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MARCH 1984



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COVER:  
William Lawe, the 1984 Junior  
Men's Champion, is pictured on  
this month's cover.  
PHOTO: HOWEY CAUFMAN

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- 24 XIV OLYMPIC WINTER GAMES

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# Skating

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USFSA President — George T. Yonekura

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OFFICIAL

# Notes

## 1984 USFSA SPRING MEETING

The 1984 Spring Meeting of the USFSA Board of Directors will be held Wednesday and Thursday, May 9 and 10, 1984 at the Antlers Hotel, 2 North Cascade Avenue, Colorado Springs, Colorado 80903, (303) 473-5600. The first session is scheduled for Wednesday, May 9 at 7:30 P.M. Additional sessions are scheduled for Thursday, May 10 at 9:00 A.M. All Board of Directors meetings will be closed.

Of particular interest to those attending the Governing Council Meeting will be six workshops to be held on Friday, May 11, 1984. Time and subject matter are listed below:

8:30 A.M. — 10:00 A.M.

1. Competition Accounting — Albert Beard, Chairman
    - A. Accounting duties
    - B. Grades of accountants & requirements for each
    - C. How to set up accounting room including advance preparation
    - D. Recruiting of future accountants
    - E. Training for accountants
    - F. An overview of the scoring system
  2. Precision Skating — Walter Lupke, Chairman
    - A. How to form Precision Skating teams
    - B. How to conduct Precision Skating competitions
    - C. Fund-raising ideas to support club teams
    - D. Video films of the Canadian Precision Skating Championships
- 10:15 A.M. — 11:45 A.M.
3. Financial Workshop — Harry Hiltzik, Chairman
    - A. USFSA financial report
    - B. Club accounting



- C. Club financial reports
    - 1. Competitions
    - 2. Carnivals & exhibitions
    - 3. Annual club financial report
  - 4. Sports Medicine Workshop — Howard Silby, M.D., Chairman
    - A. Doping
      - 1. Introduction
        - a. History
        - b. Meaning
        - c. Procedures
      - 2. Permissible and non-permissible drugs
      - 3. Guidelines
    - B. First Aid Guidelines for Team Leaders, Coaches, and Parents
      - 1. Common medical ailments
        - a. What to do
        - b. Allowed drugs
      - 2. Common surgical ailments
        - a. What to do
      - 3. Common psychological ailments
        - a. What to do
- 1:00 P.M. — 2:30 P.M.
- 5. How to Obtain Tax Exempt Status — Holme Roberts & Owen Law Firm
  - 6. Ad Hoc Committee on Membership — Ronald Pfenning, Chairman
    - A. Reworking the Basic Test Program
    - B. Report on proposed program to increase "grass roots" membership

We hope you will plan to attend these workshops and plan your arrival accordingly. They should be beneficial and contribute to a better understanding of the subjects offered.

—George T. Yonekura  
President, USFSA

## FIRST NATIONAL PRECISION CHAMPIONSHIPS

On May 6, 1984 the Bowling Green Skating Club of Bowling Green, Ohio will host the first National Precision Team Skating Championship at its home ice surface, the Bowling Green State University Ice Arena.

Nine teams will compete at each divisional level—Juvenile, Novice, Junior, Senior, and Adult.

Bowling Green is known to most people in the skating world today as the home of Olympic Champion Scott Hamilton. Bowling Green, a small city in northwest Ohio, is the location of one of Ohio's major state universities. Bowling Green State University, which enrolls approximately 16,000 students annually, is the center of ice skating activities in this part of northwest Ohio. The Ice Arena, home of the nationally-ranked Falcon hockey team, has a main ice surface measuring 200 x 85 feet, with seating for 3,500, as well as a curling rink and a small studio ice surface. Bowling Green itself is easily accessible by car from Interstate 75 and Interstate 80/90 (Ohio Turnpike). It is conveniently near the metropolitan Toledo airport and the Toledo Amtrack station (20 miles). Detroit International Airport is approximately seventy miles away.

Bowling Green has been involved with precision team skating for almost fifteen years. In 1970, the University founded a precision skating team named the Falconettes which is under the authority of the University Skating Club. In 1980, the Bowling Green Skating Club formed two precision teams of its own, now called the Horizons and the Horizonettes. All of these teams have competed regularly in precision competitions since 1980. The Bowling Green Skating Club will host its third annual precision competition in 1984. The event will be held on May 5, the same weekend as Nationals. All teams selected to compete at Nationals are invited to enter the local competition as well. This non-qualifying competition is open to both USFSA and ISIA teams and usually attracts a number of teams from Canada as well.

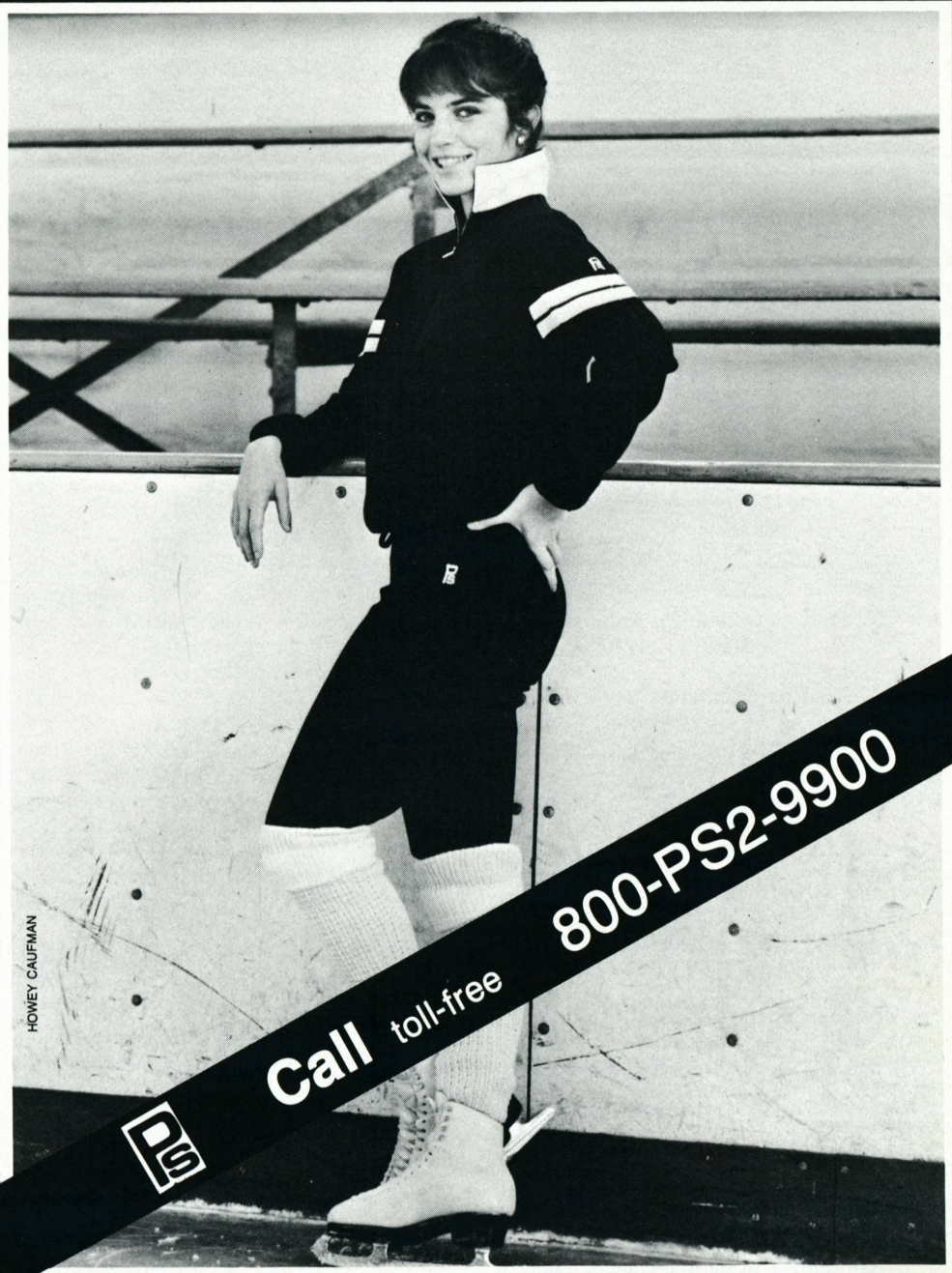
The first National Precision Team Skating Competition marks a new beginning for figure skating in the United States. This form of skating promises to grow in popularity and significance in the skating world. Bowling Green is proud to have been selected to host this competition. For additional information contact: Darlene Householder, 16620 Mitchell Rd., Bowling Green, OH 43402, 419-353-7295.

*Continued on page 26*



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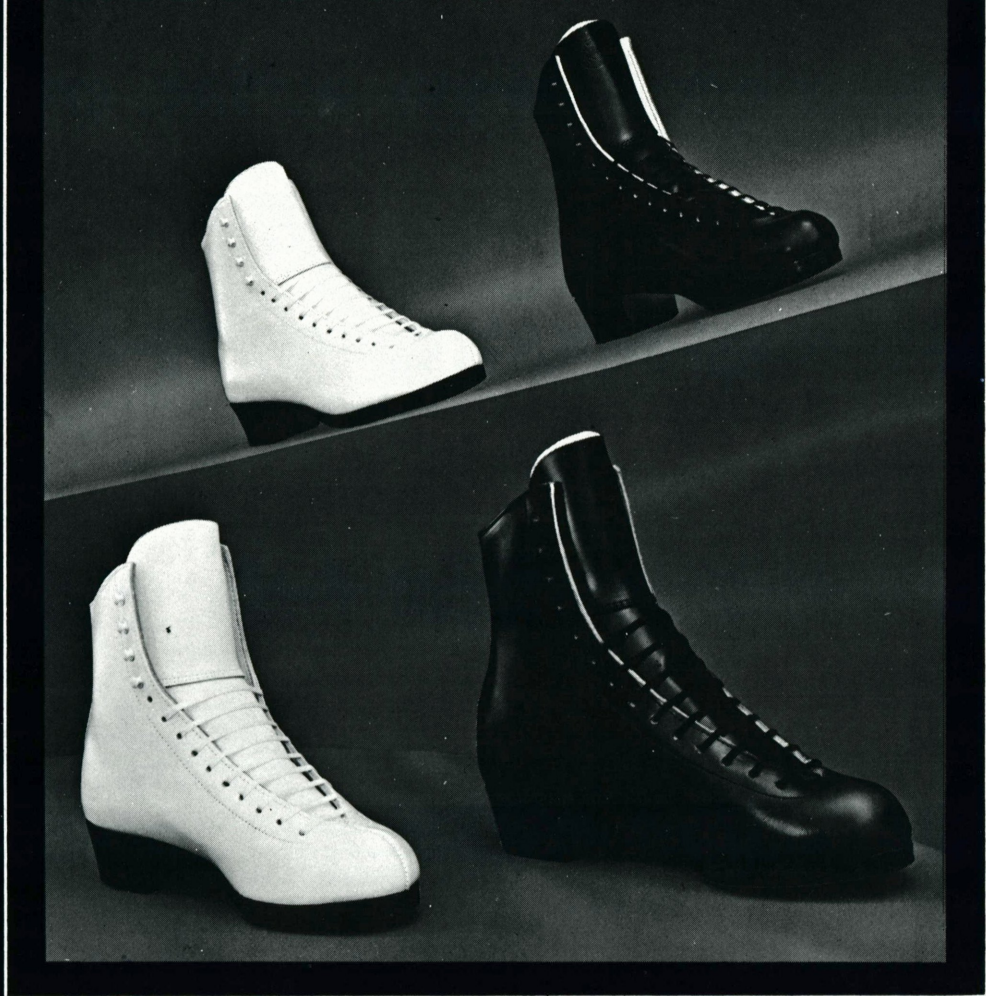
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Bill Bigelow is a runner. He competes in the 3,000 meter steeplechase and, until recently, the mile and the 400 meter hurdles. He holds records for several of these events and looks forward to breaking his own as well as other in the years ahead. Of course, he skates regularly or I probably wouldn't be telling you about him. The only thing is, Bill is seventy-three years old. And the competitive meets are World Masters' Games.

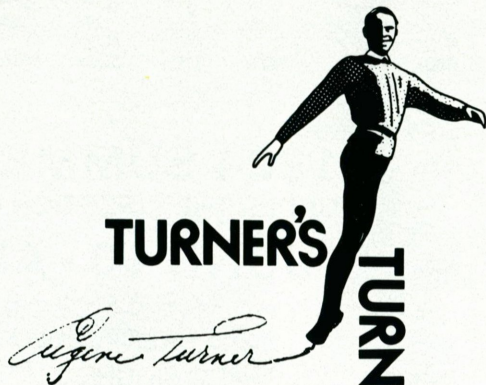
Bill started running at sixteen and skating in his thirties, then combined both at age sixty-one. I don't have to tell you he's in remarkable shape, still weighing the same as he did fifty years ago, and looking far younger than his seventies. Several years ago I watched him run a mile race in a Masters' meet. Impressive is the word, yet also impressive was the sight of sixty, seventy, and yes, eighty-year-olds (women, too) competing in not only racing, but in the high jump, the pole vault, and the broad jump—not so much to win or to beat each other, but to win over themselves, to beat their own personal accomplishments.

But they aren't the story, nor is Bill Bigelow. Maybe you are. You are, that is, if you're under twenty-five, if you began skating years ago and can jump and spin effortlessly—or pair skate, or ice dance—full speed for hours, day after day, consistently. At the moment, you feel great about skating. It may be the most important thing in your life, or at least it's the whip-cream on your daily activities.

But some day you may not—or cannot—skate. Some day school will interfere, or work. (Or just getting older. It happens. No one has been able to figure out yet how to avoid it.) Something may even quench your desire (heaven forbid!) to where you want to stop.

So stop if you must. But don't stop MOVING! Moving continuously . . . actively . . . athletically . . . FOR THE REST OF YOUR LIFE!!!

Oh, you didn't know you were an athlete? You thought you were just ice skating for fun, huh? You didn't know that your repetitiously fast skating and jumping made your heart muscles stronger and your lungs expand? So now your heart is able to pump a greater amount of blood with fewer strokes, making it far more efficient, far



more healthy, right? So don't stop moving! And your larger lungs, now able to take in more oxygen, can transfer more to the bloodstream, which in turn carries more oxygen to the muscles. Hey, great! But don't stop moving! Oh yes, those blood vessels, those veins and arteries and capillaries, now larger due to the magnificent flow of blood, are carrying that vibrant flow more efficiently. Sure, don't stop moving!

If you're concerned about your future, or about the right college, or a well-paying job, plan further. Plan your health future now. A continuous exercise program would be the best investment you could make for the future. Some are so efficient and fun that you would hardly know you're exercising. By adding cycling or jogging, two of the top-ranked "aerobics" activities, you may find it easy to stay young, healthy, happy—and slim—for many years. For instance, the most recent findings concerning diets is that being overweight is due as much to inactivity as to over-eating. No serious scientist still believes that diet alone can make the average person permanently slim. Scientific studies prove that if you're worried about keeping the extra weight off, proper eating *and* proper exercise combined is the answer.

Bill Bigelow has found his answer. So has my friend, Bea Martin. Asked about all her activities at age eighty-three—her tennis, her skiing, her skating—she doesn't hesitate to give the answer. "Oh, heavens," she replies, "At my age, you can't stop doing *anything!*"

Yeah. Don't . . . *really* . . . stop!





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Ricky Harris



On  
Being Unique

---

Have you ever passed a row of buildings where each one looks exactly like the other? There is the same wood or concrete, shape of the roof, landscaping, window placement, color, etc. What goes through your mind when you observe this? I experience a feeling of monotony, boredom, and the greatest temptation to use my limited painting "talents" to individualize each building.

Many people find a sense of security in looking, acting, and moving like others around them. Perhaps some of this stems from the fear of being singled out and judged on a personal, individual basis.

You are always running a risk when you dare to be different. The risk is in being criticized. But how then can one develop a uniqueness in style, movement, and appearance if one does not experiment? What is experimenting? I believe some skaters do not understand the meaning of that word.

To truly experiment you have to be willing to try things in many different ways, even at the risk of looking strange at times. It is like going through a trash can and at the bottom finding a perfect rose. That does not mean that all experimenting is "trashy." No, far from it. Most of the time it is exciting and stimulating. What I am saying is that by experimenting with different ideas and movements, you will go through some that you may not want to perform, but through the process of going through these forms, something will be created that is unique to your body and program. It may be the one thing for which everyone eventually will remember you.

I recently had my hair cut into what people refer to as a "punk hairdo." I've had a wonderful, exhilarating time with it. It's marvelous to watch the faces of people seeing me for the first time with this hair style. They have extreme reactions to it. They either like it a lot, or think it is terrible. *But no one looks at it and feels nothing.* That

is what art is all about. The intention of art is to provoke thought and feelings. Just because something is "different" does not make it bad.

I can remember in 1972 when I first came back into the skating world. I was laughed at and scorned for using "modern" arms and moves in conjunction with the basic ballet moves. Today, skating has progressed and is going parallel with the dance world in its search for unique ideas and movements on the ice.

Each one of you is completely different from everyone else in the world. You can even be different from yourself, and as a skater, be completely unique in the way you move on the ice.

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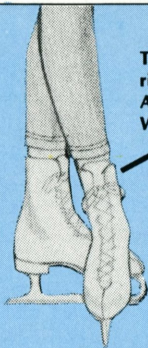
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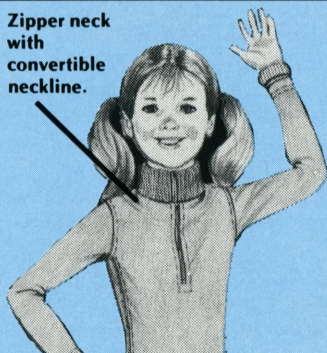
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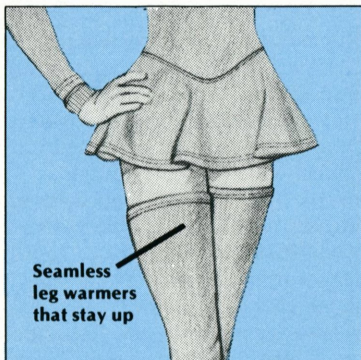
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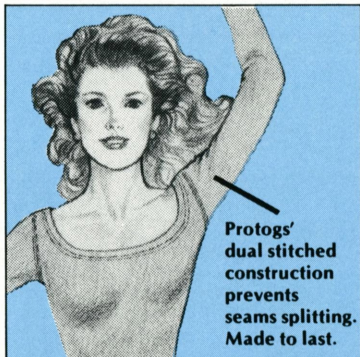
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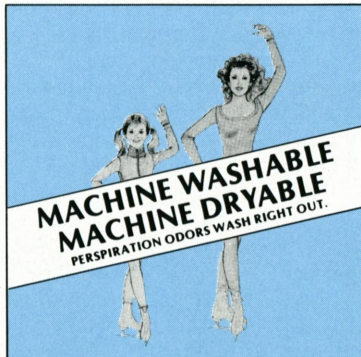
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*Nutritional  
Guide for  
the Skater.*

## **WATER-SOLUBLE VITAMINS ESSENTIAL TO MANKIND**

by

*Arnold E. Denton, Ph.D.,  
Member USFSA*

*Sports Medicine Committee  
Senior Vice President  
Campbell Soup Company  
and*

*Chor-San Khoo, Ph.D.,  
Manager — Nutrition Science  
Campbell Soup Company*

Vitamins, coined from the word “vitamine” (meaning “amine essential for life”), are nutrients indispensable to good health. They are necessary for the utilization of other nutrients and in this way, regulate body functions. The amount of vitamins needed by the body is small, but because many body reactions depend on them, these minute amounts are absolutely necessary.

