

Champions Training Centre

NOVEMBER 2009 NEWSLETTER

WELCOME

WELCOME TO THE NOVEMBER EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! THE WINTER SEASON IS UPON US; PLEASE MAKE SURE YOU WEAR PROPER ATTIRE!

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.

SKATERS AND COACHES NEWS

ON NOVEMBER 5TH, 2009, THERE WILL BE A REGIONAL TEAM MEETING FOR ALL THE REGIONAL SKATERS. WE WOULD LIKE EVERYONE FROM THE PRE-PRELIMINARY TO PRELIMINARY LEVEL TO ATTEND THE MEETING!

ON NOVEMBER 12, 13, 2009 THERE IS NO SKATING AT THE HESPELER ARENA DURING THE AFTERNOON SESSIONS. IF YOU USUALLY SKATE ONE OF THOSE AFTERNOON SESSIONS AND YOUR SCHEDULE HAS NOT BEEN REVISED FOR THAT WEEK, PLEASE CONTACT THE CTC OFFICE.

ON FRIDAY NOVEMBER 21, 2009 THERE IS NO SKATING AT THE HESPELER ARENA FROM 6:30AM TO 7:30AM. THE SESSION WILL START AT 7:30AM.

ON SAT NOV 14, 2009 THE PRESTON SKATING CLUB IS PARTICIPATING IN THE CAMBRIDGE CHRISTMAS PARADE. IF YOU ARE INTERESTED IN ASSISTING WITH CREATING THE FLOAT OR BEING PART OF IT, PLEASE CONTACT PFSC.

ON FRIDAY NOVEMBER 20TH, 2009 THERE WILL BE NO TICKET ICE OR AFTERNOON SESSION AT HESPELER ARENA.

ON SATURDAY NOVEMBER 21, 2009 THERE IS NO SKATING AT THE PRESTON AUDITORIUM.

Wow, HAVE YOU SEEN WHAT THE PRESTON FSC IS UP TO????? THEY HAVE STARTED THEIR OWN BLOG. TO CHECK IT OUT, TYPE [HTTP://PRESTONFSC.BLOGSPOT.COM](http://prestonfsc.blogspot.com). IT'S GREAT!!!!

THIS YEAR WITH BE PRESTON'S 50TH ICE SHOW... WE ARE LOOKING FOR ALL FORMER SKATERS OF THE PRESTON CLUB TO JOIN US FOR A SPECIAL WEEKEND. IT WILL BE TAKING PLACE ON MARCH 26 – 28, 2010. IF YOU KNOW OF ANY FORMER SKATERS, PLEASE ASK THEM TO CONTACT US @ [PRESTONFSC_50TH@HOTMAIL.COM](mailto:prestonfsc_50@hotmail.com) TO RECEIVE MORE INFORMATION.

ANDREE MORIN ATTENDED THE SASKATOON SKATE COMPETITION. CONGRATULATIONS ON BEING ASKED TO BE PART OF THE WO TEAM.

AS OF NOV 1ST, 2009 ALL ARENAS WILL BE HAND SANITIZERS AS YOU ENTER THE BUILDING. PLEASE MAKE SURE YOU USE IT.

OCTOBER WAS A BUSY MONTH FOR THE COMPETITIVE SKATERS. THE SECTIONAL TEAM HAD THEIR CLUB COMPETITION ON FRIDAY OCTOBER 23 AND SATURDAY OCTOBER 24TH, 2009. THE COACHES WERE VERY IMPRESSED WITH THE EFFORT THE SKATERS PUT FORTH TOWARDS THEIR CLEAR ICE PROGRAMS AND THE TEAM DINNER; GREAT JOB EVERYONE!!!!

THE SKATERS AND COACHES WOULD LIKE TO THANK THE PARENTS THAT ASSISTED WITH MAKING THE SECTIONAL TEAM DINNER A WONDERFUL EVENING. A SPECIAL THANK YOU TO DEBBIE TUDISCO.

