

Champions Training Centre OCTOBER 2013 NEWSLETTER

WELCOME

WELCOME TO THE OCTOBER EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER! THE WEATHER IS STARTING TO GET COLD OUTSIDE, SO REMEMBER TO DRESS PROPERLY FOR THE ARENAS!

*** **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 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

WINTER SCHOOL CONFIRMATION FORMS WILL BE SENT OUT SHORTLY. PLEASE READ THE COVERING LETTER AS IT HAS SOME IMPORTANT INFORMATION ON IT.

REMINDER: AS OF OCTOBER 9, 2013 – IF YOU HAVE NOT PAID FOR YOUR SKATE CANADA MEMBERSHIP, YOU WILL NOT BE ALLOWED ON THE ICE.

REMINDER: THE WAIVER FORM AND MEDICAL FORMS ARE NOW PAST DUE! IF YOU HAVE NOT ALREADY SUBMITTED ONE INTO THE CTC OFFICE, PLEASE CONTACT US.

WE WOULD LIKE TO WELCOME CHRIS RENNICK TO OUR SCHOOL.

IT'S GREAT TO SEE ALL THE KIDS WHO TOOK THE SPRING/SUMMER OFF RETURNING TO OUR PROGRAM.

ANYONE THAT IS PARTICIPATING IN THE JOHN MCKAY COMPETITION – REGISTRATION FORMS ARE NOW PAST DUE!

OCTOBER IS GOING TO BE A BUSY MONTH. PLEASE MAKE SURE YOU MARK THE "IMPORTANT DATES" ON YOUR CALENDAR.

JUST A QUICK REMINDER, THERE IS NO SKATING ON MONDAY OCTOBER 14, 2013 AS THAT IS THANKSGIVING WEEKEND! THERE IS NO MAKE-UP SESSION. THIS MISSED DAY HAS BEEN CALCULATED IN YOUR WINTER FEES.

NOW THAT THE COMPETITIVE SKATERS ARE IN THEIR BUSY TIME WITH COMPETITIONS, PLEASE MAKE SURE YOU SET GOALS. FOR ALL SKATERS IT IS IMPORTANT TO SET MONTHLY, WEEKLY AND DAILY GOALS!

ON SUNDAY OCTOBER 6TH, 2013 THE GRSC WILL BE HOSTING A COMPETITIVE SIMULATION. WE ENCOURAGE ALL SKATERS TO COME AND CHEER THEM ON. IT WILL BE HELD AT THE WATERLOO REC CENTRE FROM 4PM TO 10PM.

THERE IS GOING TO BE A SECTIONAL CLUB SIMULATION WILL BE HELD ON OCTOBER 25TH AND 26TH. MORE INFORMATION TO FOLLOW. WELCOME ALL MEMBERS OF THE PRESTON CLUB TO COME AND CHEER ON YOUR PEERS. MORE INFORMATION ON EXACT TIMES, WILL BE AVAILABLE ON THE PRESTON FSC WEBSITE CLOSER TO THE DATE.

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!

IMPORTANT DATES

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| • | OCTOBER 6 TH , 2013 | GRSC COMPETITIVE SIMULATIONS |
| • | OCTOBER 8 TH , 2013 | TEST DAY |
| • | OCTOBER 9 TH , 2013 | 1 ST DAY OF WINTER PROGRAMS |
| • | OCTOBER 14 TH , 2013 | NO REGULAR SKATING THAT DAY, HAPPY THANKSGIVING! |
| • | OCTOBER 16 – 20, 2013 | OCTOBERFEST COMPETITION |
| • | OCTOBER 25, 26, 2013 | SECTIONAL CLUB COMPETITION |

- OCTOBER 25, 2013 SECTIONAL TEAM DINNER
- NOVEMBER 2013 REGIONAL TEAM MEETING (TBC)
- NOV 1 – 3, 2013 WO SECTIONAL CHAMPIONSHIPS, NIAGARA FALLS

PRESTON FSC NEWS

WE ARE CONTINUING TO COLLECT ZEHRS TAPES. 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 IS PARTICIPATING IN A FEW DIFFERENT FUNDRAISERS THIS FALL. MACMILLAN ORDER FORMS WILL BE SENT OUT SHORTLY. GIFT GIVING BOOKLETS WILL BE AVAILABLE AT THE PRESTON CLUB OFFICE (NOW AVAILABLE) LOVEABLE LABELS FUNDRAISER IS ALSO AVAILABLE. FOR MORE INFORMATION ON ANY OF THESE FUNDRAISERS, PLEASE VISIT OUR WEBSITE @ WWW.PRESTONFSC.COM

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!

