

what's inside

RECREATIONAL ICE SKATING
SUMMER 2006/VOL. 30, NUMBER 4

features.....

- 6 **ISI's Newest FS 10 Skater:
Tanya Bakerman**
by Lori Fairchild

- 7 **Adults Get Ready to
Boot-Scoot & Boogie to Nashville**

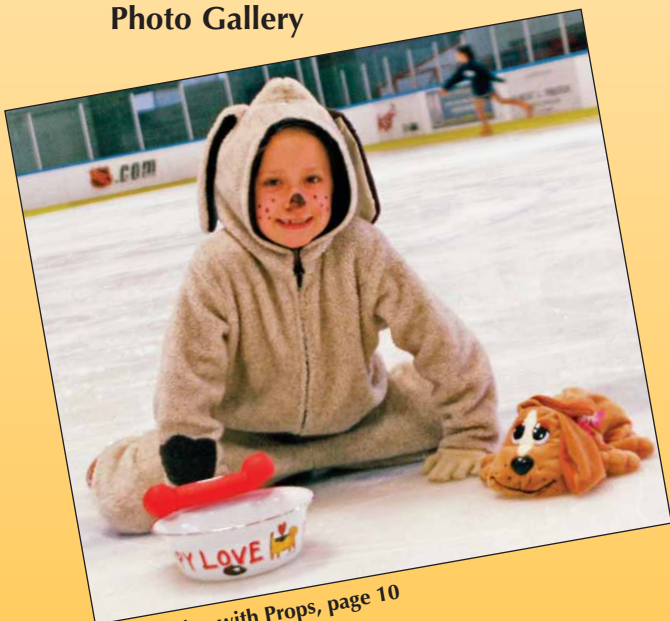
- 8 **The Ascent of Possibilities**
by Stephanie Rostad

- 10 **Performing with Props**
Tips & Techniques for a
Show-Stopping Skate
by Barbara Denise Files

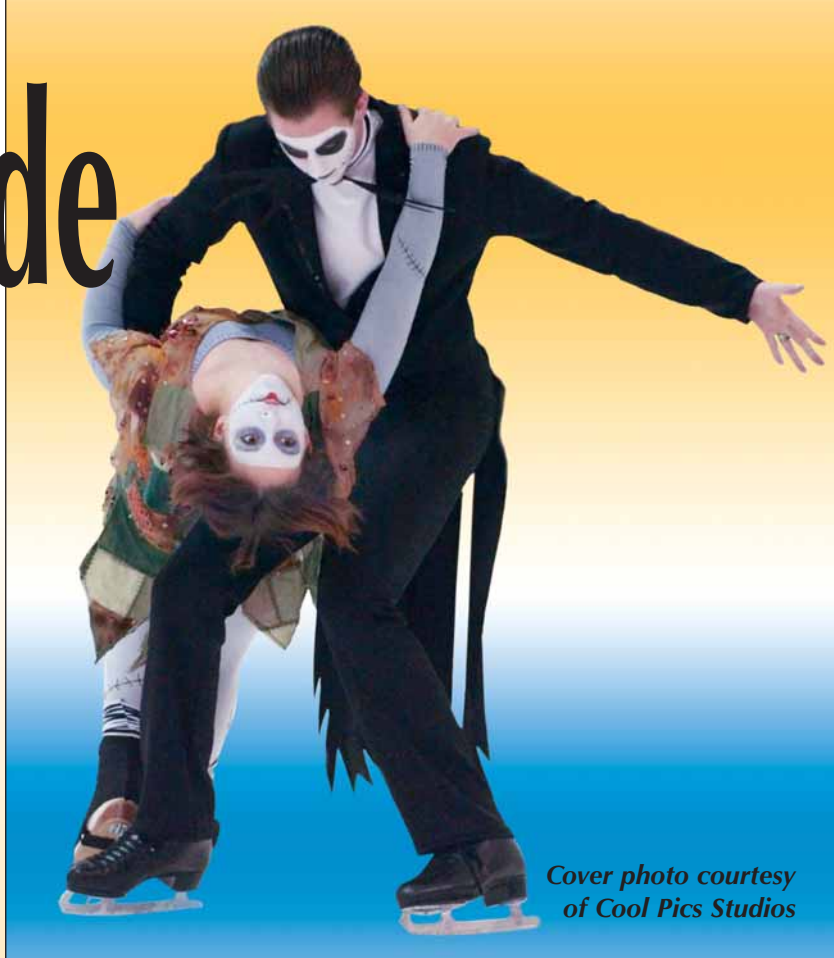
- 13 **Artistic Challenge Aims High
in Denver**

- 14 **Synchronized Skating
Championships Results**

- 16 **Synchronized Skating
Photo Gallery**



Performing with Props, page 10



Cover photo courtesy
of Cool Pics Studios

departments.....

- 4 **The Write Stuff**

- 18 **Competitors' Corner**

- 20 **Health & Well-Being: Becoming a Competitor**
by David Jacobson, Positive Coaching Alliance

- 22 **Spotlight**

- 26 **Calendar**

