

BC-YT SECTIONALS (PROVINCIALS) RESULTS!

DECEMBER 2011

SPRUCE CITY SKATING CLUB

NEWSLETTER

Congratulations!

Spruce City Skating Club was proudly represented by four athletes at this years provincial championship. The competition was held in Kelowna from Nov 9-13. Results are posted on page three.

A special congratulations goes out to Justin Hampole, who won the only medal from any athlete competing at the event who trains in northern BC!

SKATE with SANTA!

The Spruce City Skating Club would like to invite you to come Skate with Santa on Tuesday December 13th 6:00. Please bring a nut free snack to share as we have many kids with life threatening nut allergies in our club.

Come and get your photo taken with Santa for a small donation.

Hope to see you there.

Happy Holidays!!!



SPRUCE CITY SKATING CLUB



Have a holly jolly Christmas!



Holiday Skating Schedule

Please indicate which sessions you will be attending by signing up on the bulletin board. Remember, Cariboots and Blades Competition and Ogoogo Competition are just a few short weeks away!

A sign up sheet has been placed at the arena for the following:

December 19,2011 1-3pm

December 20,2011 1-3pm

December 21,2011 1-3pm

December 22,2011 1-3pm

Please note: Ice expenses will be cost shared among skaters participating each day.

Sessions are open to Junior Academy, Junior STARSkate and Senior CompetitiveSkate members.

Out of Club members: please contact vp@sprucecityskating.com

**HOW MANY DAYS
UNTIL...?**

(as at Dec 13)

PGFSC TEST DAY

39

**CARIBOOTS
COMPETITION**

53

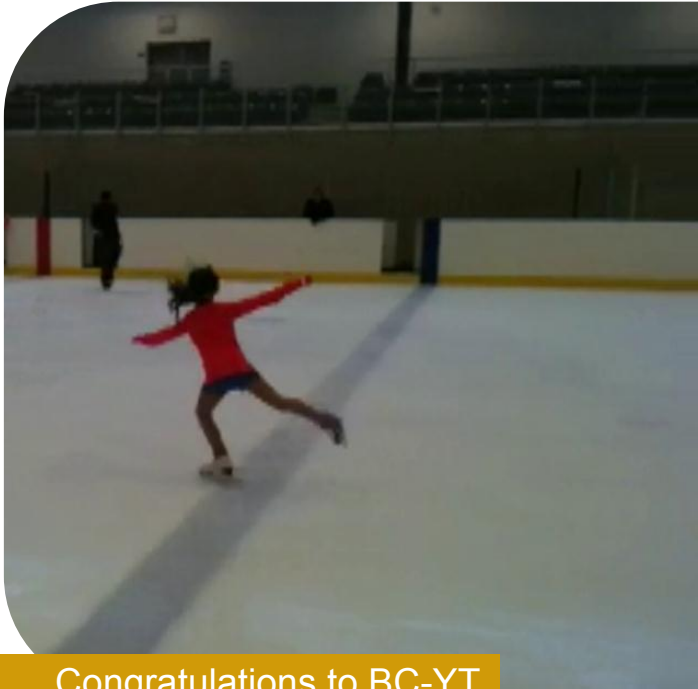
**OGOPOGO
COMPETITION**

60

**REGIONAL
CHAMPIONSHIP**

88





Congratulations to BC-YT
Sections Competitors!

Justin Hampole - Pre-Juvenile Men

Rank: 2nd Score: 25.28 Personal Best!

Danielle Sidsworth - Pre-Novice Women

[Short Program](#) Rank: 32nd Score: 19.75

[Long Program](#) Rank: 54th Score: 28.39

Final Rank: 46th Final Score: 48.14

Chelsea Raful - Pre-Novice Women

[Short Program](#) Rank: 31st Score: 19.82

[Long Program](#) Rank: 36th Score: 34.54

Final Rank: 35th Final Score: 54.36

Shaelynne Macaulay* - Pre-Novice Women

[Short Program](#) Rank: 50 Score: 16.53

[Long Program](#) Rank: 58th Score: 26.81

Final Rank: 55th Final Score: 43.34

*Out of Club athlete who trains either part or full time with the Spruce City Skating Club

THANK YOU to Bud Lancey for donating the “Bud Lancey Award” – a plaque to recognize medalists from Autumn Leaves Super Series Competition. Following this year, the competition will change its name, however through the wonders of engraving, the plaque will live on! It is our hope that we will find sponsors for subsequent Super Series competitions. If you know of an individual or a business who might like to become the title sponsor of a plaque, please contact the Director of Skating.

A TROPHY CASE would be a natural fit for our soon to be growing trophy collection! Do you or someone you know have spare lumber? Plexi? We would be thrilled to have this project completed in the new year! Contact the Director of Skating to see how you can help. Sponsors/donors could get their name on the case!

