

In Step

The Navarro-Bommentre Newsletter

Vol 1 – Fall 2005

We're in it for the Long Haul!

Excerpted from SkateToday.com article Sept 4, 2005.

Ice dancers Kim Navarro and Brent Bommentre just joined forces this year, but they hope to stay together for a long time, not just long enough to make at run at the 2006 Olympics. "We plan to be together for at least five years, and I hope forever," Navarro said. "We're trying to just focus on our skating but the thought of the Olympics is there" added Bommentre.

Both skaters have been to U. S. Nationals on several occasions with former partners.

Bommentre placed sixth in 2005 and fourth in 2004 with Kendra Goodwin. Navarro finished as high as sixth in 2001 and 2002 with Robert Shmalo. Navarro had stopped skating competitively in October 2003 after Shmalo retired to go into law practice.

In April 2005, Navarro and Bommentre got together. "We scheduled a three-day tryout and did a lot of skating in those three days," Bommentre said. "It was a lot of fun and we had a great relationship on the ice. Kim's had the perspective of being out of skating and finishing her education and that's something I don't have. I thought from the first that it was the perfect situation because we share the same ideas and philosophy."



The dancers are training primarily with Robbie Kaine in Ardmore, PA, with three sessions a week with Natalia Linichuk at the University of Delaware.

"I love both rinks," Navarro said. Navarro and Bommentre train for 4-5 hours a day, five days a week on ice with plenty of off ice work. "Kim's an off ice beast," Bommentre said. "She's always working out, at least two hours a day." Both skaters have hip-hop classes and general conditioning workouts. Navarro does Pilates and yoga and is training to be certified as a Pilates instructor. Bommentre is into indoor rock climbing and has started running more. "I'm also doing a lot of lifting," he said.

The dancers were inspired during the summer by

watching Lance Armstrong win his seventh Tour de France cycling road race. "Lance is my role model," said Bommentre, who wears one of the Lance Armstrong Live Strong bracelets. "I got up early every morning to watch the race. Lance didn't win a stage but he won the race. He's patient and smart and that's what we're trying to do. We want to be competitive, but our approach is a patient one. We're making progress every day."

To read the complete article go to:
<http://www.skatetoday.com/articles0506/090405.htm>

Web Site Launched!

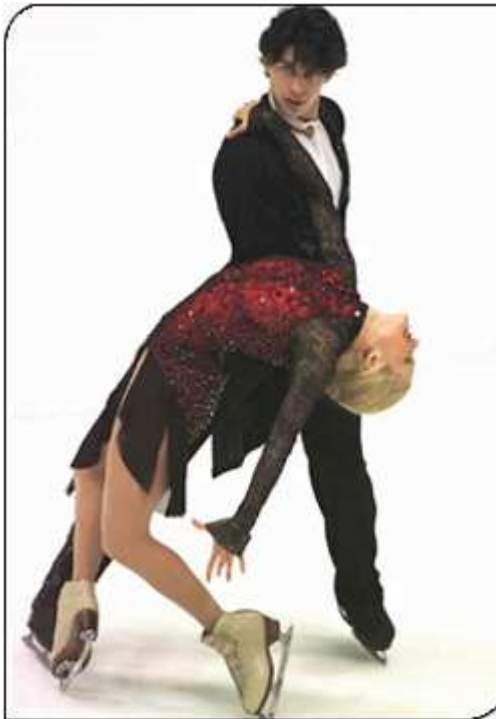
Kim and Brent are proud to announce the launch of their website, www.navarro-bommentre.org. The site contains information on their latest events, a journal of their thoughts and ideas, background information on the team and a gallery of photos and video clips.

Navarro & Bommentre Take on Lake Placid

You Can Help!

The 2005 Lake Placid Ice Dance Championships in August was the setting for Kim and Brent's first competition together. The team started sixth in the free dance, fifth in the original dance, and finished fourth in the compulsories just a few months after their partnership began. Their strong showing earned them a spot as U.S. representatives at the Karl Schaefer Memorial competition in Vienna and has them looking forward to the U. S. Nationals in St. Louis, Jan. 9-15.

"Nationals will be interesting and fun to watch because it will be so competitive," Bommentre said, "but we're willing to put in the time to develop our skating."



To represent the United States at the highest level, athletes like Kim and Brent require resources of many kinds - including significant funding. The estimated costs for these efforts are in excess of \$60,000 per year!

To offset such expenses, both Kim and Brent receive limited financial support from their parents. They also have part-time jobs. But there are only so many hours in a day. Whether you're an individual or represent a corporation, you can make a difference through a tax-deductible donation

To donate to Kim and Brent's team effort, send a check payable to The Skating Foundation to: Brent

Bommentre, PO Box 24, Haverford, PA 19041. For a receipt for your taxes, include a request with your donation.



Meeting the Next Challenge

The Karl Schaefer Memorial Competition in Vienna, Austria was the site of the Navarro-Bommentre team's second competitive event. This year's competition served as an ISU Olympic qualifying competition for countries that didn't receive automatic bids through the 2005 World Figure Skating Championships.

Kim and Brent proved they continue to be on the rise as they started 7th in the compulsories, were 5th in the original dance event, and finished 4th in the free dance event for a final standing of fifth place (a top five placement needed to earn an Olympic spot for those countries attempting to qualify). Not only was that an impressive accomplishment for this new team but they were only 2.14 points away from a third place finish!

Thrilled with their progress, Kim and Brent are back at work focusing on the U.S. Nationals competition.