



Let's Skate and Communicate

London Skating Club
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(Office Located in Earl
Nichols Arena)

London Skating Club
Newsletter
March 2005

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Message from the President

Melanie Bradley

The end of winter is finally upon us. How nice it will be to have some sunshine and warmth. I hope you have all received your spring brochure. There are some important events to keep watching for. Our AGM will be held in May, and we are now accepting nominations from anyone interested in serving a term on our Board of Directors. Serving on your clubs Board of Directors offers you the opportunity to make a positive difference in all of our skater's lives. As most of you are aware, our club is run by volunteers, and each and every one of you has a valuable service to offer the kids of our club. If anyone knows of someone who would be asset to our Board ensure their name is put forth.

"Ultimately, the only way to experience the richness of life is to live in an attitude of gratitude: to appreciate what you have and what you can give. The best way to ensure your happiness is to assist others in experiencing their own." Chicken Soup for the Volunteers Soul

From The Office

Kelly Farmer

SPRING OFF ICE TRAINING: Skaters participating in the spring off ice training sessions are required to bring both a skipping rope and exercise mat to all off ice training sessions.

FRIDAY - SPRING SENIOR SKATERS: Please note that the Spring brochure has an error on the fees schedule for the Friday senior session. The session should read Friday Senior (1 hour 50 minutes) \$155.00 NOT Friday Senior (1 hour 20 minutes) \$115.00. The time shown on the graph is correct. The senior sessions will run on Fridays from 4:00-5:50 as printed in the brochure.

"Anyone who has never made a mistake has never tried anything new."

-- Albert Einstein (1879-1955), 20th Century Physicist

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From Your Editor

Stephen Komarnicky

What a year it has been. As we close out another successful year in the London skating Club, we have many fond memories. Watching the kids develop their skating skills and have fun while doing it and making friendships that could last a lifetime.

For me, I had a number of firsts as well. My first time making a newsletter, my first time on the board for LSC, and watching my daughter get her first medal of the season. All of these have been fun, and I hope you have enjoyed the newsletters.

The newsletters have been progressing all year as well. A series on how Skate Canada is organized continues, posting how all the kids have progressed expanded to all age groups, and we start a few more new items this month: 'Then and Now' will show skaters from the past and the present; and we also want to continue to make the LSC more transparent by publishing the Spring Session budget at a high level, to help the parents know how the skating fees are developed. We hope the posting of the budget will help the parents know that the LSC is not in the profit making business.

If you would like to share your time with the LSC, join the board at the May 10 Annual General Meeting. You will not regret it. And check out the Bingo dates. The club reduces its costs using the money made at the bingos. It is well worth your time.

If you are not planning to skate in the Spring or Summer sessions but would like to continue to read the newsletters to keep in touch, call the office to arrange for a copy.

See you at the Spring, Summer and/or Fall sessions!

Challenge Days

Michelle Rothwell

This year the Skater Development Committee introduced a new program called "Challenge Days". These took place once a month for the Canskate and Preliminary skaters. The purpose of the events was to encourage skaters who want to go to the next level with their skating and find out the benefits of extra lessons. A free 30 minute, private/semi private lesson was given by some of our Coaching staff.

You may ask "how are the skaters chosen?" It is a combination of attendance, eagerness to learn and skill. The skaters were viewed on their sessions monthly and chosen to take part based on the above criteria.

We will continue to have Challenge Days in our upcoming Spring session, your child may be chosen next! You will receive an invitation to a minimum of one week prior, so keep watching! Any questions, feel free to contact the Supervising Coaches on the sessions, Julie Ryder or Michelle Rothwell.

UPCOMING EVENTS

March 27, 2005

Bingo (Club Hosting)
London, Ontario

April 2, 2005

Bingo (Club Hosting)
London, Ontario

April 3, 2005

LSC Junior Olympics
(Interclub only)
Western Fair

April 8, 2005

Bingo (Club Hosting)
London, Ontario

April 30, 2005

Bingo (Club Hosting)
London, Ontario

May 3, 2005

Bingo (Club Hosting)
London, Ontario

May 6, 2005

Bingo (Club Hosting)
London, Ontario

May 10, 2005

Annual General Meeting
Nichols Arena at 7:30pm

May 30, 2005

Bingo (Club Hosting)
London, Ontario

June 1, 2005

June Newsletter Submission
Deadline

June 18, 2005 (x2)

