



# CHAMPIONS TRAINING CENTRE

Winter Edition

Volume 1, Issue 3

December 2014

## It's Cold Outside!



So this November may go down as being the Coldest ever but things are heating up at the Skating Centre!

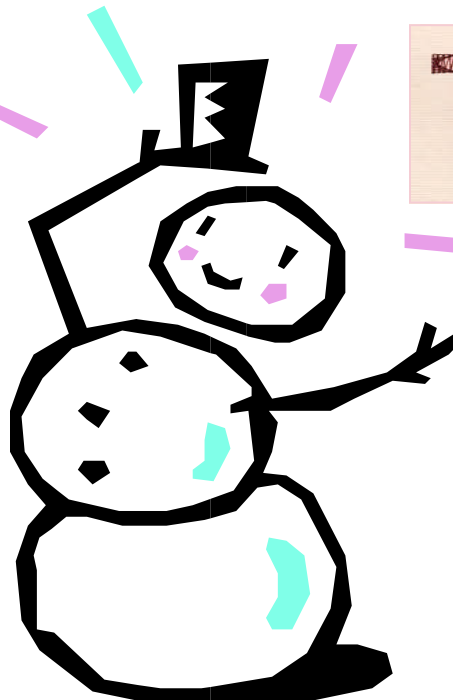
We have so many activities and events going on that it's hard to keep track! Don't forget to check out the important dates in this newsletter so you don't miss out on anything!!!

At the beginning of November, 31 of our skaters went to the Western Ontario Sectional Championships. It was great to see so many of them accomplish their personal goals.

Currently we have 10 skaters preparing to

compete in Quebec at the beginning of December at the Skate Canada Challenge Championships. Later in the month, we had

some of our Star Skaters compete at their first Competition of the season. Great skates everyone!



The Coaching Staff would like to say Thank all of the Sectional Team Parents and Skaters for supporting one another at the WO Sectional Championships in Sarnia. It was very nice to see all of the skaters staying, supporting and cheering for one another!

### Special points of interest:

- Promotional Tickets are due into the Preston Club office by December 20th, 2014
- Make Up Sessions
- When there is No Skating during the Holiday season.

### Missed Session Procedure

If you are going to be away, please email the Champions Training Centre office. Our email address is: [championstc@bellnet.ca](mailto: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.

## A Special Note...

*From a Skating Parent: I wanted to take a moment and reach out to thank CTC and the coaching staff for making sectionals such a wonderful experience for our skaters. The level of preparation is unprecedented and our skaters have benefited*

*from the practice ice time. I also wanted to thank you for organizing a team dinner - the level of 'team' spirit among the skaters of all ages is fostered by these events. The kids stayed all afternoon cheering one another on as 'Preston teammates'. Being new to*

*the club - these are all things that reinforce our decision to train with Preston and CTC and I personally thank you for the support of our skaters. What a wonderful experience for our daughter's first Sectionals. Mrs Murch*

### Inside this issue:

Regional Team Simulations	2
What's Going On in December	2
Holiday Season & Cancellations	2
Make Up Sessions	3
What Does Preston Mean...	3
SC Challenge Championships	4
Happy Holidays	4



# Have you heard????

On Tuesday December 16th, the Regional Team Simulations and Dinner will be taking place. This is for all Regional Team Members.

Regional Team Preston Skaters will be involved in the team dinner. They will be the M/C's; providing reports on what it means to be a Preston Team member. As well skaters will be reciting the Preston Team Prayer and Team Motto!

## Change in Schedule:

Due to the Regional Team Simulations, there is a different schedule at the Preston Auditorium on December 16th:

- 2:40pm - 3:45pm - General Session
- 3:45pm - 4:00pm - Stroking Class
- 4:00pm - 6:15pm - Regional Team Simulations
- 6:15pm - 7:00pm - Accelerated Program
- 4:15pm - 5:15pm Fitness Class
- 5:15pm - 6:00pm Flexibility Class
- 6:10pm - 6:40pm Lift Class

## This month's events!

There is many activities taking place this month... Please make sure you include the following activities onto your calendar:

- December 5h: On Ice Session 3:30pm–5pm, Hespeler
- December 6th: Candyland, Downtown Preston
- December 13th: MacMallins Delivery 1–3pm
- December 16th: Tentative Test Day, Preston Aud
- December 16th: Regional Team Simulations, Preston Aud
- December 16th: Regional Team Dinner, Kinsmen Hall
- December 20th: Family Skate, 1pm–3pm Preston Aud
- December 22nd: Tentative Test Day, Preston Aud
- December 27th: Grand River Skaters Development Seminar

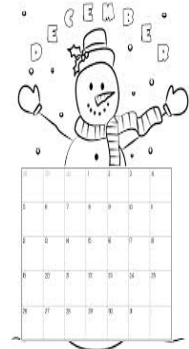
## Winter Break & January Cancellations:

Many parents are inquiring as to when we skate over the Christmas holidays. Listed below is an overview of the SKATERS SCHEDULE:

