

Champions Training Centre

NOVEMBER 2010 NEWSLETTER

WELCOME

WELCOME TO THE NOVEMBER EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! THE WINTER SEASON IS UPON US; PLEASE MAKE SURE YOU WEAR PROPER ATTIRE!

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

ON NOVEMBER 4TH, 2010, THERE WILL BE A TEAM MEETING FOR THE PRE-PRELIMINARY LEVEL SKATERS AT 7:45PM IN THE PRESTON AUDITORIUM BOARD ROOM. ALL PARENTS SHOULD ATTEND {SKATERS ARE WELCOME}.

ON NOVEMBER 12, 2010 THERE IS NO SKATING AT THE HESPELER ARENA DURING THE MORNING, TICKET ICE OR AFTERNOON SESSIONS.

FOR ANY SECTIONAL COMPETITORS THAT DO NOT COMPETE FRIDAY MORNING, A SESSION DURING FRIDAY WILL BE AVAILABLE TO YOU. MORE INFORMATION WILL BE SENT OUT SHORTLY.

ON SAT NOV 20, 2010 THE PRESTON SKATING CLUB IS PARTICIPATING IN THE CAMBRIDGE CHRISTMAS PARADE. IF YOU ARE INTERESTED IN ASSISTING WITH CREATING THE FLOAT OR BEING PART OF IT, PLEASE CONTACT PFSC.

ON FRIDAY NOVEMBER 19TH, 2010 THERE WILL BE NO TICKET ICE OR AFTERNOON SESSION AT HESPELER ARENA.

ON SATURDAY NOVEMBER 20, 2010 THERE IS NO SKATING AT THE PRESTON AUDITORIUM.

WE WOULD LIKE TO CONGRATULATE ROB SCHULTZ AND TAYLOR STEELE FOR ADVANCING TO THE JUNIOR GRAND PRIX FINAL IN DECEMBER. THEY ARE OFF TO CHINA!

OCTOBER WAS A BUSY MONTH FOR THE COMPETITIVE SKATERS. THE SECTIONAL TEAM HAD THEIR CLUB COMPETITION ON FRIDAY OCTOBER 22 AND SATURDAY OCTOBER 23RD, 2010. THE COACHES WERE VERY IMPRESSED WITH THE EFFORT THE SKATERS PUT FORTH TOWARDS THEIR CLEAR ICE PROGRAMS AND THE TEAM DINNER; GREAT JOB EVERYONE!!!!

THE SKATERS AND COACHES WOULD LIKE TO THANK MRS CLAUDIA PALLIDA AND HER TEAM FOR MAKING THE SECTIONAL TEAM DINNER A WONDERFUL EVENING.

WE WOULD LIKE TO CONGRATULATE LEAH HYSLOP ON BEING THE RECIPIENT OF THE SHARRATT AWARD.

THE SECTIONAL TEAM HAS MET THEIR PERSONAL GOALS AND ARE READY TO COMPETE AT THIS YEARS SECTIONALS CHAMPIONSHIPS BEING HELD IN HESPELER ARENA ON NOVEMBER 12-14, 2010. ALL THAT HARD WORK, THOSE MILLION RUNTHRU'S, POSITIVE ATTITUDE AND DESIRE TO ACHIEVE NO MATTER WHAT, HAS YOU READY TO MEET YOUR NEXT GOAL! SKATE PROUD!! WE INVITE ALL CLUB MEMBERS TO COME AND CHEER ON OUR TEAM.

THE PRESTON FSC WILL BE LOOKING FOR VOLUNTEERS FOR THE SECTIONAL CHAMPIONSHIPS HELD AT THE HESPELER ARENA FROM NOVEMBER 12 – 14, 2010. IF YOU ARE AVAILABLE TO ASSIST WITH THIS COMPETITION, PLEASE CONTACT US @ PRESTONSKATING@BELLNET.CA.

KRISTEN TIKEL/IAN BEHARRY AND TAYLOR STEELE/ROB SCHULTZ ATTENDED THEIR SECOND JUNIOR GRAND PRIX COMPETITION. WE UNDERSTAND YOU HAD SOME GREAT SKATES! CONGRATS!

