



# **In The Loop**

## **Message from the President:**

Welcome to yet another skating season at the London Skating Club! This year we have made a few changes based on feedback from you, the members, to try and make your skating experiences better, to give you more choices and to keep costs down as much as possible. The changes included having some ice available early in the season for higher level skaters that require more open ice to work on their routines, staggering the starting times of our CanSkate programs to allow parents that wish to start in September to do so while allowing others that wish to start in October or November to do so. And we combined our fall and Winter programs into one longer Winter session, saving on the extra processing costs and the confusion it sometimes causes, especially for parents new to the program. We will continue to look at our programs and listen to you and try to continuously improve the club and make it work better for you. I encourage you to monitor the newsletters, webpage, bulletin boards and handouts for news and events throughout the season. There will be opportunities for you to fundraise or volunteer to not only help the club, but also to allow you to earn credits you can use the next time you register, a true win-win for all.

Excitement in the community and within the club will be building over the next few years. Events such as the upcoming international Challenge event organized by Tourism London for this December, our club's year end show at the end of the Winter session will be big, and bigger yet will be the World Championships to be held at the JLC in March 2013. These and many more events will make for exciting times for members and non-members alike. The London Skating Club will ensure you are kept informed on ways you can participate, volunteer or attend these events.

Skating is a way of life for us in Canada, and our small part is to help you and your children learn the skills needed to participate, be it as a casual skater, to help your hockey playing skills or to help you go further into the wonderful life of figure skating. No matter which path you chose to take, you will be better off with life-long skills to keep you active and a better chance to remain healthy.

So welcome to some exciting and dynamic times in the skating community, and I look forward to meeting you all throughout the year.

Your LSC President,

Stephen Komarnicky

## **July 21<sup>st</sup> – Test Day Results:**

Congratulations to the following Preliminary, Junior and Senior skaters who successfully passed tests at our first Summer Test Day, that was held on Thursday, July 21<sup>st</sup>:

### **Skating Skills:**

Senior Silver Skills – Alicia Harris & Emma Tiede

Junior Silver Skills – Maddison Chute

### **Dances:**

Canasta Tango – Anne Guerra

Baby Blues – Chloe Hollos & Avyn Watterton

Swing Dance – Julia Farmer

Vienesse Waltz – Laura Whaley

### **Interpretives:**

Intro – Alicia Harris

Bronze – Veronica Maurice



## Test Results - Summer Session - August 11, 2012:

### Skills

**Gold Skating Skills** - Anna McMullen (Special congratulations are extended to Anna on behalf of LSC for the completion of her first gold test- Gold Skating Skills)

**Junior Silver Skating Skills** - Stephanie Gibson

**Senior Bronze Skating Skills** - Megan McLennan

**Junior Bronze Skating Skills** - Michalia Walls

### Dances:

**Argentine Tango** - Andrew Deweyert, Jenna Zaleski

**Keats Foxtrot** - Maddison Chute, Alicia Harris, Danielle McDougall

**Fiesta Tango** - Kyla Trinh

### Free Skate:

**Junior Bronze Elements** - Nicole Lorenzen

**Junior Bronze Program** - Nicole Lorenzen, Emme Chute

### Interpretives:

**Silver** - Alicia Harris

**Bronze**-Haley Kriz

**Introductory** - Emme Tiede, MacKenzie Murray, Vanessa Tran, Maddison Chute, Kaitlin Farren, Katie Edwards





Message from the editor:

Last edition of In the Loop, I asked readers to send me any submissions they would like to have published, here is a poem that Lynne-Armstrong-Jones sent in:

*I am 60 years old, and have been taking preliminary classes during the spring and summer sessions. At first I felt a bit silly being out there with the kids, but I found Michelle Rothwell to be tremendous, and so I felt inspired by Michelle's retirement to write a poem on her behalf.*

### **Learning from Michelle Rothwell: An Adult's Perspective**

A woman who'd skated way back when  
(It had been a long, long time.)  
got the urge to try the sport again,  
and at Ilderton she did just fine.

But in summer the program would end  
so at Nichols she found the LSC.  
There she met a terrific coach.  
Michelle was as great as could possibly be.

She knew when to be kind and when to push.  
Michelle was always positive.  
She pushed the woman to go "beyond" --  
but encouraged and was ready to give.

The older woman's skating goes on  
and she's grateful she was given a gift --  
the life lessons she learned from Michelle  
will stay with her as long as she lives.



