

Champions Training Centre AUGUST 2006 NEWSLETTER

WELCOME

WELCOME TO THE AUGUST EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! WE ARE NOW MORE THAN 1/2 WAY THROUGH THE SUMMER PROGRAM. AS MANY OF YOU START TO PREPARE FOR YOUR FIRST COMPETITION, DOUBLE CHECK THE TO-DO LIST POSTED IN THE COMPETITION SECTION OF THE NEWSLETTER!

WE HOPE EVERYONE ENJOYS THEIR TWO WEEK BREAK!

MISSED SESSION LINE PROCEDURE

EACH MONTH WE ARE GOING TO EMPHASIZE THE IMPORTANCE OF CALLING THE CORRECT MISSED SESSION LINE, 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. MANY OF YOU LEAVE A MESSAGE, HOWEVER FORGET TO PRESS # 2 AND THEREFORE THE COACHES DO NOT RECEIVE IT!

SKATERS AND COACHES NEWS

WE ARE HAPPY TO HEAR THAT IAN BEHARRY WILL BE BACK ON THE ICE AROUND AUGUST 5TH!

FALL SCHOOL FORMS ARE NOW PAST DUE! PLEASE MAKE AN APPOINTMENT TO SPEAK TO YOUR BASE COACH ABOUT THE BEST SCHEDULE THAT WOULD SUIT YOUR SKATER.

REMINDER: THE WAIVER FORM AND SKATE CANADA MEMBERSHIP FORMS ARE NOW DUE!

ON THURSDAY JULY 13, 2006 MR JOHN BRISCOE THE NEW TECHNICAL CONSULTANT FOR WESTERN ONTARIO SECTION OBSERVED OUR SKATERS. HE WAS VERY IMPRESSED!

ON THURSDAY JULY 21, 2006, THE SKATERS WERE INTRODUCED TO A NEW TYPE OF DANCE: BELLY-DANCING! THE KIDS CERTAINLY SEEMED TO ENJOY THEMSELVES!

IT'S GREAT TO SEE CHARLES MORRIS BACK ON THE ICE!

ONCE AGAIN EVERYONE WHO ATTENDED CANADA'S WONDERLAND HAD A GREAT TIME! THE KIDS WERE GREAT! A SPECIAL THANK YOU TO MRS MORIN, MRS MILNE, ROB SCHULTZ AND MRS DREWETT FOR DRIVING!

WE WOULD LIKE TO WISH THE MILSTED FAMILY ALL THE BEST ON THEIR MOVE TO FRANCE. WE HOPE REBECCA AND LAURA ENJOY THEIR NEW SKATING CLUB IN FRANCE... KEEP IN-TOUCH!

WE WERE GLAD TO HEAR THE NADIA KITCHEN AND HER SISTER WERE OKAY AFTER THE CAR ACCIDENT THEY WERE IN WHILE HEADING TO SKATING.

HAVE YOU HAD A CHANCE TO CHECK OUT IAN VINKS NEW HAIR STYLE? VERY COOL LOOKING!!!!

WATCH OUT EVERYONE... WE HAVE A NEW DRIVING TEAM MEMBER – BRITTANY MAKSYMUK! JUST JOKING – CONGRATS!

IF YOU GET A CHANCE, ASK MRS MELANIE BROWN ABOUT THE "OSCAR"!

MR CANN AND CAROLYN McEWEN ATTENDED THE SKATE CANADA WORKSHOP IN OTTAWA TO UP-GRADE/BECOME A TECHNICAL SPECIALIST FOR THE CPC PROGRAM. GOOD LUCK GUYS!!

WE WOULD LIKE TO CONGRATULATE THE FOLLOWING NEW PAIR PARTNERSHIPS: MATT RACO & AVELENE PEARSON AS WELL AS CHARLES MORRIS AND KRISTEN TIKEL.

GOOD LUCK JORDAN & ROB AT YOUR NAC.

IF ANYONE HAS ANY EXCITING NEWS THEY WOULD LIKE TO SHARE WITH THE CTC FAMILY, PLEASE FORWARD IT TO THE CTC OFFICE BY THE 25TH OF THAT MONTH!

IMPORTANT INFORMATION

THERE HAS BEEN A CHANGE TO SUMMER SCHOOL WEEK # 8. ANY SKATER THAT IS SKATING THAT WEEK SHOULD HAVE RECEIVED A REVISED SCHEDULE; IF YOU HAVE NOT ALREADY RECEIVE IT, PLEASE CONTACT MISS HUSTON AS SOON AS POSSIBLE!

TEST DAY INFORMATION

SUMMER TEST DAYS ARE TENTATIVELY PLANNED FOR: AUGUST 10 & 15 , 2006. IF YOU ARE TRYING A TEST, PLEASE SUBMIT THE ENVELOPES TO THE CTC MAILSLLOT AT THE ARENA A WEEK BEFORE THE TEST DAY.

