

# Student figure skater works for balance in life, competition

*BYU freshman aims for perfect scores and a college degree*

By CHRIS REED

Pride and self-centeredness are two illnesses that can easily affect talented athletes. Jacquelyn Garces, 18, a freshman and top-tier figure skater, has proved herself immune to these diseases.

In fact, this humble, five-foot powerhouse on ice confesses one pet peeve: she wishes people at BYU were more prone to hugs.

This week, Garces, from San Jose, Calif., will compete for her chance to skate in the U.S. Figure Skating Championships.

In October, Garces competed at the Central Pacific Regional Championship and placed in the top four, qualifying to compete at the Sectional Championships held this week, Nov. 11-15, in Scottsdale Ariz.

If Garces places among the top four this week at sectionals, she will qualify to compete in the U.S. Figure Skating Championships in January 2009.

"She has gotten so far," said Tracy Prussack, who coached Garces in California for 13 years. "Many skaters will skate their whole lives and never make it to her level at sectionals."

This will not be the first time

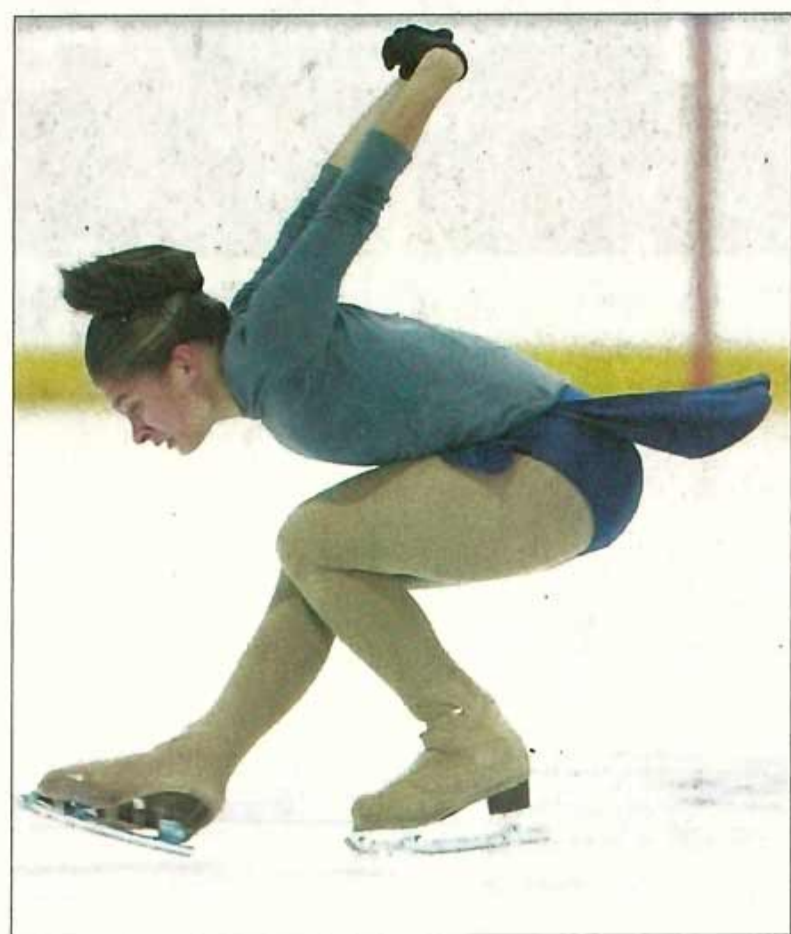


Photo by David Scott

Jacquelyn Garces skates at The Peaks ice arena in Provo after her Friday classes. Garces is training for a competition in two weeks.

that Garces has competed at sectionals. She competed in the 2007 and 2008 sectionals, but she didn't qualify for nationals either time. This week she will try again.

"She puts a lot of pressure on herself, and that may be her biggest enemy," Prussack said. "She's her own worst critic. I think that's her one downfall—she's so tough on herself. She has

that perfectionism quality, and that also makes her great."

Garces admits her enemy at previous sectionals competitions has been her mind.

"I'm hoping being on my own and being in college will help change that mindset a little bit, and calm me down, and not make skating so much of a priority in my life because now I'm at college

"[Jacquelyn] is a wonderful young person, not just a wonderful skater."

Stephanee Grosscup  
Coach

and I have other things to do," Garces said. "So hopefully sectionals this year will be because I love to skate."

Garces, who has been skating since she was 3½, has already reached the highest level in women's figure skating, Senior Ladies. Despite the pressures of training, she does her best to lead a balanced life.

