

AUGUST 2011

the

SPRUCE CITY SKATING CLUB

NEWSLETTER



Summer Skating School: Weeks 7-10!

Summer continues!

so...here...we...GO!!!

Weeks 7-10 have now been
posted at the Club and online:

www.sprucecityskating.com

To register, contact Sheri
Trampuh at: sheri.trampuh@live.ca
or at 778.416.7799

We need photos!

Photos are needed of skaters at all
levels for both the Club website and
the newsletter. Please contact the
editor if you have photos to share.



A proud member of



This is YOUR Newsletter!

Get involved! The newsletter is published
monthly and is available online at
sprucecityskating.com and as an e-newsletter.
Contact the editor to subscribe!

Countdown Corner!*

Wild Rose Competition: 4 days
BC SummerSkate Competition: 16 days
Autumn Leaves Competition: 74 days
Williston Competition: 81 days
BC Sections Competition: 100 days

*as at Aug 1st

MOTIVATION and
INSPIRATION
for
NAVIGATION,
PERSPIRATION
and
REALIZATION!



A new season has just begun! Get inspired! Now is the time to set your course. Go for your goals. Plan. Prepare. Achieve.

To “jump-start” this process some quotes have been gathered especially for you.

“The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one.” **Mark Twain**

“Everyone has a success mechanism and a failure mechanism. The failure mechanism goes off by itself. The success mechanism only goes off with a goal. Every time we write down and talk about a goal we push the button to start the success mechanism.” **Charles 'Tremendous' Jones**

“The vision must be followed by the venture. It is not enough to stare up the steps - we must step up the stairs.” **Vance Havner**

“Visualize this thing you want. See it, feel it, believe in it. Make your mental blueprint and begin.” **Robert Collier**

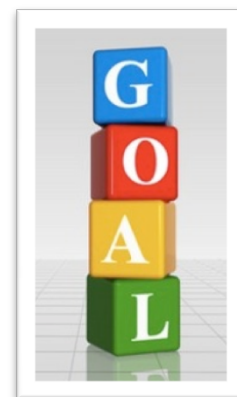
“Stop talking. Start walking.”

L.M. Heroux

“It’s not how good you *are*, it’s how good you *want* to be.”

Paul Arden

How good do you want to be?



Dates to live by...

Tues Aug 2nd

Week 6 – please make sure you have the July 27th update!
This is available on our homepage.

Thurs Aug 4th

“All Smiles” Theme Day!

Bottle Drive Fundraiser:

Sat Aug 7th at 10am. Sign up online under:
<Member Info>, <Calendar of Events>
The third bottle drive is sure to gain even more momentum!



Spruce City Summer School

Weeks 7-10: Aug 8-Sept 2

Spruce City Fall School

Sept 6-23

Program Assistant Training

PA training will be taking place in September. More information will be available soon.

New: Hockey/Ringette players are welcome and encouraged to apply as PA's!

Questions regarding PA Training can be directed to Rory Allen: rory@firestarfitness.ca

Spruce City Skating Club Represents!

Wild Rose Competition: Aug 5-7 - Leduc, Alberta

Emma Bajestani – Preliminary Women

Chelsea Raful – Pre-Novice Women

BC SummerSkate Competition: Aug 15-17

Burnaby, British Columbia

Olivia Wankling – Pre-Preliminary Women

Justin Hampole – Pre-Juvenile Men

Danielle Sidsworth – Pre-Novice Women



Classifieds

Contact the Editor by Aug 25 to list



Boys skates for sale - contact Sharon: donsnar@shaw.ca

Beautiful custom made dresses for sale in a variety of sizes: 8-14. Rhonda: rball@bvis.ca

Skating dresses and Graff skates for sale. Graff Skates Size 2.5 excellent shape only used 3 mos.
\$200 250-992-6335

Girls skates for sale:

Size 12.5 Reidell Size 1 Gam Size 2 Graff – All skates are in mint condition

For more details contact: rory@firestarfitness.ca

Contact the Editor

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