

# Champions Training Centre OCTOBER 2010 NEWSLETTER

## WELCOME

WELCOME TO THE OCTOBER EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! THE WEATHER IS STARTING TO GET COLD OUTSIDE, SO REMEMBER TO DRESS PROPERLY FOR THE ARENAS!

## 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

WINTER SCHOOL CONFIRMATION FORMS HAVE BEEN SENT OUT. PLEASE READ THE COVERING LETTER AS IT HAS SOME IMPORTANT INFORMATION ON IT.

REMINDER: AS OF OCTOBER 13, 2010 – IF YOU HAVE NOT PAID FOR YOUR SKATE CANADA MEMBERSHIP, YOU WILL NOT BE ALLOWED ON THE ICE.

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

ANYONE THAT IS PARTICIPATING IN THE JOHN MCKAY COMPETITION – REGISTRATION FORMS ARE NOW PAST DUE!

THE WOS IS LIMITING THE NUMBER OF ENTRIES PER COMPETITION. APPLICATION FORMS HAVE NOW BEEN SENT OUT FOR CHARLES DOVER AND FUTURES COMPETITION. PLEASE FORWARD THOSE INTO THE CLUB OFFICE AS SOON AS POSSIBLE.

ON NOVEMBER 4<sup>TH</sup>, 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}.

OCTOBER IS GOING TO BE A BUSY MONTH. PLEASE MAKE SURE YOU MARK THE "IMPORTANT DATES" ON YOUR CALENDAR.

HAVE YOU EVER HEARD OF THE THREE "T'S"? TUCK IT IN, TIE IT UP (THE HAIR) AND TIDY. TRY TO REMEMBER THESE 3 "T'S" WHEN YOU ARE ON THE GENERAL SESSIONS!

JUST A QUICK REMINDER, THERE IS NO SKATING ON MONDAY OCTOBER 11, 2010 AS THAT IS THANKSGIVING WEEKEND!

IN SEPTEMBER WE HOSTED A COMPETITIVE TEST DAY. CONGRATULATIONS TO THE SKATERS – THERE WAS SOME GREAT SKATING!

NOW THAT THE COMPETITIVE SKATERS ARE IN THEIR BUSY TIME WITH COMPETITIONS, PLEASE MAKE SURE YOU SET GOALS. FOR ALL SKATERS IT IS IMPORTANT TO SET MONTHLY, WEEKLY AND DAILY GOALS!

TO THE COMPETITIVE SKATERS: GREAT JOB ON FILLING OUT THE SECTIONAL APPLICATION FORMS, THEY WERE VERY WELL DONE!

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!

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](mailto:PRESTONSKATING@BELLNET.CA).

WE ARE CURRENTLY LOOKING FOR PEOPLE TO HELP OUT WITH OUR CHRISTMAS PARADE FLOAT. IF YOU ARE INTERESTED IN HELPING OUT, PLEASE EMAIL LISA @ [PRESTONSKATING@BELLNET.CA](mailto:PRESTONSKATING@BELLNET.CA).

## 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!

## TEST DAY INFORMATION

FALL TEST DAY IS TENTATIVELY PLANNED FOR: EVALUATED: WED OCTOBER 13TH, 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) BY OCTOBER 10, 2009. PLEASE MAKE SURE YOU FILL OUT ALL OF THE REQUESTED INFORMATION IE: SKATE CANADA NUMBER.

## IMPORTANT DATES

- OCTOBER 3<sup>RD</sup>, 2010 PA CLINIC – RIM PARK
- OCTOBER 5<sup>TH</sup>, 2010 SECTIONAL TEAM – RSVP FOR THE TEAM DINNER
- OCTOBER 11<sup>TH</sup>, 2010 NO REGULAR SKATING THAT DAY, HAPPY THANKSGIVING!
- OCTOBER 12<sup>TH</sup>, 2010 MAKE-UP DAY FOR MONDAY OCTOBER 11<sup>TH</sup>, 2010
- OCTOBER 13<sup>TH</sup>, 2010 TEST DAY @ PRESTON AUD STARTING AT 8:30AM
- OCTOBER 13<sup>TH</sup>, 2010 FIRST DAY OF WINTER SCHOOL
- OCTOBER 14 – 17, 2010 OCTOBERFEST COMPETITION
- OCTOBER 22 – 23, 2010 SECTIONAL CLUB COMPETITION
- OCTOBER 22, 2010 SECTIONAL TEAM DINNER (TENTATIVE)
- NOVEMBER 4, 2010 REGIONAL TEAM MEETING
- NOVEMBER 14, 2010 SANTA CHRISTMAS PARADE