TEST DAY INFORMATION

FALL TEST DAY IS TENTATIVELY PLANNED FOR: EVALUATED: TUESDAY OCTOBER 8TH 2013. ONCE THE FINAL TEST LIST IS ANNOUNCED FOR EACH TEST DAY, THE SKATERS WILL RECEIVE AN ENVELOPE FROM THE COACH THAT HAS 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) BY OCTOBER 4, 2013. PLEASE MAKE SURE YOU FILL OUT ALL OF THE REQUESTED INFORMATION IE: SKATE CANADA NUMBER.

THOUGHT FOR THE MONTH

THE PAST IS BEHIND, LEARN FROM IT. THE FUTURE IS AHEAD, PREPARE FOR IT. THE PRESENT IS HERE, LIVE IT. - THOMAS S. MONSON

THE SHARRATT AWARD

THE SHARRATT AWARD IS "AWARDED TO A SKATER WHO IS RECOGNIZED BY THEIR PEERS AS COMBINING EXCELLENCE IN PERFORMANCE WITH UNSELFISH DEDICATION TO THE PRESTON FIGURE SKATING CLUB". SOME FORMER RECIPIENTS WERE: 1988, CHRISTINE HOUGH, 1997 ALISON PURKISS, 2002 BILLY EATON, 2004 KRISTA RICCIATTI, 2009 TAYLOR STEELE, 2010 LEAH HYSLOP. THE SECTIONAL TEAM WILL BE VOTING ON THIS YEARS RECIPIENT AT THE 2013 SECTIONAL TEAM DINNER HELD ON OCTOBER 26ST, 2012. GOOD LUCK TO ALL THE SECTIONAL TEAM!

COMPETITION PACKING LIST

SKATERS IT IS ALWAYS IMPORTATION TO REVIEW THIS COMPETITION PACK LIST TO ENSURE THAT YOU HAVE WHAT IS REQUIRED:

- OFF-ICE WARM UP CLOTHING INCLUDING PROPER RUNNING SHOES
- POSSIBLY AN IPOD TO LISTEN TO SOLO MUSIC WHILE WARM UP
- COMPETITION OUTFIT & BACK UP OUTFITS
- COMPETITION TIGHTS & BACK UP TIGHTS
- SKATERS (PLEASE ENSURE THAT SKATERS AND LACES ARE CLEAN)
- COMPETITION HAIR PIECES
- MATCHING SWEATER FOR WARM UP – PLEASE BRING SWEATER WITH ZIPPER OR BUTTON FRONT (NOT HOODED SWEATERS)
- CLEAR TAPE (TO TAPE THE TOP OF SKATES)
- SCISSORS TO CUT TAPE
- GUARDS
- KLEENEX
- POSSIBLY A SKIPPING ROPE AND SPINNER/TWISTER
- SKATE BAG COPY OF YOUR SOLO
- MAKE-UP

- EXTRA PAIR OF LACES
- WATER BOTTLE

MISSING VALUABLE SKATING TIME:

LIVES ARE BUSY AND WE ALL WISH TO GIVE OUR CHILDREN ALL THE EXPERIENCES IN LIFE WE CAN. WE TRY OUR BEST TO GET THEM INVOLVED IN DIFFERENT SPORTS AND ACTIVITIES TO ALLOW THEM THE OPPORTUNITY TO SEE WHICH ONES THEY GRAB ONTO AND MAKE THEIR MAIN SPORT OR ACTIVITY. AS WELL WE TRY OUR BEST TO FIT IT AROUND EDUCATION AND OUR OWN BUSY LIVES. IT BECOMES A JUGGLING ACT AT TIMES AND SOMETIMES IT CAN SEEM OVERWHELMING.

