

Champions Training Centre

JUNE 2010 NEWSLETTER

WELCOME

AS WE CONTINUE THROUGH SPRING SCHOOL SKATERS ARE LEARNING NEW SKILLS AND STARTING TO DEVELOP THEIR NEW PROGRAMS. THIS SPRING, ONE OF THE MAIN FOCUSES WAS THE DEVELOPMENT OF THE SKATERS POWER, STRIDE AND POSTURE IN THEIR BASIC SKATING GOING IN AND OUT OF JUMPS.

MISSED SESSION LINE PROCEDURE

IF YOU ARE GOING TO BE AWAY, PLEASE CALL, 519-624-4532 & REMEMBER TO PRESS # 2. THIS IS VERY IMPORTANT AS THIS IS THE ONLY WAY THE COACHES WILL KNOW THAT YOU ARE NOT ATTENDING THE SESSION BUT THAT YOU ARE SAFE! BY DOING THIS YOU WILL NOT BE CHARGED FOR THE LESSON. **EVEN IF YOUR COACH IS AWARE OF THE ABSENCE, PLEASE ALSO LEAVE A MESSAGE ON THE MISSED SESSION LINE.** MANY OF YOU LEAVE A MESSAGE, HOWEVER FORGET TO PRESS # 2 AND THEREFORE THE COACHES DO NOT RECEIVE IT! PLEASE DO NOT CALL BETWEEN 11:30PM AND 5:00AM.

ICE SURFACE ENTRANCE

PLEASE REMEMBER THAT ONCE THE SKATER STEPS ONTO THE ICE, WE ASK THAT THEY DO NOT LEAVE THE ICE SURFACE UNLESS THEY HAVE PERMISSION FROM THEIR BASE COACH OR ONE OF THE COACHES ON DUTY. WE WOULD APPRECIATE IF PARENTS WOULD WAIT UNTIL THE END OF THE SESSION WHEN THE SKATERS LEAVE THE ICE BEFORE THEY COME TO SPEAK TO THEIR CHILD.

SKATERS AND COACHES NEWS

IT'S GREAT TO SEE MR CANN BACK ON THE ICE. THIS PAST MAY HE WAS QUITE SICK!

ON A SAD NOTE, MRS ROBBINS SISTER IN-LAW PASSED AWAY EARLIER THIS MONTH.

JAMES DUROCHER IS INJURED AND IS CURRENTLY OFF. WE HOPE TO SEE YOU BACK ON THE ICE SOON!

CANADA'S WONDERLAND HAS BEEN PLANNED FOR JULY 24TH, 2010. THE COST WILL BE:

\$ 37.50. THE REGULAR ADMISSION FEE IS \$63.00. PLEASE FORWARD PAYMENT (CK PAYABLE TO CTC BY JUNE 5, 2010).

WE WILL BE LOOKING FOR PEOPLE TO ASSIST WITH THE DRIVING. IF YOU ARE AVAILABLE TO DRIVE ONE WAY OR BOTH, PLEASE CONTACT THE CTC OFFICE. THERE WILL BE A PERMISSION FORM FOR PARTICIPANTS TO FILL OUT. THIS WILL BE AVAILABLE THE THIRD WEEK OF SUMMER SCHOOL.

SUMMER FORMS ARE NOW PAST DUE! IF YOU HAVE NOT ALREADY HANDED IN YOUR FORM, AND ARE PLANNING ON DOING SO, PLEASE FORWARD IT TO CTC ASAP.

A NUMBER OF OUR SKATERS HAVE BEEN SELECTED TO PARTICIPATE IN THE ONTARIO TRAINING CAMP AT THE BEGINNING OF JULY. CONGRATULATIONS TO ALL OF THOSE SKATERS!

