

Champions Training Centre

SEPTEMBER 2010 NEWSLETTER

WELCOME

WELCOME TO THE SEPTEMBER EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! CAN YOU BELIEVE WE ARE DONE THE SUMMER PROGRAM AND ARE HEADING INTO FALL SCHOOL. WE HOPE EVERYONE HAS HAD A GOOD 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.

SKATERS AND COACHES NEWS

JUST A REMINDER – WE DO NOT START BACK UNTIL TUESDAY SEPTEMBER 7TH, 2010.

WINTER SCHOOL FORMS HAVE NOW BEEN SENT OUT. IF YOU HAVE NOT ALREADY RECEIVED YOUR FORM, PLEASE CONTACT THE CTC OFFICE. JUST A REMINDER, FORMS ARE DUE ON SEPTEMBER 14, 2010! PLEASE MAKE AN APPOINTMENT TO SPEAK TO YOUR BASE COACH ABOUT THE BEST SCHEDULE THAT WOULD SUIT YOUR SKATER.

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

CONGRATULATIONS TO TAYLOR STEELE, ROB SCHULTZ, KRISTEN TIKEL AND IAN BEHARRY FOR EACH RECEIVING TWO JUNIOR GRAND PRIX INTERNATIONAL COMPETITIONS THIS FALL. GOOD LUCK TO BOTH TEAMS!

AUGUST WAS A BUSY MONTH WITH THE SUMMER COMPETITIONS. DID YOU MEET YOUR GOALS FOR EACH COMPETITION? WHAT ARE THE NEXT GOALS YOU ARE GOING TO SET? IT IS RECOMMENDED THAT YOU SET NOT ONLY GOALS FOR COMPETITIONS, BUT ALSO DAILY, WEEKLY AND MONTHLY GOALS!

ANY SKATERS THAT HAVE VOLUNTEERED TO DO DIFFERENT ACTIVITIES FOR THE CLUB AND HAVE ALREADY SPOKEN TO MISS HUSTON ABOUT USING THOSE HOURS AS "SCHOOL VOLUNTEER HOURS" ARE ASKED TO GET THE PAPERWORK IN TO HER BY THE END OF SEPTEMBER. REMEMBER, IF YOU WISH TO USE THOSE HOURS AS VOLUNTEER HOURS, YOU NEED TO SPEAK TO HER BEFORE THE ACTIVITY TAKES PLACE.

ONCE AGAIN TICKET ICE WILL BE AVAILABLE: THE ICE TIMES NOW AVAILABLE ARE: MONDAYS FROM 9AM TO 10AM, WEDNESDAYS 8:AM TO 9AM AND FRIDAYS 8AM TO 9AM. THE COST OF EACH HOUR WILL BE \$10.00.

ANYONE WHO IS INTERESTED IN HELPING OUT WITH THE RECREATIONAL SKATERS, PLEASE CHAT WITH MISS HUSTON. THERE WILL BE A SEMINAR FOR YOU HELD AT THE BEGINNING OF OCTOBER. THERE IS NO FEE TO THE SKATERS.

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.

FALL TEST DAYS ARE TENTATIVELY PLANNED FOR: COMPETITIVE: SEPTEMBER 22, 2010; EVALUATED: OCTOBER 12TH, 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 BEFORE TEST DAY. PLEASE MAKE SURE YOU FILL OUT ALL OF THE REQUESTED INFORMATION IE: SKATE CANADA NUMBER.

FUTURE EVENTS

OCTOBERBEST FORMS ARE NOW DUE!

SECTIONAL COMPETITION FORMS WILL BE HANDED OUT SHORTLY
THE SECTIONAL CLUB COMPETITION WILL BE HELD OCTOBER 22, 23, 2010.

THE SECTIONAL TEAM DINNER WILL BE HELD OCTOBER 22, 2010.

GOLD TEST MEDALLISTS AS OF AUGUST 30, 2010

CONGRATULATIONS!

OLIVIA SCOTT – GOLD SKILL

BONNIE SU – GOLD DANCE

IMPORTANT DATES

- SEPTEMBER 14, 2010 WINTER SCHOOL APPLICATION FORMS DUE
- SEPTEMBER 24 – 26, 2010 ISABELLE HENDERSON COMPETITION
- SEPT 22, OCT 12, 2010 TENTATIVE TEST DAY
- OCTOBER 1, 2010 TENTATIVELY SCHEDULED SECTIONAL TEAM SIMULATIONS 8AM TO 3PM

PRESTON FSC NEWS

THE PRESTON FIGURE SKATING CLUB WOULD LIKE TO THANK EVERYONE FOR ALL OF YOUR ASSISTANCE WITH THE SUMMER SIZZLE COMPETITION. WE GREATLY APPRECIATE PARENTS VOLUNTEERING THEIR TIME! OUR NEXT COMPETITION IS SECTIONALS. THIS IS TAKING PLACE AT THE HESPELER MEMORIAL ARENA IN NOVEMBER.

