



www.peterboroughfigureskatingclub.ca



Peterborough Figure Skating Club

P.F.S.C. Executive

President - Hallie Atter

Vice-President - Tara Paul

Past President - Diane Sargent

Treasurer - Kim Morello

Coaches Liason - Cindy Mein-Moloney

Test Chairs - Alana Jolley/
Chandos Hickey

Secretary - Susan Sparkes

Section Rep - Lara Oosting

Music Chair - Jerry Lu

Membership Chair - Susan Sparkes

Media Chair - Diane Sargent/
Tara Paul

CanSkate Rep - Erica Diamond

CanSkate Adv. Rep - OPEN

StarSkate 1 Rep - Tara Paul/
OPEN

StarSkate 2 Rep - Catherine Pede

Synchro Rep - OPEN

COACHES

Lori Atkins

Judy Bates

Troy Hockley

Brigitte Mackey

Cindy Mein-Moloney

Barry Morrison

Bonnie Porter-Martin

(Consultant)

Jessica Pritchard

Kim Wilson

Dawn Cumby-Dallin

Celina Kosmala

Janice Haig-Ireland

Karen Bulger (Consultant)

Looking for a private coach? Information on each coach is posted on our webpage

Welcome Back KidSkaters and CanSkaters!

This month we welcome back our youngest skaters! Mondays sessions begin on **October 20th** and Wednesday sessions begin on **October 15th**. Please read our September newsletter the parent handbook in this newsletter regarding safety for procedures and suggestions to make your child's experience a positive one. As with all sports associated with Sport Canada, our long term athlete development aligns with safety procedures and promoting sport in a positive and encouraging way for our young people.

Our CanSkate Advanced, StarSkate 1 and StarSkate 2 skaters have been busy for over a month working on programs, dances and skills. They have also reviewed safety on the ice with a great presentation from Kim Morello.

These are the tips Kim shared with the skaters in September.

- Skaters who are working with coaches have the right of way on the ice.
- Skaters who are working with their music have the right of way
- Be aware of all around you when skating—keep your head up

Competition season is coming up and so are our Test days which may affect your child's skating schedule. Our **first test day will be DECEMBER 1st** so there will be no regular skating this day. Please check our website calendar as well as Facebook and Twitter to be aware of dates when changes may happen. The calendar posted on the website is kept up to date and should not change during the year. Any notifications will be posted on the site as well as on Twitter and Facebook.

Congratulations to our skaters who recently travelled to Frankford on September 28th for a seminar with the legendary **Don Jackson!** Seminars are a great way to experience new strategies and ideas from other coaches and clubs.

Look out for our Dress/Skate ex-



change sale coming up at the end of November! As well, we will be celebrating Halloween on October 29th and 31st with costumes and goodies! **Make sure your costume doesn't include a mask so your skater can see!**

**Music Volunteers needed!
Sign up in the music booth
to play for CSA and SS1
and 2 Sessions!**

Safety Notes

- Wear small gloves to prevent injury and cold hands
- Dress appropriately for the ice – wear skating clothes, tights, pants that allow you to move: hair tied up.
- Coaches have asked that at least once per month, skaters wear costumes or dresses
- Parents are required to stay in the arena in case of emergencies—please sit in the stands
- All doors to the rink must remain closed and only opened to allow entrance and exit
- Helmets must be CSA approved and worn by skaters below CS Level 5.



A SPECIAL MESSAGE FOR KIDSKATERS AND CANSKATERS AND THOSE NEW TO PETERBOROUGH FIGURE SKATING CLUB

Welcome to Peterborough Figure Skating Club 2014/2015!

KIDSKATE (3-5 year olds)

Fall Kidskate session B runs Wednesdays October 15th-December 17th 2014 from 6:15-6:45pm

Fall Kidskate session A runs Mondays October 20th-December 29th from 6:10-6:40pm

***Please check calendar for skip weeks by visiting www.peterboroughfigureskatingclub.ca**

This 30 minute group program is an introduction to skating for 3-5 year olds. Through play and fun lessons it builds the child's skating skills and confidence. After the completion of this program, the skater may advance to the Canskate program

CSA Helmets are **MANDATORY**

CANSKATE

Fall session October 15-December 22nd 2014 Wednesdays 6:10-6:55 pm

***Please check calendar for skip weeks by visiting www.peterboroughfigureskatingclub.ca**

This 50 minute learn-to-skate program teaches the basic of forward and backward skating, stopping, turning, spinning and jumping. Skaters are grouped by ability and age and are evaluated regularly as they progress through the 5 stages at their own pace. The successful completion at each stage is recognized with the awarding of a badge. Report cards are provided at mid-way and at the completion of the winter session.