Since man cannot produce vitamins in the body, it's necessary to get them from food.

There are *two* classes of vitamins: *fat-soluble* and *water-soluble*. In this first of a two-part article on vitamins, we will discuss the functions and needs for water-soluble vitamins; next month's topic will be the importance of fat-soluble vitamins.

Examples of water-soluble vitamins are Vitamin C and the B-vitamins. Prolonged cooking can destroy some of the water-soluble vitamins in foods.

### **VITAMIN C**

Two forms of Vitamin C are recognized—ascorbic and dehydroascorbic acid. Vitamin C is essential for proper gum and blood vessel functions, and helps in the formation of collagen, the material that binds body cells together. The daily recommendation for Vitamin C ranges from 45-60 mgs. a day for children and normal adults. Put in easier

terms, one half grapefruit or half a glass of orange juice will supply about 50 percent of the daily allowance; a serving of Campbell's Tomato Soup provides more than one-third, and one carrot stick or one apple provides about 10 percent of the daily requirement for Vitamin C. A diet low in Vitamin C can lead to the development of scurvy, a potentially fatal disease characterized by weak muscles and widespread capillary bleeding.

On the other hand, high doses of Vitamin C may also be harmful. We've all heard that large doses of Vitamin C can help fight the common cold. This theory has not yet been proven. In fact, large doses may induce oxalate kidney stones in some people. Be careful with Vitamin C. Always consult with your doctor and a qualified nutritionist.

### **B-VITAMINS**

The B-vitamins are involved in energy metabolism in the cells, an important consideration for everyone, especially athletes. Since the B-vitamins work together as a team, deficiency in one may inhibit the work of another. Therefore, it's necessary to eat foods that will supply all B-vitamins. There are eight common B-vitamins: Thiamine (B1), Riboflavin (B2), Niacin, B6, B12, Folic Acid, Biotin, and Pantothenic Acid.

Thiamine (B1), is essential for sound nerves and for the proper utilization of carbohydrates, muscle coordination, and proper maintenance of nerve tissue. Sources are liver, lean meats, whole grain products, enriched cereals, wheat germ, nuts, and green leafy vegetables.

Riboflavin (B2) helps the body convert protein, fat, and carbohydrates into energy as well as protects the body from common skin and eye disorders. It is found in milk, eggs, liver, green leafy vegetables, enriched cereals, and legumes.

Niacin helps convert glucose (muscle sugar) to energy. It is found in liver, lean meats

*Continued on page 26*



# Calendar

## OF EVENTS

### MARCH

- 2-4 **5th Annual Evelyn Boyer Memorial Competition**, sponsored by the Old York Road SC, Elkins Park, PA 19117. Open freestyle, solo dance, interpretive, maneuver teams, and similar pairs. For information contact: Mrs. Constance Morris, 1111 Susquehanna Rd., Rydal, PA 19046, 215-884-8524. 10
- 2-4 **9th Annual Creve Coeur Figure Skating Competition**, sponsored by the Creve Coeur FSC, at Queeny Park Ice Arena, St. Louis, MO. Freestyle, Figures, Compulsory Moves, Interpretive, Pairs, and Dance events. For information contact: Sandra Lissner, 712 Shallowford Dr., Manchester, MO 63011, 314-391-5910. 10-11
- 3 **Fraser Mid-America Precision Team Championships**, sponsored by the Fraser FSC, Fraser, MI. Juvenile, Novice, Junior, Senior, and Adult Precision Teams events. For information contact: Roger Geary, 33043 Stoner, Sterling Heights, MI 48077, 313-977-0789. 16-17
- 3-4 **New England Juvenile Championship**, sponsored by the North Shore SC, at the Town Line Twin Rinks, 158 Andover St., Danvers, MA. For information contact: Eleanor Bowker, 12 Capeview Rd., Ipswich, MA, 617-356-0350. 16-18
- 5 **University of Connecticut Student Skating Exposition**, sponsored by the University of Connecticut Student FSC, at the University of Connecticut Ice Rink. For information contact: Kim Jacobs, P.O. Box 113, Eddy Hall, University of Connecticut, Storrs, CT 06268, 203-487-9403. 16-18
- 7-11 **Skate Tulsa '84**, sponsored by the Tulsa FSC, at the Williams Center Forum Ice Arena, 1 Williams Center, Tulsa, OK 74101. For information contact: Mrs. Earlene Gales, Route 1 Box 144, Cleveland, OK 74020, days 918-495-1100, evenings 918-243-7521. 17-18
- "A" Figure Judges School**, sponsored by the Niagara Frontier Association of FSC's, at the Buffalo SC. This School is for Intermediate through National Figure Judges and will include test figures and free skating only. Mrs. Margaret Faulkner will be Judge-in-Charge. For information contact: Patricia French, 39 Tee Court, Williamsville, NY 14221, 716-633-9559 after 5:00 p.m.
- Around the World on Ice**, sponsored by the Hiawatha SC, at the Pullar Stadium, Sault Ste. Marie, MI 49783. For information contact: Nancy Mathews, 4863 Nicolet Rd., Sault Ste. Marie, MI 49783, 906-635-9593.
- That's Entertainment**, annual show sponsored by the SC of Brunswick, at Bowdoin College-Dayton Arena, Brunswick, ME. For information contact: Suzanne Baker, Orr's Island, ME 04066, 207-833-7745.
- Greater Spokane Free Skate Competition**, sponsored by the Lilac City FSC, at Eagles Ice Arena, N. 6321 Addison, Spokane, WA. Annual Free Skate competition open to USFSA & CFSA members; including Precision Teams. For information contact: Mrs. Vi Hunter, E. 16641 Newman Lake Rd., Spokane, WA 99207, 509-924-6260.
- Jamesriver Ice Show Carnival**, sponsored by the Jamesriver FSC, at the John Wilson Arena, Jamestown, ND 58401. For information contact: Judy Gehrke, President, 702 Northwest 9th, Jamestown, ND 58401, 701-252-5792.
- From The Pages Of The Olean Times Herald**, sponsored by the Enchanted Mountain FSC, at the Olean Recreation Center, East State St., Olean, NY



# What no other book tells you about becoming a better figure skater.

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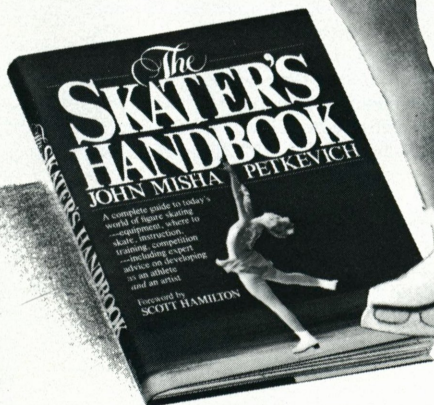
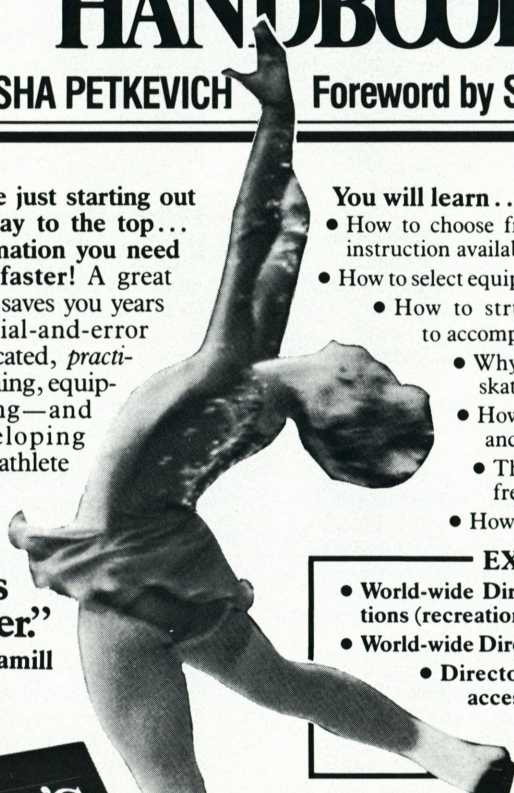
by JOHN MISHA PETKEVICH

Foreword by Scott Hamilton

Whether you are just starting out ... or on your way to the top... here's the information you need to go further—faster! A great champion skater saves you years of frustrating trial-and-error with his sophisticated, *practical* advice on training, equipment, competing—and *efficiently* developing your skills as an athlete and artist.

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14760. For information contact: Ed Curtis, Jr., 19 Hamilton St., Wellsville, NY 14895, 716-593-1429.
- 17-18 **2nd Annual Dance Weekend**, sponsored by the Princeton SC, at the Hobart Baker Memorial Rink, Princeton, NJ. For information contact: Mrs. Helen Marston, 43 Dorann Ave., Princeton, NJ 08540, 609-921-7549.
- 17-18 **7th Annual Camellia Theatre On Ice**, showcase competition sponsored by the SC of Sacramento, at the Birdcage Ice Arena, Citrus Heights, CA. For information contact: Carol Takehara, 916-638-0107.
- 17-18 **Sixteenth Annual Nassau County Freeskating Championships**, sponsored by the Cantiague FSC, at the Cantiague Park Rink in Hicksville, NY, and open to all applicants. Freeskating from Pre-Juvenile to Adult, Interpretive, Pairs, Similar Pairs, and Precision Teams. For information contact: Mrs. Richard Torres, 25 Cove Lane, Levittown, NY 11756, 516-731-7381.
- 17-19 **Midwestern Sectional Precision Championships**, sponsored by the Southport SC, to be held at the Kenosha County Ice Arena, Kenosha, WI. For information contact: Rose Waddell, Secretary, 3845 Highway 38, Franksville, WI 53126, 414-886-5745.
- 21-24 **9th Annual Heart of America Competition**, sponsored by Silver Blades FSC, Overland Park, KS. Figures, Freestyle, and Dance events. For information contact: J. Glenn Hahn, 840 West 55th St., Kansas City, MO 64113, 816-363-3320.
- 22-25 **12th Annual Braemar-McCandless Figure Skating Competition**, sponsored by the Braemar City of Lakes FSC, at the Braemar Ice Arena, Edina, MN. Figures, Freestyle, Interpretive, Individual Compulsories, Team Compulsories, and Precision Lines. For information contact: Lynn Reppucci, 5545 Hyland Court Dr., Bloomington, MN 55437, 612-831-2212 or Jayne Curry, 6064 Olinger Rd., Edina, MN, 612-929-5458.
- 23-25 **Cleveland Invitational Championships**, sponsored by the Brooklyn FSC of Ohio, at the Brooklyn Recreation Center, Brooklyn, OH. For information contact: Pat Florio, Co-Chairman, 216-238-6647.
- 23-25 **Spring Fever On Ice**, 4th annual show sponsored by the Fairbanks FSC, at the Big Dipper Ice Arena, Fairbanks, AK. For information contact: Jane C. McConkey, Publicity, Fairbanks FSC, P.O. Box 74102, Fairbanks, AK 99707, 907-456-7840.
- 24-25 **Holidays on Ice**, sponsored by the Newburyport FSC, at the Graf Rink, Newburyport, MA. For information contact: Ed Power, 617-388-0557.
- 24-25 **Show on Ice**, sponsored by the Timberline FSC, at the Multipurpose Building, Marathon Park, Wausau, WI. For information contact: Charlotte Hoecker, 2904 Butternut Rd., Wausau, WI 54401, 715-359-2240.
- 25 **Park Mini Free Skating Championships**, sponsored by the Park FSC, at the City Building, World's Fair Grounds, Corona, NY. Free Skating, no test up to and including Novice. Awards given to first, second, third, and fourth places. For information contact: Mrs. Sabin Segal, 8 Bingham Hill Circle, Rumson, NJ 07760, 201-842-6160.
- 28-4/1 **4th Biennial Genesee Invitational Competition**, sponsored by the Genesee FSC, at the Frank Ritter Memorial Arena, 1 Lomb Dr., Rochester, NY 14623. For information contact: Mr. & Mrs. Edward Sams, 40 Lynchester St., Rochester, NY 14615, 716-865-9589.
- 30-31 **Memories Old and New**, sponsored by the Southern New Hampshire SC, at the J.F.K. Coliseum, 303 Beech St., Manchester, NH. For information contact: Beryl Miville, President, 603-669-0387 or Louise Gaudreau, Vice President, 603-625-6797.
- 30-31 **Network Review**, sponsored by the Alexandria Bay FSC, at the Municipale Arena, Alexandria Bay, NY. For information contact: Mrs. Katherine Tolino, 516-482-3350.
- 30-4/1 **Ice Show**, sponsored by the Clinton FSC, at the Clinton Arena, Kirkland Ave., Clinton, NY. For information contact: Sally Hofmeister, 315-853-8106; or Areina Griffith, 315-737-8674.
- 30-4/1 **Western, Space, & Everything on Ice**, sponsored by the Stockton FSC, at the Oak Park Ice Arena, 3545 Alvarado, Stockton, CA 95204. For information contact: Mrs. Cris Marston, 2641 Rutledge Way, Stockton, CA 95207, 209-478-0472.
- 30-4/1 **WIM Competition**, sponsored by the Greater Milwaukee FSC, at the Wilson Park Recreation Center, 4001 South 20th St., Milwaukee, WI 53221. Non-



- qualifying Figure, Free Skating, and Dance Competition. For information contact: Ralph Dahلمان, 4764 South 39th St., Greenfield, WI 53221, 414-282-3948.
- 30-4/1 **Reflections on Ice**, ice show sponsored by the St. Clair Shores FSC, at the St. Clair Shores Civic Arena, St. Clair Shores, MI. For information contact: Joanna Willhite, Secretary, SCSFSC, 22005 Avalon, St. Clair Shores, MI, 313-775-2765.
- 31-4/1 **21st Annual New Jersey Council of Figure Skating Clubs Championships**, sponsored by the New Jersey Council of FSC's, at the Wm. G. Mennen Sports Arena, Morristown, NJ. Free Skating and Dance events. Open only to residents and club members of NJ. For information contact: Mr. Jacob S. Samkoff, Chairman, 201-664-4188.
- 31-4/1 **Worcester Open Competition**, sponsored by the SC of Worcester, at the Commonwealth of Massachusetts Skating Rink, 284 Lake Ave., Worcester, MA 01604 (Across from Quinsigamond Lake Park). Free Skating, Pairs, Similar Pairs, Compulsory Moves, and Team Compulsory Moves. For information contact: Mr. Donald E. Kinney, 51 Sherbrook Ave., Worcester, MA 01604, 617-752-2337.
- 31-4/1 **Feelings**, 8th annual ice show sponsored by the Fulton FSC, at the Fulton Community Center Ice Rink. For information contact: Mrs. Cary, 315-592-2931; or Mr. John Demaree, 315-598-8085.
- APRIL**
- 3-7 **Big Sky Figure Skating Championships**, sponsored by the Great Falls FSC, at the Four Seasons Arena, Great Falls, MT. Freestyle, Precision, Figures for Jr. & Sr. Events, Dance. For information contact: Vilma Ackerman, 406-454-3659; or Shirley Gue, 406-453-8797.
- 6-7 **1984 Wissacapades**, carnival sponsored by Wissahickon SC, at the Wissahickon SC, Philadelphia, PA. For information contact: Wissahickon SC, 215-247-1759.
- 6-8 **Ice Spectacular 1984**, sponsored by the North Shore SC, at the Danvers Twin Rinks, Rte. 114, Andover St., Danvers, MA 01923. For information contact: Mrs. Betty Gulla, 617-535-4576 or David Wallis, 617-927-2997.
- 6-8 **Meet Me In St. Louie Dance Weekend**, sponsored by the Gateway/St. Louis FSC, at the Brentwood Ice Rink, 2505 S. Brentwood Blvd., St. Louis, MO 63144. For information contact: Bill Boeck, Chairman, 743 Merus Court, Fenton, MO 63026, 314-343-4900.
- 7 **Sixth Annual Basic Skating Competition**, sponsored by the SC of Hingham, at the Pilgrim Skating Arena, 75 Recreation Park Rd., Hingham, MA 02043. Basic Badge Competition open to skaters in USFSA programs, ISIA programs, Department of Environmental Management programs, and private instruction. For information contact: Mrs. Edith F. Winship, Program Director, One Randall St., North Easton, MA 02356, 617-238-2208.
- 7-8 **Carnival on Ice**, sponsored by the Massena FSC, at the Massena Arena, Massena, NY. For information contact: Mrs. Linda Keener, Box 452, Massena, NY 13662, 315-769-5025.
- 7-8 **Top Hats and Toe Picks**, annual show, sponsored by the Columbia FSC, at the Columbia Ice Rink, Thunderhill Rd., Columbia, MD 21044. For information contact: Joe O'Neill, 10626 Faulkner Ridge Cr., Columbia, MD 21044, 301-730-9178.
- 7-8 **Wizards on Ice**, sponsored by the Hershey FSC, at the Hershey Park Arena, Hershey, PA. For information contact: Mrs. Vivian Memmi, 204 Java Ave., Hershey, PA 17033, 717-533-7258.
- 7-9 **Broadway on Ice**, sponsored by the Diamond Edge FSC, at the Skate City Ice Arena, Kanis & Bowman Rd., Little Rock, AR. For information contact: Paul Owen, Pres., 1724 N. Mississippi, Little Rock, AR 72207, 501-224-1562.
- 13-15 **Lake Erie Invitational Championship**, hosted by the Kent SC, at the K.S.U. Ice Arena, Loop Road, Kent, OH 44242. Figures, freestyle, pairs, and dance events. For information contact: Mrs. Joy Cunningham, 544 Atterbury Blvd., Hudson, OH 44236, 216-656-3416.
- 13-15 **Spring Festival**, sponsored by the Portland ISC, at the Ice Capades Chalet, Clackamas Town Center, Portland, OR. Freestyle, Interpretive, and Precision Teams. For information contact: Karen A. Kirkpatrick, Competition Chairman, 608 S.E. 18th St., Troutdale, OR 97060, 503-666-3948.
- 14-15 **Fantasy On Ice**, sponsored by the Fort Wayne ISC, at the Fort Wayne Memorial Coliseum, 4000 Parnell Ave, Fort Wayne, IN 46805. For information con-