THE RESULTS OF THE TEST DAY ARE POSTED ON THE CTC WEBSITE: WWW.CHAMPIONSTC.COM

FUTURE EVENTS

FALL FESTIVAL FORMS ARE NOW DUE!

IMPORTANT DATES

- AUGUST 7, 2006 NO SKATING
- AUGUST 10TH & 15 TENTATIVE TEST DAY
- AUGUST 11 – 13, 2006 SUMMER SIZZLE
- AUGUST 17 – 20, 2006 THORNHILL COMPETITION
- AUGUST 21 – SEPT 5, 2006 NO SKATING
- AUGUST 31, 2006 THE CTC OFFICE CLOSED

PRESTON FSC NEWS

WE ARE CONTINUING TO COLLECT ZEHRS TAPES. THERE IS A BOX IN DRESSING ROOM # 1 @ HESPELER ARENA, PLEASE DROP YOUR ZEHRS RECEIPT TAPES THERE!

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

THE PRESTON FIGURE SKATING CLUB WOULD LIKE TO THANK EVERYONE WHO PARTICIPATED IN THE PEPPLER FUNDRAISER. IT WAS A GREAT SUCCESS! A SPECIAL THANKYOU TO ALLISON PEPPLER, LORI BEECHEY, MRS "MOM" PEPPLER, & GAY NADEAU. ALSO, IT WAS GREAT TO HAVE JACQUELINE KANE COME OUT AND HELP AT THE EVENT. A SPECIAL THANKS TO IAN BEHARRY FOR SPENDING THE ENTIRE NIGHT ANNOUNCING FOR US! A BIG THANK YOU TO ALL THE ADULTS THAT CAME OUT AND PARTICIPATED IN THE RELAY! YOU DID A GREAT JOB!!!! THE RESULTS OF THE EVENING ARE POSTED ON THE WEB!

COMPETITION NEWS

SUMMER SIZZLE CONFIRMATIONS WILL BE MAILED OUT TO YOU.

PLEASE CALL THE CTC OFFICE WITH YOUR CONFIRMED EVENT TIME(S) AND FLIGHT NUMBER(S).

ITEMS YOU SHOULD HAVE WITH YOU AT THE COMPETITION SITE:

1. JEANS ARE NOT TO BE WORN IN THE ARENA ON ANY DAY OF COMPETITION WHETHER YOU ARE COMPETING THAT DAY OR NOT!
2. POSSIBLY A DISCMAN TO LISTEN TO SOLO MUSIC IN DRESSING ROOM PRIOR TO GOING ON THE ICE
3. COMPETITION OUTFIT; BACK UP OUTFIT
4. SKATERS (PLEASE BE SURE YOUR SKATES AND LACES ARE CLEAN) NO SKATE COVERS UNLESS APPROVED BY BASE COACH AND CHOREOGRAPHER); EXTRA PAIR OF LACES
5. CLEAR TAPE TO TAPE TOP OF SKATES
6. MATCHING GLOVES FOR PRACTICES ONLY; NO GLOVES DURING WARM UP OR DURING THE PROGRAMS
7. MATCHING SWEATER FOR WARM UP – PLEASE BRING SWEATER WITH ZIPPER OR BUTTON FRONT (NO CLUB JACKET OR HOODED SWEATERS)
8. GIRLS – PLEASE WEAR TIGHTS THAT WOULD NOT HAVE TO GO OVER TOP OF SKATES, UNLESS APPROVED BY THE BASE COACH. TIGHTS NEED TO BE TUCKED INSIDE TOP OF SKATES; EXTRA PAIR OF TIGHTS
9. GUARDS, KLEENEX, BOTTLE OF WATER, TWISTER
10. SKIPPING ROPE, RUNNING SHOES AND WARM-UP SHORTS OR PANTS
11. SKATE BAG COPY OF YOUR SOLO
12. MAKE-UP
13. GIRLS NO UNDERWEAR UNDER SKATING DRESSES

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!

REMINDER NOTICE

THERE WILL BE NO TICKET ICE AVAILABLE UNTIL SEPTEMBER.

SUMMER SCHOOL 2006

DURING THE SUMMER PROGRAM, CERTIFICATES ARE PRESENTED ON A WEEKLY BASIS TO SKATERS.

AWARDS OF EXCELLENCE:

THIS AWARD IS GIVEN TO SKATERS THAT HAVE DEMONSTRATED GOOD WORK HABITS DURING THAT WEEK:

WEEK # 2 – CLAIRA WHICHER, ANDRÉE MORIN, CHELSEA SAUER

WEEK # 3 – DANIELLE MOORE, IAN VINK

EACH FRIDAY THE JUNIOR BRONZE AND HIGHER SKATERS ARE ASKED TO "DRESS UP" BASED ON THE THEME OF THE DAY. PRIZES ARE AWARDED TO THE "BEST DRESSED" SKATERS:

WEEK # 2 – INSIDE OUT DAY: OLIVIA SCOTT, HALEY SWEERS

WEEK # 3 – WACKY HAIR DAY: DANIELLE MOORE, CHARLES MORRIS AND MICHELLE ZILIO

WEEK # 4 – NO THEME DAY DUE TO PEPLER FUNDRAISER!