As skaters progress through the stages of the Canskate program they become eligible to move into the Canskate Advanced or STARskate 1 program.

CSA Helmets are **MANDATORY up to Stage 5**

CANSKATE advanced

This program is an extension of the Canskate program that builds on the fundamentals learned in Canskate. Through a group lesson format, the program introduces the skater to the disciplines of stroking, skills, dance and freeskate. Skills taught at this level include: Edges, Turns, Jumps, Spins and Dance.

STARSKATE 1 & 2 (Previously known as Intermediate and Senior)

S kill, T ests, A chievement, R ecognition This is what STARskate is all about!

This program is designed for the skaters who have accomplished the fundamentals of skating and are in a position to advance these skills with the aid of a professional coach. Individual lessons encompass stroking, skills, freeskate and dance with time to practice without a coach. This program allows a skater to participate in the SKATE CANADA Starskate program by completing the required tests.

This program is divided into Starskate 1 and Starskate 2 sessions in order to ensure skater safety of the sessions. Different requirements have been put in place to organize each session effectively.

Competitive Skating

Canskaters and STARskaters who want to challenge their figure skating skills and show potential as competitive skaters can participate in the competitive program.

The Competitive Test Program is a testing program for skaters in singles, pairs and dance wishing to compete in qualifying events within Skate Canada. Skaters take tests specific to their discipline (Singles, Pairs and Dance) in which they wish to compete. As skater or team may begin testing at the level at which they wish to compete (there are no pre-requisites).

***PLEASE CHECK CALENDAR FOR SKIP WEEKS BY VISITING WWW.PETERBOROUGHFIGURESKATINGCLUB.CA**

SKATE CANADA HELMET POLICY

On July 1, 2011 Skate Canada implemented a Helmet Use policy. This policy was implemented as a proactive safety measure to help protect members in the early stages of the CanSkate program that are learning how to skate. A hockey helmet should fit snug to prevent any shifting and maximize protection.

Make sure the chinstrap can be adjusted so it gently makes contact under the chin when fastened.

For an adjustable helmet, open it to the largest setting and gradually begin to downsize the helmet until a comfortably snug fit is achieved. The helmet should rest on the head so that the rim is one finger width above the eyebrow and making contact with the top of your head.

Although most helmets are lined with protective foam, some helmets will feel better than others. Try on different brands of helmets for fit and comfort.

All CSA certified helmets have a sticker indicating their certification. If you would like more information on helmet use and injury prevention we recommend you visit Think First at

www.thinkfirst.ca.



HOW TO HELP YOUR CHILD (AND YOU!) ENJOY SKATING

- Up to and including Stage 5 must wear a CSA approved hockey helmet while on the ice
- should wear warm, comfortable clothing that will not interfere with their skating.
- Use quality skates: good support, proper fit and correct lacing.
- Regularly sharpen skates.
- Wear warm clothes (layers) that do not restrict movement. (i.e. bulky snowsuits)
- Tie long hair back.
- Wear mitts/gloves to keep hands warm and protected.
- If your child falls regularly, consider splash pants so he/she does not get cold and wet.
- No long scarves or hats should be worn on the ice as they can be dangerous.

What to expect when your skater arrives at the arena and during skating session?

- When entering the arena, look for the dressing room assignment board posted to see which rooms have been designated for Peterborough Figure Skating club.
- If there is a skating session before KidSkate/CanSkate starts, all skaters need to be clear of the board area until 10 minutes before their session begins.
- Skates can be put on in assigned dressing rooms only. Please refrain from using the bench in the hallway.
- Name tags need to be put on each day your child skates. You will find them on the table near arena entrance. It should have your child's name on it as well as a sticker which represents the colour group they are in. Please ensure your child returns their NAME TAG each day they skate so it will be there for them at their next session.
- Skaters will be greeted at the boards by the Program Assistants and coaches when it is time to get on the ice. If you would like to speak with a Club coach, they are available after the sessions.
- Please note that KidSkate participants often begin the fall session spending the majority of their time learning to stand and lift themselves off the ice. It may appear that KidSkate skaters spend a lot of time on the ice but they will progress every week and be up on their feet moving confidently as the session progresses throughout the fall. If you have any questions about your child's progress please connect with their coach after the session or the volunteer parent reps Erica (KidSkate/CanSkate) and Tara (CanSkate Advanced/StarSkate 1)

PARENTS' CODE OF CONDUCT

Parents: You are the most influential people in your child's life. Your job is not only to teach them to win or lose, but to do both graciously. You must also remind them that skating is meant to be FUN. The athletic skills your children learn may only be used for a few years. However, the attitudes they develop toward themselves and others will last a lifetime.