- tact: Mr. Richard H. Gick, 5107 Lahmeyer Rd., Fort Wayne, IN 46815, 219-485-3751.
- 26-28 **Brandywine Blades Ice Show**, sponsored by the SC of Wilmington, at the SC of Wilmington, Weldin Rd., P.O. Box 7307, Wilmington, DE 19803. For information contact: T. Rock, 302-656-5005 & 5007.
- 26-29 **Skate Dallas 1984**, competition sponsored by the Dallas FSC, at the Prestonwood Town Center Ice Capades Chalet, 5301 Belt Line Rd., Suite 1119, Dallas, TX 75240. For information contact: Mrs. Carolyn Haman, 3808 Cabeza De Vaca Cir., Irving, TX 75062, 214-255-4464.
- 27-28 **Ice Show '84**, featuring Tiffany Chin, guest skater, sponsored by the Great Falls FSC, at the Four Seasons Arena, Great Falls, MT. For information contact: Vilma Ackerman, 406-454-3659.
- 27-29 **Greater Milwaukee FSC Dance Weekend**, sponsored by the Greater Milwaukee FSC, at the Wilson Park Recreation Center, 4001 South 20th St., Milwaukee, WI 53221. For information contact: Sharon Wright, 1927 Swartz Dr., Waukesha, WI 53186, 414-542-8405.
- 27-29 **The New York State Free Skate, Dance, and Precision Team Competition**, sponsored by the Salt City Figure Skaters in affiliation with the Syracuse Parks and Recreation Department, at the Onondaga County War Memorial Auditorium, Syracuse, NY. For information contact: Mrs. Judy Fiorini, 144 Stafford Ave., Syracuse, NY 13206 or Mary Jane Nesci, Pres., 315-422-5487.
- 27-29 **Showtime on Ice 1984**, sponsored by the Mankato FSC, at the All Seasons Arena, Mankato, MN. For information contact: Darlene Radichel, Rt. 1 — Box 227, Madison Lake, MN 56063, 507-243-3525.
- 27-29 **Ice-O-Rama '84**, sponsored by the Essex SC of NJ, at the South Mountain Arena, 560 Northfield Ave, West Orange, NJ 07052. Benefit for the USFSA Memorial Fund. For information contact: Loretta De Santis, 83 Magnolia St. Belleville, NJ 07109, 201-759-7313 or Patricia Fitzpatrick, 31 Longacre Dr., Livingston, NJ, 201-994-0173.
- 28-29 **45th Annual Ice Capers**, carnival sponsored by the Commonwealth FSC, at the Randolph Arena, 240 North St., Randolph, MA 02368. For information contact: Judi Devin, Director, 87 Stan-
- dish Rd., Milton, MA 02186, 617-696-0877.
- 28-29 **Ice Crystals '84**, sponsored by the Wilmington FSC, at the Youth Ice Arena, Wilmington, MA. For information contact: David McCracken, President, 198 Chandler Rd., Andover, MA 01810, 617-688-3886.
- 28-30 **9th Annual Ladybug Competition**, sponsored by the Glenwood FSC, at the Homewood-Flossmoor Ice Arena, Homewood, IL 60430. For information contact: Mrs. Thelma Fisher, President, 3043 Hickory Rd., Homewood, IL 60430, days 312-957-0100; evenings 312-798-6886.
- 29-5/5 **Skating Across the USA**, sponsored by the Babson SC, at the Babson Skating Center, 150 Great Plain Ave., Wellesley, MA 02181. For information contact: Joan Allen, Babson Recreation Center, 150 Great Plain Ave., Wellesley, MA 02181, 617-376-8532.
- MAY**
- 4-5 **Bowling Green Precision Team Competition**, sponsored by the Bowling Green SC, at the Bowling Green State University Ice Arena. For information contact: Darlene Householder, 16620 Mitchell Road, Bowling Green, OH 43402, 419-352-7295.
- 4-6 **1984 Colonial Open Competition**, sponsored by the Colonial FSC, at the Nashoba Valley Rink, Boxborough, MA. Figures and Freestyle events. For information contact: Marsha Halloram, 3 Montcastle Drive, Chelmsford, MA 01824, 617-256-4508.
- 4-6 **Ice Show**, sponsored by the Kansas City FSC, at the Foxhill Ice Arena. For information contact: Mrs. Judy McEachen, 3515 W. 100 Terr, Leawood, KS 66206, 913-649-9566.
- 4-6 **Paradise on Ice**, sponsored by the Highland SC, at the Highland Ice Arena. For information contact: Valerie Reinholdtson, 5741 Woodlawn Ave N., Seattle, WA 98103, 206-633-3234.
- 5-6 **Ice Parade of 1984**, sponsored by the ISC of Fresno, at the Iceland Ice Rink, Fresno, CA. For information contact: Merry Warrell, 209-431-8477.
- 5-6 **3rd Annual Ice Dance Weekend**, sponsored by the La Jolla FSC, at the Mira Mesa House of Ice and University Towne Centre, Ice Capades Chalet. For information contact: Karen Milne, 13150 Portofino Drive, Del Mar, CA 92014, 619-481-9909.

*Continued on page 27*





# The Path to Excellence

by Dr. Curt Stensrude

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

## BRIAN BOITANO

**STENSRUDE:** What do you think is the greatest mental hurdle that most figure skaters must overcome?

**BOITANO:** Performing under pressure. A lot of kids can be great in practices and warm-ups and will go out into competition and can't concentrate. That's the one thing you really have to learn how to deal with; no matter how good you are, if you don't perform in competition, there is no way you're going to make it.

**STENSRUDE:** How do you perform under pressure?

**BOITANO:** I think I'm the best under pressure. In a way I'm confident and in a way, I'm really nervous. The thing that I think makes my performances special for myself is that I know that I can skate perfectly and that I know something can go wrong also. I think trouble comes when people say, "I always skate perfectly" and don't realize that there is something that can go wrong. It's really important to realize that something can go wrong, but most likely you'll nail it.

**STENSRUDE:** Would you share your psychology of winning as it applies to you in skating?

**BOITANO:** Usually when I go into competition, it doesn't matter what kind of competition, I try to set my goals relatively high, maybe higher than would be logical . . . I think that puts me in a better position to try harder when I get there, to work harder before the competition so that maybe if I don't get as high as where I set my goal, it would still be high enough that I would be proud of myself. It's the kind of a thing where you shoot for higher even though you know you can't get that high, but will be happy with what you get anyway, and hope that it will be higher next time.

**STENSRUDE:** What kind of mental preparation do you do off the ice to prepare for this kind of heavy duty competition?

**BOITANO:** I think the secret to concentration is relaxation and being comfortable with yourself on the ice. That's what I practice . . . relaxation during practice or during





the program. I practice it on the ice itself during competition.

**STENSRUDE:** Often figure skaters go through specialized training in visualization—picturing. Do you do that at all?

**BOITANO:** A lot of skaters do the visualization before they skate . . . my mind is set up so that I do it while I skate. When I'm actually in the jumps, I am in a deep concentration so that I know where my body is going; I know if I'm going to mess up on the jump or if I'm doing it right. I've talked to a lot of skaters who don't understand what I'm talking about, but it actually is a visualization while in the air of knowing exactly where my body is. I can close my eyes and concentrate on my body and it usually turns out.

**STENSRUDE:** During those few fleeting seconds before Worlds or Nationals, what kind of thoughts go through your mind?

**BOITANO:** Most people would think that you think thoughts like, "I've been working all year and don't want to mess up now," but that is not what happens with me; it's more like I just really want to please myself. If you don't please yourself it hurts a lot. It also goes through my mind that I know I can do it and if I don't, no one is going to believe that I can. That jumps into your head a lot.

The basic thing I try to concentrate on while on the ice is just concentrate on yourself and do it for yourself.

**STENSRUDE:** If you could look back at your finest performance, what did it feel like?

**BOITANO:** It was actually at Worlds this year [1983] . . . that was the best performance I've ever done. It was fun . . . I've never had fun in a competitive program except for Worlds. I knew everything was going right as soon as I hit the ice. There was something about my blades hitting the ice that just bit in and I didn't even have to push, I was going fast already. I get chills everytime I think of it . . . it was effortless.

**STENSRUDE:** When you were out there at Worlds, were you aware of time?

**BOITANO:** Time was so enjoyable . . . that's the only word for it. I was enjoying myself, I wasn't tired for the first time in my life, I wasn't thinking about how I have to rest after the ending and wasn't thinking about landing the triple Axel . . . I was just doing it and thinking how fun it was. I was looking at people in the audience and noticing how my blades bit into the ice and how fast I was going and how even the jumps were feeling.

**STENSRUDE:** You were aware of small details?

**BOITANO:** Very aware . . . you remember every part of your program after you get off, that's what was really special.

**STENSRUDE:** What is the plan for 1984?

**BOITANO:** My plan for 1984 is to shoot for the top three in the Olympics . . . I might not make the top three, but I'll be happy with the top five. It wouldn't hurt for me to be in the top three because I'm going to stay in till 1988. I'm nineteen and I'm just going to try to have a good time next year and try to have everything click again; if it does it does and if it doesn't, I'll have until 1988.



# THE HALL OF FAME



**George H. Browne**  
**(1857 — 1931)**  
**United States**

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

*by Benjamin T. Wright*

**T**he late George H. Browne of Cambridge, Massachusetts is an almost mythical and unknown figure today, yet he is generally regarded as the founder of modern figure skating in America. To those who knew him personally or who have had the opportunity to read his voluminous writings on the sport, he is a vibrant and dynamic enthusiast for the promotion of participation in the sport he loved so well!

As he himself says in *Figure-Skating* in 1892: "I shall mark as the one sure sign of the approach of old age the time when my blood ceases to tingle at the sight of new black ice, and when I let some other 'young fellow' try it before me."

Mr. Browne, a graduate of Harvard (1878) and holder also of an M.A. degree from that

institution, was the co-founder in 1883 of the Browne & Nichols School, a private preparatory school for boys in Cambridge, which observed its centennial in 1983. As a part of the centennial celebration, the tangible tokens of his election were presented to Mr. Browne's surviving daughter, Mrs. Amy Browne Townsend of Plymouth, New Hampshire on the occasion of the honoring of the sports teams and individual athletes from the school.

The diversity of the involvement of Mr. Browne in the sport was most impressive. An enthusiastic skater himself from an early age, and at the Cambridge Skating Club after 1898, which he helped to found that year and later at The Skating Club of Boston, he was also a prolific author of at least a half dozen different instructional booklets on the sport, an inventor (he held a patent on an improved blade issued in 1916), judge, referee, and, in particular, an amateur coach. To the generations of figure skaters as well as the generations of young who studied under him at the school, he was affectionately known as "Daddy" Browne.

Some of Mr. Browne's skating protégés among the leading competitors of the day were also students in the school, the most famous of whom was Sherwin C. Badger, the National Junior Champion in 1918, the National Champion from 1920 to 1924, the first North American Champion in 1923, and later the National Pair Champion from 1930 to 1932 and Olympic Silver Medalist in 1932 with Miss Beatrix Loughran. Another was Frederick (Ted) Goodridge, the National Junior Champion in 1927 and twice runner-up in 1928-1929 for the National Championship.

As a fitting memorial to Mr. Browne, The Skating Club of Boston presented in 1931 the George H. Browne Memorial Bowl, emblematic to this day of the championship of the United States and carrying on its surface the names of the great Olympic and World Champions from the United States, worthy heirs to the tradition of excellence and accomplishment so strongly espoused by Mr. Browne in both life and sport.

During the school year of 1902-03, Mr. Browne was on sabbatical leave and spent



the winter in Davos, Switzerland, where he became a member of the International Skating Club of that town (still a member of the International Skating Union today) and studied extensively with the leading skaters of the time what he later called in his subsequent publications "The New Skating." Among the skaters with whom Mr. Browne worked in Davos as the heirs to the skating tradition embodied in the style spread throughout Europe by Jackson Haines in the 1860's was Ulrich Salchow of Sweden, then the reigning World Champion (a title he won ten times in all), who later sent Mr. Browne a pair of skates of his own design and manufacture modeled on those of Jackson Haines.

Upon his return from Europe, Mr. Browne began a vigorous campaign, both by personal demonstration and in print to popularize in America what is now called the "International Style" of skating, an effort which culminated in 1908 in the first exhibition of the Style in America, at the Cambridge Skating Club, most ably demonstrated by Irving Brokaw of New York, another proponent of the new style, who had been Champion of America in 1906, and Karl Zenger of Germany, the champion of that country in 1905.

The effort can perhaps best be described in Mr. Browne's own words in his preface to *The New Skating* in 1910: "If Jackson Haines had never left this country (or had ever come back), with his round-toed, two-stanchion skate, the USA might still be leading the skating world, as it did in the [18/ '70's. As it is, the acrobatic small curved style that prevailed over the dancing master's graceful curves and rhythmic movements, in the early days of the pointed, three-stanchion club-skate, has put America out of the world's skating, into a class by itself. Today, the American style has no international standing; but the European development of the American style, which was banished in 1864, has become the accepted standard of all the great skating nations of the world; and the Jackson Haines skate is used by nearly all the best skaters of Europe. In order to awaken interest in the International Style, which has at last been recognized by the Skating Union of America, the following condensed exposition [the tiny hand-held

booklet/ is offered for use on the ice."

It is in his writings in which Mr. Browne has left his most enduring mark. As a teacher of English and Latin, he was also fluent in German and was thereby able to study the already voluminous literature of the sport in that language. During his sojourn in Switzerland he not only skated with the leading European exponents of the day, but was also able to discuss with them his translation of the pioneering work on the International Style by Dr. Gilbert Fuchs of Germany, the first official World Champion in 1896. The translation was published in 1904 as a supplement to Mr. Browne's definitive *Handbook of Figure Skating*, first published in 1900.

Many of these invaluable works were either privately printed at the author's expense or more fortunately with the support of Barney & Berry, Inc. of Springfield, Massachusetts, a major skate manufacturer at the turn of the century. They were invariably of pocket size, suitable for carrying on the ice for easy reference. In 1911, for example, Mr. Browne published a set of diagrams from the international schedule of compulsory figures called "The Elements of Figure Skating, The Cardinal Positions and Movements," as "succinctly explained on separate cards for use on the ice in the learner's hand."

Not content merely to promote acceptance of the new Style, Mr. Browne adapted for the Cambridge Skating Club in 1899 from the tests of the National Skating Association of Great Britain, a standard schedule of three tests, the first of which were held in February 1900, the first such tests held in the United States.

In the area of competition, Mr. Browne served as a judge at the first international competition held in North America, in Ottawa, Ontario in 1913 for the cup donated by the Governor General of Canada, the Duke of Connaught, for competition in the fours.

The following year (1914), Mr. Browne was instrumental in the establishment of an International Championship of America for men, ladies, and pairs, held in New Haven, Connecticut, and now regarded officially as the first Championship of the United States in the International Style.



In addition to the 1914 championships, Mr. Browne served as a judge at the subsequent ones held in 1920, 1921, 1922, and 1923, as well as at the first Championships of North America in Ottawa in 1923, won by his prize protégé Sherwin Badger, and again in 1925.

Having worked diligently to develop uniform standards for tests and competitions, Mr. Browne sought unsuccessfully prior to World War I to bring several of the established skating clubs in the East into the International Skating Union. His efforts in that regard, however, led after the war to the establishment in 1921 of the United States Figure Skating Association and its admission to the ISU in 1923, thereby bringing American figure skating "full circle" back into the world community, where it has occupied an important position with distinction ever since.

Two anecdotes about Mr. Browne at the end of his life reflect both his personal dedication and the high regard which he was held by those who had come in contact with his overflowing enthusiasm. As related by Thomas H. Eliot, Esq. in his centennial history of the Browne & Nichols School: "In the last weeks of his life confined to his room, he asked Mrs. Browne to put on his skates for him. She did, and he said: 'I have

worn skates every year for seventy years!'"

While in the words of his daughter, Amy Browne Townsend: "You may be amused by the story told me by a Cambridge lady whom my father had helped with her skating for years. She lived nearby, and was in the habit of stopping to talk to Jim, GHB's five-year-old grandson who was often playing in the front yard of the Browne house.

"Soon after my father died, this woman stopped and said, 'We miss your grandpa, don't we?' 'Yes,' answered Jim. 'Where do you suppose he is now?' she asked. To which the boy responded, 'Oh, I suppose he's up in Heaven teaching Jesus to skate.'"

Mr. Browne served on the Board of Governors of The Skating Club of Boston (1913-1928) which he had helped to found as the successor to the original Boston Skating Club, and was elected an Honorary Member in 1928. He was also elected Honorary President of the Cambridge Skating Club in 1929.

He retired from the headmastership of the school he had founded forty-five years before in 1928 and passed away at the age of seventy-four in 1931. He is survived (1983) by one of his three daughters and by many grandchildren and great-grandchildren.

Mr. Browne was elected to the Hall of Fame in 1983.

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**XIV OLYMPIC WINTER GAMES**  
**SARAJEVO, YUGOSLAVIA**  
**FEBRUARY 12-18, 1984**



**MEN**

JUDGES: 1—Vladimir Amsel, Yugoslavia; 2—Gerhard Frey, Federal Republic of Germany; 3—Monique Georgelin, France; 4—**Ida Tateoka, USA**; 5—Ingrid Linke, German Democratic Republic; 6—Bjorn Elvin, Sweden; 7—Tatiana Danilenko, USSR; 8—Oskar Urban, Czechoslovakia; 9—Margaret Berezowski, Canada. SUBSTITUTE: Tsukasa Kimura, Japan. REFEREE: Donald Gilchrist, ISU. ASSISTANT REFEREE: Tjasa Andree-Prosenec, ISU.

	CF	SP	FS		PLACES
1.	1	2	2	<b>Scott Hamilton, USA</b>	3.4
2.	7	1	1	Brian Orser, Canada	5.6
3.	4	5	3	Jozef Sabovtchik, Czechoslovakia	7.4
4.	3	6	4	Rudi Cerne, Federal Republic of Germany	8.2
5.	8	3	5	<b>Brian Boltano, USA</b>	11.0
6.	2	4	9	J. Christophe Simond, France	11.8
7.	5	8	7	Alexandre Fadeev, USSR	13.2
8.	11	9	6	Vladimir Kotin, USSR	16.2
9.	9	7	8	Norbert Schramm, Federal Republic of Germany	16.2
10.	6	10	12	Heiko Fischer, Federal Republic of Germany	19.6
11.	10	11	11	Gary Beacom, Canada	21.4
12.	12	12	15	Grzegorz Filipowski, Poland	27.0
13.	18	17	10	<b>Mark Cockerell, USA</b>	27.6
14.	16	14	14	Masaru Ogawa, Japan	29.2
15.	14	13	16	Laurent Depouilly, France	29.6
16.	15	21	13	Falko Kirsten, German Democratic Republic	30.4
17.	13	15	18	Lars Akesson, Sweden	31.8
18.	22	18	17	Zhaoxiao Xu, China	37.4
19.	19	16	20	Cameron Bradley Medhurst, Australia	37.8
20.	20	19	19	Jaimee Eggleton, Canada	38.6
21.	17	22	21	Miljan Begovic, Yugoslavia	40.0
22.	21	20	22	Paul Robinson, Great Britain	42.6
23.	23	23	23	Jae-Hyung Cho, Korea	46.0

**LADIES**

JUDGES: 1—Mikhail Drey, USSR; 2—Ante Skrtic, Yugoslavia; 3—Heinz Muellenbach, Federal Republic of Germany; 4—Giorgio Siniscalco, Italy; 5—Jacqueline Itchner, Switzerland; 6—Walburga Grimm, German Democratic Republic; 7—**Raymond Alperth, USA**; 8—Norris Bowden, Canada; 9—Claude Carlens, Belgium. SUBSTITUTE: Toshio Suzuki, Japan. REFEREE: Sonia Bianchetti, ISU. ASSISTANT REFEREE: Radovan Lipovscak, ISU.