*Thank you Michelle.*

***The London Skating Club is proud to provide Canada's National Learn to Skate and Figure Skate programs. Perhaps you know of someone (family or friends) who would be interested in becoming a member. Spread the word!***

### **Skate Canada Programs: CanSkate**

**CanSkate** is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. CanSkate is the feeder program to all other Skate Canada Skating Programs.



**There are still openings in:** Wed. 5:15 Preschool; Wed. 5:15 CanSkate; Wed. 6:15 Preschool; Wed. 6:15 CanSkate; Thur. 6:45 CanSkate; Sat. 9:15 Preschool; Sat. 9:15 CanSkate and Sat. 9:15 Adult CanSkate.

### **Skate Canada Programs: STARSkate**

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

**STARSkate** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.



**There are still openings in:** Preliminary STARSkate on Monday, 6:00-7:20, and Thursday 5:15- 6:35

# Fall & Winter 2011-2012 Adult Skating Program



Welcome to the London Skating Club Fall & Winter Adult Skating Program at the Thompson Recreation and Athletic Centre on the University of Western Ontario Campus. Please find our brochure enclosed.

The membership fee includes a stroking lesson at the beginning of each session conducted by a certified Skate Canada coach. There are Free Skate and Dance Sessions and group lessons for beginner skaters. Private lessons are available from our coaches at a fee payable to the coach at the time of the lesson.

**PROTECTIVE EQUIPMENT** – Such as a CSA approved hockey helmet is required in order to be covered by insurance. Kneepads, elbow pads and wrist guards are strongly recommended for beginner skaters and senior age skaters.

**FREE PARKING** – is available at all times in the parking lot in front of the arena entrance and also **in the evening only** in the Elborne College lot on Western Road. There is also parking below the fitness centre beside the arena.

**SKATE CANADA FEE** – The \$34 Registration fee per skating year is assessed to all members of Skate Canada Clubs. This fee covers insurance and also Skate Canada Programs. Skaters are not allowed on the ice without Skate Canada coverage.

**MEMBERSHIP PAYMENTS** – Club memberships may be mailed to the address on the brochure or paid at the first skating session attended.

**GUEST SKATERS** – Are welcome and may attend two sessions in any one season for a \$14 guest fee. If you are not a current registered member of Skate Canada, the \$34 registration fee must also be paid.

***I HOPE TO SEE YOU THIS FALL AND WINTER...***

***SKATING FOR FUN, FITNESS AND FRIENDSHIP!***

Yours in Skating,

**EVELYN BASTOW**, Convenor  
Adult Skating Program  
The London Skating Club



## Adult Skating Program – Thompson Arena UWO

The Adult Skating Programs started on Saturday, October 1<sup>st</sup>, and the Thursday Morning Session started on October 6<sup>th</sup>. Members were welcomed by the session Convenor, Evelyn Bastow, and refreshments were served.

We will miss Ruth and Don Bucknell as they have decided to hang up their skates. Both Ruth and Don celebrated their 80<sup>th</sup> Birthdays this year. They also celebrated their 50<sup>th</sup> Wedding Anniversary this summer. Ruth, a Pharmacist, emigrated from England to work in a drug store in Ingersoll where she met Don. They were married in England and then settled in Canada. They joined our club in 1977 and enjoyed dancing together for thirty-four years. They were honored at a luncheon at Milestones Restaurant in June. Also, the adult members were invited to a pig roast in the country to celebrate their wedding anniversary in July. They also were helpers at our sessions over the years.

David Mason and his wife invited our members to a party on July 23<sup>rd</sup> at their lovely home and gardens in South London. Our skaters are great party goers!

We wish long time member Tilly Fay, a quick recovery and hope she will be back on the ice soon.

Yours truly is also recovering from two accidents this past summer. Many thanks for the Board Members and skating friends who sent flowers, cards and food. Each Day is getting better!

We are hoping for many new members to join our club this season, so if you are 18 years of age or older (Mel Douglas is 83 years old), give our sessions a try!

Submitted by: Evelyn Bastow, Adult Convenor – London Skating Club, 519-434-1973



## **Thank you!**

The goal of the London Skating Club is to provide affordable programming for all skaters at the London Skating Club. Without your help, this won't be possible.

