

# Champions Training Centre SEPTEMBER 2009 NEWSLETTER

## WELCOME

WELCOME TO THE SEPTEMBER EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! CAN YOU BELIEVE WE ARE DONE THE SUMMER PROGRAM AND ARE HEADING INTO FALL SCHOOL. WE HOPE EVERYONE HAS HAD A GOOD BREAK!

### 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

JUST A REMINDER – WE DO NOT START BACK UNTIL TUESDAY SEPTEMBER 8<sup>TH</sup>, 2009.

LULULEMON & MONDOR CTC TEAM JACKETS WILL BE AVAILABLE FOR ALL SKATERS. IF YOU ARE INTERESTED IN ORDERING ONE AND HAVE NOT ALREADY DONE SO, PLEASE CONTACT THE CTC OFFICE ASAP.

WINTER SCHOOL FORMS HAVE NOW BEEN SENT OUT. IF YOU HAVE NOT ALREADY RECEIVED YOUR FORM, PLEASE CONTACT THE CTC OFFICE. JUST A REMINDER, FORMS ARE DUE ON SEPTEMBER 16, 2009! PLEASE MAKE AN APPOINTMENT TO SPEAK TO YOUR BASE COACH ABOUT THE BEST SCHEDULE THAT WOULD SUIT YOUR SKATER.

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

CONGRATULATIONS TO TAYLOR STEELE AND ROB SCHULTZ FOR RECEIVING AN INTERNATIONAL COMPETITION TO POLAND. THEY LEAVE SEPTEMBER 7<sup>TH</sup> AND RETURN THE 13<sup>TH</sup>.

AUGUST WAS A BUSY MONTH WITH THE SUMMER COMPETITIONS. DID YOU MEET YOUR GOALS FOR EACH COMPETITION? WHAT ARE THE NEXT GOALS YOU ARE GOING TO SET? IT IS RECOMMENDED THAT YOU SET NOT ONLY GOALS FOR COMPETITIONS, BUT ALSO DAILY, WEEKLY AND MONTHLY GOALS!

OUR DRESS SALE WAS ONCE AGAIN A HUGE SUCCESS. WE WOULD LIKE TO THANK KELLY WHICHER FOR ORGANIZING AND OPERATING THE DRESS SALE!

ANY SKATERS THAT HAVE VOLUNTEERED TO DO DIFFERENT ACTIVITIES FOR THE CLUB AND HAVE ALREADY SPOKEN TO MISS HUSTON ABOUT USING THOSE HOURS AS "SCHOOL VOLUNTEER HOURS" ARE ASKED TO GET THE PAPERWORK IN TO HER BY THE END OF SEPTEMBER. REMEMBER, IF YOU WISH TO USE THOSE HOURS AS VOLUNTEER HOURS, YOU NEED TO SPEAK TO HER BEFORE THE ACTIVITY TAKES PLACE.

THE TICKET ICE SCHEDULE STARTING SEPTEMBER 8<sup>TH</sup>, 2009 HAS CHANGED. THE SESSIONS ARE NOW: MONDAYS FROM 9AM TO 10AM, WEDNESDAYS 8:AM TO 9AM AND FRIDAYS 8AM TO 9AM. THE COST OF EACH HOUR WILL BE \$10.00.

ANYONE WHO IS INTERESTED IN HELPING OUT WITH THE RECREATIONAL SKATERS, PLEASE CHAT WITH MISS HUSTON. THERE WILL BE A SEMINAR FOR YOU HELD AT THE BEGINNING OF OCTOBER. THERE IS NO FEE TO THE SKATERS.

PHOEBE SIPA AND DANIELLE MOORE WERE THE WINNERS OF THE FINAL FRIDAY STROKING CLASS... SINCE THEY WERE THE WINNERS, THEY HAD THE OPPORTUNITY TO "SMASH" THE CHOCOLATE BUNNY. THEY DID SUCH A GOOD JOB "SMASHING IT" THAT NOT ONLY DID ALL THE SKATERS RECEIVE SOME CHOCOLATE BUT SO DID THE ZAMBONI"....

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!

### GOLD TEST MEDALLISTS AS OF AUGUST 30, 2009

CONGRATULATIONS!

HENRY SU – GOLD SKILL

### TEST DAY INFORMATION

IF YOUR CHILD IS NOT HOME CLUB PRESTON, THEN A TEST PERMISSION FORM WILL BE REQUIRED.

