



# Adult Insights

HIGH-QUALITY, NO-FRILLS INFORMATION FROM U.S. FIGURE SKATING'S ADULT SKATING COMMITTEE

## The Chairman's Tracings

Gail Sombati - Chair, U.S. Figure Skating's Adult Skating Committee

This will be my second and final *Chairman's Tracings*. The next *Adult Insights* will be published under the guidance of the new Adult Skating Committee Chair. It will be three years for me in May. During that time, many changes have been made to well-balanced programs, tests and competition requirements. Changes will keep happening. I've heard some say, "Why don't they just stop changing things?" While sometimes "If it isn't broken, don't fix it" is true, it is not true with everything. Improvements can always be made. While we don't change something for the sake of changing it, we are always looking to make things better for the adult skating community, and we listen! Many of the changes have been brought to us by YOU, the skater. No, we cannot accommodate everyone's suggestions, but we look at each suggestion, and if it can benefit the majority of skaters, then it is considered.

With growth comes change, and growing we are! I have received more inquiries in the past six months from adults who want to learn to skate than in my first two years as Chair of the Adult Skating Committee. Some have had a little experience, but many have not. They are finding us, so we are doing something right! Congratulations on being a great example!

It has truly been an honor serving as your Chair and prior to that as Midwestern Vice Chair. I've been around a long time, have learned a lot and have become more involved in other areas of skating. I skated in my very first individual competition in 1995. It wasn't the first U.S. Adult Figure Skating Championships, but it was the same year. I remember how nervous, excited and SCARED TO DEATH I was! On the warmup, I kept asking myself, "Why am I doing this to myself?" And then I shakily took my starting pose and began my program. The feeling was nothing short of euphoria. I now knew what people meant by "adrenaline rush." As soon as it was over, I wanted to do it again! That part of my skating life is over. I no longer compete, but I do actively coach and volunteer. Every now and then, I catch that same face on a competitor that shows the feeling that I felt, and I remember and then I smile. Keep smiling! -Gail

One thing I've learned about skating - it's one of the tightest communities out there.

We stick together, and help each other.

Whether it's through a hurricane, cancer, deaths of loved ones...

We are there for each other.

- Allison Manley -

## Dramatic & Light Entertainment Event Changes

By Lori Fussell

Technical notification 140 was published on the U.S. Figure Skating>Technical Info>[Technical Notifications/Alerts](#) web page on November 14 and took effect on November 18. This new technical notification states that for masters dramatic skate, masters light entertainment skate, adult gold dramatic skate, adult gold light entertainment skate, adult silver dramatic skate, adult silver light entertainment skate, adult bronze dramatic skate and adult bronze light entertainment skate, "Test qualifications as of the closing date for entries, program duration, program requirements and restrictions, and judging and marking will be as specified in the Nonqualifying Competition Showcase Guidelines, posted on [www.usfigureskating.org](http://www.usfigureskating.org) and which can be found here: <http://www.usfigureskating.org/content/2013-14%20Nonqualifying%20Showcase%20Guidelines.%20Sept%202013.%20final%20to%20post.pdf>."

What does this mean? It means that there have been changes to the rules for dramatic and light entertainment skate events that are in effect for this competition season! If you compete in these events, I urge you to download the guidelines and read the details for yourself. And, for your convenience, here is a very brief summary of the changes you will find in the guidelines:

- The 6.0 judging system will be used. One mark will be awarded by each judge for each performance. No technical skating mark will be awarded.
- Events will not be segregated by gender.
- Jumps are no longer restricted. However, jump difficulty is not rewarded in showcase; therefore, jumps, if choreographed, should be performed with style, flow and confidence.

- Scenery and props are allowed, but not mandatory. Props and scenery must be placed and removed unaided within one minute total on and off. There are other restrictions on permitted props and scenery — please read the details published in the guidelines if you intend to include props and scenery in your program.

There have been no changes to the event durations or event eligibility requirements. And, remember, these changes are in effect as of November 18 and supersede Rules 4710-4740 in the current rulebook.

