

# Champions Training Centre

## JUNE 2006 NEWSLETTER

### WELCOME

WELCOME EVERYONE TO THE JUNE 2006 NEWSLETTER. CAN YOU BELIEVE 6 WEEKS OF SPRING SCHOOL HAVE ALREADY PASSED BY! THE COACHING STAFF IS VERY PROUD OF ALL THE SKATERS. THE SKATERS ARE WORKING HARD AND CONTINUING TO IMPROVE. AT THIS TIME, MANY OF THE SKATER'S MUSIC HAS BEEN ASSIGNED, THEY ARE 2/3 THROUGH LEARNING THEIR NEW PROGRAMS OR RE-ORGANIZING THEIR OLD PROGRAMS AND DESIGNS HAVE BEEN STARTED... WHAT AN EXCITING TIME OF YEAR!

### SKATERS AND COACHES NEWS

WE WOULD LIKE TO CONGRATULATE GAY NADEAU! SHE NOW SITS ON THE WESTERN ONTARIO BOARD OF DIRECTORS. WE NOW HAVE TWO-PAST PRESTON PRESIDENTS ON THE WESTERN ONTARIO SECTION BOARD. CONGRATULATIONS GAY AND STU ALLAN!

IAN BEHARRY WAS THE RECIPIENT OF THE BARBARA GRAHAM AWARD.

CHARLES MORRIS IS OFF THE ICE DUE TO AN INJURY! WE HOPE TO SEE HIM ON THE ICE SOON!

SUMMER FORMS ARE NOW PAST DUE! IF YOU HAVE NOT ALREADY HANDED IN YOUR FORM, AND ARE PLANNING ON DOING SO, PLEASE FORWARD IT TO CTC ASAP.

MANY OF YOU MAY KNOW MRS HINNEGAN AS OUR FLEXIBILITY INSTRUCTOR. THIS SPRING SHE WILL BE JOINING THE COACHES ON THE ICE TEACHING CHOREOGRAPHY AND ON ICE FIELD MOVEMENTS! MRS HINNIGAN IS LEVEL 3 CERTIFIED AND HAS NATIONAL/INTERNATIONAL COACHING EXPERIENCE. SHE IS ASSOCIATED WITH THE ROYAL ACADEMY OF DANCE & BRITISH ASSOCIATION OF TEACHERS OF DANCE.

THE COACHES, SKATERS AND PARENTS ARE ALL WISHING GOOD THOUGHTS FOR MRS PURDY AND HER DAUGHTER!

GREAT JOB ON THE TRIPLE LUTZ ROB!

MS TJ MILNE WILL BE OUR OFF-ICE BALLET INSTRUCTOR FOR THE SUMMER PROGRAM. SHE BEGAN HER TRAINING IN HER HOMETOWN OF WATERLOO, BUT AT THE AGE OF 10, DEFINED HER STUDIES IN CLASSICAL BALLET AT THE ROYAL WINNIPEG BALLET SCHOOL. SHE GRADUATED FROM THE UNIVERSAL BALLET ACADEMY IN WASHINGTON DC. SHE CURRENTLY TOURS WITH A PROFESSIONAL BALLET COMPANY CALLED U.S.A. BALLET, DANCING CLASSICAL BALLETS ALONG WITH SOME NEO-CLASSICAL WORKS.

SKATERS: NOW THAT WE ARE IN THE SPRING AND SUMMER MONTHS, IT IS ESPECIALLY IMPORTANT THAT SKATES BE TAKEN OUT OF THE SKATE BAG EVERY EVENING TO LET THE INSIDE AND SOLES DRY OUT COMPLETELY. THIS WILL HELP PREVENT DETERIORATION OF THE BOOTS. ALSO PLEASE REMEMBER NOT TO STORE SKATES IN SKATE BAGS WITH GUARDS ON THE BLADES. THE QUILTED OR PADDED BLADE COVERS ARE MUCH MORE SUITABLE.

WE WOULD LIKE TO WELCOME BIANCA SWIERCZYNSKA TO OUR SCHOOL.

