

# Champions Training Centre

## MAY 2007 NEWSLETTER

### WELCOME

WELCOME TO WHAT WE'RE SURE WILL BE A VERY EXCITING AND GREAT SEASON. WE HAVE MANY NEW FACES AMONG US SO MAKE SURE YOU INTRODUCE YOURSELF TO ANYONE YOU DON'T KNOW. A NEW TRAINING SEASON MAKES IT POSSIBLE FOR ALL OF YOU TO HAVE A FRESH START, TO LOSE ANY BAD HABITS AND TO ESTABLISH A WORK ETHIC, WHICH WILL HELP YOU TO REALIZE YOUR GOALS FOR THIS COMPETITION SEASON. ENJOY THE SEASON, MAKE SURE YOU ESTABLISH NEW FRIENDSHIPS AND MOST IMPORTANT GROW AND DEVELOP AS PEOPLE.

### 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. MANY OF YOU LEAVE A MESSAGE, HOWEVER FORGET TO PRESS # 2 AND THEREFORE THE COACHES DO NOT RECEIVE IT!

### SKATERS AND COACHES NEWS

CONGRATULATIONS TO ALL THE SKATERS WHO PARTICIPATED IN THIS PAST ICE SHOW. IT WAS TRULY AN AMAZING SHOW. WE WERE IMPRESSED WITH YOUR DEDICATION AND DETERMINATION TO CREATE A FANTASTIC SHOW! BUILD ON WHAT YOU LEARNED FROM THE SHOW (ARTISTIC SIDE) AND INCORPORATE THOSE QUALITIES INTO YOUR COMPETITIVE SEASON. WE WOULD LIKE TO THANK ALL THE VOLUNTEERS WHO HELPED OUT WITH THE 2007 ICE SHOW. WITHOUT YOUR ASSISTANCE, THIS SHOW COULD NOT HAVE BEEN A SUCCESS!

SHARE IN THE EXCITEMENT OF CONGRATULATIONS MRS JAMIESON ON BECOMING A GRANDMA! HER GRANDSON'S NAME IS ZACHARY ALEXANDER. WE UNDERSTAND THAT BOTH THE BABY AND MOM ARE DOING GREAT!

OUR SPRING SEMINAR WAS HELD ON APRIL 20<sup>TH</sup> AND 21<sup>ST</sup>, 2007. MR SCOTT DAVIS AND MS ANNE SCHELTER PRESENTED A FANTASTIC TWO-DAY SEMINAR. NOT ONLY DID OUR OWN SKATERS PARTICIPATE IN THIS SEMINAR, BUT COACHES AND SKATERS WITHIN THE WESTERN ONTARIO SECTION DID AS WELL. MR DAVIS' SKATER, VAUGHN CHIPEUR WAS ALSO HERE AND DEMONSTRATED THE DRIVE OF A COMPETITIVE ATHLETE. WE HOPE EVERYONE THAT PARTICIPATED IN THE SEMINAR, ENJOYED THEMSELVES!

PLEASE SHARE WITH US IN CONGRATULATING MR CANN ON BEING THE RECIPIENT OF WESTERN ONTARIO SECTION DIVISION: SKATE CANADA COMPETITIVE COACH AWARD AND MISS HUSTON ON BEING THE RECIPIENT OF THE WESTERN ONTARIO SECTION DIVISION: SKATE CANADA CLUB & RECREATIONAL COACH AWARD.

PLEASE WELCOME CAMERON COMMISSO, MADELYN COMMISSO, CYLVANNAH MCKENZIE, MEGHAN HOLLIDAY, DIANA EDWORTHY, ELYSE MCCREADIE, CHRISTINE SWAIN, ALEXANDRA SMITH, CARA SAYLES, CAITLYNN BERGERON & ALL OF OUR RECREATIONAL SKATERS THAT HAVE MOVED UP TO OUR REGIONAL & SECTIONAL SKATING COMMUNITY.

