Champions Training Centre
FEBRUARY 2010 NEWSLETTER

WELCOME

WELCOME TO THE FEBRUARY EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER!
THERE ARE SO MANY THINGS GOING ON RIGHT NOW, WE HOPE THAT THE INFORMATION AVAILABLE THROUGHOUT THE NEWSLETTER IS HELPFUL!

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.

SPRING SEMINAR

WE ARE PLEASED TO ANNOUNCE THAT WE WILL ONCE AGAIN BE CONDUCTING OUR 2010 SPRING SEMINAR. THIS YEAR THE SEMINAR WILL BE OFFERED @ THE HESPELER ARENA ON APRIL 16, 17, 2010. MR LYNDON JOHNSTON AND MS SUSAN BLATZ WILL BE PRESENTING AT THIS YEARS SEMINAR. APPLICATION FORMS ARE NOW AVAILABLE ON THE PRESTON FSC AND CHAMPIONS TRAINING CENTRE WEBSITES.!

SKATERS AND COACHES NEWS

AT THIS TIME, WE WOULD ASK THAT YOU SET UP A MEETING WITH YOUR BASE COACH TO REVIEW THIS PAST YEARS SKATING: DID THE SKATER ACCOMPLISH THEIR GOALS? SET OUT A "PLAN OF ATTACK" FOR NEXT YEAR AND FILL OUT THE SPRING, SUMMER AND FALL SCHOOL APPLICATION FORMS.

THE OFF-SEASON SCHOOL APPLICATION FORMS WILL BE AVAILABLE SHORTLY!!! THE SPRING SCHOOL WILL BE A 10-WEEK PROGRAM AND THE SUMMER SCHOOL WILL BE A 6 OR 7 WEEK PROGRAM (DEPENDING ON THE LEVEL OF SKATERS)

CONGRATULATIONS TO THE SKATERS THAT QUALIFIED THROUGH TO SENIOR & JUNIOR NATIONALS. BOTH THE SENIOR AND JUNIOR NATIONALS TOOK PLACE IN LONDON. WE UNDERSTAND THAT MANY PRESTON "FAMILY" MEMBERS WENT DOWN TO CHEER ON THE SKATERS! CONGRATULATIONS ON SUCH GREAT SKATES!

THE REGIONAL CLUB SIMULATION WILL BE HELD ON FEBRUARY 8TH, 2010 @ THE PRESTON AUDITORIUM STARTING @ 4PM. FOLLOWING THAT WILL BE THE REGIONAL TEAM CELEBRATION. ALL SKATERS AND FAMILY MEMBERS OF THE PRESTON FIGURE SKATING CLUB ARE ENCOURAGED TO COME AND CHEER EACH OTHER ON!

ON SATURDAY FEB 6TH, 2010 THE PRESTON FSC WILL BE HOSTING ITS ANNUAL SKATE-A-THON. WE HOPE THAT ALL THE MEMBERS OF THE PRESTON FIGURE SKATING CLUB COME OUT AND PARTICIPATE IN THIS FUN EVENING.

AN ICE SHOW INFORMATION SHEET WAS SENT OUT JUST LAST WEEK. IF YOU DID NOT RECEIVE IT, PLEASE CONTACT THE CTC OFFICE. IF YOU KNOW ANY FORMER PFSC SKATERS, VOLUNTEERS OR BOARD MEMBERS, PLEASE FORWARD THEIR CONTACT INFORMATION (NAME AND EMAIL) TO THE CTC OFFICE. WITH THIS BEING OUR 50TH ANNIVERSARY, WE WOULD LIKE TO SEE AS MANY ALUMNI AS POSSIBLE.

IT'S GREAT TO SEE ASHLEIGH LAINE BACK ON THE ICE!

PLEASE REMEMBER THAT DUE TO THE "FAMILY HOLIDAY" IN FEBRUARY, THERE WILL BE NO SKATING ON FEBRUARY 15TH.

THERE WILL BE NO TICKET ICE AVAILABLE ON MONDAY FEBRUARY 15TH & FRIDAY FEBRUARY 19TH, 2010.

WINTER SKATING FINISHES ON SATURDAY FEBRUARY 27, 2010. ICE SHOW PRACTICES BEGIN ON SATURDAY FEBRUARY 27TH, 2010 @ 5PM. THERE WILL BE A MEETING FOR ALL SECTIONAL SKATERS ON FEBRUARY 27TH, 2009 STARTING AT 5PM AT THE PRESTON AUDITORIUM

ON WEDNESDAY FEBRUARY 17TH AND 24TH, 2010, THE PRESTON FSC WILL BE HOSTING A FUNDRAISER TO ASSIST THE ICE SHOW. SKATERS, FAMILIES AND FRIENDS CAN PRE-ORDER A MEAL TICKET FOR $10.00 AND ENJOY A WONDERFUL MEAL AT CRABBY JOES ON HESPELER ROAD IN CAMBRIDGE. THE COST INCLUDES: SPAGHETTI, SALAD AND ROLL. THE

ONLY ADDITIONAL COST WILL BE A BEVERAGE. THE ORDER FORMS WILL BE AVAILABLE SHORTLY. WE HOPE THAT YOU WILL SUPPORT THE CLUB!