	CF	SP	FS		PLACES
1.	3	1	1	Katarina Witt, German Democratic Republic	3.2
2.	1	5	2	<b>Rosalynn Sumners, USA</b>	4.6
3.	5	3	5	Kira Ivanova, USSR	9.2
4.	12	2	3	<b>Tiffany Chin, USA</b>	11.0
5.	7	4	6	Anna Kondracheva, USSR	11.8
6.	13	6	4	<b>Elaine K. Zayak, USA</b>	14.2
7.	6	11	7	Manuela Ruben, Federal Republic of Germany	15.0
8.	2	8	11	Elena Vodoretzova, USSR	15.4
9.	9	10	8	Claudia Leistner, Federal Republic of Germany	17.4
10.	8	9	9	Sanda Dubravcic, Yugoslavia	17.4
11.	4	14	12	Sandra Cariboni, Switzerland	20.0
12.	10	12	10	Kay Thomson, Canada	20.8
13.	16	7	13	Elizabeth Manley, Canada	25.4
14.	15	13	14	Myriam Oberwiler, Switzerland	28.2
15.	11	15	16	Karin Telsler, Italy	28.6
16.	14	16	18	Katrien Pauwels, Belgium	32.8
17.	19	17	15	Susan Ann Jackson, Great Britain	33.2
18.	18	19	17	Agnes Gosselin, France	35.4
19.	21	18	19	Masako Kato, Japan	38.8
20.	17	22	20	Catharina Lindgren, Sweden	39.0



21.	20	20	21	Vicki Maree Holland, Australia	41.0
22.	23	21	22	Zhenhua Bao, China	44.2
23.	22	23	23	Haisung Kim, Korea	45.4

Marta Cierco Viqueira, Spain, withdrew

#### PAIRS

JUDGES: 1—Pamela Davis, Great Britain; 2—Alain Calmat, France; 3—Dagmar Rehakova, Czechoslovakia; 4—Franklin Nelson, USA; 5—Walburga Grimm, German Democratic Republic; 6—David Dore, Canada; 7—Mikhail Drey, USSR; 8—Ute Druvins, Federal Republic of Germany; 9—Toshio Suzuki, Japan. SUBSTITUTE: Claude Carlens, Belgium. REFEREE: Elemer Tertak, ISU. ASSISTANT REFEREE: Benjamin T. Wright, ISU.

	SP	FS		PLACES
1.	1	1	Elena Valova & Oleg Vassiliev, USSR	1.4
2.	2	2	Caitlin Carruthers & Peter Carruthers, USA	2.8
3.	2	3	Larissa Selezneva & Oleg Makarov, USSR	3.8
4.	4	4	Sabine Baess & Tassilo Thierbach, German Democratic Republic	5.6
5.	5	5	Birgit Lorenz & Knut Schubert, German Democratic Republic	7.0
6.	8	6	Jill Watson & Burt Lancon, USA	9.2
7.	6	7	Barbara Underhill & Paul Martini, Canada	9.4
8.	9	8	Katerina Matousek & Lloyd Eisler, Canada	11.6
9.	7	9	Marina Avstriyskaya & Youry Kvachnin, USSR	11.8
10.	10	10	Lea Ann Miller & William Fauver, USA	14.0
11.	14	11	Babette Preussler & Tobias Schroeter, German Democratic Republic	16.6
12.	13	12	Melinda Kunhegyi & Lyndon Johnston, Canada	17.2
13.	11	13	Claudia Massari & Leonardo Azzola, Federal Republic of Germany	17.4
14.	12	14	Susan Jane Garland & Ian Roger Jenkins, Great Britain	18.8
15.	15	15	Bo Luan & Bin Yao, China	21.0

#### DANCE

JUDGES: 1—Istvan Sugar, Hungary; 2—Irina Absaliyeva, USSR; 3—Heinz Muellenbach, Federal Republic of Germany; 4—Courtney Jones, Great Britain; 5—Tsukasa Kimura, Japan; 6—Dagmar Rehakova, Czechoslovakia; 7—Cia Bordogna, Italy; 8—Ann Shaw, Canada; 9—Elaine DeMore, USA. SUBSTITUTE: Lysianne Lauret, France. REFEREE: Lawrence Demmy, ISU. ASSISTANT REFEREE: Hans Kutschera, ISU.

	CD	OSP	FD		PLACES
1.	1	1	1	Jayne Torvill & Christopher Dean, Great Britain	2.0
2.	2	2	2	Natalya Bestemyanova & Andrey Boukin, USSR	4.0
3.	4	4	3	Marina Klimova & Serguey Ponomarenko, USSR	7.0
4.	3	3	4	Judy Blumberg & Michael Selbert, USA	7.0
5.	6	5	5	Carol Fox & Richard Dalley, USA	10.6
6.	5	6	6	Karen Barber & Nicky Slater, Great Britain	11.4
7.	8	7	7	Olga Volojinskaya & Alexandre Svinin, USSR	14.6
8.	7	8	8	Tracy Wilson & Robert McCall, Canada	15.4
9.	9	9	9	Petra Born & Rainer Schoenborn, Federal Republic of Germany	18.0
10.	10	10	10	Eilea Spitz & Scott Gregory, USA	20.0
11.	12	11	11	Wendy Sessions & Stephen Gordon Williams, Great Britain	22.6
12.	11	13	12	Kelly Johnson & John Thomas, Canada	23.8
13.	14	12	13	Jindra Hola & Karol Foltan, Czechoslovakia	26.2
14.	13	14	15	Nathalie Herve & Pierre Bechu, France	28.4
15.	15	15	14	Isabella Micheli & Roberto Pelizzola, Italy	29.0
16.	17	17	16	Klara Engi & Attila Toth, Hungary	33.0
17.	16	16	17	Noriko Sato & Tadayuki Takahashi, Japan	33.0
18.	18	18	18	Hristina Boianova & Yavor Ivanov, Bulgaria	36.0
19.	19	19	19	Hongyan Xi & Xiaolei Zhao, China	38.0





### JUDGES' APPOINTMENTS . . .

#### LOW FIGURE TEST

Michael Elmaleh, Old York Road SC  
George Boyden, North Country SC  
Vicki Merten, Hickory Hill FSC

#### INTERMEDIATE FIGURE TEST

Patricia Forbes, Peninsula FSC  
Susan McInnes, Cleveland SC  
Barbara Hessenaur, Midland FSC  
William Hooper, Port Huron FSC  
Deborah Hagenauer, Penguin FSC  
Alice Foschetti, Penguin FSC  
Lauren Jackson, Hickory Hill FSC

#### HIGH FIGURE TEST

Robert Houk, Denver FSC

#### BRONZE DANCE TEST

Lynne Robertson, Detroit SC  
Mary Roof, Los Angeles FSC  
Colette Huber, Los Angeles FSC  
Deborah Hagenauer, Penguin FSC

#### SILVER DANCE TEST

Elaine Dumas, Peninsula FSC  
Stephen Bentle, Dallas FSC

#### JUNIOR FIGURE COMPETITION

Linda Leaver, Utah FSC  
Beverly Arneson, Braemar-City of Lakes  
FSC

#### JUNIOR DANCE COMPETITION

Linda Leaver, Utah FSC



*Continued from page 13*

such as chicken and fish, eggs, cheese, milk, peanuts, and in enriched cereals. Deficiency may cause severe skin problems, such as *pallegra* or dermatitis.

B6 is important for proper functioning of amino acids, the building blocks of proteins. Good sources of B6 are liver, salmon, peanuts, bananas, peas, and lean meats.

B12 helps prevent anemia—an especially important concern for the athlete. Sources of Vitamin B12 are liver, kidney, muscle meats, eggs, fish, milk, and cheese. It is not present in plants, therefore, strict vegetarians may have to take a B12 pill to meet body requirements.

For athletes in training, the need for B-vitamins, especially Thiamine (B1), is in-

creased because caloric needs are higher. A well-balanced diet and increased portion sizes will meet the athletes' B-vitamin needs. Megadosing with supplement tablets is *not* necessary. Recent studies have shown that too much Niacin may lead to liver damage and gastrointestinal problems. In fact, the National Academy of Science has recommended that great care be exercised if Niacin is used, especially by people with heart problems. Again, be sure to consult with your doctor and nutritionist when you are considering taking vitamin supplements.

A well-balanced diet should supply the necessary water-soluble vitamins to keep your body running smoothly.



- 6 **USFSA National Precision Team Competition**, sponsored by the Bowling Green SC, at the Bowling Green State University Ice Arena. For information contact: Darlene Householder, 16620 Mitchell Rd., Bowling Green, OH 43402, 419-352-7295.
- 11-13 **Malltown U.S.A.**, ice show sponsored by the Winterhurst FSC, at the Winterhurst Ice Rink, 14740 Lakewood Heights Blvd., Lakewood, OH 44107. For information contact: Kitti Drops, 216-228-6246.
- 12-13 **Hansel & Gretel**, sponsored by the Richfield FSC, at the Richfield Ice Arena, 636 E. 66th St. Richfield, MN. For information contact: Jim McDermid, 5728 14th Ave. S., Minneapolis, MN 55417, 612-825-5063.
- 18-20 **CCIA Novice Competition**, sponsored by the SC of Sacramento, at the Birdcage Walk Ice Arena, 5961 Sunrise Blvd., Citrus Heights, CA 95610. Figures and Freestyle events. For information contact: Roy D. Cousineau, 6970 Diegle Circle, Sacramento, CA 95822, 916-428-4544.
- 24-27

**JUNE**  
1-3

10

23-24

**World on Ice**, sponsored by the Santa Rosa FSC, at the Redwood Empire Ice Arena, 1667 W. Steele Ln., Santa Rosa, CA. For information contact: William J. Abel, 707-539-1856.

**Colonial Annual Ice Show**, sponsored by the Colonial FSC, at the Nashoba Valley Rink, Boxborough, MA. For information contact: Mrs. Judy Garvin, 115 Fort Meadow Dr., Hudson, MA 01749, 617-562-3714.

**9th Annual Santa Monica Adult Dance Competition**, sponsored by the Santa Monica FSC, to be held at Iceland, Paramount, CA. Preliminary through Gold events, OSP, Variation Dance. For information contact: Janet Becht, 2013 N. Rose St., Burbank, CA 91505, 818-842-3987.

**3rd Annual Summer Dance Weekend**, sponsored by the Greater Lynn FSC, at the North Shore Center, Lynn, MA 01904. For information contact: Mrs. W. Richard, 8 Sunnybrook Ln., Peabody, MA 01960, 617-531-0342.

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# *Winter Winds & Olympic Dreams:*

THE 1984 U.S. NATIONALS  
SALT LAKE CITY, UTAH  
SALT PALACE, JANUARY 17-22



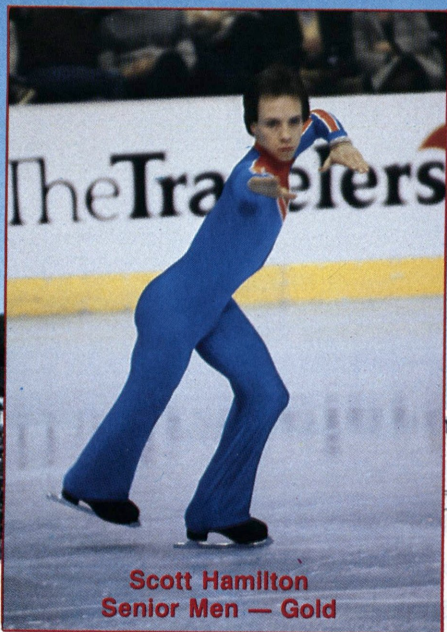


## *Staff Report*

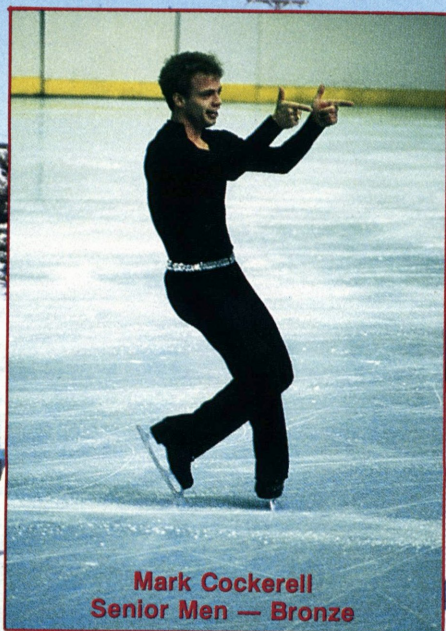
It struck Colorado Springs in 1976, ran rampant in Atlanta in 1980, and, after lying dormant for four years, blossomed into a full-blown epidemic in snowy Salt Lake City during the third week of January 1984. The disease? *Olympic Fever!* Among those infected were 176 of the United States' finest figure skaters, their families, friends, and coaches, judges and officials of the USFSA; dozens of media representatives from throughout the country; and an estimated 60,000 spectators who jammed the Salt Palace in Utah's capitol city to witness the penultimate act in figure skating's quadrennial drama, the 1984 United States Figure Skating Championships.



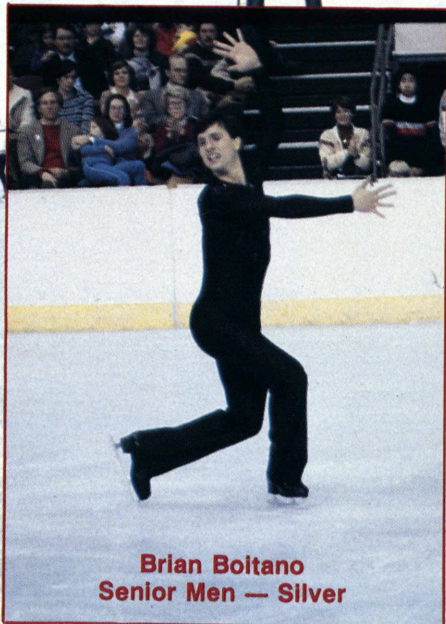




JUDY HAMMOND

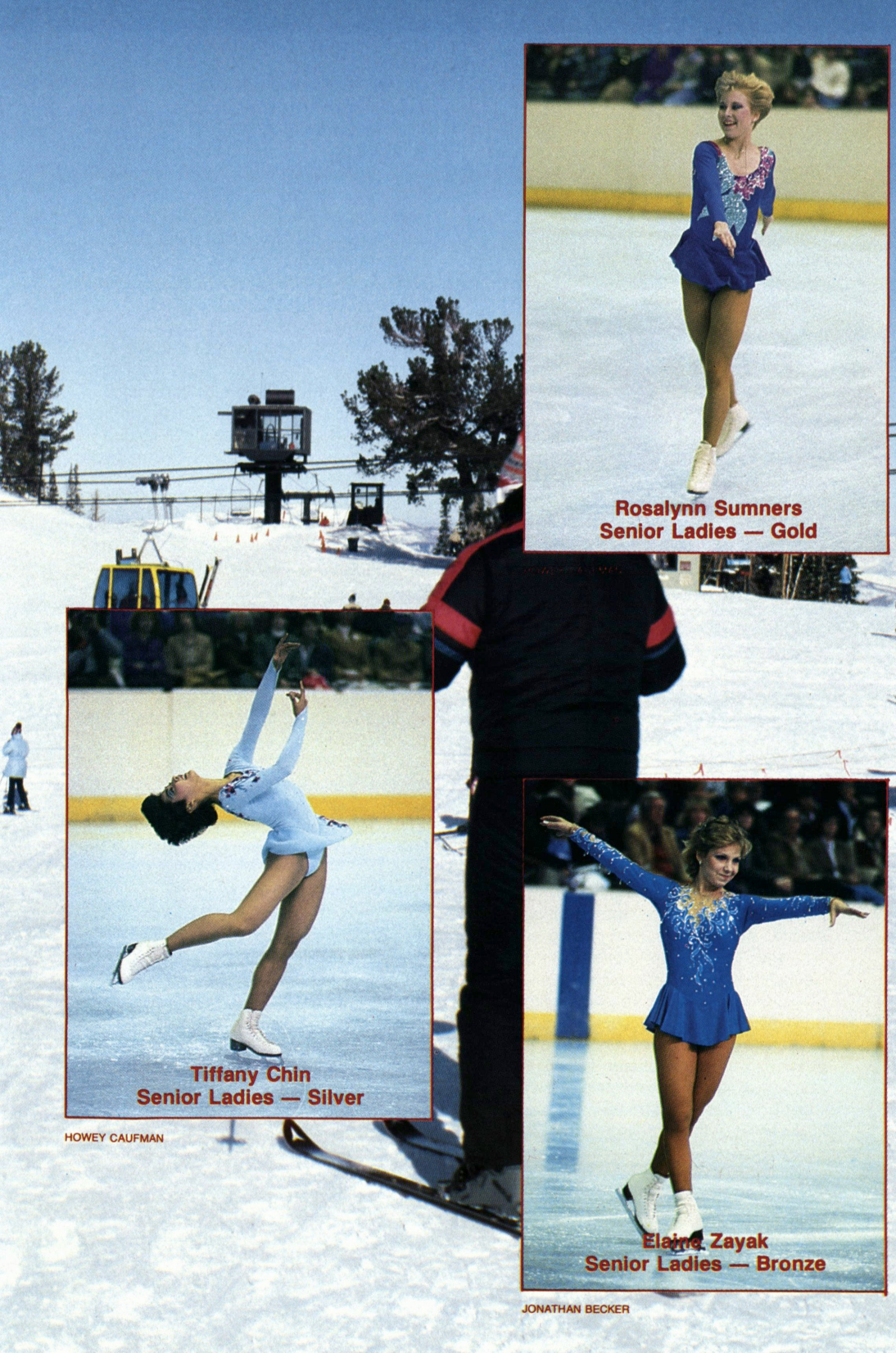


JUDY HAMMOND

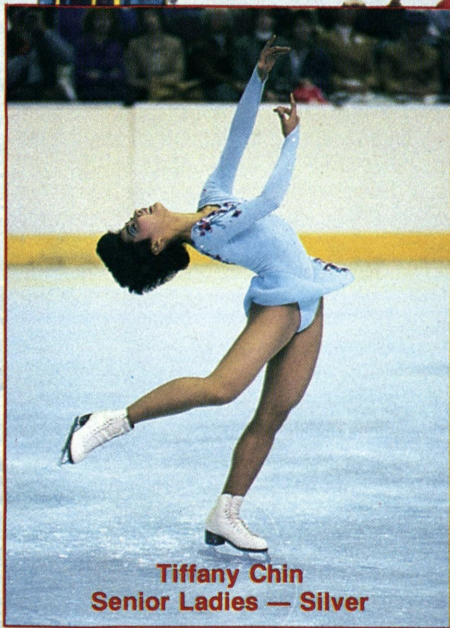


INGRID BUTT





**Rosalynn Summers**  
**Senior Ladies — Gold**



**Tiffany Chin**  
**Senior Ladies — Silver**

HOWEY CAUFMAN



**Elaine Zayak**  
**Senior Ladies — Bronze**

JONATHAN BECKER



## THE CHAMPIONSHIP EVENTS

The 1984 National Championships attracted the largest field in the history of the event to Salt Lake City to contest the ten national titles. There were record-setting or record-tying entries of fifteen each in Men, Ladies, and Pairs, as eighty-six competitors took the ice for the Championship (Senior) events, each hoping to win one of eighteen coveted positions on the 1984 U.S. Olympic Figure Skating Team.

