

Champions Training Centre DECEMBER 2006 NEWSLETTER

WELCOME

WELCOME TO THE DECEMBER EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! CAN YOU BELIEVE THAT IN LESS THAN 31 DAYS 2006 WILL BE COMPLETED AND WE WILL BE STARTING A NEW YEAR! THIS IS THE TIME THAT MANY OF US DECIDE TO MAKE CHANGES; LET'S KEEP MOVING IN A POSITIVE DIRECTION!!!

ON BEHALF OF THE CHAMPIONS TRAINING CENTRE COACHES AND STAFF, WE WOULD LIKE TO WISH EACH AND EVERY ONE OF YOU A SAFE AND HAPPY HOLIDAY SEASON!

PARENTS: PLEASE READ THIS IMPORTANT INFORMATION

Over the past few months the number of visits from parents to the ice has been steadily increasing. The policy has always been that parents are not allowed to come to the ice surface at any time during their child's practice times or competition times. The main concerns are that the skater is to be practicing their skills and distractions are not helpful. Also at times the skaters are looking up into the seating area and not looking around them creating an unsafe scenario for both that skater and others on the ice. At no time is a parent to give instructions from the seating area and/or shout instructions onto the ice. If there is a concern please make an appointment with your base coach to talk over any concerns. Also, DRESSING ROOMS are for the skaters to get ready to come onto the ice and parents beyond Canskate/Learn to Skate are not to be in these dressing rooms as it makes the other skaters uncomfortable. Again if you need to see your child please call them out of the room to talk.

THESE POLICIES WILL NEED TO BE FOLLOWED,
KEVIN WHEELER

SKATERS AND COACHES NEWS

IT'S GREAT TO SEE JASMINE COWAN BACK ON THE ICE AFTER BEING OFF THE ICE SO LONG DUE TO YOUR INJURY! HALEY SWEERS AND HER FAMILY HAVE MOVED OUT WEST. WE WISH YOU ALL THE BEST! HOPE TO SEE YOU NEXT SUMMER! CONGRATULATIONS TO ALL THE SECTIONAL SKATERS. MANY OF YOU ACCOMPLISHED YOUR PERSONAL GOALS AT THE WO SECTIONAL CHAMPIONSHIPS HELD ON NOVEMBER 9 – 12, 2006.

WE WOULD LIKE TO CONGRATULATE THE FOLLOWING SKATERS THAT QUALIFIED THROUGH TO SECTIONALS: *PRE-NOVICE LADIES:* NADIA KITCHEN, KRISTEN TIKEL, ZOEY BROWN, CHELSEA SAUER, JORDAN HUNT. *NOVICE LADIES:* ANDREE MORIN, SARAH NOLAN, CAROLYN MCCAULEY.

CONGRATULATIONS TO THE SKATERS THAT HAVE QUALIFIED ONTO WESTERN CHALLENGE. OUR TEAM IS LISTED BELOW! ON DECEMBER 8, 2006 THE REGIONAL TEAM PARTY WILL BE TAKING PLACE AT THE KINSMEN HALL ON HAMILTON STREET. THIS YEAR, MANY OF THE SKATERS ARE GOING TO DEMONSTRATE TALENTS THAT THEY HAVE OUTSIDE OF THE ARENA! WE LOOK FORWARD TO HEARING/SEEING THEM!!!

HARROWING MOMENT AT SECTIONALS FOR NICHOLAS VINK AS HE TURNED INTO THE INCREDIBLE HULK AND SPLIT HIS PANTS. NICHOLAS WAS GETTING A LITTLE WORRIED WHEN HE SAW MR WHEELER COMING AT HIM WITH A POCKET FULL OF SAFETY PINS, BUT MRS WHEELER SAVED THE DAY WITH NEEDLE AND THREAD!!!

APPARENTLY, MRS MAGLIARISI COMMENTED ON HOW SHE FELT THAT ARIANA WAS REALLY THINKING DURING THE EVENT AT SECTIONALS. ARIANA'S REPLY WAS: YEH, MY BRAIN HURTS NOW!!!

STRING WAS WHAT HELD JENNY PETERS TIGHTS TOGETHER AT SECTIONALS, WHEN SHE REALIZED THAT HER OVER THE BOOT TIGHTS HAD COME WITH TWO EYES AND NO HOOK!!!

PAJAMAS WERE IN ORDER FOR THE NOVICE LADIES WHO HAD VERY LATE PRACTICES AT SECTIONALS!

A SPECIAL THANK YOU TO THE "MOM'S & DAD" THAT CLEANED THE PRESTON CLUB OFFICE. IT LOOKS AND SMELLS GREAT!

ALL SKATERS SHOULD NOW HAVE A MAILBOX. IF YOU DO NOT, PLEASE CONTACT THE CTC OFFICE.