Bingo (Club Hosting)
London, Ontario

June 26, 2005

Bingo (Club Hosting)
London, Ontario

July 20, 2005

Bingo (Club Hosting)
London, Ontario

Congratulations to the following London Skating Club members who passed their CanSkate badge in January 2005:

Preschool: Jacob Riley, Matthew Coulthard, Nicholas Campbell

Stage 1: Kaitlyn Yanke, Rachel Taylor, Mikaela Azevedo, Rebecca Myette, Emma Chute, Kaitlyn Vander Velden, Quinn Brown, Kaitlyn McDonald, Liam Fayle, Evan Scott, Christopher Greenfield

Stage 3: Natalie Pitchell, Brandon Lowry, Jacob Aubertin, Anisah Hooda

Stage 4: Christina Kuczynski, Kylie McDonald, Mary Telahun, Danielle Verrier, Brittany Warchol

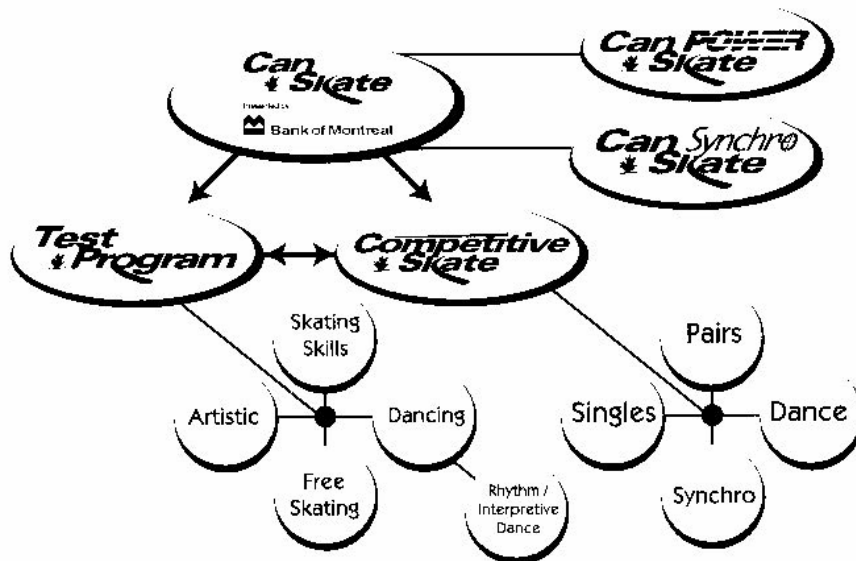
Stage 5: Julia Swift

Fitness I: Afsana Allidina, Dorian Andres, Isaac Andres, Jacob Aubertin, Noah Azevedo, Jessica Banninga, Jeffrey Bright, Nolan Brown, Sarah Coulthard, Ashley Davis, Austin Demelo, Nikki Ferriera, Yarah Khanafer, Declan Krisa, Christina Kuczynski, Abigail Lendvai, Ashley Levinson, Brandon Lowry, Erika Lumsden, Kylie McDonald, Sachin Naik, Sydni Paleczny, Mia Papasideris, Natalie Pitchell, Annabelle Ramirez, Natalie Rothwell, Matthew Smith, Ksenia Stardubtseva, Eryn Stewart, Julia Swift, Nicole Tahk, Lyndsay-Marie Talon, Hana Telahun, Mary Telahun, Mahlet Tsegay, Esther VanGalen, Nicole Waller, Brittany Warchol, Spencer Williams, Sarah Yull, Rebecca Zynormirski, Kinsey Greenfield, Victoria Dishman, Alex Vanderhoeff, Amanda Bartlett, Griffin Thompsett, Taylor Yeomans, Liam Bannon, Quinn Bell

Fitness II: Nicholas Saylor

Skating Programs

Source: 'Skating – An Inside Look' by Skate Canada



Your Board

President

Melanie Bradley

Vice President

Mary Burdon

Treasurer

Derek Everitt

Secretary

Wilma Clarke

Canskate Convener

Penny Proudfoot

Preliminary/Junior Convener

Tara Organ

Int, Sr, Sr B, Day Ice Convener

Leah Dolphin

Synchro Convener

Paul Tobin

H.O.M.E. Representative

Steve Breau

Coach Liaison

Pauline Pudney

Coach Representative

Michelle Rothwell

Ice Convener

Shari Spada

Bingo

Melanie Bradley

Test Chair

Mary Burdon

Publicity

Wilma Clarke

Newsletter

Steve Komarnicky

Fundraising

Steve Komarnicky

Music Chair

Michelle Rothwell

CanPowerSkate

Source: www.skatecanada.ca

Editor: We continue in our series explaining various aspects of Skating, what levels exist and how the level works.