### Men

The Bountiful Recreation Center, a lovely rink twenty minutes by bus north of downtown Salt Lake City, was the site of compulsory figure competition in all six singles events. To no one's surprise, Scott Hamilton dominated the Men's figures on Wednesday morning, as he was awarded first place in every figure by each of the nine judges. His marks were often several tenths of a point higher than those of his nearest challenger, and his performances on the rocker and the loop drew applause from the audience. Brian Boitano's second place was equally solid, with the real battle fought for third place in the standings. Three men challenged: Tom Dickson, third on the rocker; Mark Cockerell, third on the paragraph double three; and Paul Wylie, third on the back change loop. At the finish of the figures, Dickson, Cockerell, and Wylie held third, fourth, and fifth places, respectively.

In Thursday evening's short program competition, Scott Hamilton once again skated off with the first place vote of every judge. His required elements, highlighted by a combination double loop-triple toe loop which soared, were flawless and earned marks of 5.8 and 5.9. Brian Boitano and Mark Cockerell were both successful in landing triple Lutz-double loop, to sweep second and third places. The audience particularly enjoyed Cockerell's use of the "Lone Ranger" music from the "William Tell Overture"; Mark moved into third position after the short program ahead of Tom Dickson, fifth in the short, who landed the triple flip of his jump combination on two feet. Paul Wylie's marks were booed by the crowd after he presented a short program with outstanding spins and superb style, but substituted double Lutz for a planned triple in the combination to place fourth.

The Championship Men's free skating finals on Friday night thrilled the first capacity crowd of the week. Defending U.S. and World Champion Scott Hamilton alone was worth the price of admission. His jumps, including five triples (Lutz, flip, toe Walley, toe loop, and Salchow), were light and effortless; in a performance which far transcended the ordinary, Scott entered a new dimension of absolute technical control and total rapport with his audience. The result: a frenzied standing ovation and, from the judges, four perfect marks of 6.0 (the most of his career) for composition and style. Scott later commented the he had previously been "allergic to the triple flip in competition" and was delighted to have landed it. He stated that his goal for this Olympic year is to go all out to skate his very best, so there will be no "could haves, would haves, should haves . . . no regrets."

Skating immediately after Scott, Mark Cockerell seemed buoyed by the crowd's enthusiasm. He exhibited great energy, landing triple Lutz and a triple toe loop-triple toe loop combination, as well as triple Salchow, flip, and toe loop, before tiring near the end and bobbling a double Axel. Brian Boitano was the final skater of the evening and said later that he found it difficult to skate last. The performance was less than his best—a hand down on his opening triple Lutz, his famous triple Axel omitted, shaky landings on triple flip and loop—but still good enough for second place in the free skating over Mark Cockerell, by a five to four split of the judges.

Thus Scott Hamilton, Brian Boitano, and Mark Cockerell, all World Team veterans, conclusively earned the right to represent the U.S. at this year's Olympic and World competitions. Other notable performances were given by Paul Wylie, who received a standing ovation and finished fourth to take the alternate position on the U.S. Team, and by Daniel Doran, Scott Williams, and Christopher Bowman, all relative youngsters who show considerable potential for future achievement.

### Ladies

As the Ladies stepped onto the ice Thursday morning to warm up on their counters, the audience buzzed with speculation: Would defending U.S. and World Champion Ros-



alynn Summers dominate as Scott Hamilton had in the Men's figures? Could former U.S. and World Champion Elaine Zayak fight back from the foot injury which forced her out of the 1983 Worlds? Tiffany Chin had looked outstanding all week in practice—could she mount an effective challenge against the two heavily-favored veterans? What would be the effect of the last minute withdrawal of 1982 World Team member Vikki de Vries, forced out by the tendinitis which had plagued her for months?

As it turned out, the figures would weigh heavily in determining the final results of the Ladies' event. Rosalynn won all three figures to lead after this segment, but with nothing like the ease shown earlier by Scott Hamilton. Her ordinals on the first figure ranged from first through fifth; Jill Frost had more firsts on the counter (four) than either Rosalynn (three) or Elaine (two), but finished behind them because of a smaller majority of second places. On the paragraph bracket, five skaters had a first from at least one of the nine judges, but Rosalynn garnered six (including two ties). On the paragraph loop, the first places were split: five for Rosalynn, four for Elaine. In the final analysis, Rosalynn took eight of nine firsts to win the figures; Elaine was solidly in second, followed by Jill Frost, Tiffany Chin, and Maradith Feinberg. Tiffany had placed fifth on each figure, but managed to edge ahead of Maradith, who challenged early, but fell back on the loop.

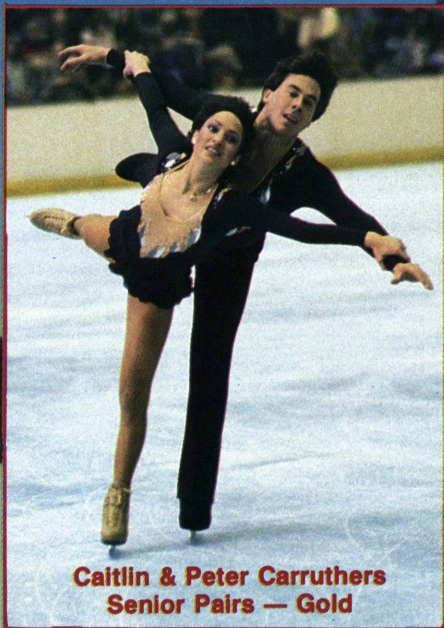
Each of the four figure leaders skated an errorless short program on Friday evening. Tiffany Chin was the favorite of the audience, receiving a standing ovation for her superb technique and enchanting choreography. She also emerged as the choice of the judges, by a five to four margin over Rosalynn, with Elaine third and Jill fourth. Although she skated elegantly, Rosalynn almost certainly failed to win the short program because she chose the simpler double Axel-double loop for her jump combination. Tiffany, Elaine, and Jill were all successful in completing triple toe-double loop, and, in fact, Rosalynn was one of only three among the fifteen Championship Ladies who selected a double Axel rather than a triple for their jump combinations.

Suffering perhaps from a touch of Olympic Fever, none of the contenders was in peak

form during Saturday afternoon's free skating finals, broadcast live by ABC's *Wide World of Sports*. Jill Frost, in pale aqua, started strongly, landing triple toe loop-double toe loop before falling on a triple Salchow. She later landed a triple toe Walley, between overrotating one double Axel and aborting an attempt at another. Tiffany Chin, dressed in pale ice blue, was pure artistry in motion as she moved through an exquisitely-designed program set entirely to Tchaikovsky ballet music. Her opening jump was a triple flip, a first for her in competition and a jump rarely accomplished by a lady. She also landed a solid triple toe loop and triple toe Wally before overrotating a triple Salchow, touching her hand to the ice to recover her balance; she missed a double Axel near the end of her four minutes, but was once again greeted by a standing ovation. Rosalynn Summers, in deep turquoise green, was a delight to watch, her polished style unmatched in grace and elegance; the slow section of her program, set to "Amazing Grace," was ethereal. However, early in the routine she omitted several difficult jumps and fell heavily on a double Axel; she did complete two triple toe Walleys, one in combination with a double loop, and, seeming to gain strength, a triple toe loop and a double Axel near the very end of her performance. Last to skate, Elaine Zayak, in royal blue, might have won the free skating and the championship had she performed flawlessly. She did achieve split-triple toe loop-double toe loop-double loop and triple toe Walley-double loop combinations, but tired visibly, omitting a triple loop and falling on triple Salchow and triple toe Walley late in the program. The free skating results were a duplication of those in the short program, Tiffany the winner over Rosalynn by a bare five judge majority. Ironically, it was Rosalynn's three-place margin over Tiffany in the figures which gave her the overall championship. Had Tiffany been third instead of fourth in the figures, she might have won it all; instead she finished second, ahead of Elaine and Jill.

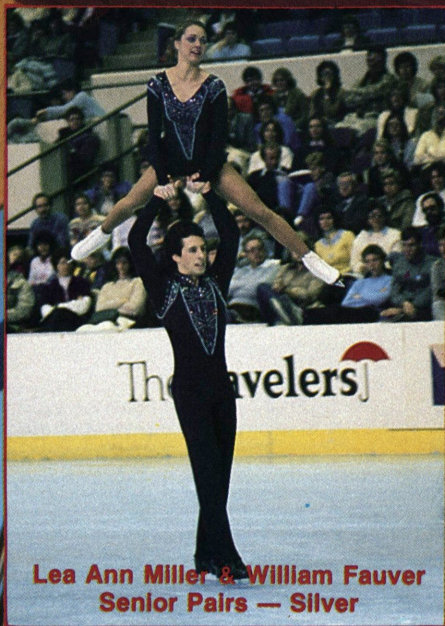
Certainly this is one of the strongest ladies' teams the U.S. has ever sent into international competition. Described by Coach John Nicks as "three of the four best free skaters in the world" (the other being Katarina Witt of East Germany), the U.S. ladies





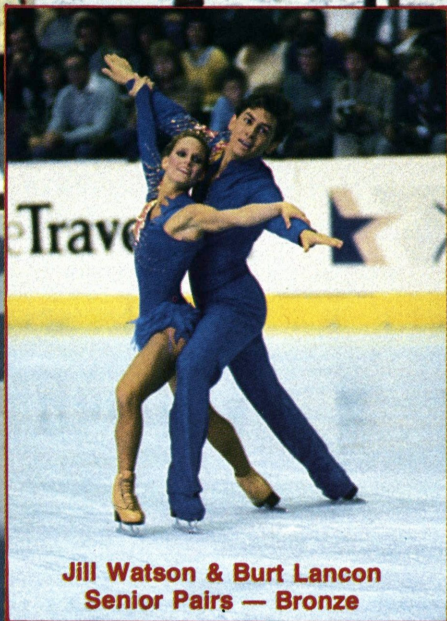
**Caitlin & Peter Carruthers  
Senior Pairs — Gold**

HOWEY CAUFMAN



**Lea Ann Miller & William Fauver  
Senior Pairs — Silver**

HOWEY CAUFMAN

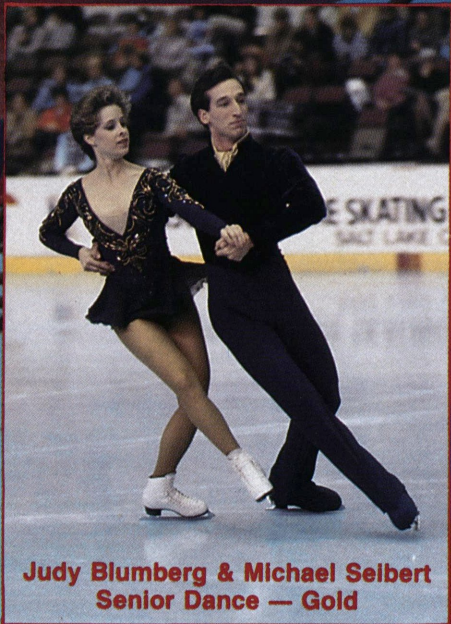


**Jill Watson & Burt Lancon  
Senior Pairs — Bronze**

HOWEY CAUFMAN







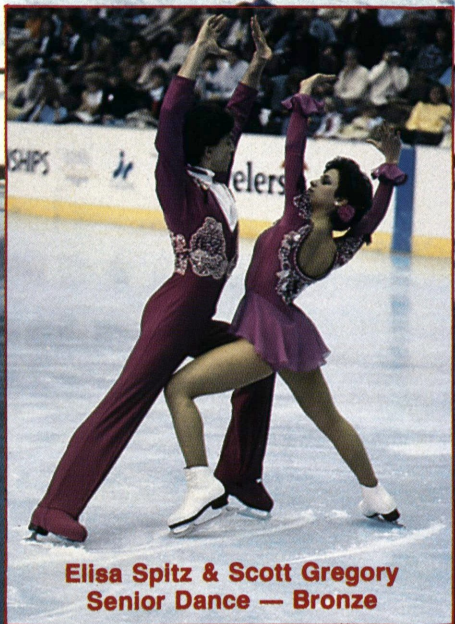
**Judy Blumberg & Michael Seibert  
Senior Dance — Gold**

PAUL HARVATH



**Carol Fox & Richard Dalley  
Senior Dance — Silver**

PAUL HARVATH



**Elisa Spitz & Scott Gregory  
Senior Dance — Bronze**

CHRISTIE JENKINS



will present a formidable challenge to the rest of the world if they achieve peak performances at the Olympics and World Championships.

Tiffany Chin and Jill Frost, both only sixteen years old, have set as their ultimate goals the 1988 Olympic Gold medal—what strength this bodes for the future! In fifth and sixth positions in the Championship Ladies' event were 1983 U.S. Junior Champion Kathryn Adams and audience-favorite Debbie Thomas, both of whom will bear watching in years to come.

### **Pairs**

The Championship Pairs, like the Ladies, performed much better in the short program than they did in the subsequent free skating. Gillian Wachsman and Robert Daw drew the difficult first-to-skate position on Wednesday evening and set a high standard for the other pairs to challenge. The contenders who followed also skated error-free programs: Jill Watson and Burt Lancon had soaring lifts; Kitty and Peter Carruthers exhibited complete control of all elements; and Lea Ann Miller and Bill Fauver, though slightly out of unison on the solo change sit spins, performed a unique face-down death spiral and entered their combination spin from a sweeping back spiral.

When the Pairs free skated on Thursday night, no one was in top form, each of the fifteen pairs making at least one major mistake. Jill Watson and Burt Lancon had great technical difficulty, their opening move a solid triple twist lift, but Jill fell on a double Lutz near the end of their performance.

Lea Ann Miller and Bill Fauver skated with their usual delightful interpretive style, but she two-footed the landing of their triple twist lift, then singled a double flip. Kitty and Peter Carruthers achieved a triple twist lift, but immediately thereafter Kitty sprawled on a throw triple Salchow when Peter threw her too high (they had been practicing throw quadruples). After Kitty nearly touched hand to ice landing a throw double Axel, the Carruthers finished strongly. Gillian Wachsman and Robert Daw, skating last, accomplished their most difficult maneuvers—throw triple Salchow, triple twist lift, and throw triple toe loop—without major errors, then ran into trouble on solo double loops and a back outside death spiral. At the end, the results remained as they had been in the short program and last year: the Carruthers became four-time U.S. Champions, followed by Miller and Fauver, Watson and Lancon, and Wachsman and Daw.

Coach Ron Ludington attributed the Pairs' poor performances to the tremendous pressures these athletes face in Olympic years, an unfortunate side effect of Olympic Fever. Coach John Nicks joked that Jill Watson's fall had been "planned" in order that she and her partner might peak in Sarajevo rather than in Salt Lake City. Despite their problems, a wealth of talent was obvious among the top U.S. pairs. Among those to watch, Natalie and Wayne Seybold jumped from eighth in the short to fifth overall with a solid performance, switching places with young Susan and Jason Dungjen, last year's Junior Champions and Silver medalists at the 1984 World Junior Championships. The Dungjens had an off night, but are improving rapidly.



## Dance

Thirteen Championship Dance couples took the ice on Thursday afternoon to skate their Compulsory Dances: the Paso Doble, the Westminster Waltz, and the Rhumba. Defending Champions Judy Blumberg and Michael Seibert won the first dance and surged onward to their fourth straight U.S. title, with near unanimous first place ordinals in every segment of the event. Their performance was all the more impressive in that they had been off the ice for five weeks during November and December while Michael battled mononucleosis. Carol Fox and Richard Dalley recaptured the Silver medal they had won in 1982, before slipping to third place last year and losing their spot on the 1983 World Team. Elisa Spitz and Scott Gregory, second last year, dropped to third, but nonetheless will join the others as U.S. representatives at the 1984 Olympics and World Championships, as our country regained the right to enter three couples in these events.

The Original Set Pattern Paso Dobles on Friday afternoon offered dramatic presentations and imaginative costuming. Blumberg and Seibert's OSP began with Judy lying on the ice and finished with her draped like a cape over Michael's shoulder. The dance earned them marks ranging upward from 5.7 and including one 6.0 for presentation. The audience left no doubt that Fox and Dalley's OSP Paso was *their* favorite, according to the couple the first standing ovation of Nationals week and vociferously booing their marks, which varied from 5.6 to 5.9.

Championship Free Dance was the concluding event of the 1984 Nationals, and all three of the top couples received standing ovations from the enthusiastic Saturday night audience. Spitz and Gregory's fast-moving dance, including a spirited rendition of "When the Saints Go Marching In," ended in a dual flop which the crowd loved. Blumberg and Seibert made a radical departure from the traditional with their interpretation of Rimski-Korsakov's "Scheherazade." Judy and Michael elected, as have British World Champions Jayne Torvill and Christopher Dean, to develop a theme using a single piece of classical music, and the result was artistically superb. A choreographer from the American Ballet Theater helped Judy and Michael to devise their dance, and New York designer Mary McFadden created their exotic purple and gold costumes; the total effect was an almost magical evocation of the *Arabian Nights* aura of "Scheherazade." The judges were as entranced as the audience and awarded no mark below 5.8, with two perfect scores of 6.0. Fox and Dalley skated last; their dance was an extremely difficult one to music of George Gershwin, including "I Got Rhythm" and "The Man I Love."

Along with other members of the 1984 U.S. Olympic and World Teams, our dancers promise to be highly competitive. Waiting in the wings for a chance at national honors are the talented Renee Roca and Donald Adair, and Susan Wynne and Joseph Druar, who captured fourth and fifth places, respectively.





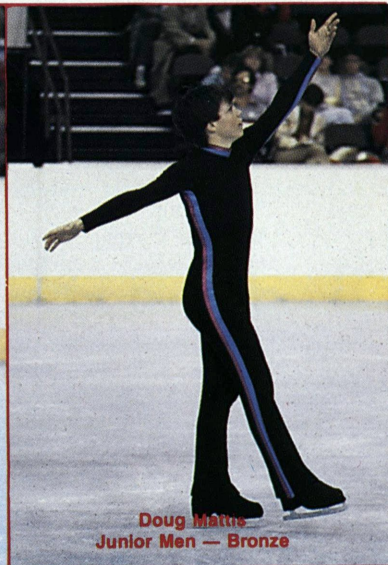
William Lawe  
Junior Men — Gold

JUDY HAMMOND



Winfrid Mayer  
Junior Men — Silver

PAUL HARVATH



Doug Mattis  
Junior Men — Bronze

INGRID BUTT

## THE JUNIOR AND NOVICE EVENTS

The ninety Junior and Novice level skaters who qualified to compete in Salt Lake City's Nationals were certainly less subject to the pressures of Olympic Fever than were their Senior compatriots. It was clear, however, that many of them (along with the younger Seniors) were looking down the long road to Calgary in 1988 and to an as-yet undesignated site in 1992. Few of the Junior and Novice skaters showed clear dominance of their events—only the Junior Dance Champions swept firsts in all phases.

### Junior Men

Persistence paid off for William Lawe, who captured the Junior Men's title in his fourth year as a Junior competitor and second such appearance at Nationals. William, who celebrated his twenty-first birthday just prior to Nationals, won the figures and then the short program, with an errorless performance including a triple toe loop-double loop combination. Like most of the other Junior Men he had problems in the free skating, touching a hand to the ice on one triple toe loop and falling on another, but with strong spins and an excellent program and style, he placed third in this section and first overall, well ahead of his nearest challenger. Second place in figures and long program enabled Winfrid Mayer to win the

Silver medal despite placing ninth in the short. Although he appeared to touch down on landing the triple jumps in his free skating program, Winfrid was one of very few Junior Men to stay on his feet throughout. Bronze medalist Doug Mattis fell attempting triple toe loop and triple toe Walley in his long program, but landed two other triples, and his deep-edged movement over the ice was outstanding. John Saitta won the free skating with three solid triple jumps, but a dismal tenth place in figures held him in fourth place overall.

