

Glengarry Figure Skating Club

The Inside Edge

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Welcome to the 2010/11 Skating Season!

Greetings from the first issue of *The Inside Edge*, your source for upcoming events, news, fundraising, volunteer opportunities, competitions, test days, Coaches corner and all things Glengarry!

We hope you have enjoyed your first few weeks on the ice...working in those skates, meeting new friends and getting to know our Coaches!

The Glengarry Figure Skating Club was very busy this past summer...we held 2 very successful camps, 1 in Spring and 1 in Summer, we participated in the PeachFest Parade and we found 3 terrific Coaches to join our team!

And this year is starting out with a bang...our registration is up almost 30% from last year, we are hosting 2 major Skate Canada events and we are working on expanding our programs.

One of our new initiatives is the Volunteer Levy program. We hope it will have a positive impact on the Club and encourage more involvement by our membership. There will be many opportunities throughout the year to help out including test days, competitions, the Carnival, fundraising and more!

Get involved...it's the best way to learn about the world of skating!

Check out October's events on page 4.

We welcome all comments, questions or concerns, so please do not hesitate to contact

anyone on the Board or a Coach. Please email anytime and check the bulletin board regularly for updates!

Yours in skating,

Michelle Tuckwood
President

We hope you have enjoyed your first few weeks on the ice!

Our Mission Statement

Penticton's Glengarry Figure Skating Club strives to provide excellence in recreational and competitive skating programs by:

- Providing a professional, respectful and positive learning environment;
- Developing all levels of skaters to achieve their full potential; and
- Becoming the recognized leader in providing developmental opportunities in the Southern Okanagan.

Visit

SkateCanada.ca

Did you know your Glengarry fees include an annual membership with Skate Canada?

If you do not have your membership number yet, it will be emailed to you shortly.

Click on the 'Members Only' Link at SkateCanada.ca, enter your 10 digit membership number and check out all the great information! You can even print off your Child Tax Credit receipt!



REMEMBER!

Please wear your guards when you are walking off-ice to protect your blades.

When you are finished skating, dry your blades well with a cloth and leave the guards off the blades, otherwise they will rust.

CanSkate News– Fun, Fitness and Fundamentals

A great big welcome to all our new and returning CanSkaters! It is great to see all those shuffling, smiling, topsy-turvy skaters...knowing by the end of the season they will have mastered so many new skills, improved their fitness and hopefully had lots of fun!

Watch the Calendar for upcoming special events, like Halloween Dress-up on Oct 26, 28 and 30! Come dressed in your favourite skating friendly costume and win prizes!

If your child misses a day due to sickness or schedule conflicts, please take advantage of our flexible make up policy...we want you to get the most out of our program so we encourage you to

make up your missed session at another CanSkate time. We just ask that you let us know ahead of time...so we are prepared for the additional kids on the ice and can ensure we still meet the

Reminder:
Have you submitted your Volunteer Levy cheque? Please drop at the office ASAP.

SkateCanada guidelines for the ratio of participants to coaches.

Some tips to help make your skating enjoyable and safe:

- Helmets are mandatory for all CanSkaters and must be CSA approved.
- Coaches recommend wearing layers of warm comfortable

clothing such as tights, long johns, sweat pants, sweaters and jackets. Avoid slippery snow-suits!

- Make sure your child’s skates fit well with good ankle support, are tied up properly and have sharpened blades. If you are unsure of the quality or fit of the skate, please talk to one of the Coaches.

Watch the Bulletin Board to see your child’s progress through the CanSkate levels; badges and report cards will be handed out at the end of each 10 week session (in December and March).

We want to make this a great year...so please let us know if you have any comments or concerns!

October 2010 Calendar

MON	TUES	WED	THUR	FRI	SAT	SUN
				1	2	3
4	5	6	7	8 Simulations	9	10
11 Thanksgiving StarSkate Session is running	12 Application Deadline: Grand Forks Competition	13	14	15 Autumn Leaves Competition– Kamloops	16 Deadline for pickup of Skate Swap Items	17
18	19	20	21	22 Application Deadline: Lake Country Competition	23	24 Cherry Lane Fall Bazaar
25	26 CanSkate Halloween Dress-up	27	28 CanSkate Halloween Dress-up	29	30 CanSkate Halloween Dress-up	31

StarSkate News

We are looking forward to another great year for the StarSkate program and are excited to see such enthusiasm from our skaters already!

We know that the world of figure skating can be a bit confusing (okay, sometimes a lot confusing!) so we encourage our StarSkaters and parents to ask lots of questions...to your Coaches, the Board and other parents.

This newsletter, emails and

periodic meetings will also serve as key communication tools to help keep everyone informed.

If you have a suggestion or comment, please do not hesitate to bring it forward! To that end, here are a few reminders:

- Get the most of your ice time. We encourage you to make up missed sessions...just let the Coaches know ahead of time.



