

IN THE LOOP



Message from the President:

Core values... Most people have Core Values they use as guide posts in their lives, and for different aspects of their lives. They use them to help set priorities, resolve conflicts in scheduling, and to keep them from doing things they otherwise know they should not.

For me, when it comes to volunteer work, my core values are Family, Career then Volunteer work. I use these to help me keep my personal priorities. This at times has caused some of my volunteer work to take longer to complete that I would like, but if I have a family function, or a deadline at work, these take priority. But I also have obligations when I volunteer, so to keep my Core Values in tact, sometimes it means long days. But those are the choices any of us make in life.

For the Skating Club, I have Core Values I use to help me when faced with a decision or helping others make a decision. For skating, my Core Values are Skater Safety, Being Financially Responsible of the Clubs resources, and Maximizing the Skating Opportunities for the Skaters. This year, like no other in recent years, we need to be watching our bottom line. While it would be great to be able to add more ice for Skating, buy new sound equipment, or many other items that would help maximize the skating experience, this year we need to count our pennies to ensure we do not negatively affect this club's future.

Skater Core Values could include working hard, supporting fellow skaters, and appreciating the sacrifices their family and volunteers give to them. And coaches Core Values could include supporting their Coach Code of Ethics, the club and the skaters.

We all need Core Values to help us when times are tough. If you have not put thought to this, I encourage you to do so. You will find it helps you.

On a side note, Skate Canada has set up a new webpage: <http://www.skatebuzz.com>. The site has information you will find interesting, from Athlete news to Skating 101, video's giving you tips of skating. Check it out.

Stephen Komarnicky



Jesse Davidson
April 10, 1980 - November 6, 2009
In Loving Memory of Jesse

For a decade now, the London Skating Club has held events such as the Holiday Pop Concert, Centennial Gala, and this year, the year end show that is being held on March 27, 2010, to raise funds not only for skaters within the London Skating Club, but to raise funds for research through Jesse's Journey, and to provide funding equipment for the London & Region Chapter of Muscular Dystrophy of Canada.

Ten years ago, the club established "Mitchell's Jar of Hope", after a young CanSkate skater was diagnosed with Muscular Dystrophy. This skater no longer skates with the club, but is still very active in London Skating Club family.

It is with great sadness, that on November 6, 2009 at the age of 29, Jesse Davidson lost his battle with Duchenne muscular dystrophy. Hundreds of thousands of people across Canada and many areas of the world will mourn his loss, as he became an icon for those who admire tenacity, bravery and the will to fight back.

In 1995, Jesse, with his father John pushing his wheelchair, travelled 3,300 kilometers across Ontario to raise research dollars to fight Duchenne muscular dystrophy. A million dollars was raised on the "Jesse's Journey" Ontario trek. In 1998, a further 2 million dollars was contributed by Canadians from coast to coast with when John walked over 8,000 kilometers across Canada for "Jesse's Journey, a Father's Tribute".

As a result, Jesse Davidson Laboratories have been established across North America for Duchenne muscular dystrophy research. The growing Jesse Davidson Endowment Fund has now general more that \$3 million dollars towards research.

A remarkable life lived in service to others. His journey continues and he lives on in our hearts.

Donations in memory of Jesse can be made at: www.jessesjourney.com or by supporting the London Skating Club's year end skating show on March 27, 2010.

Silent Auction items and your attendance at the show will help support these great causes. If you would like to donate an item, be a sponsor, or require more information, please contact, Kelly Farmer, Administrative & Promotions Coordinator, London Skating Club @519-681-2640 or e-mail: londonsc@execulink.com

*Congratulations to the following skaters who passed their tests on the September
28th Test day:*