Did you know??? Did you hear??? TRUE FACTS BELOW!

- The Spruce City Skating Club has had national medalists in competitive ice dance, pairs, women's singles, men's singles and STARSkate
- This year the Spruce City Skating Club has several athletes who commute on a weekly basis from Quesnel and Fort St James to participate in and take lessons in our programs
- One of our out of Club athletes even receives on-ice lessons via Skype when she's in her home town and her coach is in Prince George
- That Jim Douglas used to train with Bruno Delmaestro at the North Shore Winter Club in North Vancouver?
- That Alicia competed in Senior Women at Canadians?

AMAZING!

Perfect Program Assistants!

CanSkate is an exceptionally important program to which you (the PA) are an essential part. The learning process is always ongoing for students, Professional Coaches and PA's. The second installment of this seasons Program Assistant Training will be held Saturday, January 7th at 1:30pm. Snacks will be provided.

For planning purposes, I do need to know whether or not you can attend.

Please RSVP to director@sprucecityskating.com

Great work! On behalf of the Spruce City Skating Club I thank all CanSkate and CanPowerSkate participants for participating in our programs. Nine skaters have graduated Advanced CanSkate and are ready for Junior Academy! Congratulations to all skaters on their progress! At this time I would like to remind parents that the Jan-Mar term begins Jan 3rd. Skating is an early specialization sport, which means that skills are easiest learned when children are young. Both Skate Canada and the Long Term Athlete Development Model (as mandated by the Government of Canada), strongly encourages members to skate at least six months of the year, two days per week. Space is limited, so register today! I would also like to remind parents that returning member registration fees are reduced for the second term as your membership and insurance fees have already been paid.

MOTIVATION
and
INSPIRATION for
NAVIGATION,
PERSPIRATION
and
REALIZATION!

"The guts carry the feet,
not the feet the guts."

- Miguel de Carvantes

**CompetitiveSkate/STARSkate:
Competition Simulations**

Competition simulations need to be taken seriously. This means that you are to show up one hour prior to your start time (posted on the board) with hair and make up done. Simulations are a run through for competition, so please warm-up and cool down as instructed. No matter what happens, finish the performance off strong. Every element counts!

**CompetitiveSkate/
STARSkate Deadlines!**

**32nd Annual Ogopogo
Free Skate Competition**

Dec 21 deadline

**2011 Cariboots' N Blades
Interclub Competition**

Jan 8 deadline

Dress to Impress (and for success!)

It is important to remember that SCSC members represent the Club at **all** times! This includes at seminars, competitions, test days and during practice sessions. The building is open to the public and a positive impression needs to be given at all times. Remember that any time you are in and around the arena and especially when you are wearing your Club jacket (arriving soon!), you are being seen and heard. Always be courteous, polite and professional.

Appearance is important - and we are Spruce City! Please remember these important reminders...

- WEAR CLUB JACKETS AT ALL CLUB FUNCTIONS, INCLUDING ON-ICE WARM-UP AT COMPETITIONS, TEST DAYS AND SEMINARS!
- Please make sure your jacket is CLEAN!
- the only time jackets should not be worn is while eating
- clothing should be slim and trim fitting
- Hoodies are not permitted for on or off-ice practices
- prior to competition, ensure your skates look great by making sure they and your laces are CLEAN

2012 Ice Show!

An Ice Show is being planned for March. The event ice show will be open to ALL Club members. Come be a part of the excitement!

Watch the bulletin board for more information!

*CanPowerSkate and CanSkate
Coach/Parent/Athlete Interviews*

Over the next week, we would like to offer you the opportunity to meet with the Director of Skating to discuss the progress of your skater on an individual basis. Schedule a time today by speaking with the DS or by booking your appointment at sprucecityskating.com



- BUY – LOOK - SELL – SHOP -



Looking to Buy:

Terri Stewart - size 11-12 figure skates 250.640.0440 tstewart82@gmail.com

Lisa - size 4 or 4 1/2 figure skates 250.962.7893

Rita Cavenaile - size 4 figure skates 250.564.2905

Looking to Sell:

Skating dresses and Graff skates

Graff Skates Size 2.5 excellent shape only used 3 mos. \$200 250.992.6335

Boys Size 2 figure skates: mioara_popa05@yahoo.com

Boys Size 10 (junior): SSullivan@steels.com

Boys Jackson freestyle boots with gam 3 blades boot size 4.5 they are in good condition
zenazad@telus.net

If you have an item to list, please contact the editor no later than December 28th, 2010.

CONTACT
THE CLUB



CONTACT THE EDITOR

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