

EVAN LYSACEK

(2009 PROFILE)

PERSONAL DATA

Age: 23 (Born: 6/4/1985)

Height: 6' 2" (1.88m)

Birthplace: Naperville, Illinois

Home Town: Los Angeles, California

Home Club: DuPage FSC

Training Rink: Toyota Ice Center,
El Segundo, CA

Coach: Frank Carroll

Education: Neuqua Valley High School
Graduate.

Family Information: Middle of three children
born to Tanya and Don Lysacek; Sisters Laura
and Christina.

A key element of confidence is standing tall and proud, and no one in the sport of figure skating embodies that characteristic more than World Champion and two-time U.S. Men's Champion Evan Lysacek. Standing at 6'2", he towers over many of his competitors, and thanks to choreographer Lori Nichol he has learned to flaunt and capitalize on his unique qualities. "Lori has been instrumental in the growth of my career, because she is able to see a skater's strength, bring it out and highlight that strength," says Lysacek. "For so long, because I'm so much taller than the other skaters, I tried to camouflage that and do things that made me look like I wasn't so long and tall. She was one of the first people that said, 'That's what sets you apart and makes you different.' She brought out a creativity and a confidence in my skating."

The first program Nichol choreographed for Lysacek was a modern interpretation of music from the opera "Carmen," which highlighted his height and angles. This season, his short program will be performed to "Bolero" by Maurice Ravel and his long program is to "Rhapsody in Blue" by George Gershwin. Nichol says she encourages Lysacek to be proud of his long lines and utilize that asset along with his musicality, intensity and ability to focus. "I feel he could do any style," she says.

In addition to his 2009 World title and two U.S. Men's titles, Lysacek has been the top U.S. man and one of the most consistent medal winners on the international scene. Lysacek is also the only U.S. man to consistently land quadruple jumps—setting him up to be a serious gold medal contender heading into the 2010 Winter Olympics in Vancouver. A ferocious competitor, he lives by the philosophy that each day is a fresh start. "Go and fight every day, no matter what's happened the day before or what might happen," he says. "Don't think about the past or the future—stay in the present." Nichol says often Olympic gold goes to the skater "who is able to work the smartest, the hardest and the most consistently—Evan has those traits."

Lysacek also appreciates the artistic elegance of skating, and he chooses to wear costumes that show off his sense of style. For the 2006-07 season, Christian Dior designed his short program costume and his long program costume was done by Gianfranco Ferré. Cutting edge designer Alexander McQueen has created both the short and long program costumes for 2007-08. "My personal style is simple and modern," says Lysacek. "I want to feel confident and feel that I'm wearing something that enhances my performance and does not take attention away from the skating." His sense of style extends off the ice, and in the summer of 2007 he began working with the Public Image Modeling Agency. He has also been a sought-after spokesman for the sport of figure skating, and has made numerous personal appearances.

The person that Lysacek thanks most for his success is his coach Frank Carroll, with whom he's been training since 2003. Making the 2006 Winter Olympic team is one of his most satisfying achievements, and he feels he could not have done it without Carroll. Although Lysacek had

wanted to train with Carroll for several years, his mother wisely insisted he stay at home in the Chicago suburb of Naperville until he graduated from high school, so that he had a strong foundation in life. With that accomplished, he made the move to Los Angeles. “Frank was the coach that said he believed I could make the 2006 Olympic team,” Lysacek says. “The traits I really appreciate and respect in him are his loyalty, honesty and down to earth quality. To this day, I’m still learning from him. He has so much experience in life and so much knowledge about the sport.”

They now set their sights on the 2010 Winter Olympics in Vancouver, B.C. Goal setting has always been a big part of Lysacek’s life, and he says that daily, weekly and monthly goals help him to feel confident going into competitions. As his career has progressed he’s had to learn how to refocus the goal-setting process from being strictly results-oriented to encompassing both results and training. After becoming U.S. Novice Champion at 13, U.S. Junior Champion at 14 and World bronze medalist at 19, he establishes both his short- and long-term goals. “My goals are about training,” says Lysacek, who is confident in his technique. “It’s great to win competitions and I feel really good about winning, but I also feel a sense of pride every day now from going into the rink and working hard. It feels good to give it everything you have every day. That’s just as rewarding to me as winning. As far as long-term goals, obviously winning the Olympic gold medal in 2010 is a huge goal I’ve been working towards my entire life. I’ve realized what the process is to accomplish it. I’m looking forward to it, but I am realistic. It takes a lot of confidence and determination. Those are hopefully things I’m building mentally each day.”