Garces is taking 14½ credits this semester, and she chooses not to skate on Sundays. Although she skates less than she used to, her love for skating has not diminished; college has grown in importance.

Prussack expressed how proud she is of what Garces has been able to accomplish both on and off the ice.

"Most of the skaters that she competes with are home-schooled and definitely made their skating a number-one priority," Prussack said. "I think it's really commendable that she's done what she has without letting her education take a back seat."

Figure skating is an expensive

sport, and Garces teaches skating classes at The Peaks Ice Arena to help fund her skating.

She grins at the idea of someone believing in her enough to sponsor her skating. Unless you're famous, sponsors are hard to come by in figure skating, she said.

Five feet tall, she quietly goes about her busy routine, quick to smile or giggle when an opportunity arises.

"In all the years I've worked with her, I've never heard her say anything unkind about anyone else," Prussack said. "She's an exceptional human being."

Stephanee Grosscup is Garces' coach here in Utah, and has been Garces' choreographer for the past four years. She said it is obvious skating is a part of Garces' life, not the whole thing.

"She's disciplined, she's sensitive and tender-hearted, and she's very tough," Grosscup said. "She's a wonderful young person, not just a wonderful skater."

Anne Barlow, skating director at The Peaks ice arena, said although figure skaters can be self-centered due to the individual nature of the sport, Garces is the exact opposite and she's a joy to work with.

Besides skating, Garces also enjoys tennis, interior decorating and Chinese food.

"I try giving everyone I know a hug," Garces said.

Garces' mother described Jacquelyn as a reserved person. "She works really hard to do the best that she can at whatever she

does. She always does her very best, whether it's in school, skating or church service."

Garces' mother said Jacquelyn wanted to study at BYU, and she kept herself at the top of her class academically.

"Both my husband and I have always said that school comes first," Garces' mother said, reiterating she emphasizes Jacquelyn's education more than her skating. Garces hopes to major in exercise science.

Like anyone else, she has had her struggles in life and she has also had tough times in skating, but she has never stopped.

"It's obvious that she loves the sport because she does it on her own," Grosscup said.

Due to her busy schedule, Garces travels to Salt Lake only twice a week to work with Grosscup.

"She's doing an amazing job training on her own," Grosscup said. "She's not someone I think, 'I hope she comes back next week having improved on the things we've worked on.'"

Prussack is proud of Garces for being at BYU and pursuing her academic goals and her skating. She's optimistic about Garces' performance at sectionals, and in life.

"I don't have any expectations except doing her best and believing in herself," Prussack said. "Do her best, have fun, and believe in herself. Her outcome will be good if she does that."

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# UVU professor teaches lessons of experience

By SARA LENZ

While she does research and teaches classes like many professors, she also visits countries like China and Dubai and plays organized volleyball and soccer. She was even asked to be on the UVU racquetball club after members saw her play a couple months ago. Susan Madsen, UVU professor of management and assistant dean of faculty at the school of business, is a professor of all trades.

Her latest adventure was visiting Dubai last week, where she is working on studying women leadership. On Oct. 28, her second book "Developing Leadership: Learning from Experiences of Women Governors," hit the bookshelves. In her book, she interviewed 10 female governors and described how they came to be where they are today.

Madsen is a wife and mother of four, has a career, travels for research and finds time to do service and play sports. Scott Hammond, the chair of the department of management at UVU, said Madsen gets up early and has more things done by 10 a.m. than most people get done in a day.

"She is one of the most tenacious people I've ever met," Hammond said. "We are really lucky to have her here [at UVU] because she could work anywhere in the country and succeed."

When she started researching women leadership, Madsen could not find information on how people develop leadership skills throughout their lives. So, she decided to fill in the gap. She said the main inspiration for her book was her belief that every young girl needs to become a leader.

"I just wanted to do something that really matters to people," Madsen said. "I've had a passion to do something that would make a difference in people's lives."

She said a turning point in her life was when she was 13 years old and was asked by two adults and an older teenager to teach them piano lessons. This was her first chance to teach. She said she learned she was a good teacher and enjoyed seeing her students improve.

"If you can get young people to really have a chance to be a teacher, to be valued, then they can understand they have a voice," Madsen said. Teaching piano lessons gave her that opportunity, she explained.



Graphic by Stephanie Siggard

She continues to do this at UVU. Madsen helps students learn how to research and has coauthored articles with both students and faculty members.

"She is motivated, intelligent and accomplishes more than most faculty members," Janice Gygi, associate dean of the School of the Arts, said.

