



# Rink Link

October 2000

## 2000 The Champion For Skating Award – Jim Disbrow

(Presentation speech – Sylvia Olson, 1999 Champion for Skating)

It is an honor for me to acknowledge the power driving the Minnesota figure skating engine – the volunteers. Judges, referees, accountants, club officials, moms, dads, sisters, brothers, fans, voyeurs – you know who you are. You are to be credited for developing this awesome group of Minnesota champions and in assuring the vitality of figure skating in Minnesota.

If you've been following the Summer Olympics, you're probably sick to death of all the commercials cutting into the action. However, I hope you'll forgive me for taking a short commercial break before returning to the action of recognizing this year's TCFSA Trophy winner.

The Twin City Figure Skating Association wants and encourages everyone to participate in this award by nominating any eligible volunteer for the award. The trophy is aptly named: The Champion For Skating Award. Not: The Volunteer of the Year award. Not: The Best Official of the Year. Not Even: The Best Practice Ice Coordinator for a major international competition award (although they probably deserve a red badge of courage). This award recognizes sustained, committed volunteerism. All you have to do is look around the room and you'll see many, many qualified candidates. So next spring, when the nomination forms are distributed, please participate. Help recognize the people who make this such a great sport – volunteers like past recipients of this trophy: Marlys Larson, Bette Snuggerud, Bev Arneson, Janet Allen, Lexie Kastner, Merry Fragomeni – and all the 1998 Worlds volunteers.

Now, back to Olympic Stadium. The first volunteer we'd like to recognize is Mike Itzin from the Brooklyn Park FSC. His name was submitted to recognize his ongoing involvement in the Brooklyn Park Figure Skating Club where he has served as club president, membership chair and led the web site development. He also was a delegate to TCFSA and contributes his time and talents to organizations and events sponsored and hosted by the Twin City Figure Skating Association. Mike, would you please stand and be appreciated.

And now onto the medal ceremony. When I was trying to find words to describe this year's recipient, one quote kept buzzing through my brain: Sports does not build character. Sports reveal character. This speaks volumes in detailing our 2000 Champion For Skating.

Born in the figure skating hotbed of Owensboro, Kentucky, BZ (that's Before Zamboni), where part of his figure skating was helping to make and clean the ice, he now has racked up over 40 years in this sport. His first coach soon realized her young skater's potential and passed him on to David and Rita Lowery who guided him through his amateur skating career. Because *character* is not measured by counting the things you do, but by doing things that count, he would never boast about all his skating accomplishments. So I'll do it for him: Gold medallist in figures, singles, pairs and dance, sectional and national medallist and international competitor.

While his skating skills were formed in the relative stillness of an ice arena, his

character talents became apparent in the world's torrent. That revelation began with his amateur competitions. It continued as he traveled the world with Holiday on Ice as one of their featured performers, coached for six years and then plunged headlong into judging. His appointments came at a record pace and now he is an international judge in dance, pairs and singles, an international referee as well as a World Dance judge. As a volunteer, he continued to do things that count. Most volunteers have heard the saying: Hard work to be done spotlights the character of people – some turn up their sleeves, some turn up their noses and some don't turn up at all! Well, we all know where this volunteer falls. When I asked him what he'd do if he didn't have to go to work on Monday morning – where, by the way, he is Chairman of Buffalo Wild Wings, now 138 restaurants strong -- he said he'd see if anyone needed some extra help. Anyone who has worked set up at 98 Worlds or Braemar competitions and shows knows this isn't idle talk. One day he's in Switzerland speaking before the International Skating Union; the next day he's judging Ltd. Beginners Compulsory Moves at McCandless or tossing used lumber into a tractor trailer.

Nationally, he has been very involved in USFSA, holding many offices and serving on just about every committee there is. As chair of the International Committee, you probably saw him on television at the end of 1994 Nationals, disappearing into a locker room to help decide the fate of Nancy Kerrigan's 1994 Olympic participation. He was also the 1998 Olympic Team Leader.