Kristen Durrer- Swing

Eleonore Juien-Swing

Deanna Gooden- Fiesta Tango

Erin Tucker- Ten Fox

Isabelle Avola- Fourteen Step

Emma Tied- Fourteen Step

Erika Lumsden- Jr. Bronze Skills

Isabelle Avola- Sr. Bronze Skills

Katie Graham -Junior Silver Skills

*Shelby Komarnicky- ** GOLD SKILLS***

Deanna Gooden- Preliminary Free skate

Madisyn Walz- Preliminary Elements

Lila Nakano- Preliminary Elements

Kinsey Greenfield- Silver Interpretive

Ashley Hayward- Cummings- Preliminary Creative Dance

Shari Spada- Preliminary Creative Dance

Year End Show – March 27, 2010, Thompson Arena, UWO, 7:00 pm

The buzz and excitement for the winter year-end skating show “So You Think You Can Skate”, has started around the rink. All skaters have received registration/consent forms to get involved.

Don't miss out on this great opportunity not only to support the club and Jesse's Journey & the London & Region Chapter of Muscular Dystrophy Canada, but don't miss out on the chance to show off all the skating skills you have learned this winter. All skaters in the club and all synchronized skating teams are welcome to participate. It's not too late to get those registration forms in!

For more information or if you have any questions, please contact the show co-ordinators, Bev Dodge @ bevdodge@gmail.com or Kelly Farmer @ londonsc@execulink.com

Attention all Preschool & CanSkate Skaters:

The London Skating Club has been chosen by Skate Canada to showcase its Preschool & CanSkate skaters in the showcase event at the BMO Skate Canada National Figure Skating Championships that will be held at the John Labatt Centre from January 11-17, 2010.

Sign-up sheets explaining how your skater can get involved will be coming out soon!

Skate Canada requires 30-40 skaters at various levels for this demonstration that will take six minutes. Supervising Coach, Amanda Eccles, will be putting together a mini CanSkate session to go on the ice for six minutes to show all at this sold out event, how great the CanSkate program is!

Since the club can't accommodate all skaters who apply, skater selections will be based on a lottery selection. All skaters chosen will be notified.

Mandatory practices for this event will be held on: Saturday, December 20, 2009 – 9:15 am and Saturday, January 2, 2010- 9:15 am – Nichols Arena “C” Pad. The exact dates and times of the event are yet to be confirmed however; they will be skating on either Saturday, January 16th, or Sunday, January 17th!. It is highly recommended by Skate Canada that skaters participating wear a CSA approved hockey helmet.

Skate Canada will also provide two complimentary tickets for the skater and a parent to watch the remaining events that day.

Don't miss out on this once in a lifetime opportunity to skate on the same ice as the skaters who will be representing Canada at the Olympics in February in Vancouver, and at the World Championships in March in Italy.

If you require more information, please feel free to speak to Amanda Eccles, Preschool/CanSkate Supervising Coach at any of the sessions, Lisa Maurice, CanSkate Convenor, or contact Kelly Farmer, Administrative & Promotions Coordinator at the London Skating Club office at 519-681-2640 or londonsc@execulink.com



Currently, Skate Canada is advising that all clubs increase member awareness of proper hygiene to reduce the transmission of respiratory infections like H1N1 and seasonal flu.

Here is a list of good prevention habits and ideal infection control that you should practice at home and in the arena:

- **Hand Washing Hygiene**
 - Frequently
 - Thoroughly
 - Water and/or Sanitizer
- **The Sleeve Sneeze**
 - Catch those germs on garments not hands, face or air spray
- **Distance between Buddies**
 - Meet and greet without hand and face contact
 - Three feet or an arms length between buddies
- **The Wipe-Down Brigade**
 - Frequent cleaning with anti-viral cleaning solutions

WIN - WIN by Volunteering

Volunteers will be needed for the Dennis Silverthorne competition which will be held from Jan 29-31, 2010 at the Timken centre in St. Thomas. Why this is a WIN - Win situation. The volunteer receives a credit voucher of \$5.00 per hour and the clubs share of the proceeds from the competition is based on its number of volunteer hours. As the club is in charge of registration at this competition, volunteers will be needed from 7:00 am until 10:00 pm. Five hour shifts are recommended and two to three people will be needed per shift. If you can help please contact Elaine Desando by leaving a message in the Skating Club Office - 519-681-2640 or checking the web site at www.londonskatingclub.com.