USUALLY A FORM IS ONLY PERMITTED FOR ONE SCHOOL OR SEASON {DEPENDING ON THE HOME CLUBS RULES}.

PLEASE MAKE SURE YOU HAVE A CURRENT TEST PERMISSION FORM AT THE CTC OFFICE.

FALL TEST DAYS ARE TENTATIVELY PLANNED FOR: COMPETITIVE: SEPTEMBER 23, 2009; 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) ONE WEEK BEFORE TEST DAY. PLEASE MAKE SURE YOU FILL OUT ALL OF THE REQUESTED INFORMATION IE: SKATE CANADA NUMBER.

### **FUTURE EVENTS**

OCTOBERBEST FORMS ARE NOW DUE!

SECTIONAL COMPETITION FORMS WILL BE HANDED OUT SHORTLY  
THE SECTIONAL CLUB COMPETITION WILL BE HELD OCTOBER 23, 24, 2009.  
THE SECTIONAL TEAM DINNER WILL BE HELD OCTOBER 23, 2009.

### **IMPORTANT DATES**

- SEPTEMBER 16, 2009 WINTER SCHOOL APPLICATION FORMS DUE
- SEPTEMBER 25 – 27, 2009 ISABELLE HENDERSON COMPETITION
- SEPT 23, OCT 13, 2009 TENTATIVE TEST DAY
- OCTOBER 6, 2009 TENTATIVELY SCHEDULED SECTIONAL TEAM SIMULATIONS 8AM TO NOON

### **PRESTON FSC NEWS**

THE PRESTON FIGURE SKATING CLUB WOULD LIKE TO THANK EVERYONE FOR ALL OF YOUR ASSISTANCE WITH THE SUMMER SIZZLE COMPETITION. WE GREATLY APPRECIATE PARENTS VOLUNTEERING THEIR TIME! OUR NEXT COMPETITION IS NOT UNTIL MARCH...

THE PRESTON CLUB IS ALSO RESPONSIBLE FOR WEEKLY BINGOS. **IN OCTOBER ON WEDNESDAY AFTERNOONS STARTING AT 11:30AM** AND IN DECEMBER ON TUESDAY EVENINGS STARTING AT 6:30PM. IF YOU ARE INTERESTED IN ASSISTING WITH ANY OF THESE BINGOS, PLEASE CALL THE CLUB OFFICE, 519-653-2252. **FOR EACH BINGO YOU DO, A CREDIT WILL APPEAR ON YOUR SKATERS ACCOUNT.**

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!

### **COMPETITION NEWS**

THE SECTIONAL COMPETITION, THIS WILL BE AN OVERNIGHT ACCOMMODATIONS COMPETITION.

SOME POINTS TO REMEMBER ABOUT COMPETITIONS:

THERE IS A COMPETITION PACK LIST AVAILABLE. IF ANY SKATER NEEDS ONE, PLEASE SPEAK TO MISS WHEELER.

SOME THINGS THAT CAME TO OUR ATTENTION AT THE LAST TWO COMPETITIONS:

IT IS HIGHLY RECOMMENDED AND NECESSARY FOR THE SKATER TO REMAIN AT THE ARENA TO OBSERVE THE REST OF THEIR EVENT. IT IS NECESSARY FOR THE SKATERS TO PICK UP THEIR REPORT SHEET AND MUSIC AND RETURN THIS TO THEIR BASE COACH, OR THE COACH LOOKING AFTER THEM AT THE COMPETITION, IMMEDIATELY FOLLOWING THEIR EVENT. THE SKATER CAN NOT ONLY LEARN FROM COMPETING, BUT FROM WATCHING THE REST OF THEIR EVENT AND TO GET THE SKATER MORE ACCUSTOMED TO THE COMPETITIVE ATMOSPHERE AND SUPPORTING FELLOW TEAM MATES.

CLEAR RUBBERIZED SKATE TAPE IS REQUIRED TO BE WORN OVER THE LACES OF BOTH MEN AND WOMEN'S SKATES DURING THE COMPETITION. THE JUDGING SYSTEM NOW TAKES A DEDUCTION FOR LACES THAT COME UNDONE DURING AN EVENT, UNLESS THE SKATER CAN CONTINUE WITHOUT INTERRUPTION TO THE END OF THEIR PROGRAM.

