



LONDON SKATING CLUB

# IN THE LOOP



September 2012

IN THIS ISSUE

## President's Message

By Stephen Komarnicky

Welcome to another new season at the London Skating Club in our 106<sup>th</sup> year. This season is shaping to be a potentially strong one for the London Skating Club. We have a very energetic board and committees that are coming up with new and innovative ideas. New advertising avenues have been undertaken and new programs added to our portfolio this year so far.

One area we are working hard at is our information on the web. We have a twitter account (@LondonSkating), a Facebook Account (London Skating Club) and soon a new webpage (LondonSkatingClub.com) to name but three. I strongly encourage you to visit these, like them and follow them regularly and share them with your friends and families. The more visitors we have, the more we can show potential sponsors and advertisers the value of associating with us. You will also be able to keep up with the latest news on the LSC. You may be surprised what we are doing!

I also encourage you to participate as a volunteer. It can be 10 minutes or 10 hours. It all helps and is all appreciated.

The Club is a not-for-profit volunteer run Club, and the more help everyone gives, the easier it is to get the work done. Please watch the web, the newsletters and other communications and if you can help when opportunities are presented, I encourage you to do so. You will not regret it, especially when you see the smiling faces on the skaters. There is no greater reward than that. Good luck to all skaters this year. I hope you all are able to meet your goals. Remember, good things happen to those that work hard. Work hard, fully participate and have fun. Do these three things and you will be a champion at whatever you are doing.



### Congratulations

Even though it's been a hot dry summer outside, it's been as cold as ice inside and many LSC skaters have been training and working hard participating in the summer program, testing and competing.

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### LSC Now Offers CanPowerSkate

Can Power Skate lessons specialize in building skills used in hockey and ringette. New Team Discounts!

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## Can Power Skate

**CanPowerSkate** is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations.

**CanPowerSkate** is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.  
Sign up now!



**CanPowerSkate** - Fall/Winter 2012-2013 is geared to male and female hockey & ringette players. Session #1 (5:15 – 5:55 p.m.) – is geared to House league players and will consist of Pre-CanPower A, B, C and Level 1 working towards the higher levels.

Session #2 (5:55 – 6:35 p.m.) – is for Competitive Hockey Players and those competitive players who have attained Level 1 Bronze and Silver and all those working to achieve Level 2 and higher.



Congratulations to LSC skaters Brittany Everitt 7<sup>th</sup> place, Kinsey Greenfield 7<sup>th</sup> place and Shelby Nielson 13<sup>th</sup> place at COS Summer Skate in Thornhill, Ontario.

Congratulations to Kinsey Greenfield for her 7<sup>th</sup> place finish at Skate Detroit.

## Congratulations

### July 19th - Test Day Results

Congratulations to the following skaters who successfully passed tests at the first summer Test Day held on July 19th:

#### Dances:

Baby Blues - Madison Walker  
Keats Foxtrot - Emme Chute

#### Free Skate:

Junior Bronze (Elements): Kylie Smale & Caitlyn Shelton

#### Skating Skills:

Senior Silvers Skating Skills: Angela Lee  
Gold Skating Skills: Maddison Chute & Emma Tiede

\*A special congratulations is extended to Maddison Chute & Emme Tiede for completing their Skate Canada Gold Skills test\*

See page 5 for more test results!

## PROGRAM ASSISTANTS

**Commitment**

Program Assistants assist coaches and skaters on the ice during regular sessions.

**Dedication**

Program Assistants earn valuable experience, club credits, volunteer hours for school, and act as role models for younger skaters. Watch for them on the ice at your child's session!

## PROGRAM ASSISTANT CLINIC

An important mandatory learning clinic for those who have agreed to be PA's this season and for anyone else wishing to become a Program Assistant is being held on Saturday September 22 2012 beginning at 6:00 with an off-ice session and an on-ice training at 7:00-8:05. Please respond to [amandaeccles2003@yahoo.ca](mailto:amandaeccles2003@yahoo.ca) to reserve your spot!



*Program Assistants are a very important part of the CanSkate Learn To Skate Program*

Like us on  
**Facebook**

## CanSkate Learn To Skate

**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.

teach the fundamentals of skating in a progressive and sequential manner.

When you/your child registers for a CanSkate program at your local Skate Canada club, you also become a member of Skate Canada, the national sport governing body for figure skating in Canada. Membership benefits in the CanSkate program can include:

- stickers
- tattoos
- colouring sheets
- badges
- parent information sheets
- progress updates and report cards
- special CanSkate events and club functions
- CanSkater of the Year award program
- opportunity to be talent-scouted
- opportunity to participate in a positive healthy lifestyle activity

**Why sign up for CanSkate?**

CanSkate is Canada's only national learn-to-skate program. It was developed by experts to

Find more information about Skate Canada programs offered at London Skating Club at [skatecanada.ca](http://skatecanada.ca).



