

NOVEMBER 2011

SPRUCE CITY SKATING CLUB

NEWSLETTER

HOW MANY DAYS UNTIL....?

As of Nov 15th

PGFSC TEST DAY

10

Cariboots Competition

80

Ogopogo Competition

87

NEW NEWS, PLUS A FEW FRIENDLY REMINDERS...

Executive Meetings happen every month. If you have any concerns, suggestions or compliments please contact the Vice-President.

Congratulations to all Williston, Autumn Leaves and BC-YT Sectionals Competitors!

The Quesnel Figure Skating Club will be hosting a **Low-Intermediate Test Day** on Dec 17. The tentative test list needs to be sent to that Club by Nov 19, so please speak to your coach if you are interested in testing then.

Holiday skating times will be posted on the bulletin board soon. Please watch for this and sign your name for the days that you will be attending.



There will be an important **Program Assistant Meeting** that all PA's are required to attend. If you are unable to be there due to scheduling reasons, please let Rory know asap. The meeting will be held at the arena from 1-2pm on Sat Nov 19.





FOCUS: It's not how MUCH time we spend, but rather how we SPEND our time that matters!

It takes twenty years to become an overnight success.

- Eddie Cantor

There are many kinds of success, of course – career, financial, relational, spiritual. Each brings its own reward. One kind of success gives us prestige, another intimacy, another money. **What they have in common is that all are sweet and none are accidents.**

Enjoying a positive self-esteem is surely one of life's greatest successes. How could it be otherwise? The quality of our lives is dictated by the quality of our self-esteem. **To succeed in this arena means that we pay the same price that is paid for any other kind of success. We must work at it.**

We mustn't make quick judgments about how easy it was for others to overcome fear, doubt, complacency and laziness. **Whenever we see people who are serene and confident, we may be sure that we are looking at people who have paid their dues. Our success, as theirs was, will be won by taking each day as it comes and doing the best we can with it.**

Self-esteem is worth the work of building it.

- Earnie Larsen & Carol Hegarty

Congratulations!



Spruce City Skating Club October Results:

2011 Williston Competition

Mattias Cheung

Primary Elements - 5th

Primary Creative - 6th

Performance Program participant

Autumn Leaves Competition

[Olivia Wankling](#) - Pre-Preliminary Women Group 1

Rank: 4th Score: 16.14 Personal Best!

[Emma Bajestani](#) - Preliminary Women Group 2

Rank: 2nd Score: 21.97 Personal Best!

Valyce Mamie*

Performance Program - silver

[Justin Hampole](#) - Pre-Juvenile Men

Rank: 2nd Score: 22.22 Personal Best!

Audyn Mettauer*

Beginner Showcase - 1st

Pre-Preliminary Women - 5th

Danielle Sidsworth - Pre-Novice Women

[Short Program](#) Rank: 18th Score: 19.88

[Long Program](#) Rank: 28th Score: 30.55

BC-YT Sectionals

[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



A special
congratulations to
Justin Hampole,
who earned the
highest placement
from any skater
from the Cariboo
North Central
Region!

“TRAINING TODAY...SKILLS FOR LIFE!”

More Friendly Reminders!

Message brought to you by the Director of Skating

- Coaches are always pleased when skaters arrive “looking the part” of an athlete *and* a performer. Specifically, skaters should wear form-fitting clothing that allows coaches to see your line and posture. Please do not wear hoodies on practice sessions. Also, please ensure that hair is tied back and off the face for safety reasons. This applies to Junior Academy and higher.
- Please help instill how important it is to be on time and how important it is to utilize ON ice time. In order to optimize your development and attain your goals, skaters must realize that they need to put the time into their training. Your coaches are here to help you experience success, which is why we do require that you remain on the ice for the entire duration of your skating session.
- No afternoon freeski sessions are longer than 45-minutes with the exception of Saturday - therefore no ‘breaks’ are needed within a 45-minute practice.
- **An Open session has been added to the CompetitiveSkate/STARSkate Schedule:**

Day/time: Fridays 7:00-7:45pm

Cost: \$10/session

*session runs until Nov 18, 2011

Continued on next page...



Food Glorious Food!

Idea's for Post Workout Meals:

Post-workout meals that are easy to prepare, taste great and provide all the muscle recovery benefits of a typical post-workout shake. Post work out meals should be always be utilized to ensure muscle recovery - and are particularly important the 2-weeks prior to competition for ANY LEVEL of athlete and should be consumed within a half an hour of a work out. This includes PE at school or any physical activity - even if it's play. Muscle recovery ensures the ability to give 100% effort next practice.

Meal 1 *Cottage Cheese and Canned Pineapple Chunks*

Under 115-139lbs ½ cup non-fat cottage cheese + ½ cup canned pineapple

140-164lbs ¾ cup non-fat cottage cheese + ¾ cup canned pineapple

Meal 2 *Post Workout Pancake*

(Oats and whole egg, cinnamon,) Add all ingredients to blender. Blend until smooth. Pour mixture in a pre-heated non-stick frying plan on medium heat. After golden brown, flip once. Bring to the gym or rink.. Total prep time: 5 minutes

Under 115-139lbs ¼ cup rolled oats (measured uncooked) + 4 eggs + ½ banana

140-164lbs 1/3 cup rolled oats (measured uncooked) + 5 eggs + 1 banana

Meal 3 *Canned Tuna And Baked Potato*

Under 115-139lbs ½ of a 6 oz can + 3 ½ oz potato
5 oz potato

140-164lbs ½ of a 6 oz can +

Meal 4 *Bananas And Greek Yogurt*

Under 115-139lbs ½ cup Greek yogurt + 1 banana
yogurt + 1 banana

140-164lbs ¾ cup Greek

Meal 5 *Hardboiled Egg and Dried Apricots*

Under 115-139lbs 4 hardboiled eggs + ¼ cup dried apricots
eggs + ½ cup dried apricots

140-164lbs 5 hardboiled

CLASSIFIEDS

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 - size 4 figure skates 250.564.2905

Looking to Sell:

Skating dresses and Graff Skates Size 2.5 excellent
shape only used 3 mos. \$200 250.992.6335
Size 12.5 Reidell Size 1 Gam Size 2 Graff
All skates are in mint condition

For more details contact the Director of Skating



BUY! SELL!
SHOP! LOOK!

*If you have an
item to list,
please contact
the editor!*

CONTACT THE CLUB



CONTACT THE EDITOR

Rory Allen
director@sprucecityskating.com
250.962.1993



President - VACANT

Vice President - Reneé Hampole vp@sprucecityskating.com

Registrar - Sheri Trampuh registrar@sprucecityskating.com

Treasurer - Jodi Shaw finance@sprucecityskating.com

Secretary - Michelle Hutchison secretary@sprucecityskating.com

Pro Liaison – VACANT coaching@sprucecityskating.com

Public Relations - Melanie Ramsay pr@sprucecityskating.com

Competition Chair - VACANT

Test Chair - Brenda Laviolette test-compete@sprucecityskating.com

Ice Coordinator - Suzanne Reid events@sprucecityskating.com