

Champions Training Centre AUGUST 2013 NEWSLETTER

WELCOME

WELCOME TO THE AUGUST EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! WE ARE NOW MORE THAN 1/2 WAY THROUGH THE SUMMER SEASON. AS MANY OF YOU START TO PREPARE FOR YOUR FIRST COMPETITION, DOUBLE CHECK THE TO-DO LIST POSTED IN THE COMPETITION SECTION OF THE NEWSLETTER!

*** **NEW 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 SKATERS ABSENCE AND ALSO LETS THE COACHES KNOW THE SKATER IS SAFE. IF SUFFICIENT NOTIFICATION IS GIVEN ALLOWING THE COACHES TO REORGANIE 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 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

FALL SCHOOL FORMS ARE NOW PAST DUE! PLEASE SUBMIT THEM AS QUICKLY AS POSSIBLE.

WINTER SCHOOL FORMS WILL BE SENT OUT SHORTLY. PLEASE MAKE SURE YOU READ THE COVERING LETTER AS THERE HAS BEEN SOME IMPORTANT CHANGES MADE TO THE APPLICATION FORM AND DEADLINE DATES.

IF YOU ARE ATTENDING THE ISABELLE HENDERSON COMPETITION OR OCTOBERFEST COMPETITION, PLEASE SUBMIT THEM ASAP!

REMINDER: THE WAIVER FORM AND SKATE CANADA MEMBERSHIP FORMS ARE NOW DUE!

THE COACHES WERE VERY IMPRESSED ON HOW THE SKATERS HANDLED THE PEPLER DAY: OFF ICE WARM UPS AND SIMULATIONS. THIS IS A GREAT FIRST STEP IN PREPARING FOR THE COMPETITIVE SEASON!

AT THE PEPLER SIMULATION WE BROUGHT IN TECHNICAL SPECIALISTS TO REVIEW THE PROGRAMS. ALL OF THE BASE COACHES LATER WENT THROUGH THIS INFORMATION WITH THEIR BASE STUDENTS. THE SKATERS DID A GREAT JOB WITH THE TEAM EVENTS. EACH WEEK THE SKATERS PROVE THAT THEY KNOW HOW TO DRESS UP!!! YOU GUYS ARE DOING AN AMAZING JOB...

IF ANYONE HAS ANY EXCITING NEWS THEY WOULD LIKE TO SHARE WITH THE CTC FAMILY, PLEASE FORWARD IT TO THE CTC OFFICE BY THE 25TH OF THAT MONTH!

TICKET ICE TIMES STARTING IN SEPTEMBER ARE AS FOLLOWS: MONDAYS 9AM TO 10AM; WEDNESDAY/FRIDAYS: 8AM TO 9AM; TUESDAY/THURSDAYS NOON TO 1:30PM

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.

PRESTON FSC NEWS

WE ARE CONTINUING TO COLLECT ZEHRS TAPES. THERE IS A BOX IN THE DRESSING ROOM @ HESPELER ARENA, PLEASE DROP YOUR ZEHRS RECEIPT TAPES THERE! THE PRESTON WEB-SITE IS: WWW.PRESTONFSC.COM.

THE PRESTON FIGURE SKATING CLUB WOULD LIKE TO THANK EVERYONE WHO PARTICIPATED IN THE PEPLER FUNDRAISER. IT WAS A GREAT SUCCESS! A BIG THANK YOU TO ALL THE ADULTS THAT CAME OUT AND SUPPORTED THE DAY!!!!

THE SUMMER SIZZLE COMPETITION IS BEING HELD AT RIM PARK ON AUGUST 9 – 11, 2013. THE GRAND RIVER SKATING COUNCIL IS HOSTING THIS COMPETITION AND THEREFORE PRESTON FSC IS INVOLVED. OUR CLUBS RESPONSIBILITY IS SKATER

REGISTRATION, DRESSING ROOMS AND ICE CAPTAIN. IF YOU ARE AVAILABLE TO ASSIST WITH THIS, PLEASE CONTACT THE PRESTON SKATING CLUB @ PRESTONFSC2010@GMAILC.OM.