After serving as Midwest Vice President, his work within the USFSA climaxed when he was elected President in 1998. During his term, he demonstrated that one's true *character* is most transparent when placed in a position of power. While President, he made sure every level of eligible skating was studied, explored and understood. His goal was to adequately identify all groups and move to find out what they needed. Luckily, he was a tireless advocate for us in many issues that directly affected Minnesota skaters. Now, as immediate past president, he continues to make sure that all USFSA members realize the full value of what the USFSA has to offer – through wise use of television revenue to help

develop international competitors and secure quality international competitions down to the kid in Rock Springs, Wyoming who needs help passing her Preliminary Moves.

*Character* is also defined by what you do when no one is watching (my kids hate it when I use that one!). Well, we have it on good authority that his private persona is every bit as rock solid as his public persona. He has a whole litany of accomplishments from which to choose, but when I asked him what his proudest moment or greatest achievement was, he said, "Marrying Dede." He is also extremely proud of their daughter, Devon, a national champion and world synchronized skating competitor and now a masters candidate at Purdue University, and their son, Carl, a Blake senior, captain of the Bear's football team who also excels in hockey and basketball.

In all the questions I asked this year's trophy winner, his answers kept revolving around the same theme: his concern and appreciation for other people. Even when I asked him what he'd have done with the million dollars if he had been television's "surviving Survivor" he said, and I quote, "Money is not what I value. It's time and effort spent on and with other people. If I had the money, I'd just spend it on others."

This valuing of people was nowhere more evident than at 1998 Worlds. As Executive Chair, he proved that the best index of a person's character is (a) how he treats people who can't do him any good and (b) how he treats people who can't fight back. He made my job as volunteer chair much more rewarding by never sacrificing the integrity or dignity of a local volunteer for the expediency of the visiting powerful.

If a person's opinion of the world is also a confession of his character, then this year's recipient admits to eternal optimism, judicious sensitivity, determined work and unwavering loyalty. Please join me in congratulating The Champion For Skating Award 2000 winner, Jim Disbrow.

# Congratulations!



## Annual Dinner Honors Minnesota Officials and Minnesota State Champions

Minnesota Valley Country Club's perfectly manicured rolling hills and a crystal autumn sunset created the perfect backdrop for the 2000 Twin City Figure Skating Association Officials Dinner, hosted by the Figure Skating Club of Bloomington. Over 150 people attended the dinner.

After an excellent dinner and incredible selection of desserts, the program began with recognition of Minnesota's figure skating officials. Each TCFSA member club was represented by its Test Chair who, in turn, recognized club officials. All officials were presented with a scarlet-kissed yellow rose as a token of TCFSA's appreciation.

Two Minnesota officials received special gifts, presented by TCFSA President Marlys Larson. **Janet Mattson** and **Matthew Zats** were recognized for their 25 and 40 years judging, respectively. In accepting the silver tray, Matthew remarked, "Since I'm only 38, I don't know how I could have been judging for 40 years!"

The Officials Dinner was also the setting to congratulate the state champions. Minnesota State 2001 Chief Referee Dann Krueger presented the traveling trophies as President Larson read their names:



**Rhiana Brammeier, Preliminary Ladies**  
**Eliot Halverson, Preliminary Men**  
**Sabrina Logren, Pre Juvenile Ladies**  
**Michael Chau, Pre Juvenile Men**  
**Kayla Kamrath, Open Pre Juvenile Ladies**  
**Kendra Keenan, Juvenile Ladies**  
**Erin Kilbury, Open Juvenile Ladies**  
**Stephanie Zastrow, Intermediate Ladies**  
**Aaron Garside, Intermediate Men**  
**Kristen Sheaffer, Novice Ladies**  
**Steffie Smith, Junior Ladies**  
**Heidi Pakkala, Senior Ladies**

**Renee Rahimi, Adult Bronze**

**Nicholas Kopp, Adult Silver**

**Deana Riley, Adult Gold**

The following Minnesota State 2001 competitors received special recognition:

**Steffie Smith: Henry Hout Award** -- awarded to the Minnesota State Junior Ladies Champion.

**Heidi Pakkala: The Bette Snuggerud Scholastic and Skating Award** -- awarded to a senior lady competitor displaying excellence both in her high school classroom and on the ice.

**Tyler Ecklund: The James Disbrow Scholastic and Skating Award** -- awarded to a male competitor displaying excellence both in his high school classroom and on the ice.

The 2001 **Wakefield Club trophy** was won by the **Eden Prairie Figure Skating Club** for earning the most points as determined by member skaters' placements at Minnesota State 2001.