AT THE 2010 NATIONALS, MR MARK ROWSOM SANG AT THE CLOSING CEREMONIES, AND MRS SUSIE MCGRIGOR CHOREOGRAPHED THE CLOSING CEREMONIES. WAY TO GO PRESTON!!!!

IF SKATERS ARE INVITED TO PARTICIPATE IN AN ICE SHOW, CHARITY FUNCTION, OR FUNDRAISER, PLEASE MAKE SURE YOU CONTACT THE CTC OFFICE. IT IS IMPORTANT TO MAKE SURE THAT THESE EVENTS ARE SANCTIONED THROUGH WESTERN ONTARIO SECTION, SKATE CANADA.

WE ARE PLEASED TO HEAR THAT BRITTANY SOBESKI WILL BE BACK ON THE ICE AS OF FEBRUARY 1ST, 2010!

AS THE SEASON IS COMING TO A CLOSE WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO SHOWCASE THE NEXT SKATING LEVEL, OUR REGIONAL TEAM TO THE RECREATIONAL SKATERS. WE HAVE PUT ALL OF THE KIDS NAMES IN A HAT, AND HAVE DRAWN A FEW NAMES TO DO THEIR PROGRAM ON THE RECREATIONAL SESSION. IF YOUR NAME IS DRAWN, WE WILL CONTACT YOU BY EMAIL.

TEST DAY INFORMATION

THE NEXT TEST DAY IS TENTATIVELY SCHEDULED FOR {EVALUATED TESTS – FEBRUARY 25 & 26, 2010} {COMPETITIVE TESTS – FEBRUARY 22 10}; ONCE THE FINAL TEST LIST IS ANNOUNCED FOR EACH TEST DAY, THE SKATERS WILL RECEIVE AN ENVELOPE FROM THE COACH THAT SUBMITTED 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.

FUTURE EVENTS

REGIONAL TEAM SIMULATIONS, FEBRUARY 8, 2010
REGIONAL TEAM CELEBRATION, FEBRUARY 8, 2010
BOSTON PIZZA COMPETITION, FEBRUARY 19 – 21, 2010
FUTURES COMPETITION, MARCH 6, 7, 2010

SATURDAY FEBRUARY 27TH, 2010 – SCHEDULE:

1:10PM – 2:55PM – RECREATIONAL PROGRAMS
3:05PM – 4:55PM – REGULAR SKATING PROGRAM*
(IF YOU USUALLY SKATE LATER THAT DAY, PLEASE CONTACT THE CTC FOR YOUR REVISED SCHEDULE)
5:00PM – SECTIONAL TEAM ICE SHOW MEETING
5:05PM – 6:00PM – ADULT SKATING
6:00PM – MIDNIGHT – ICE SHOW PRACTICE

IMPORTANT DATES

FEBRUARY 8, 2010	REGIONAL CLUB SIMULATIONS & CELEBRATION
FEBRUARY 22, 2010	TENTATIVE COMPETITIVE TEST DAY
FEBRUARY 25 OR 26, 2010	TENTATIVE EVALUATED TEST DAY
FEBRUARY 27, 2010	LAST DAY OF SKATING
FEBRUARY 27, 2010	FIRST DAY OF ICE SHOW PRACTICE
FEBRUARY 27, 2010	FIRST DAY OF TICKET SALES (1PM – 5PM)
MARCH 6 – 7, 2010	FUTURES COMPETITION

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!

PRESTON FSC NEWS

THE PRESTON FIGURE SKATING CLUB IS DOING TWO MORE FUNDRAISIER. ITS PINERIVER CHEESE & MACMILLANS. PINERIVER INFORMATION WAS ALREADY EMAILED TO YOU AND THE MACMIILANS FORMS WILL BE OUT SHORTLY!

FOR THE 2010 ICE SHOW, WE ARE ASKING EACH FAMILY TO VOLUNTEER A MINIMUM OF 4 HOURS EITHER PRIOR TO OR DURING THE SHOW. IF YOU WISH TO DO MORE, WE WILL NEVER SAY NO! IF YOU HAVE NOT ALREADY SIGNED UP TO BE ON A COMMITTEE, PLEASE CALL 519-653-2252.

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

CHAMPIONS TRAINING CENTRE OFFICE

AS PART OF YOUR JANUARY 31, 2010 STATEMENT, YOU WILL RECEIVE {IF UNDER THE AGE OF 16} THE 2009 FITNESS TAX CREDIT FOR ALL SKATERS WHO PARTICIPATED IN THE PFSC 09/10 WINTER SKATING PROGRAM. THIS TAX CREDIT IS BASED ON THE AMOUNT PAID FOR YOUR WINTER ICE FROM OCTOBER TO DECEMBER 31, 2009. A 2010 FITNESS TAX CREDIT FOR THE REMAINING 09/10 WINTER MONTHS WILL BE DISTRIBUTED AT THE END OF MARCH, 2010. PLEASE NOTE, ONLY ONE COPY OF THIS FITNESS TAX RECEIPT CAN BE PROVIDED, THEREFORE PLEASE DO NOT MIS-PLACE IT!

