
 (16 men competed)

#### Pairs

**Pl., Name, Country, TS, SP, FS**

1. Audrey Lu/Misha Mitrofanov, USA, 189.10, 1, 1
2. Emily Chan/Spencer Howe, USA, 180.94, 3, 2
3. Evelyn Walsh/Trennt Michaud, CAN, 179.70, 2, 3
4. Deanna Stellato-Dudek/Maxime DeShamps, CAN, 172.71, 5, 4
5. Katie McBeath/Nathan Bartholomay, USA, 168.18, 4, 5

4. Lori-Ann Matte/Thierry Ferland, CAN, 163.60, 6, 6  
**Ice dance**

**Pl., Name, Country, TS, RD, FD**

1. Caroline Green/Michael Parsons, USA, 200.59, 1, 1
2. Kana Muramoto/Daisuke Takahashi, JPN, 181.91, 2, 2
3. Christina Carreira/Anthony Ponomarenko, USA, 175.67, 3, 3
4. Carolane Soucisse/Shane Firus, CAN, 172.45, 4, 4
5. Emily Bratti/Ian Somerville, USA, 169.54, 6, 5

(10 teams competed)

**U.S. officials:** Doug Williams, Elliot Schwartz, Linda Leaver, Hal Marron, John Cole

## 2022 PACIFIC COAST SYNCHRONIZED SKATING SECTIONAL CHAMPIONSHIPS KALAMAZOO, MICHIGAN, JAN.26-30

**Competition Officials:** Lauren Bracken, Carolyn Clausius, Susan Demeniuk, Courtney Fecske, Rebecca FINDER, Carla Golubski, Devon Hensel, Audrey Kamm, Carylyn Landt, Cheryl Litman, Alyssa Liverette, Susan McInnes, Hannelore Murphy, Summer Nagy, Ellie Nielsen, Pamela Pangle, Daren Patterson, Stephanie Pusch, Scheherezade Redmond, Karin Sherr, Tiffani Shipley, Lauren Whittaker, Mary Ann Wilcox, Robert Withrow, Karen Wolanchuk

#### Intermediate

**Pl. Name, TS**

1. Team del Sol, 61.90
2. California Gold, 54.65
3. Pacific Edge, 53.32
4. Tremors of San Francisco, 52.49
5. Ice Denettes Affinity, 45.30
6. Sparks, 28.26

#### Preliminary

**Pl. Name, TS**

1. Denver Synchronicity, 16.02
2. Tremors of San Francisco, 15.80
3. Shining Blades, 12.85

#### Open Juvenile

**Pl. Name, TS**

1. Pacific Edge, 42.66
2. Matrix, 39.49
3. Ice Denettes Synergy, 37.22
4. Tremors of San Francisco, 28.88
5. Rose City Synchronicity, 27.78

#### Pre-Juvenile

**Pl. Name, TS**

1. Pacific Edge, 37.79
2. Shining Blades, 31.33
3. Tremors of San Francisco, 28.13
4. Matrix, 25.54
5. Ice Denettes Harmony, 23.60
6. Denver Synchronicity, 22.93
7. Sparks Synchronized Skating, 21.93
8. Fire Crystals, 21.73

#### Adult

**Pl. Name, TS**

1. Team Del Sol, 53.94
2. Denver Synchronicity, 46.05

#### Juvenile

**Pl. Name, TS**

1. L.A. SYNCHRO, 25.55

#### Novice

**Pl. Name, TS**

1. Denver Synchronicity, 68.70
2. California Gold, 66.18
3. L.A. SYNCHRO, 57.68

#### Open Adult

**Pl., Name, Maj.**

1. Matrix, 5/1

#### Open Masters

**Pl., Name, Maj.**

1. Matrix, 5/1

## ISU MOZART CUP 2022

SALZBURG, AUSTRIA, JAN. 28-30

#### Junior

**Pl., Name, Country, TS, SP, FS**

1. Skyliners, USA, 175.66, 1, 1
2. Hockettes, USA, 163.77, 2, 3
3. Fond du Lac Blades, USA, 159.13, 3, 2
4. Harmonia, CZE, 105.44, 4, 4
5. Kometa, CZE, 97.83, 5, 5
6. Vienna Colibris, AUT, 88.61, 7, 6
7. Gemini, CZE, 76.43, 6, 7