ICE SHOW APPLICATION FORMS ARE NOW PAST DUE!

IF YOU ARE A HOME CLUB PRESTON MEMBER, YOUR SKATE CANADA CARD SHOULD BE LOCATED IN YOUR MAILBOX. PLEASE DO NOT LOOSE THIS CARD!

WESTERN CHALLENGE TEAM MEMBERS:

WHEN YOU SEE YOUR FELLOW TEAM PRESTON MEMBERS, REMEMBER TO WISH THEM A GREAT SKATE!

- PRE-NOVICE LADIES: ZOEEY BROWN
- PRE-NOVICE MEN: NICHOLAS VINK
- PRE-NOVICE PAIR: ZOEEY BROWN & IAN BEHARRY, KRISTEN TIKEL & CHARLES MORRIS
- NOVICE LADIES: ANDREE MORIN
- NOVICE MEN: IAN BEHARRY, CHARLES MORRIS
- JUNIOR MEN: ROB SCHULTZ

TEST DAY INFORMATION

THE NEXT TEST DAY IS TENTATIVE SCHEDULED FOR {EVALUATED TESTS – FRIDAY DECEMBER 15, 2006}; {COMPETITIVE TESTS – TUESDAY DECEMBER 19, 2006}. ONCE THE FINAL TEST LIST IS ANNOUNCED FOR EACH TEST DAY, THE SKATERS WILL RECEIVE AN ENVELOPE FROM THE COACH THAT HAS TO BE SUBMITTED TO TRY THE TEST. THIS ENVELOPE IS DUE BACK INTO THE TEST BOX (LOCATED IN THE STORAGE ROOM IN HESPELER ARENA OR IN THE PRESTON CLUB OFFICE) ONE WEEK BEFORE TEST DAY. PLEASE MAKE SURE YOU FILL OUT ALL OF THE REQUESTED INFORMATION IE: SKATE CANADA NUMBER. MORE INFORMATION TO FOLLOW. THE RESULTS OF THE TEST DAY ARE POSTED ON THE CTC WEBSITE: WWW.CHAMPIONSTC.COM

FUTURE EVENTS

WESTERN CHALLENGE FROM DECEMBER 1 – 4, 2006, MONCTON

THE REGIONAL TEAM DINNER IS BEING HELD ON DECEMBER 8TH, 2006, KINSMEN HALL!

THE CHRISTMAS ICE PARTY BEING HELD ON DECEMBER 23, 2006 FROM 1:00 – 3:00PM, PRESTON AUD

IMPORTANT DATES

DECEMBER 1 – 4, 2006	WESTERN CHALLENGE
DECEMBER 8, 2006	REGIONAL TEAM PARTY
DECEMBER 9, 2006	SHOP AND SUPPORT CARD PICK UP 11:30AM – 3:30PM
DECEMBER 15, 2006	TENTATIVE TEST DAY: 9:00AM – 2:00PM
DECEMBER 16, 2006	MACMILLANS PICK UP: 1:00PM – 3:00PM ONLY
DECEMBER 19, 2006	COMPETITIVE TEST DAY: 6:10PM – 7:00PM
DECEMBER 22, 2006	LAST DAY OF REGULAR SKATING
DECEMBER 23, 2006	CHRISTMAS PARTY: 1:00PM – 3:00PM
DEC 24 – JAN 1, 2007	CHRISTMAS HOLIDAY NO SKATING EXCEPT FOR NATIONAL TEAM
JANUARY 2, 2007	SKATING RESUMES
JANUARY 2 – 5, 2007	ADDITIONAL SESSIONS, PLEASE SEE BELOW
JANUARY 5, 2007	NO AFTERNOON SKATING AT HESPELER ARENA
	MAKE-UP PILLERS ARENA 1:00PM – 3:00PM
JANUARY 6, 2007	NO SKATING AT PRESTON AUDITORIUM

PRESTON FSC NEWS

THE PRESTON FIGURE SKATING CLUB WOULD LIKE TO THANK ALL OF THE VOLUNTEERS THAT ASSISTED IN THE SECTIONAL CHAMPIONSHIPS HELD AT RIM PARK. YOU DID A GREAT JOB!!!!

THE PRESTON FSC WOULD LIKE TO THANK EVERYONE THAT PARTICIPATED IN THE MACMILLANS & THE SHOP AND SUPPORT CARD FUNDRAISER! THEY WERE A HUGE SUCCESS!!!!

WE ARE CONTINUING TO COLLECT ZEHRS TAPES. THERE IS A BOX IN THE STORAGE ROOM @ HESPELER ARENA OR AT THE PRESTON CLUB OFFICE, PLEASE DROP YOUR ZEHRS RECEIPT TAPES THERE!