Thank you for participating in the 2012 Ontario Skaters' Promotional Contest Booklet. Several years ago, the London Skating Club sold the winning ticket for the grand prize of an automobile!

This is the club's only major fundraiser. Well over half of proceeds collected from the sale of the booklet, go directly to the London Skating Club to off set ice expenses, which in turn helps not only your child, but all members' of the London Skating Club.

The cost of the book is \$40.00 that you paid up front with your skater's registration. There are 20 - \$2.00 tickets to sell inside the book. You keep the money from these sales, so in essence this costs you nothing, but helps your skater/club.

Ticket stubs only need to be returned to the CanSkate table, or to the London Skating Club office that is located at Nichols Arena, down the hall from A Pad. There is a sign on the door. Simply slide the stubs under the door if no one is in the office. Stubs need to be returned by **February 1, 2012!**

It would be appreciated if you could remove the staples from the book. Once again thank you for your support of the London Skating Club and skaters in the Ontario region. If you require more tickets, please contact Kelly Farmer, Administrative & Promotions Coordinator, at the LSC Office, londonsc@execulink or 519-681-2640!

## **Return stubs by February 1, 2012**



**A special "Thank You" goes out to all of the new and returning Program Assistants for the 2011-2012 skating season.**

**Your commitment to the London Skating Club is outstanding. We truly appreciate all you do! We couldn't do it without you!**

### **Get Well:**

A speedy recovery is extended to Senior Session skater Alicia Harris and get well wishes are extended to both Tilly Fay and Evelyn Bastow from the Adult Session. Get better soon everyone!

### **Deepest Sympathies:**

The London Skating Club wishes to express its sincerest sympathies to skater Laura Whaley, her brother Mike, and mom Glenda on the passing of Dave Whaley in September. Dave Whaley will always be remembered as a great father, husband and as an avid supporter of both figure skating and the hockey world.



### **Please HELP US:**

November 4-6 2011

Skate Canada Western Ontario Sectional Championships

St. Thomas, ON

#### **Volunteers Needed Immediately**

**London Skating Club is responsible for the Music Registration Table at this upcoming competition. This is a very easy task even if you have never been to a competition before! Only a few hours time commitment required! Meals are provided.**

Get a group of friends together and come have fun! Please contact Tamara Blaney at [kbldsl@execulink.com](mailto:kbldsl@execulink.com) or 519-452-0333 if you are able to help with a shift.

**Start earning your credits now!**



## Dress Exchange at the London Skating Club

Are you looking for the perfect dress, skating skirt or pair of skates?

Is it time to clean out your closet and turn those too small skating dresses into \$\$\$\$\$\$.

Did you know that the London Skating Club has a “Dress and Skate Exchange” that runs throughout the year with a beautiful selection of quality items?

Make sure you check out the Dress and Skate Rack that is available during most Canskate Sessions and periodically during Preliminary and Junior Sessions or check out our photo gallery on the London Skating Club Website at [www.londonskatingclub.com](http://www.londonskatingclub.com) . Browse through the selections often, as new items become available often.

All items in the sale are on a consignment basis and are left at your own risk. The prices are set by the item’s owner. A 15% commission from the sale price goes to the London Skating Club to purchase Thank You gifts and prizes for Program Assistants who volunteer their time to help in Canskate and Preliminary programs.

If you have any questions, wish to view or purchase items, or if you have items to sell please contact Tamara Blaney at [kbldsl@execulink.com](mailto:kbldsl@execulink.com) or The London Skating Club.



### **IT’S SHOWTIME AGAIN!**

It’s time once again to begin planning and preparing for the London Skating Club end of season show!

This is always an exciting evening of fun, and excitement highlighting the amazing talents of our LSC skaters and synchronized skating teams.

We need your help and ideas to make this the best show yet!  
If you are interested in helping to plan the year-end show please contact the London Skating Club

Special Event Coordinator:  
Rouchelle Gooden, [gm.waverley@diversicare.ca](mailto:gm.waverley@diversicare.ca) or

Volunteer Coordinator :  
Tamara Blaney, [kbldsl@execulink.com](mailto:kbldsl@execulink.com)

## London Skating Club Year End Show

Plans are well underway for the London Skating Club Year end show and Silent Auction. This year's show will feature many of our very own London skating club skaters. This is an exciting opportunity for your child to proudly show off all that they have learned throughout the season and we hope you will consider having them participate in this fun event. Once again we are partnering with Jessie's Journey and a portion of the proceeds from the silent auction will support this community effort.