## 2022 MIDWESTERN SYNCHRONIZED SKATING SECTIONAL CHAMPIONSHIPS

KALAMAZOO, MICHIGAN, JAN.26-30

**Competition Officials:** Lauren Bracken, Carolyn Clausius, Susan Demeniuk, Courtney Fecske, Rebecca FINDER, Carla Golubski, Devon Hensel, Audrey Kamm, Carylyn Landt, Cheryl Litman, Alyssa Liverette, Susan McInnes, Hannelore Murphy, Summer Nagy, Ellie Nielsen, Pamela Pangle, Daren Patterson, Stephanie Pusch, Scheherezade Redmond, Karin Sherr, Tiffani Shipley, Lauren Whittaker, Mary Ann Wilcox, Robert Withrow, Karen Wolanchuk

#### Preliminary

**Pl. Name, TS**

1. Teams Elite, 24.81
2. Fond Du Lac Blades, 24.78
3. Cleveland Ice Storm, 23.25
4. Starlights, 23.01
5. Arctic Edge Unity, 22.37
6. Crystallettes, 20.61
7. Saint Louis Synergy, 20.24
8. Kalamazoo Kinetic, 19.61
9. Intensity, 19.51
10. Glenview Blades, 18.92
11. Hockettes, 18.81
12. Miami Skating Academy, 18.56
13. Dazzlers, 17.50
14. Onyx Infinity, 17.41
15. Livonia Icettes, 17.29

#### Pre-Juvenile Teams

**Pl. Name, TS**

1. Chicago Skates, 40.61
2. Teams Elite, 40.27
3. Glenview Blades, 39.51
4. Crystallettes, 39.40
5. Capital Ice Crystals, 38.52
6. Northern Lights, 36.80
7. Hockettes, 35.80
8. Saint Louis Synergy, 35.41
9. Kalamazoo Kinetic, 34.87
10. Wisconsin Inspire, 34.30
11. Sapphire Blades, 32.75
12. Wisconsin Edge, 31.57
13. Onyx Infinity, 30.87
14. Hamilton Harmonies, 28.79
15. Synchro St. Louis Ice Gems, 27.40
16. Traverse City Northern Lights, 24.02
17. Chiller Synchro, 19.92
18. Louisville River Stars, 19.71

#### Intermediate

**Pl. Name, TS**

1. Capital Ice Chips, 76.42
2. Teams Elite, 75.23
3. Fond Du Lac Blades, 63.85
4. Northernettes, 51.71
5. Wisconsin Inspire, 48.16
6. Kansas City Illusion, 47.83
7. Starlights, 46.39
8. Intensity, 44.84

9. Miami Skating Academy, 44.82
10. Arctic Edge Unity, 44.78
11. Northern Lights, 44.41
12. Onyx Infinity, 43.85
13. Cleveland Ice Storm, 43.04
14. Dazzlers, 40.74
15. Chiller Synchro, 37.68

#### Open Juvenile

**Pl. Name, TS**

1. Chicago Skates, 51.17
2. Teams Elite, 48.53
3. Capital Ice Chill, 47.87
4. Capital Classics, 47.76
5. Rhythm And Blades, 42.66
6. Arctic Edge Unity, 39.80
7. Traverse City Northern Lights, 38.51
8. Intensity, 38.51
9. Emerald Blades, 37.25
10. Chicago Radiance, 36.43
11. Miami Skating Academy, 36.19
12. Dazzlers, 34.33
13. Cleveland Ice Storm, 33.97
14. Livonia Icettes, 33.19

#### Adult

**Pl. Name, TS**

1. Crystallettes, 62.31
2. Michigan, 52.37
3. Saint Louis Synergy, 48.98
4. Kansas City Illusion, 44.51
5. United Ice, 44.48

#### Collegiate

**Pl. Name, TS**

1. Miami University, 113.70
2. University of Michigan, 105.72
3. Michigan State University, 86.23
4. Western Michigan University, 84.65
5. University of Illinois, 77.75
6. Trine University, 72.07
7. University of Notre Dame, 67.90

#### Junior

**Pl. Name, TS, SP, FS**

1. Wisconsin Inspire, 136.04, 1, 2
2. Dazzlers, 135.18, 2, 1
3. Saint Louis Synergy, 131.38, 3, 3

#### Juvenile

**Pl. Name, TS**

1. Crystallettes, 51.28
2. Teams Elite, 50.95
3. Capital Ice Connection, 50.42
4. Fond Du Lac Blades, 47.71
5. Starlights, 44.59
6. Saint Louis Synergy, 44.35
7. Cleveland Ice Storm, 40.57
8. Hockettes, 38.62
9. Dazzlers, 37.81
10. Wisconsin Inspire, 28.32