MAKE UP MUST BE WORN BY ALL FEMALE COMPETITORS AND IN SOME CASES BY THE MALE COMPETITORS. MAKE UP SHOULD BE BROUGHT TO THE ARENA EVEN IF THE SKATER HAS APPLIED THE MAKE UP PRIOR TO ARRIVING AT THE COMPETITION SITE. THE SAME APPLIES TO HAIR SUPPLIES (GEL, HAIR SPRAY, ADDITIONAL CLIPS AND ADDITIONAL ELASTICS). BOBBY PINS MUST NOT BE WORN IN COMPETITION.

SKATE BAGS SHOULD BE KEPT IN THE DRESSING ROOM AT THE COMPETITION. THIS ENSURES QUICK AND EASY ACCESS TO ANYTHING THAT THE SKATER REQUIRES AT THE LAST MINUTE.

BOXERS NOT TO BE WORN UNDER MEN'S COMPETITION OUTFITS.

WOMEN MUST NOT WEAR UNDERWEAR.

RUNNING SHOES SHOULD BE BROUGHT TO THE COMPETITION FOR THE OFF ICE WARM UP.

LACES SHOULD BE CHECKED FOR THINNING AND CLEANLINESS. NEW LACES SHOULD NOT BE WORN IN THE COMPETITION FOR THE FIRST TIME. IF LACES NEED TO BE REPLACED – AT LEAST ONE TO TWO PRACTICES SHOULD TAKE PLACE WITH THE NEW LACES BEFORE THE COMPETITION.

MEN NEED TO SHAVE PRIOR TO THE COMPETITION UNLESS APPROVED BY THE BASE COACH.

DOUBLE CHECK YOUR SKATE BAG TO ENSURE YOU HAVE SKATE GUARDS.

### **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!

### **SUMMER SCHOOL 2009**

DURING THE SUMMER PROGRAM, CERTIFICATES ARE PRESENTED ON A WEEKLY BASIS TO SKATERS.

AWARDS OF EXCELLENCE:

THIS AWARD IS GIVEN TO SKATERS THAT HAVE DEMONSTRATED GOOD WORK HABITS DURING THAT WEEK:

WEEK # 6 – ANDREE MORIN, CLAIRA WHICHER

WEEK # 7 – KRISTEN TIKEL & IAN BEHARRY, OLIVIA SCOTT

EACH THURSDAY THE SKATERS ARE ASKED TO "DRESS UP" BASED ON THE THEME OF THE DAY. PRIZES ARE AWARDED TO THE "BEST DRESSED" SKATERS:

WEEK # 6 – CHRIS BOUTLIER, REBECCA VANDERSPEK, PHOEBE SIPA, AVELINE PEARSON NATASHA MARCIL

PERFORMANCE OF THE DAY:

WEEK # 6 – AVELINE PEARSON & ALEXANDER SHELDRIK

### **THOUGHT OF THE MONTH**

"IT'S THE START THAT STOPS MOST PEOPLE"

### **PARENTS CORNER**

BY: MRS LISA ROBBINS

MY SON WENT TO A SUMMER LEADERSHIP CAMP IN ORILLIA THIS PAST SUMMER. AT THE START OF THE YOUTH LEADERSHIP CAMP OF CANADA THEY WERE ALL GIVEN A JOURNAL AND A PEN. NO CELL PHONES, VIDEO GAMES OR TV WERE ALLOWED. THEY WERE TAUGHT THE ART OF JOURNALING: WRITING YOUR THOUGHTS AND GOALS ON PAPER. I HAVE INCLUDED SOME BELOW.

"ENTHUSIASM IS ONE OF THE MOST POWERFUL ENGINES OF SUCCESS. WHEN YOU DO A THING, DO IT WITH ALL YOUR MIGHT. PUT YOUR WHOLE SOUL INTO IT. STAMP IT WITH YOUR OWN PERSONALITY. BE ACTIVE, BE ENERGETIC, BE ENTHUSIASTIC AND FAITHFUL AND YOU WILL ACCOMPLISH YOUR OBJECT. NOTHING WAS EVER ACHIEVED WITHOUT ENTHUSIASM." RAPLH WALDO EMMERSON – POET AND ESSAYIST

"NINETY-NINE PERCENT OF ALL FAILURES COME FROM PEOPLE WHO HAVE A HABIT OF MAKING EXCUSES". GEORGE WASHINGTON CARVER - CHEMIST

"LIVE THE LIFE YOU HAVE IMAGINED, SO CONFIDENTLY IN THE DIRECTION OF YOUR DREAMS" HENRY DAVID THEOREAU

"WHY NOT GO OUT ON A LIMB? ISN'T THAT WHERE THE FRUIT IS?"