

CTC Newsletter

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Special points of interest:

- Top 5 "Excuses"!!!
- Exciting Times Took Place during Summer School!
- Have you Submitted all of your forms?
- Registered for Competitions?
- 2 of our skaters injured...

Welcome and Important Information

Dear Skating Families:

We hope you enjoy the new format of the Champions Training Centre Newsletter. Thru-out this document we will be providing you with important details so we hope you take the time to read it!

MISSED SESSION LINE PROCEDURE

If you are going to be away, please email the Champions Training Centre office. Our email address is: championstc@bellnet.ca. By doing this, the coaches will be informed of when a skater will be missing. If you email prior to the start of your day's session, you will not be

charged for the lesson. even if your coach is aware of the absence, please email the CTC office

READY! SET! GO!

The fall program is already underway and we are already asking you to submit your Winter Registration



Register Forms. If you have not already done so, please forward it ASAP!!!!

In the next few months the

skaters will be involved in a variety of activities from Competitions, Test Days, Simulations as well as a few fun events!!!

ICE SURFACE ENTRANCE

Please remember that once the skaters 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.

Over the Summer Months!!!!

Summer School was 7 weeks this year & we had a lot going on! Between Competitions, Simulations, Theme Days, Test Days and Training Sessions the skaters were kept busy! Many skaters at the beginning of the season set goals and we hope many of those were accomplished. During the summer, our

Coaching Staff kept track of some of the more interesting "excuses". We thought we would share the top five:

- (1) "I cant do the double lutz as I have to get my brain to stop spinning".
- (2) "My crosscuts are small because my skate tape is too tight"

- (3) Late for session as the skater thought the flood was 18 minutes long
- (4) "I cant do the steps because Im listening to Dance Music"
- (5) I cant wrap my arms around my head as my biceps are too big"

Summer School 2014: Awards of Excellence & Performance of the Day

During the summer program, certificates are presented on a weekly basis to skaters.

Awards of Excellence: This award is given to skaters that have demonstrated good work habits during that week:



AWARDS OF EXCELLENCE - "GOOD WORK HABITS"

- WEEK 1 MISHA GLAZYRIN
 WEEK 2 JAMIE KNOBLAUCH, LIAM MACDONALD, BRETT VARLEY
 WEEK 3 BRITNEY SIMPSON
 WEEK 4 BRETT VARLEY, MIKE KOS, TAYLOR BALL, GILLIAN JOHNSON
 WEEK 5 KINSEY GREENFIELD, MEAH O'DONNELL, MADELINE REBELO
 WEEK 6 TESSA RANKIE, MEGAN DEJONG, CLAIRE DUQUETTE, LINDSAY S.

PERFORMANCE OF THE DAY:

- WEEK 1 COLLEEN COLLINS
 WEEK 2 LIAM MACDONALD
 WEEK 4 EMILY VANDENBURG
 WEEK 5 KEIRAN MACDONALD
 WEEK 6 TESSA RANKIE

\$ 10.00 TUESDAY WINNERS:

Skaters names were drawn and if they completed their most difficult element they won \$ 10.00. Recipients were: GILLAIN JOHNSON & MADISON SNOOK

DRESS UP DAY "WINNERS"

Week # 1: Polka Dots & Stripes:

Megan, Ashley, Jamie, Jessica, Jodie, Kaitlyn, Jessica, Caroline

Week # 2: Pink Day:

Wesley, Liam, Alex B, Jodie, Lily, Julia, Cassandra, Hannah

Week # 4: Pyjama Day:

Condy, Madison, Elizabeth, Jodie, Hannah, Cassandra, Alex L.

Week # 5: Hillbilly Day:

Kinsey, Sarah, Kieran, Jessica, Jodie, Kaitlyn, Caroline, Hannah, Cassandra

Week # 6: Zombie Day:

Gillian, Jamie, Meah, Jodie, Cassandra, Hannah

Week # 7: Wacky Hair Day:

Ashley

SUMMER SCHOOL 2014 - 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

Have you submitted the following forms?



Listed below are all of the items which are now due into the CTC office:

- PFSC Winter Form
 2014/15 Waiver Form
 Medical Form
 Skate Canada Membership form

- Competitions: (if applicable)
 Sectional Registration
 John McKay Registration

Fall Skating...

