

Champions Training Centre JULY 2006 NEWSLETTER

WELCOME

WELCOME BACK TO ANOTHER EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! WE HAVE JUST COMPLETED OUR FIRST WEEK OF SUMMER SCHOOL AND WHAT GREAT WORK THE COACHES ARE SEEING! WE ARE VERY EXCITED TO ANNOUNCE THE OFF-ICE BALLET CLASSES THAT WILL BE CONDUCTED BY MS TJ MILNE!

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 WOULD LIKE TO WELCOME THE FOLLOWING NEW SKATERS TO OUR SUMMER SCHOOL PROGRAM KAYLA CUCCAROLO, MACY HOLLIDAY, KATHERINE THIEL, JESSICA GINGRICH, SARAH & WILL KWAJAFA & CHRISTOPHER BOUTILIER.

WE ARE SORRY TO HEAR THAT IAN BEHARRY IS OFF THE ICE DUE TO AN INJURY! WE ARE LOOKING FORWARD TO SEEING HIM BACK ON THE ICE THE BEGINNING OF AUGUST.

THERE HAS BEEN A NEW PAIR PARTNERSHIP FORMED; CONGRATULATIONS WESLEY KILLING & LARISA RICCIATTI! JORDAN HUNT & ROB SCHULTZ HAVE BEEN NAMED TO THE NORTH AMERICA CHALLENGE, PITTSBURGH COMPETITION. THEY WILL BE COMPETING IN THE NOVICE PAIR CATEGORY. GOOD LUCK!

ROB SCHULTZ WILL ALSO BE COMPETING IN THE NOVICE MEN CATEGORY AT THE NAC IN PITTSBURGH!

FALL AND WINTER SCHOOL FORMS HAVE BEEN SENT OUT! PLEASE MAKE AN APPOINTMENT TO SPEAK TO YOUR BASE COACH ABOUT THE BEST SCHEDULE THAT WOULD SUIT YOUR SKATER.

WE ARE GLAD TO HEAR JORDAN HUNT FINISHED 2ND IN HER TRACK & FIELD EVENT EVEN THOUGH SHE WAS TRAMPLED AT THE BEGINNING!

ONCE AGAIN CHAMPIONS TRAINING CENTRE IS HEADING TO CANADA'S WONDERLAND. IF INTERESTED, PLEASE CONTACT THE OFFICE BY JULY 5, 2006. WE WILL BE GOING TO CANADA'S WONDERLAND ON SATURDAY JULY 15, 2006. WE ARE LOOKING FOR PARENTS TO DRIVE ONE WAY. IF YOU ARE AVAILABLE TO DRIVE, PLEASE CONTACT THE OFFICE AS SOON AS POSSIBLE.

CONTRATULATIONS TO THE TIKEL FAMILY ON HAVING A HEALTHY BABY GIRL.

TEST DAY INFORMATION

WE WOULD LIKE TO THANK EVERYONE WHO COMPLETELY FILLED OUT THE TEST ENVELOPES AND RETURNED THEM TO US BY THE DEADLINE DATE. SUMMER TEST DAYS ARE TENTATIVELY PLANNED FOR: WEDNESDAY JULY 12 AND AUGUST 10 & 15, 2006.

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

GOLD TEST MEDALLISTS AS OF JUNE 30, 2006

CONGRATULATIONS!

CAROLYN MCCAULEY – DANCE

ASHLEIGH LAINE – SKILL & FREESKATE

COURTNEY NORRIS - SKILL

FUTURE EVENTS

THE PEPPLER COMPETITION WILL BE HELD AT THE HESPELER ARENA ON FRIDAY JULY 21, 2006. ALL SKATERS ARE WELCOME TO ATTEND. APPLICATION FORMS ARE NOW DUE! FOR MORE INFORMATION, PLEASE VISIT THE PRESTON WEB-SITE!!!

IMPORTANT DATES

- JULY 3, 2006 NO SKATING
- JULY 12, 2006 TENTATIVE TEST DAY
- JULY 15, 2006 CANADA'S WONDERLAND TRIP
- JULY 21, 2006 PEPPLER COMPETITION
- AUGUST 7, 2006 NO SKATING

PRESTON FSC NEWS

WE ARE CONTINUING TO COLLECT ZEHRS TAPES. THIS PAST YEAR, WAS AN AMAZING YEAR FOR COLLECTING ZEHRS TAPES... WE HOPE WE CAN CONTINUE. 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 JUNE 22, 2006 GOLF TOURNAMENT. EVERYONE HAD A GREAT TIME!

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).

BELOW IS AN OUTLINE OF THE COMPETITION SEASON, PLEASE USE THIS AS A REFERENCE OF COMPETITION DATES!