#### Masters

**Pl. Name, TS**

1. Allegro!, 47.16
2. Starlights, 44.44
3. Goldenettes, 36.11
4. Onyx Infinity, 33.41
5. Kalamazoo Kinetic, 28.70

#### Novice

**Pl. Name, TS**

1. Teams Elite, 100.46
2. Fond du Lac Blades, 88.11
3. Starlights, 83.50
4. Northernettes, 76.96
5. Crystallettes, 76.26
6. Dazzlers, 72.14
7. Cleveland Ice Storm, 72.08
8. Intensity, 63.73
9. Hockettes, 63.20
10. Saint Louis Synergy, 61.94

## Open Adult

### Pl., Name, Maj.

1. Leather & Laces, 3/1
2. Austintatious Stars, 3/2
3. Lake Effect Flurries, 4/3
4. Trine University, 5/4
5. Evolution, 5/5
6. Kansas City Illusion, 5/6

## Open Collegiate

### Pl., Name, Maj.

1. Adrian College, 4/1
2. Western Michigan University, 4/2
3. University of Michigan, 4/3
4. Trine University, 3/4
5. Michigan State University, 5/5
6. Ohio University, 3/6
7. Northwestern University, 5/7

## Open Masters

### Pl., Name, Maj.

1. Allegro!, 5/1
2. Synchro Panache, 5/2
3. Arctic Edge Unity, 5/3
4. Madison Ice Diamonds, 4/4
5. Onyx Infinity, 5/5

## 2022 EASTERN SYNCHRONIZED SKATING SECTIONAL CHAMPIONSHIPS NORWOOD, MASSACHUSETTS, JAN. 26-30

**Competition Officials:** Michele Blatt, Ann Buckley, Martha Buckley, Melissa Christensen, Laura Days, Lynn Eisenhour, Robin Greenleaf, Susan Haugh, Andrew Lam, Lois Long, Rachael Naphtal, Colette Nygren, Lauren O'Toole, Matthew O'Toole, Richard Perez, Cathleen Renzi, Kelley Ristau, Mary Lou Rothman, Elliot Schwartz, Barbara Shostak, Thomas Sobell, Sara Jayne Stephens, Mary-Elizabeth Wightman, Steve Wolkin

## Adult

### Pl. Name, TS

1. DC EDGE, 67.04
2. Esprit de Corps, 62.81
3. Team Excel, 56.10
4. Team Delaware, 53.15
5. Mirror Images, 52.18
6. Gotham City Synchro, 48.31
7. Team Tenacity, 44.41
8. Empire Edge, 39.11

## Collegiate

### Pl. Name, TS

1. Team Excel, 89.21
2. University of Delaware, 85.93
3. Boston University, 61.12
4. University of Massachusetts, 52.25
5. Boston College Eagles, 52.06

## Intermediate

### Pl. Name, TS

1. Team Image Black, 68.60
2. Star Mates, 64.43
3. Skyliners, 60.96
4. DC EDGE, 54.99
5. Mirror Images, 50.81
6. Team Excel, 50.10
7. Steel City Blades, 46.68
8. Team Image Intermediate Pink, 46.51
9. Carolina Formation, 45.59
10. Team Delaware, 42.15
11. Team Ashburn, 38.07
12. CP Ice, 38.05
13. New Jersey Black Diamonds, 33.59

## Junior

### Pl. Name, TS, SP, FS

1. Team Delaware, 109.36, 1, 1

## Juvenile

### Pl. Name, TS

1. Mini Mates, 55.02
2. Skyliners, 53.27
3. Team Image, 51.95
4. DC EDGE, 44.84

5. Carolina Formation, 43.54
6. Team Excel, 38.18
7. CP Ice, 36.66
8. Team Ashburn, 34.57

## Masters

### Pl. Name, TS

1. Esprit de Corps, 45.76
2. Gotham City Synchro, 34.90

## Novice

### Pl. Name, TS

1. Team Image, 85.89
2. Skyliners Blue, 79.76
3. Ice Mates, 77.97
4. DC EDGE, 74.32
5. Carolina Formation, 66.96
6. Skyliners Black, 65.18
7. Team Delaware, 57.92
8. Team Ashburn, 54.30
9. IceLiners, 46.92

## Preliminary

### Pl. Name, TS

1. New Jersey Skyliners, 26.24
2. Skyliners, 26.14
3. Team Excel, 24.45
4. The Colonials, 22.49
5. Team Image, 19.61
6. DC EDGE Blue, 18.02
7. Mirror Images, 17.47
8. DC EDGE Red, 17.27
9. Richmond Synchro, 16.75
10. CP Ice, 16.66
11. Gate City Synchro, 16.33
12. Ellenton Epic Edge, 15.74