PARENTS CORNER

"ARE YOU COMPARING APPLES TO APPLES?"

IN PAST NEWSLETTERS WE HAVE OFFERED SUGGESTIONS OF WHAT WE BELIEVE TO BE THE BEST TRAINING SCHEDULE FOR SKATERS DEPENDING ON THEIR LEVEL.

IT IS HARD FOR PARENTS TO ASSESS THEIR CHILD'S PROCESS FOR THEIR LEVEL AND TEND TO MAKE COMPARISONS TO OTHER SKATERS ON THEIR SESSIONS, AT THE TEST DAYS AND AT THE COMPETITIONS, BUT ARE THESE FAIR COMPARISONS? MANY FACTORS COME INTO PLAY IN ASSESSING A SKATERS PROGRESS.

WHEN DID THE CHILD START SKATING AND HOW LONG HAVE THEY BEEN TRAINING AT THAT LEVEL

ARE THEY SKATING THE RECOMMENDED AMOUNT OR ARE THEY SKATING FEWER DAYS AND/OR LESS HOURS

ARE THEY SKATING ALL FOUR SEASONS – SPRING, SUMMER, FALL AND WINTER

ARE THEY GETTING ADEQUATE COACHING TIME

ARE THEY MAKING IT REGULARLY TO THEIR SESSIONS OR DO THEY FREQUENTLY MISS AND NOT MAKE UP THEIR SKATING TIME

ARE THEY PUNCTUAL

IS THE SKATER MOTIVATED AND WORKING HARD AND SMART ON THEIR SESSIONS

DOES THE SKATER HAVE REASONABLE BALANCE, AGILITY, BODY SIZE AND SHAPE TO ALLOW THE SKATER TO PROGRESS AT THIS LEVEL

THERE ARE MANY FACTORS THAT COME INTO PLAY IN A CHILD'S PROGRESS THROUGH THIS SPORT AND EVERY SKATER WILL HAVE THEIR OWN MOTIVATIONS AND REASONS TO CHOOSING FIGURE SKATING. THEY WILL ALSO HAVE GOALS THEY WOULD LIKE TO ACHIEVE. THE HARDEST PART IS MATCHING UP THE GOALS TO A REASONABLE SET OF CRITERIA:

SKATERS SHOULD SKATE AT THE LEVEL THAT THEY AND THEIR FAMILY CAN AFFORD. AFFORD MEANS MANY THINGS:

1. FINANCIAL MEANS
2. TIME COMMITMENT
3. FAMILY ABIITY TO GET THE SKATER TO THEIR SESSIONS
4. MOTIVATION LEVEL AND WORK HABITS OF THE SKATER

LISTED BELOW IS THE RECOMMENDED AMOUNT OF ICE TIME THAT SKATERS AT THE VARIOUS LEVELS SHOULD BE SKATING:

COMPETITIVE SKATERS:

SESSIONS ARE CONSIDERED PACKAGES AS THEY DO GENERAL SESSIONS, STROKING, CONDITIONING, FLEXIBILITY AND YOGA CLASSES AS PART OF THEIR TRAINING DAY.

NOVICE, JUNIOR AND SENIOR SINGLES AND PAIRS
5 AFTERNOON PACKAGES AND THREE MORNING PACKAGES

PRE-NOVICE SINGLES SKATERS
5 AFTERNOON PACKAGES MINIMUM

JUVENILE SKATERS
4 AFTERNOON PACKAGES MINIMUM

REGIONAL SKATERS:

JUNIOR BRONZE AND HIGHER STARSKATE
4 – 5 DAYS PER WEEK

PRELIMINARY
3 – 5 DAYS PER WEEK

PRE-PRELIMINARY
2 – 4 DAYS PER WEEK

THESE RECOMMENDATIONS AND REQUIREMENTS ARE BASED ON WHAT THE COACHING STAFF AT CTC AND PRESTON BELIEVE TO BE REQUIRED TO ACHIEVE CONSISTENT PROGRESS FOR THE LEVELS INDICATED. IT ALSO REPRESENTS HOW SKATERS ARE TRAINING IN OTHER SKATING ORGANIZATIONS THROUGHOUT CANADA.

SPRING FORMS WILL BE COMING OUT SHORTLY AND ALONG WITH THAT YOU SHOULD BE PLANNING A COACH/PARENT ANNUAL MEETING WITH YOUR BASE COACH. WHEN YOU RECEIVE YOUR SPRING FORMS, YOU WILL NOTE THAT THE FORM ENCLOSED IN YOUR PACKAGE IS THE FORM FOR THE LEVEL THAT YOUR BASE COACH FEELS IS RIGHT FOR YOU.