### Junior Ladies

Sixteen-year-old Allison Oki surprised everyone, herself most of all, by winning the Junior Ladies' title. Allison combined second place in figures, first in the short program, and third in the free skating to emerge triumphant in her first appearance at Nationals. A lyrical skater who moves beautifully and makes full use of her music, Allison presented a long program which featured four double Axels, three landed successfully. She thus proved to everyone that triple jumps do not necessarily make a champion: she was one of only two among the eleven Junior Ladies not to attempt a triple jump in either her short or long program. Tracy Ernst moved steadily upward from fourth in figures to win the Silver medal; her second-





Allison Oki  
Junior Ladies — Gold

HOWEY CAUFMAN



Tracy Ernst  
Junior Ladies — Silver

INGRID BUTT



Jana Sjodin  
Junior Ladies — Bronze

PAUL HARVATH

placed free skating program, elegantly presented, included a triple Salchow and was marred only by a fall on a double Axel. Bronze medalist Jana Sjodin, at just-turned-thirteen the youngest of the Junior Ladies, won the figures with firsts from every judge and a large point margin, and placed second in the short. Although only fifth in the free skating after she fell attempting a triple toe Walley, Jana had no serious challenger for third place. As in Junior Men, the winner of the Junior Ladies' free skating, Jill Trenary, had been mired in tenth place in figures and could not rise above a final fourth. Jill's long program included two high and fast-moving triple jumps, a Salchow, and a toe loop.

### Junior Pairs

Although Ginger and Archie Tse, at twelve and fifteen, were the youngest and smallest of the eleven Junior Pairs, and although this was their first appearance at Nationals, they defied the odds to make a clean sweep of 1984 South Atlantic, Eastern, and National Junior Pairs' titles. No one who saw their free skating performance on Saturday afternoon would wonder why: they had effortless and difficult combination lifts, a change-of-hand back outside death spiral, elegant extension, and a maturity far beyond their years. The Tses' short program was a choreographic gem, but had left them in second

place behind Jeanine and Tony Jones, who are stronger singles skaters. The Joneses, seventh in this event last year, turned in an impressive free skating performance, but could not match the effortless ease of the Tses, and finished second. Tammy Crowson and Joseph Mero, a new partnership since last summer, were third in both short and long programs to win the Bronze medal.

### Junior Dance

Two-time Junior World medalists in ice dancing Christina and Keith Yatsuhashi finally made it to the victory podium at Nationals, and they did so in impressive fashion, sweeping unanimous first places in compulsories, OSP, and free dance. Outstanding features of the Yatsuhashis' free dance were their deep edges (all too rarely seen), beautiful extension, and innovative moves. April Sargent and John D'Amelio, solidly in second throughout the event, had a smooth, light, and fast-moving free dance. Bronze medalists Dorothy Rodek and Robert Nardoza skated strongly with good rhythm, and included an interesting lunge sequence near the end of their free dance. All three of the medal-winning couples had competed in the 1983 Junior Dance event, moving up from fourth, tenth, and sixth places, respectively.





Ginger & Archie Tse  
Junior Pairs — Gold



Jeannine & Tony Jones  
Junior Pairs — Silver



Tammy Crowson & Joseph Mero  
Junior Pairs — Bronze

PAUL HARVATH

JUDY HAMMOND

PAUL HARVATH

### Novice Men

Patrick Brault, Todd Eldredge, and Darin Hosier juggled first, second, and third places among themselves throughout the Novice Men's event, and finished in a three-way tie for second which only the accountants and their computer could sort out. So close was the final result that Darin Hosier, with three firsts, a second, and three thirds, would have been champion instead of Bronze medalist had he achieved one more second place ordinal. Suffice it to say that they were all good! Sixteen-year-old Patrick Brault emerged the champion, after placing third in figures and winning the free skating with solid double Axels, excellent spins, and a very mature style. Patrick's only triple, a toe loop, was slightly overrotated. Todd Eldredge, age twelve years and five months, was the youngest male competitor in Salt Lake City as he had been last year in Pittsburgh. Ranked first by every judge in the figures, Todd placed third in the free; his program included a triple toe Walley marred by a touchdown of the free foot on landing. Darin Hosier, second in both figures and free skating, landed a triple toe loop and had excellent jump combinations, but fell on a triple Salchow.

### Novice Ladies

Thirteen-year-old Sharon Barker became the 1984 Novice Ladies' Champion because

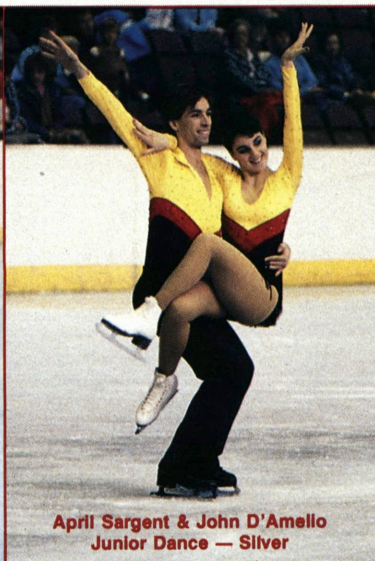
she was consistent while many of her competitors were not. Sharon placed third in both figures and free skating, but the combined results made her the first-place choice of four of the seven judges; her free skating program featured two double Axels, one combined with a double toe loop. Jeri Campbell, just turned thirteen, grabbed the remaining three first-place ordinals and second in the final standings. Fourth in the figures and second in the free, Jeri had an excellently-choreographed program with high, light, fast-moving jumps, including double Axels in sequence and a double Lutz-double toe loop-double loop combination. Danielle-Alyse Babaian won the figures for the second year in a row, this time by a sufficiently large margin that she was able to hang on for the Bronze medal despite a disappointing ninth in the free skating; in the free she fell twice attempting the double Axel and landed a triple Salchow on two feet. Tiny Kyoko Ina, at age eleven years and three months the youngest of all the 1984 Nationals competitors, duplicated her Easterns' feat of placing last in figures (tenth) and first in free skating! What remarkable talent she has—an effortless triple Salchow, high double Axels and jump combinations, an elegant and mature style; if only she can bring her figures to a reasonable level of competency she will soon rise above her seventh-place finish in Salt Lake City.





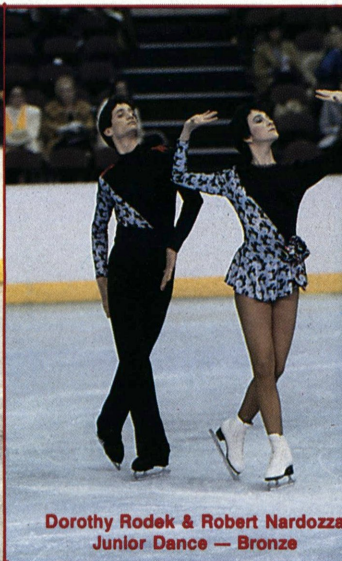
**Christina & Keith Yatsuhashi**  
Junior Dance — Gold

PAUL HARVATH



**April Sargent & John D'Amello**  
Junior Dance — Silver

INGRID BUTT



**Dorothy Rodek & Robert Nardoza**  
Junior Dance — Bronze

PAUL HARVATH

As the 1984 Nationals came to an end, the U.S. Government's Center for Disease Control in Atlanta reportedly was unconcerned with the epidemic of Olympic Fever which had struck Salt Lake City. Although the condition spreads like wildfire, it subsides as quickly once the Olympics is over, leaving its victims with only two lasting effects: a life-

long addiction to figure skating, and a tendency to suffer a severe relapse once every four years. Bring on the Olympics—we're ready!

*Sincere thanks to Susan Johnson for her invaluable assistance.*

## SIDELIGHTS ON THE 1984 NATIONALS

### Staff Report

Salt Lake City media heralded the 1984 Nationals as the largest, most successful amateur sporting event ever to take place in the state of Utah.

Wednesday evening's opening ceremonies were an inspiration to all who attended as the world-renowned Mormon Tabernacle Choir sang "The Star-Spangled Banner" and "The Battle Hymn of the Republic." Also appearing were Edges and Twizzle, eagle mascots of the 1984 Nationals, and the Utah FSC's Mini-Bees Drill Team.

Salt Lake City must be one of the cleanest major cities in the United States. Certainly the Salt Palace, the practice rinks, and Little America (the official hotel) were spotless. The helpful friendliness of volunteers from

the Utah FSC and the Junior League of Salt Lake City (who put in an estimated 5,200 man-hours that week alone) will also be tough for organizers of future Nationals to equal.

Snow, below-zero temperatures, and icy winds greeted visitors to Salt Lake City during Nationals week. By the end of the week, participants from Southern California and other less frigid climates were eagerly anticipating their return to warmer temperatures.

Several reasons in addition to Olympic fever were suggested for the sub-par performances of many of Nationals' top skaters: the altitude (4,300 feet above sea level); hard ice, which allowed insufficient spring





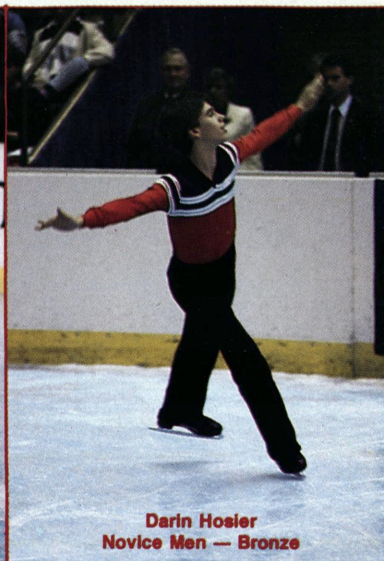
**Patrick Brault**  
Novice Men — Gold

JONATHAN BECKER



**Todd Eldredge**  
Novice Men — Silver

JONATHAN BECKER



**Darin Hosler**  
Novice Men — Bronze

PAUL HARVATH

for jumping; the lateness of the hours at which they were required to perform (Championship Pairs ended after midnight); and, perhaps only half in jest, overindulgence in Mrs. Field's Cookies. Huge baskets of these incredibly delicious oversized chocolate chip goodies were delivered every day, still warm from the oven, to hospitality rooms at the Salt Palace. The speed with which they disappeared from the competitors', judges', and press areas had to be seen to be believed. Total consumption: 6,000 cookies!

Jerod Swallow was the only two-event competitor at the 1984 Nationals. Seventeen-year-old Jerod finished sixth in Junior Pairs with Shelly Propson and fifth in Junior Dance with Jodie Balogh. On Friday Jerod skated back-to-back events (Junior Pairs Short Program and Junior Dance Free Dance) and performed admirably, despite having suffered a potentially serious injury at practice earlier in the week; he was rushed to the hospital after the side of his neck was slashed by the skate of a camel-spinning competitor.

Brian Boitano claimed a string of twenty flawless short programs prior to the 1984 Nationals, where he achieved the twenty-first. Let's make it twenty-two in Sarajevo!

Eric Heiden, superstar speed skater of the 1980 Olympics in Lake Placid, has counseled Scott Hamilton on how to deal with the enor-

mous pressure of being the overwhelming favorite for U.S. Olympic Gold in Sarajevo.

Following a chorus of boos from the audience when one of their favorites received low marks, a young voice was heard to proclaim, "When I grow up, one thing I *don't* want to be is a judge!"

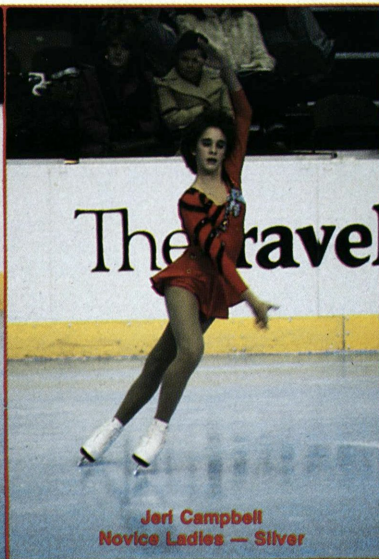
What a pleasure to see 1957-60 U.S. Ladies' Champion Carol Heiss Jenkins, more beautiful than ever, coaching at Nationals; her students included Jeff Freedman in Junior Men and Cynthia Romano in Senior Ladies. Among 1962 U.S. Ladies' Champion Barbara Roles Williams' students is her new stepson Senior Men's Scott Williams.

How many of the eighty-six Senior-level contestants in Salt Lake City competed in Senior events in Atlanta in 1980 (the last Olympic year)? Twenty-one, or nearly twenty-five percent! Included are fifteen of the eighteen members of the 1984 Olympic Team (the exceptions are Rosalynn Summers, who was in France winning the World Junior Championship; Tiffany Chin, Silver medalist in National Junior Ladies; and Jill Watson, who had not yet appeared on the national scene). The others are James Santee, Lynne and Jay Freeman, Patrick Page, Donald Adair, and Robert Yokabaskas. The only remaining 1976 Senior competitor is the stalwart Bill Fauver.





Sharon Barker  
Novice Ladies — Gold



Jeri Campbell  
Novice Ladies — Silver



Danielle-Alyse Babalan  
Novice Ladies — Bronze

JONATHAN BECKER

JONATHAN BECKER

PAUL HARVATH

Dick Button commented somewhat ruefully that 1984 made his *fortieth* Nationals—can anyone challenge that record?

Burt Lancon's car carries the California license plate "DREAM 84." Burt said he was afraid when his car's engine blew two weeks before Nationals that it might be an ill omen, but his "dream" came true when he made the Olympic Team with partner Jill Watson.

Each of the eighteen Championship-event medalists was handed a small American flag on the awards stand, emblematic of their imminent representation of the U.S. at the Sarajevo Olympics. The United States will have the largest figure skating contingent in Yugoslavia, the only country to have earned three entries in each event.

Scott Hamilton's concept of simpler, more athletic-looking skating suits seems to be gaining popularity among the men. In the short program, Scott appeared in a skin-tight silver-gray garment similar to those worn by speed skaters. His choice for the free skating was a handsome blue, trimmed with red at the neck and sleeves.

U.S. National Team sponsor Campbell's Soups once again provided steaming never-empty pots of soup for skaters, officials, and press, and hosted a post-competition breakfast on Sunday morning. An enormous inflatable Campbell's Soup can was tethered

near the entrance of the official hotel.

In addition to Campbell's Soups and Mrs. Field's Cookies, Nationals participants consumed 600 pounds of cold cuts, 200 dozen donuts, 150 pounds of potato chips, 1,000 cartons of yogurt, 225 pounds of carrots and other raw vegetables, 250 bowls of dip, 20 cases each of oranges and apples, (most of it donated by Safeway), and 13,000 cups of soft drinks from Coca-Cola.

The flower concession in the Salt Palace lobby did a booming business. Time after time, bouquets rained to the ice for favorites of the appreciative audience. Rosalynn Sumners, Tiffany Chin, and Scott Hamilton, among others, needed help from several young Utah FSC skaters to collect their tributes, the youngsters often staggering back under armloads of flowers nearly as big as they were. Occasionally more imaginative gifts were offered: after Elisa Spitz and Scott Gregory's free dance, a pair of what appeared to be skunk-fur mittens flew to the ice; nonplussed, Elisa and Scott each put one on and waved to the crowd. Carol Fox received five pink heart-shaped balloons, which eluded her grasp and disappeared high into the Salt Palace's domed ceiling. There was never a dull moment at the 1984 Nationals!



# Kid Talk

That's enough laybacks for today class!



Dear Kid Talk,  
Hi! I am 10 yrs old  
and I skate at  
Laurel Ridge Skating  
club. I go to veteran  
park school and in  
the sixth grade. My  
pro's name is Dolly  
Smith, she is really  
nice. I am working on my lutz,  
flip, loop, sit spin, camel, and a axel.  
I really like your magazine. My  
favorite skater is Pasalyn Sumner.  
Happy Skating  
Jenni Stelljes

Jenni Stelljes  
Laurel Ridge SC, CT  
age 10

AM LAURE

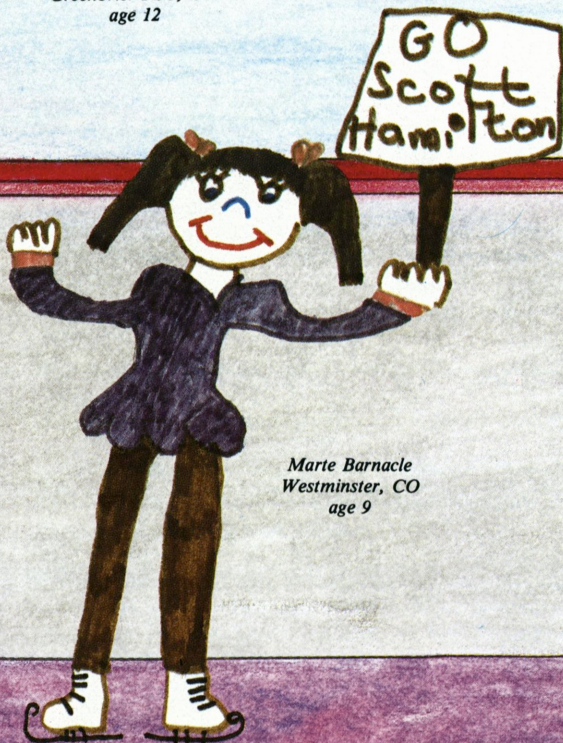




Heather Cassell  
Greenbrier FSC, OH  
age 12



Brenda Luciano  
Champlain Valley SC, VT  
age 9



Marte Barnacle  
Westminster, CO  
age 9

Dear Kid Talk,

My name is Tina Langen and I am 10 years old. I have been skating for 6 years. I skate at Illinois Valley FSC. I am working on double toes and my 3rd test in figures. My pro's name is Kathy Zarpaylic. She has really helped me a lot. This summer I went to Colorado for 2 weeks. I really enjoy your magazine.

Happy Skating,

Tina Langen  
Illinois Valley FSC, IL  
age 10



# Ice

ABROAD

## THE WEST GERMAN CHAMPIONSHIPS

by Dennis L. Bird

When this season's West German Championships were held at Unna, Norbert Schramm was at last able to recapture the Men's title which had eluded him since 1981. It was not an easy victory, however; as usual, the event was a three-way tussle between Schramm, Heiko Fischer, and Rudi Cerne. These fine skaters have dominated West German skating for the last seven years, taking turn and turn about with the title: 1978 Cerne, 1979 Schramm, 1980 Cerne, 1981 Schramm, 1982 Fischer, 1983 Fischer, and now Schramm again.

In the compulsory figures, Fischer received three first places, out of seven judges. Two of the panel thought Cerne best, and the other two preferred the European champion, Schramm. To resolve the tie, second places had to be taken into account too, and the title-holder Fischer now dropped back; he had only one second to add to his three firsts. Cerne and Schramm each had two firsts and three seconds, so they were declared joint winners in the figures. Fischer was third and Joachim Ehmann fourth.

Schramm was in fine form in the short program, which he won. All seven elements were well done, and his footwork in the step sequence delighted the audience. Fischer was second and the elegant Cerne third.

In the long free, Rudi skated to some gloriously tuneful ballet music by Verdi. He has often been compared to John Curry, and in his musical choice and interpretation this is a valid comparison. His skating was less

harmonious, however; he fell on a triple flip, overrotated the triple Lutz, completely failed on his triple loop, and succeeded only with an early triple toe loop.

