

CHAMPIONS TRAINING CENTRE JANUARY 2010 NEWSLETTER

WELCOME

WELCOME TO THE JANUARY EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER!
HAPPY NEW YEAR!!! WE HOPE YOU HAD 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

WE WOULD LIKE TO CONGRATULATE THE SKATERS THAT QUALIFIED THROUGH TO NATIONALS. YOU DID AN AMAZING JOB! OUR TEAM IS LISTED BELOW! GOOD LUCK AT NATIONALS.

THE REGIONAL TEAM PARTY WILL BE HELD IN FEBRUARY ALONG WITH THE REGIONAL TEAM CLEAR ICE SIMULATIONS.. ON DECEMBER 7TH, 2009, MRS JAMIESON BECAME A GRANDMA ONCE AGAIN... WE ARE VERY HAPPY TO REPORT THAT THE BABY AND MOM ARE DOING WELL!

ON DECEMBER 19, 2009, PRESTON HELD IT'S ANNUAL CHRISTMAS SKATE PARTY! A GREAT TIME WAS HAD BY ALL! PLEASE NOTE, ON FEBRUARY 15TH, 2010 THERE WILL BE NO SKATING AS THIS IS "FAMILY DAY" AND ALL ARENAS ARE CLOSED.

ON SATURDAY FEBRUARY 6, 2010, THE PRESTON FSC WILL BE HOSTING THEIR ANNUAL SKATE-A-THON. THIS YEAR, AS ALWAYS, SKATERS ARE ENCOURAGED TO PARTICIPATE. THE FIRST \$25.00 GOES TO THE BURSARY ACCOUNT AND ANY OTHER FEES COLLECTED GOES TO THE SKATERS ACCOUNT. PLEASE COME OUT AND SUPPORT THIS ACTIVITY... IF YOU REQUIRE A PLEDGE FORM, PLEASE CONTACT OUR OFFICE.

AT THIS TIME, ALL SKATERS SHOULD HAVE RECEIVED AN ICE SHOW MEASUREMENT REQUEST FORM VIA EMAIL. PLEASE FILL IT OUT AND RETURN IT TO THE CTC OFFICE BY JANUARY 10, 2010.

SKATERS SHOULD HAVE RECEIVED AN EMAIL REGARDING THEIR MAKE-UP SESSION FOR THE TWO MISSED FRIDAYS AND/OR SATURDAYS IN JANUARY. IF YOU HAVE ANY QUESTIONS REGARDING YOUR MAKE-UP SESSION, PLEASE CONTACT THE CTC OFFICE.

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

JUNIOR NATIONAL TEAM:

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

- NOVICE PAIR: CLAIRA WHICHER & WESLEY KILLING
AVELINE PEARSON & ALEXANDER SHELDRIK
- JUNIOR MEN: CHRIS BOUTILIER AND IAN BEHARRY
- JUNIOR PAIR: TAYLOR STEELE & ROB SCHULTZ
KRISTEN TIKEL & IAN BEHARRY

SENIOR NATIONAL TEAM:

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

- SENIOR MEN: ROB SCHULTZ

TEST DAY INFORMATION

THE NEXT TEST DAY IS TENTATIVELY SCHEDULED FOR {EVALUATED & COMPETITIVE TESTS – FEBRUARY 2010}. 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.

FUTURE EVENTS

CHARLES DOVER COMPETITION – GRIMSBY, JANUARY 8 – 10, 2010
JUNIOR NATIONALS – LONDON, JANUARY 11 – 14, 2010
SENIOR NATIONALS – LONDON, JANUARY 14 – 17, 2010
DENNIS SILVERTHORNE – ST THOMAS, JANUARY 29 – 30, 2010
PFSC SKATE-A-THON, PRESTON AUD, FEBRUARY 6, 2010