The inaugural **Marlys Larson Award**, created to honor her heroic efforts and extraordinary contributions in leading the first World Synchronized Skating competition in April, 2000, was presented by TCFSA immediate past president Pat St. Peter to the **Maplewood High Steppers Team Introductory**. This annual award is given to the synchronized skating team placing the highest in qualifying competition.

**The Champion For Skating Award**, which recognizes substantial, sustained volunteerism was presented to **Jim Disbrow**. In accepting the TCFSA Trophy, Jim expressed his delight and offered the advice that has served him so well in his figure skating involvement, "Determine what you want to do. Figure out how to do it. And then pursue it with every ounce of energy you have."

The evening concluded with President Larsen presenting a \$5,000 check to the **Minnesota Skating Scholarship**, represented by **Bette Snuggerud**. The monetary gift was made possible by TCFSA's hosting the first World Synchronized Championships this past year.

The TCFSA thanks the Figure Skating Club of Bloomington and, in particular, Lisa Venne, for an outstanding job of hosting the Officials Dinner. The excellence in organization, service and setting was a fitting tribute to our officials whose gifts of time and talent are strategic to the health of figure skating in Minnesota.

----*Sylvia Olson*---

For more dinner and competition details, log on to: [www.tcfsa.org](http://www.tcfsa.org)



To: Twin City Figure Skating Association

From: Marlys Larson

Dear Fellow Members:

I would like to thank the Twin City Figure Skating Association for establishing a trophy in my name for Synchronized Skating.

The 2000 World Synchronized Skating Championships was truly a rewarding event to chair. Many dedicated people were instrumental in the success of the competition.

I am deeply honored to have been a part of this first ever event and extremely humbled to have a trophy established in my name.



## CELEBRATES 10 YEARS OF HELPING MINNESOTA SKATERS

The Valentine's Evening Reunion for Lovers of Skating, held at the Calhoun Beach Club during the 1991 National Championships, was the kick-off for the Minnesota Skating Scholarship. Approved by the United States Figure Skating Association, the Minnesota Skating Scholarship was the first of its kind, dedicated to providing financial assistance to promising young skaters from within our community. A 10<sup>th</sup> Anniversary Benefit Reception with Scott Hamilton as the honored guest is being planned before the Stars on Ice farewell tour performance on February 14, 2001. Tickets are \$100 each and include a light supper buffet and autograph opportunity. To reserve your ticket, send a check made out to Minnesota Skating Scholarship with a self-addressed stamped envelope to: Minnesota Skating Scholarship, %Herb Morgenthaler, 3851 Beard Avenue South, Minneapolis MN 55410.

### Skating Memorabilia to be auctioned on line

Looking for a very special Christmas gift for your skater? Many one of a kind items will be put up for auction at [www.cityauction.com](http://www.cityauction.com) (category: skating) around November 20 to benefit Minnesota Skating Scholarship. Bidding will close on December 16 to allow delivery in time for Christmas. Items in the auction are: 1998 Nagano Olympic Team duffle bag and US World Team wool scarf; 1999 Helsinki World Championships poster autographed by US World Team and "Officials Only" silk scarf with logo; 1998 Minneapolis World Championships nylon windbreaker, "Hottest Ice on Earth" cotton cardigan, and bag; 2002 Salt Lake City red long sleeve zippered fleece and navy sweatshirt; Stars on Ice Tee Shirts and an autographed 2000 Target Stars on Ice Tee shirt; 2000 Cleveland Nationals long sleeved tee shirt autographed by all championship ladies competitors; USFSA long sleeve white fleece; Skate America competitors' travel bag and fleece vest. Check it out!

## Harris Collins Awards Applications

Applications for the 2001 awards will be sent to all Minnesota club presidents in late November. Applicants must have passed the USFSA Intermediate Freeskating, Bronze Dance or Intermediate Pairs test. Forms may be obtained from your club president or by sending a self-addressed stamped envelope to: MSS, %Lexie Kastner, P. O. Box 296, Deerwood MN 56444.