## IMPORTANT WINTER SESSION DATES 2012-2013

Make sure to mark these important dates and cancellations on your Calendar and check the LSC website often to keep up to date.

**JUNIOR OLYMPICS** – WILL BE HELD SUNDAY MARCH 24<sup>TH</sup>. MORE INFORMATION ABOUT THE FUN DAY WILL FOLLOW AT A LATER DATE KEEP AN EYE ON THE WEBSITE AND AT YOUR SESSION

**Cancellations** – Ice allocations are done by the city and are out of the control of the LSC. Check the LSC bulletin boards at Nichols Arena, near the concession stand, or the LSC website for any changes or cancellations.

**The following dates are known cancellations of the following programs:**

**Test Days: Tuesday Oct. 16th, Thursday Oct. 18th, Tuesday Jan. 22nd, Thursday Jan. 24th, Monday Mar. 25th, Wednesday Mar. 27th.**

**Holiday Cancellations - December 25th (Christmas Day), Dec. 26th (Boxing Day), January 1st (New Years Day).**

**Sunday Cancellations – Oct. 28th Simulation Day, Dec. 30th (due to City Cancellation for Hockey Tournament).**

**Friday Preliminary/Junior Cancellations due to City Ice Cancellations for Hockey Tournaments. - Nov. 23rd, Dec. 6th, Dec. 28th, Jan. 11th, Feb. 1st, & Feb. 8th.**

## Dress Sale

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

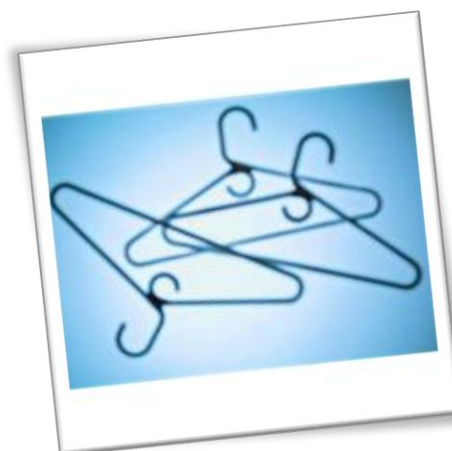
Is it time to clean out your closet and turn those too small skating dresses into \$\$\$\$\$\$\$\$\$\$\$\$\$\$.

Did you know the London Skating Club has a Dress Sale that runs throughout the year with a constantly changing selection of beautiful quality items.

Make sure you check out the Dress Rack that is available at most CanSkate sessions and during Preliminary and Junior sessions. Browse through the selections often as new items become available and items sell fast!

All sales are on a consignment basis. The prices are set by the item's owner. A 15% commission from the sale price goes to the LSC to purchase Thank You gifts and prizes for the Program Assistants.

If you have questions, or wish to sell items and need more information please contact Tamara Blaney at [tamarablaney@gmail.com](mailto:tamarablaney@gmail.com) or The London Skating Club.





# Get Involved! Volunteer!

It's Fun! It's Easy! Earn credits towards skating! The upcoming skating season is full of many exciting events. There will be many opportunities for you to become involved even if you have very little skating knowledge or if your time is limited and you only have a few hours to spare.

Volunteering is a great way to meet other parents and skaters and to become more knowledgeable about the skating community.

Volunteers receive credits valued at \$5/hour for working on behalf of LSC at various competitions, CanSkate table, etc. Watch for volunteer opportunities throughout the season.

If you are interested in volunteer opportunities please contact Tamara Blaney LSC Volunteer Coordinator at tamarablaney@gmail.com

## AROUND TOWN



### Follow Us On Twitter

Check out our tweets on the LSC website or follow us on twitter.

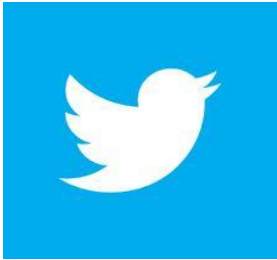


### Like Us On Facebook

Join us on Facebook, share your comments, add photos of your skater, meet new and past LSC skaters

### In Deepest Sympathy

Our condolences go out to Ruth, Ryan and Erin and their families on the recent passing of their husband, father and grandfather, Mike Stirling. Mike was an active member of the London Skating Club Board of Directors many years ago and Ryan and Erin both represented the London Skating Club as competitive pair skaters at the national and international levels for many years.