- Notify your Coach at least 24 prior to cancelling a lesson; otherwise you will be charged.
- Consider off-ice training (see below). It is an excellent complement for your skater's development.
- Need some more ice time? Buy-ons for our members are just \$7.50/session!

Skills, Tests, Achievement, Recognition – this is what StarSkate is all about!

Autumn Leaves Free Skate Competition

The 31st Annual Autumn Leaves Free Skate Competition is being held October 15th through 17th, 2010 in Kamloops. This is the first competition of the season for us and we are excited to announce 11 skaters from Glengarry are taking part!

Please join us in wishing good luck to: Francesca Amante, Julia Crowther, Claire Hayter, Jolene Kellerman, Madison Maywood, Morgan Pearson, Katya Sergeeva, Nadia Snyman, Isabella Tuckwood, Angelina Veltri and Kimberly Wright.

The next competition is the 34th Annual **Sunshine Valley Open Competition** in Grand Forks, Nov 19-20. Applications must be in to the office by October 12. Followed by the **Lake Country Invitational FreeSkate Competition** in Winfield, Nov 27 & 28. Applications must be in to the office by Oct 22.

Watch the Bulletin Board for more upcoming Competitions!



Off-Ice Training

Figure skating is a sport that puts significant strength and flexibility demands on the body. As such, core strength, muscle strength, power, stability, balance and flexibility are needed to ensure development.

By participating in an off-ice training program, skaters will not only progress their on-ice skills more quickly, but be able to handle the demands of jumping, spinning and increase their stamina for longer programs.

As we build this program, we will focus on the following throughout the year:

- Core Stability/Strength
- Functional Movement
- Aerobic/Anaerobic Training
- Flexibility Training
- Creative Movement/Dance Movement
- Nutrition
- Mental Training

Incorporating regular off-ice training into an athlete's annual training plan will help ensure that our members are doing all that they can to achieve their own level of personal excellence.

Off-Ice Training Schedule

Mon/Fri 5:00pm-5:30pm- Open Class
Wed 6:15pm-6:45pm- Interm/Seniors
Sat 8:45am-9:15am- Junior Academy

Cost: \$5.00/Session

Sign up now!

The 2010/11 Board of Directors

President

Michelle Tuckwood

Vice President

Helen Crowther

Treasurer

Gina Veltri

Secretary/Carnival Co-Chair

Amanda Rahkola

Registrar

Sally Snyman

Test Chair/Competition Chair

Noreen Carlton

Communications/Media

Jacquie Kentel

Fundraising

Jane Bruff

Ice Convenor/Competition Co-Chair

Kim Hayter

Next Board Meeting:

Monday November 1, 2010

6:00pm-8:00pm

McLaren Arena

Would you like to attend? Please email
us at info@glengarryfsc.com

Members always welcome!

Allergy Alert:

*Please do not bring any
nuts or kiwi into the
dressing room...and wash
hands well if you consume
these foods.*

Submissions for
The Inside Edge
are always welcome!

Email story ideas, pictures & articles to:
info@glengarryfsc.com

Coaches Corner

The Glengarry Skating Club is pleased to welcome 3 new Coaches to the Club! Alex Sergeev, Ronda Silzer and Janelle Morcombe are settling in and enjoying getting to know all the new faces! They have been working hard assessing all the skaters to ensure each child is placed in the best level for optimal skating development and enjoyment.

Our Coaching team share the same philosophy-promoting a healthy development of the athlete, the person, the mind and body. They are committed to training students to have a strong understanding of the basic elements of skating; to develop an environment where students can reach their skating goals; and to encourage students to have a positive balance with their life outside of skating.

Our Coaches believe in creating a fun, energized atmosphere, while still maintaining a high level training environment.

Watch the bulletin board and upcoming newsletters for their full bios and to learn more about their plans for our Club!



Fundraising/Volunteer Opportunities

October is Cookie Month!

Chocolate chip...oatmeal...macadamia
nut...yummmm...

From Oct 1 through Oct 30 Glengarry skaters will be selling cookie dough as our first fundraiser for the season.

An all time favourite for kids and a great time saver for parents...cookie dough is an easy sell! Parents, grandparents, aunts, uncles, neighbors, friends and work colleagues...make room in your freezer and stock up this month!

Don't have your form? Email Jane at pearsonbruff@gmail.com for one today!

Fall Bazaar

This month we have our first opportunity for parents to use their volunteer levy hours. We are participating in the Cherry Lane Fall Bazaar on Sunday Oct 24 and require volunteers to both man the booth and provide baking to sell. See the sign up sheet on the Bulletin Board or email Jane at pearsonbruff@gmail.com for more information.

All the proceeds from this fundraiser will go towards purchasing a video camera for the Club!

Watch the Bulletin Board for more volunteer opportunities.

Want to Help with the Year-End Ice Show?

We are looking for volunteers for the Carnival Committee...if we start planning early...then it should be a breeze! If you are interested in helping out, please email us or speak to a Board Member today!