- Last day of Regular sessions: Monday December 22, 2014
  - No Skating: From December 23 to & including January 4th 2015
  - Skating Resumes for all levels: Monday January 5<sup>th</sup>, 2015
- (Please Note: National team will be skating during Dec 23 – Jan 5, 2015 – see schedule)

### January Cancellations:

- No skating Friday January 9<sup>th</sup>, 2015 @ Hespeler Arena morning or afternoon sessions
- No skating Saturday January 10<sup>th</sup>, 2015 @ Preston Aud from 1pm to 6:30pm
- No skating Friday January 16<sup>th</sup>, 2015 @ Hespeler Arena morning or afternoon sessions
- No skating Saturday January 17<sup>th</sup>, 2015 @ Preston Aud from 1pm to 6:30pm





## Make Up Sessions for Regional and Sectional Skaters:

SKATERS WHO USUALLY SKATE FRIDAYS & SATURDAYS IN JANUARY, HAVE 2 FRIDAYS AND 2 SATURDAYS TO MAKE UP.

Please review and let the CTC office as well as your base coach know when you are planning on attending the make up sessions.

December 29<sup>th</sup>, 2014, December 30<sup>th</sup>, 2014 and January 2<sup>nd</sup>, 2014

Cambridge Sports Park 1001 Franklin Blvd, Cambridge, ON

Noon - 12:45pm	-	General Session # 1	Pre-Prel, Passed Prel	11:40 - 11:55am	-	Off Ice Warm Up	Pre-Prel - Passed Prel
12:45 - 1:00pm	-	Skill & Dance	Pre-Prel, Passed Prel - Juv	12:25 - 12:40pm	-	Off Ice Warm Up	Jr Br - Sr Br SS, Pre-Juv, Juv
1:00 - 1:10pm	-	On Ice Technique	All Skaters	12:40 - 12:55pm	-	Off Ice Warm Up	Jr Sil SS & higher, PN & higher, dance
1:10 - 1:20pm	-	Stroking	All Skaters				
1:20 - 1:30pm	-	Flood					
1:30 - 3:00pm	-	General Session # 2	Jr Br to Gold SS, Juvenile, PN & higher				

### What Preston Means To Me...

In the last newsletter, we provided you with some reports given at the Sectional Team Dinner. Below are some more!

From: Madeline Rebelo

My name is Maddy. Ive been skating with Preston since I was three years old. Ever since I stepped onto the ice for the first time, I knew that I was determined to be better the next time. With the help of my coaches, Ive gotten a lot better with that. My friends too. Without them, I probably wouldn't be where I am today. Other than that, I know a lot about Preston. I know that we are really good a talking and making jokes, and that we are good at cheering each other on, and encouraging each other. But there is one thing I know we are REALLY good at and that is making memories and that means a lot to me. Preston is not only a team, it's a family and I love being part of that family!

From: Sarah Harris

My name is Sarah Harris. I am 13 yrs old and have been skating since the age of 3. Kim Biddiscombe, put me in my first pair of skates and taught me how to shuffle down the ice. I soon learned to spin because I liked watching the shirt of my skating dress flare out around me in the skating rink mirrors. Kim and I haven't looked back since.

In the spring of 2013, I switched clubs and became a skater here at the Preston FSC. When I first arrived, I was very nervous—as Im sure anyone would be—not knowing many people and being unfamiliar with the atmosphere. But I stepped onto the ice and immediately felt welcome. I got lots of welcoming helps, waves, smiles and a great positive feel. That same day I remember I couldn't wait to come back and skate again.

Competing as a single skaters, I have always felt figure skating was an individual sport. But here at Preston FSC, Ive never felt more a part of a team. Here, we support each other, we encourage each other, we work on our struggles together and celebrate our successes together. All a part of the Preston FSC team.

So even thought we might be standing out in the middle of the ice alone or with a partner, just remember you're not competing by yourselves. We have a whole team, family, friends and coaches standing right there with us. So go out there and try your best. No matter the outcome, we have an awesome group of people to come back to.

Thought of the month: Successful people replace the words "wish" "should" and "try" with "I will".

# Skate Canada Challenge Competitors:



Jamie Knoblauch & Nathan Obrien:  
Novice Pair



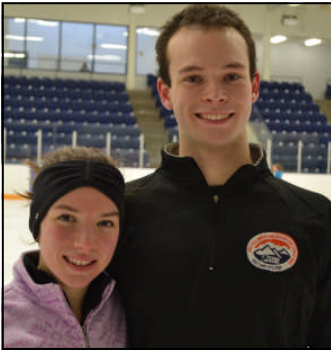
Cody Wong: Junior Men



Allie Eby: Pre-Novice  
Ladies



Allie Eby & Brett Varley:  
Junior Pair



Colleen Collins & Alex Brauner:  
Novice Pair



Rachael Dobson & Alex Sheldrick:  
Junior Pair



Renata Wong & Cody Wong:  
Novice Pair



## Happy Holidays!

*We would like to wish all of you  
a safe and healthy holiday  
season!*



*The PFSC/CTC office will be  
closed from December 19<sup>th</sup> to  
January 5<sup>th</sup>, 2015. All emails  
and voice mail messages will be  
responded to at that time.*

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### Train With The Champions