*Lori Fussell is the Midwestern Sectional Vice Chair of U.S. Figure Skating's Adult Skating Committee. She competes at the adult gold level and is a gold test judge.*

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# How to Skate Your Best & Enjoy Competition

By Choeleen Loundagin

Mental skills can help make competing a fun and rewarding experience. Following are brief descriptions of how to use the power of your mind to help you skate your best and enjoy your competitions.

## Goals

Record your goals for each competition at least one month before the event. Make sure your goals are under your control, describe exactly what you want to do in a positive way and are measurable. Examples of helpful goals are skating a clean program, staying focused on one element at a time and having fun while you expect the best from yourself. Remember your placement is not under your control because you have no direct power over how you are scored or how other skaters perform. Review your goals prior to each practice as a way to focus your intent for your training session and to keep you motivated. Read your goals the day of the competition to help keep you focused on what you can control.

## Self-talk

Be your own best friend before, during and after your competitions by talking to yourself like you would to your best friend if he or she were competing. Keep your thoughts simple, encouraging and focused on what you want to do each moment. Tell yourself to STOP if you have any doubts or distracting thoughts and immediately think of something positive about yourself or the technique for the upcoming element. Trust your training and doubt your doubts! Practice this way of thinking as you train and in your everyday life so it can become a habit. After you are announced and you are about to perform, think, "I can do this, have fun, I am ready to perform" or your favorite encouraging thought.

## Relaxation

Check in with how you feel before you get on the ice for warm-up and your performance. Remember that nervousness is just energy. If you have prepared yourself well for your performance, you can even label that extra energy as excitement instead of nervousness. While feeling a little bit of extra energy is normal and a sign that you are ready to perform, too much or too little is not helpful. If you feel like you need to relax, try taking a few deep breaths and think of filling yourself up with calming confidence while you breathe in and letting go of worries or unwanted nervousness as you breathe out. Try reminding yourself of how your training has made you ready to perform and imagine how great you will feel if you allow yourself to get out on the ice and do your best.

## Imagery

Spend time every day in the weeks before the event imagining skating your best performance at the competition site. If you are new to competing, ask your coach to explain what will happen at the competition so that you can include as many details as possible. You can even include your on-ice and off-ice warm-up in some of your imageries. Try to feel how you want to feel, think what you want to think, see and hear what you expect, and skate how you want to skate in your imagery. Do your last imagery within 24 hours before you perform.

## Focus

Keep your focus on your own skating and strengths. Change your focus if it is on anything besides what you have control of at that moment, the positives and what you want to do. If you find yourself getting distracted by who is in your group or what place you want to get, remind yourself that who is in your group, no matter if it is the Olympic champion or a public session skater, will not change how you skate unless you allow it to distract you. You also can't control the opinion of the judges. All you have control over is yourself, so focus on skating your personal best and you will get the best result possible.

Keep in mind these are only brief descriptions of how you can use mental skills to skate your best and have fun at competitions. Each time you compete, you will get a better idea of what works best for you.

*Choeleen Loundagin is a performance enhancement consultant with a master of arts in sport psychology. She has a background in figure skating and is the author of "The Inner Champion: A Mental Toughness Training Manual for Figure Skaters." For more information and tips, visit [www.innerchamp.com](http://www.innerchamp.com).*

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# Give Back, Sponsor a Trophy!

By Lori Fussell and Lexi Rohner

The lower floor of the Colorado Springs, Colo., World Figure Skating Museum and Hall of Fame is filled with national, sectional, and regional trophies that have been donated by sponsors and approved by the U.S. Figure Skating Board of Directors. For the U.S. Adult Championships, there are 10 trophies that have been established and approved by the Board of Directors (they are listed in the current rulebook on page 83).

All of the adult championship events have an established trophy, with the exception of Championship Adult Pairs and Championship Masters Intermediate/Novice Men. We'd like to do something about that and we need your help!

We are looking for sponsors to help us establish official trophies for the Championship Adult Pairs event and the Championship Intermediate/Novice Men event. The cost to sponsor a new trophy is \$500, PLUS the donation of the actual trophy (estimated at an

additional \$500, depending on the design selected by the sponsor). There is an approval process to navigate that starts with the Competitions Committee and works its way up to U.S. Figure Skating's Board of Directors.