THE SECTIONAL TEAM HAS MET THEIR PERSONAL GOALS AND ARE READY TO COMPETE AT THIS YEARS SECTIONALS CHAMPIONSHIPS BEING HELD IN SARNIA ON NOVEMBER 12-15, 2009. ALL THAT HARD WORK, THOSE MILLION RUNTHRU'S, POSITIVE ATTITUDE AND DESIRE TO ACHIEVE NO MATTER WHAT, HAS YOU READY TO MEET YOUR NEXT GOAL! SKATE PROUD!! WE INVITE ALL CLUB MEMBERS TO COME AND CHEER ON OUR TEAM.

WE WILL BE OFFERING HARNESS SESSIONS STARTING IN NOVEMBER. IF YOU ARE INTERESTED, PLEASE CONTACT YOUR BASE COACH.

WHILE MOST OF THE SKATERS ARE GOOD AT REMEMBERING, PLEASE REMEMBER THAT IF YOU ARE PLANNING ON USING THE CITY TICKET ICE, IT IS \$10.00 PER HOUR. THIS FEE IS TO BE PAID AT THE BEGINNING OF THE SESSION. WE HAVE A SIGN IN/SIGN OUT SHEET THAT WE ASK THE SKATERS TO FILL OUT EACH TIME THEY USE THIS ICE. THIS INFORMATION IS THEN SENT TO THE CITY.

FUTURE EVENTS

THE SECTIONAL CHAMPIONSHIPS BEING HELD IN WINDSOR NOVEMBER 12 – 15, 2009
CHRISTMAS PARADE, NOVEMBER 14, 2009

TEST DAY INFORMATION

THE NEXT TEST DAY IS TENTATIVELY PLANNED FOR: EVALUATED: DECEMBER 21ST, 2009. 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 STORAGE ROOM IN HESPELER ARENA OR IN THE PRESTON CLUB OFFICE) ONE WEEK PRIOR TO THE TEST DAY. PLEASE MAKE SURE YOU FILL OUT ALL OF THE REQUESTED INFORMATION IE: SKATE CANADA NUMBER.

SECTIONAL TEAM:

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

- PRE-JUVENILE LADIES: SYDNEY COLLINS
- PRE-NOVICE LADIES: JOCELYN SAMELO, OLIVIA SCOTT, BRITTANY SOBESKI, BONNIE SU, CLAIRA WHICHER
- PRE-NOVICE MEN: GEORGE COWAN, HENRY SU
- NOVICE LADIES: AVELINE PEARSON, MACY HOLLIDAY, DANIELLE MOORE, KRISTEN TIKEL
- NOVICE MEN: BOB GOODWIN, WESLEY KILLING
- NOVICE PAIR: AVELINE PEARSON/ALEX SHELDRIK, LEAH HYSLOP/BOB GOODWIN, CLAIRA WHICHER/WESLEY KILLING
- JUNIOR LADIES: ANDREE MORIN, JORDAN HUNT, CHELSEA SAUER, TAYLOR STEELE
- JUNIOR MEN: IAN BEHARRY, CHRISTOPHER BOUTILIER
- JUNIOR PAIR: TAYLOR STEELE/ROB SCHULTZ, KRISTEN TIKEL/IAN BEHARRY
- SENIOR MEN: ROB SCHULTZ

IMPORTANT DATES

- NOVEMBER 5TH, 2009 REGIONAL PARENTS WORKSHOP
- NOVEMBER 12TH, 2009 PRACTICE ICE FOR SECTIONALS IN SARNIA
- NOVEMBER 13 – 15, 2009 SECTIONAL CHAMPIONSHIPS SARNIA
- NOVEMBER 14TH, 2009 CAMBRIDGE CHRISTMAS PARADE
- NOVEMBER 14TH, 2009 REGAL IS DUE INTO THE CLUB OFFICE
- NOVEMBER 20TH, 2009 TICKET ICE IS NOT AVAILABLE
- NOVEMBER 20TH, 2009 NO SKATING FRIDAY AFTERNOON AT HESPELER
- NOVEMBER 21ST, 2009 NO SKATING PRESTON AUDITORIUM
- NOVEMBER 28TH, 2009 MACMILLANS IS DUE INTO THE CLUB OFFICE
- DECEMBER 1ST, 2009 BURSARY APPLICATION FORMS DUE
- DECEMBER 2 – 6, 2009 CHALLENGE CHAMPIONSHIPS, MISSISSAUGA
- DECEMBER 1ST, 2009 PFSC BURSARY FORMS DUE

PRESTON FSC NEWS

PRESTON SKATING CLUB IS OFFERING THE MACMILLANS FUNDRAISER. FORMS ARE NOW AVAILABLE PLEASE VISIT THE PRESTON CLUB OFFICE.