- * Promote integrity, fairness and respect. Treat all other parents and skaters as you would like to be treated.
- * Help your child develop a positive self-image. Encourage your child's participation by promoting good sportsmanship and providing constant positive reinforcement.
- * Children learn by example. Promote respect for rules, coaches, judges, evaluators, other parents and skaters.
- * Children look at parents as mentors, therefore, lead by example to create a motivating and rewarding environment built on trust and mutual respect between parents, coaches, and fellow skaters.
- * Recognize the value and importance of the volunteer. They give their time and resources to provide a club for your child.
- * Be pro-active and informed. Take the initiative to contact other coaches or the Board members to obtain information that pertains to your skater or the Club. Please don't wait for others to inform you.
- * If you have any questions, concerns, and/or suggestions, please approach the liaison representative for your skaters' group and/or submit them in writing to the Board of Directors.
- * When an issue or concern should require the involvement of the Board of Directors, encourage an open and respectful verbal or written dialogue with Club members and/or coaches to promote a healthy resolve.
- * Show respect, appreciation and be supportive. Show respect for officials, coaches, and other club members by not publicly questioning their judgment, integrity and honesty.
- * Parents are responsible for ensuring the safety of the skater when off the ice. Please ensure that if you are not the arena, arrangements are made to meet your skater for drop off and pick up in a safe area.
- * Any person, who deliberately deviates from the Code of Conduct, by demonstrating poor behaviour, or disrespect for coaches, board members, club members, or skaters may have their membership suspended.

SKATER'S CODE OF CONDUCT

Skaters are asked to follow these guidelines for their enjoyment and to obey the rules for off-ice and on-ice conduct:

- *Skate for the enjoyment of the sport, not to please your parents.
- *Work hard for yourself and with your fellow Club skaters. Your Club results will reflect your efforts.
- *Control your temper and your tongue. Your language is a reflection of yourself as well as your Club.
- *Be a good sport. Cheer for all participants including your competitors.
- *Treat all other skaters as you would like to be treated by them. Don't interfere, ridicule, bully or take advantage of any other skater.
- *Remember the goals of the sport are to have fun and improve your skills.
- *Co-operate with your coach, fellow skaters and Club volunteers.
- *Respect the opinions of the judges, evaluators, and other officials. Please remember these people are volunteering their time and energy.
- *Please be considerate of other skaters' belongings in the dressing room. Ask first before borrowing an item.
- *Clean up after yourself and leave the facility as you found it.
- *Be aware of all on-ice activities and considerate to all skaters on the ice at all times. Socialization should be kept to a minimum while on the ice.
- *Structured ice time activities should be followed, for example, dance time.
- *On the ice during private lesson time:
 - Skaters in a lesson with a coach have priority for use of the ice surface; however, skaters in a lesson will be considerate of a skater practicing his/her program while his/her music is being played.
 - Skater whose music is being played has priority over all other skaters except skaters in a lesson.

Now accepting logos for our
Logo Design Contest!

Draw up a new logo for PFSC and bring it in to a board member or email it to

tyellowley-paul@cogeco.ca

DEADLINE: November 7th

We're on the web!

www.peterboroughfigureskatingclub.ca

Twitter: PeterboroughFSC

Facebook: Peterborough Figure Skating Club

IMPORTANT UPCOMING DATES:

- PFSC Board meeting** October 20th, November 17
- Off Ice Training** October 23, November 6, 20, December 4
- Pizza Night/Halloween** celebration October 29 (costumes may be worn but please no masks) **Parent Information Night** will take place that evening too!
- LOGO Design contest** ends November 7th-submit your ideas!
- Foxy Leggings Fundraiser!** - November 9 1-4 p.m. 179 Chandler Crescent— a portion of each sale goes to the club!
- Skate/Dress Exchange and Sale** on November 26th—look for our upcoming flyers!