THOUGHT FOR THE MONTH

"YOUR FUTURE SUCCESS DEPENDS ON GETTING YOURSELF TO DO WHAT YOU HAVE TO DO EVEN WHEN THE "I DON'T WANT TO" THOUGHTS AND "I DON'T FEEL LIKE IT" FEELINGS GET IN YOUR WAY."

PARENTS CORNER

BY: MS BECCY MAGLIARISI

COACHING FOR CHARACTER AND SPORTSMANSHIP

ATHLETIC ACHIEVEMENT IS A MATTER OF HARD WORK, DETERMINATION, PRACTICE; BUT IT IS ALSO A MATTER OF TALENT AND CIRCUMSTANCE, OF STREAKS AND INEXPLICABLE CHEMISTRY AND MAGIC MOMENTS.

GREAT TALENTS CAN BE SQUANDERED OR DEVELOPED; BUT IN THE END, TALENT IS SOMETHING A PERSON IS LUCKY ENOUGH TO HAVE, NOT SOMETHING THAT HE OR SHE EARNS. (AND, AS THE BEHAVIOUR OF SOME OF THE MOST TALENTED INDIVIDUALS ALL TOO CLEARLY REVEALS, WE SHOULDN'T INTERFERE FROM THE PRESENCE OF TALENT THAT ITS POSSESSOR DESERVES TO POSSESS IT.) ONE OF THE CONSEQUENCES OF UNDERSTANDING TALENT AS A GIFT IS THE RECOGNITION THAT TALENT CARRIES WITH THE SPECIAL RESPONSIBILITIES. AS A RULE THE GREATER THE TALENT, THE GREATER THE RESPONSIBILITY.

OF, COURSE; SELF UNDERSTANDING OF LIMITS INCLUDES THE RECOGNITION OF APPARENT LIMITS, WHICH CAN LEAD TO ONE OF THE MOST REWARDING ATHLETIC EXPERIENCES – OVERCOMING THE APPARENT LIMITS. SOMETIMES YOUNG ATHLETES (AND OLD ONES) THINK THEY ARE MORE CAPABLE – SOMETIMES MUCH MORE – THAN THEY THINK THEY ARE. KNOWING WHICH IS WHICH IS NOT EASY, BUT IT IS CENTRAL TO THE ATHLETIC EXPERIENCE. TO BOMBARD YOUNG ATHLETES WITH FICTION THAT ANYTHING IS POSSIBLE IF THEY WORK HARD ENOUGH, WANT IT BAD ENOUGH, OR VISUALIZE IT LONG ENOUGH MAY BE SOMETIMES EFFECTIVE; BUT THE TRUTH CAN BE EFFECTIVE, TOO. WHY NOT SAY TO A YOUNG ATHLETE, WHEN THE OCCASION CALLS FOR IT, "I'M NOT GOING TO TELL YOU THAT ANYTHING IS POSSIBLE, BECAUSE IT ISN'T; BUT I DO THINK YOU ARE CAPABLE OF MUCH MORE THAN YOU REALIZE"?

SPORTSMANSHIP REQUIRES AN UNDERSTANDING THAT ALL OF US ARE FINITE HUMAN BEINGS WITH FINITE STRENGTHS , THAT WE ARE ALL LIMITED ; BUT AT THE SAME TIME REQUIRES THAT WE UNDERSTAND HOW ATHLETIC COMPETITION GIVES US AN OPPORTUNITY TO EXCEL , TO DEVELOP OURSELVES AND IN CERTAIN SENSE TO TRANSCEND OURSELVES, TO BECOME BETTER. THE WORD " SPORTSMANSHIP " IS SHORTHANDED FOR A WHOLE COMPLEX OF CHARACTER TRAITS THAT ATHLETIC COMPETITION SHOULD INSTILL IN OUR YOUNG PEOPLE ; BUT INEXTRICABLY BOUND UP WITH THE DEVELOPMENT OF THAT CHARACTER IS THE JUDGMENT AND THE UNDERSTANDING – **SEEING THE WAY THINGS ARE** – THAT MAKE IT POSSIBLE TO EXERCISE THAT CHARACTER.

AND, PERHAPS EVEN MORE IMPORTANTLY, BECAUSE THE ATHLETIC COMPETITION ALWAYS INVOLVES UNDERSTANDING OURSELVES IN RELATION TO OTHERS, IT PROVIDES AN ARENA FOR THE DEVELOPMENT OF JUDGMENT ABOUT HUMAN RELATIONS. 'I MUST NOT ONLY KNOW MY STRENGTHS AND WEAKNESSES, BUT MY STRENGTHS AND WEAKNESSES IN RELATION TO MY OPPONENTS'.

THESE ARE SOME EXCERPTS I FOUND VERY INTERESTING FROM THE BOOK:
COACHING FOR CHARACTER BY CRAIG CLIFFORD AND RANDOLPH M. FEEZELL.