

Champions Training Centre 2016 Winter Newsletter!

Is it February Already?

Can you believe that in only 2 more months another season is completed? Before we can say good-bye to another season, we still have competitions to attend, tests tried and pass and of course the 2016 Preston FSC Gala!!!!

We hope you are enjoying this wonderful weather! It doesn't really feel like February... Please remember to dress appropriately for the arenas!

Dates To Remember:

February 5-7, 2016: Dennis Silverthorne Competition
February 15, 2016: GRSC StarSkate Simulations
February 15, 2016: No skating at Cambridge Arenas
February 20, 2016: Star 1 Simulations (Preston Aud)
February 26-28/16: WO StarSkate Championships
March 3, 2016: Spring School Forms Due
March 5/6, 2016: Futures Competition, Ayr
March 8, 2016: Tentative Test Day 8am to 1pm
March 9, 2016: Last day of Regular Winter Sessions
March 18—20, 2016: Skate Ontario Championships
March 19/20, 2016: Synchro Competition Chatham
April 2, 2016: PFSC 2016 Gala

*** IMPORTANT ***

February 16th: Morning Session will be at Preston Aud from 7:40am to 8:30am
February 24th: 3:30pm to 5:00pm Session will be at Preston Aud (not Hespeler Arena)

Volume 2, Issue 4, Feb 2016



Reminder to All Skaters

If skaters are invited to participate in an ice show, charity function, or fundraiser, please make sure you contact the CTC office. It is important to make sure that these events are sanctioned through Western Ontario Section, Skate Canada.



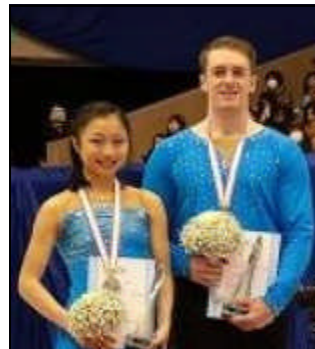
Don't Forget to check out our Facebook page!
www.facebook.com/skatectc

Congratulations!



Jamie Knoblauch & Cody Wong,
Novice Pair Canadian Champions

Allie Eby & Brett Varley,
Junior Pair Bronze Medallist



Marin Ono & Wesley Killing
Senior Pair Silver Medallist,
Japan Figure Skating Championships

Off-Season School Information & Recommendations

The Off-Season School Brochures will be mailed out the 1st week of February. To receive the discounted rates, please submit the form along with 50% of the payment to the CTC office by March 3rd, 2016. To ensure you are signing up for the correct days, please make an appointment to meet with your Base Coach prior to the registration due date.

COMPETITIVE SKATERS: SESSIONS ARE CONSIDERED PACKAGES AS THEY DO GENERAL SESSIONS, STROKING, CONDITIONING AND FLEXIBILITY CLASSES AS PART OF THEIR TRAINING DAY.

NOVICE, JUNIOR AND SENIOR SINGLES AND PAIRS	5 AFTERNOON PACKAGES AND TWO MORNING PACKAGES
PRE-NOVICE SINGLES SKATERS	5 AFTERNOON PACKAGES MINIMUM
PRE-JUVENILE & JUVENILE SKATERS	4 AFTERNOON PACKAGES MINIMUM

REGIONAL SKATERS:

JUNIOR BRONZE AND HIGHER STARSKATE	4 – 5 DAYS PER WEEK
PRELIMINARY	3 – 5 DAYS PER WEEK
PRE-PRELIMINARY	2 – 4 DAYS PER WEEK

These recommendations and requirements are based on what the coaching staff at CTC and Preston believe to be required to achieve consistent progress for the levels indicated. It also represents how skaters are training in other skating organizations throughout Canada.

Overall Gala Tentative Schedule:

March 2016						
Sunday	Monday	Tuesday	Wednes.	Thursday	Friday	Saturday
		1	2	3	4	5 6pm to midnight Gala Practice
6	7	8	9	10	11	12 1pm to midnight Gala Practice
13	14	15	16	17	18	19
20	21 Gala Practice 3pm—8pm	22 Gala Practice 3pm—8pm	23 Gala Practice 3pm—8pm	24 Gala Practice 3pm—8pm	25 Good Friday	26 1pm to midnight Gala Practice
27	28 Gala Practice 3pm—8pm	29 Gala Practice 3pm—8pm	30 Gala Practice 3pm—8pm	31 Gala Practice 3pm—8pm	April 1 Dress Rehearsal	2 Gala 2pm & 7pm Shows

What Does Preston Mean To Me:

By Bailey Edwards

I have been skating at Preston for 11 years. It has always been a second home to me. It is a great place for me to learn and grow. Whenever I skate I get this great feeling inside of me like I can do anything. This is a place where I can be me and do the things I love because when you do the things you love you will always be happy. Coaches, you are like our

parents. Not only do you teach us you know how hard you can push us and you know when were happy, sad or mad. Friends are like the bow on top of a present they wrap. You share that special bond with them. I don't know how my life would be without Preston. But all I know is that I am lucky for it to be in my life and that's that Preston means to me.

2015/16 Regional Team:

On December 8th, 2015 the Regional Team held their Simulations at the Preston Auditorium as well as the Team Dinner!



What Does Preston Mean To Me:

By Ashley Dodsworth

I have been skating with Preston since I was six. I feel like PFSC is great for building self confidence. The coaches and all of the skaters are so kind. I look forward to coming to skating everyday. At the PFSC there are so many nice people and so many people that have a lot in common with you. Even though figure skating is an individual sport, I feel that the PFSC is one, whole team and one big family. They encourage you to try your hardest, they always cheer you on and everyday everyone always puts a smile on your face. They have all taught me that I need to work so hard to reach my goals. They help you grow into a nice determined person.

This is a quote which I found that relates to how I feel about skating:
"As frustrated, exhausted (Ms J's fitness class) and disappointed skating can be, we never let it go or give up. There is something so powerful about the challenge of always going past not only the physical limits but the emotions of adrenaline, stress, nerves, pressure and pure happiness. It draws us in and never lets us go. It's what makes us who we are. It's our passion".
Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.

2016 Gala:

- (a) Have you sent in your skaters clothing sizes? If not, please email PFSC with the information.
- (b) Currently the PFSC Gala committee is looking for help from our membership with these committees. Please email PFSC if you are available to help out:
 - sponsorship committee
 - silent auction committee
 - Costume committee
 - Assembling props
 - Painting props/sets



LAST CALL!
Promotional Tickets are now due into the club office!

PFSC Email Address: prestonskating@bellnet.ca

