

CHAMPIONS TRAINING CENTRE

JANUARY 2014 NEWSLETTER

WELCOME

HAPPY NEW YEAR! CAN YOU BELIEVE WE ARE STARTING A NEW YEAR! LATELY THE RINKS HAVE BEEN VERY COLD, PLEASE MAKE SURE YOU DRESS APPROPRIATELY FOR THE ARENAS!

*** **NEW 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.**

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 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.

SKATERS AND COACHES NEWS

THIS WEEKEND THE SKATERS WHO QUALIFIED THRU TO NATIONALS WILL BE OFF TO OTTAWA! GOOD LUCK AT NATIONALS. ON A SAD NOTE, RENATA WONG AND HENRY SU WILL BE UNABLE TO COMPETE AT NATIONALS DUE TO AN INJURY THAT HAPPENED AT THE CHALLENGE CHAMPIONSHIPS. ALL OF US HOPE THE INJURY HEALS QUICKLY AND YOU WILL BE READY TO COMPETE AT THE WINTER GAMES.

ON DECEMBER 11, 2013 THE REGIONAL TEAM MEMBERS SHOWCASED THEIR SKILLS DURING THE CLEAR ICE SIMULATIONS. WHAT A GREAT JOB EVERYONE DID! AT THE END OF THE REGIONAL TEAM SIMULATIONS OUR NEW SYNCHRO TEAM PERFORMED! GREAT JOB ICE PRISMS!

AFTER WE FINISHED THE SIMULATIONS ALL OF THE SKATERS ATTENDED THE REGIONAL TEAM DINNER. MANY OF OUR SKATERS ASSISTED WITH THE TEAM DINNER, YOU DID A GREAT JOB!

THE ANNUAL CHRISTMAS FAMILY SKATE TOOK PLACE ON DECEMBER 21, 2013. IT WAS GREAT TO SEE SO MANY OF THE REGIONAL/SECTIONAL FAMILY MEMBERS JOIN THEIR SKATERS ON THE ICE!

PLEASE NOTE, ON FEBRUARY 17, 2014 THERE WILL BE NO SKATING AS THIS IS "FAMILY DAY" AND ALL ARENAS ARE CLOSED.

IF ANYONE HAS ANY INTERESTING INFORMATION THAT THEY WOULD LIKE TO SHARE WITH THE CHAMPIONS TRAINING CENTRE FAMILY PLEASE EMAIL US.

DURING THE 1ST WEEK OF DECEMBER, SOME OF THE PRESTON FSC MEMBERS PARTICIPATED IN THE CITY OF CAMBRIDGE CANDYLAND FESTIVITIES. GREAT JOB TO THE SKATERS WHO PERFORMED THRU SNOW AND VERY COLD WEATHER!

THE PFSC SKATE-A-THON PLEDGE FORMS ARE NOW AVAILABLE. THE SKATE-A-THON WILL BE HELD ON SATURDAY IN FEBRUARY 2014. IF YOU REQUIRE ANOTHER PLEDGE FORM, PLEASE CONTACT THE PRESTON FSC.

GOLD TESTS: AS OF DECEMBER 31ST, 2012

COLLEEN COLLINS – GOLD DANCE. CONGRATULATIONS!

NATIONAL TEAM MEMBERS:

WHEN YOU SEE YOUR FELLOW TEAM PRESTON MEMBERS, REMEMBER TO WISH THEM A GREAT SKATE!

NOVICE PAIR: ALLIE EBY & BRETT VARLEY; JAMIE KNOBLAUCH & NATHAN O'BRIEN;

JUNIOR PAIR: RENATA WONG & HENRY SU (INJURED)
RACHAEL DOBSON & ALEXANDER SHELDRIK

TEST DAY INFORMATION

THE NEXT TEST DAY IS TENTATIVELY SCHEDULED FOR {EVALUATED TESTS – MARCH 2014}. ONCE THE FINAL TEST LIST IS ANNOUNCED FOR THE TEST DAY, THE SKATERS WILL RECEIVE AN ENVELOPE FROM THE COACH THAT HAS TO BE SUBMITTED TO TRY 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

JANUARY 10, 2014	NO SKATING AT HESPELER IN THE AFTERNOON
JANUARY 10, 2014	NO TICKET ICE AT HESPELER ARENA
JANUARY 11, 2014	NO SKATING AT PRESTON AUDITORIUM
JANUARY 17, 2014	NO SKATING AT HESPELER IN THE MORNING & AFTERNOON
JANUARY 17, 2014	NO TICKET ICE AT HESPELER ARENA
JANUARY 18, 2014	NO SKATING AT PRESTON AUDITORIUM

PRESTON FSC NEWS

WE ARE CONTINUING TO COLLECT CANADIAN TIRE DOLLARS! THERE IS A BOX IN THE STORAGE ROOM @ HESPELER ARENA OR AT THE PRESTON CLUB OFFICE, PLEASE DROP YOUR ZEHRS RECEIPT TAPES THERE!
THE PRESTON FSC WILL BE LAUNCHING A CHOCOLATE BAR FUNDRAISER. MORE INFORMATION WILL BE SENT OUT SHORTLY!

THE PRESTON WEB-SITE IS: WWW.PRESTONFSC.COM.

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!

THOUGHT OF THE MONTH

"THE ONLY PERSON WHO CAN PULL ME DOWN IS MYSELF, AND I'M NOT GOING TO LET MYSELF PULL ME DOWN ANYMORE."



– [C. JOYBELL C.](#)

REVISED SCHEDULE FOR JANUARY 13TH, 2014 @ PRESTON AUDITORIUM:

There will be a change in schedule on Monday January 13th, 2014 at the Preston Auditorium:

4:40pm – 5:40pm – General Session
5:40pm – 5:55pm – Skill & Dance Session
5:55pm – 6:05pm – On Ice Technique Session
6:05pm – 6:15pm – Stroking
6:15pm – 7:15pm – General Session
7:15pm – 8:00pm – Synchro Practice