The Minnesota Skating Scholarship gratefully acknowledges the following contributions:

### In Memory Of :

**Bette Snuggerud's brother:** Janet Allen

### In Honor Of:

**Test Session Judges:** Braemar FSC

**Tom Collins:** Anne Klein

**2000 National Championship Skaters:** Jim Disbrow

**Heidi Pakkala:** DeDe Disbrow

**Exiting board members -- Don Proctor, Lynn Kieger, Angie Haefner-Lien, Steve Shields, Cheryl Funk, Graciela Vielguth, Donna LaPorte:** Roseville FSC

**Duluth FSC Coaching Staff:** Duluth FSC

*The following letter was received from the Duluth FSC President, Donna Froseth. The Minnesota Skating Scholarship Board of Directors felt it should be shared with the skating community.*

Dear Scholarship Committee:

On behalf of the Duluth Figure Skating Club general membership and Board of Directors we would like to present the scholarship committee with a monetary gift in honor of our coaching staff. We are all very proud of the hard work and dedication they put into the sport for our skaters. We know there is no way that we can repay them for the hours they put into this endeavor, so we thought we would once again honor them with a donation to the scholarship's general fund.

A skating club is only as good as the coaching staff that leads them. Here in Duluth we are so fortunate to realize the results of such a reliable staff that has created on and off ice training for all levels.

The growth and progress we see in our skaters and club are reflective of the coaches' belief in figure skating as tradition for the Duluth region. This belief has brought a love for a wonderful sport to our members and their families. We know our skaters will carry a life long love for this sport because of their positive beginning.



TARGET CENTER  
FEBRUARY 14,  
2001

Target Stars on Ice, America's premier figure skating production, enters its 15<sup>th</sup> annual U. S. touring season, which is significantly marked by the fact that it will be Olympic Champion Scott Hamilton's "farewell tour" with the production on a full-time basis. Olympic Champions Tara Lipinski, Kristi Yamaguchi, Ilia Kulik, Ekaterina Gordeeva, four-time World Champion Kurt Browning, three-time U. S. National Pair Champions Jenni Meno & Todd Sand, and a host of other National and World Champions return to Target Stars on Ice for this all new, visually stunning and breathtaking milestone in Scott Hamilton's career. Don't miss what promises to be one of the most memorable and magnificent years of Target Stars on ice!

**Ticket information –**

 **TCFSA ticket block:**

Cost: \$56.50 or \$46.50  
Your check holds your seat reservation in the order received. Tickets will be mailed to you the first week of February. Checks will be cashed January 23, 2001. Send a self-addressed stamped envelope with a check payable to TCFSA to:

Vivien Young  
P. O. Box 1931  
Burnsville MN 55337-1931



**MSS 10<sup>th</sup> Anniversary Benefit Reception with Scott Hamilton:**

Cost: \$100 ticket & reception  
Send a self-addressed stamped envelope with a check payable to Minnesota Skating Scholarship to:  
MSS % Herb Morgenthaler  
3851 Beard Avenue South  
Minneapolis MN 55410-1040



OFFICIAL UPDATE  
USFSA APPOINTMENTS

**Bronze Singles/Pairs Test Judge**

Bridgit Ryan, Jody Sperduto

**Silver Singles/Pairs Test Judge**

Elizabeth Harty

**Novice Competition Judge**

Cheryl Marker

**Senior Competition Judge**

Sara Kastner, Dann Krueger

**National Vice Chair for Music**

Chip Rauth



In the  
Spotlight...Betty Meck

*by Sara Kastner*



Jumps, spins, footwork. Put these three together and what do you have? A well-balanced program. Swim, bike, run or run, bike, run. Put these things together and what do you have? If you don't know, there happens to be a Twin City official you can ask. You know her as Betty Meck the judge, but did you know she is also a champion triathlete/duathlete?

Betty did her first triathlon in 1989. Since then, she has increased the number of events each year, leading up to an amazing 10 events this past summer. Of these ten, two were duathlons, which consists of a run, a bike, and an additional run. This month Betty will travel to Calais, France, representing the USA, competing in the ITU Age Group World Championships. She earned a spot on the team by winning the USA National Age Group Duathlon Championships in Sartell, MN.