BEST OF LUCK TO ALL OF THE SKATERS WHO HAVE DECIDED TO START THEIR NEXT STAGE OF LIFE. WE WISH YOU ALL THE BEST! PLEASE KEEP IN TOUCH

IAN BEHARRY, ZOEY BROWN AND MR WHEELER JUST RETURNED FROM A SEMINAR TRAINING WEEK IN BERLIN. FOR MORE INFORMATION ABOUT THE WEEKS ACTIVITIES, PLEASE SEE PAGE 3.

IF THERE IS ANYONE THAT IS INTERESTED IN HAVING SKATERS BOARD WITH THEM DURING THE SUMMER, PLEASE LET ME KNOW.

ON MAY 16<sup>TH</sup> & 17<sup>TH</sup>, 2007 (5:00PM – 7:00PM) THERE WILL BE A DRESS SALE TAKING PLACE AT THE HESPELER ARENA. IF YOU ARE INTERESTED IN SELLING ANY OF YOUR COMPETITION OR PRACTICE OUTFITS, PLEASE BRING THEM INTO DRESSING ROOM # 1 BY MAY 10<sup>TH</sup>, 2007. PLEASE MAKE SURE YOUR NAME & SELLING PRICE IS ATTACHED TO THE DRESS. WE WOULD LIKE TO WELCOME ALL THE CAMBRIDGE CLUB SKATERS AND COACHES TO OUR SPRING PROGRAM AS WELL AS MRS COUTO AND MS CANNON AND THEIR STUDENTS.

CANADA'S WONDERLAND HAS BEEN TENTATIVELY PLANNED FOR JULY 21, 2007. IF YOU ARE INTERESTED IN ATTENDING, PLEASE LET MISS HUSTON KNOW BY MAY 15, 2007. THIS DAY IS OPEN TO SKATERS, FAMILY AND FRIENDS! AS USUAL, WE WILL BE LOOKING FOR PARENTS TO ASSIST WITH THE DRIVING. THIS YEAR CANADA'S WONDERLAND IS PRESENTING A SKATING SHOW. AT THIS TIME, WE ARE AWARE THAT GORD WILLEMSE AS WELL AS ALYSSA WISE (FORMER SKATER FROM PRESTON) WILL BE PARTICIPATING IN THIS. WE WILL HAVE TO MAKE SURE WE SEE THE SHOW!!!!

## IMPORTANT DATES

- WEDNESDAY MAY 7, 2007 SUMMER SCHOOL FORMS DUE
- SATURDAY MAY 19, 2007 NO SKATING
- MONDAY MAY 21, 2007 NO SKATING
- JUNE 19, 20, 2007 TENTATIVE TEST DAY
- JUNE 21, 2007 GOLF TOURNAMENT

## FUTURE EVENTS

**THE PRESTON FIGURE SKATING CLUB IS HOSTING THERE  
2<sup>ND</sup> ANNUAL GOLF TOURNAMENT**

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

**DATE: JUNE 21, 2007**

**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**

## PRESTON FSC NEWS

FUNDRAISER: THE PRESTON FSC IS STILL COLLECTING ZEHRS TAPES. ANY TIME YOU GO TO ZEHRS, PLEASE BRING YOUR RECEIPTS TO THE DRESSING ROOM # 1 @ THE HESPELER ARENA. THESE ZEHRS RECEIPTS CAN BE FROM ANYWHERE... IE: GUELPH, KITCHENER, WATERLOO, BRANTFORD OR CAMBRIDGE.

THE PRESTON FSC AGM IS GOING TO BE HELD ON WEDNESDAY JUNE 13, 2007 @ 7:30PM. IT WILL AT THE PROP SHED, UP-STAIRS, PLEASE USE SIDE ENTRANCE. ALL PRESTON MEMBERS THAT ARE IN GOOD STANDINGS WITH THE CLUB ARE WELCOME TO ATTEND!