## Open Juvenile

### Pl. Name, TS

1. The Colonials, 55.50
2. Superettes, 50.58
3. CNY Blizzard, 49.00
4. Shadows, 48.59
5. Steel City Blades, 47.45
6. Team Excel, 45.14
7. DC EDGE, 43.87
8. Chevy Chase, 42.20
9. Mirror Images, 41.31
10. Synchro Stars, 39.47
11. National Blades, 37.44
12. Team Ashburn, 32.89
13. Lower Cape Starlettes, 30.57
14. Ellenton Epic Edge, 30.33
15. Sparkling Blades, 29.71
16. Richmond Synchro, 27.55
17. Tropical Blades, 27.26
18. Extreme Icettes, 23.05

## Pre-Juvenile

### Pl. Name, TS

1. Connecticut Rinkettes, 39.73
2. Skyliners, 39.65
3. Team Image, 39.51
4. Synchro Stars, 37.59
5. Mirror Images, 36.82
6. CNY Storm, 35.85
7. DC EDGE, 35.54
8. Shimmers, 35.50
9. Munchkins, 34.12
10. Chesapeake Synchro, 33.77
11. Carolina Formation, 28.22
12. CT Ice Fusion, 27.94
13. NESC Starlings, 26.55
14. Team Ashburn, 22.96

## Open Adult

### Pl. Name, Maj.

1. Ocean Blades, 7/1
2. Cutting Edge, 6/2
3. Colonials, 7/3

## Open Collegiate

### Pl. Name, Maj.

1. Princeton University, 5/1

2. Orange Experience at Syracuse, 7/2
3. Mirror Images, 7/3

## Open Masters

1. Essex Blades, 7/1
2. The Colonials, 7/2

## ISU EUROPEAN FIGURE SKATING CHAMPIONSHIPS 2022

TALLIN, ESTONIA, MICHIGAN, JAN. 10-16, 2022

## Women

### Pl., Name, Country, TS, SP, FS

1. Kamila Valieva, RUS, 259.06, 1, 1
2. Anna Shcherbakova, RUS, 237.42, 4, 2
3. Alexandra Trusova, RUS, 234.36, 3, 3
4. Loena Hendrickx, BEL, 207.97, 2, 5
5. Ekaterina Kurakova, POL, 204.73, 5, 4

(36 women competed)

## Men

### Pl., Name, Country, TS, SP, FS

1. Mark Kondratiuk, RUS, 286.56, 2, 1
2. Daniel Grassl, ITA, 274.48, 5, 2
3. Deniss Vasiljevs, LAT, 272.08, 6, 3
4. Andrei Mozalev, RUS, 265.69, 1, 6
5. Evgeni Semenenko, RUS, 260.00, 3, 9

(33 men competed)

## Pairs

### Pl., Name, Country, TS, SP, FS

1. Anastasia Mishina/Aleksandr Galliamov, RUS, 239.82, 1, 1
2. Evgenia Tarasova/Vladimir Morozov, RUS, 236.43, 2, 2
3. Aleksandra Boikova/Dmitrii Kozlovskii, RUS, 227.23, 3, 3
4. Karina Safina/Luka Berulava, GEO, 184.05, 6, 4
5. Rebecca Ghilardi/Filippo Ambrosini, ITA, 178.90, 4, 5

(21 teams competed)

## Ice dance

### Pl., Name, Country, TS, SP, FS

1. Victoria Sinitina/Nikita Katsalapov, RUS, 217.96, 1, 1
2. Alexandra Stepanova/Ivan Bukin, RUS, 213.20, 2, 2
3. Charlene Guignard/Marco Fabbri, ITA, 207.97, 3, 3
4. Olivia Smart/Adrian Diaz, ESP, 196.86, 5, 4
5. Lilah Fear/Lewis Gibson, GBR, 196.01, 4, 6

(26 teams competed)

## CORRECTIONS

•In the obituary for former U.S. Figure Skating president Charles Foster that appeared in the February issue, the following information was excluded: Foster also judged the ladies event at the 1980 Olympic Winter Games in Lake Placid. He was the chef de mission for the 1992 U.S. Olympic Team in Albertville, France.

•In the Olympic athlete story in the February 2022 issue, there were errors in two of the athlete capsules.

In the capsule about Alysa Liu, she is the 2020 World **Junior** bronze medalist. In the capsule for ice dancers Madison Hubbell and Zachary Donohue, they placed third in the **short** dance and finished fourth overall at the 2018 Olympic Winter Games. Hubbell and Donohue won gold at 2021 Skate America and silver at 2021 Grand Premio d'Italia in Torino.

•In the Black history of skating timeline in the February 2022 issue, the following entry was omitted:

**2006 |** Aaron Parchem became the first African-American man to represent the United States in Olympic figure skating.

We apologize for the errors.



## APPOINTMENTS

### Bronze Singles Test Judge

Laura Carpenter, Clarks Summit, Pa.; Elana Chan, Kirkland, Wash.