Unlike the cold, but protective environment of an ice arena, when competing in a triathlon or duathlon, an athlete is faced with the variable conditions of the outdoors. At the World Age Group Triathlon Championships in Perth, Australia the racers had to wear wetsuits due to extremely cold water conditions and jelly fish! At this same event, Betty had the opportunity to partake in the opening ceremonies. She says she was overcome with emotion as she marched in with Team USA, wearing an USA uniform, behind the American flag. WOW, just like the Olympics!

At each race Betty says her goal is to do her best and finish with a respectable time. As a retired kindergarten teacher, it looks like Betty has found a great way to spend her time - when she's not judging of course! Next time you see her at the rink be sure to say congratulations or good luck. Chances are she has just completed an event or has one coming up.

Way to go Betty!





## In the Spotlight...

Kristin Arneson-Cutler

by Sara Kastner



Wonder Woman. No, not the superhero with the gold lasso, but rather one of our very own local officials who represents the Eden Prairie Figure Skating Club. Her name is Kris Cutler. Already a National judge and Sectional referee, she recently was nominated by the USFSA for an International appointment. The International Skating Union (ISU) Congress will vote in April on those nominated for International appointments. If appointed, Kris will qualify to judge International competitions like Skate America and Trophée Lalique (World and Olympic competitions are judged by World judges). In the mean time this mother of two boys, wife, adjunct professor, PTA president, Sunday school teacher, and lawyer can be seen officiating at local test sessions and competitions. WOW! She is wonder woman!

Kris' involvement in skating began at age 5. She is a USFSA and Canadian gold medalist who trained with the late Carlo Fassi in Colorado. Before she began judging, she coached for 7 years. In 1994 Kris regained her amateur status and began judging. She says her favorite thing about judging, aside from giving back to the sport and judging with mom Bev Arneson, is keeping in contact with skating friends. She also enjoys being a team leader because it gives her the opportunity to get to know the skaters. Recently, she served as a Team Leader for the North American Challenge Skate competition in Montreal. To anyone interested in judging, her advice is "be patient, keep an

open mind, and know that it is a continuous learning process."

So, if you can catch Kris before she is off taking Andrew (11 years) to play rehearsal, Ben (8 years) to karate, or to talk "law" with husband of 14 years, Clint, (also a lawyer), wish her congratulations on her nomination.



## GOLD USTIS

**Maddie Masten**  
**St. Paul FSC**



Maddie Masten passed her gold freeskating test on December 17, 1999, under the coaching of Ted Engelking and Ann Eidson.

Maddie began skating at the age of 4 but did not begin serious training until age 8, when she joined the St. Paul Figure Skating Club. Her best memories of skating are early morning patch sessions, practicing figures. Maddie competed in figures for one year, becoming 1996 National Juvenile Girls Figures Champion, and would have loved to continue in figures, but patch ice became unavailable. Maddie continues to train at the St. Paul Figure Skating Club with Ann, Ted, and Heather Miner, and says she is excited about their impending move to the new ice rink at the Depot in downtown Minneapolis. Maddie plans to continue developing her jumping and performing skills and is interested in skating in shows.

Maddie is a junior in the International Baccalaureate program at Central High School and a member of the National Honor Society. She also studies dance at the Midwest Youth Dance Theater, including ballet and musical theater classes, and recently began working on pointe in ballet with Amber Erling. Maddie also enjoys traveling and would like to see India.

**Erin Anderson**  
**Eden Prairie FSC**



Erin Anderson passed her Gold Freeskating test recently. She is a Junior at Eden Prairie High School and a member of the Eden Prairie FSC. She is coached by Beth Nillson and Judy Hoel.

Erin is working towards becoming a competitive Senior skater. When she graduates she intends to go to college and would like to start coaching. She plans on making skating her profession in the future.

Erin loves to wakeboard, swim, and do other summer activities. She enjoys hanging out with her girlfriends and having fun.