THEY CAN OFTEN CLASH AND ONE OR THE OTHER AT TIMES HAS TO GIVE JUST TO MAKE IT ALL WORK. IN REGARD TO FITTING SKATING INTO A FULL DAYTIME SCHEDULE PLEASE CONSIDER SOME THINGS WHEN MAKING DECISIONS ON HOW TO MAKE IT ALL WORK.

EVERY SESSION A SKATER MISSES CAN NEVER BE MADE UP WHEN IT COMES TO BEING PREPARED FOR THE BIG COMPETITIONS. IT IS TIME LOST ON THE ICE FOREVER. INCONSISTENCY IN TRAINING TIME LEADS TO INCONSISTENCY AND LACK OF CONFIDENCE AT COMPETITIONS. IF A SKATER MISSES SESSIONS ON REGULAR BASIS THAN A SKATER AND PARENT NEEDS TO LOWER THEIR EXPECTATIONS FOR THE YEAR AND GOALS NEED TO BE REVISED. IT IS NOT POSSIBLE IN TODAY'S SKATING SPORT TO KEEP UP WITH YOUR COMPETITORS WHO TRAIN ON A REGULAR BASIS.

THIS SPORT IS VERY TECHNICAL AND REQUIRES A GREAT DEAL OF TRAINING. YOUR COACH/CHOREOGRAPHER/FITNESS INSTRUCTOR CANNOT MAKE UP THE DIFFERENCES WHEN AN ATHLETE IS NOT THERE ON A REGULAR CONSISTENT BASIS. I PERSONALLY FEEL THAT THE COACH/CHOREOGRAPHER/FITNESS INSTRUCTOR THEN ARE PUT INTO A UNFAIR POSITION FAR TOO OFTEN WHEN THIS OCCURS. TOO OFTEN THE PARENT FAILS TO SEE THAT IT WAS POOR ATTENDANCE THAT LED TO THE INCONSISTENT SKATE AT THE COMPETITION, LEAVING THE PROFESSIONAL IN A SITUATION OF HAVING TO EXPLAIN THEMSELVES WHY IT WASN'T A GOOD SKATE. THE OTHER ASPECT I OFTEN SEE BECAUSE OF THIS MISSING ICE-TIME IS THE LAST MINUTE PANIC AND THEN WANTING TO TRY TO MAKE UP EXTRA TIME JUST BEFORE THE COMPETITION. I COMPARE THIS TO CRAMMING FOR THE BIG EXAM. IT JUST DOESN'T WORK AS WELL AS TO BEING PREPARED AHEAD OF TIME. LAST MINUTE CRAMMING WILL NEVER MAKE UP FOR THE MISSED OPPORTUNITY OF REGULAR TRAINING. I WOULD ALSO SAY THAT THE PROFESSIONAL AGAIN IS PUT INTO THE ADDED PRESSURE TO SOMEHOW MAKE IT ALL WORK.

I AM NOT DISCOURAGING OTHER SPORT OR ACTIVITIES, BUT PLEASE CONSIDER WHAT YOUR ASKING YOUR CHILD TO DO. CAN THEY HANDLE EVERYTHING ON THEIR PLATE OR ARE THEY GOING TO MISS AN OPPORTUNITY TO EXCEL IN SKATING.

KEVIN WHEELER

**REVISED SCHEDULE – OCTOBER 31ST, 2013
KARL HOMUTH ARENA**

4:30PM – 5:20PM – REC PROGRAM
 5:20PM - 6:05PM – GENERAL SESSION (BOTH SESSIONS)
 6:05PM – 6:15PM – DANCE/SKILL SESSION (BOTH SESSIONS)
 6:15PM – 6:30PM – STROKING CLASS (ALL SKATERS)

PLEASE NOTE: NO OFF-ICE CLASSES AT KARL HOMUTH ARENA ON OCTOBER 31ST, 2013.