### Silver Singles Test Judge

Meghan Lapointe, Newark, Del.; Alyssa Paster, Belle Mead, N.J.; Elise Requadt, Wayland, Mass.

### Gold Dance Test Judge

Karen Farinella, Wynnewood, Pa.; Rebecca Hilgers, Hershey, Pa.

### Sectional Singles/Pairs Competition Judge

Maria Montes, San Jose, Calif.

### Nonqualifying Synchronized Competition Judge

Katherine Sachs, Washington, D.C.

### Sectional Dance Referee

Julia Rey, Colleyville, Texas

### Apprentice Accountant

Anthony Iarriccio, Yonkers, N.Y.

### Regional Accountant

Gordon MacKay, Zionsville, Ind.; Mary Moss, Allen Park, Mich.

### Sectional Accountant

Calvin Carson, Southfield, Mich.; Sue Filo, Stuart, Fla.

### Regional Music Coordinator

Marilyn Nolte, Morrisville, N.C.

### Sectional Music Coordinator

Robert Hocker, Hershey, Pa.

## TESTS PASSED

### Senior Moves In The Field

Elizabeth Abbasi — Florida Everblades FSC  
Eden Adams — Roseville FSC  
Shaylin Backer — Onyx-Suburban Skating Academy  
Charlotte Batra — Ann Arbor FSC  
Madeline Besgen — Dallas FSC  
Courtney Bessell — Memorial FSC of Houston  
Samantha Bruno — Winchester FSC  
Saoirse Call — Cottonwood Heights FSC  
Charlotte Chang — Dallas FSC  
Angie Chen — Washington FSC  
Lauryn Christensen — Moylan Premier SC  
Julia Coggins — SC of New York  
Grace Coon — Onyx-Suburban SA  
Alyssa Crosson — Patriot FSC  
Ashley Crowder — Richmond FSC  
Mollie Delacruz — SC of New York  
Annie Demaso — North Shore SC  
Kathleen DePasquale — SC of Boston  
Maggie DeVoy — Magic Blades FSC  
Charlotte Dezotell — Gate City FSC  
Tanish Dhar — Eden Prairie FSC  
Anna Dolgov — Rye FSC  
Bethany Ewert — Southport SC  
Clara Finkelstein — Portland ISC  
Nerissa Finnen — ISC of Indianapolis  
Lydia Flanigan — Greater Green Bay FSC  
Brianna Grant — St. Lawrence FSC  
Keira Grice — Laurel Ridge SC  
Estelle He — Richmond FSC  
Amal Israilova — Panthers FSC  
Julia Jakubiec — Chicago FSC  
Charlotte Jiggins — Washington FSC  
Lilly Klingsporn — Individual  
Tessa Knepper — Chicago FSC  
Laurel Knight — Lincoln Center Skate Club  
Lok-See Lam — Knickerbocker FSC  
Lily Lerman — Washington FSC  
Saskia Leversee — Highland SC  
Tao MacRae — All Year FSC  
Erin Mandel — Detroit SC  
Sophie Miller — Metro Edge FSC of Missouri  
Deborah Moon — Pasadena FSC  
Sarah Moon — Central Florida FSC  
Lilianna Murray — Skokie Valley SC  
Emily Niziolek — Chicago FSC  
Sophia Nolan — Central Carolina SC  
Nika Peterson — Richmond FSC  
Anhdan Pham — Capital City FSC  
Irene Pi — San Diego FSC  
Ella Poikonen — Bourne SC  
Camille Reaves — Tulsa FSC  
Nicolette Rios — SC of Phoenix  
Logan Roberts — Patriot FSC  
Geneva Schneider — Starlight Ice Dance Club  
Emily Schriever — Rockford SC  
Camille Sibley — FSC of Park City  
Sofia Stalker — Summit FSC of NC  
Sarina Tan — Onyx-Suburban SA  
Maggie Tang — Glissad SC  
Annemarie Testa — SC of Western New York  
Aria Trivedi — St. Moritz ISC  
Trisha Variyar — Peninsula SC  
Sarah Vincent — SC of Huntsville  
Selina Wang — Starlight Ice Dance Club

Violet Weizer — Ann Arbor FSC  
Kathleen Westmoreland — Dallas FSC  
Natalie Willert — Onyx-Suburban SA  
Sloen Worlie — Chisholm SC  
Natalie Yang — Peninsula SC  
Jinbo Yao — All Year FSC  
Kaeley Yogi — Glacier Falls FSC  
Keira Zheng — SC of Fairfield County  
Lylian Zhu — Skokie Valley SC