This is evident by her white board that she keeps in her office. On the white board, Madsen lists articles and other things she is working to publish. She had eight items listed on her white board or "thinking board" as she calls it, and when her book came out last week, she got to cross off number five. Last summer she had up to 18 items listed.

Coming in at number four on her list is her Chinese research on female leaders. Last month, Madsen went to China with her neighbor, Deon Ruff, and interviewed prominent female leaders and gave seminars about leadership.

Ruff saw Madsen speak with two roomfuls of Chinese young adults. Ruff said she was awed by the experience. In addition to collecting research for her books, Madsen and Ruff experienced eating oriental food, tried to work with the language barrier, ate Cheetos that tasted like chicken and had various other adventures together. Madsen said her trip to China has been the most challenging, mostly because of the language

Madsen is continuing her research of female leaders in Dubai. Three of her potential articles written on her white board stem from the research she is doing there: numbers two, three and six.

She has been doing workshops with Arab female college students. These women are just starting to gain women's rights and to have leadership opportunities.

In today's world to make a difference you really have to have leadership skills," Mad-

sen said. Items have come and gone on Madsen's white board. But, the most vital thing she said

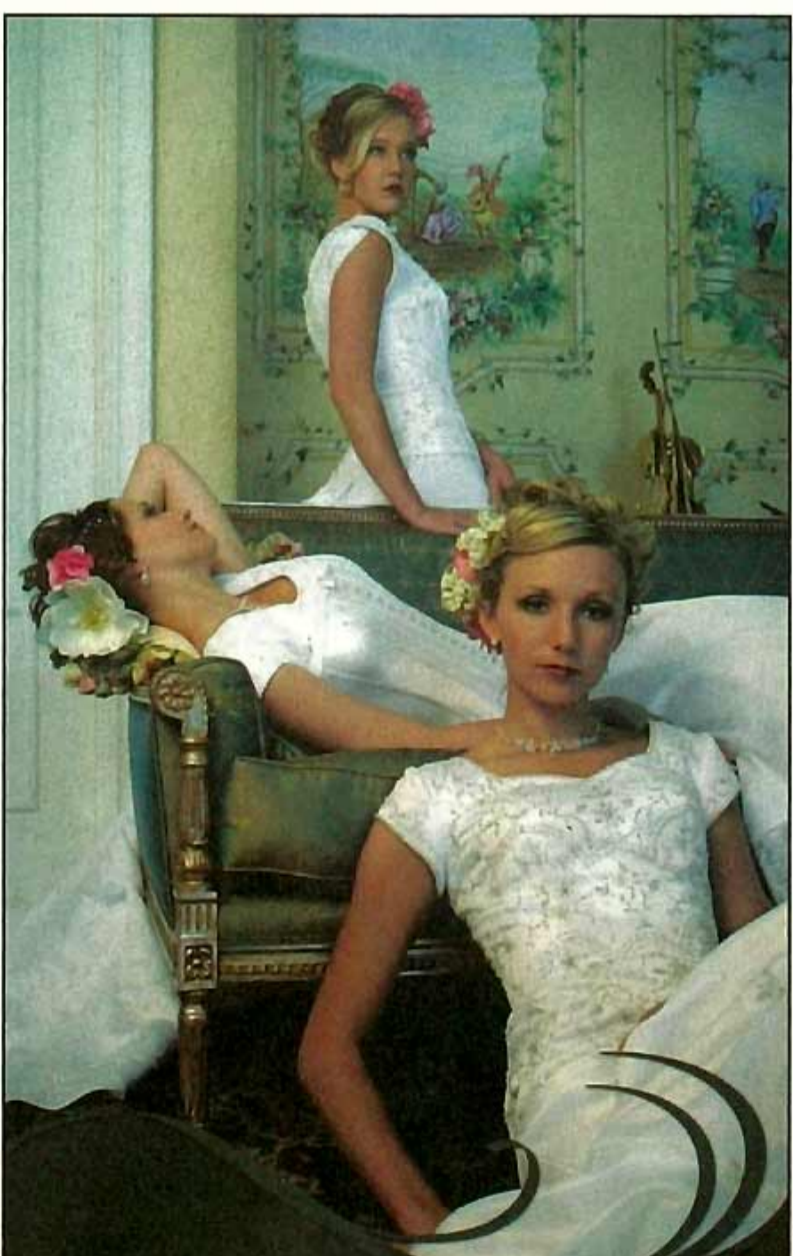


Susan Madsen  
UVU professor

she has learned over her years of research is to take every opportunity available because people do not know what can

help them in the future. "The better prepared you are, the better position you are in to make a difference in this world," Madsen said.

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