If you are interested in donating an item for the Silent Auction please contact Kelly Farmer at [londonsc@execulink.com](mailto:londonsc@execulink.com).

We are also looking for Individuals or businesses to help sponsor this years event. For information on how to be a sponsor for the event contact Kelly Farmer at [londonsc@execulink.com](mailto:londonsc@execulink.com).

More information will follow as our plans start to take shape.

Rouchelle Gooden – Special Event Co-ordinator

*Jessie's  
Journey*



 **Muscular  
Dystrophy Canada**  
*let's make muscles move*

# GOLD FUNDRAISER



## Here's how it Works:

### **Bring Your Old, Outdated & Mismatched Gold, Silver & Platinum Jewelry & Leave With CASH!**



The skating club will receive 15% from the total gold purchased during the event so if there are no costs! Then that money goes directly to the skating club. We will need to have a pretty good idea of the number of people that might attend that day so we consider scheduling times based on 10 minute appointments. Generally when you attend a party at someone's home you put your name on a guest list as you arrive at the hostess's home and that's the order that I see the people in.

***Get Cash for Your Old Gold While Contributing to a Great Cause!***

*For more information please check out this link:*

[https://www.secure-session.com/files/9/3029019/1684109076/4636D90A91/i/Fundraiser\\_Pack.pdf](https://www.secure-session.com/files/9/3029019/1684109076/4636D90A91/i/Fundraiser_Pack.pdf) [https://www.secure-session.com/files/12/3029019/1688622144/EE3487DA9B/i/FundraiserInvitation\\_Template.pdf](https://www.secure-session.com/files/12/3029019/1688622144/EE3487DA9B/i/FundraiserInvitation_Template.pdf)

Just a quick reminder to all members that on-line magazine orders for QSP are due before the end of the month. If you have any questions please contact Tina Farren at [tinafarren@hotmail.com](mailto:tinafarren@hotmail.com)



### **Skate Canada – Western Ontario Bursary**

The Skate Canada – Western Ontario Bursary Committee oversees and provides our Western Ontario skating family, of which the London Skating Club is a member of, an opportunity to apply for bursaries for skating members in financial need. The applications are reviewed twice per skating year. Submission deadlines are to be received no later than November 15<sup>th</sup> and February 15<sup>th</sup>.

Please refer to the Skate Canada – Western Ontario website at [www.skating-wos.on.ca](http://www.skating-wos.on.ca) to print off the bursary application and for more information.

### **London Skating Club Office**

Welcome back to another skating season from the London Skating Club Office. It's nice to see so many returning skaters and families to the club and to welcome so many new ones. I would like to take this opportunity to remind you that the London Skating Club Office is located at Earl Nichols Arena, down the hall from "A" pad. There is a sign on the door.

If you require any assistance, or have any skating questions, please feel free to stop by or contact me at anytime and I would be more than happy to assist you, or to direct you to someone in the club who can help you out. I can be reached at the office at 519-681-2640 or at the London Skating Club e-mail at: [londonsc@execulink.com](mailto:londonsc@execulink.com)

Don't forget to regularly check out the club website at [www.london skating club.com](http://www.london skating club.com) for information and updates throughout the year. The London Skating Club also has an exclusive bulletin board for club information located near the concession stand at Nichols Arena, so make sure you check it out for any pertinent information.

One last item of importance with the winter weather fast approaching and after the snow storms of last year. The London Skating Club will do it's best to notify all skating families if there is a snow storm cancellation when possible. The best thing to do is to check the City of London website regularly throughout the day at [www.london.ca](http://www.london.ca), as the city is quick to post any facility closures or cancellations due to bad weather. The London Skating Club will update the voice recording at the office, and do its best to post information on the LSC website or Twitter account however; the surest method is to refer to the City of London website for the latest information. Note that this information may change throughout the day as happened last year.

All the best for a great skating season!

Kelly Farmer – Administrative & Promotions Coordinator, LSC Office

## **2011-2012 Day Ice Schedule Changes and Cancellations as of 17 Oct/11:**

### **Schedule Changes Day Ice**

As of October 31<sup>st</sup>, please note the following day ice changes for the remainder of the winter. All sessions currently running that are not listed here will remain the same as the current schedule:

Monday – Nichols Arena – starting October 31, 2011 – the session in the afternoon will now be from 2:30-3:30 pm only.