## 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 IS PARTICIPATING IN A FEW DIFFERENT FUNDRAISERS THIS FALL. MACMILLAN ORDER FORMS WILL BE SENT OUT WITH YOUR WINTER REGISTRATION FORM. REGAL ORDER FORMS WILL BE AVAILABLE AT THE PRESTON CLUB OFFICE STARTING OCTOBER 13<sup>TH</sup>, 2010. LOVEABLE LABELS FUNDRAISER IS ALSO AVAILABLE. FOR MORE INFORMATION ON ANY OF THESE FUNDRAISERS, PLEASE CONTACT THE PRESTON SKATING CLUB @ [PRESTONSKATING@BELLNET.CA](mailto:PRESTONSKATING@BELLNET.CA).

THE PRESTON FSC IS HOSTING A "POKER NIGHT" ON NOVEMBER 6<sup>TH</sup>, 2010 @ THE KINSMEN HALL. TO PURCHASE TICKETS, PLEASE CONTACT JOYCE @ [RED4U@ROGERS.COM](mailto:RED4U@ROGERS.COM).

THE PRESTON WEB-SITE IS: [WWW.PRESTONFSC.COM](http://WWW.PRESTONFSC.COM).

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## THOUGHT FOR THE MONTH

"THERE ARE NO LIMITATIONS IF YOU BROADEN YOUR HORIZONS. IF YOU DON'T SUCCEED YOU HAVEN'T FAILED BECAUSE YOU CANNOT FAIL IF YOU 'VE TRIED YOUR HARDEST"

## THE SHARRATT AWARD

THE SHARRATT AWARD IS "AWARDED TO A SKATER WHO IS RECOGNIZED BY THEIR PEERS AS COMBINING EXCELLENCE IN PERFORMANCE WITH UNSELFISH DEDICATION TO THE PRESTON FIGURE SKATING CLUB". SOME FORMER RECIPIENTS WERE: 1988, CHRISTINE HOUGH, 1997 ALISON PURKISS, 2002 BILLY EATON, 2004 KRISTA RICCIATTI, 2009 TAYLOR STEELE. THE SECTIONAL TEAM WILL BE VOTING ON THIS YEARS RECIPIENT AT THE 2011 SECTIONAL TEAM DINNER HELD ON OCTOBER 22<sup>ND</sup> 2010. GOOD LUCK TO ALL THE SECTIONAL TEAM!

## 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

## COMPETITION NEWS

### Overall View Competitions for the 2010 – 2011 season:

<u>Competition:</u>	<u>Dates:</u>	<u>Location:</u>	<u>Levels offered</u>
Octoberfest	Oct 14 - 17, 2010	Barrie	Competitive
BMO Sectionals	Nov 12 - 14, 2010	Sarnia	Competitive
John McKay	Nov 27 – 28, 2010	Tillsonburg	WO Limited, StarSkate, Interpretive
Challenge	Dec 1 - 5, 2010	Toronto	Competitive
Charles Dover	Jan 8 - 9, 2010	Grimsby	WO Limited, StarSkate,
Nationals	Jan 17 - 23, 2011	B.C.	Competitive
Dennis Silverthorne	Feb 5-6, 2011	Dorchester	StarSkate, Interpretive, Competitive
Boston Pizza	Feb 25 – 27, 2011	Fort Erie	StarSkate
Futures	Mar 5 – 6, 2011	Zurich	CanSkate, WO Limited, StarSkate (up to Prel)