

OCTOBER 2011

# SPRUCE CITY SKATING CLUB

## NEWSLETTER



A proud member of



SKATECANADA



Its not "*FALL*"...its "*AUTUMN*"

## Testing, testing...1, 2, 3!

The Prince George Figure Skating Club will be hosting a test day Nov 26/27 for STARSSkate and CompetitiveSkate athletes Watch the bulletin board for more details!

# Good luck to all competitors!

### Countdown Corner – As of October 5th

Autumn Leaves  
Competition

**KAMLOOPS**  
OCT 14

9 DAYS

Williston  
Competition

**PRINCE GEORGE**  
OCT 21

16 DAYS

BC-YT Sectional  
Championship

**KELOWNA**  
NOV 9

35 DAYS

**IMPORTANT:**

**STARSKATE AND**

**COMPETITIVESKATE**

**SEE PAGE 3 FOR DETAILS**

## Little bits of info...

### Important Housekeeping Items...

(parents, please go over this information with your athlete)



#### Competition Simulation

STARSkaters and CompetitiveSkate skaters will be doing a competition simulation this Friday from 4:30-5:15. The public is invited to attend to cheer on these skaters who will be representing the Club at the Autumn Leaves Competition and Williston Competition. Skaters: to sign up, please add your name to the list on the bulletin board.

#### Attendance

We are very fortunate to have not one, not two, but **three** experienced coaches in our team! This affords us the opportunity of gaining valuable information, knowledge and skills from several sources. However...the only way to have it work for you...is to **take advantage** of it! We kindly ask that all skaters participate in all group classes that are attached to their sessions (on-ice and off-ice). Group classes can be incredibly productive, as skaters learn from their instructor, and from their peers. As each group class has a slightly different focus, it is to your benefit to attend them all – on time! Not only that, but the valuable ice time and instruction that you receive is actually included in your package that you've purchased! Take advantage!

#### Punctuality

Please be on time for all on and off-ice sessions. If being late was unavoidable due to special circumstances, please join group classes without interruption. Do your best to follow along by using your eyes and ears. Be respectful by always listening to your coaches!

#### Leaving the Ice

For safety reasons, please inform your base coach prior to leaving the ice for any reason. In an emergency situation, we need to know where you are! If your base coach is absent, please let the Director of Skating know.

#### Solo Practice!

Practice makes perfect! Please make sure that you run through your solo at least once per session. Skaters with a short and long program should do at least one full run through per session per day.

#### CompetitiveSkate and STARSkate Skaters Room Cleanup!

Its time for some fall clean-up! The skaters room needs a little tlc. This Saturday we will be doing a thorough clean-up of this room. **All skaters and parents are invited to attend! Clean-up will begin before during and after skating.**

Over next week items that have been left in the room will be put on display. Claim them if they are yours. Items that are not claimed by the following Saturday will be taken to charity.

#### Day Off!

Reminder – there is no training (on and off-ice) on ANY statutory holidays.

## Off-Ice Harness Lessons

Off-Ice harness lessons are of tremendous benefit for all CompetitiveSkate and STARSkate members. Several athletes have already started and are noticing the difference. Please speak to your base coach about this.

Questions? Contact Rory at 250.640.1874



## JUNIOR ACADEMY, COMPETITIVESKATE AND STARSKATE SCHEDULE CHANGE

The SCSC would like to welcome Sarah Carter – NCCP Level 1 certified coach to the team! Full bio can be found on our website.

### THURSDAYS

3:15-3:25 **JA &** Jr Off-Ice Warm-Up (Rory)

3:15-3:45 Sr Off-Ice (Plyo - Sarah)

3:30-3:50pm Jr/Sr Spin Patch

**3:30-3:50pm JA Spin Patch (Sarah)**

3:50-4:35pm Jr/Sr FS

**3:50-4:35 JA Class (Sarah)**

4:35-5:05pm Class (Rory + Sarah)

5:05-5:45pm Sr FS

5:10-5:30 **JA &** Jr Off-Ice (10-Plyo/10-Flex w

### WEDNESDAYS

3:15-3:25 **JA &** Jr Off-Ice Warm-Up (Rory)

3:15-3:45pm Sr Off-Ice (Plyo Sarah)

3:30-4:20pm Jr FS

**3:50-4:20 JA Class (Sarah)**

4:20-4:40pm Spin Patch

**4:20-4:40pm JA Spin Patch (Sarah)**

4:40-5:10pm Jr + Snr Class (Rory + Sarah)

5:10-6:00pm Sr FS

MOTIVATION and  
INSPIRATION for  
NAVIGATION,  
PERSPIRATION and  
REALIZATION!

Climb every mountain!

This months quote...

Ability is what you're capable of  
doing. Motivation determines  
what you do. Attitude  
determines how well you do it.

Lou Holtz



# CLASSIFIEDS

## Looking to Buy:

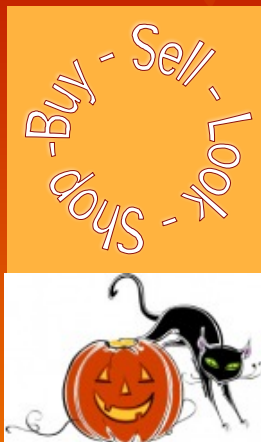
**Terri Stewart - size 11-12 figure skates 250.640.0440 [tstewart82@gmail.com](mailto:tstewart82@gmail.com)**  
**Lisa - size 4 or 4 1/2 figure skates 250.962.7893**  
**Rita - size 4 figure skates 250.564.2905**

## 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**



If you have an item to list, please contact the editor. Deadline for newsletter submissions is the 25<sup>th</sup> of the preceding month.

## CONTACT THE EDITOR

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## CONTACT THE CLUB

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