

# San Diego Union Tribune 3 min. Multi-Media presentation on Kova and Ross

April 12, 2008 - Full presentation accessible on the web at:  
<http://weblog.signonsandiego.com/multimedia/utmedia/080412skaters/>

The San Diego Union-Tribune.

FEEDBACK

## Turning ice cold into ice gold

Join fourteen-year old Kassy Kova and seventeen-year old partner Justin Ross as they take to the ice, in their quest to make the 2014 Olympics.

The ice-dancing duo have trained together for nearly three years under the guidance of a team of coaches, and are moving up the ranks in state and national competitions.

Their weekday routine starts before dawn with on-ice lessons at the San Diego Ice Arena, and continues with instruction ranging from ballet to ballroom dancing. The workout day ends with strength and endurance training at the YMCA, before heading off to school.



**More information** on Kassy and Justin

captions

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