

# Champions Training Centre DECEMBER 2009 NEWSLETTER WELCOME

WELCOME TO THE DECEMBER EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! CAN YOU BELIEVE THAT IN LESS THAN 31 DAYS 2009 WILL BE COMPLETED AND WE WILL BE STARTING A NEW YEAR! THIS IS THE TIME THAT MANY OF US DECIDE TO MAKE CHANGES; SO 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!

## 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

CONGRATULATIONS TO ALL THE SECTIONAL SKATERS. MANY OF YOU ACCOMPLISHED YOUR PERSONAL GOALS AT THE WO SECTIONAL CHAMPIONSHIPS HELD ON NOVEMBER 12 – 16, 2008. A SPECIAL THANK YOU TO MRS DREWETT FOR TAKING THE TIME OFF WORK TO ASSIST WITH BEING A TEAM LEADER.

CONGRATULATIONS TO THE SKATERS THAT HAVE QUALIFIED ONTO WESTERN CHALLENGE. OUR TEAM IS LISTED BELOW!

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

IF YOU ARE A HOME CLUB PRESTON MEMBER, YOU SHOULD HAVE RECEIVED YOUR SKATE CANADA CARD IN YOUR MAILBOX AT THE PRESTON CLUB OFFICE. PLEASE DO NOT LOOSE THIS CARD! PLEASE MAKE SURE THAT YOUR INFORMATION ON YOUR CARD IS CORRECT. WE HAVE FOUND SOME THAT ARE MISSING INFORMATION.

MANY OF OUR SKATERS PARTICIPATED IN THE CAMBRIDGE CHRISTMAS PARADE THIS PAST MONTH. IT WAS A BEAUTIFUL NIGHT AND IT APPEARED THAT EVERYONE WAS HAVING A GREAT TIME! A SPECIAL THANK YOU TO THE ORGANIZING COMMITTEE FOR PUTTING TOGETHER SUCH A GREAT EVENT!

IF ANYONE HAS ANY INTERESTING INFORMATION THAT THEY WOULD LIKE TO SHARE WITH THE CHAMPIONS TRAINING CENTRE FAMILY PLEASE EMAIL US.

WE WOULD LIKE TO WELCOME JAMES DUROCHER TO OUR CLUB.

WE ARE PLEASED TO REPORT THAT MRS MAG'S SON, SAM IS DOING BETTER.

ON SATURDAY DECEMBER 19, 2009 IT IS THE PRESTON ANNUAL CHRISTMAS PARTY. ALL SKATERS AND THEIR FAMILIES ARE WELCOME TO COME AND PARTICIPATE IN THE AFTERNOON ACTIVITIES. IT IS FROM 1:00PM – 3:00PM @ THE PRESTON AUDITORIUM. DON'T FORGET YOUR SKATES. REGULAR SESSIONS RESUME AT 3:05PM THAT DAY.

THE PFSC SKATE A THON PLEDGE FORMS ARE NOW AVAILABLE. THE SKATE A THON WILL BE HELD ON SATURDAY FEBRUARY 6, 2010 FROM 7:30PM TO 10:30PM.

THE LAST DAY OF SKATING FOR THE MONTH OF DECEMBER IS: WEDNESDAY DECEMBER 23, 2009. ALL REGULAR SESSIONS WILL RESUME ON JANUARY 4, 2009.

## WESTERN CHALLENGE TEAM MEMBERS:

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

- PRE-NOVICE LADIES: CLAIRA WHICHER
- PRE-NOVICE MEN: GEORGE COWAN, HENRY SU
- NOVICE MEN: BOB GOODWIN, WESLEY KILLING
- NOVICE PAIR: CLAIRA WHICHER/WESLEY KILLING, AVELINE PEARSON/ALEXANDER SHELDRIK,

- JUNIOR LADIES: LEAH HYSLOP/BOB GOODWIN (ALTERNATE)
- JUNIOR MEN: ANDREE MORIN (ALTERNATE)
- JUNIOR PAIR: IAN BEHARRY, CHRIS BOUTILIER
- SENIOR MEN: KRISTEN TIKEL/IAN BEHARRY, TAYLOR STEELE/ROB SCHULTZ
- SENIOR MEN: ROB SCHULTZ

### TEST DAY INFORMATION

THE NEXT TEST DAY IS TENTATIVELY SCHEDULED FOR {EVALUATED TESTS – MONDAY DECEMBER 21 2009}. ONCE THE FINAL TEST LIST IS ANNOUNCED FOR THE 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.

### IMPORTANT DATES

DECEMBER 1 – 6, 2009	WESTERN CHALLENGE
DECEMBER 19, 2009	CHRISTMAS PARTY: 1:00PM – 3:00PM
DECEMBER 21, 2009	TENTATIVE TEST DAY: 8:00AM – 2:00PM
DECEMBER 23, 2009	LAST DAY OF REGULAR SKATING
DEC 24 – JAN 3, 2010	CHRISTMAS HOLIDAY NO SKATING EXCEPT FOR NATIONAL TEAM
JANUARY 4, 2010	SKATING RESUMES

### 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 PRESTON FSC WEBSITES.

### PRESTON FSC NEWS

THE PRESTON FSC WOULD LIKE TO THANK EVERYONE THAT PARTICIPATED IN THE MACMILLANS, PAMPERED CHEF & REGAL 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 FEBRUARY 6, 2009. MORE INFORMATION WILL BE AVAILABLE ON THE PRESTON WEB-SITE OR AT THE PRESTON CLUB OFFICE.

THE PRESTON WEB-SITE IS: [WWW.PRESTONFSC.COM](http://WWW.PRESTONFSC.COM).

### 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!

### THOUGHT OF THE MONTH

"DON'T WORRY ABOUT THE WORLD COMING TO AN END TODAY. IT'S ALREADY TOMORROW IN AUSTRALIA ."  
(CHARLES SCHULTZ)

## PARENTS CORNER

SUBMITTED BY MRS MARY HARTRICK

THE CONTEST LASTS FOR MOMENTS

THOUGH THE TRAINING'S TAKEN YEARS  
IT WASN'T THE WINNING ALONE THAT  
WAS WORTH THE WORK AND THE YEARS  
THE APPLAUSE WILL BE FORGOTTEN

THE PRIZE WILL BE MISPLACED  
BUT THE LONG HARD HOUSE OF PRACTICE  
WILL NEVER BE A WASTE.

FOR IN TRYING TO WIN  
YOU BUILD A SKILL  
YOU LEARN THAT WINNING  
DEPENDS ON WILL  
YOU NEVER GROW BY HOW MUCH YOU WIN  
YOU ONLY GROW BY HOW MUCH YOU PUT IN.

SO ANY NEW CHALLENGE  
YOU'VE JUST BEGUN  
PUT FORTH YOUR BEST  
AND YOU'VE ALREADY WON.