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 provides an alternative to figure skating and 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.

CanPowerSkate is geared to skaters aged approximately six or older who already have basic forward and backward skating skills (they must be able to skate the length of the rink using alternate strides) and are able to stop on command without use of the boards. For safety reasons participants should wear full hockey/ringette equipment that is CSA approved. The coach to skater ratio is 1:10.

CanPowerSkate's Pre-Power is designed for young skaters, approximately four to six years of age who can stand up on skates and move forward (shuffle, walk or glide) who may not be ready for CanPowerSkate Level 1. Pre-Power helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. The curriculum is presented in three progressive levels complete with its own awards to encourage participation and motivate skaters. Pre-Power has been designed to run concurrently with CanSkate sessions.)

What are the benefits of Participating in CanPowerSkate? CanPowerSkate is the only nationally regulated power skating program in Canada. It was developed by a team of hockey, figure skating and ringette experts to teach the fundamentals of power skating in a progressive and sequential manner.

When you/your child register for a CanPowerSkate 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 CanPowerSkate program can include:

- participation in a unique skill testing system which includes award bars and ribbons
- parent information sheets
- progress updates and report cards
- special CanPowerSkate events and club functions
- opportunity to be talent-scouted
- opportunity to participate in a healthy lifestyle activity

(Continued on page 8)

Opportunity for your Child

Wilma Clark



Great Athletes Aren't Born....They're Made.

This phrase captures the philosophy behind Velocity Sports Performance, a brand new sport conditioning centre located in the Hyde Park area of London. Velocity Sports Performance was founded in 1999 by world renowned conditioning coach Loren Seagrave. The goal is to make the most advanced sports performance training programs from university and professional programs available to the general public. Velocity Sports Performance has training programs designed to improve the athletic ability of all age groups (beginning at 8 years of age), genders, activities and athletic skill levels.

Following the past few Olympic Games we hear the comment that Canadian athletes lack proper training facilities which leaves them at a disadvantage. Well now that has changed for athletes living in London. Visit our state-of-the-art 12,000 square foot training centre complete with Astroturf, a Mondo sprinting track and Olympic weight training area. All athletes training at Velocity Sports Performance work under the constant direct supervision of our Sports Performance Coaches who have all earned their University degree in exercise science.

Visit Velocity Sports Performance on the web at www.velocitysp.com/london or phone 432-GOLD to learn more about our March Break Speed Camp, On-Going Athlete Development Programs and Adult Fitness Programs.



\$25 VALUE!!

Redeem this coupon for a complimentary trial workout.
All trials must be booked ahead.

Phone for more information and to book your complimentary,
no obligation trial workout.

Whether you are 8 or 80, we have a workout for you.

519-432-GOLD (4653)

1385 N. Routledge Park, Unit 7
London, ON
N6H 5N5
www.velocitysp.com/london

Sponsorship Thank you

Derek Everitt

Thank you to Rozeluk & Company Chartered Accountants for their support of the London Skating Club. You can call Rozeluk & Co. for personal or business accounting services at 471-6900

Spring 2005 Bingo Dates

Melanie Bradley

	Times	Dates
1	5:45 PM	Saturday April 2
2	5:45 PM	Friday April 8
3	11:15 AM	Saturday April 30
4	5:45 PM	Tuesday May 3
5	9:45 PM	Friday May 6
6	5:45 PM	Monday May 30
7	11:15 AM	Saturday June 18
8	5:45 PM	Saturday June 18
9	11:15 AM	Sunday June 26
10	5:45 PM	Wednesday July 20
11	5:45 PM	Thursday July 21
12	9:45 PM	Friday July 22
13	5:45 PM	Sunday August 7
14	5:45 PM	Tuesday August 16
15	5:45 PM	Saturday August 27
16	9:45 PM	Friday September 16
17	5:45 PM	Saturday September 17
18	5:45 PM	Monday September 26

Bingos are held at Bingo Palace/Castle on Adelaide St., North of Commissioners Rd.

All skaters (minimum 16 yrs of age) and their families are urged to help out.

Each bingo worked will be applied to your \$50.00 bingo cheque. If you have no more bingo cheques then you will receive a \$15.00 credit. Bingo credits are issued twice yearly to help reduce the cost when registering for any London Skating Club program. They are non-transferable. You will be contacted several days before the bingo to confirm that you are available. Please do not come to the bingo if I have confirmed it.

