

Champions Training Centre

FEBRUARY 2011 NEWSLETTER

WELCOME

WELCOME TO THE FEBRUARY EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER!
THERE ARE SO MANY THINGS GOING ON RIGHT NOW, WE HOPE THAT THE INFORMATION AVAILABLE
THROUGHOUT THE NEWSLETTER IS HELPFUL!

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.

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. THE OTHER OPTION IS TO INTERRUPT THEM DURING YOUR CHILD'S LESSON. 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.

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

AT THIS TIME, WE WOULD ASK THAT YOU SET UP A MEETING WITH YOUR BASE COACH TO REVIEW THIS PAST YEARS SKATING: DID THE SKATER ACCOMPLISH THEIR GOALS? SET OUT A "PLAN OF ATTACK" FOR NEXT YEAR AND FILL OUT THE SPRING, SUMMER AND FALL SCHOOL APPLICATION FORMS.

THE OFF-SEASON SCHOOL APPLICATION FORMS WILL BE AVAILABLE SHORTLY!!! THE SPRING SCHOOL WILL BE A 10-WEEK PROGRAM AND THE SUMMER SCHOOL WILL BE A 6 OR 7 WEEK PROGRAM (DEPENDING ON THE LEVEL OF SKATERS) CONGRATULATIONS TO THE SKATERS THAT QUALIFIED THROUGH NATIONALS. YOU DID AN AMAZING JOB! WE WOULD ALSO LIKE TO CONGRATULATE LEAH HYSLOP AND BOB GOODWIN FOR PLACING 3RD IN THE NOVICE PAIR CATEGORY!

ON SATURDAY FEB 12TH, 2011 THE PRESTON FSC WILL BE HOSTING ITS ANNUAL SKATE-A-THON. WE HOPE THAT ALL THE MEMBERS OF THE PRESTON FIGURE SKATING CLUB COME OUT AND PARTICIPATE IN THIS FUN EVENING.

PLEASE REMEMBER THAT DUE TO THE "FAMILY HOLIDAY" IN FEBRUARY, THERE WILL BE NO SKATING ON FEB 21ST.

THERE WILL BE NO TICKET ICE AVAILABLE ON MONDAY FEBRUARY 21ST.

THE REGULAR WINTER SKATING SCHEDULE FINISHES ON SATURDAY FEBRUARY 26, 2011. ICE SHOW PRACTICES BEGIN ON SATURDAY FEBRUARY 26TH, 2011 @ 6PM.

WINTER SKATING CONTINUES UNTIL MARCH 18TH, 2011 WITH GENERAL SESSIONS TAKING PLACE THROUGHOUT THE REMAINING WEEKS. A SCHEDULE WILL BE SENT OUT TO EACH SKATER SHORTLY.

THERE WILL BE A MEETING FOR ALL SECTIONAL SKATERS ON FEBRUARY 26TH, 2011 STARTING AT 5PM AT THE PRESTON AUDITORIUM

ON WEDNESDAY FEBRUARY 2, 2011, THE PRESTON FSC WILL BE HOSTING A FUNDRAISER TO ASSIST THE ICE SHOW. SKATERS, FAMILIES AND FRIENDS CAN PRE-ORDER A MEAL TICKET FOR \$10.00 AND ENJOY A WONDERFUL MEAL AT CRABBY JOES ON HESPELER ROAD IN CAMBRIDGE. THE COST INCLUDES: PASTA, SALAD AND ROLL. THE ONLY ADDITIONAL COST WILL BE A BEVERAGE. WE HOPE THAT YOU WILL SUPPORT THE CLUB!

IF SKATERS ARE INVITED TO PARTICIPATE IN AN ICE SHOW, CHARITY FUNCTION, OR FUNDRAISER, PLEASE MAKE SURE YOU CONTACT THE CTC OFFICE. IT IS IMPORTANT TO MAKE SURE THAT THESE EVENTS ARE SANCTIONED THROUGH WESTERN ONTARIO SECTION, SKATE CANADA.

AS THE SEASON IS COMING TO A CLOSE WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO SHOWCASE THE NEXT SKATING LEVEL, OUR REGIONAL TEAM TO THE RECREATIONAL SKATERS. WE HAVE PUT ALL OF THE KIDS NAMES IN A HAT,

AND HAVE DRAWN A FEW NAMES TO DO THEIR PROGRAM ON THE RECREATIONAL SESSION. IF YOUR NAME IS DRAWN, WE WILL CONTACT YOU BY EMAIL.

TEST DAY INFORMATION

THE NEXT TEST DAY IS TENTATIVELY SCHEDULED FOR {EVALUATED TESTS – FEBRUARY 24 2011} {COMPETITIVE TESTS – FEBRUARY 14 2011}; ONCE THE FINAL TEST LIST IS ANNOUNCED FOR EACH TEST DAY, THE SKATERS WILL RECEIVE AN ENVELOPE FROM THE COACH THAT 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. MORE INFORMATION TO FOLLOW.