ONCE AGAIN THIS SUMMER, WE WILL BE OFFERING BALLET CLASSES TO OUR JUNIOR BRONZE AND HIGHER SKATERS. MS MICHELE MORTIMER WILL BE CONDUCTING THESE CLASSES THIS YEAR. MS MORTIMER RECEIVED A BACHELOR OF FINE ARTS HONOURS DEGREE SPECIALIZING IN DANCE FROM YORK UNIVERSITY AS WELL AS A GRADUATE FROM THE NATIONAL BALLET. SHE HAS PERFORMED WITH A NUMBER OF DANCE COMPANIES INCLUDING THE NUTCRACKER. WE WOULD LIKE TO WELCOME HER BACK TO OUR SCHOOL.

IF YOU ARE WISHING TO HAVE YOUR COMPETITION OUTFIT MADE THROUGH THE SCHOOL, PLEASE CONTACT YOUR BASE COACH. ALSO IN THE SUMMER, MR LUKE BAKER WILL CONTINUE WITH OUR YOGA CLASSES.

SKATERS: NOW THAT WE ARE IN THE SPRING AND SUMMER MONTHS, IT IS ESPECIALLY IMPORTANT THAT SKATES BE TAKEN OUT OF THE SKATE BAG EVERY EVENING TO LET THE INSIDE AND SOLES DRY OUT COMPLETELY. THIS WILL HELP PREVENT DETERIORATION OF THE BOOTS. ALSO PLEASE REMEMBER NOT TO STORE SKATES IN SKATE BAGS WITH GUARDS ON THE BLADES. THE QUILTED OR PADDED BLADE COVERS ARE MUCH MORE SUITABLE.

WAIVER FORMS HAVE BEEN EMAILED OUT TO ALL SKATERS. PLEASE FORWARD THEM BACK TO THE OFFICE IF YOU HAVE NOT ALREADY DONE SO!

THANK YOU MRS MORIN FOR ORGANIZING THE DRESS AND SKATE SALE. WE REALLY APPRECIATE IT.

REMINDER: IF THERE ARE ANY CHANGES TO THE SKATERS HEALTH OR PARENTS CONTACT NUMBERS, PLEASE MAKE SURE YOU REVISE THEIR MEDICAL FORM. IF YOU REQUIRE A NEW ONE, PLEASE CONTACT THE CTC OFFICE.

WE WOULD LIKE TO WISH ALL OF THE SKATERS THAT HAVE DECIDED TO MOVE ON FROM THE PRESTON FSC COMMUNITY THE BEST OF LUCK WITH YOUR NEW ENDEAVORS. PLEASE KEEP INTOUCH!

IF YOU ARE INTERESTED IN SAVING SOME FUNDS WITH YOUR SUMMER REGISTRATION, THE REGISTRATION FORM WOULD NEED TO BE RECEIVED BY THE DEADLINE DATE OF MAY 5TH, 2010 SO THAT THE SUMMER ICE AND LESSONS COULD BE PROCESSED AND PAYMENT FOR BOTH WOULD BE RECEIVED IN FULL BY JUNE 30TH, 2010. CONTACT CTC OFFICE FOR MORE INFORMATION.

IMPORTANT DATES

- JUNE 5, 2010 CANADA'S WONDERLAND FEE DUE
- JUNE 28, 2010 MAKE UP FOR MONDAY MAY 24TH
- JUNE 29, 2010 MAKE UP FOR SATURDAY MAY 22ND
- JUNE 30, 2010 TENTATIVE TEST DAY
- JULY 5, 2010 FIRST DAY OF SUMMER SKATING
- JULY 23, 2010 PEPPLER
- JULY 24, 2010 CANADA'S WONDERLAND
- JULY 28, 2010 TENTATIVE SUMMER TEST DAY
- JULY 29 – AUG 1, 2010 INDY PAIR COMPETITION
- AUG 6 – 8, 2010 SUMMER SIZZLE COMPETITION
- AUG 13 – 15, 2010 THORNHILL COMPETITION