Although Lysacek fully understands the importance of performing all the elements—especially essential under the sport’s international judging system—he also revels in making a connection with an audience. Appearances in shows, such as *Family Tribute on Ice*, and tours, such as *Stars on Ice*, have helped build on his natural charisma. “Whatever choreography I’m doing, even when I’m competing and I have to be so focused, there are certain spots in the program that I try to remember to establish a connection, because that is what makes our sport unique,” he notes. “The audience is able to see our faces and see our emotions. It is important for them to see, because it draws people closer to the skater and they feel a real connection.” In addition to his larger-than-life personality and charm, Lysacek had a heart of equal proportion. Evan is a supporter of numerous charities including Figure Skating in Harlem and the Dana-Faber Cancer Institute. He participated in the “Target- A Time for Heroes” celebrity charity event benefiting the Elizabeth Glaser Pediatric AIDS Foundation and is a celebrity friend of Ronald McDonald House Charities.

EVAN LYSACEK COMPETITIVE RECORD

2008-2009 SEASON

*World Championships 2009- 1st
*2009 World Team Trophy- 1st
National Championships 2009- 3rd
*Four Continents Championships 2009- 2nd
National Championships 2008- 1st
*Four Continents Championships 2008- 3rd
*ISU Grand Prix Final 2008- 3rd
Skate America 2008- 3rd
*HomeSense Skate Canada Int. 2008- 3rd

2007-2008 SEASON

*World Championships 2007- 5th
National Championships 2007- 1st
(Junior) Skate America 2007- 2nd

2003-2004 SEASON

*Four Continents Championships 2003- 10th
*World Junior Championships 2003- 2nd (Junior)
*ISU Junior Grand Prix Final 2003- 5th (Junior)
*Croatia Cup 2003- 1st (Junior)
*SBC Cup 2003- 1st (Junior)
National Championships 2003- 7th

2002-2003 SEASON

JGP Montreal 2002- 2nd (Junior)
ISU JGP Courchevel 2002- 2nd
Triglav Trophy 2002- 1st (Junior)

*Cup of China 2007- 2nd
 *Four Continents Championships 2007- 1st

National Championships 2002- 12th

2006-2007 SEASON

*Olympic Winter Games 2006- 4th
 *World Championships 2006- 3rd
 *Cup of China 2006- 1st
 Skate America 2006- 2nd
 National Championships 2006- 2nd

2001-2002 SEASON

*World Junior Championships 2001- 2nd (Junior)
 *ISU Junior Grand Prix Final 2001- 8th (Junior)
 National Championships 2001- 12th

2005-2006 SEASON

*World Championships 2005- 3rd
 *Four Continents Championships 2005- 1st
 *NHK Trophy 2005- 2nd
 SmartOnes Skate America 2005- 2nd
 *Campbell's FS Classics 2005- 6th
 National Championships 2005- 3rd

2000-2001 SEASON

*Piruetten 2000- 2nd (Junior)
 *Pokal der Blauen Schwerter 2000 2nd (Junior)
 *Gardena Spring Trophy 2000 2nd (Junior)
 National Championships 2000- 1st (Junior)

2004-2005 SEASON

*Four Continents Championships 2004- 3rd
 *World Junior Championships 2004- 2nd (Junior)
 *ISU Junior Grand Prix Final 2004- 1st (Junior)
 *Cup of Russia 2004- 5th
 SmartOnes Skate America 2004- 5th
 *Marshalls World Cup 2004- 2nd
 *Campbells Skating Challenge 2004- 5th
 *Int. World Skating Challenge 2004- 5th
 National Championships 2004- 5th

1999-2000 SEASON

*Salchow Trophy 1999- 1st (Junior)
 *Junior Grand Prix Canada 1999- 7th (Junior)

*International Competition

PERSONAL BESTS

Type	Date	Score	Event	Event Category	Discipline	Level
Total	03.26.2009	242.23	World Championships 2009	Men	Singles	Seniors
Total	07.02.2009	237.15	Four Continents Championships 2009	Men	Singles	Seniors
SP/OD	13.02.2008	84.06	Four Continents Championships 2008	Men	Singles	Seniors

SP/OD Technical	13.02.2008	46.06	Four Continents Championships 2008	Men	Singles	Seniors
SP/OD Component	24.10.2008	38.20	Skate America 2008	Men	Singles	Seniors
FS/FD	09.02.2007	59.23	Four Continents Championships 2007	Men	Singles	Seniors
FS/FD Technical	09.02.2007	84.43	Four Continents Championships 2007	Men	Singles	Seniors
FS/FD Component	25.10.2008	76.30	Skate America 2008	Men	Singles	Seniors