

Plainfield student qualifies for roller skating World Cup

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By Sara Bedigian Day Staff Writer

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Ally Schmidt qualified for the World Skate World Figure Cup and will be competing in Chicago from Sept. 18, 2026 through Sept. 20, 2026 this year. (Courtesy of Ally Schmidt)

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Plainfield — Ally Schmidt started roller skating when she was 5 years old at Skate Inn on Norwich Road.

After years of competing and taking lessons at her hometown rink, she achieved her longtime goal of qualifying for the World Skate World Figure Cup, representing Team U.S.A. last month.

Schmidt is a 15-time national champion. She said the USA Roller Sports national championships are normally held in Lincoln, Neb., where she competes against other skaters in the U.S.

When she attended this year's national championship in mid-July, she skated an event with World Skate, the official organization recognized by the International Olympic Committee for all roller sports, and placed second, qualifying her for the world competition this September.

Schmidt said she is nervous to compete on a world stage, noting that more than 20 countries compete. However, she said, she has always wanted to qualify after years of practicing and competing.

"It takes a lot of dedication and hard work, so it makes it feel so rewarding when you actually get an award like that," Schmidt said.

Schmidt's journey

Schmidt grew up going to Skate Inn with her friends and sister and decided to attend the rink's learn-to-skate program.

During the program, Schmidt said, she had to pass skill tests before moving on to the next level. Soon after, coaches approached her to join the rink's competitive team — Connecticut United Skating Club, which she has been a part of for 10 years now.

While she said competing can be nerve-wracking, especially during the 10-minute warm-up before the start, her favorite part is getting judged in the moment.

"Right as the judges come over, I sort of calm down, and then I can really focus on what I'm doing," Schmidt said.

Before she competes, she said she always talks to her friends and family who "hype" her up, too.

And she remembers all the pointers from her coaches, Lynn Cassio and Cassio's daughters Candace Cassio and Christina Cassio Styn.

Lynn Cassio, who has been teaching Schmidt since she was a little girl, said she took to roller skating quickly, placing at the beginner competitions and always working to advance to the next division. Divisions are broken up by age and ability, she said.

"You have to have discipline and self-motivation," Cassio said. "It's very hard to teach that, but she had that."

A junior at Plainfield High School, Schmidt said she has always had great support from the town and school community.

“Ally is an outstanding student who brings the same discipline, focus, and positivity to her academic work as she does to her sport,” said high school principal Stacey Kelleher. “Seeing her hard work pay off on an international stage is an inspiration to our entire school community.”

At school, Schmidt is a member of the National Honor Society chapter and serves as treasurer in the Future Business Leaders of America chapter.

“Ally represents the very best of Plainfield,” said Plainfield Superintendent Paul Brenton. “The entire Plainfield Public Schools community is immensely proud of her hard work, and we will all be cheering her on as she represents both our town and our country on the world stage in Chicago.”

Once she graduates, Schmidt hopes to attend CT State Quinebaug Valley so she can commute from Plainfield and continue skating and competing.

A unique sport

When people think of skating, Schmidt said they often think of ice skating, roller derby or speed skating, but artistic roller figure skating is a different sport.

She said it is most closely compared to figure skating on the ice: “It is exactly like ice skating, but just on roller skates.”

The only difference between the two is that although the sport is recognized by the International Olympic Committee through World Skate, it is not an Olympic sport like figure skating.

For people like Coach Lynn Cassio, this form of skating has been a huge part of her and her family’s life.

“My parents ... who are no longer with us, they met on skates in the '50s,” Cassio said. “So we are multigenerational family of skating and roller skating.”

Cassio grew up skating and returned to coach the sport. Both of Cassio’s daughters also began skating at a young age, and now all three of them coach skaters like Schmidt at Skate Inn.

Cassio said since she began coaching in Plainfield in 1993, she has taught 185 national champion skaters and several world champions.

Now, Schmidt could be the next world champion.

“As a club and as a coaching staff, we are very proud of Ally. She’s a hard worker, she is dedicated, she is easy to work with, she is very smart,” Cassio said.

For Schmidt, she will compete at her first World Cup from Sept. 18 through Sept. 20 in Chicago. She said she is actively raising money to fund her trip on [GoFundMe](#), which can be found on her social media.

“An insane goal would be like placing first, second, or third at the World Cup,” Schmidt said. “That would be amazing, but just qualifying is a huge reward that I’m amazed by.”

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