

SEPTEMBER 2011

IT'S TIME

SPRUCE CITY SKATING CLUB



PHOTO COURTESY
DHB PHOTOGRAPHY

START THE FIRE TODAY...

SKATE LIKE THE WIND TOMORROW!

"Success is where preparation and opportunity meet."

Bobby Unser - American automobile racer

More quotes to live by on page 2...

"Do you remember...when it was last September?"

Editorial on page 2...



A proud member of



SKATECANADA

Countdown Corner!

Autumn Leaves Competition

**Kamloops
45 Days!**

Williston Competition

**Prince George
59 Days!**

BC/YT Sectional Championship

**Kelowna
71 Days!**

as at Sept 1st

"Do you remember...when it was last September?"

Editorial

Take a moment. Sit back. Close your eyes and relax. Take a deep breath. Take another. Now think back to this time last year. What were you doing? How was your energy level? What about the season as a whole? Did your motivation or drive go up and down at all last season? What caused this? Take stock of some of the reasons why your motivation may have changed throughout the season. How did you feel? Take your time...

Its that time of year again! The exciting time of year where we put a plan in place for what we want to achieve (otherwise known as goal setting). As an exercise, why not take some time to write down your true feelings of the questions above. Then come up with a list of strategies or "motivators" to keep you and your season goals in the forefront of your mind.

Skating is all about you! Remember, that what we put into an activity is what we get out of it. One of the benefits of being in an individual sport like ours, is that we the skater have a lot of control over our results. Our skating in that sense is just that; ours. Leading up to these final results are hundreds of smaller choices that we get to make all the time. Stay close to what you are going to achieve every day. How you govern yourself on a daily basis; how you spend your time, motivation and focus to stay on top of what you want to achieve, sets you up for your own personal success. **It's all up to you!**

MOTIVATION and INSPIRATION for NAVIGATION, PERSPIRATION and REALIZATION!

"A person is only as big as the dream they dare to live."

Unknown

"It is a long hard road to overnight success."

Anonymous

"Opportunity is missed by most people because it's dressed in overalls and looks like work."

Thomas Edison



DATES TO LIVE BY



Registration:

Junior STARSkate and Senior CompetitiveSkate/STARSkate registration will occur at the arena during regularly scheduled sessions.

CanPowerSkate, CanSkate, Junior Academy and Special Olympics registration will take place during the Active Living Market at Pine Centre Mall on:

Sept 10 from 9:30am-6pm

Sept 11 from 12noon-4pm

The schedule for all programs will be viewable online as of Sunday September 4th.

Fall Skating School

Sept 6-23

Winter Skating School

Sept 26-Mar 17

Program Assistant Training

Saturday September 10th from 9am-1pm

Please bring a binder, paper, pens, skates and warm skating clothing.

All skaters aged 10 and up must RSVP asap to Rory by no later than Sept 7th.

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

Questions regarding PA Training can be directed to Rory Allen: director@sprucecityskating.com

HOW DID WE DO?

RESULTS!

Spruce City was represented at two summer competitions last month. Competition was stiff, with competitors hailing from across western Canada . Full results can be found at:

www.skatinginbc.com and
www.skateabnwtun.com

Some of the competition is available for viewing on the site. Here are the results:

BC SUMMERSKATE COMPETITION

Danielle Sidsworth

Pre-Novice Women

Short: 51st place

Long: 34th place

Final: 41st place

Justin Hampole

Pre-Juvenile Men

7th place

Olivia Wankling

Pre-Preliminary Women - Gp1

8th place

WILD ROSE COMPETITION

Chelsea Raful

Pre-Novice Women

Short: 14th place

Long: 11th place

Final: 12th place

Emma Bajestani

Preliminary Women

7th place

CONGRATULATIONS!

SPRUCE CITY SKATING BC SUMMERSKATE COMPETITION RESULTS



Danielle Sidsworth - Pre-Novice Women

Short Program: 17.52 points, 51st place
Long Program: 37.82 points, 34th place
Final Placement: 55.34 points, 41st place

Justin Hampole - Pre-Juvenile Men

14.60 points, 7th place

Olivia Wankling - Pre-Preliminary Women

13.05 points, 8th place

WAY TO GO!

August 18th-21st, 2011

Burnaby, British Columbia, Canada

WILD ROSE COMPETITION RESULTS

Pre-Novice Women - Flight 2

Short Program - 14th - personal best for Program Components!

Long Program - 11th - personal best for Program Components!

Final Placement - 11th

Preliminary Women - Flight 2

Emma Bajestani - 7th - congratulations on a clean double
salchow on practice ice!

August 5th-7th, 2011

Leduc, Alberta

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CLASSIFIEDS

Contact the Editor by Sept 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



Buy - Sell - Look - Shop

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

CONTACT US



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