Date & Location:	Events CTC will be attending:
<u>Summer Sizzle:</u> WO Recreational Pre-Prel "A" to Jr Br Ltd Aug 11 - 13 StarSkate Pre-Prel to Gold Burlington Competitive Singles & Pairs	<u>Dennis Silverthorne:</u> Interpretive (Pre-Intro Jan 12 - 14 to Gold) Fort Erie WO Recreational Pre-Prel A" to Jr Br Ltd StarSkate Pre-Prel to Gold STARSKATE TRIATHLON
<u>Thornhill Competition:</u> August 17 - 20 Competitive Singles & Pairs Thornhill	<u>Senior Nationals</u> Competitive Only
<u>Fall Festival:</u> Development Sept 29 - Oct 1 Competitive Singles & Pairs St Thomas	<u>Junior Nationals</u> Competitive Only
<u>Isabelle Henderson:</u> Interpretive (Pre-Intro Oct 20 - 22 to Gold) Sarnia WO Recreational Pre-Prel "A" to Jr Br Ltd StarSkate Pre-Prel to Gold Development Competitive Singles & Pairs	<u>Lyle McPhedran</u> Interpretive (Pre-Intro to Feb 2 - 4 Gold) S. Windsor Competitive Singles & Pairs - next season elements WO Recreational Pre-Prel "A" to Jr Br Ltd StarSkate Pre-Prel to Gold StarSkate - Triathlon
<u>Sub/Sectionals</u> Competitive Only Nov 9 - 12	<u>Boston Pizza</u> StarSkate Singles, Dance & Feb 16 - 18 Pair Aylmer StarSkate Triathlon, Biathlon
<u>John McKay</u> WO Recreational Pre-Prel Nov 25 - 26 "A" to Jr Br Ltd Dresden StarSkate Pre-Prel to Sr Br Development	<u>Futures Unlimited:</u> WO CanSkate Mar 3 & 4 WO Recreational Pre-Prel Cambridge "A" to Preliminary "B" Ltd
<u>Western Challenge</u> Competitive Only Dec	<u>Trillium Championships/</u> StarSkate <u>Trillium Cup</u> Mar 16 - 18

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.

SKATER'S COMMITTEE

THE SKATER'S COMMITTEE WOULD ASK YOU TO CONTINUE TO CHECK THE BULLETIN BOARD AT HESPELER ARENA FOR UP-COMING EVENTS AND SPECIAL DAYS. IF THERE IS SOMETHING SPECIAL YOU WOULD LIKE TO SEE PLANNED, PLEASE LET ONE OF THE SKATER'S COMMITTEE MEMBERS KNOW!

THOUGHT FOR THE MONTH

"SOMETIMES OUR DREAMS SEEM SO FAR OUT OF REACH AS TO BE IMPOSSIBLE TO ACHIEVE. BUT IF YOU MEASURE YOUR PROGRESS IN SMALL STEPS INSTEAD OF LEAPS AND BOUNDS, YOU WILL SEE THAT BIT BY BIT YOU ARE GETTING CLOSER."

PARENTS CORNER

WRITTEN BY MRS JAMIESON

HYDRATION AND TRAINING

YOUR HYDRATION (WATER INTAKE) SHOULD BEGIN LONG BEFORE YOU START TO THINK ABOUT YOUR FITNESS CLASS THIS SUMMER. YOU SHOULD BE AWARE OF YOUR FLUID INTAKE DURING THE DAY. BEFORE YOUR WORKOUT (APPROXIMATELY 15 MINUTES BEFORE), DRINK ABOUT A HALF BOTTLE OF WATER TO ONE FULL BOTTLE, DEPENDING ON THE TEMPERATURE AND HUMIDITY. EVERYONE'S BODY IS DIFFERENT AND SO WILL YOUR WATER INTAKE BE. DURING YOUR PROGRAM, YOU SHOULD SIP ABOUT EIGHT MOUTHFULS EVERY 15 MINUTES. YOU SHOULD REPLACE THE FLUIDS THAT YOU LOSE DURING EXERCISE. THE BEST WAY TO FIND THIS OUT IS TO WEIGH YOURSELF BEFORE YOU WORKOUT AND THEN AFTER. STRENUOUS EXERCISE CAN MAKE YOUR BODY OVERHEAT BY 20 TIMES YOUR RESTING RATE. SO THE MORE YOU SWEAT, THE MORE YOU NEED TO REPLENISH YOUR FLUIDS. REGARDLESS OF THE LENGTH OR INTENSITY, DRINK AT LEAST A HALF OF A LITRE OF FLUIDS!!! IF YOU DO NOT REPLENISH YOUR BODY FLUIDS, DEHYDRATION WILL SET IN. SYMPTOMS OF DEHYDRATION ARE: HIGH HEART RATE, INCREASED BLOOD PRESSURE, DIZZINESS AND FATIGUE. THIS MEANS A DECLINE IN YOUR PERFORMANCE ON AND OFF THE ICE!!! SOUND FAMILIAR TO ANYONE???

**BE PRO ACTIVE ABOUT FLUIDS THROUGHOUT THE DAY!!!!
BRING YOUR WATER BOTTLES TO CLASS!!!
DRINK BEFORE, DURING AND AFTER YOUR FITNESS CLASSES!!!**

HERE ARE SOME WORDS THAT WILL HELP YOU ACHIEVE YOUR FITNESS GOALS!

"FOCUS PEOPLE, FOCUS"!!! VISUALIZE WHAT YOU WANT TO ACCOMPLISH TODAY!

"CHILL OUT!!!" SPEND TIME AWAY FROM YOUR SPORT AND HAVE SOME FUN!!!

"I WILL TRY MY BEST" NOT "I CANT" (DOES THIS RING ANY BELLS???)

"BELIEVE IN YOURSELF," I BELIEVE IN YOU!!!

AND MOST IMPORTANTLY WE NEED TO HAVE FUN. I THINK WE DO PRETTY WELL IN THIS DEPARTMENT!!!

LET'S HAVE A GODD SUMMER WORKING HARD AND ACHIEVEING OUR GOALS.