IMPORTANT DATES

JANUARY 4, 2010	RESUME SKATING
JANUARY 8 – 10, 2010	CHARLES DOVER COMPETITION
JANUARY 8, 2010	NO SKATING AT HESPELER IN THE AFTERNOON
JANUARY 8, 2010	NO TICKET ICE AT HESPELER ARENA
JANUARY 9, 2010	NO SKATING AT PRESTON AUDITORIUM
JANUARY 10, 2010	ICE SHOW MEASUREMENT INFORMATION DUE
JANUARY 11 – 17, 2010	JUNIOR/SENIOR NATIONAL CHAMPIONSHIPS
JANUARY 15, 2010	NO SKATING AT HESPELER IN THE AFTERNOON
JANUARY 15, 2010	NO TICKET ICE AT HESPELER ARENA
JANUARY 16, 2010	NO SKATING AT PRESTON AUDITORIUM
JANUARY 22, 2010	NO SKATING AT HESPELER IN THE AFTERNOON
JANUARY 22, 2010	NO TICKET ICE AT HESPELER ARENA
JANUARY 23, 2010	NO SKATING AT PRESTON AUDITORIUM
JANUARY 29 – 31, 2010	DENNIS SILVERTHORNE COMPETITION

PRESTON FSC NEWS

THE PRESTON FSC WOULD LIKE TO THANK EVERYONE THAT PARTICIPATED IN THE MACMILLANS & THE REGAL FUNDRAISER! THEY WERE A HUGE SUCCESS!!!!

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 WILL 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 TO RECEIVE MORE INFORMATION.

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 SATURDAY FEBRUARY 6, 2010. THE EVENING ACTIVITIES WILL START AT 7:30PM. MORE INFORMATION IS AVAILABLE ON THE PRESTON WEB-SITE OR AT THE PRESTON CLUB OFFICE.

THE PRESTON WEB-SITE IS: 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

" Success comes in cans, failure in can'ts.." (Author unknown)

PARENTS CORNER

PROVIDED BY MRS JOSIE JAMIESON:

ATTITUDE IS EVERYTHING!!!

I KNOW WHAT YOU ARE ALL GOING TO SAY.... "HERE WE GO AGAIN"... BUT LET'S REALLY THINK ABOUT THIS...

LITTLE THINGS MATTER. WHAT MAKES YOU DO THE LITTLE THINGS WHETHER POSITIVE OR NEGATIVE? HAVE YOU EVER REALLY THOUGHT ABOUT THIS? IT'S NOT WILLPOWER, BECAUSE WILLPOWER FORCES YOU TO DO THINGS BECAUSE YOU HAVE TO. IT'S YOUR ATTITUDE!!!!

YOUR ATTITUDE SHOWS IN EVERYTHING YOU DO IN A DAY. PEOPLE CAN SENSE YOUR ATTITUDE BEFORE YOU EVEN OPEN YOUR MOUTH. YOUR BODY LANGUAGE CONVEYS YOUR ATTITUDE.... YOU CAN SENSE THAT BY YOUR WALK, HOW YOU ENTER A ROOM OR LOOK AT A PERSON. YOUR ATTITUDE DETERMINES BOTH YOUR SIMPLEST AND MOST COMPLICATED ACTIONS. SO IS CONTROLLING YOUR ATTITUDE THE SECRET?... NOT EXACTLY, BECAUSE YOU DON'T HAVE ONE SINGLE ATTITUDE. FROM ONE MINUTE TO THE NEXT YOUR ATTITUDE WILL CHANGE.

THEY KEY TO HOW YOUR LIFE IS GOING TO TURN OUT IS YOUR ABILITY (NOT ANYBODY ELSE'S) TO SEE AND UNDERSTAND YOURSELF AND THE WAY YOU SEE THE WORLD.

SO WHEN YOU COME TO THE RINK AND YOUR ATTITUDE IS NOT WHAT IT SHOULD BE, ASK THE QUESTION WHY?...

CAN I CHANGE THIS WAY OF THINKING... ABSOLUTELY!!!! IT TAKES ONE THING FROM YOU.... THE CHOICE YOU MAKE AT THAT MOMENT.... HAPPY THOUGHTS....