EARLIER THIS MONTH, WE HAD A GROUP OF SKATERS GO TO A PA CLINIC AT RIM PARK. EVERYONE SEEMED TO HAVE A GOOD TIME! THE REGIONAL TEAM DINNER AND SIMULATIONS WILL BE HELD ON MONDAY DECEMBER 6TH, 2010 AT THE PRESTON AUDITORIUM.

TO ALL REGIONAL TEAM MEMBERS: PLEASE RSVP BY NOVEMBER 5TH, 2010 IF YOU ARE PLANNING ON ATTENDING THE TEAM DINNER. WE WILL BE OFFERING HARNESS SESSIONS STARTING IN NOVEMBER. IF YOU ARE INTERESTED, PLEASE CONTACT YOUR BASE COACH. WHILE MOST OF THE SKATERS ARE GOOD AT REMEMBERING, PLEASE REMEMBER THAT IF YOU ARE PLANNING ON USING THE CITY TICKET ICE, IT IS \$10.00 PER HOUR. THIS FEE IS TO BE PAID AT THE BEGINNING OF THE SESSION. WE HAVE A SIGN IN/SIGN OUT SHEET THAT WE ASK THE SKATERS TO FILL OUT EACH TIME THEY USE THIS ICE. THIS INFORMATION IS THEN SENT TO THE CITY. ANYONE THAT IS PARTICIPATING IN THE CHARLES DOVER OR FUTURES COMPETITION – REGISTRATION FORMS ARE NOW PAST DUE!

TEST DAY INFORMATION

THE NEXT TEST DAY IS TENTATIVELY PLANNED FOR: EVALUATED: DECEMBER 2010. 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 PRIOR TO THE TEST DAY. PLEASE MAKE SURE YOU FILL OUT ALL OF THE REQUESTED INFORMATION IE: SKATE CANADA NUMBER.

GOLD TEST MEDALISTS AS OF OCTOBER 31, 2010

ALEXIA MARCIL – GOLD SKILL
 JOCELYN SAMELO – GOLD SKILL

SECTIONAL TEAM:

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

- PRE-JUVENILE LADIES: BRIANNE TUDISCO
- JUVENILE LADIES: SYDNEY COLLINS, RACHEL KASPRZYK
- PRE-NOVICE LADIES: ALEXIA MARCIL, ALEXANDRA SMITH, LEAH HYSLOP, JOCELYN SAMELO, BONNIE SU
- NOVICE LADIES: MACY HOLLIDAY, CLAIRA WHICHER
- NOVICE MEN: WESLEY KILLING, HENRY SU
- NOVICE PAIR: LEAH HYSLOP/BOB GOODWIN, CLAIRA WHICHER/WESLEY KILLING
- JUNIOR LADIES: VERONIQUE CLOUTIER, JORDAN HUNT, TAYLOR STEELE, KRISITEN TIKEL
- JUNIOR PAIR: TAYLOR STEELE/ROB SCHULTZ, KRISTEN TIKEL/IAN BEHARRY, AVELINE PEARSON/ALEX SHELDRIK

IMPORTANT DATES

- NOVEMBER 4TH, 2010 REGIONAL PARENTS WORKSHOP
- NOVEMBER 5TH, 2010 RSVP – REGIONAL TEAM DINNER
- NOVEMBER 12 – 14, 2010 SECTIONAL CHAMPIONSHIPS HESPELER ARENA
- NOVEMBER 12, 2010 TICKET ICE NOT AVAILABLE
- NOVEMBER 13, 2010 REVISED SCHEDULE – SEE BELOW FOR DETAILS
- NOVEMBER 20TH, 2010 CAMBRIDGE CHRISTMAS PARADE
- NOVEMBER 17TH, 2010 REGAL IS DUE INTO THE CLUB OFFICE
- NOVEMBER 19TH, 2010 TICKET ICE IS NOT AVAILABLE
- NOVEMBER 19TH, 2010 NO SKATING FRIDAY AFTERNOON AT HESPELER
- NOVEMBER 20TH, 2010 NO SKATING PRESTON AUDITORIUM
- NOVEMBER 27TH, 2010 MACMILLANS IS DUE INTO THE CLUB OFFICE
- DECEMBER 1ST, 2010 PFSC BURSARY APPLICATION FORMS DUE