PRO-SHOP

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 EMAIL US @ CHAMPIONSTC@BELLNET.CA, PLACE YOUR ORDER AND WE WILL BRING IT TO THE HESPELER ARENA FOR YOU!

TEST DAY INFORMATION

IF YOU CHILD IS NOT HOME CLUB PRESTON, THEN A TEST PERMISSION FORM WILL BE REQUIRED.
USUALLY A FORM IS ONLY PERMITTED FOR ONE SCHOOL OR SEASON {DEPENDING ON THE HOME CLUBS RULES}.
PLEASE MAKE SURE YOU HAVE A CURRENT TEST PERMISSION FORM AT THE CTC OFFICE.

SUMMER TEST DAY IS TENTATIVELY PLANNED FOR: AUGUST 14, 2013. IF YOU ARE TRYING A TEST, PLEASE SUBMIT THE ENVELOPES TO THE CTC MAILSLIP AT THE ARENA BEFORE THE TEST DAY.

IMPORTANT DATES

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| • AUGUST 5, 2013 | NO SKATING |
| • AUGUST 9 – 11, 2013 | SUMMER SIZZLE |
| • AUGUST 13, 2013 | TENTATIVE TEST DAY |
| • AUGUST 15 – 18, 2013 | THORNHILL COMPETITION |
| • AUGUST 28 – SEPT 3, 2013 | CTC OFFICE CLOSED |
| • SEPTEMBER 3, 2013 | FIRST DAY OF FALL SCHOOL |

THOUGHT OF THE MONTH

WANTING SOMETHING IS NOT ENOUGH. YOU MUST HUNGER FOR IT. YOUR MOTIVATION MUST BE ABSOLUTELY COMPELLING IN ORDER TO OVERCOME THE OBSTACLES THAT WILL INVARIABLY COME YOUR WAY. -LES BROWN

REMINDER NOTICE

THERE WILL BE NO TICKET ICE AVAILABLE UNTIL SEPTEMBER.

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
3. COMPETITION OUTFIT; BACK UP OUTFIT
4. SKATERS (PLEASE BE SURE YOUR SKATES AND LACES ARE CLEAN) NO SKATE COVERS UNLESS APPROVED BY BASE COACH AND CHOREOGRAPHER); EXTRA PAIR OF LACES
5. CLEAR TAPE TO TAPE TOP OF SKATES
6. MATCHING GLOVES FOR PRACTICES ONLY; NO GLOVES DURING WARM UP OR DURING THE PROGRAMS
7. MATCHING SWEATER FOR WARM UP – PLEASE BRING SWEATER WITH ZIPPER OR BUTTON FRONT (NO CLUB JACKET OR HOODED SWEATERS)
8. 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
9. GUARDS, KLEENEX, BOTTLE OF WATER, TWISTER
10. SKIPPING ROPE, RUNNING SHOES AND WARM-UP SHORTS OR PANTS
11. SKATE BAG COPY OF YOUR SOLO
12. MAKE-UP
13. GIRLS NO UNDERWEAR UNDER SKATING DRESSES

SUMMER DRESS UP DAYS

THE SUMMER DRESS UP DAYS WILL BE TAKING PLACE ON THURSDAYS. THIS IS FOR SKATERS AT ALL LEVELS. JUDGING TAKES PLACE AT THE START OF THE STROKING SESSION. COSTUMES SHOULD BE SOMETHING THEY CAN WEAR DURING THEIR REGULAR GENERAL SESSIONS WITH A MINIMAL AMOUNT OF ADDED COSTUMING PRIOR TO JUDGING. HERE IS THE LIST:

WEEK # 6 – ZOMBIE DAY
WEEK # 7 – WACKY HAIR DAY

SUMMER SIMULATION DAYS – FRIDAYS

THE SIMULATION LISTS WILL BE POSTED BY THE TUESDAY EACH WEEK. SKATERS SHOULD WEAR THEIR COMPETITION OUTFITS (IF READY) AND SHOULD TRY TO HAVE THEIR COMPETITION HAIR AND MAKE-UP DONE WHEN POSSIBLE.