

# NEWSELETTER

**SKATECANADA**

Is "SPRING" in the air?  
Perhaps it's on the ice!



## REGISTER FOR SPRING SKATING SCHOOL TODAY!

Best of luck to all Regional  
Championship Competitors!  
The following skaters will be  
representing Spruce City:

Emma Larson – First time competitor!

Morgan Taylor – First time competitor!

Valyce Mamic\*

Audyn Mettauer\*

Olivia Wankling

Sydnee Schlamp\*

Olivia Trampuh

Justin Hampole

Emma Bajestani

Danielle Sidsworth

Chelsea Raful

Shaelynne Macaulay\*

*Words of wisdom...  
your monthly quote*

"It's not the load  
that breaks you  
down, it's the way  
you carry it."

- Lena Horne

\*Trains at Spruce City, represents another Club

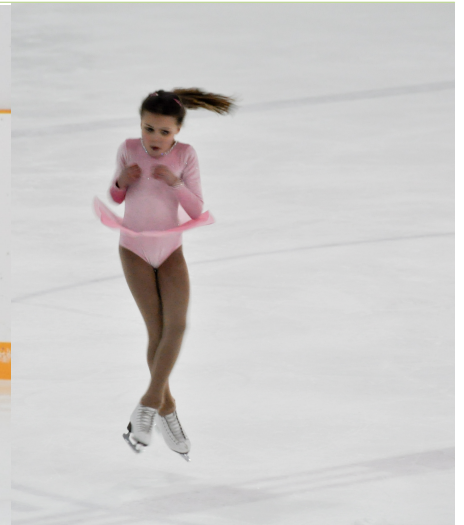
## DAYS UNTIL...?

CNCR Regional Championship: 3

Test Day: 24

"Jump, Jive and Skate!" Ice Show: 60

# SIMULATION PHOTOS FOR SALE!



**\$10 for a CD of all of your skaters photos!**

Several hundred photos were taken at last weeks competition simulation. To order all of your skaters photos on CD, contact Dino at: [mevludin.hb@gmail.com](mailto:mevludin.hb@gmail.com) or 250.596.6446. Partial proceeds go to the Club!

# COMING SOON!



The ice show is fast approaching and volunteers are needed. Please contact Alicia Mettauer – Ice Show Chair to see how you can get involved.

[mettauer@shaw.ca](mailto:mettauer@shaw.ca) OR 250.970.0086



## SPRING SKATING SCHOOL REGISTRATION – SPACE IS LIMITED SO REGISTER TODAY!

The Spruce City Skating Club is now accepting registration at the arena on Tuesdays from 4:00-7:00pm. You may also register by contacting our Sheri Trampuh directly at: 250.962.1993 or [registrar@sprucecityskating.com](mailto:registrar@sprucecityskating.com). Registration information is online at: [www.sprucecityskating.com](http://www.sprucecityskating.com)

CanSkate off-ice and on-ice runs at only \$110 for 14 sessions. Class sizes are generally smaller in spring. Space is limited so sign up today. Spring participants are also presented with the opportunity of participating in our spring ice show: “Jump, Jive and Skate!”.

### **Additional Notes on Registration:**

Figure skating and hockey are tough sports! The shorter the break, the less “recovery” time is required to pick up where you left off. Ice sport athletes in Prince George have an advantage over every other athlete in northern communities, in that they have access the ice 45/52 weeks of the year. It is said that for every month you spend off the ice, it takes two months to train back at that level. Minimize your recovery time by registering for spring training. SCSC is currently offering registration for weeks 1-7 (on and off-ice programs). Weeks 8-14 will be off-ice training at the Northern Sports Centre (UNBC), and will be about building capacity in strength and conditioning. Content will include: core strength, plyometrics, flexibility and some additional sport specific classes for figure skaters including theory (goal setting), jump technique and off-ice dance. Details on weeks 8-14 will be posted at: [www.sprucecityskating.com](http://www.sprucecityskating.com)

### **Additional Notes for CanPowerSkate Clients:**

Several parents approached the Club regarding the continuation of CanPowerSkate into the spring. Discussions are currently under way with the city as to available ice times. If you have not put your name on the list and would like to do so, contact the Director of Skating asap: [director@sprucecityskating.com](mailto:director@sprucecityskating.com)

## Good Luck!

The following athletes will be testing at the SCSC Test Day March 30-April 1:

Taylon Holman	Sydnee Schlamp
Danielle Sidsworth	Alyssa Hutchison
Shaelynne Macaulay	Justin Hampole
Chelsea Raful	Emma Bajestani

## Volunteer Help Wanted!

The test day is being organized by our VP and acting President as the Test Chair position is currently vacant. If you are able to contribute in any way, please contact her asap.

