

Here's to.... cold rinks, early mornings, countless **hours of practice**, landing a jump for the first time, good days, bad days, everything in between, a new injury every day, being in pain and **skating your heart out** anyway, road trips, plane trips, feeling like you can't breathe at the end of your program, breaking in new skates, **year round training**, weight lifting, getting yelled at to turn your warm-up music down, **counting calories**, going crazy when you're off the ice, new dresses, competitor parties, goodie bags, lunch breaks, final rounds, practice ice, 4 am **wake up calls**, cheering for your friends, eating out with your friends after a long day at the rink, sleepovers, **trophies, medals, skating** when you're injured, physical therapy, **adrenaline rushes**, patience, perseverance, **being exhausted**, growing up, **disappointments**, mistakes, let downs, friends who understand what skating means, **miracles**, love, best friends for life, and most of all - the hardest and best sport ever...**Figure Skating**...you only understand it if you've lived it. -Sonja Henie

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