IT WAS WONDERFUL TO HAVE BRYCE DAVISON AND HIS PARTNER JESSICA DUBE JOIN US FOR A DAY AT OUR SCHOOL THIS PAST MONTH! WHAT AN AMAZING JOB THEY DID THIS PAST YEAR – GOING TO THE OLYMPICS AND WORLDS! CONGRATULATIONS ON A GREAT SEASON AND WE LOOK FORWARD TO SEEING YOU ACCOMPLISH GREAT THINGS NEXT YEAR!

WOW – NICE JOB ON THE DOUBLE AXELS NICK!!! DID MR WHEELER DIG DEEP INTO HIS POCKETS????

### TEST DAY INFORMATION

THERE IS GOING TO BE A NEW PROCEDURE FOR TEST DAY ENVELOPES STARTING THIS SPRING. ONCE THE FINAL TEST LIST IS ANNOUNCED, THE SKATERS WILL RECEIVE AN ENVELOPE. THIS ENVELOPE IS DUE BACK INTO THE TEST BOX (LOCATED IN DRESSING ROOM # 1) ONE WEEK BEFORE TEST DAY. PLEASE MAKE SURE YOU FILL OUT ALL OF THE REQUESTED INFORMATION IE: SKATE CANADA NUMBER.

QUESTION: WHAT IS THE TEST FEE MONEY USED FOR? ANSWER: \$1.00 GOES TO SKATE CANADA AS ADMINISTRATION FEE, \$2.00 IS A TEST CLUB/SCHOOL ADMINISTRATION FEE. THESE FUNDS GO TOWARDS THE JUDGES MILEAGE, FOOD AND ICE EXPENSE. THE REMAINDER OF THE FEE IS FORWARDED TO SKATE CANADA ALONG WITH THE ABOVE DOLLAR.

## **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 FSC AGM IS GOING TO BE HELD ON WEDNESDAY JUNE 14, 2006 @ 7:30PM. ALL PRESTON MEMBERS THAT ARE IN GOOD STANDINGS WITH THE CLUB ARE WELCOME TO ATTEND!

THE PFSC HAS A NEW WEB-SITE ADDRESS! [WWW.PRESTONFSC.COM](http://WWW.PRESTONFSC.COM) IF THERE IS SOMETHING SPECIAL YOU WOULD LIKE TO SEE ON THE WEB-SITE, PLEASE NOTIFY US AT [PRESTONSKATING@BELLNET.CA](mailto:PRESTONSKATING@BELLNET.CA).

### **2005 – 06 GOLD TEST MEDALLISTS**

CONGRATULATIONS!

- GOLD DANCE: IAN BRADFORD

### **IMPORTANT DATES**

- JUNE 19, 2006 LAST DAY OF SPRING SCHOOL
- JUNE 19, 2006 MAKE UP FOR MONDAY MAY 22, 2006
- JUNE 20, 2006 TENTATIVE TEST DAY
- JUNE 26, 2006 FIRST DAY OF SUMMER SCHOOL
- JUNE 3, 2006 SUMMER SIZZLE FORMS DUE

### **FUTURE EVENTS**

**THE PRESTON FIGURE SKATING CLUB IS HOSTING THEIR  
1<sup>ST</sup> ANNUAL GOLF TOURNAMENT**

**WE WELCOME ALL FAMILY AND FRIENDS TO PARTICIPATE!**

**DATE: JUNE 22, 2006**

**LOCATION: SAVANNAH GOLF COURSE**

**COST: \$125.00 PER PERSON**

**CORPORATE TEAM \$ 500.00 (INCLUDES \$100.00 HOLE SPONSOR SIGN)**

**1:00PM, SHOT GUN START**

**FOR MORE INFORMATION CALL 622-1166**

### **COMPETITION NEWS**

***SUMMER SIZZLE FORMS ARE DUE: JUNE 3<sup>RD</sup>, 2006***

PLEASE MAKE SURE YOU HAND IN YOUR TYPED REGISTRATION FORM.