24 hour notice of Cancellation is required! (So that a replacement can be found)

Parents Name : _____
Skaters Name: _____
Phone#: _____
Email: _____

Thank you
Melanie Bradley
438-6813
melanie.bradley@sympatico.ca

Spring Budget

Derek Everitt

Spring 2005 Budget

	CanSkate Tues. 6-7 Nichols	Preliminary Wed. 5:6:30 Br. Fri. 6-7:30 Br.	Privates Wed 4:30-5 Br	Junior Tues. 5-6 Nic.: 7 weeks Br.: 2 weeks	Inter. 1.5 hrs Fri 7:30-9 Br.	Inter. 2 hrs Mon 5-7 Br. Thur 6-8 Br.	Senior 2 hrs Mon 7-9 Br. Thur 4-6 Br. Fri 4-6 Br.	High Performance Wed 5-7 Br.	Open Synchro Tues Br. 2hrs x 3wks	Other Synchro Tues Br. 1hr x 3wks x 2 sessions	Total
Ice Time Hours / Week	1.0	3.0	0.5	1.0	1.5	4.0	6.0	2.0	2.0	2.0	23
# of Weeks	7	9	9	9	9	9	9	9	3	3	3
Total Hours / Program	7.0	27.0	4.5	9.0	13.5	36.0	54.0	18.0	6.0	6.0	181
Ice Cost (avg. \$110.87 / hr)	\$ 776	\$ 2,993	\$ 499	\$ 998	\$ 1,497	\$ 3,991	\$ 5,987	\$ 1,996	\$ 665	\$ 665	\$ 20,067
Coaching & Music Cost	\$ 1,612	\$ 1,939	\$ 41	\$ 82	\$ 123	\$ 492	\$ 739	\$ 246	\$ 445	\$ 342	\$ 6,061
Off-Ice Cost	\$ 42	\$ 161	\$ 27	\$ 54	\$ 80	\$ 215	\$ 322	\$ 450			\$ 1,350
Test Days Cost	\$	\$ 192	\$ 32	\$ 64	\$ 96	\$ 256	\$ 384	\$ 128			\$ 1,151
Club Admin & Other Costs	\$ 377	\$ 1,168	\$ 178	\$ 356	\$ 534	\$ 1,423	\$ 2,135	\$ 712	\$ 237	\$ 237	\$ 7,357
Discounts & contingency	\$ 3,087	\$ 7,098	\$ 854	\$ 1,709	\$ 2,563	\$ 7,015	\$ 10,523	\$ 3,885	\$ 1,482	\$ 1,369	\$ 39,585
Less: Bingo Contributions	\$ -	\$ 621	\$ 103	\$ 207	\$ 310	\$ 828	\$ 1,241	\$ 414	\$ 138	\$ 138	\$ 4,000
Net Program Costs	\$ 3,087	\$ 6,478	\$ 751	\$ 1,502	\$ 2,253	\$ 6,188	\$ 9,282	\$ 3,471	\$ 1,344	\$ 1,231	\$ 35,585

Number of Sessions Offered	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Cost / Session	\$ 3,087	\$ 3,239	\$ 751	\$ 1,502	\$ 2,253	\$ 3,094	\$ 3,094	\$ 3,471	\$ 1,344	\$ 615																					
# Participants / Session	50	25	20	25	20	20	20	18	20	20																					
Cost / Participant	\$ 61.74	\$ 129.55	\$ 37.54	\$ 60.07	\$ 112.63	\$ 154.69	\$ 154.69	\$ 192.83	\$ 67.19	\$ 30.77																					
Rounded Program Pricing	\$ 65.00	\$ 130.00	\$ 40.00	\$ 60.00	\$ 115.00	\$ 155.00	\$ 155.00	\$ 195.00	\$ 80.00	\$ 40.00																					

See note 1

See note 1

Note 1: A small "profit" was built into the synchro workshop pricing, which will be used for 2005-06 Synchro Team purposes

Congratulations to the following London Skating Club members who passed their CanSkate badge in February 2005:

Preschool: Darcy Ruttan, Rachel Schott, Nicole Pateman, Adam Bond, Tia Kennedy, Zachary Woodward, Brooklynn Backwell, Graham Lumsden, Nathan Farren, Brandon Fonseca, Micah Yanke

