

Champions Training Centre

FEBRUARY 2014 NEWSLETTER

WELCOME

WELCOME TO THE FEBRUARY EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER!
THIS WINTER HAS BEEN VERY COLD IN THE ARENAS. PLEASE MAKE SURE YOU DRESS APPROPRIATELY!

MISSED SESSION LINE PROCEDURE

WHEN A SKATER WILL BE AWAY FOR ANY OF THEIR SCHEDULE SESSIONS, PLEASE EMAIL THE CTC OFFICE @ CHAMPIONSTC@BELLNET.CA. THIS IS VERY IMPORTANT AS THIS NOTIFIES THE COACHES OF YOUR SKATER'S ABSENCE AND ALSO LETS THE COACHES KNOW THE SKATER IS SAFE. IF SUFFICIENT NOTIFICATION IS GIVEN ALLOWING THE COACHES TO REORGANIZE THEIR SCHEDULES, YOU WILL NOT BE CHARGED FOR THE MISSED LESSON/LESSONS. EVEN IF YOUR COACH IS AWARE OF THE ABSENCE, PLEASE EMAIL THE CTC OFFICE.

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 AT 519-624-4532! THANK YOU FOR YOUR CO-OPERATION.

ICE SURFACE ENTRANCE

PLEASE REMEMBER THAT ONCE THE SKATER'S 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

WE WOULD LIKE TO CONGRATULATE THE NATIONAL TEAM FOR SKATING THEIR PERSONAL BESTS! WAY TO GO ALLIE AND BRETT FOR PLACING 2ND IN THE NOVICE PAIR CATEGORY!

THIS FALL THE PRESTON FSC STARTED THEIR 1ST SYNCHRO TEAM. ON JANUARY 26TH, 2014 THE TEAM COMPETED FOR THE 1ST TIME AT THE CASPER'S FESTIVAL IN OAKVILLE, ONTARIO. THEY FINISHED IN 3RD PLACE! WAY TO GO TEAM!!!

WITHIN THE NEXT COUPLE OF WEEKS SKATERS WILL BE RECEIVING THEIR 2014 OFF SEASON SCHOOL BROCHURE. SPRING SKATING FORMS ARE DUE MARCH 5TH, 2014. TO RECEIVE THE DISCOUNTED FEE, FORMS ARE DUE INTO THE REGISTRATION FORM BY MARCH 5TH ALONG WITH 50 % OF PAYMENT. THE SPRING PROGRAM IS A 10 WEEK PROGRAM; SUMMER IS A 6 OR 7 WEEK PROGRAM (DEPENDING ON THE LEVEL OF SKATER).

PLEASE CONTACT YOUR BASE COACH TO CHAT ABOUT THIS UP-COMING SEASON BEFORE YOU SUBMIT YOUR CHILD'S APPLICATION.

THE PRESTON FSC SKATE-A-THON IS BEING HELD ON SATURDAY FEBRUARY 15TH, 2014. THIS IS OPEN TO ALL SKATERS. ALL MONEY (AFTER THE \$ 25.00 INITIAL FEE) GOES TO THE SKATERS ICE FEES. IN THE PAST SKATERS USED THE SKATE-A-THON AS AN OPPORTUNITY TO ASSIST WITH PAYING FOR THEIR ICE FEES. HOPE TO SEE ALL OF YOU THERE! ON MONDAY FEBRUARY 17TH, 2014 THERE IS NO SKATING AT ANY ARENA AS THIS IS "FAMILY DAY"!

WE WOULD LIKE TO THANK ALL FAMILIES WHO ASSISTED WITH THE 2014 REGIONAL SYNCHRO EVENT IN WATERLOO. WE APPRECIATED ALL OF THE TIME YOU GAVE!

THE LAST DAY OF REGULAR SKATING SESSIONS IS WEDNESDAY MARCH 5TH, 2014.

ON FEBRUARY 27TH, 2014 WE WILL BE OFFERING THE FUTURES COMPETITORS THE OPPORTUNITY TO PRACTICE IN A DIFFERENT FACILITY. IT WILL BE TAKING PLACE AT THE GALT ARENA GARDENS FROM 7:00AM TO 8:30PM. PLEASE CONFIRM BY FEBRUARY 10TH, 2014 IF YOU WISH TO TAKE PART.