MAKING CHANGES TO SKATERS SCHEDULES

CTC DOES NOT GIVE REFUNDS EXCEPT IN THE CASE OF APPROVED MEDICAL WITHDRAW. NO REFUNDS FOR RETIRED SKATERS. WITHDRAWAL FROM THE PROGRAM DOES NOT REMOVE THE OBLIGATION TO HONOUR POST-DATED CHEQUES. PROGRAM CHANGES ARE TO BE REQUESTED IN WRITING. EMAILS ARE NOT PERMITTED, AS BASE COACH IS REQUIRED TO SIGN TO VERIFY APPROVAL OF THIS CHANGE. THERE IS A \$15.00 PROCESSING FEE FOR CHANGES ONCE THE INVOICE HAS BEEN PROCESSED. CREDITS OR REFUNDS FOR MEDICAL REASONS WILL BE ISSUED UPON RECEIPT OF A MEDICAL DOCTOR'S NOTE, ON A PRO-RATED BASIS.

SUMMER PROGRAMS: ALL COMPETITIVE PROGRAMS ARE SOLD BY THE WEEK (MONDAY TO FRIDAY) {THAT INCLUDES ALL OFF ICE CLASSES}. NO PARTIAL PROGRAMS AVAILABLE. ALL PRE-NOVICE AND HIGHER SKATERS ARE TO DO 3 FREE SKATES (MONDAY TO THURSDAY) AND 1 ON FRIDAY. NO CREDIT WILL BE GIVEN IF A SKATER CHOOSES TO DO ONLY 2 FREE SKATE SESSIONS. SKATERS CANNOT PURCHASE GENERAL SESSIONS FOR SINGLES ON THE PAIR SESSION

CTC SUMMER DAY CAMP

STARTING JULY 5TH FOR 5 WEEKS, WE WILL BE OFFERING A DAY CAMP TO ALL PRE-PRELIMINARY TO PRELIMINARY SKATERS! THIS CAMP WILL BE HELD ON TUESDAYS AND THURSDAY FOR THE MONTH OF JULY. THIS CAMP WILL RUN FROM NOON TO 3:40PM @ THE HESPELER ARENA. FOR A LOW FEE OF ONLY \$15.00 A DAY, SKATERS WILL BE INVOLVED IN OFF-ICE ACTIVITIES IN A SUPERVISED SETTING. THE SKATERS REGULAR SESSIONS, WILL BE BEGIN @ 3:50PM ON THOSE DAYS.
SKATERS ARE TO REGISTER AT THE TIME OF REGISTERING FOR THE SUMMER PROGRAM!

PRESTON FSC NEWS

FUNDRAISER: THE PRESTON FSC IS STILL COLLECTING ZEHRS TAPES. ANY TIME YOU GO TO ZEHRS, PLEASE BRING YOUR RECEIPTS TO THE COACHES DRESSING ROOM @ THE HESPELER ARENA. THESE ZEHRS RECEIPTS CAN BE FROM ANYWHERE... IE: GUELPH, KITCHENER, WATERLOO, BRANTFORD OR CAMBRIDGE.
THE PRESTON FSC AGM IS GOING TO BE HELD ON TUESDAY JUNE 8, 2010 @ 7:30PM. IT WILL AT THE HESPELER MEMORIAL ARENA. ALL PRESTON MEMBERS THAT ARE IN GOOD STANDING WITH THE CLUB ARE WELCOME TO ATTEND!

TEST DAY INFORMATION

IF YOU CHILD IS NOT HOME CLUB PRESTON, THEN A TEST PERMISSION FORM WILL BE REQUIRED.

USUALLY A FORM IS ONLY PERMITTED FOR ONE SCHOOL OR SEASON {DEPENDING ON THE HOME CLUBS RULES}.

PLEASE MAKE SURE YOU HAVE A CURRENT TEST PERMISSION FORM AT THE CTC OFFICE.