THIS YEAR, THE CLUB IS ALSO PROMOTING REGAL CARD AND GIFT CATALOGUE. IF YOU DIDN'T RECEIVE A CATALOGUE BUT YOU WOULD LIKE ONE, PLEASE CONTACT RACHELL AT THE PRESTON CLUB OFFICE.

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. MORE INFORMATION REGARDING THIS EVENT WILL BE AVAILABLE IN DECEMBER.

THE PRESTON FSC BURSARY APPLICATION FORMS WILL BE AVAILABLE SHORTLY. THIS IS OPEN TO ALL MEMBERS OF THE PRESTON CLUB.. THEY WILL BE DUE BY DECEMBER 1ST, 2009. THE PRESTON WEB-SITE IS: WWW.PRESTONFSC.COM.

GOLD TEST MEDALLISTS AS OF OCTOBER 30TH, 2009

CONGRATULATIONS!

CAROLYN BORGES – GOLD FREESKATE TEST

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!

THE SHARRATT AWARD

THE SHARRATT AWARD IS "AWARDED TO A SKATER WHO IS RECOGNIZED BY THEIR PEERS AS COMBINING EXCELLENCE IN PERFORMANCE WITH UNSELFISH DEDICATION TO THE PRESTON FIGURE SKATING CLUB". SOME FORMER RECIPIENTS WERE: 1988, CHRISTINE HOUGH, 1997 ALISON PURKISS, 2002 BILLY EATON, 2004 KRISTA RICCIATTI. THE SECTIONAL TEAM VOTED AND THE RECIPIENT OF THE SHARRATT AWARD FOR THE 2009/10 SEASON IS TAYLOR STEELE. CONGRATULATIONS!

REMINDER NOTICE

CHRISTMAS BREAK: MANY PARENTS ARE INQUIRING AS TO WHEN WE SKATE OVER THE CHRISTMAS HOLIDAYS. LISTED BELOW IS AN OVERVIEW OF THE *SKATERS SCHEDULE*

LAST DAY OF REGULAR SESSIONS:	WEDNESDAY DECEMBER 23, 2009
PRESTON CHRISTMAS PARTY:	SATURDAY DECEMBER 19, 2009, 1PM – 3PM, PRESTON AUD
NO SKATING:	FROM DECEMBER 24 TO & INCLUDING JANUARY 3 RD , 2010
SKATING RESUMES FOR ALL LEVELS:	MONDAY JANUARY 4, 2010

(PLEASE NOTE: NATIONAL TEAM WILL BE SKATING DURING DEC 24 – JAN 3, 2010 – TBA)

THOUGHT FOR THE MONTH

"THE GREATEST OF FAULTS, I SHOULD SAY, IS TO BE CONSCIOUS OF NONE"

COMPETITION PACKING LIST

SKATERS IT IS ALWAYS IMPORTANT TO REVIEW THIS COMPETITION PACK LIST TO ENSURE THAT YOU HAVE WHAT IS REQUIRED:

- OFF-ICE WARM UP CLOTHING INCLUDING PROPER RUNNING SHOES
- POSSIBLY AN MP3 PLAYER TO LISTEN TO SOLO MUSIC WHILE WARM UP
- COMPETITION OUTFIT & BACK UP OUTFITS
- COMPETITION TIGHTS & BACK UP TIGHTS
- SKATERS (PLEASE ENSURE THAT SKATERS AND LACES ARE CLEAN)
- COMPETITION HAIR PIECES
- MATCHING SWEATER FOR WARM UP – PLEASE BRING SWEATER WITH ZIPPER OR BUTTON FRONT (NOT HOODED SWEATERS)
- CLEAR TAPE (TO TAPE THE TOP OF SKATES)
- SCISSORS TO CUT TAPE
- GUARDS
- KLEENEX
- POSSIBLY A SKIPPING ROPE AND SPINNER/TWISTER
- SKATE BAG COPY OF YOUR SOLO
- MAKE-UP
- EXTRA PAIR OF LACES
- WATER BOTTLE