### Adult Gold Moves In The Field 21+

Elizabeth Anderson — Kettle Moraine FSC  
Adrianna Cohen — Fort Collins FSC  
Ashley Hawkins — FSC of Charleston  
Claire Hoverson — Starlight Ice Dance Club  
Stephanie Kazior — Great Falls FSC  
Grace Lee — Blue Edge FSC of Connecticut  
Sarah Loewy — Central Illinois FSC  
Anya Saretzky — Individual

### Adult Senior Moves In The Field 21+

Katherine Jaessing — Kettle Moraine FSC

### Senior Free Skate

Lara Bhardwaj — Winterhawks FSC  
Lily Brady — Bremerton FSC  
Trinity Cirinelli — North Jersey FSC Inc  
Lynsey Kuhlman — Beaver County FSC  
Elizabeth Lee — Broadmoor SC  
Caden Hunter Lorenzi — McCall FSC  
Kaitlin O'Brien — Rye FSC  
Samantha Peterson — SC of Novi  
Elyse Piotrowski — Kettle Moraine FSC  
Savanna Rostad — Wisconsin FSC  
Jamie Savage — Commonwealth FSC  
Juliette Schad — Philadelphia SC & HS  
Ava Stephens — Peninsula SC  
Sarina Tan — Onyx-Suburban SA  
Rebecca Vara — Kettle Moraine FSC  
Nadia Wang — Go4Gold Shakopee SA

### Adult Gold Free Skate

Adrianna Cohen — Fort Collins FSC  
Judith Dearing — Utah FSC

### Gold Dance

Emily Bonifant — Metro Edge FSC of Missouri  
Katrina Copeland — Niagara University SC  
Isabella DeGroot — Kettle Moraine FSC  
Abigail Harper — Cleveland SC  
Stephanie Knighton — Utah FSC  
Emily Lonks — DuPage FSC  
Anna Norris — Dallas FSC  
Ayne Park — Dallas FSC  
Kirin Raval — FSC of Madison

### Adult Gold Dance 21+

Julia Chu — Dallas FSC  
Amy Kilheffer — Atlanta FSC

### Solo Gold Dance

Maribel Ciappa — Cleveland Ice Storm  
Berrit Johnson — Chaska FSC  
Emily Lonks — DuPage FSC  
Abigail Lucas — SC of Boston  
Aubyn Mackey — Philadelphia SC & HS  
Justine Weir — Individual

### Senior Free Dance

Katrina Copeland — Niagara University SC  
Caleb Niva — Everett FSC  
Karen Siedenburger — Kingsgate SC

### Senior Solo Free Dance

Melissa Elizabeth Aranda — Glacier Falls FSC  
Kathryn Berg — Eau Claire FSC  
Kaylee Bertolucci — Capital City FSC  
Keira Blackhurst — Coyotes SC of Arizona  
Emily Champion — Los Angeles FSC  
Georgia Chlebnik — Detroit SC  
Shea Coleman Foley — Albany FSC  
Melanie Conway — Alpine SC  
Brooklyn Crone — Glacier Falls FSC  
Stephanie Culver — St. Paul FSC  
Emma Cumming — Denver Colorado FSC  
Hannah Dassow — Wisconsin FSC  
Isabelle Desens — Rochester FSC  
Hannah Gahan — Coyotes SC of Arizona  
Maria Gonzalez — Desert Ice SC of Arizona  
Morgan Hilbrich — Heartland FSC  
Lillian Hoffmann — Wisconsin FSC  
Hannah Hortman — Triangle FSC  
Annie Isaman — Los Angeles FSC  
Lauren Kobley — Coyotes SC of Arizona  
Sydney Kosiak — North Shore SC  
Kristen Larson — All Year FSC  
Elizabeth Lehtola — Eagan Ice Crystal FSC  
Ellasyn Longval — Commonwealth FSC  
Maria Manley — FSC of Bloomington  
Sophia Martin — Kettle Moraine FSC  
Addyson McDanold — Go4Gold Shakopee SA  
Emily McNeil — Lake Minnetonka FSC  
Jamie McSweeney — Winterhurst FSC  
Adeline Meyer — Starlight Ice Dance Club  
Carly Moilanen — Cutting Edge FSC  
Maddalena Mourier-Floyd — Sun Valley FSC  
Abigale Mustell — Coyotes SC of Arizona  
Amy Percifield — Heart of Illinois SC  
Alyson Pickryl — Cleveland Ice Storm  
Vivien Pihlstrom — Starlight Ice Dance Club  
Lily Podgorak — Go4Gold Shakopee SA  
Sadie Rios — Wisconsin FSC  
Jessica Robeck — Go4Gold Shakopee SA  
Kayla Robinson — Cleveland Ice Storm  
Ava Roy — Go4Gold Shakopee SA  
Alexandra Rudnitsky — Wisconsin FSC  
Haylie Scott — Coyotes SC of Arizona  
Ella Shelton — Metro Edge FSC of Missouri  
Jasmine Sun — Wisconsin FSC  
Eliza Tan — Richmond FSC  
Melissa Vriner — Denver Colorado FSC  
Madeleine Wiitala — Lake Minnetonka FSC  
Kailey Wistor — Coyotes SC of Arizona  
Sophie Wojtczuk — Hayden Recreation Centre FSC  
Dorothy Zhang — Summit FSC Of NC