WE WOULD LIKE TO WELCOME MR CANN AND MR STOKES AND THEIR BASE STUDENTS TO THE CTC PROGRAM. THEY ARE NOW PART OF THE PRESTON FSC TEAM!

IF A SKATER MISSES A SKATING SESSION AND WOULD LIKE TO MAKE IT UP, IT NEEDS TO BE DONE WITHIN THAT SKATING SCHOOL. YOU CANNOT TRANSFER MISSED SKATING SESSIONS FROM ONE SCHOOL TO THE NEXT.

MAKING CHANGES TO SKATERS SCHEDULES

CTC DOES NOT GIVE REFUNDS EXCEPT IN THE CASE OF APPROVED MEDICAL WITHDRAW. NO REFUNDS FOR RETIRED SKATERS. WITHDRAWAL FROM THE PROGRAM DOES NOT REMOVE THE OBLIGATION TO HONOUR POST-DATED CHEQUES. PROGRAM CHANGES ARE TO BE REQUESTED IN WRITING. EMAILS ARE NOT PERMITTED, AS BASE COACH IS REQUIRED TO SIGN TO VERIFY APPROVAL OF THIS CHANGE. THERE IS A \$15.00

PROCESSING FEE FOR CHANGES ONCE THE INVOICE HAS BEEN PROCESSED. CREDITS OR REFUNDS FOR MEDICAL REASONS WILL BE ISSUED UPON RECEIPT OF A MEDICAL DOCTOR'S NOTE, ON A PRO-RATED BASIS.

IF A REFUND IS GOING TO BE PROVIDED, THE MEDICAL NOTE NEEDS TO INCLUDE THE FOLLOWING DATES (OF WHEN THE INJURY STARTED AND WHEN SKATER IS ALLOWED TO RESUME ACTIVITY). ALSO ORIGINAL MEDICAL NOTES WILL BE REQUIRED.

Important Dates:

Please mark these down on your calendar:

- September 19–21, 2014: Isabelle Henderson Competition
- September 26th, 2014: Little Caesar's Kit Order Form Due
- October 4th, 2014: GRSC Simulations
- October 7th, 2014: Tentative Test Day
- October 8th, 2014: Winter School Begins
- October 16–19, 2014: Octoberfest Competition
- October 24th, 2014: Sectional Team Dinner
- October 24–25, 2014: Sectional Team Simulations



No Skating:

Monday October 13th, 2014

Saturday November 15th, 2014

Missing You!

We hope to see Kinsey Greenfield and Flora LeBlanc
back on the ice soon!

Items You Should Have With You At The Competition Site:

1. Jeans are not to be worn in the arena on any day of competition whether you are competing that day or not!
2. Possibly a ipod or mp3 player to listen to solo music in dressing room prior to going on the ice competition outfit;
 1. back up outfit
 2. skaters (please be sure your skates and laces are clean) no skate covers unless approved by Base Coach and Choreographer)
 3. extra pair of laces
 4. Clear tape to tape top of skates
 5. Matching gloves for practices only; no gloves during warm up or during the programs
 6. Matching sweater for warm up – please bring sweater with zipper or button front (No club jacket or hooded sweaters)
 7. Girls – please wear tights that would not have to go over top of skates, unless approved by the base coach. tights need to be tucked inside top of skates; extra pair of tights
 8. Guards, Kleenex, bottle of water, twister Skipping rope, running shoes and Warm-up shorts or pants.
 9. Skate Bag Copy of your solo
 10. Make-up
 11. Girls no underwear under skating dresses

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E-mail: championstc@bellnet.ca**

Come and Skate with the Champions!

The Champions Training Centre operates the Spring, Summer and Fall Programs out of the Preston Auditorium and Hespeler Arena.

We offer programs from Buddies on Blades (3 and 4 yrs olds) to Adults. This past summer we had skaters compete at Skate Detroit, Summer Sizzle (RIM Park, Waterloo) and Thornhill Competition.

We would like to wish all of our skaters the best of luck for the 2014/15 season!

Skate Proud

**We're on the Web!
www.championstc.com**