

# Champions Training Centre OCTOBER 2009 NEWSLETTER

## WELCOME

WELCOME TO THE OCTOBER EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! THE WEATHER IS STARTING TO GET COLD OUTSIDE, SO REMEMBER TO DRESS PROPERLY FOR THE ARENAS!

## 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

WINTER SCHOOL CONFIRMATION FORMS WILL BE SENT OUT SHORTLY. PLEASE READ THE COVERING LETTER AS IT HAS SOME IMPORTANT INFORMATION ON IT.

REMINDER: AS OF OCTOBER 8, 2009 – IF YOU HAVE NOT PAID FOR YOUR SKATE CANADA MEMBERSHIP, YOU WILL NOT BE ALLOWED ON THE ICE.

REMINDER: THE WAIVER FORM AND SKATE CANADA MEMBERSHIP FORMS ARE NOW PAST DUE!

ON NOVEMBER 5<sup>TH</sup>, 2009, THERE WILL BE A TEAM MEETING FOR THE PRE-PRELIMINARY TO PRELIMINARY LEVEL SKATERS AT 7:45PM IN THE PRESTON AUDITORIUM BOARD ROOM. ALL PARENTS SHOULD ATTEND {SKATERS ARE WELCOME}.

OCTOBER IS GOING TO BE A BUSY MONTH. PLEASE MAKE SURE YOU MARK THE "IMPORTANT DATES" ON YOUR CALENDAR. THERE IS GOING TO BE A SECTIONAL CLUB SIMULATION ON TUESDAY OCTOBER 6<sup>TH</sup> BETWEEN 8AM - NOON. IT IS YOUR RESPONSIBILITY TO NOTIFY YOUR SCHOOL THAT YOU WILL BE AWAY!

WE WOULD LIKE TO CONGRATULATE, TAYLOR STEELE AND ROB SCHULTZ FOR BEING NAMED TO TWO INTERNATIONAL COMPETITIONS. IN THE LAST MONTH, THEY HAVE TRAVELLED TO POLAND AND GERMANY. IN POLAND THEY PLACED 3<sup>RD</sup> IN THEIR SHORT, 6<sup>TH</sup> IN THEIR LONG AND 5<sup>TH</sup> OVERALL.

KRISTEN TIKEL AND IAN BEHARRY WERE ALSO NAMED TO THE JUNIOR GRAND PRIX CIRCUIT. THEY HAVE JUST RETURNED FROM RUSSIA, WHERE THEY EXECUTED TWO GREAT PROGRAMS. THEY FINISHED 9<sup>TH</sup> OVERALL. CONGRATULATIONS!

HAVE YOU EVER HEARD OF THE THREE "T'S"? TUCK IT IN, TIE IT UP (THE HAIR) AND TIDY. TRY TO REMEMBER THESE 3 "T'S" WHEN YOU ARE ON THE GENERAL SESSIONS!

JUST A QUICK REMINDER, THAT THERE IS NO SKATING ON MONDAY OCTOBER 12, 2009 AS THAT IS THANKSGIVING WEEKEND!.

CONGRATULATIONS TO ANDREE MORIN FOR BEING ASKED TO BE PART OF THE WO SECTION SKATE SASKATOON TEAM! GOOD LUCK AT THAT COMPETITION!

IN SEPTEMBER WE HOSTED A COMPETITIVE TEST DAY. CONGRATULATIONS TO THE SKATERS – THERE WAS SOME GREAT SKATING!

JENSEN BUCHANAN WAS BEAMING AS SHE PROUDLY ANNOUNCED THAT SHE WAS A "BIG SISTER" ONCE AGAIN! EVENTHOUGH THE BABY ARRIVED 5 WEEKS EARLY, WE ARE HAPPY TO REPORT THAT MOM AND BABY ARE DOING GREAT! CONGRATS!!!

NOW THAT THE COMPETITIVE SKATERS ARE IN THEIR BUSY TIME WITH COMPETITIONS, PLEASE MAKE SURE YOU SET GOALS. FOR ALL SKATERS IT IS IMPORTANT TO SET MONTHLY, WEEKLY AND DAILY GOALS!

TO THE COMPETITIVE SKATERS: GREAT JOB ON FILLING OUT THE SECTIONAL APPLICATION FORMS, THEY WERE VERY WELL DONE!