SATURDAY FEBRUARY 26TH, 2011 – SCHEDULE:

1:10PM – 2:55PM – RECREATIONAL PROGRAMS
3:05PM – 6:00PM – REGULAR SKATING PROGRAM*
5:00PM – SECTIONAL TEAM ICE SHOW MEETING
6:00PM – MIDNIGHT – ICE SHOW PRACTICE

IMPORTANT DATES

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| FEBRUARY 2, 2011 | PRESTON FSC PASTA DINNER |
| FEBRUARY 4-6, 2011 | DENNIS SILVERTHORNE COMPETITION |
| FEBRUARY 12, 2011 | PRESTON SKATE-A-THON |
| FEBRUARY 14, 2011 | TENTATIVE COMPETITIVE TEST DAY |
| FEBRUARY 21, 2011 | NO SKATING – FAMILY DAY |
| FEBRUARY 21, 2011 | NO TICKET ICE |
| FEBRUARY 24 , 2011 | TENTATIVE EVALUATED TEST DAY |
| FEBRUARY 26, 27, 2011 | BOSTON PIZZA COMPETITION |
| FEBRUARY 26, 2011 | LAST DAY OF REGULAR WINTER SCHEDULE |
| FEBRUARY 26, 2011 | FIRST DAY OF ICE SHOW PRACTICE |
| FEBRUARY 26, 2011 | FIRST DAY OF TICKET SALES (1PM – 5PM) |
| FEB 28 – MAR 18, 2011 | GENERAL SESSIONS (SCHEDULE TO BE ANNOUNCED) |
| MARCH 5 – 6, 2011 | FUTURES COMPETITION |

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!

PRESTON FSC NEWS

FOR THE 2011 ICE SHOW, WE ARE ASKING EACH FAMILY TO VOLUNTEER A MINIMUM OF 4 HOURS EITHER PRIOR TO OR DURING THE SHOW. IF YOU WISH TO DO MORE, WE WILL NEVER SAY NO! IF YOU HAVE NOT ALREADY SIGNED UP TO BE ON A COMMITTEE, PLEASE CALL 519-653-2252.

THE PRESTON WEB SITE IS: WWW.PRESTONFSC.COM.

CHAMPIONS TRAINING CENTRE OFFICE

AS PART OF YOUR JANUARY 31, 2010 STATEMENT, YOU WILL RECEIVE {IF UNDER THE AGE OF 16} THE 2009 FITNESS TAX CREDIT FOR ALL SKATERS WHO PARTICIPATED IN THE PFSC 10/11 WINTER SKATING PROGRAM. THIS TAX CREDIT IS BASED ON THE AMOUNT PAID FOR YOUR WINTER ICE FROM OCTOBER TO DECEMBER 31, 2010. A 2011 FITNESS TAX CREDIT FOR THE REMAINING 10/11 WINTER MONTHS WILL BE DISTRIBUTED AT THE END OF MARCH 2011. PLEASE NOTE, ONLY ONE COPY OF THIS FITNESS TAX RECEIPT CAN BE PROVIDED, THEREFORE PLEASE DO NOT MIS-PLACE IT!

OFF-SEASON SCHOOL 2011

COMPETITIVE SKATERS:

SESSIONS ARE CONSIDERED PACKAGES AS THEY DO GENERAL SESSIONS, STROKING, CONDITIONING, FLEXIBILITY AND YOGA CLASSES AS PART OF THEIR TRAINING DAY.

NOVICE, JUNIOR AND SENIOR SINGLES AND PAIRS
5 AFTERNOON PACKAGES AND THREE MORNING PACKAGES

PRE-NOVICE SINGLES SKATERS
5 AFTERNOON PACKAGES MINIMUM

JUVENILE SKATERS
4 AFTERNOON PACKAGES MINIMUM

REGIONAL SKATERS:

JUNIOR BRONZE AND HIGHER STARSKATE
4 – 5 DAYS PER WEEK

PRELIMINARY
3 – 5 DAYS PER WEEK

PRE-PRELIMINARY
2 – 4 DAYS PER WEEK

THESE RECOMMENDATIONS AND REQUIREMENTS ARE BASED ON WHAT THE COACHING STAFF AT CTC AND PRESTON BELIEVE TO BE REQUIRED TO ACHIEVE CONSISTENT PROGRESS FOR THE LEVELS INDICATED. IT ALSO REPRESENTS HOW SKATERS ARE TRAINING IN OTHER SKATING ORGANIZATIONS THROUGHOUT CANADA.

SPRING FORMS WILL BE COMING OUT SHORTLY AND ALONG WITH THAT YOU SHOULD BE PLANNING A COACH/PARENT ANNUAL MEETING WITH YOUR BASE COACH. WHEN YOU RECEIVE YOUR SPRING FORMS, YOU WILL NOTE THAT THE FORM ENCLOSED IN YOUR PACKAGE IS THE FORM FOR THE LEVEL THAT YOUR BASE COACH FEELS IS RIGHT FOR YOU.

PARENTS CORNER

From Michelle Wheeler:

*We're conditioned to think that our lives revolve around great moments.
But great moments often catch us unaware - beautifully wrapped
in what others may consider a small one.
People may not remember exactly what you did, or what you said,
but they will always remember how you made them feel.*