*The USFSA Gold Tests represent many years of hard work and commitment by a skater and TCFSFA would like to feature all member club skaters passing Gold Tests. Please submit information on skaters passing the Gold Freeskating, Figures, Pairs or Dance test by the end of September, January, or April to: TCFSFA Rink Link, %Lexie Kastner, P O Box 296, Deerwood MN 56444.*



2001

## Upper Great Lakes Regional Championship Results

### Qualifying Round

#### **Senior Ladies Group A**

Heidi Pakkala – 1  
Kelsey Lechner – 7

#### **Senior Ladies Group A**

Katie Lee – 1  
Tami Trenter – 4

#### **Junior Ladies Group A**

Courtney Green – 3  
Megan Gladfelter – 4  
Alysa Wiesner – 6  
Alyssa Kane – 7  
Kristin Odegaard – 9

**Junior Ladies Group B**

Katie Lingen – 5  
 Jean-Marie Paul – 9  
 Steffie Smith – 10  
 Katie Childs – 12

**Novice Ladies Group A**

Anna Buller – 2  
 Allison Nawracaj – 5  
 Jennifer Craig – 8  
 Emily Barnard – 9  
 Trista Munk – 10  
 Erika Helgen – 12

**Novice Ladies Group B**

Kristen Sheaffer – 1  
 Ryann McMahon – 3  
 Brigit Helgen – 11

**Novice Ladies Group C**

Kristina Olson – 6  
 Tessa Christensen – 8

**Intermediate Men Group A**

Tyler Kilbury – 8

**Intermediate Men Group B**

Aaron Garside – 2  
 Tyler Ecklund – 3

**Intermediate Ladies Group A**

Brittany Proctor – 3  
 Caroline Berg – 12

**Intermediate Ladies Group B**

Renee Crowley – 10

**Intermediate Ladies Group C**

Rachel Doane – 6

**Intermediate Ladies Group D**

Kortney Knop – 13

**Intermediate Ladies Group E**

Stephanie Zastrow – 6  
 Elyse Gorham – 9  
 Angela Smith – 13  
 Michelle Kronholm – 16

**Intermediate Ladies Group F**

Jillian Asby – 1  
 Molly Willenberg – 12

**Juvenile Girls Group A**

Vinesha Devandran – 9  
 Amy Burmeister – 11

**Juvenile Girls Group B**

Lauren Anderson – 3  
 Alison Hoyer – 9  
 Kendra Keenan – 10

**Juvenile Girls Group D**

Kelly Sullivan – 6  
 Briana Bruce – 14

**Juvenile Girls Group E**

Rebecca Hughes – 1  
 Hillary Sager – 9  
 Vanessa Szalapski – 13

**Championship Round**

(initial, final, final standing)

**Senior Men**

Danny Clausen (1,1,1<sup>st</sup>)

**Senior Ladies**

Katie Lee (1,2,2<sup>nd</sup>)  
 Heidi Pakkala (3,5,4<sup>th</sup>)  
 Tami Trenter (8,8,8<sup>th</sup>)

**Junior Men**

Matt Wesenberg (3,1,1<sup>st</sup>)  
 Rohene Ward (1,2,2<sup>nd</sup>)

**Junior Ladies**

Katie Lingen (7,7,7<sup>th</sup>)  
 Courtney Green (12,9,9<sup>th</sup>)  
 Alysa Wiesner (11,10,10<sup>th</sup>)  
 Megan Gladfelter (9,11,11<sup>th</sup>)

**Novice Men**

Viktors Ayele (3,7,7<sup>th</sup>)  
 Ryan Yearous (6,8,8<sup>th</sup>)  
 Landon Kuester (10,10,10<sup>th</sup>)

**Novice Ladies**

Kristen Sheaffer (1,1,1<sup>st</sup>)  
 Ryann McMahon (5,9,7<sup>th</sup>)  
 Anna Buller (11,8,9<sup>th</sup>)

**Intermediate Men**

Tyler Ecklund (7, 11,10<sup>th</sup>)  
 Aaron Garside (12, 10, 11<sup>th</sup>)

**Intermediate Ladies**

Jillian Asby (1,2,1<sup>st</sup>)  
 Brittany Proctor (11)

**Juvenile Boys**

Paul Wood (1<sup>st</sup>)  
 Michael Chau (2<sup>nd</sup>)

**Juvenile Girls**

Rebecca Hughes (5<sup>th</sup>)  
 Lauren Anderson (13<sup>th</sup>)

**Advancing to Midwestern Sectional Championships – Wichita KS – 11/16-18:**

Senior Men: Danny Clausen  
 Senior Ladies: Katie Lee, Heidi Pakkala  
 Junior Men: Matt Wesenberg, Rohene Ward  
 Novice Ladies: Kristen Sheaffer