IF ANYONE HAS ANY EXCITING NEWS THEY WOULD LIKE TO SHARE WITH THE CTC FAMILY, PLEASE FORWARD IT TO THE CTC OFFICE BY THE 25<sup>TH</sup> OF THAT MONTH!

## FUTURE EVENTS

SECTIONAL TEAM SIMULATIONS – OCTOBER 6<sup>TH</sup>, 2009 8:00AM – NOON  
OCTOBERFEST COMPETITION – OCTOBER 15 – 18, 2009, BARRIE  
THE SECTIONAL CLUB COMPETITION WILL BE HELD IN OCTOBER 23 9AM-1PM,

& OCTOBER 24 FROM 8PM - MIDNIGHT.  
EVERYONE IS WELCOME TO COME AND JOIN THE SKATERS AT PRESTON AUDITORIUM.  
THE SECTIONAL TEAM DINNER IS TENTATIVELY SCHEDULED FOR OCTOBER 23, 2009!

### **TEST DAY INFORMATION**

FALL TEST DAY IS TENTATIVELY PLANNED FOR: EVALUATED: OCTOBER 13TH, 2009. 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 THE STORAGE ROOM IN HESPELER ARENA OR IN THE PRESTON CLUB OFFICE) BY OCTOBER 10, 2009. PLEASE MAKE SURE YOU FILL OUT ALL OF THE REQUESTED INFORMATION IE: SKATE CANADA NUMBER.

### **IMPORTANT DATES**

- OCTOBER 6TH, 2009 SECTIONAL CLUB SIMULATIONS
- OCTOBER 12TH, 2009 NO REGULAR SKATING THAT DAY, HAPPY THANKSGIVING!
- OCTOBER 13TH, 2009 TEST DAY @ PRESTON AUD STARTING AT 3PM
- OCTOBER 14TH, 2009 FIRST DAY OF WINTER SCHOOL
- OCTOBER 15 – 18, 2009 OCTOBERFEST COMPETITION
- OCTOBER 23 – 24, 2009 SECTIONAL CLUB COMPETITION
- OCTOBER 23, 2009 SECTIONAL TEAM DINNER (TENTATIVE)
- NOVEMBER 5, 2009 REGIONAL TEAM MEETING

### **PRESTON FSC NEWS**

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 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!

### **REMINDER NOTICE**

IF YOU ARE IN NEED OF SPEAKING WITH A COACH, PLEASE WAIT UNTIL THEY ARE FINISHED THE SESSION OR ARE ON A BREAK. IF YOUR INQUIRY IS AN OFFICE MATTER, PLEASE CONTACT THE OFFICE BETWEEN 9:00AM AND 2:00PM, MONDAY TO THURSDAY! THANK YOU FOR YOUR CO-OPERATION.

### **THOUGHT FOR THE MONTH**

"THERE ARE NO LIMITATIONS IF YOU BROADEN YOUR HORIZONS. IF YOU DON'T SUCCEED YOU HAVEN'T FAILED  
BECAUSE YOU CANNOT FAIL IF YOU 'VE TRIED YOUR HARDEST"

### **PARENTS CORNER**

BY MRS FAARUP:

HERE IS AN INSPIRATIONAL QUOTE, BY UNKNOWN AUTHOR.

"SKATING: IT'S THE FEELING YOU GET AT THE END OF A HARD PRACTICE WHEN YOU PUSHED YOURSELF TO THE LIMIT, THE WAY THE ICE FEELS WHEN YOU GET BACK ON IT AFTER A FEW DAYS OFF. IT'S PART OF YOUR IDENTITY, SOMETHING YOU LOVE AND SOMETHING THAT YOU HATE. A BOND THAT NO ONE ELSE REALLY UNDERSTANDS, BUT THAT'S OKAY, BECAUSE EVERY TIME YOU GET OUT ON THE ICE IT ISN'T JUST YOU; IT'S ALL THE FAMILY, FRIENDS AND COACHES OVER THE YEARS, ALL THE PRACTICES, ALL THE SWEAT, ALL THE PAIN, ALL THE TEARS, ALL THE MEMORIES, ALL THE LAUGHTER, ALL THE "OFF" COMPETITIONS, ALL THE LIFETIME BESTS, AND ALL THE ROAD TRIPS. AS INDIVIDUAL AS IT MAY SEEM, SKATING IS LIKE A TEAM, IT'S MORE THAN JUST A SPORT IT'S A WAY OF LIFE!"