SPRING TEST DAY(S) ARE TENTATIVELY PLANNED FOR: JUNE 30, 2010. ONCE THE FINAL TEST LIST IS ANNOUNCED FOR EACH TEST DAY, THE SKATERS WILL RECEIVE AN ENVELOPE FROM THE COACH THAT HAS SUBMITTED THE TEST. THIS ENVELOPE IS

DUE BACK INTO THE TEST BOX (LOCATED IN THE COACHES DRESSING ROOM, HESPELER ARENA) ONE WEEK BEFORE TEST DAY. PLEASE MAKE SURE YOU FILL OUT ALL OF THE REQUESTED INFORMATION IE: SKATE CANADA NUMBER.

GOLD TEST MEDALISTS AS OF MAY 31, 2010

OLIVIA SCOTT – GOLD FREESKATE

COMPETITION NEWS

INDY PAIR CHALLENGE, SUMMER SIZZLE & THORNHILL FORMS WILL BE AVAILABLE SHORTLY.

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 HESPELER ARENA FOR YOU!

THOUGHT FOR THE MONTH

“HABIT STARTS OUT AS A THREAD. AS NEW THREADS ARE ADDED, IT BECOMES A ROPE WE CANNOT BREAK”

PARENTS CORNER

BY: MRS SUSIE MCGRIGOR

IT'S THE TIME OF YEAR FOR NEW CONCEPTS, MUSIC AND PROGRAMS.

AS A CHOREOGRAPHER, MY TASK IN A PERFECT WORLD WOULD MEAN BEAUTIFUL MUSIC, ARTFUL CONCEPT, AND SKILLED ATHLETES STRIVING FOR DETAIL AND INTENSITY.

THERE IS NO GREATER REWARD THAN WATCHING A SKATER REACH NEW HEIGHTS BECAUSE OF FIRST TRUSTING, THEN EXPLORING NEW ARTISTIC WATERS WHERE ABILITIES THEY DIDN'T KNOW THEY HAD ARE REVEALED.

WE HAVE ALL WITNESSED THE DEVELOPMENT OF BOTH PATRICK CHAN AND JOANNIE ROCHETTE IN THIS WAY OVER THE YEARS.

I WILL SHARE WITH YOU AS I DO WITH ATHLETES, MY "QUOTABLES" ON THE SUBJECT OF ARTISTRY:

ART=SKILL.....SKILL=ART.....THEY ARE ONE AND THE SAME.....DON'T LET POOR TECHNIQUE GET IN THE WAY OF YOUR STYLE!

MUSIC: KNOW IT... UNDERSTAND HOW IT WILL INFLUENCE/FLOAT THE CONCEPT OF YOUR CHARACTER/STORY...LISTENING WITH ARTFUL EARS LETS YOU EXPERIENCE RATHER THAN JUST HEAR

CHOREOGRAPHY: ANYONE'S FEET CAN LEARN STEPS BUT IT TAKES YOUR HEART TO SKATE THEM WITH PASSION...YOU ARE CAPABLE...ARE YOU WILLING?

MOVEMENT: VOID OF EMOTION IS SIMPLY EXERCISE...YOU ARE SO MUCH BETTER THAN THAT!

DETAIL: A DETAILED EXECUTION IS ONLY HARDER TO PERFORM WHEN YOU DON'T PRACTISE THAT WAY

I CAN'T STRESS ENOUGH THE SKATER'S COMMITMENT TO THE CREATIVE PROCESS. THE MORE THEY ARE INVOLVED, THE GREATER THE POSSIBILITY FOR INTENSITY, FORM, AND BEAUTY...AND THAT USUALLY MEANS ACHIEVING THEIR GOALS.

PROPER STROKING WITH EXTREME FORM AND POWER IS A PRIME FOCUS OF THE COACHING STAFF AT CTC. AS A TOOL AND USED AS A HABIT, WE BELIEVE IT WILL ENHANCE EVERYTHING ABOUT A SKATER INCLUDING THEIR COMPETITIVE RESULT. IT IS A MUCH NEEDED MANDATORY STAPLE. IS IT YET ACQUIRED? WILL IT UNDERLINE OR UNDERMINE EVERYTHING THEY EXECUTE ON THE ICE? THE POSSIBILITIES ARE ENDLESS.