

CHAMPIONS TRAINING CENTRE JANUARY 2011 NEWSLETTER

WELCOME

WELCOME TO THE JANUARY EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER!
HAPPY NEW YEAR!!! WE HOPE YOU HAD A SAFE AND HAPPY HOLIDAY SEASON!

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

WE WOULD LIKE TO CONGRATULATE THE SKATERS THAT QUALIFIED THROUGH TO NATIONALS. YOU DID AN AMAZING JOB! OUR TEAM IS LISTED BELOW! GOOD LUCK AT NATIONALS.

THE REGIONAL TEAM PARTY WAS HELD ON DECEMBER 6TH, 2010 ALONG WITH THE REGIONAL TEAM CLEAR ICE SIMULATIONS.. THE COACHES WERE VERY IMPRESSED WITH THE GREAT SKATES! THANKS TO EVERYONE WHO ASSISTED WITH THE TEAM DINNER. IT WAS A GREAT EVENING!

ON DECEMBER 18, 2010, PRESTON HELD IT'S ANNUAL CHRISTMAS SKATE PARTY! A GREAT TIME WAS HAD BY ALL!

PLEASE NOTE, ON FEBRUARY 21ST, 2011 THERE WILL BE NO SKATING AS THIS IS "FAMILY DAY" AND ALL ARENAS ARE CLOSED.

ON SATURDAY FEBRUARY 12, 2011, THE PRESTON FSC WILL BE HOSTING THEIR ANNUAL SKATE-A-THON. THIS YEAR, AS ALWAYS, SKATERS ARE ENCOURAGED TO PARTICIPATE. THE FIRST \$25.00 GOES TO THE BURSARY ACCOUNT AND ANY OTHER FEES COLLECTED GOES TO THE SKATERS ACCOUNT. PLEASE COME OUT AND SUPPORT THIS ACTIVITY... IF YOU REQUIRE A PLEDGE FORM, PLEASE CONTACT OUR OFFICE.

AT THIS TIME, ALL SKATERS SHOULD HAVE RECEIVED AN ICE SHOW MEASUREMENT REQUEST FORM VIA EMAIL. PLEASE FILL IT OUT AND RETURN IT TO THE CTC OFFICE BY JANUARY 10, 2011.

SKATERS SHOULD HAVE RECEIVED AN EMAIL REGARDING THEIR MAKE-UP SESSION FOR THE TWO MISSED FRIDAYS AND/OR SATURDAYS IN JANUARY. IF YOU HAVE ANY QUESTIONS REGARDING YOUR MAKE-UP SESSION, PLEASE CONTACT THE CTC OFFICE.

CONGRATULATIONS TO TAYLOR STEELE AND ROB SCHULTZ WHO PLACED 3RD AFTER THE SHORT AND 4TH OVERALL AT THE JUNIOR GRAND PRIX FINALS IN CHINA. WAY TO GO!!!!

IF ANYONE HAS ANY INTERESTING INFORMATION THAT THEY WOULD LIKE TO SHARE WITH THE CHAMPIONS TRAINING CENTRE FAMILY PLEASE EMAIL US

JUNIOR NATIONAL TEAM:

WHEN YOU SEE YOUR FELLOW TEAM PRESTON MEMBERS, REMEMBER TO WISH THEM A GREAT SKATE!

- NOVICE PAIR: CLAIRA WHICHER & WESLEY KILLING
LEAH HYSLOP & BOB GOODWIN
- JUNIOR PAIR: TAYLOR STEELE & ROB SCHULTZ
KRISTEN TIKEL & IAN BEHARRY
AVELINE PEARSON & ALEXANDER SHELDRIK

TEST DAY INFORMATION

THE NEXT TEST DAY IS TENTATIVELY SCHEDULED FOR {EVALUATED & COMPETITIVE TESTS – FEBRUARY 2010}. ONCE THE FINAL TEST LIST IS ANNOUNCED FOR THE TEST DAY, THE SKATERS WILL RECEIVE AN ENVELOPE FROM THE COACH THAT HAS TO BE SUBMITTED TO TRY 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.

IMPORTANT DATES

JANUARY 3, 2011	RESUME SKATING
JANUARY 7 – 9, 2011	CHARLES DOVER COMPETITION
JANUARY 7, 2011	NO SKATING AT HESPELER IN THE AFTERNOON
JANUARY 7, 2011	NO TICKET ICE AT HESPELER ARENA
JANUARY 7, 2011	MAKE UP ICE @ RIM
JANUARY 8, 2011	NO SKATING AT PRESTON AUDITORIUM
JANUARY 10, 2011	ICE SHOW MEASUREMENT INFORMATION DUE
JANUARY 17 – 23, 2011	JUNIOR NATIONAL CHAMPIONSHIPS, VICTORIA BC
JANUARY 14, 2011	NO SKATING AT HESPELER IN THE AFTERNOON
JANUARY 14, 2011	NO TICKET ICE AT HESPELER ARENA
JANUARY 15, 2011	NO SKATING AT PRESTON AUDITORIUM
JANUARY 21, 2011	NO SKATING AT HESPELER IN THE AFTERNOON
JANUARY 21, 2011	NO TICKET ICE AT HESPELER ARENA
JANUARY 21, 2011	MAKE UP ICE @ RIM
JANUARY 22, 2011	NO SKATING AT PRESTON AUDITORIUM

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 FSC WILL ONCE AGAIN BE HOSTING A SKATE-A-THON. THIS EVENT WILL BE HELD ON SATURDAY FEBRUARY 12, 2011. THE EVENINGS ACTIVITIES WILL START AT 7:30PM. MORE INFORMATION IS AVAILABLE ON THE PRESTON WEB-SITE OR AT THE PRESTON CLUB OFFICE.