Schramm skated to music from the James Bond film, *Live and Let Die*. Near the beginning he did a combination of no less than six successive jumps; his triple Lutz was not steady, but he ended with a powerful closing sequence.

The giant Heiko Fischer (he is 6 feet 2 inches tall) skated last, and thus knew what he had to beat. He went ahead and did so; he did a brilliant combination of two triple toe loops as well as five other triples. He won the free, but he lost the title because he was no higher than third in figures.

A young skater who made a good impression was Richard Zander (in the short program his combination was a triple Lutz-double loop), but he too was let down by his figures—he was eighth in the compulsories and fifth overall.

There were eighteen men. Sixteen girls contested the Ladies' title. Among them was Claudia Leistner, runner-up for the 1983 World Championship. In the figures, she was second to Cornelia Tesch, with defending champion Manuela Ruben third. Sadly, Miss Leistner was injured in the warm-up for the short program, and had to withdraw. Miss Ruben was thereafter not seriously challenged, and won the title for the third consecutive year. Finishing in ninth place was Karin Riediger, who had been champion in 1981.



The Pairs' event was won for the second time by Claudia Massari and her partner, former Rumanian Men's champion Leonardo Azzola; he was also seventh in the Men's singles. Last year's Dance champions Petra Born and Rainer Schoenborn also retained their title.

### RESULTS

#### MEN (18 skaters)

	POINTS
1. Norbert Schramm	3.0
2. Heiko Fischer	3.6
3. Rudi Cerne	4.8
4. Joachim Ehmann	8.0
5. Richard Zander	11.8
6. Thomas Wieser	12.8

#### LADIES (16 skaters, 2 withdrew)

	POINTS
1. Manuela Ruben	4.0
2. Cornelia Tesch	5.4
3. Heike Gobbers	7.4
4. Ingrid Karl	12.2
5. Carola Wolff	13.2
6. Susan Bohring	15.2

#### PAIRS (3 pairs)

	POINTS
1. Claudia Massari & Leonardo Azzola	1.4
2. Suzanne Becher & Stefan Pfrengle	3.2
3. Birgit Kuss & Uwe Fischbeck	3.8

#### DANCE (7 couples)

	POINTS
1. Petra Born & Rainer Schoenborn	2.0
2. Antonia Becherer & Ferdinand Becherer	4.0
3. Susanne Kutzer & Niklas Heyenbrock	6.4
4. Sabine Kern & Stefan Kern	8.2
5. Elke Kwiet & Klaus-Dieter Kwiet	9.4
6. Martina Salenz & Jörn Lucas	12.0

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**SPORTS**



**MEDICINE**

## **B R I E F**

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

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

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

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

### **FIRST RESPONDER TECHNIQUES**

*by Mahlon Bradley*

He is in the far corner picking up speed for his double Lutz. She is finishing up her combination spin with a fast scratch. He looks back to make sure the area is clear. She is remembering how her coach has wanted a sharp, clear, definite ending to her spins. As he begins to stretch for the takeoff, she suddenly snaps that right leg out to stop her spin with a dazzling flourish. She completely upends him. Startled, you see him land on his right shoulder with his right arm caught underneath him. It seems as if he might have also hit his head as well, but it all happens so fast. You are the only coach, the only parent, or one of the older skaters in the rink. You are the "first responder."

You approach him to make sure he is alright. Whew . . . there is no blood and he is not unconscious. He looks a little white, but otherwise seems to be intact. He says he's alright. He does feel kind of funny in the right hand, though. It's as if he just hit his funny bone, but the feeling hasn't gone away

yet. His right hand feels numb. What do you do? Do you give him a hand and help him to the locker room? Or do you leave him on the ice and call for assistance?

The decision to move an injured skater off the ice without emergency equipment is a difficult one to make. Assessing potential head and spinal injuries may be done methodically and quickly by the first responder so that further damage will not be done when the skater is moved after the initial injury. The treatment of head and spinal injuries is usually a long and arduous process and can be avoided by an alert first responder.

### **ASSESSING SPINAL INJURIES**

The bones of the spine, which protect the spinal cord, are grouped into five sections: Cervical, thoracic, lumbar, sacral, and coccyx. The most freely moving areas of the spine are the neck (cervical) and the lower back (lumbar) regions and, therefore, are the most likely to damage the spinal cord. Any



of the following five indicators of spinal injury may be evidence for damage to either the cervical or lumbar region:

1. **Unconsciousness:** If the skater is unconscious from a head injury, the skater will be more beneficially treated if you assume a neck injury and do not move the skater at all.
2. **Mechanism of Injury:** The first responder must first either recall or ask someone else about the mechanism of the injury. Did the skater abnormally flex, extend, rotate or tilt the neck or lower back? Did the skater hit any part of the head, since a blow to the head will most certainly involve the neck region? In our accident, the skater first hit his shoulder, then possibly the right side of his head. A sudden, abnormal tilting movement of the head may cause either a stretching on one side or a pinching on the other side of the spinal cord.
3. **Position of the Skater on the Ice:** Observe the position of the skater as she/he lays on the ice. Classically, neck injuries result in the person laying flat on his back with both arms above the head in the "hold-up" position.
4. **Symptoms:** Symptoms are the problems that the skater will complain about. They include neck pain (with or without movement) and symptoms of nerve impairment in the arms and legs. These symptoms of nerve impairment are: Complete loss of use, weakness, numbness, tingling or loss of feeling in any arm or leg. The symptoms remarkable in our skater are that he notes numbness and tingling in his right hand.
5. **Signs:** The signs of spinal injury that you, as a first responder, should look for are: Tenderness over the possible injury site, impaired breathing, and incontinence. *Without moving the skater*, you may easily press on the sides and the back of the neck and note if there is any tenderness to the skater. The impaired breathing pattern that you would look for is diaphragmatic breathing, where the skater does not move the chest, but only breathes by moving the

abdomen. Involuntary loss of bowel and/or bladder control (incontinence) is also a common sign.

## EXAMINATION OF THE SKATER

Once you have assessed the possibility of a spinal cord injury by any of the above five indicators, you may evaluate quickly the extent of the injury in the conscious skater by determining the breathing pattern, the level of sensation in the arms and legs, and the motor ability of the muscles of the arms and legs.

1. Look at the chest for breathing motions. If there are none, the skater may be exhibiting a diaphragmatic breathing pattern.
2. Determining sensation: Can the skater feel you touch his fingers and ankles? Feel the ankle just at the top of the boot.
3. Motor ability: Examine the legs by asking the skater to move or bend his legs. To examine the hands, ask the skater to squeeze two of your fingers. Check for a strong grip as well as an equal grip in both hands.

If there is abdominal breathing and/or leg or arm weakness and/or loss of leg or arm sensation, then call an ambulance immediately. If you are not sure whether there is any injury, or if you do not feel comfortable making any kind of first aid or medical evaluation, then take no chances: Call an ambulance first, cover the skater with a blanket next, and under no circumstances move the skater until an ambulance or physician arrives.

So what would we do with our skater in our accident? Based on our assessment, you should call for assistance because the mechanism of injury indicates a possible neck injury and his symptoms are of persistent numbness and tingling in his right hand. You should encourage him not to move, and proceed as directed above. If after the examination, you were still unsure about a possible neck injury or other body part injury, you should wait for emergency protective devices used by Emergency Medical Technicians such as a neck collar and backboard, so that he could be transported safely and then examined by a physician.

The abbreviated outline below may be



clipped and put in your wallet or in the emergency kit of the rink. It may be helpful in clearing your startled thoughts at the scene of an accident where you are the first responder.

### SPINAL INJURIES

Assessment:

1. Is the skater unconscious?
2. Does the mechanism of injury suggest abnormal flexion, extension, tilting, or rotation of the neck or lower back?
3. Is the skater in the "hold-up" position?
4. Are there any symptoms such as neck pain or nerve impairment (e.g. loss of use, weakness, numbness, tingling, or loss of feeling in arms or legs)?
5. Are there any signs such as tenderness, diaphragmatic breathing, or incontinence?

If the answer is yes to any of these questions, call 911 or your local ambulance #\_\_\_\_\_.

*Do not move the skater.*

Examination:

1. Is the chest moving during breathing motions?
2. Determine touch sensation of: (a) each ankle, and (b) fingers of both hands.
3. Determine movement of: (a) legs — ask skater to point toe (feel calf and thigh muscles), and (b) hands — ask skater to squeeze your fingers.

There is probably no serious cord injury if the examination is completely normal. If in doubt, err on the side of caution and do not move the skater until professional help arrives.

### REFERENCES

- Grant, H., Murray, R., Jr., and Bergeron, J. *Emergency Care*, 3rd ed. Bowie, Md.: Robert J. Brady Co.
- American Academy of Orthopaedic Surgeons. *Emergency Care and Transportation of the Sick and Injured*, 2nd ed. Menasha, Wis.: George Banta Publishing Co.

*Mahlon Bradley, an international competitor in 1976 and 1977, was an Emergency Medical Tech prior to entering medical school at Northwestern University where he is presently a Junior.*

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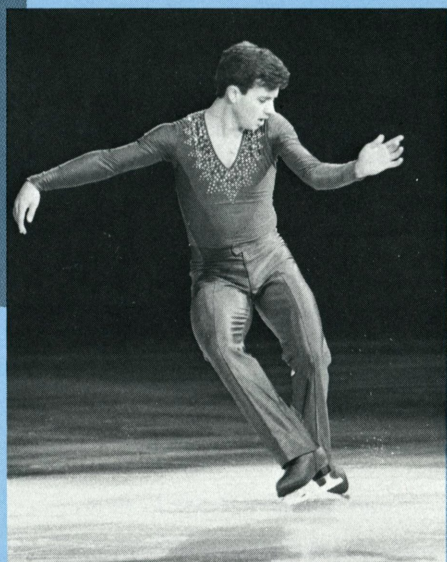
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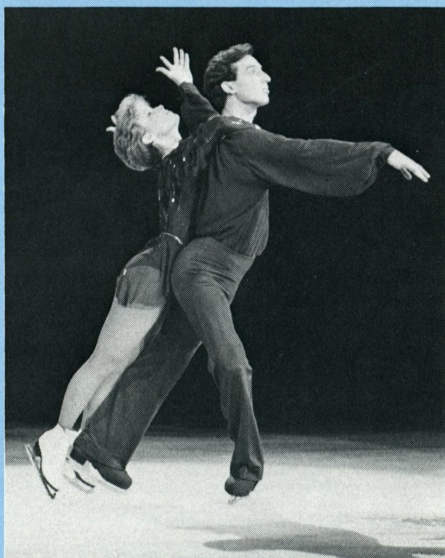
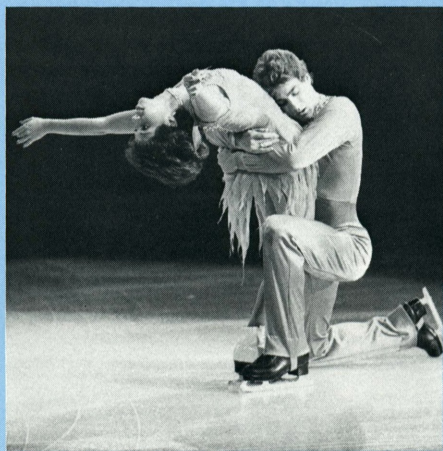
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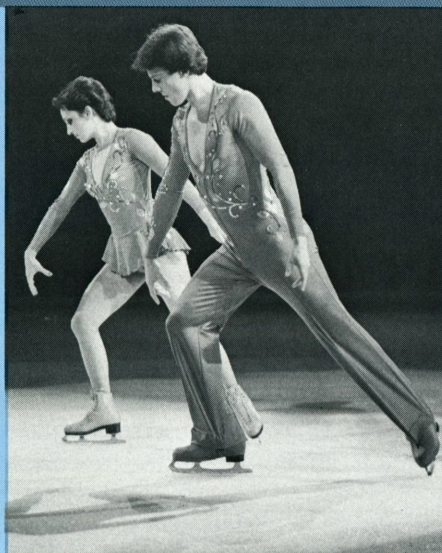
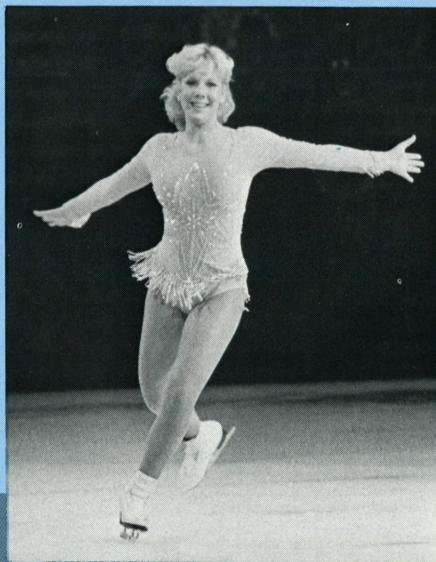
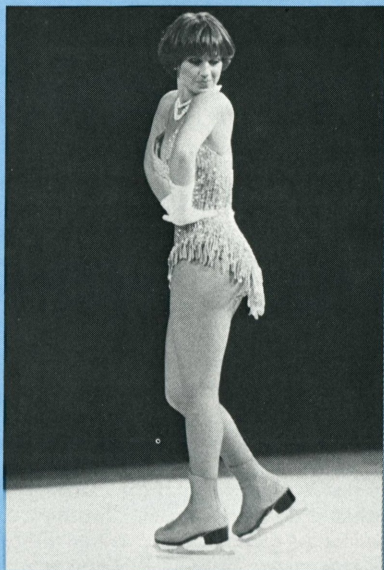


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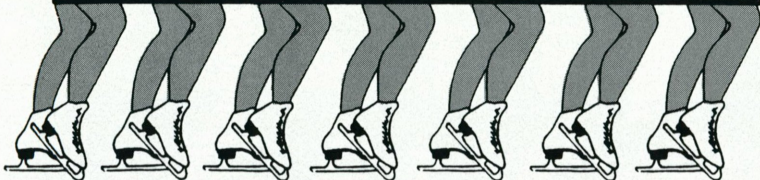
*Clockwise (top left): Scott Hamilton, Brian Boitano, Dorothy Hamill, Rosalynn Sumners, Elaine Zayak, Caitlin & Peter Carruthers, Lea Ann Miller & William Fauver, Judy Blumberg & Michael Seibert, Elisa Spitz & Scott Gregory.*

PHOTOS: MARGARET WILLIAMSON



# Sundae's Review

by T. Sundae Bafo



## HOW TO ORGANIZE A PRECISION TEAM

The first step in organizing a precision team is to recruit a committee of enthusiastic people who are anxious to form a team in your club. Seminars have proved most advantageous in clubs where no one is knowledgeable about competitive precision skating. Your committee would be in charge of organizing this seminar. The committee would have many duties. They would handle ice time, fund-raising activities, telephone chains, parent meeting, travel arrangements, and be the liason between team and club.

The most pressing duty of the committee is to choose the proper coach. An individual with experience in competitive precision skating will be hard to find as this is a relatively new aspect of the sport. Enthusiasm, dedication, and plenty of patience are the key qualifications needed by the coach of any precision team. It is vital the coach chosen be willing to spend the long hours it will take to select music, choreograph, and train a team. This professional must have the ability to relate well with large groups of skaters, and be prepared to give many more hours than he could ever be reimbursed for. This role is the backbone of the group. The members will always be looking to their coach for strong leadership and support. Demanding high standards, and being firm yet compassionate are essential when dealing with a team. The skaters must know their coach is behind them one hundred percent and that he takes as much pride in the team as they do. Remember a team will be only as enthusiastic as their coach.

With a committee now set and a coach chosen you are ready to roll. Have a meeting with all interested parents and skaters. Generate enthusiasm. The seminar spoken of earlier would be most beneficial at this time. The faculty would be able to handle the questions asked and offer valuable information to your prospective team members. Once the skaters

and parents have been informed on all pertinent information, a sign-up sheet should be posted. All skaters interested in becoming team members should be asked to sign. You now have some idea of the number of skaters interested and their ages. This will aid the coach in determining what division their team or teams will be. This information will also help in the organization of the tryouts.

### TEAM DIVISIONS & REQUIREMENTS

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

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

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

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

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

Tryouts are important; however, they may not be necessary in some clubs where there are not an abundance of skaters. If one is needed, it is the sole responsibility of the coach. The committee should step aside at this point and give their total support to the coach. This is the key to a successful team.

In the next issue, tryouts will be discussed as well as team rules, regulations, and team contracts.

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



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**TO WHOM IT MAY CONCERN:** The Rochester (MINNESOTA) Figure Skating Club is seeking a top professional to fill an upcoming vacancy on its teaching staff. Please reply with resume and other related qualifications to: David Krygier, 604 29th St. N.W., Rochester, MN 55901. Phone: 507-286-3196 Days M-F, 507-288-0994 Evenings and Weekends.

**WANTED: MALE PAIR PARTNER** to train for Senior competition with 1984 National Junior Pair Bronze Medalist. 5'1", 100 lbs., also Gold Medalist in Figures and Freestyle. Send picture with resume to: *Skating*, Box 10, 20 First Street, Colorado Springs, CO 80906.

**WANTED: MALE PAIR PARTNER** for Female skater — 5'6", 117 lbs., brown hair — competed at Midwesterns. Goal — Junior/Senior testing and competition. Send replies to: *Skating*, Box 9, 20 First Street, Colorado Springs, CO 80906.

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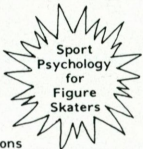
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**WANTED: 8mm movies or videos** of Hana Maskova (former Czechoslovak Ladies' Champion) to buy or will pay to copy. Please write: Peter Dalby, 30445 W. 14 Mile Rd., Apt. 49, Farmington Hills, MI 48018.

**WANTED: MALE PAIR PARTNER** to train in Regional area. 5'4", 110 lbs., some pair experience. Hard working, high goals. Send photo and resume to: Beth Barrett, 4174 Wyatt Rd. #14, Traverse City, MI 49684.

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## GOLD 8TH FIGURES

Leslie Ann Abbey, The SC of New York; Michelle Reed, Arctic Blades FSC; Troy Goldstein, All Year FSC.

## GOLD SENIOR FREESKATING

Deborah Koellner, Essex SC of New Jersey; Lori Murphy, Winterhurst FSC; Renee Sartuche, Los Angeles FSC.

## GOLD PAIR

Paula Obdyke, All Year FSC.

## GOLD DANCE

Noelle Ann Harrell, Glens Falls FSC; P.J. Baymore, Princeton SC; Shannon Conn, Houston FSC; Sherrilyn Avery, Highland SC; Kirk Langseth, Pro; Sheryl Costantino, Pro.

**ACADEMY FSC:** 5—Mia Frantz. Pre Gold—David Shirk.

**ACHILLES FSC:** Pre—Cathy Wilbur, Lisa Hinglebine, Meg Feuerstein. Pre FS—John Wilber, Karie Hoskinson, Kimberly Santabarbara, Meg Feuerstein, Michael Healy, Terri Van Patten.

**ALL YEAR FSC:** 7—Helen Kim. Juv FS—Cameron McCoy.

**AMHERST SC:** 1—Suzanne Colburn, Judith Fletcher. 2—Adrienne Lenda, Anne Buhsmer, Kerstin Conners. 4—Chris Conte. Juv FS—Kerstin Conners. Nov FS—Anita Leslie. Jr FS—Holly Ryan.