AS THE SEASON IS COMING TO A CLOSE WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO SHOWCASE THE NEXT SKATING LEVEL, OUR REGIONAL TEAM TO THE RECREATIONAL SKATERS. WE HAVE PUT ALL OF THE KIDS NAMES IN A HAT, AND HAVE DRAWN A FEW NAMES TO DO THEIR PROGRAM ON THE RECREATIONAL SESSION. IF YOUR NAME IS DRAWN, WE WILL CONTACT YOU BY EMAIL.

ANY SKATERS WHO ARE COMPETING (JR BR STARSKATE LEVEL OR HIGHER) AT THE WO STARSKATE CHAMPIONSHIPS IN FEBRUARY HAVE BEEN INVITED TO PARTICIPATE IN THE WO EVALUATION DAY ON FEBRUARY 7TH.

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

GALA 2014

THE 2014 GALA IS UPON US! ON MARCH 22, 2014 THE SKATERS OF ALL LEVELS WILL BE PERFORMING IN OUR TWO SHOWS. THE SHOWS ARE AT 2:00PM AND 7:00PM. WE NEED PARENTS TO ASSIST WITH MANY PARTS OF THE SKATING SHOW. FOR MORE INFORMATION ON TASKS WE ARE NEEDING ASSISTANCE WITH, PLEASE VISIT THE PRESTON FSC WEBSITE @ WWW.PRESTONFSC.COM.

TEST DAY INFORMATION

THE NEXT TEST DAY IS TENTATIVELY SCHEDULED FOR {EVALUATED TESTS – MARCH 6, 2014} FROM NOON TO 4:00PM AT THE PRESTON AUDITORIUM. ONCE THE FINAL TEST LIST IS ANNOUNCED FOR EACH TEST DAY, THE SKATERS WILL RECEIVE AN ENVELOPE FROM THE COACH THAT 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. MORE INFORMATION TO FOLLOW.

IMPORTANT DATES

FEBRUARY 7 – 9, 2014	DENNIS SILVERTHORNE COMPETITION
FEBRUARY 5, 2014	WO STARSKATE CHAMPIONSHIPS EVALUATION
FEBRUARY 15, 2014	PFSC SKATE-A-THON
FEBRUARY 17, 2014	NO SKATING – FAMILY DAY
FEBRUARY 17, 2014	NO TICKET ICE
FEBRUARY 21 - 23, 2014	WESTERN ONTARIO STARSKATE CHAMPIONSHIPS
FEB 27 – MAR 2, 2014	ONTARIO WINTER GAMES
MARCH 1, 2, 2014	FUTURES COMPETITION

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 519-624-4532, PLACE YOUR ORDER AND WE WILL BRING IT TO THE ARENA FOR YOU!

OFF-SEASON SCHOOL 2014 - RECOMMENDATIONS

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

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.

SPRING FORMS WILL BE COMING OUT SHORTLY AND ALONG WITH THAT YOU SHOULD BE PLANNING A COACH/PARENT ANNUAL MEETING WITH YOUR BASE COACH. WHEN YOU RECEIVE YOUR SPRING FORMS, YOU WILL NOTE THAT THE FORM ENCLOSED IN YOUR PACKAGE IS THE FORM FOR THE LEVEL THAT YOUR BASE COACH FEELS IS RIGHT FOR YOU.

GALA PRACTICE SCHEDULE:

~ March 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Gala Practice: 2ND half 6:30pm – Midnight
2	3	4	5 LAST DAY OF WINTER PROGRAM	6 Gala Practice 1 st Half: 4pm – 7:30pm: KH	7 NO ICE	8 Gala Practice 1 st Half: 1pm – 6pm Gala Practice: 2 nd half 6:00pm – Midnight
9	10 NO ICE	11 NO ICE	12 Gala Practice 2 nd Half: 8am – 4pm: Preston	13 Gala Practice 2 nd Half: 9am – 4pm: Preston Gala Practice: 1 st Half: 4pm – 7:30pm: KH	14 Gala Practice 2 nd Half: 9am – 4pm: Preston	15 Gala Practice: 1 – 6pm – 1 st Half 6 – midnight – 2 nd Half
16	17 Gala Practice: 2 nd Half: 4pm – 8pm: P	18 Gala Practice 1 ST Half: 4pm – 7pm: P	19 Gala Practice 2 nd Half: 4pm – 7pm: P	20 Gala Practice 1 st Half: 4pm – 7:30pm: P	21 Gala Rehearsal: Noon to 7:00pm TBA	22 Day of Show