### Adult Senior Solo Free Dance 21+

Kathleen Grim — St. Louis SC

### Adult Senior Solo Free Dance 50+

Lisa Ware — Kingsgate SC FSC (MD)  
Breele Taylor — Atlanta FSC



**SCHNEIDER**

Dr. Arthur Schneider, a U.S. Figure Skating judge and official for more than 50 years, passed away surrounded by some of his family at his Larkspur, Colorado, home on Dec. 13, 2021. He was 92.

He was a past member of the Arctic Blades Figure Skating Club, the Los Angeles Figure Skating Club and the Broadmoor Skating Club. Near the end of his life, the DuPage

Figure Skating Club in Chicago granted him lifetime honorary membership.

Dr. Schneider's skating life is described in detail in an autobiography titled *My Skating Life: About My 50 Plus Years of Skating* written by his oldest daughter Jo Ann Schneider Farris.

Dr. Schneider's three children and five of his eight grandchildren became high-level skaters. Two of his three children became skating coaches and four of his five skating grandchildren became professional ice show skaters and went on to coach skating.

Dr. Schneider grew up in Belmont Shore, a beach community in Long Beach, in Southern California. After graduating from Long Beach's Wilson High School at the top of his class, he did his undergraduate work at University of California in Los Angeles, and then graduated from Chicago Medical School in 1955.

He was married for 60 years to the late Edith Kadison Schneider and was the father of three children: Jo Ann Schneider Farris, William Schneider and Lynnellen Schneider. He had eight grandchildren and four great-grandchildren.

Dr. Schneider was certified by the Amer-

ican Board of Pathology in anatomic pathology, clinical pathology and hematology. He was also certified by the American Board of Internal Medicine. He practiced medicine in California, Colorado and Illinois.

Prior to becoming the department chair for more than 40 years at Rosalind Franklin University's University of Health Sciences/The Chicago Medical School, Dr. Schneider was the head of the department of pathology at the City of Hope Medical Center and on the teaching staff at UCLA's School of Medicine and assistant department head of hematology and clinical pathology at the Wadsworth Veterans hospital in Los Angeles.

Some of his most notable works include the molecular genetics of triosephosphate isomerase (TPI) deficiency, a hereditary hemolytic anemia associated with progressive neuromuscular dysfunction. Together with the late Dr. Phillip Szanto, he co-authored *PATHOLOGY - Board Review Series*, a textbook that was used in medical schools all over the world.

Donations in his memory may be sent to Temple Israel Long Beach, California's Library Fund.

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# A GOLDEN OPPORTUNITY

U.S. pairs and ice dance finish on top

U.S. pairs bronze medalists Audrey Lu and Misha Mitrofanov, and U.S. ice dance pewter medalists Caroline Green and Michael Parsons earned gold medals at the ISU Four Continents Championships 2022 in Tallinn, Estonia, Jan. 18–23.

The U.S. also secured a silver medal in pairs and a bronze medal in ice dance.

Sixty-nine skaters from 12 ISU member nations competed at the 22nd edition of the Four Continents Championships which were held for the first time in Europe. The ISU Four Continents Championships 2021 were canceled due to the pandemic.

Lu and Mitrofanov, competing at their first ISU championship event, won both segments en route to a score of 189.10. Their free skate to “Ancient Lands” featured two throw triples and two Level 4 lifts. However, Lu fell on the triple toe loop.

“It (winning this title) means everything,” Lu said. “There were a few mistakes here and there, but we put up a good fight and I am happy.”

“We didn’t put out our best performance for long program,” Mitrofanov added. “We were happy that we put out a solid short program, so we’re going to go back and start training harder. We’re happy with the win, but there’s always more we can improve. It never stops.”

Team USA’s Emily Chan and Spencer Howe jumped from third after the short program to claim the silver medal with 180.94 points. Their free skate to “Elegy for the Arctic” included a side-by-side triple Salchow-Euler-double Salchow combination, triple twist and six Level 4 elements. Their only major errors came when Chan fell on the throw triple loop and stepped out of the throw triple Salchow.