**Advancing to U. S. Junior Championships – Denver CO – 12/12-16:**

Intermediate Ladies: Jillian Asby  
 Juvenile Boys: Paul Wood, Michael Chau



2001

**Upper Great Lakes**

Non Qualifying Results

**Pre-Juvenile Boys**

AJ Moghaddam (6<sup>th</sup>)

**Pre-Juvenile Girls Group A**

Sarah Koller (2<sup>nd</sup>)

**Pre-Juvenile Girls Group B**

Amanda Rose Farris (5<sup>th</sup>)  
 Christine Marty (7<sup>th</sup>)

**Pre-Juvenile Girls Group D**

Katie Pennington (1<sup>st</sup>)  
 Devan Brevig (2<sup>nd</sup>)  
 Kinsey Kleppe (6<sup>th</sup>)

**Pre-Juvenile Girls Group E**

Lisa Anderson (2<sup>nd</sup>)  
 Kelli Pederson (4<sup>th</sup>)

**Pre-Juvenile Girls Group F**

Dana Goldamer (1<sup>st</sup>)  
 Taylor Wicks (10<sup>th</sup>)

**Open Juvenile Girls Group A**

Elizabeth Ahmann (3<sup>rd</sup>)  
 Erin Kilbury (4<sup>th</sup>)

**Open Juvenile Girls Group B**

Kylie Bloodsworth (3<sup>rd</sup>)

**Open Juvenile Girls Group C**

Ellen Baskerville (7<sup>th</sup>)

# Reflections.....

by Bridgit Ryan

Looking back on my skating career, it's not the number of medals won but the life skills acquired through skating that stand out in my mind. That's right, life skills!

Skaters learn along the way, hard work is the determining factor to success. And this philosophy continues even when the skating years end. I am fortunate to have learned these principles of hard work at a young age because of skating.

Skating not only taught me the meaning of hard work, it also required me to set goals. By setting goals, I have been able to improve personally and professionally. Setting goals is easy, accomplishing them is the challenge. The challenge is discipline – the discipline of sacrifices. Sacrifices of missing out on school dances and going to the mall with friends in exchange for hours at the rink perfecting a new jump. It's these sacrifices that contribute to my ethic of hard work and patience.

Skating not only has given me the determination but also the confidence to tackle any obstacle. I feel that with a bit of hard work I can accomplish almost anything. This

attitude applies to school, work, and extracurricular activities. Skating has given me the confidence to attack opportunities with enthusiasm.

Skating taught me I could be a gold medallist and a national competitor not only on the ice but also in life. I encourage you to step back and take a closer look at the sport of figure skating. Believe me, behind every turn, jump, and twist is hard work, determination, and sacrifices.

# Reflections.....

by Sara Kastner

"This is (insert your name here), and did you know she's /he's a figure skater?" If you are reading this piece, no doubt you have heard this introduction before. It is an attribute I am very proud to have associated with my name. When I was young, it was exciting to share my skating accomplishments with classmates. In college it was the perfect source for many papers and projects. Today, as I enter the "real world", it is a unique quality that has helped me design my resume, get through tough interviews, and strike up conversations with co-workers and important "client types." Often when people meet me, they want

to know about my skating, if I can do a salchow, a triple axel, and if I know Michelle Kwan! To these I can say yes, NO, and funny you should ask, I competed against her at Nationals when she was just a little girl.

Be proud of who you are as a person and as a figure skater. No matter what you achieve as a skater, know you are blessed with a talent that will teach you many things and give you great opportunities as a performer, or perhaps as a coach or a judge, and definitely as a member of the workforce. Treat the sport with dignity and respect and there is no telling what it can do for you. When I was little I never would have thought I would hear, "And this is Sara, she used to be a figure skater and now she's a judge." Has a nice ring to it, don't you think?

Share your  questions/observations

Send to [sara.kastner@fallon.com](mailto:sara.kastner@fallon.com) or  
2011 Emerson Ave S #1, Minneapolis MN  
55405

The TCFSFA Rink Link is a triennial publication mailed to members in October, March and June. It is also available at [www.tcfsa.org](http://www.tcfsa.org) under "Other Items". Please submit information/articles by the end of the month preceding mailing to: TCFSFA Rink Link, %Lexie Kastner, P O Box 296, Deerwood MN 5