**ANCHORAGE FSC:** Pre—Jody Delgado, Kellie Coulson, Kristin Farr, Nancy Johnson. 1—Donna Ware. 2—Nuri Johnsen. 3—Jan Yerrington. 7—Birgitta Kytte. Pre FS—Michelle Norman, Nancy Johnson. Juv FS—Nuri Johnsen. Pre D—Claudia Mushkin. Silver—Michelle St. Amour.

**ANN ARBOR FSC:** Pre D—Deanna Kremkow, Kara Thomas, Randi Shear, Tina Deupree. Silver—Sara Arcscott.

**BAY COUNTRY FSC:** Pre D—Carol Alt. Bronze—Dale Engle.

**BINGHAMTON FSC:** Bronze—Elaine Livingston.

**BIRMINGHAM FSC:** Pre—Laurel Creech. Pre FS—Laurel Creech.

**BOISE FSC:** 2—Courtney Lynch. Juv FS—Courtney Lynch.

**SC OF BOSTON:** 6—Lisa Ann Hudoba. 7—Kristina Swanson. Juv FS—Lori Ann Hudoba.

**BOWLING GREEN SC:** Pre—Heidi Bevins, Laura York. 1—Holly Hull. 2—Kelly Wilson. 7—Lona Johnson. Pre D—Heidi Bevins, Laura York, Tracey Schulz. Bronze—Maya Stone. Pre Silver—Heather Cooley. Silver—Laura Green. Adult Pre Silver—Virginia Hagenbuch.

**BRAEMAR-CITY OF LAKES FSC:** 3—Kathy Schneider. Nov FS—Erinn Fulgency, Mackenzie Sullivan.

**BREA CANYON FSC:** Pre—Leah Baccitich. 1—Jennifer Cho. Pre FS—Leah Baccitich.

**BRIDGEPORT SC:** Pre FS—Jennifer Palazzo. Pre Pair—Diane Palermo.

**BROADMOOR SC:** 7—Tracy Lee Gregory. Nov FS—Laura Taylor.



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- BUFFALO SC:** 1—Rebecca Gately. 4—Lori Harrington. 5—David Browne. 6—Elisabeth Mates. Int FS—Stephen Brooks. Nov FS—Elisabeth Mates. Jr FS—Linda Rokicki.
- CAMBRIDGE SC:** Pre FS—Frederica Turner.
- CANTIAGUE FSC:** 1—Lisa Wertheim. 2—Lucille Collins, Suzanne Silvis. 3—Natalie Luccaro. Juv FS—Lee Birnbaum, Suzanne Silvis. Int FS—Denise Williams, Natalie Luccaro. Bronze—William Erb.
- CAPITAL CITY FSC:** Pre Pair—Paul Sinor.
- CASPER FSC:** 1—Allyson Lyle. Pre D—Allyson Lyle.
- CENTENNIAL SC:** Int FS—Leslie Bobik.
- CHARLESTON FSC:** Pre—Gabrielle Fuqua, Tabatha Hopson. 1—April Nichols. 2—Jennifer Miller. Pre FS—Gennet Thompson, Kristen Payne, Winnie Fuller. Juv FS—Jennifer Miller.
- CHARTER OAK FSC:** 3—Loni Gornish. Pre D—Denis Thuillier. Bronze—Denis Thuillier.
- CHAVAL FSC:** 1—Bonnie Good, Lois Getty. Pre D—Lorraine Winskowicz.
- CHEVY CHASE CLUB:** 1—Catherine Gill.
- CHICAGO FSC:** 1—Kathleen Brotko, Lisa Marie Blohm. 3—Patricia Pieper. 4—Amy Schaefer. Pre Gold—Donna Zamites.
- CLEVELAND SC:** 1—Brooke Bissell, Cindy Karlovec, Debbie Groppe. 3—Beth Brickel. 7—Elizabeth Johnson. Pre FS—Claire Smith, E.D. Thayer Sylvester, Kristin Listerman, Michelle Grdina. Int FS—Carolyn Eppes. Pre D—Benita Obermeyer, Romi Anne Webster. Pre Silver—Elizabeth Farrell. Silver—Beth Brickel.
- CLINTON FSC:** 6—Cathy Ann Griffith.
- COLONIAL FSC OF MA:** Pre—Barbie Steele, Denise Larson, Erin MacLeod, Michele Breen, Stephanie Velez. Pre FS—Barbie Steele, Courtney Gill, Denise Larson, Erin MacLeod, Michele Breen, Stephanie Velez. Int FS—Deirdre Hutchins, Wendy Millette.
- COLONIAL SC OF NJ:** 2—Janine Burgess. Pre D—Jennifer Farruggio. Adult Bronze—Marcia Vance.
- COLORADO SC:** Pre—Cassandra Neal, Kimberly Antonitz, Rachel Tracy. 2—Kelly McCabe. Pre FS—Andrea Witherby, Cassandra Neal, Kimberly Antonitz, Rachel Tracy. Juv FS—Sara Ann Young.
- COMMONWEALTH FSC:** 1—Denise Powers.
- CONEJO VALLEY FSC:** Pre—Heidi Longsdorf, Kimberly Ball. 1—Kelly Parker, Sarah Pickett. 2—Katherine Riley. 3—Debora Gracey. Pre FS—Heidi Longsdorf, Kimberly Ball. Int FS—Debora Gracey.
- CORNELL FSC OF ITHACA:** Pre—Bridget Klein.
- CREVE COEUR FSC:** 1—Karen Boyko. 2—Terry Hoffmann. 3—Rebecca Gross. Int FS—Roanne Daniels. Nov FS—Amanda Sisson. Pre Gold—Shirley Carron.
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**DENVER FSC:** Pre—Allyson Bailey. 1—Jody Kogel. 4—Margaret Conroy. 5—Shannon McClennahan. 6—Lynnette Biegert.

**DETROIT SC:** Pre—Candice Boldirev, Kara McAlister. 2—Christine Hrynyk. Pre FS—Candice Boldirev, Jennifer Dell, Linsey Beck. Juv FS—Christy Tapp. Pre D—Grant Noroyan, Jennifer Dell. Pre Silver—Keli Keat, Laura Cleveland, Sakura Gasser. Silver—Brooke Hetherington, Jennifer Goolsbee.

**DULUTH FSC:** 2—Angela Wall. 4—Stacy Latour. Juv FS—Angela Wall, Melodie Berglund. Pre Silver—Kelley Klinger.

**FAIRBANKS FSC:** Pre—Jaime Caskey. Pre FS—Jaime Caskey. Pre D—Teresa Atkins. Pre Silver—Randi Wagner.

**FORT WAYNE ISC:** Pre—Brenda Miller, Tammy Gick, Melanie Elston. 1—Cassie Carey, Kerry Zimmerman. 2—John Wright. Pre FS—Kelly Turpchinoff, Tammy Gick, Nicole Piekarski, Tania Ranasinger. Juv FS—Heather Humcke, Melanie Elston, Kerry Zimmerman. Int FS—Susan Berg. Nov FS—Natalie Seybold.

**FRASER FSC:** 2—Alison Gronick. 3—Ann Karen McDonald.

**FULTON FSC INC:** Pre FS—Krista Thomas. Pre D—Tracy Nettles.

**GALLERIA ISC:** Pre D—Byron Darden.

**GARDEN CITY FSC:** Pre—Beth Sobock, Dawn Wensko, Laura Graham. 1—Jennifer White, Leslie Skora. Pre FS—Dawn Wensko, Laura Graham. Juv FS—Donna Rene Chute, Laura McKenzie. Pre D—Alejandra Guarini, Jodi McKenzie, Laura Graham, Marcy Hunyady, Melissa Kinde. Bronze—Donna Rene Chute, Laura McKenzie. Pre Silver—Chantal Ferri.

**GATEWAY/ST LOUIS FSC:** Pre FS—Jennifer Little, M. Elayne Schuman. Pre D—Joseph Bovaconti. Bronze—Lisa McCollough. Pre Silver—Lisa Feiner.

**GLENSWOOD FSC:** Pre—Carmelina Panzeca, Julia Kroschel. 1—David Goodpaster, Gina Negrelli, Maria Pabellon, Melinda Walls, Robin Tanko. 3—Lisa Stallings, Milena Sukovic, Milka Sukovic. 4—Kristine Snyder, Wendy McCusker. Pre FS—Julia Kroschel. Juv FS—Kristen Vanick.

**GREAT BAY FSC INC:** Int FS—Tonia O'Connor.

**GREAT FALLS FSC:** Pre—Kris Kujala. 2—Grace Wong, Leslie Ackerman. Pre FS—Kris Kujala. Juv FS—Karen Christensen, Leslie Ackerman. Pre D—Lauri Ivers.

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**SC OF HARTFORD:** 3—Jessica Smith.



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**SC OF HINGHAM:** Pre—Jane Meehan, Kirsten Saletta. Pre FS—Jane Meehan, Kirsten Saletta, Michelle Boisvert.

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**ILLINI FSC:** 1—Stacie Smith.

**ISC OF INDIANAPOLIS:** Pre—Sarah Gonser. 4—Jennifer Parker.

**INTERBORO FSC:** Pre Gold—Beth Goldstein.

**JAMESTOWN SC:** 1—Amy Dawson, Kim Reading. Juv FS—Amy Dawson, Kim Reading.

**JANESVILLE FSC:** Pre—Amanda MacDonald.

**KALAMAZOO FSC:** 4—Carol Walker.

**KENAWAN SC OF WESTERN NY:** Pre—Melissa Lazarski, Robin Heimgartner. 1—Christine Sullivan, Joanne Slyster.

**LA JOLLA FSC:** Pre Silver—Martha Hawley.

**SC OF LAKE PLACID:** Pre—Michelle Speckmann, Susie Riedl. 1—Janel Plank. 6—Yvette Labrake. Pre FS—Heather Dora. Juv FS—Elizabeth Mourad, Margot Plumadore, Stephanie Ransom. Pre D—Aimee Bourke, Lesley Minehan, Margot Plumadore, Stephanie Ransom.

**LAS VEGAS FSC:** Pre—Trinamarie Ondrisko. 7—Melissa Sessions. Pre FS—Trinamarie Ondrisko. Pre D—Kristi Hendrix, Melissa Sessions, Nicole Bounds.

**LINCOLN CENTER FSC:** 2—Michelle Laughlin.

**LONG ISLAND FSC:** 7—Maria Zamora.

**LOS ANGELES FSC:** 3—Cristina Palmieri. Int FS—Cristina Palmieri.

**FSC OF MADISON:** Pre—Seven Lueder-Powers, Susie Keller. 3—Shelia Tuttle. 5—Kim Schebig, Michelle Drouin, Tricia Puccio. Pre FS—David Scheler. Juv FS—Jo Ellen Gundeck. Silver—Melissa Burdette.

**MAGIC CITY FSC:** Pre D—Stephanie Glyden.

**MAPLEWOOD FSC:** 1—Heather Lang. Juv FS—Theresa Morehead. Nov FS—Rebecca Bressler.

**MASS BAY SC:** 1—Danielle Ferrara.

**MESA VERDE FSC:** Pre—Katie Markshausen. Pre FS—Katie Markshausen.

**MIDLAND FSC:** Pre—Mary Kench, William Crower. 2—Barbara Isenbarger, Katie Kamena. Pre FS—Mary Kench. Pre D—Allison Olson, Jodi Lewis. Bronze—Anna Goralski, Laura Junge, Wendy Pothoff.



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**SC NEW YORK:** Bronze—Allison Ginsberg, Ashley Goodale.

**NORTH JERSEY FSC:** Pre—Jaime Pelle. Pre FS—Jaime Pelle. Juv FS—Erica Lafale.

**NORTH SHORE SC:** Pre—Betsy Smith, Larissa Yaskell, Leslie Portnoy. 1—Kathleen Schlegel. Pre FS—Larissa Yaskell. Int FS—Lori Ann Giovanni. Nov FS—Jennifer Letendre.

**OAK PARK FSC:** Pre—Amy Whittle, Gia Battaglia, Susan Wolf. Pre FS—Amy Whittle, Gia Battaglia, Susan Wolf.

**FSC OF OMAHA:** Pre—Melanie Doyle. 1—Shelley Brown. Pre FS—Melanie Doyle. Juv FS—Shelley Brown.

**OVERLAKE SC:** 5—Julianna Gonzales.

**OXFORD SC:** Int FS—Katherine Mattox. Nov FS—Amy Carpenter. Bronze—David Taulbee.

**PALACE FSC:** Pre—Kathryn Seewald. Pre FS—Kathryn Seewald. Juv FS—Laura Levi. Pre D—Andrea Durante.

**PENINSULA FSC:** Bronze—Marilyn Sander.

**PHILADELPHIA SC & HS:** 4—Elizabeth Walker, Jane Wick. Nov FS—Elizabeth Walker, Jane Wick. Pre Silver—Christopher Lincoln, Deborah Coonley. Silver—Catherine Murray.

**PITTSBURGH FSC:** Pre—Margo Cicci. 1—Lori Pagella. Pre FS—Margo Cicci.

**PORTLAND ISC:** 4—Elise Falconer. Bronze—Elise Falconer.

**PRINCETON SC:** Pre—Ashley Thompson. Pre FS—Ashley Thompson, Jenny Thompson. Pre D—Christina Fitzgerald, Cynthia Josephson, Joan Kane Josephson, Mark Fitzgerald. Bronze—Cynthia Curtice, Marian Young, Mary Schroeder. Adult Bronze—Walli Fitzgerald. Pre Gold—Marion Huston.

**PROVIDENCE FSC:** Nov FS—Karen Coughlin.

**PUEBLO FSC:** Pre—Delora Sebald, Katie Anne Robeda, Stacie Marlow. Pre FS—Delora Sebald, Stacie Marlow.

**RED RIVER VALLEY FSC:** Pre—Bethany Bye, Matthew Halverson, Shannon Hyland. 1—Vikki Hoop. 2—Kelly Kolars. Juv FS—Sandra Sample.

**ROCHESTER FSC:** Pre—Angie Dowd, Kathy Anderson, Michelle Dowd, Susan Houston. 1—Brynn Schaff, Karen Krygier. Pre FS—Angie Dowd, Dawn Beaver, Krista Ruzek, Melanie Dodd, Michelle Dowd, Rachel Hinman, Susan Houston. Juv FS—Dawn Beaver. Nov FS—Dulcey Wiggs, Mary Towey, Mike Stanger.

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- SAN DIEGO FSC:** 1—Leslie Ann Koss. Pre D—Mitzi Wilson. Bronze—Heidi Merrill, Mitzi Wilson. Silver—Jeffrey Smith, Julie Smith, Scott Merrill.
- SANGAMON VALLEY FSC:** Nov FS—Jeanette King.
- SANTA BARBARA FSC:** 3—Tracy Rhodes. Juv FS—Leah Warner.
- SEATTLE SC:** Pre—Crystal Stensvig, Erin Meade, Victoria Larkman. 1—Kelsey Foster. 2—Lara Carpenter. 6—Lisa Hollenbeck. Pre FS—Crystal Stensvig, Erin Meade, Victoria Larkman. Juv FS—Lara Carpenter. Pre D—Crystal Stensvig.
- SHELBY VALLEY FSC:** Pre Silver—Mary Beck.
- SIERRA NEVADA FSC:** 4—Nicole Lamboley. Jr FS—Nicole Lamboley. Bronze—Nicole Lamboley.
- SMITHFIELD FSC:** Bronze—Christine O'Brien, Kimberly Testa.
- SILVER BLADES SC:** 1—Julie Rizzotto. Pre FS—Julie Rizzotto. Int FS—Sally Pacios. Nov FS—Kathy-Jean Lucey. Pre D—Donna Sullivan, Shirley Goldman. Bronze—Beth Goldman, Kimberly Parsons.
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- SOUTHPORT SC:** Pre—Kris Averill. 2—Lisa Viviano. Pre FS—Kris Averill.
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- ST. CLAIR SHORES FSC:** Pre—Ann Eliakis, Heather Brzezinske, Holly McWhorter. 1—Shannon George, Sheila Davis, Tanya Powell. Pre FS—Sue Maury. Juv FS—Brenda Willhite, Kaireen Krueger.
- ST. CLOUD FSC:** 3—Staci Ufford. 4—Marti Jo Gacusana, Dianah Hill. Nov FS—Dianah Hill.
- ST. MORITZ ISC:** 1—Ann Marie Fisher, Michele Silak. Pre FS—Suzanne Samuel.
- ST. PAUL FSC:** 1—Holly Pekarek. 3—Gina Rigatuso. 5—Vi Radosta. Pre FS—Mary Jo Hannasch, Miranda Davidson, Tiffany Clem. Nov FS—Shannon Kratzke. Pre D—Robert Vraa. Bronze—Robert Vraa, Holly Pekarek.
- SC OF SUNRISE:** 2—Amy Adams. Pre D—Amy Adams.
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**IC OF WASHINGTON:** Pre D—Emily Klein, Robert Clark. Bronze—Gretchen Brainerd, Lizzy Scully, Rena Appel.

**WATERTOWN SC:** Pre—Charlene Archangeault, Diane Butkus, Karri Hobson, Kelly McLachlan. Pre FS—Danelle Descoteaux, Diane Butkus, Karri Hobson, Kelly McLachlan. Pre D—Kelly McLachlan, Nancy Richardson, Virginia Hayes. Bronze—Krista Dwyer.

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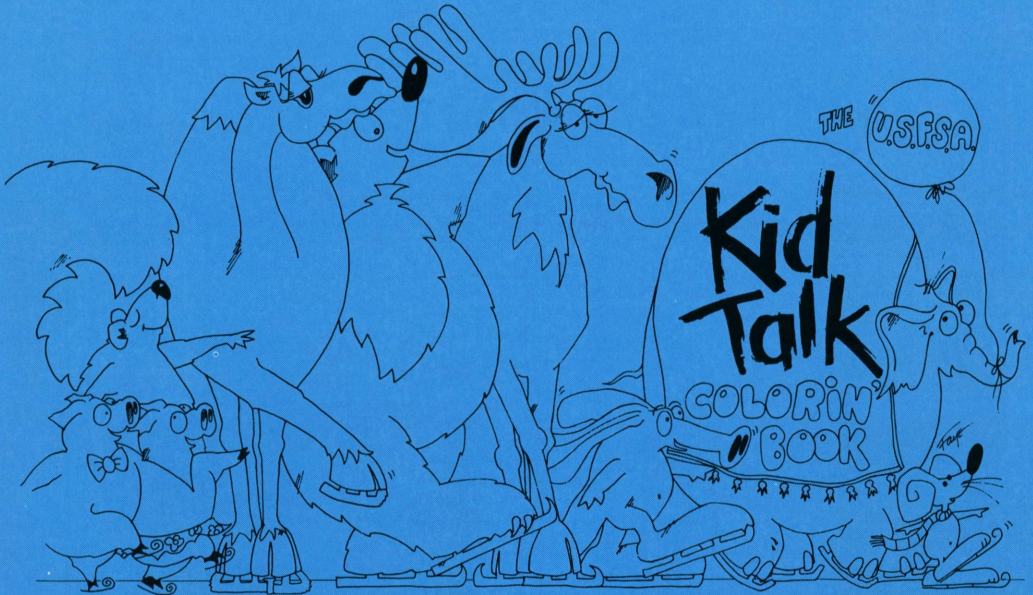
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