Renee Hampole: 250.962.1993 OR [vp@sprucecityskating.com](mailto:vp@sprucecityskating.com)

## Cougars Game Exhibition!

On Wednesday, February 29<sup>th</sup> Shaelynne Macaulay entertained Cougars game fans during the intermission at the CN Centre. Tomorrow (Mar 7), Emma Bajestani will perform. If you are able to attend to cheer her on, tickets are available at the CN Centre box office. Emma will perform at approximately 7:20pm.

## Did You Know?

Spruce City Skating Club is sending the **largest contingent of CompetitiveSkate** athletes to the CNCR Regional Championship? Five out of the twelve skaters that the Club is sending are competing in CompetitiveSkate events, the most of any club in the region. Cheer them on Mar 9-11 at the Quesnel Twin Arenas. Full schedule is available online at: [www.sprucecityskating.com](http://www.sprucecityskating.com)

## CanSkate and CanPowerSkate Report Cards

The last day of the winter session is Saturday Mar 17<sup>th</sup>. CanSkate report cards will be handed out the final week prior to Spring Break. CanPowerSkate assessments will take place March 12 and 14 and report cards will also be handed out the final week prior to Spring Break.

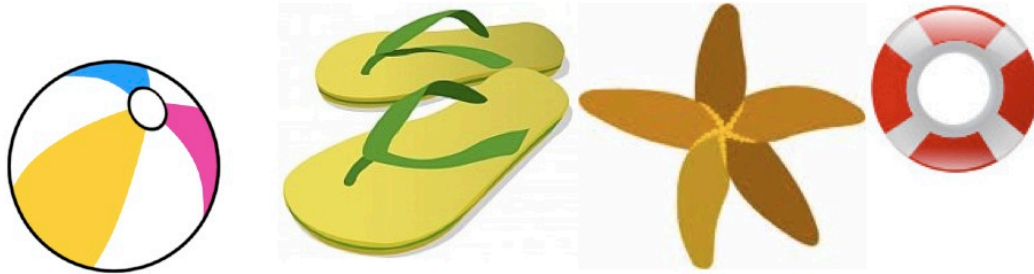
## Congratulations

Chelsea Raful was the only figure skater from Prince George who qualified for the BC Winter Games, Feb 23-26 in Vernon, BC. Chelsea scored a total of 57.42, a new personal best! Chelsea also achieved her first Level 4 combination spin and she finished in 14<sup>th</sup> place out of 22 of the best skaters at same level in BC.

## Spring Break Training

The spring break schedule, pricing and registration form is available on our website. Athletes in Junior Academy, Junior STARSkate and Senior CompetitiveSkate are invited to sign up.





# CANSKATE BEACH THEME WEEK!



DRESS  
THE "THEME"  
FOR  
CANSKATE  
mar 13 AND 15  
FOR YOUR CHANCE  
TO WIN A PRIZE!



SPRUCE CITY  
SKATING CLUB  
PO Box 712, Station A Prince George, BC V2L 4T3  
[sprucecityskating.com](http://sprucecityskating.com)



SKATECANADA

250.962.1993

Looking to Buy:

Terri Stewart - size 11-12 figure skates 250.640.0440 [tstewart82@gmail.com](mailto: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](mailto:mioara_popa05@yahoo.com)

Boys Size 10 (junior): [SSullivan@steels.com](mailto:SSullivan@steels.com)  
 Boys Jackson freestyle boots with gam 3 blades boot size 4.5 they are in good condition  
[zenazad@telus.net](mailto:zenazad@telus.net)

Size 12.5 Reidell, Size 1 Gam, Size 2 Graff – All skates are in mint condition  
 For more details contact the Director of Skating



## CONTACT THE EDITOR

Rory Allen  
[director@sprucecityskating.com](mailto:director@sprucecityskating.com)  
 250.962.1993



## CONTACT THE CLUB

President - VACANT

Vice President - Renée Hampole [vp@sprucecityskating.com](mailto:vp@sprucecityskating.com)

Registrar - Sheri Trampuh [registrar@sprucecityskating.com](mailto:registrar@sprucecityskating.com)

Treasurer - Jodi Shaw [finance@sprucecityskating.com](mailto:finance@sprucecityskating.com)

Secretary - Michelle Hutchison [secretary@sprucecityskating.com](mailto:secretary@sprucecityskating.com)

Pro Liaison – Joanne Wankling [coaching@sprucecityskating.com](mailto:coaching@sprucecityskating.com)

Public Relations - Melanie Ramsay [pr@sprucecityskating.com](mailto:pr@sprucecityskating.com)

Competition Chair - Brenda Laviolette [test-compete@sprucecityskating.com](mailto:test-compete@sprucecityskating.com)

Test Chair – VACANT