If you are interested in providing funding, we can help with the approval process. Interested donors please contact Lexi Rohner ([Lexisk8@yahoo.com](mailto:Lexisk8@yahoo.com)) and Lori Fussell ([Lmfussell@comcast.net](mailto:Lmfussell@comcast.net)). Become a part of the history of adult figure skating, and give back!

*Lori Fussell is the Midwestern Sectional Vice Chair of U.S. Figure Skating's Adult Skating Committee. Lexi Rohner is the National Vice Chair for Adult Skating of U.S. Figure Skating's Competitions Committee.*

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# Preparing for Your First Competition

By Autumn Allison

You've been taking skating lessons for a while and practicing hard. You feel you're making progress and you've decided to take on a new challenge. You have at least three opportunities: testing, competing and performing in a show. If you choose to compete, here are some suggestions on how to make it easier to prepare for your first competition (and hopefully many more after that).

## Decide Where and When

One of the first things you need to decide is where you'll make your competitive debut. Most clubs host at least one competition a year. Many skaters find it easier to compete on the ice where they've been taking lessons or practicing. Whether they're aware of it or not, they already know how that ice feels, where to get on and off the ice, what the sound system is like, the general geography of the rink and where the bathrooms are. That can make competition day a little easier. But others prefer to be more anonymous for their very first event, so they go to a competition that's not on their home ice.

The other big decision is when you will compete. If you live in an area where there are lots of rinks, and where there are many clubs that hold several competitions a year, you can base your decision on when you (and your coach) think you'll be ready to perform in public. But if you live in an area where there is only one rink, your choice will be more limited, so you may have to compete before you really feel ready, wait a longer time to compete or travel to another location.

There is an easy way to get information to help with your decisions — find out when local rinks and clubs plan to hold competitions. Each host club will have a competition announcement. It's usually available at the rink and on the host club's website at least two months before its competition is held. (Sometimes you can get a copy of the previous year's announcement to get an idea of what information is included if the next competition is scheduled several months later.) The announcement contains all of the details about that particular competition, including the dates, events offered, entry fees and deadlines. Read the announcements carefully, because they contain the information you'll need to make an informed decision on which competition should be your first. You should consider all the alternatives and decide where and when you think you'll be most comfortable.

## Choose Your Events

Now that you've decided the "where and when," you need to decide in what events you'll compete. Most competitions have a variety of events to choose from: jumps, spins, compulsory moves, light entertainment, dramatic, improvisation, basic skills, solo dance and, of course, the traditional free skate. The announcement will have basic guidelines for each kind of event. If you haven't taken any tests, you are looking for events that say "no tests required" or "pre-preliminary and below." There also may be age restrictions. Some people like to focus on just one event for their first competition, while others figure if they're already at the rink, they may as well get as much competition experience as they can. Only you, with your coach's guidance, can figure out what is right for you. Make sure you follow the instructions in the announcement about entering. If you have any questions, ask your coach, a more experienced competitor or the registrar for the competition. If you explain that this is your very first competition, the registrar may talk you through the entire process. Make sure you get the entry in before the deadline. Many competitions don't allow late registrations; if they do, there is a late fee.

## Prepare for Your Events

Once you know where, when and in what events you will compete, you've laid the groundwork for actually performing in public. It's time to turn your attention to what you will actually do on the ice. If you've entered an event that doesn't require music, make sure you know exactly what you are required to do in the event and if the requirements must be done in a specific order. For example, in a spins competition, how many spins do you need to do? Are they clearly explained? Do the spins need to be executed in the order listed in the announcement, or may you choose the order? How many revolutions must you complete for each spin to count? Will you be using half the ice surface (you stay on one side of the short axis, while another competitor in a different event or age group may be using the ice on the other side,) or do you get all the ice to yourself?

If you're doing a free skate, light entertainment skate or dramatic skate event, you'll need to choose music to perform to and put together several elements that go with that music. Check the announcement to see if there are required elements, and, if there are, that you have all of them in your program. Even if your back edges or loop jump are not as strong as they might be, if they are required, you need to at least attempt them during your performance. If there are elements that are not allowed, leave them out, because even if you have an amazing Axel and flying camel, you won't get credit for them, and you could be penalized for putting them in your performance.

