



# Ice Skating Club of Indianapolis Newsletter

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Volume 1 Issue 1

Ice Skating Club of Indianapolis  
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Have an idea for a story or a picture to share? Send an email to [charlotte.lippert@gmail.com](mailto:charlotte.lippert@gmail.com).

## Upcoming Events

September 7<sup>th</sup> - Official  
Start of Club Season!

October 11<sup>th</sup>-15<sup>th</sup> - Regional  
Championships

November 14<sup>th</sup>-16<sup>th</sup> - Indiana  
Figure Skating  
Championships (Hosted by  
ISCI!)

## What is the Club Doing? *They are Fire on the Ice*

Wow!!! As we start the 2014-2015 club season, we should not look past the fact that the Ice Skating Club of Indianapolis is on a major winning streak! Over the past several years the club has earned the top spot time and time again. Their wins include the following competitions:

- 2014 Troy Summer Competition (#1 out of 44 clubs!!!)
- 2014 Columbus Invitational
- 2013 Indiana Figure Skating Championships
- 2013 Columbus Invitational
- 2012 Indiana Figure Skating Championships
- 2011 Indiana Figure Skating Championships

*Congratulations and go ISCI!!!!*

## Skater Focus: Emily Mitlak Passes her Senior Free Skate Test

In July, Emily Mitlak passed her Senior Free Skate Test, which is an amazing accomplishment (*for more information about the USFSA test structure see page 2*). Her hard work and persistence paid off and, fortunately, before she left for college she shared some insight into how she was able to achieve this goal.

**When did you start skating?** I started skating around age 10

**Where are you going to college?** I am going to Boston University.

**What advice do you have for skaters who want to follow in your footsteps?** I think the biggest thing is to remain focused on your goal, whatever that may be. It will get more difficult as you move along, so it's important to not get discouraged or frustrated with yourself. And when training for something specific, make sure to use each minute of your ice time wisely. Believe in your abilities and work hard!



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*Skater Focus: Emily Mitlak from page 1*

**Will you continue to skate in college?** I will continue to skate as I enter college. Doing something I love will help me make friends and help me to get away from the stress of academics.

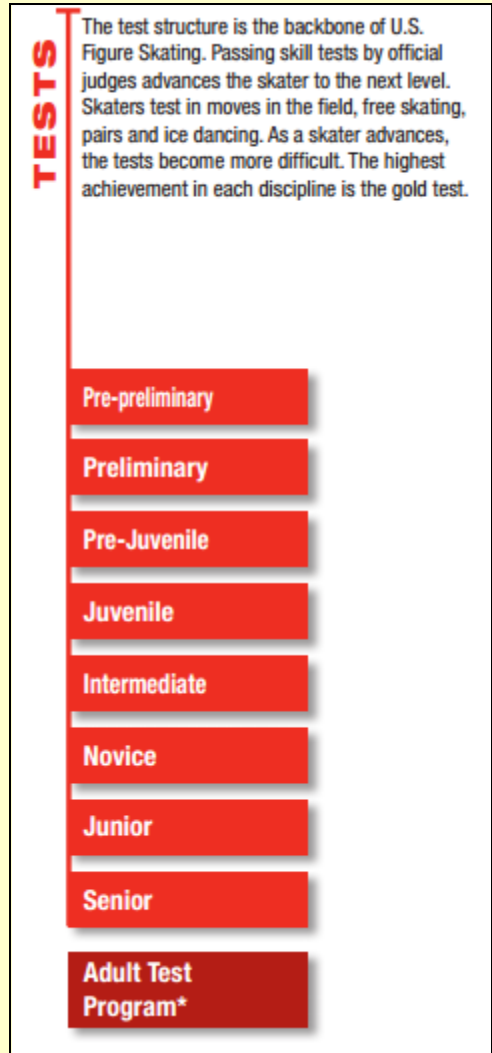
**Clearly you have mastered a lot! What is the most difficult skating move for you?** I have yet to master it, but my double axel has certainly proven to be the most difficult element for me. No matter how many times I practice it, that forward takeoff will always throw me.

**Do you have other hobbies?** I enjoy painting and drawing, when I have the time to. I also like cooking and baking, though I'm not very good.

**Skating takes a large amount of dedication. How did you balance this and the demands of school?** For me, keeping my schoolwork and skating separate has helped. It was nice to focus on skating things while at the rink, and not worrying about a big test I have at school the next day. Similarly, it was beneficial to focus in class about the lecture rather than thinking about a skating competition that was coming up. The best way to prevent that is to get your homework and studying done on time!



*Big Smiles...Emily with her coach Marie Vichova Millikan after passing her test.*



Source: [www.usfsa.org](http://www.usfsa.org)

## ISCI Legacy – Did You Know?

- The club is over 40 years old! (43 to be precise)
- Tony Todd and his wife Bette Todd were founders of the club. They skated together and dedicated much of their lives to ensuring the success of this club.
- Bette still serves as the club's President.
- Our annual invitational competition was renamed to honor Tony after he passed away in 2003.
- Many of the coaches you see teaching on the rink today skated with the club when they were younger...ask them about it!

## September Birthdays!

September 2<sup>nd</sup> – Ashu

September 15<sup>th</sup> – Sofia C