

# Champions Training Centre

## AUGUST 2010 NEWSLETTER

### WELCOME

WELCOME TO THE AUGUST EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! WE ARE NOW MORE THAN ½ WAY THROUGH THE SUMMER PROGRAM. AS MANY OF YOU START TO PREPARE FOR YOUR FIRST COMPETITION, DOUBLE CHECK THE TO-DO LIST POSTED IN THE COMPETITION SECTION OF THE NEWSLETTER! WE HOPE EVERYONE ENJOYS THEIR THREE WEEK 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.

### ICE SURFACE ENTRANCE

PLEASE REMEMBER THAT ONCE THE SKATER STEPS ONTO THE ICE, WE ASK THAT THEY DO NOT LEAVE THE ICE SURFACE UNLESS THEY HAVE PERMISSION FROM THEIR BASE COACH OR ONE OF THE COACHES ON DUTY. WE WOULD APPRECIATE IF PARENTS WOULD WAIT UNTIL THE END OF THE SESSION WHEN THE SKATERS LEAVE THE ICE BEFORE THEY COME TO SPEAK TO THEIR CHILD.

### SKATERS AND COACHES NEWS

FALL SCHOOL FORMS ARE NOW PAST DUE! PLEASE MAKE AN APPOINTMENT TO SPEAK TO YOUR BASE COACH ABOUT THE BEST SCHEDULE THAT WOULD SUIT YOUR SKATER.

WINTER SCHOOL FORMS WILL BE SENT OUT SHORTLY. PLEASE MAKE SURE YOU READ THE COVERING LETTER AS THERE HAS BEEN SOME IMPORTANT CHANGES MADE TO THE APPLICATION FORM AND DEADLINE DATES.

IF YOU ARE ATTENDING THE FALL FESTIVAL: COMPETITION FORMS ARE NOW PAST DUE!

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

DURING THE MONTH OF JULY, MR JOHN BRISCOE THE TECHNICAL CONSULTANT FOR WESTERN ONTARIO SECTION OBSERVED OUR COMPETITIVE SKATERS. HE WAS VERY IMPRESSED!

THE COACHES WERE VERY IMPRESSED ON HOW THE SKATERS HANDLED THE PEPLER DAY: OFF ICE WARM UPS AND SIMULATIONS. THIS IS A GREAT FIRST STEP IN PREPARING FOR THE COMPETITIVE SEASON!

AT THE PEPLER SIMULATION WE BROUGHT IN TECHNICAL SPECIALISTS TO REVIEW THE PROGRAMS. ALL OF THE BASE COACHES LATER WENT THROUGH THIS INFORMATION WITH THEIR BASE STUDENTS. MR JOHN BRISCOE, THE TECHNICAL CONSULTANT ALSO ATTENDED THE SIMULATIONS. THE SKATERS DID A GREAT JOB WITH THE TEAM EVENTS.

EACH WEEK THE SKATERS PROVE THAT THEY KNOW HOW TO DRESS UP!!! YOU GUYS ARE DOING AN AMAZING JOB....

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!

ON AUGUST 7<sup>TH</sup>, 2010 MICHELE MORTIMER (THE SUMMER BALLET INSTRUCTOR) WILL BE GETTING MARRIED TO LARRY SMITH. WE WISH HER AND HER HUSBAND A LIFE TIME OF HAPPINESS.

### PRESTON FSC NEWS

WE ARE CONTINUING TO COLLECT ZEHRS TAPES. THERE IS A BOX IN THE DRESSING ROOM @ HESPELER ARENA, PLEASE DROP YOUR ZEHRS RECEIPT TAPES THERE! THE PRESTON WEB-SITE IS: [WWW.PRESTONFSC.COM](http://WWW.PRESTONFSC.COM).

THE PRESTON FIGURE SKATING CLUB WOULD LIKE TO THANK EVERYONE WHO PARTICIPATED IN THE PEPLER FUNDRAISER. IT WAS A GREAT SUCCESS! A SPECIAL THANK YOU TO MRS "MOM" PEPLER TO COMING OUT AND BEING PART OF THE 30<sup>TH</sup> YEAR. ALSO, THE SKATERS WOULD LIKE TO THANK MRS PADILLO, MRS DUNN, MISS WHEELER AND ALL THE OTHER PARENTS FOR ASSISTING WITH THE DAY ACTIVITIES. A BIG THANK YOU TO ALL THE ADULTS THAT CAME OUT AND SUPPORTED THE DAY!!!!