And of course, no matter what event you are doing, you'll need to figure out what you will wear while performing. You'll want to decide on your competition attire, and then practice in it at least a couple of times. For skaters with longer hair, what will you do with your hair when you compete? Be completely comfortable in what you choose to wear and how you appear, including whatever makeup you will wear.

If you're going to a different ice rink than the one at which you usually practice, you should try to go there to practice at least a couple of times to get used to that facility, see how that ice feels and hear how the audio system sounds. Even at your home rink, you'll need to ask around and find out where competitors get on and off the ice and where the judges sit. With this information, you can figure out where you'll start, where each of your elements will be performed on the ice, in which direction you will exit your spins and where you will finish.

You should practice your program or elements exactly as if you were in competition. As you practice, remember to keep going even if you fall, because during a competition, the referee won't stop your music and let you start over. You should feel comfortable practicing

exactly what you plan to do in competition, because most first-time competitors perform at about 80 percent or less of their abilities when they are dealing with the excitement, anxiety and nerves of being on the ice by themselves.

*Autumn Allison is an adult competitor who skates at the silver level. She is also a gold test judge and regional competition announcer.*

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Become accomplished and consistent with your technical elements.  
Do not attempt to perform elements you cannot consistently execute.  
Concentrate on skating skills, which have always been and will always be  
the backbone of how good a skater you can be.

- John Cole -

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# Adult Sectionals & U.S. Adult Championships

## Advice and Information for the Adult Competitive Season

By Lexi Rohner

### Organization, Etiquette and Scheduling

Every January, adult skaters are busy sorting out last minute details for Adult Sectionals and the U.S. Adult Figure Skating Championships. Individual questions arise: "Am I ready?" "Do I have the right music?" "Will my injury heal in time?" Beyond these individual concerns are competition logistics and procedures that can make or break a Local Organizing Committee (LOC), as well as a skater's experience at an adult competition.

Navigating through the details of competition can be tricky if a skater is new to the process, and sometimes even if they are not. At the outset, a skater should know the rules for their particular discipline in skating.

"Staying informed is important, as well as having a thorough understanding of the announcement," says John Cole, a judge and referee for many adult competitions. "You, as the competitor, should know the rules of the sport and not rely solely on your coach to know everything."

Former Adult Skating Committee Chair Antonio Conte states, "Adult skaters should recognize that every adult skating event is different. Venues and locations change annually, and flexible, realistic expectations are essential."

### Understanding the LOC / Event Scheduling and Rules

Before sectional and national competitions, U.S. Figure Skating appoints officials (referee, judges, accountants, music technicians, and announcers). The LOC recruits volunteers through the host club(s) to manage the event (registrar, practice ice coordinator, hospitality people, registration desk, etc.), as well as competitors who want to volunteer.

Understanding basic skating etiquette is essential. Patience is a must when asking questions or attempting to resolve issues. Take the time to learn who is responsible for what aspects of organizing the event. Contacting the referee directly is not always the best method of requesting schedule changes.

2006 U.S. Adult Championships Co-Chair Carolyn Haman points out that everything revolves around the event scheduling. "If everything is scheduled well without last minute changes, the organization falls into place," she explains. After serving as chief referee for the 2007 U.S. Adult Championships in Chicago as well as a judge at four other U.S. Adult Championships, Haman knows the competition is a true juggling act for any referee. "It becomes rather complex when skaters compete in multiple events with unknown elimination and final round results," she says. Event scheduling is also affected by age categories, ice availability, possible conflicts among dance and pair partner events, warm-up times and championship event skaters who also compete in open events.

Training and practice should be done at your home rink, and skaters must be prepared to have their training schedules altered upon arrival. "If you are accustomed to skating in the afternoon, your event and practice ice may be early in the morning," says Conte. "You may also have to skate multiple events in one day. Adult skaters should be physically and psychologically equipped for practice on one ice surface and competition on another. That's similar to what elite skaters competing at the Olympics and the World Championships have to deal with."

