



Champions Training Centre Fall Newsletter

Winter Skating Is Upon Us!

Welcome to the second addition of the 2014/15 Champions Training Centre Newsletter! We hope you will take the time to read it...



What's Happening?

In this newsletter we will be providing you with not only current information but also important details about the next couple of months. This will include Christmas holidays, competitions as well as test days.

It's Getting Cold Inside & Out...

Skaters, how would you answer the following questions?

wanting to achieve your personal goals!

- Do you arrive to the arena in time to stretch your muscles before starting a class or going onto the ice?
- Are you wearing proper attire on the ice and off the ice?
- Do you dress properly to go outside into the cold after finishing an off-ice class?
- Do you make sure to completely dry your skates?

These are all important questions to ask when

Missed Session 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.

October Activities at PFSC/CTC

Besides skaters continuing to develop their skating skills as well as their programs, we have had many other activities taking place this past month.

The Sectional Team participated in the GRSC Simulations on October 4th in Waterloo.

The two Synchro teams have now started their programs. As well they participated in the bottle drive as a team builder!

The Sectional Team showcased their programs on October 24/25 at the Preston Aud.

Inside this issue:

Sectional Team Celebration	2
Sectional Team Picture	2
Thoughts by _____	2
What Preston Means to Me.....	3
Regional Team Celebration & Simulations	3
Hallowe'en	3
Important Dates & Christmas Break	4

Special points of interest:

- Sectional Team Dinner
- Synchro Team Bottle Drive
- Up-coming Events
- Preston FSC News & Activities

Team Preston Sectional Members...

On Friday October 24th the Team Preston Sectional Members and their families gathered at the Kinsmen Hall to celebrate their accomplishment of qualifying to compete at the 2015 WO Sectional Championships. This event will be taking place in Sarnia from November 7th to 9th.



Throughout the celebration skaters not only participated in the Team Prayer and Team Motto but a number

of them also provided insight on what Team Preston Means to Them. Below we have provided

you with two of the speeches provided at the team dinner.

2015 Sectional Team:

Pre-Juvenile Ladies: Ashley Dodsworth; Madeline Rebelo; Jenna Reia; Meah O'Donnell; Elizabeth Yates; Mikayla Murch

Pre-Juvenile Men: Callan Stewart

Juvenile Ladies: Sarah Harris; Lisa Au-Yeung; Samantha Guerrero

Juvenile Dance: Casey Smith & Alisdair Kidd; Jessica Reia & Mike Kos; Elizabeth Yates & Scott Norton

Pre-Novice Ladies: Isabella Steinman; Brianne Tudisco; Allie Eby; Jamie Knoblauch; Megan DeJong; Emily Vandenberg; Rachel Podaras

Novice Ladies: Rachael Dobson; Renata Wong

Novice Pairs: Renata Wong & Cody Wong; Tessa Rankie & Chris Rennick; Jamie Knoblauch & Nathan Obrien; Colleen Collins & Alex Brauner

Junior Ladies: Colleen Collins, Tessa Rankie

Junior Men: Cody Wong

Junior Pairs: Allie Eby & Brett Varley; Rachael Dobson & Alexander Sheldrick

What Preston Means to Me by Emily Vandenberg

Being a Preston Team Member has been a great experience in many ways. Between \$ 10.00 Tuesdays, dressing up on Fridays, supporting each other on simulations and putting together this Fantastic dinner, Preston gives many opportunities to have fun as a team and show your strengths as a skater. I am so fortunate to have Ms J, she is a major part of the team and training program. I look forward to my future skating with the Preston Team. Thank you for always including and supporting me.

What Preston Means to Me by Casey Smith

What Preston means to me is doing what I love knowing that I have the support and encouragement that I need. When I come to the rink and look out to the ice, I feel a rush of excitement. In the dressing room, I am surrounded by not only my teammates, but also my friends. Taking that big breath before stepping out onto the ice marks the beginning of my progress. Preston is about putting each blade, one at a time, onto the ice and taking that first stride towards success. Being in an environment where I feel comfortable to try new things and go that extra mile is rare, but I've found that place in Preston. The coaches are very important. They want what's best for each skater and are patient with us. They know what we are capable of and help us reach our full potential and our goals. Things don't happen right away and take time. Preston is a great team and we all support each other. From cheering the stands during competitions to helping out learning steps for ice show. At the end of the day when I am asked what club I represent, I am proud to say Preston.

And the Sharratt Award Recipient Is...

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, 2011 Leah Hyslop, 2013 Kinsey Greenfield. The sectional team voted on this year's recipient at

the 2014 Sectional Team Dinner.



We would like to congratulate Alex Brauner on being the Recipient of the Sharratt Award.

Regional Team Up-Coming Activities:

Clear Ice Simulations
and Team Dinner!



On December 16th, 2014 the Regional Team will be showcasing their programs or elements at the Clear Ice Simulations at the Preston Auditorium between 4pm and 7pm.

Once the On-Ice Simulations are completed we invite all of the team members and their families to the Regional Team Dinner. This will be held at the Kinsmen Hall (beside the Preston Aud).

Tickets will be available shortly. If you have not already done so, its time to chat with your base coach about a skating dress for the up-coming season!

Wow! Check it Out!!!!



Check out the best looking costumes in town!

Have you been on the Preston FSC facebook page lately?

www.facebook.com/prestonfsc

The Recreational skaters are dressing up in their favorite Hallowe'en outfits on Wednesday October 29, 30 and November 1st, 2014. We will be posting all of the great pictures of the costumes on line. **Skaters: Do you have a picture of your favorite Halloween Costume?**

If so send it to the Preston FSC facebook page!

Send it to us!

Important Dates:

Please mark there down on your calendar:

- November 6, 2014: No Skating @ Hespeler Arena in the afternoon
- November 7, 2014: No Skating @ Hespeler Arena in the afternoon
- November 7 - 9, 2014: WO Sectional Championships
- November 15, 2014: No Skating at Preston Aud
- November 21 - 24, 2014: John McKay Competition
- November 29, 2014: Skating Party @ Preston Aud (more info available shortly)
- December 3 - 7, 2014: Skate Canada Challenge Championships
- December 16, 2014: Regional Team Simulations
- December 16, 2014: Regional Team Dinner
- December 20, 2014: Family Skate—1pm to 3pm @ Preston Aud
- December 22, 2014: Tentative Test Day—7:30am to Noon



Christmas Break



The Last day of Skating before Christmas will be on:

Monday December 22nd, 2014.

Skating will resume on:

Monday January 5th, 2014.

(Please note: There will be skating for the National Team During that time)

Preston FSC News

www.prestonfsc.com

The Preston FSC is participating in various fundraisers. Please check out the Preston FSC website or newsletter for the on-going fundraisers.

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!