## 2006 – 07 GOLD TEST MEDALLISTS AS OF APRIL 30, 2007

CONGRATULATIONS TO THE FOLLOWING SKATERS:

- GOLD SKATING SKILLS: MICHELLE ZILIO
- GOLD INTERPRETIVE: ERIN BEHARRY, KAITLYNN SCHILDROTH

## TEST DAY INFORMATION

SPRING TEST DAY(S) ARE TENTATIVELY PLANNED FOR: COMPETITIVE: JUNE 19 AND POSSIBLY JUNE 20, 2007. ONCE THE FINAL TEST LIST IS ANNOUNCED FOR EACH TEST DAY, THE SKATERS WILL RECEIVE AN ENVELOPE FROM THE COACH THAT HAS SUBMITTED THE TEST. THIS ENVELOPE IS DUE BACK INTO THE TEST BOX (LOCATED IN DRESSING ROOM # 1, HESPELER ARENA) ONE WEEK BEFORE TEST DAY. PLEASE MAKE SURE YOU FILL OUT ALL OF THE REQUESTED INFORMATION IE: SKATE CANADA NUMBER. THE RESULTS OF THE TEST DAY ARE POSTED ON THE CTC WEBSITE:

[WWW.CHAMPIONSTC.COM](http://WWW.CHAMPIONSTC.COM)

## PARENTS CORNER

WITH A NEW SEASON BRINGS MANY NEW PARENTS. PLEASE WELCOME OUR NEW PEOPLE AND HELP THEM TO BECOME PART OF OUR TEAM. HELP THEM TO BE POSITIVE AND SUPPORTIVE OF ALL THE MEMBERS OF OUR TEAM. RINK GOSSIP CAN ONLY BRING HARM TO EVERYBODY AND THAT'S WHY WE DO NOT ALLOW NEGATIVE PEOPLE TO BE ON OUR TEAM. TEACH THEM THAT THE ONLY WAY TO GET CORRECT INFORMATION IS TO ASK OUR COACHING STAFF AND THAT YOU CAN NEVER ASK TOO MANY QUESTIONS.

REMINDER: PLEASE CONTACT THE OFFICE IF YOU NEED TO MAKE A CHANGE TO YOUR SCHEDULE, AS SOME SESSIONS ARE FULL!

## COMPETITION NEWS

**PLEASE READ – IMPORTANT INFORMATION!!!!**

WHEN A SKATER RECEIVES A COMPETITION FORM, INFORMATION WILL BE ALREADY TYPED ON IT; PLEASE MAKE SURE THIS IS THE FORM YOU USE AS THE HOST COMMITTEE'S NOW REQUIRE A PRINTED FORM.

## **IMPORTANT NOTICE:**

**THERE IS A CORRECTION ON THE SUMMER APPLICATION FORMS. PEPPLER COMPETITION IS WEEK # 4 NOT WEEK # 5 AS STATED ON THE FORM. THEREFORE THE ADDITIONAL COST WILL BE ADDED TO WEEK # 4 NOT WEEK # 5.**

**AS OF JANUARY 1, 2007, THE GOVERNMENT HAS PUT FORWARD A FITNESS CREDIT TAX RECEIPT. CHILDREN UP TO THE AGE OF 16 YRS OLD ARE ABLE TO RECEIVE THE CREDIT.**

**PLEASE NOTE THE RESTRICTIONS & PROCEDURE WE ARE REQUIRED TO FOLLOW:**

1. THE FEES MUST RELATE TO THE COST OF REGISTRATION OR MEMBERSHIP IN AN ELIGIBLE PROGRAM OF PHYSICAL ACTIVITY.
2. WE WILL ONLY BE ABLE TO ISSUE THIS RECEIPT ONCE FOR EACH SCHOOL, PLEASE DO NOT MISPLACE THE RECEIPT, AS WE WILL NOT BE ABLE TO DUPLICATE IT. THIS WILL HAPPEN AT THE END OF EACH SCHOOL.
3. THE MAXIMUM TAX CREDIT A CHILD IS ELIGIBLE FOR IS \$500.00.
4. TO RECEIVE THIS CREDIT, A CHILD IS REQUIRED TO PARTICIPATE IN THIS SAME ACTIVITY EITHER 5 CONSECUTIVE DAYS OR ONCE A WEEK FOR 8 CONSECUTIVE WEEKS.