London Skating Club-09/10 Winter Ice Cancellations & added sessions as of 16 Nov 09

Registration payments are based on 22 sessions of guaranteed skating throughout the winter season by the London Skating Club. All sessions have a minimum of 22 sessions for 2009-2010 season after the following cancellations:

Tues, Nov 24, 2009	Test Day all regular sessions at Nichols cancelled. "C" pad only
Wed, Nov 25, 2009	*NEW* - all regular sessions running as per normal schedule
Thurs, Dec 10, 2009	*NEW* 6:15-9:05 sessions running as per normal schedule "C" Pad Nichols – 6:15-7:05 – CanSkate, 7:15-9:05 Senior.
Intermediate Synchro –	Western Fair – 9:00-9:50 pm only running – 5:15-6:05 – cancelled - Nichols
Thurs, Dec 24, 2009	Christmas Eve – all sessions cancelled – all rinks.
Friday, Dec 25, 2009	Christmas Day – all sessions cancelled Nichols.
Sat, Dec 26, 2009	Boxing Day – all sessions cancelled Nichols.
Sun, Dec 27, 2009	All sessions cancelled Nichols – 9:15 am – 9:15 pm.
Mon, Dec 28, 2009	All sessions cancelled Nichols.
Thurs, Dec 31, 2009	New Year's Eve – all sessions cancelled
Fri, Jan 1, 2010	New Year's Day – all sessions cancelled
Fri, Jan 8, 2010	*NEW* - 5:15-8:05 pm Nichols "C" sessions all moved to Western Fair, Highbury Ford Rink at 5:00-6:20 (Preliminary) 6:30-7:50 (Junior)
Sat, Jan 9, 2010	*NEW*.- Nichols "C" Pad sessions 9:15-11:05 am moved to Western Fair – Porky's Rink: 9:30-10:20 & 10:30-11:20 am
Sun, Jan 10, 2010	*NEW* - No sessions at Nichols until 5:15-9:05 pm. All other Sessions - Western Fair – Tony's Pizza Rink – Senior: 8:45-10:35 am, Junior: 10:45-12:35, 12:45-4:45 – synchro TBA & synchro back at Nichols "C" 5:15-9:05 TBA
Thurs, Jan 14, 2010	Western Fair 8:00-9:50 pm only cancelled.
Fri, Jan 15, 2010	All sessions cancelled Nichols.
Sat, Jan 16, 2010	9:15-11:05 am only Nichols cancelled.
Tues, Feb, 2, 2010	Test Day all regular sessions at Nichols cancelled "C" pad only
Wed, Feb, 3, 2010	Test Day all regular sessions at Nichols cancelled. "C" pad only
Fri, Feb, 5 2010	All sessions cancelled Nichols.
Sat, Feb 6, 2010	9:15-11:05 am only Nichols cancelled.
Tues, Mar, 9, 2010	Test Day all regular sessions at Nichols cancelled "C" pad only
Wed, Mar 10, 2010	Test Day all regular sessions at Nichols cancelled "C" pad only
Sun, Mar 21, 2010	Regular sessions cancelled – 9:15 am – 1:05 am for year end show rehearsal.
Sat, Mar 27, 2010	9:15-11:05 am CanSkate cancelled. Year end show 7:00 pm – Thompson Arena, UWO. See you there!
Sun, Mar 28, 2010	9:15 am – 1:05 am sessions Nichols cancelled.
<u>DAY ICE CANCELLATIONS:</u>	
Fri, Dec 11, 2009	8:00-9:50 am Nichols cancelled
Fri, Dec 25, 2009	8:00-9:50 am Nichols cancelled – Christmas Day
Fri, Jan 1, 2010	8:00-9:50 am Nichols cancelled – New Years Day