

Winter 2015 Newsletter

Volume 1, Issue 4

February/March Newsletter

Champions Training Centre

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The start of 2015!

Can you believe the 1st month 2015 is already completed??? Time sure flies when having fun...

January was very busy for all levels of the Preston Team! Some of our Regional Team members competed at the 1st competition of the year in Grimsby. The coaches were very impressed with their programs!

We had 10 Sectional Team Preston Members compete at the 2015

National Championships in Kingston this past month! Congratulations on great performances.

The last weekend of January brought us the first synchro competition of the season! Great Job Ice Prisms.

The next two months don't slow down... There's a combination of 5 competitions, a test day and then finishing off the season with our Annual Gala.



Happy New Year!

It is very important for ALL parents AND skaters to take the time to read the Preston FSC Newsletters as it will include many details about the upcoming Gala.

Congratulations National Team!

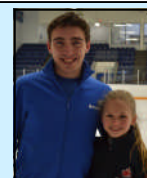
Skaters from our Centre arrived in Kingston the weekend of January 18, 2015 to compete at the National Championships. All of them had great skates!



Congratulations to Rachael Dobson and Alexander Sheldrick! They placed 3rd in the Junior Pair Category.

In the Novice Pair Category, Jamie Knoblauch and Nathan Obrien finished 4th in Novice Pair!

Great Job!



Reminder to All Skaters

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.

More Results:

- Colleen Collins & Alex Brauner, placed 7th in the Novice Pair Category
- Renata Wong & Cody Wong, placed 10th in the Novice Pair Category
- Allie Eby & Brett Varley, placed 8th in the Junior Pair Category
- Cody Wong, placed 12th in the Junior Men Category

Regional Team

On December 16th, 2014 the Regional Team held their Simulations at the Preston Auditorium as well as the Team Dinner!

Listed below are some reports from the Regional Team.

Special Thank you to Mr Gyorffy for making the Skaters CD's!



What Does Preston Mean To Me:

From: Alisdair Kidd

I am currently 15 years of age. I have only been skating at Preston for a little over two years and representing the club in competitions for one season. When I first arrived here I must admit I was a little intimidated but as soon as I finished my first session I knew that Preston was a positive environment to

be in. I have always been made to feel welcome at the club by everyone here. Preston may mean long car rides in the morning but those journeys are worth it to come to such a great club. Preston is a team that is always there for you. If

"Preston is a team that is always there for you"

you stumble and fall there's always someone there to help you back up. I am always proud to be able to say that I represent the Preston Figure Skating Club!



What Does Preston Mean To Me:

From: Kelly Tikel



Being a part of the Preston Figure Skating Club means many things to me.

As you may know, I have an older sister that was part of the Preston Club for a lot of years. Which

means that I've been hanging around

these rinks since I was born.

I never thought of myself as a figure skater because I had always danced. Not that long ago, I decided to give skating a try as I felt I could dance anywhere at anytime which wasn't the case for skating. Not to mention I had everything sitting there waiting for me, skates, tights, bags and a lot of dresses!

I had always been in the "learn to skate" program but when I finally decided to go

full out, I tried my hardest and was no longer the "one foot pumper"!!!

I have always felt comfortable coming to the rink because everyone is always happy and the coaches are always nice. And even though figure skating is an individual sport, Preston has made me feel like I belong on a team.

Being a part of the Preston Figure Skating Club is like having a second family!

Important Dates!

February 6 - 8, 2015:	Dennis Silverthorne Competition In Woodstock
February 16th, 2015:	No Skating at any Arena (Family Day)
February 20th, 2015:	WO StarSkate Practice in Fort Erie
February 21 - 22, 2015:	Synchro Competition In Chatham
February 27 - March 1:	WO StarSkate Championships In Fort Erie
March 1, 2015:	Gala—Permission Form (2nd half skaters only)
March 5, 2015:	Spring School Application Forms Due
March 7 - 8, 2015:	Futures Competition
March 11th, 2015:	Last Day of Regular Sessions
March 11th, 2015:	Tentative Test Day (during the day)
March 12th, 2015:	Gala Practices Begin
March 13 - 15, 2015:	Skate Ontario Championships (Brampton)
March 16 & 18, 2015:	No Ticket Ice at Hespeler Arena
March 2015:	Gala Practices (see calendar)
March 27, 2015:	Gala: Gala Dress Rehearsal
March 28, 2015:	Gala: Show Day: 2pm and 7pm Show Times



Write These Important Dates
On Your Monthly Calendar!!!

Preston Family News!

It's great to see Flora LeBlanc back!!! After an injury in the summer, Flora returned back to France (her home) to heal. Welcome Back!

It's also great to see Isabella Steinman

back on the ice. She has had a difficult year due to injury and lastly the car accident in December - glad to see you back on the ice!

Brianne Tudisco also received the okay to

return to the ice after an injury! Good luck at your competition!

We also wish all the best to Mrs Tiggelman. We hope to see her around the arena soon!

Off-Season School Information & Recommendations

The Off-Season School Brochures will be mailed out the 1st week of February. To receive the discounted rates, please submit the form along with 50% of the payment to the CTC office by March 5th, 2015. To ensure you are signing up for the correct days, please make an appointment to meet with your Base Coach prior to the registration due date.

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

PRE-JUVENILE & 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.

Champions Training Centre

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Come Train with the Champions!

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

This Spring the Champions Training Centre will be offering the following programs:

- Learn To Skate/CanSkate/Adv Rec Programs
- Figure Skating: Singles, Dance and Pair Disciplines
 - Hockey Skills Group Programs
 - Power Private Lessons
- Power Plus Group Program (For Elite Hockey Players)

Missed Session 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.

Gala Overall Schedule: Tentative Schedule

March 2015						
Sunday	Monday	Tuesday	Wednes-	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Gala Practice: 2nd half skaters 6:00pm to Midnight
8	9	10	11	12 Gala Practice 4:30pm – 8:00pm	13	14 Gala Practice 1pm to midnight
15	16	17	18 Gala Practice 9am to 4pm	19 Gala Practice 9am to 8pm	20 Gala Practice 9am to 6pm	21 Gala Practice 1pm to midnight
22	23 Gala Practice 3pm to 8pm	24 Gala Practice 3pm to 8pm	25 Gala Practice 3pm to 8pm	26 Gala Practice 3pm to 8pm	27 Gala – Dress Rehearsal 3pm to late	28 Gala - Show