## **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!

## **THOUGHT FOR THE MONTH**

“HABIT STARTS OUT AS A THREAD. AS NEW THREADS ARE ADDED, IT BECOMES A ROPE WE CANNOT BREAK”

## **ADVENTURES OF BERLIN:**

WE (ZOEY AND IAN) RECENTLY ARRIVED BACK FROM BERLIN GERMANY, WHERE WE HAD A TERRIFIC TIME. WE GOT THE CHANCE TO MEET AND MAKE FRIENDS WITH 22 PAIR TEAMS FROM ACROSS EUROPE AND GREAT BRITAIN. ALL OF THE COACHES AND SKATERS WERE VERY NICE. THE AGES OF THE SKATERS RANGED FROM 12 TO 23. WE SPENT MOST OF OUR SPARE TIME WITH THE BRITISH TEAMS, THEY WERE COOL. THE TEAMS WERE SPLIT UP INTO TO 4 GROUPS, ZOEY AND I WERE IN GROUP WITH TWO NOVICE TEAMS AND TWO JUNIOR TEAMS THAT COMPETED AT JUNIORS WORLDS.

WE ARRIVED IN BERLIN LATE ON SATURDAY STARTED SKATING IMMEDIATELY SUNDAY MORNING. WE CONTINUED TO SKATE EVERY DAY THOUGH OUT THE WEEK. WE EVEN SKATED THE SUNDAY MORNING BEFORE LEFT FOR THE AIRPORT. OUR DAYS STARTED AT 8AM AND WENT TO ABOUT 5PM. EXCEPT FOR WEDNESDAY WHEN WE GOT TO FINISH UP EARLY AND THE ENTIRE GROUP WENT ON A BUS TOUR AROUND BERLIN AND DID SOME SHOPPING, WHICH WAS COOL. THERE IS SO MUCH HISTORY THERE.

THERE WAS A PAIR-JUDGING SEMINAR IN BERLIN THE SAME TIME OUR SEMINAR WAS RUNNING. ON TUESDAY WE WERE ASKED TO DEMONSTRATE ALL THE NOVICE PAIR ELEMENTS FOR THE COMING SEASON IN FRONT OF 40 INTERNATIONAL JUDGES. THE JUDGES CONTINUED ON TO SPEND A LOT OF TIME WITH ALL THE SKATERS FOR THE NEXT FEW DAYS.

WE HAD THE OPPORTUNITY TO WORK WITH WORLD-CLASS COACHES SUCH AS MANON PERRON (JOANNIE ROCHETTE'S COACH), RICHARD GAUTHIER (COACH OF JAIME SALE AND DAVID PELLETIER), ANNIE SHELTER OF ANNIE'S EDGES, AS WELL AS DOROTA SIUDEK AND MARIUSZ SIUDEK A SENIOR WORLD PAIR TEAM FROM POLAND, WHO TAUGHT US SOME NEW EXCITING LIFTS OFF ICE. DUE TO A MINOR INJURY ZOEY GOT TO MEET 2 TIME OLYMPIC GOLD CHAMPION KATERINA WITT , THANKS FOR THE BAND AIDS!!

OVERALL WE THOUGHT THIS WAS A GREAT EXPERIENCE, WE LEARNED SO MUCH AND WOULD LOVE TO DO IT AGAIN.

ZOEY & IAN (ASK IAN FOR A McFLURRY IN GERMAN!!)