

# Champions Training Centre

**CONTACT INFORMATION:**

6—425 Hespeler Road, Suite # 322  
Cambridge, ON, N1R 8J6

Email: [info@skatectc.com](mailto:info@skatectc.com)

Website: [www.skatectc.com](http://www.skatectc.com)

Phone number: 519-624-4532

## THE HOLIDAY SEASON IS UPON US!!!

*Can you believe that in less than 3 weeks, Christmas will be here! But before we can enjoy the holiday traditions we need to do a few more things!*

*for all skaters and not to mention our Annual Family Skate!*

*In January we miss a few Friday and Saturday sessions due to hockey tournaments. In this newsletter we provide details regarding the make up sessions.*



*of the Sectional Team Parents and Skaters for supporting one another at the WO Sectional Championships in Windsor. It was very nice to see all of the skaters staying, supporting and cheering for one another!*

December

*December is such a busy time of year for the PFSC/CTC skaters! We have the SC Challenge Championships in Edmonton, Regional Team Simulations and Team Dinner, Test Day*



*The Coaching Staff would like to say Thank you to all*

*Don't forget to come out and cheer on our Regional Team Skaters on December 8th!*

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## GOOD LUCK: TEAM PRESTON SKATERS!

On December 1st, 2015 the following Skaters will be traveling to Edmonton to compete at the Skate Canada Challenge Championships. Please wish them the best of luck:

Pre-Novice Ladies: Megan DeJong, Allison Eby

Pre-Novice Dance: Olivia McIsaac & Scott Norton

Novice Pair: Jamie Knoblauch & Cody Wong

Junior Pair: Allie Eby & Brett Varley

Senior Men: Cody Wong

*THINKING OF YOU!  
WE HOPE TO SEE COLLEEN COLLINS BACK ON THE ICE SOON!*

**MAKE UP SESSIONS FOR REGIONAL & SECTIONAL SKATERS:**

**SKATERS WHO USUALLY SKATE FRIDAYS & SATURDAYS IN JANUARY, HAVE 2 FRIDAYS AND 2 SATURDAYS TO MAKE UP.**

**December 29<sup>th</sup>, 2015, December 30<sup>th</sup>, 2015  
Cambridge Sports Park 1001 Franklin Blvd, Cambridge, ON**

1:30pm—1:40pm	On Ice Technique	All Skaters
1:40pm—1:50pm	Stroking Class	All Skaters
1:50pm—2:05pm	Skill/Dance Session	All Skaters
2:05pm—2:50pm	General Sessions	Sat 4:15pm GS
2:30pm—3:50pm	General Session	Fri 3:30pm, 4:00pm & Sat 4:40pm GS



**January 2<sup>nd</sup>, 2016  
Cambridge Sports Park 1001 Franklin Blvd, Cambridge, ON**

1:10pm—3:30pm	Synchro	(see synchro schedule email)
3:40pm—3:50pm	On Ice Technique	All Skaters
3:50pm—4:00pm	Stroking Class	All Skaters
4:00pm—4:15pm	Skill/Dance Session	All Skaters
4:15pm—5:00pm	General Sessions	Sat 4:15pm GS
4:40pm—6:00pm	General Session	Fri 3:30pm, 4:00pm & Sat 4:40pm GS

*Please review and let the CTC office as well as your Base Coach know when you are planning on attending the make up sessions!*

**IMPORTANT DATES**



*Don't Forget to Mark These Dates in your Calendar!*

There is many activities taking place this month... Please make sure you include the following activities onto your calendar:

December 4th: No Ticket Ice at Hespeler Arena	December 19th: Family Skate, 1pm—3pm Preston Aud
December 8th: Regional Team Simulations	December 21st: Tentative Test Day, Preston Aud
December 8th: Regional Team Dinner	December 27th: Grand River Skaters Development Seminar
December 12th: Poinsettia Delivery 1 to 3pm	December 29, 30: Make Up sessions at Cambridge Sports Park (see above for details)
December 12th: MacMallins Delivery 1 to 3pm	Jan 2nd: Make Up sessions at Preston Aud (see above for details)

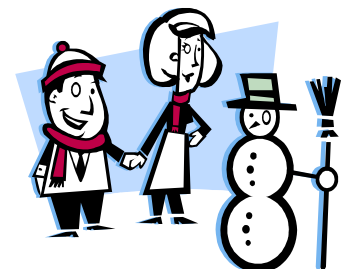
**WINTER BREAK & JANUARY CANCELATIONS:**

**Listed below is an overview of the SKATERS SCHEDULE:**

**Last day of Regular sessions: Tuesday December 22nd, 2015**  
**No Skating: From December 23 to & including January 3rd, 2016**  
**Skating Resumes for all levels: Monday January 4<sup>th</sup>, 2016**  
*(Please Note: National team will be skating during Dec 23 – Jan 4, 2016 – see schedule)*

**January Cancelations:**

**No skating Friday January 8<sup>th</sup>, 2016 @ Hespeler Arena from 3pm - 5pm\***  
**No skating Saturday January 9<sup>th</sup>, 2016 @ Preston Aud from 1pm to midnight\***  
**No skating Friday January 15<sup>th</sup>, 2016 @ Hespeler Arena morning or afternoon sessions**  
**No skating Saturday January 16<sup>th</sup>, 2016 @ Preston Aud from 1pm to midnight**  
**No skating Friday January 22<sup>nd</sup>, 2016 @ Hespeler Arena morning or afternoon sessions**  
**No skating Saturday January 23<sup>rd</sup>, 2016 @ Preston Aud from 1pm to midnight**



## MY REFLECTION AS A PRESTON TEAM MEMBER

My name is Jenna and I am 10 years old and I compete Juvenile Ladies under 12.

I became a Team Preston member just over a year ago. When I first came to Preston I felt very welcome and already part of the team.

The first time I stepped on the ice I was very nervous but automatically was made to feel like I was part of the team since I started skating.

**TEAM SPIRIT**

The team spirit continues on into fitness with Miss J where I was always encouraged by team members to do my best. Also stroking was always fun as we tried to be competitive with each other.

My fellow teammates who always joked around, did lifts and would give me encouragement at competitions... "ou ou" ... Thanks Alex Sheldrick. This made me feel that I was not just a team mate but

I was part of the family.

This year I got to experience my first Ice Show as a Preston Team Member and WOW what a fun experience!!! If I ever missed a practice or a step someone was always there to help me or tell me I did it wrong!

I am looking forward to many more years at Preston and being part of this wonderful family.

**Being Part of a Team**

## REFLECTION ON BEING A TEAM PRESTON MEMBER

Being a team Preston member is something truly amazing to me. On my very first day I was welcomed just like I had been here forever. I feel like I'm part of a team where I can be 100% myself. Everyone at Preston understands what each of us goes through with day in and day out training. It can be very tough facing competition all on your own. In Preston I feel that everyone knows what you are

thinking and can be there to catch you when you have doubts (or you fall). I think that the level of competition, dedication and work ethic is the best that I have ever seen. It inspires me to be the best I can be.

During my time at Preston I have learned so many new things for example how to be part of a team, how to count in Ms J seconds and the importance of supporting

team members. In one short year I have so many great memories of being part of the Preston team and the events that we do, like this annual dinner, the gala and sectional buddies.

I would like to thank all of the Coaches and Board Members for their commitment and dedicating so much of their time so my time here can be so special.

**Happy Holidays!**

*We would like to wish all of you a safe and healthy holiday season!*

*The PFSC/CTC office will be closed from December 19<sup>th</sup> to January 4<sup>th</sup>, 2016. All emails and voice mail messages will be responded to at that time.*