THE SUMMER SIZZLE COMPETITION IS BEING HELD AT RIM PARK ON AUGUST 6 – 8, 2010. THE GRAND RIVER SKATING COUNCIL IS HOSTING THIS COMPETITION AND THEREFORE PRESTON FSC IS INVOLVED. OUR CLUBS RESPONSIBILITY IS DRESSING ROOMS AND ICE CAPTAIN. IF YOU ARE AVAILABLE TO ASSIST WITH THIS, PLEASE CONTACT CHERYL HUSTON.

### 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!

## **FUTURE EVENTS**

FALL FESTIVAL FORMS ARE NOW DUE! THIS IS FOR THE COMPETITIVE EVENTS ONLY.  
OCTOBERFEST FORMS WILL BE AVAILABLE SHORTLY. THIS IS FOR THE COMPETITIVE EVENTS ONLY.

## **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.

SUMMER TEST DAY IS TENTATIVELY PLANNED FOR: AUGUST 10, 2010. IF YOU ARE TRYING A TEST, PLEASE SUBMIT THE ENVELOPES TO THE CTC MAILSLOT AT THE ARENA BEFORE THE TEST DAY.

## **IMPORTANT DATES**

- |                        |                          |
|------------------------|--------------------------|
| • AUGUST 6 – 8, 2010   | SUMMER SIZZLE            |
| • AUGUST 10, 2010      | TENTATIVE TEST DAY       |
| • AUGUST 12 – 15, 2010 | THORNHILL COMPETITION    |
| • SEPTEMBER 2 -6, 2010 | CTC OFFICE CLOSED        |
| • SEPTEMBER 7, 2010    | FIRST DAY OF FALL SCHOOL |

## **THOUGHT OF THE MONTH**

"I HOPE MY PUPILS WILL COMMIT THEMSELVES TO SEARCHING! BECAUSE THEY WILL KNOW THAT ONE SEARCHES FOR THE SAKE OF SEARCHING. THAT FINDING, WHICH IS INDEED THE GOAL, CAN EASILY PUT AN END TO STRIVING." ARNOLD SCHOENBERG (AUSTRIAN COMPOSER 1874-1951)

## **REMINDER NOTICE**

THERE WILL BE NO TICKET ICE AVAILABLE UNTIL SEPTEMBER.

### **ITEMS YOU SHOULD HAVE WITH YOU AT THE COMPETITION SITE:**

1. JEANS ARE NOT TO BE WORN IN THE ARENA ON ANY DAY OF COMPETITION WHETHER YOU ARE COMPETING THAT DAY OR NOT!
2. POSSIBLY A DISCMAN TO LISTEN TO SOLO MUSIC IN DRESSING ROOM PRIOR TO GOING ON THE ICE
3. COMPETITION OUTFIT; BACK UP OUTFIT
4. SKATERS (PLEASE BE SURE YOUR SKATES AND LACES ARE CLEAN) NO SKATE COVERS UNLESS APPROVED BY BASE COACH AND CHOREOGRAPHER); EXTRA PAIR OF LACES
5. CLEAR TAPE TO TAPE TOP OF SKATES
6. MATCHING GLOVES FOR PRACTICES ONLY; NO GLOVES DURING WARM UP OR DURING THE PROGRAMS
7. MATCHING SWEATER FOR WARM UP – PLEASE BRING SWEATER WITH ZIPPER OR BUTTON FRONT (NO CLUB JACKET OR HOODED SWEATERS)
8. GIRLS – PLEASE WEAR TIGHTS THAT WOULD NOT HAVE TO GO OVER TOP OF SKATES, UNLESS APPROVED BY THE BASE COACH. TIGHTS NEED TO BE TUCKED INSIDE TOP OF SKATES; EXTRA PAIR OF TIGHTS
9. GUARDS, KLEENEX, BOTTLE OF WATER, TWISTER
10. SKIPPING ROPE, RUNNING SHOES AND WARM-UP SHORTS OR PANTS
11. SKATE BAG COPY OF YOUR SOLO
12. MAKE-UP
13. GIRLS NO UNDERWEAR UNDER SKATING DRESSES