THE PRESTON FSC WILL ONCE AGAIN BE HOSTING A SKATE-A-THON. THIS EVENT WILL BE HELD ON JANUARY 27, 2007. MORE INFORMATION IS AVAILABLE ON THE PRESTON WEB-SITE OR AT THE PRESTON CLUB OFFICE.

THE PRESTON WEB-SITE IS: WWW.PRESTONFSC.COM.

COMPETITION NEWS

DENNIS SILVERTHORNE CONFIRMATIONS WILL BE MAILED OUT TO YOU. **PLEASE CALL THE CTC OFFICE WITH YOUR CONFIRMED EVENT TIME(S) AND FLIGHT NUMBER(S).**

ALL COMPETITION RESULTS WILL BE POSTED ON THE CHAMPIONS TRAINING CENTRE AND PRESTON FSC WEBSITES.

PRO-SHOP

AT THE CTC OFFICE WE OFFER A NUMBER OF SKATING SUPPLIES! IF YOU REQUIRE TIGHTS, LACES – WHITE OR BLACK, CLEAR SKATE TAPE, BLADE COVERS, TWISTERS, SKATE GUARDS OR GEL PADS YOU CAN PURCHASE THEM FROM US. IT'S VERY EASY – JUST PHONE 519-622-8551, PLACE YOUR ORDER AND WE WILL BRING IT TO THE ARENA FOR YOU!

ICE TIME REMINDERS

JANUARY SESSION: MAKE UP ICE FOR THE FOLLOWING SESSIONS:

FRIDAYS: (AFTERNOON SESSIONS) JANUARY 12TH, 19TH, 2007

SATURDAYS: JANUARY 6TH, 13TH, 20TH, 2007

TUESDAY JANUARY 2ND, 2007: GALT ARENA {ICE TIME TO REPLACE SAT JAN 6TH JR BR & HIGHTER & FRIDAY JAN 12TH}

9:00AM – 9:20AM SKILL/DANCE SESSION
9:20AM – 10:05AM GENERAL SESSION: JUNIOR BRONZE AND HIGHER
10:05AM – 10:20AM STROKING
10:30AM – 11:15AM GENERAL SESSION: JUNIOR BRONZE AND HIGHER
11:15AM – NOON GENERAL SESSION: PRE-NOVICE AND HIGHER, PAIRS

TUESDAY JANUARY 2ND, 2007: PRESTON AUD {ICE TIME TO REPLACE SATURDAY JAN 6TH PRE-PREL TO PRELIMINARY}

5:00PM – 5:15PM STROKING
5:20PM – 5:50PM OFF ICE CLASS
6:10PM – 7:00PM GENERAL SESSION

WEDNESDAY JANUARY 3RD, 2007: GALT ARENA {ICE TIME TO REPLACE SATURDAY JAN 12, 2007}

9:00AM – 9:45AM GENERAL SESSION: PRE-PRELIMINARY TO JUNIOR BRONZE
9:45AM – 10:15AM SKILL/DANCE SESSION
10:15AM – 10:30AM STROKING SESSION
10:40AM – 11:25AM GENERAL SESSION: JUNIOR BRONZE AND HIGHER
11:15AM – NOON GENERAL SESSION: PRE-NOVICE AND HIGHER, PAIRS

THURSDAY JANUARY 4TH, 2007: HESPELER ARENA {ICE TIME TO REPLACE SATURDAY JAN 19TH & FRIDAY JAN 19TH}

8:00AM – 8:50AM PAIR SESSION
9:00AM – 9:45AM GENERAL SESSION: PRE-PRELIMINARY TO JUNIOR BRONZE
9:45AM – 10:05AM SKILL/DANCE SESSION
10:05AM – 10:20AM STROKING SESSION
10:30AM – 11:15AM GENERAL SESSION: JUNIOR BRONZE AND HIGHER
11:15AM – NOON GENERAL SESSION: PRE-NOVICE AND HIGHER

FRIDAY JANUARY 5TH, 2007: PILLERS RIM PARK {CHANGE IN LOCATION FOR FRIDAY JANUARY 6TH, 2007}

1:00PM – 3:00PM GENERAL SESSION
3:10PM – 3:55PM FITNESS CLASS

CANADIAN TEAM ICE:

DECEMBER 23, 2006	3:00PM – 5:00PM	PRESTON AUDITORIUM
DECEMBER 27, 2006	5:00PM – 7:00PM	KARL HOMUTH ARENA
DECEMBER 28, 2006	9:00AM – 11:00AM	MCCORMICK ARENA
DECEMBER 29, 2006	9:00AM – 11:00AM	REC CENTRE
DECEMBER 30, 2006	2:00PM – 4:00PM	PRESTON AUDITORIUM

{PLEASE NOTE: THIS IS THE ACTUAL ICE TIME, FITNESS AND LIFT CLASSES WILL BE ADDED.}

MERRY CHRISTMAS!
FROM THE CTC COACHING STAFF