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FOR IMMEDIATE RELEASE

ICE SHEET'S OWN COMPETE AT NATIONAL CHAMPIONSHIPS IN SOUTHEAST

OGDEN, UT (December 28, 2021) – There are four Utahn figure skaters headed to the 2022 Toyota U.S. Figure Skating Championships in Nashville, Tennessee, next week. Three of those individuals train at The Ice Sheet, which is housed in the Weber County Sports Complex (WCSC). Those individuals are Kai Kovar, Abigail Ross, and Mitchell Friess. They are under the direction of former professional figure skater turned coach, Amanda Kovar.

Amanda has been coaching figure skaters at The Ice Sheet for decades including team coaching with her husband, Karel Kovar. Karel is involved at the Weber County Ice Sheet as the Learn to Skate Program Supervisor and competitive Figure Skating Coach for Singles and Pairs Teams. They moved to Ogden in 2000 for the 2002 Olympic Winter Games, where they served on the skating committee as flower sweeping coordinators. Amanda and Karel stayed because they fell in love with the “small town feel” of Ogden.

For Kai, Abigail and Mitchell, their goal is to always be better than they were the day before. And if you look at their records, that goal has been met time and time again. Kai is only 15 years old but is already representing Team USA on the international stage. Just this August, he had his personal best score competing in the Junior Men’s division at the 2021 ISU Junior Grand Prix in Courchevel, France.

Abigail Ross, who is a 17-year-old high school senior, has also improved with each competition. Her 2021 season has been one to note, including her first qualification to the U.S. Figure Skating Championship in the Junior Ladies division. Amanda notes that Ross’ strength, power, and jumps aid her in besting the competition.

For those individuals just starting out in figure skating with dreams of the Olympics, Mitchell Friess is one to know and watch. As a 24-year-old University of Utah graduate with a degree in Biomedical Engineering and a current WCSC employee, Friess makes managing a high-profile degree path and professional skating career look like a breeze. He has been skating since the age of 7, getting his start in the Ice Sheet’s Learn to Skate program. A three-time Senior Men’s qualifier, Friess is excited to be headed back to the U.S. Figure Skating Championships in 2022. With 2022 being an Olympic year, it is very possible we could see Friess make his dream of representing Team USA at the Winter Olympic Games a reality.

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All three individuals credit the supportive environment of the Weber County Sports Complex to their success. "Every staff member at the Weber County Sports Complex strives to create a safe and fun environment for all skaters and visitors which has helped shape the quality of our training environment." Says WCSC Director Mariko Rollins. "We are excited to watch these three skaters train and compete in the sport they love so much. It is refreshing to witness youth and young adults dedicate themselves to the high levels of athleticism and artistry required for such a technical sport."

For more information on the figure skating programs at the Weber County Sports Complex, please visit www.icesheetwcsc.com.

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