THE PRESTON FSC WILL BE LAUNCHING A CHOCOLATE BAR FUNDRAISER. MORE INFORMATION WILL BE SENT OUT SHORTLY!

THE PRESTON WEB-SITE IS: 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!

THOUGHT OF THE MONTH

" Success comes in cans, failure in can'ts.." (Author unknown)

REVISED SCHEDULE IN JANUARY

FRIDAY JANUARY 7TH, 2011 – CHANGE IN LOCATION: RIM PARK 3PM TO 5PM

{ICE TIME FOR SKATERS WHO USUALLY FRIDAY AFTERNOON SKATERS}

3:00PM – 3:30PM – GENERAL SESSION

3:30PM – 4:15PM – GENERAL SESSION

4:15PM – 5:00PM – GENERAL SESSION

5:10PM – 6:10PM – FITNESS CLASS

MONDAY JANUARY 17TH, 2011:

CANCEL MONDAY'S AFTERNOON SESSION AT HESPELER

REVISED PRESTON AUDITORIUM THE SCHEDULE:

- 4:10PM - 5:10PM - GENERAL SESSION (HESPELER SKATERS)
- 5:10PM - 5:50PM - GENERAL SESSION (PRE-PREL SKATERS)
- 5:15PM - 6:00PM - FLEX CLASS (FOR THE HESPELER KIDS)
- 6:00PM - 6:15PM - SKILL/DANCE (ALL SKATERS)
- 6:15PM - 6:35PM - STROKING/TECHNIQUE CLASS (ALL SKATERS)
- 6:35PM - 6:45PM - FLOOD
- 6:45PM - 8:00PM - GENERAL SESSION (6:45PM GROUP OF SKATERS)

TUESDAY JANUARY 18TH, 2011:

CANCEL TUESDAY'S AFTERNOON SESSION AT HESPELER

THE HESPELER SKATERS WOULD FOLLOW THIS SCHEDULE:

PRESTON AUDITORIUM

- 4:40PM - 5:40PM - GENERAL SESSION
- 5:40PM - 6:00PM - STROKING SESSION
- 6:15PM - 7:05PM - FLEXIBILITY CLASS

WEDNESDAY JANUARY 19TH, 2011:

REVISED SCHEDULE ON WEDNESDAY @ HESPELER:

- 4:00PM - 4:45PM - GENERAL SESSION
- 4:45PM - 5:00PM - STROKING
- 5:10PM - 6:10PM - FITNESS CLASS

THURSDAY JANUARY 20TH, 2011:

THURSDAY @ HESPELER: NO CHANGES TO SCHEDULE

FRIDAY JANUARY 21ST, 2011 – CHANGE IN LOCATION: RIM PARK 3:30PM TO 5PM

{ICE TIME FOR SKATERS WHO USUALLY FRIDAY AFTERNOON SKATERS }

- 3:30PM – 4:15PM – GENERAL SESSION
- 4:15PM – 5:00PM – GENERAL SESSION
- 5:10PM – 6:10PM – FITNESS CLASS

MORNING ICE THE WEEK OF JANUARY 17TH, 2011:

- TUESDAY JANUARY 18TH, 2011 - AM 7:15AM TO 8AM
- WEDNESDAY JANUARY 19TH, 2011 - AM 7:15AM - 8:00AM
- FRIDAY JANUARY 21ST, 2011 - AM CANCELLED SESSION

PARENTS CORNER

PROVIDED BY MRS JOSIE JAMIESON:

LITTLE THINGS MATTER

THOSE THREE WORDS ARE SO IMPORTANT.....EVERYDAY EVERYHOUR, EVERY MOMENT OF YOUR LIFE, YOU FACE A CHOICE. YOU CAN TAKE A SIMPLE, POSITIVE ACTION....OR TAKE A SIMPLE NEGATIVE ACTION.

THE DIFFERENCE BETWEEN THOSE WHO FEEL SUCCESSFUL, AND THOSE WHO DON'T COMES FROM THE LITTLE CHOICES YOU MAKE ABOUT WHAT YOU THINK, SAY AND DO!!

SIMPLE ACTIONS REPEATED OVER AND OVER DETERMINE THE LIFE YOU LEAD.

SMALL ACTIONS COMPOUND OVER TIME. FOR EXAMPLE...IF YOU EXERCISE FOR AN HOUR A DAY, YOU WON'T SEE TOO MUCH DIFFERENCE AFTER A COUPLE OF DAYS OR EVEN WEEKS.....BUT AFTER A COUPLE OF MONTHS YOU WILL NOTICE A HUGE DIFFERENCE.

A LITTLE EFFORT EACH DAY WILL RESULT IN "HUGE" REWARDS OVER TIME!!!!!!