# August Test Results

Congratulations to the following skaters who successfully passed tests at the August 9th Summer Test Day:

<p><b>Dances:</b></p> <p>Canasta Tango – Josh Chadwick</p> <p>Baby Blues – Leah Cai &amp; Zoe Espanol</p> <p>Fiesta Tango – Nicole Gallo</p> <p>Keats Foxtrot – Angela Lee</p> <p>Rocker Foxtrot – Alicia Harris</p> <p>American Waltz – Maddison Chute</p> <p>Starlight Waltz – Danielle McDougall</p> <p>Paso – Katie Graham &amp; Kabrina Riley</p>	<p><b>Free Skate:</b></p> <p>Preliminary (elements) and (program) – Erin Cleary</p> <p>Senior Bronze (elements) – Maddison Chute, Alicia Harris &amp; Danielle McDougall</p> <p>Junior Silver (program) – Shelby Komarnicky</p> <p><b>Skating Skills:</b></p> <p>Preliminary – Nicole Gallo &amp; Elizabeth Gentile</p> <p>Senior Silver – Kristen Durrer, Haley Kriz, Brooke Northey</p> <p>Gold Skating Skills- Emme Chute, Stephanie Gibson, Alicia Harris</p>	<p><b>Interpretives:</b></p> <p>Intro – Danielle McDougall</p> <p>Gold – Maddison Chute, Emma Tiede, Kabrina Riley</p> <p>*Special congratulations are extended to Emme Chute, Stephanie Gibson and Alicia Harris for completing their Gold Skate Canada Skating Skills test. Also, a special congratulations, goes out to Maddison Chute, Emma Tiede &amp; Kabrina Riley for successfully completing their Gold Skate Canada Interpretive test. This is a second complete Skate Canada Test for Maddison Chute, Emma Tiede and Kabrina Riley. Cassandra Harris also completed her Gold Skate Canada Dances at an out of town test day this summer and that makes Cassandra a triple Skate Canada Gold medalist now having completed her gold levels in, Dance Interpretive and Skating Skills. Congratulations Cassandra!</p>
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September 20, 2012

## FOR IMMEDIATE RELEASE

The London Skating Club launches Skate Canada's flagship CanSkate program – Learn to Skate, London, ON, September 5, 2012 – The “new” CanSkate, Skate Canada's flagship program, and one of the most sought after skating programs in Canada, is being launched in clubs across the country this fall after being piloted by the London Skating Club (LSC) coaches, program assistants and skaters.

“For the past seven months LSC has proudly been piloting the new and improved CanSkate program for Skate Canada” says Kelly Farmer, Administrative & Promotions Coordinator for LSC. “CanSkate teaches the fundamentals of skating in a progressive and sequential manner and is designed for beginners of all ages with a focus on fun, participation and basic skill development” says Farmer. Exciting changes were made based on scientific information about how athletes develop and the mandate to provide a Long Term Athlete Development Plan (LTAD) for skaters.

The London Skating Club has been fortunate to have Supervising Coach Amanda Eccles of the CanSkate program on board. Amanda is a top 10 CanSkate coach “Best of the

Best” as recognized by Skate Canada, as well as being appointed a member of the Skate Canada's National CanSkate Resource Team. As a Resource Team member for Skate Canada, Amanda has been implementing changes and educating coaches and clubs alike.

The new program sees skaters in motion over 90% of the time during their session and offers more skill repetition with a stronger focus on the fundamentals allowing for faster skills acquisition and progression through the program. CanSkate provides a strong foundation for all skating based sports including hockey, ringette, power skating and figure skating. Once graduating from CanSkate there are many options for LSC skaters from continuing on in recreational skating to power skating, to a well-established path to nationals in our figure skating program.

As a not-for-profit minor sport organization serving the London and area community for 106 years, and the only London based club in the Skate Canada family of clubs, this isn't the first time that the London Skating Club has been instrumental in ground breaking history with Skate Canada. LSC Coach, the late Marjorie Black was instrumental with introducing the break through sport of Synchronized

Skating and was inducted into the London Sports Hall of Fame as a pioneer of her sport just a few years back. The club has seen the Ivey, Harris, Labatt & Lawson families just to name a few grace the ice over the years at the London Skating Club.

CanSkate, the gold standard for skating in Canada, is a national program offered at over 1700 Skate Canada sanctioned clubs across Canada. With a strong belief that every Canadian should learn how to skate, LSC is proud to be one of the few leading clubs selected by Skate Canada to introduce and pilot the new program. The LSC is offering four sessions, one starting in September, two in October and one in November on various days of the week. While skaters are encouraged to join at the beginning, if space is available skaters can still sign up after the sessions begin.

For more information on the LSC or skating programs please contact Administrative & Promotions Coordinator, Kelly Farmer or Kristin Chadwick, CanSkate Convenor at 519-681-2640, e-mail: [londonsc@execulink.com](mailto:londonsc@execulink.com) or visit [www.londonskatingclub.com](http://www.londonskatingclub.com)