### **PRO-SHOP**

AT THE CTC OFFICE WE OFFER A NUMBER OF SKATING SUPPLIES! IF YOU REQUIRE TIGHTS, LACES, WHITE, BLACK OR 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**

**MISSED SESSION PROCEDURE:** IF YOU ARE SICK AND WILL BE ABSENT PLEASE CALL 519-624-4532 & REMEMBER TO PRESS # 2. PLEASE LEAVE A MESSAGE DETAILING THE SESSION DAY YOU WILL BE MISSING AND WHO IS REPLACING THE LESSON. THE COACHES ARE ABLE TO CHECK THIS VOICE MAIL ON A REGULAR BASIS. IF THIS IS FOLLOWED THERE WILL BE NO CHARGE FOR THAT LESSON. YOU AND YOUR COACH CAN MAKE SUITABLE ARRANGEMENTS TO MAKE UP THAT LESSON. IF YOU ARE GOING TO BE ABSENT DUE TO A CONFLICT, PLEASE MAKE ARRANGMENTS WITH ANOTHER SKATER TO REPLACE YOUR LESSON IN EXCHANGE FOR ONE OF THEIRS. THIS HELPS THE COACHES KEEP ON TRACK WITH THEIR LESSONS. IF YOU CANNOT FIND SOMEONE TO REPLACE YOUR LESSON, PLEASE SPEAK TO YOUR BASE COACH.

TICKET ICE PROCEDURE: PLEASE REMEMBER TO GIVE THE COACH THAT YOU ARE WORKING WITH \$5.00 (IN CASH). THIS MONEY SHOULD BE COLLECTED AS SOON AS YOU STEP ONTO THE ICE SURFACE.

## **BOARDING**

IF ANYONE IS INTERESTED IN HAVING A SKATER STAY WITH THEM THIS SUMMER, PLEASE NOTIFY THE OFFICE @ 519-622-8551. THE HOST FAMILY RECEIVES A WEEKLY AMOUNT FOR THE SKATER TO STAY WITH THEM.

## **THOUGHT FOR THE MONTH**

"THE GOLDEN OPPORTUNITY YOU ARE SEEKING IS IN YOURSELF. IT IS NOT IN YOUR ENVIRONMENT; IT IS NOT IN LUCK OR CHANGE, OR THE HELP OF OTHERS; IT IS IN YOURSELF ALONE"

## **PARENTS CORNER WRITTEN BY MR JEFF CANN**

### **FOOD FOR THOUGHT**

AS A NEW SEASON IS A FEW INSPIRATIONAL THOUGHTS FOR EVERYONE: PARENTS, COACHES AND SKATERS.

- 1/ MOTIVATION WILL ALMOST ALWAYS BEAT MERE TALENT.
- 2/ THE TRAGEDY IN LIFE DOESN'T LIE IN NOT REACHING YOUR GOAL.  
THE TRAGEDY LIES IN HAVING NO GOAL TO REACH.
- 3/ IF YOU ARE TO BE, YOU MUST BEGIN BY ASSUMING RESPONSIBILITY.  
YOU ALONE ARE RESPONSIBLE FOR EVERY MOMENT OF YOUR LIFE, FOR EVERY ONE OF YOUR ACTS.
- 4/ THE REAL CONTEST IS ALWAYS BETWEEN WHAT YOU'VE DONE AND WHAT YOU'RE CAPABLE OF DOING. YOU MEASURE YOURSELF AGAINST YOURSELF AND NOBODY ELSE.
- 5/ THOUGH NO ONE CAN GO BACK AND MAKE A BRAND NEW START, ANYONE CAN START FROM NOW AND MAKE A BRAND NEW ENDING.
- 6/ DO WHAT YOU CAN, WITH WHAT YOU HAVE, WHERE YOU ARE.
- 7/ *A MIND TROUBLED BY DOUBT CANNOT FOCUS ON THE COURSE TO VICTORY*
- 8/ HARD WORK SPOTLIGHTS THE CHARACTER OF PEOPLE:  
SOME TURN UP THEIR SLEEVES,  
SOME TURN UP THEIR NOSES,  
AND SOME DON'T TURN UP AT ALL.
- 9//ONLY THOSE WHO WILL RISK GOING TOO FAR CAN POSSIBLY FIND OUT HOW FAR ONE CAN GO.
- 10//UNLESS YOU TRY TO DO SOMETHING BEYOND WHAT YOU HAVE ALREADY MASTERED, YOU WILL NEVER GROW.