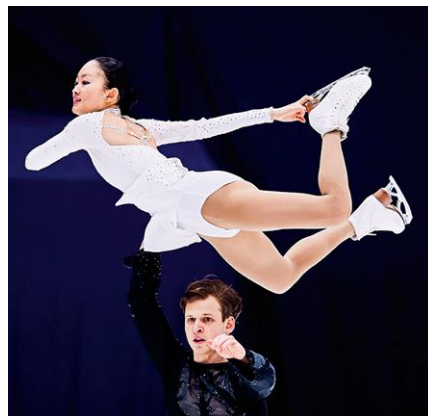
“It was an exhilarating experience to be able to go out and perform well,” Howe said of their ISU championship debut. “We’ve never been in that kind of situation before so it was a new experience, and I felt happy that we could go out there and give our best.”

Green and Parsons breezed to the ice dance title in their ISU championship debut together, winning by nearly 20 points with a score of 200.59.

“It’s just been incredible; this week has been amazing, and having such a quick turnaround from nationals is definitely difficult, but definitely so worth it,” Green said. “I feel like we grew so much as a team



**Ice dance medalists Caroline Green and Michael Parsons, and Christina Carreira and Anthony Ponomarenko, display their patriotism in Estonia.**



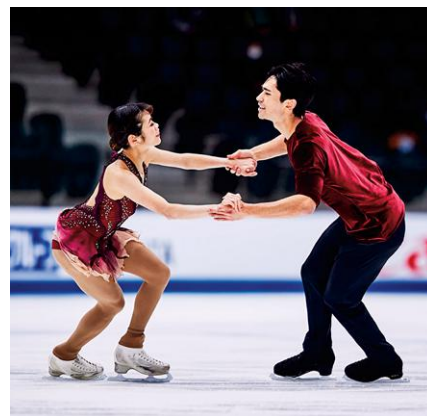
**Audrey Lu and Misha Mitrofanov showcase one of their signature lifts.**

just from the last competition and coming into this one so much more confident in ourselves and our programs. I think it’s just representative of the skates we put out.”

Team USA’s Christina Carreira and Anthony Ponomarenko brought home the bronze medal with a score of 175.67.

It was the first ISU senior-level championship medal for the two-time ISU World Junior medalists.

“It was a pretty difficult season for



**Emily Chan and Spencer Howe bring their program to life on the ice.**

us — we changed coaches, we changed our skating technique, so it was a lot of adjustments,” said Carreira, “but we’re happy to end our season with our best free dance. So overall really happy and we want to continue growing into the next quad.”

In the women’s event, Audrey Shin paced the U.S. ladies with a fourth-place finish in the field of 20 skaters. In the men’s event, Tomoki Hiwatashi was the top U.S. man, placing eighth in the field of 16.

PHOTO BY FLAVIO WALLE

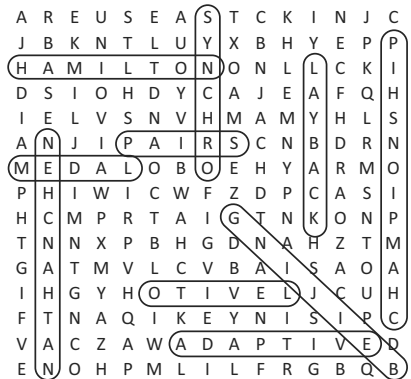
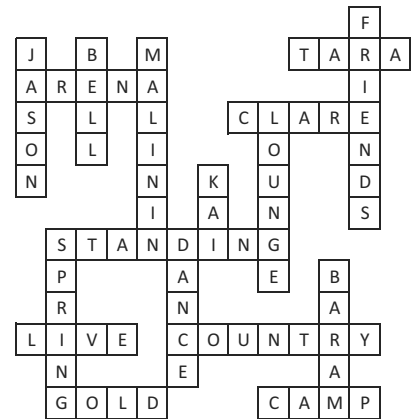
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### PUZZLE ANSWERS FROM PAGE 50-51





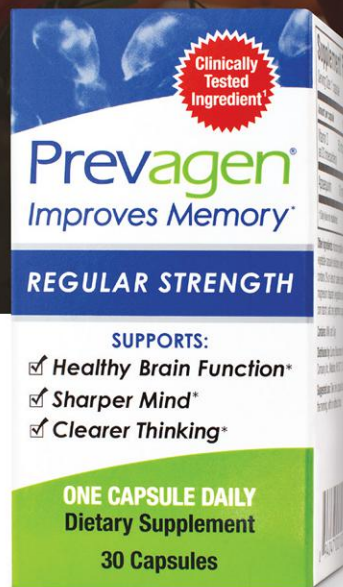
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