The competition announcement is another resource for skaters. It lists all detailed event information. The announcement is also the place to look for clarification on refunds and the rules for multiple event scheduling, but you should also check the official event website and posted notifications at the competition venue.

### At the competition

Practice ice is an event of its own and can be very limited, especially during "prime time." "Expecting more than 15 to 20 minutes of practice ice daily means being prepared to skate very early or late at night," says Conte. Skating during practice ice requires skaters to pay attention, although that might seem contrary to focusing on your practice. No one is out there alone, and good sportsmanship is important. Skaters often pay in advance for practice ice, although some choose to sign up at the competition. Accommodating all skaters on the sessions they want can be difficult, and being flexible will help if changes occur.

"Skating brings adults together. They come from all walks of life, but they share the passion and the support," says Ann Dougherty, former national vice chair of adult competitions. Dougherty has chaired three U.S. Adult Championships and encountered adult skaters who want exceptions to rules. "Sometimes the assumption is that with a plausible reason, the rule should bend." In reality, the rulebook and announcement exist to clarify any problems that arise. "Suggestions for significant rule changes are always welcome and can be made by contacting the Adult Skating Committee," says Conte. "At the competition, or emailing the referee, is not the time or way to push for those changes."

The registration desk is information central during a competition. "When you register at a competition," says Cole, "ask where any notices, official results and starting orders will be posted. If you are at a competition where the IJS system is being used, ask how you can get a copy of your program protocol."

## On the ice

Smiling is contagious. "The best thing about hosting adult events is how supportive the sport can be," says Dougherty. "I've heard kids watching adult events say 'no one has ever cheered for me like that'. If you look like you're having fun, the judges will have fun with you. End your program by bowing to the judges first."

Cole, who skated both as a child and as an adult, is a great advocate of adult skating. He has participated in adult skating at the U.S. Adult Championships as a competitor, judge, assistant referee and chief referee. "I think the spirit of adult skating is quite inspiring. It does not matter at what level of skating we are officiating. The real enjoyment is the effort skaters put into their skating."

Haman's advice is to be prepared. "Train for endurance and strength," she counsels. "Don't think you will pull it off when the time counts. Work on your edges, flow and consistency." Cole also offers advice to competitive adults. "Become accomplished and consistent with your technical elements. Do not attempt to perform elements you cannot consistently execute. Concentrate on skating skills, which have always been and will always be the backbone of how good a skater you can be."

## After the competition

Didn't skate your best? It's best to vent in private, say veteran skaters. Being vocal about "unfair results" is not good sportsmanship for any skater at any level. If you have an issue with or a question about your results, respectfully seek out the referee of your event. Most importantly, if you had the skate of your life and/or won the competition, it is acceptable to be excited, with modesty and consideration of other competitors' feelings.

*Lexi Rohner is the National Vice Chair for Adult Skating of U.S. Figure Skating's Competitions Committee.*

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# Your Magic Number: 168

## How to fit everything you need and want to do into 168 hours a week

*By Elizabeth Risberg*

Most adult skaters I know - OK, make that most adults, period - simply have too much stuff to cram into a much-too-small bag. I'm not referring to packing your skates and guards and practice clothes and costumes for a competition; I'm talking about time. How do you fit everything you need and want to do in this 24/7 world into ... 24 x 7? Yes, 168 hours is all we get every week.

It's safe to say that making room for skating and all its related activities (e.g., blade sharpening, costume fittings, off-ice workouts and volunteering) takes a bit of doing, especially when the rink is open only at certain times on certain days, and we have to be at work certain hours on certain days. As adults, we also have jobs, families, obligations and social lives, along with all the other things we desire ("me time" or baking cookies, anyone?). Achieving balance becomes far more than something we do on the ice.

I spend at least one of my 168 hours working on exactly this dilemma: planning and calendaring meetings, skating, gym time, meals ... the list goes on and on. If I didn't, then I might drop one of the flaming swords (or chainsaws, depending on the day) that I feel I am always juggling.

If your life isn't chaotic, and/or you don't need to plan out things like I do, I am quite envious. Regardless of your state of busyness, though, here's a fun exercise you can try to see where your time is going.