Thursday – Nichols Arena – starting November 3, 2011 – the afternoon session running at Nichols from 2:30-4:00 will move effective November 3<sup>rd</sup>, to Kinsmen Arena 2:30-4:00 pm.

These changes will be in effect from the start date listed above for the duration of the winter contract.

### **Day Ice Cancellations**

|                     |   |
|---------------------|---|
| Friday, November 11 | Nichols cancelled 8:00-9:50 am (Remembrance Day)                                    |
| Friday, December 2  | Nichols cancelled 8:00-9:50 am (due to tournament)                                  |
| Friday, December 9  | Nichols cancelled 8:00-9:50 am (due to tournament)                                  |
| Monday, Dec 26      | Kinsmen cancelled 8:30-9:20 am & Nichols cancelled 2:30-3:30 (Boxing Day)           |
| Thursday, Dec 29    | Nichols cancelled 8:00-9:50 am & Kinsmen cancelled 2:30-4:00 pm (due to tournament) |
| Friday, Dec 30      | Nichols cancelled 8:00-9:50 am (due to tournament)                                  |
| Monday, Feb 20      | Kinsmen only 8:30-9:20 am cancelled (Family Day)                                    |
| Thursday, March 15  | Kinsmen only cancelled 2:30-4:00 pm (tournament)                                    |

## **2011-2012 Ice Cancellations London Skating Club as of 17 Oct/11**

Monday, October 10 Nichols – 5:30-7:20 pm only cancelled (Thanksgiving)

Monday, October 31 Nichols – 5:30-7:20 pm only cancelled (Halloween)

Monday, November 28 Nichols – 5:30-7:20 pm only cancelled (JLC practice) \*more info to follow

Wednesday, November 30 Nichols – 5:15-9:05 only cancelled (Test Day)

Thursday, December 1 Nichols – 5:15-9:05 only cancelled (Test Day)

Friday, December 2 Nichols – 5:15-7:15 only cancelled (Tournament)

Saturday, December 3 Nichols – 9:15-11:05 am cancelled (Tournament)

Tuesday, December 6 Nichols – 6:15-9:05 pm cancelled (Test Day)

Thursday, December 8 Nichols – “A” cancelled 5:00-5:50 pm (Juvenile)  
Nichols - “C” cancelled 5:15-6:35 only (Preliminary)  
Western Fair – 8:00-8:50 only cancelled (Int synchro)

Saturday, December 24 Nichols – 9:15-11:05 am cancelled (Christmas Eve)

Sunday, December 25 Nichols -9:15 am-10:05 pm cancelled (Christmas)

Monday, December 26 Nichols – 5:30-9:20 pm cancelled (Boxing Day)

Wednesday, December 28 Nichols – 5:15-10:05 pm cancelled (Tournament)

Thursday, December 29 Nichols “A” cancelled 5:00-5:50 pm (Juvenile)  
Nichols “C” cancelled 5:50-9:05 pm (all sessions)

Friday, December 30 Nichols – 5:15-7:05 pm cancelled (Tournament)

Saturday, December 31 Nichols – 9:15-11:05 am cancelled (New Year’s Eve)

Sunday, January 1, 2012 Nichols – 9:15 am-10:05 pm cancelled (New Years)

Friday, February 3 Nichols – 5:15-7:05 pm cancelled (Tournament)

Saturday, February 4 Nichols – 9:15-11:05 am cancelled (Tournament)

Tuesday, February 14 Nichols – 6:15-9:05 pm cancelled (Test Day)

Thursday, February 16 Nichols – 5:15-9:05 pm cancelled (Test Day)

Monday, February 20 Nichols – 5:30-7:20 pm only cancelled (Family Day)

Tuesday, March 27 Nichols – 6:15-9:05 pm cancelled (Test Day)

Thursday, March 29 Nichols – 5:15-9:05 pm only cancelled (Test Day)

Sunday, April 1 Nichols 9:15 am-7:05 pm only cancelled (Carnival – more info to follow)

**Please note that “Test Day” noted above is an official testing session for skaters that have been selected by their group or private coach to participate in the official Skate Canada Test Day session. The London Skating Club offers these Skate Canada Testing Sessions where Skate Canada Evaluators are brought into the club to evaluate/test the eligible skaters that are ready for the test whether it be in the Preliminary, Junior, Senior, Competitive Program within the London Skating Club**