THE PRESTON CLUB IS ALSO RESPONSIBLE FOR WEEKLY BINGOS. **IN OCTOBER ON WEDNESDAY AFTERNOONS STARTING AT 11:30AM** AND IN DECEMBER ON TUESDAY EVENINGS STARTING AT 6:30PM. IF YOU ARE INTERESTED IN ASSISTING WITH ANY OF THESE BINGOS, PLEASE CALL THE CLUB OFFICE, 519-653-2252. **FOR EACH BINGO YOU DO, A CREDIT WILL APPEAR ON YOUR SKATERS ACCOUNT.**

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!

COMPETITION NEWS

SOME POINTS TO REMEMBER ABOUT COMPETITIONS:

SOME THINGS THAT CAME TO OUR ATTENTION AT THE LAST TWO COMPETITIONS:

IT IS HIGHLY RECOMMENDED AND NECESSARY FOR THE SKATER TO REMAIN AT THE ARENA TO OBSERVE THE REST OF THEIR EVENT. IT IS NECESSARY FOR THE SKATERS TO PICK UP THEIR REPORT SHEET AND MUSIC AND RETURN THIS TO THEIR BASE COACH, OR THE COACH LOOKING AFTER THEM AT THE COMPETITION, IMMEDIATELY FOLLOWING THEIR EVENT. THE SKATER CAN NOT ONLY LEARN FROM COMPETING, BUT FROM WATCHING THE REST OF THEIR EVENT AND TO GET THE SKATER MORE ACCUSTOMED TO THE COMPETITIVE ATMOSPHERE AND SUPPORTING FELLOW TEAM MATES.

CLEAR RUBBERIZED SKATE TAPE IS REQUIRED TO BE WORN OVER THE LACES OF BOTH MEN AND WOMEN'S SKATES DURING THE COMPETITION. THE JUDGING SYSTEM NOW TAKES A DEDUCTION FOR LACES THAT COME UNDONE DURING AN EVENT, UNLESS THE SKATER CAN CONTINUE WITHOUT INTERRUPTION TO THE END OF THEIR PROGRAM. MAKE UP MUST BE WORN BY ALL FEMALE COMPETITORS AND IN SOME CASES BY THE MALE COMPETITORS. MAKE UP SHOULD BE BROUGHT TO THE ARENA EVEN IF THE SKATER HAS APPLIED THE MAKE UP PRIOR TO ARRIVING AT THE COMPETITION SITE. THE SAME APPLIES TO HAIR SUPPLIES (GEL, HAIR SPRAY, ADDITIONAL CLIPS AND ADDITIONAL ELASTICS). BOBBY PINS MUST NOT BE WORN IN COMPETITION.

SKATE BAGS SHOULD BE KEPT IN THE DRESSING ROOM AT THE COMPETITION. THIS ENSURES QUICK AND EASY ACCESS TO ANYTHING THAT THE SKATER REQUIRES AT THE LAST MINUTE.

BOXERS NOT TO BE WORN UNDER MEN'S COMPETITION OUTFITS.

WOMEN MUST NOT WEAR UNDERWEAR.

RUNNING SHOES SHOULD BE BROUGHT TO THE COMPETITION FOR THE OFF ICE WARM UP.

LACES SHOULD BE CHECKED FOR THINNING AND CLEANLINESS. NEW LACES SHOULD NOT BE WORN IN THE COMPETITION FOR THE FIRST TIME. IF LACES NEED TO BE REPLACED – AT LEAST ONE TO TWO PRACTICES SHOULD TAKE PLACE WITH THE NEW LACES BEFORE THE COMPETITION.

MEN NEED TO SHAVE PRIOR TO THE COMPETITION UNLESS APPROVED BY THE BASE COACH.

DOUBLE CHECK YOUR SKATE BAG TO ENSURE YOU HAVE SKATE GUARDS.

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!

SUMMER SCHOOL 2010

DRESS UP DAY "WINNERS"

Each Thursday the skaters are asked to "dress up" based on the theme of the day. Prizes are awarded to the "best dressed" skaters

WEEK 1 POLKA DOTS & STRIPES

1ST Aveline Pearson, Ian Beharry

2ND Claira Whicher, Kristen Tikel, Jocelyn SaMelo, Henry Su,

3RD Wesley Killing, Macy Holliday, Sydney Collins

PRE-PREL – PREL: Brianne Tudisco, Tavia Gairns, RECREATIONAL Amara Gairns