### "Must Do" Items

Make a list of all the things you must do or cannot live without during the week, and the total number of hours spent doing them.

Examples:

- Sleep – X hours x 7 =
- Getting ready for work/sleep and personal grooming – X hours x 7 =
- Commute to/from work – X hours x days worked =
- Work – X hours x days worked =
- Cooking/feeding oneself – X hours x 7 =
- Skating/time at rink (we all know this is a "must do") – X hours x days skated =
- Off-ice/gym time = X hours x X days =
- Grocery shopping = X hours per week
- Cleaning the house (unless you delegate it) – X hours per week
- Quality time with family and pets – X hours per week
- Spiritual/reflection = X hours per week
- Reading = X hours per week
- Planning and organizing = X hours per week
- Financial tasks = X hours per week
- Email outside of work hours = X hours per week
- Other = X hours per week

Add up weekly totals for each item and subtract from 168. How many hours (if any) are left? Make a note of the remainder.

### "Ad Hoc/Deferred" Items

These are the occasionally required or "nice to have" things, such as:

- A meal out
- Reading books and magazines
- Appointments with doctor, hairdresser, etc.

- Phone calls
- Social media
- Shopping
- Watching TV (unless you delete it)
- Other

Subtract the estimated weekly totals for these items from the remainder above. If you still have hours left over, congratulations — you have room to add in delegated or deleted items below (or to take a nap!).

## “Delegated and Deleted” Items

This speaks for itself. If you need to find some more hours in your week, get help with whatever you can! Need to find more time? Anything (or anyone) that is a “time sucker” needs to go away.

I’m always amazed when I do this exercise to find out how precariously close I live to the edge sometimes. Since I can’t get more than 168 hours per week (no matter how hard I try), and since I am no longer willing to sacrifice sleep hours, I consolidate when I can (e.g., check in with Facebook while spending quality time with the cat, read a book while riding a stationary bike, check email while commuting on public transit). It isn’t always possible or practical, so lately I’ve deleted a few things that just don’t fit in so that I have time to balance all that I must do along with some of what I want to do. This means my cultural literacy may decline since I’ve had to forgo most of “Dancing With The Stars” and “So You Think You Can Dance” in order to find time to skate, sleep, etc., but I can live with that. I can’t live without skating, so something else had to go!

*Elisabeth Risberg, in her 168 hours a week, is an adult competitor at the silver level, a sectional announcer for U.S. Figure Skating and a member of U.S. Figure Skating’s Adult Skating Committee.*

## Q&A

*Have a question? Email your Adult Skating Committee Sectional Vice Chair. That’s what we are here for! Eastern - Jason Spicer([Spiceja@hotmail.com](mailto:Spiceja@hotmail.com)); Midwestern - Lori Fussell ([Lmfussell@comcast.net](mailto:Lmfussell@comcast.net)); Pacific Coast - Kianoosh Samii ([Kianoosh@comcast.net](mailto:Kianoosh@comcast.net)). Don’t know what section you are in? Check out the [U.S. Figure Skating Regional Map](#).*

***I have completed my adult moves-in-the-field and free skate tests. I am taking my first dance test soon and was wondering if I could start in standard track and switch to adult track? Or do I have to take the adult dance tests since I have taken adult tests for my free skate and moves-in-the-field tests?***

The preliminary dance test (first three pattern dances) are standard tests only. So, your first three pattern dance tests will automatically be standard tests. For the pattern dances with both standard and adult tests, your moves-in-the-field and free skate tests do not impact which pattern dance test category you select. You can start with the standard track for your pattern dance tests and do not have to test on the adult track based on your previous adult moves-in-the-field and free skate tests. Note that in dance, as you continue testing, you may switch from standard dance tests to adult dance tests at any point in your testing, but you cannot directly switch back. If you would like to switch back to standard dance tests from adult dance tests, you must go back to your last standard dance test and test from that point forward on the standard track (reference TR 40.01 and TR 40.02).

Many adult ice dancers choose to test their dances first as adult tests, particularly as they move into the higher level tests. Then, as they improve their skills, they go back and retest the dance as a standard dance test. This is not required but is an option that is available to us.