PRESTON FSC NEWS

PRESTON FSC IS OFFERING THE MACMILLANS FUNDRAISER. FORMS ARE NOW AVAILABLE PLEASE VISIT THE PRESTON CLUB OFFICE. THIS YEAR, THE CLUB IS ALSO PROMOTING REGAL CARD AND GIFT CATALOGUE. IF YOU DIDN'T RECEIVE A CATALOGUE BUT YOU WOULD LIKE ONE, PLEASE CONTACT RACHELL AT THE PRESTON CLUB OFFICE.

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. MORE INFORMATION REGARDING THIS EVENT WILL BE AVAILABLE IN DECEMBER.

THE PRESTON FSC BURSARY APPLICATION FORMS WILL BE AVAILABLE SHORTLY. THIS IS OPEN TO ALL MEMBERS OF THE PRESTON CLUB.. THEY WILL BE DUE BY DECEMBER 1ST, 2010. 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!

CHRISTMAS BREAK

MANY PARENTS ARE INQUIRING AS TO WHEN WE SKATE OVER THE CHRISTMAS HOLIDAYS. LISTED BELOW IS AN OVERVIEW OF THE *SKATERS SCHEDULE*

LAST DAY OF REGULAR SESSIONS: THURSDAY DECEMBER 23, 2010
PRESTON CHRISTMAS PARTY: SATURDAY DECEMBER 18, 2010, 1PM – 3PM, PRESTON AUD
NO SKATING: FROM DECEMBER 24 TO & INCLUDING JANUARY 2ND, 2011
SKATING RESUMES FOR ALL LEVELS: MONDAY JANUARY 3, 2011
(PLEASE NOTE: NATIONAL TEAM WILL BE SKATING DURING DEC 24 – JAN 3, 2010 – TBA)

COMPETITION PACKING LIST

SKATERS IT IS ALWAYS IMPORTANT TO REVIEW THIS COMPETITION PACK LIST TO ENSURE THAT YOU HAVE WHAT IS REQUIRED:

- OFF-ICE WARM UP CLOTHING INCLUDING PROPER RUNNING SHOES
- POSSIBLY AN MP3 PLAYER TO LISTEN TO SOLO MUSIC WHILE WARM UP
- COMPETITION OUTFIT & BACK UP OUTFITS
- COMPETITION TIGHTS & BACK UP TIGHTS
- SKATERS (PLEASE ENSURE THAT SKATERS AND LACES ARE CLEAN)
- COMPETITION HAIR PIECES
- MATCHING SWEATER FOR WARM UP – PLEASE BRING SWEATER WITH ZIPPER OR BUTTON FRONT (NOT HOODED SWEATERS)
- CLEAR TAPE (TO TAPE THE TOP OF SKATES)
- SCISSORS TO CUT TAPE
- GUARDS
- KLEENEX
- POSSIBLY A SKIPPING ROPE AND SPINNER/TWISTER
- SKATE BAG COPY OF YOUR SOLO
- MAKE-UP
- EXTRA PAIR OF LACES
- WATER BOTTLE

UP-DATED TICKET ICE CANCELATION LIST

LIST BELOW IS AN UP-DATED LIST OF TICKET ICE CANCELATIONS. PLEASE NOTE THEM ON YOUR CALENDAR!

Nov 12, 19/10	DEC 24, 27, 29, 31/10	JAN 17, 21/11
FEB 21/11	MAR 28, 30/11	APR 1, 22, 25/11

REVISED SCHEDULE FOR SATURDAY NOVEMBER 13, 2010

1:10PM - 2:55PM - REC
2:50PM - 3:05PM - DANCE/SKILL - PRE-PREL TO PREL
3:05PM - 3:50PM - GENERAL SESSION – ALL SKATERS
3:50PM - 4:15PM - TECHNIQUE/STROKING
4:15PM - 4:30PM - DANCE/SKILL - JR BR AND HIGHER