***Is there a place on the U.S. Figure Skating website that goes over the length of the programs/program requirements for competing in adult free skate events?***

Technical requirements for programs are contained in the U.S. Figure Skating Rulebook which is available free online at [http://www.usfsa.org/New\\_Judging.asp?id=361](http://www.usfsa.org/New_Judging.asp?id=361) (start at Rule 4500, Page 148, for Adult Singles). There are also well-balanced program requirement charts posted on the Technical Info>Adult Skating Web page of the U.S. Figure Skating website at [http://www.usfsa.org/New\\_Judging.asp?id=358](http://www.usfsa.org/New_Judging.asp?id=358). Between these two sources of online information, you should be able to find everything you need to know.

***I just looked at the announcement for the 2014 U.S. Adult Championships and read technical note 140. Does this mean we can set stuff down on the ice now in light entertainment and dramatic skate events? Like remove part of a costume?***

Yes it does. However, there are restrictions to props and scenery placed on the ice. For the details, be sure to read the Nonqualifying Competition Showcase Guidelines, posted on [www.usfigureskating.org](http://www.usfigureskating.org) and which can be found here: <http://www.usfigureskating.org/content/2013-14%20Nonqualifying%20Showcase%20Guidelines.%20Sept%202013.%20final%20to%20post.pdf>.

***If I pass the standard intermediate moves-in-the-field test as an adult candidate, am I qualified to take the standard intermediate free skate test?***

Yes, passing the standard intermediate moves-in-the-field test as a standard candidate, adult candidate, or masters candidate qualifies the skater to take the corresponding standard free skate test. We are working with the appropriate committees to ensure that wording in the next edition of the U.S. Figure Skating rulebook will be adjusted to make TR 26.01 more clear.

*If you look like you are having fun, the judges will have fun with you.*

*- Ann Dougherty -*

# Calendar of Adult Skating Events

Are you hosting an all-adult skating event and want to add it to our calendar? Email the details to Rochelle Revor ([rochellerevor@gmail.com](mailto:rochellerevor@gmail.com)).

Event	Date	Location	Information
<b>2014</b>			
New Year's Invitational	January 19	Woodbridge, VA	<a href="#">Facebook</a>
ANZAS 2014 – Dunedin, New Zealand	February 1-2	Dunedin, NZ	<a href="#">Facebook</a>
ANZAS 2014 – Melbourne, Australia	February 6-8	Melbourne, AUS	<a href="#">Facebook</a>
Toronto Ice Dance Weekend	February 7-9	Toronto, Canada	<a href="#">Website</a>
Deborah Burgoyne North American Invitational	February 8	Wyandotte, MI	<a href="#">Facebook</a>
Adult Mid-Winter Warm-Up	Feb 15-16	Artesia, CA	<a href="#">Website</a>
Skokie Valley Ice Dance Weekend	March – date TBA	Chicago, IL	<a href="#">Email</a>
2014 Eastern Adult Sectional Figure Skating Championships	March 7-9	Wayne, NJ	<a href="#">Website</a>
2014 Midwestern Adult Sectional Figure Skating Championships	March 7-9	Strongsville, OH	<a href="#">Website</a>
2014 Pacific Coast Adult Sectional Figure Skating Championships	March 7-9	Ontario, CA	<a href="#">Website</a>
Skate Berlin Adults	March 7-9	Berlin, Germany	<a href="#">Website</a>
Colonial Adult Winter Challenge	March 15	Boxborough, MA	<a href="#">Website</a>
2014 U.S. Adult Figure Skating Championships	April 8-12	Hyannis, MA	<a href="#">Website</a>
Wichita Ice Dance Weekend	May – date TBA	Wichita, KS	<a href="#">Website</a>
Third Annual High Sierra Adult Skating Camp	May – date TBA	South Lake Tahoe, CA	<a href="#">Website</a>
Bulles de Troyes (Champagne) – Adult Skating Challenge	May 8-11	Troyes, France	<a href="#">Website</a>
2014 ISU International Adult Figure Skating Competition	May 25-31	Oberstdorf, Germany	<a href="#">Website</a>
Lake Placid Adult Skating Weekend	June - date TBA	Lake Placid, NY	<a href="#">Website</a>
Atlanta Ice Dance Weekend	June 6-8	Atlanta, GA	<a href="#">Website</a>
2014 National Theatre On Ice	June 26-28	Dearborn, MI	<a href="#">Website</a>
Aspen Adult Skating Workshop	June 26-29	Aspen, CO	<a href="#">Facebook</a>
Air Force Academy Adult Figure Skating Camp	June 30-July 3	Colorado Springs, CO	<a href="#">Website</a>
Spectacular Adult Skating Camp	July – date TBA	St. Paul, MN	<a href="#">Website</a>
Starlight Ice Dance Weekend	July 18-20	Bloomington, MN	<a href="#">Website</a>
National Showcase 2014 (Adults Included)	August - date TBA	Location - TBA	<a href="#">Website</a>
Santa Fe Land of Enchantment (Ice Dance Weekend)	August - date TBA	Santa Fe, NM	<a href="#">Email</a>
Nutmeg Ice Dance Weekend	August - date TBA	Newington, CT	<a href="#">Email</a>
Mariposa Ice Dance Fest	August - date TBA	Barrie, Ontario	<a href="#">Website</a>
Sun Valley Adult Skating Seminar	August - date TBA	Sun Valley, ID	<a href="#">Website</a>
Peach Classic Adult Figure Skating Competition	September - date TBA	Duluth, GA	<a href="#">Website</a>
Princeton Ice Dance Weekend	September - date TBA	Princeton, NJ	<a href="#">Email</a>
Rochester Ice Dance Weekend	October - date TBA	Rochester, NY	<a href="#">Website</a>
Bay Area Ice Dance Weekend (BAID)	October - date TBA	San Jose, CA	<a href="#">Website</a>
Buckeye Adult Figure Skating Open	October date TBA	Camp Dennison, OH	<a href="#">Website</a>
<b>2015</b>			
2015 Midwestern Adult Sectional Figure Skating Championships	March 5-7	Springfield, Ill.	<a href="#">Website</a>
2015 Pacific Coast Adult Sectional Figure Skating Championships	March 5-7	Las Vegas, Nev.	<a href="#">Website</a>
2015 Eastern Adult Sectional Figure Skating Championships	March 12-14	Pittsburgh, Pa.	<a href="#">Website</a>
2015 U.S. Adult Figure Skating Championships	April 14-18	Salt Lake City, Utah	<a href="#">Website</a>

## Other Resources

Additional adult international ice skating events - <http://www.adultskating.org/competitions/other-competitions/>  
[Rob Lichtefeld's Online Spreadsheet of Adult Figure Skating Competitions, Camps, and Dance Weekend](#)  
Ice Dance Weekends - <http://icedanceweekends.com>

## Editor's Clarification to Spring/Summer 2013 Adult Insights

*Adult Insights* was first published in 1995, by the first Chair of the Adult Skating Committee, Rhea Schwartz. It was edited by the second Chair of the Adult Skating Committee, the late Paula Smart. From 2008 to 2009, the *Adult Skating E-Newsletter* was published by Lexi Rohner, during her service as the fifth Chair of the Adult Skating Committee.

## ABOUT ADULT INSIGHTS

*Adult Insights* is a publication of U.S. Figure Skating's Adult Skating Committee (ASC). Questions, concerns and suggestions about U.S. Figure Skating's Adult Skating Program can be emailed to your ASC Leadership. Chair: Gail Sombati ([Sombati@wideopenwest.com](mailto:Sombati@wideopenwest.com)). Sectional Vice Chairs: Eastern - Jason Spicer ([Spiceja@hotmail.com](mailto:Spiceja@hotmail.com)); Midwestern - Lori Fussell ([Lmfussell@comcast.net](mailto:Lmfussell@comcast.net)); Pacific Coast - Kianoosh Samii ([Kianoosh@comcast.net](mailto:Kianoosh@comcast.net)). Suggestions and submissions for "Adult Insights" can be emailed to Executive Editor Lori Fussell ([Lmfussell@comcast.net](mailto:Lmfussell@comcast.net)).

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