Stage 1: Matthew Coulthard, Darcy Ruttan, Adriana DiNardo, Cole Smith, Emily Gaille, Quentin Gaille, Bridget Dandeno, Sabrina Green

Stage 2: Julia Aubertin, Ethan Ginty, Brooke Northey, Erika Lumsden, Adriana DiNardo, Olivia Akena, Shelby Elmore, Chantal Collins, Bridget Dandeno, Claire Swift, Cameron Worall, Lindsay Kleuskins

Stage 3: Adriana DiNardo, Alex Vanderhoeff, Kiera McKellar, Alex Clements, Ian McDonald, Spencer Williams, Jeffrey Bright, Priyanka Naik, Christopher Saylor, Jeffrey Bright, Cassandra Janozeski, Haley Dunbar, Yarah Khanafer

Stage 4: Abigail Lendvai, Emma Richardson, Declan Krisa, Mia Papisideris

Stage 5: Kinsey Greenfield, Kylie McDonald, Kaitlyn Ball, Esther Van Galen, Mahlet Tsegay, Victoria Dishman, Jessica Banninga,

Stop: Mahlet Tsegay, Ksenia Stardubsteva, Dorian Andres, Mary Telehun, Annabelle Ramirez, Sarah Yull, Hana Telehun, Camille Jones, Kaitlyn Ball, Nolan Brown, Esther Van Galen, Becky Rowswell, Victoria Dishman

Jump: Kylie McDonald

Spin: Tia-Lynn Cartier, Sarah Yull, Mary Telehun, Hana Telehun, Camille Jones

CanPowerSkate

Continued from Page 4

How does CanPowerSkate work? The CanPowerSkate program consists of skills divided into six levels, arranged in progressions gradually increasing in complexity. Levels 1 to 3 focus on the fundamentals of skating, Levels 4 to 6 place additional focus on the acquisition of efficient technique, speed, agility, technical aspects of stride and acceleration and skating with the puck/ring. Skaters are evaluated on skill level and are timed as they perform a test involving skills in a course-like pattern. The skater receives a mark combining his skill performance plus test time. This determines whether the skater receives a Bronze, Silver or Gold award bar for that Level.

Please note: The CanPowerSkate program is exclusive to Skate Canada and is available only to Skate Canada member clubs and sanctioned skating schools. All participants must be registered with Skate Canada. Only Skate Canada member Coaches trained and certified at a CanPowerSkate Coaches Course are qualified to instruct the CanPowerSkate program.

This Just In

Joannie Rochette, the 2005 Canadian Ladies Champion some of you may have seen at the 2005 BMO Financial Group Canadian Championships at the John Labatt Centre, will be returning on April 24th. She has been lucky enough to be invited to join the "Stars On Ice" show for the London and Montreal dates of the national tour.

The Adult Sessions

Evelyn Bastow

The Adult sessions are just winding down for the fall and winter season but our members are looking forward to the spring and summer sessions soon to commence in early April at the Thompson Recreation and Athletic Centre on the UWO campus. There were thirty-five skaters who participated in the Thursday morning sessions and thirty-four skaters who participated in the evening sessions his past fall and winter. We are hoping for lots of skaters for spring and summer. For a brochure or information please call Ev Bastow at 434-1973 or Maisie Allen at 451-4527. Maisie is back on her blades after suffering a cracked pelvis from a skiing accident recently.

You Are Never Too Old To Compete

Evelyn Bastow

Avu Koskela is a young and enthusiastic 77 year old skater at our Thursday sessions. He loves to ice dance and partnered up with Beverly Dodge to win a gold medal recently at the 17th annual Max Gould Memorial Invitational Competition held at Varsity Arena in Toronto, Ontario. They defeated a couple half their age to win this event. They danced the Baby Blues and the Fiesta Tango. Way to go Avu and Bev!! A week later, Avu danced with another partner to win a gold medal at a ballroom dance competition. Avu's wife does not mind him dancing with these young ladies, which makes him happy.

Congratulations from all our adult skaters to Avu and Bev and also Louise Karch who also won gold at the adult competition.

Avu Koskela



Avu Koskela and Beverly Dodge, Gold Medalists

Then And Now

Editors note: A new series showing the London Skating Club of years gone by and current. Historic pictures and references by Evelyn Bestow, who is preparing for the LSC's 100th Anniversary Show and Celebration to be held in 2007.



Photo courtesy of J.J. Talman Regional Collection, UWO Archives

February 17, 1950. These young members of the London Skating Club were practicing for the clubs upcoming show "Stepping Along" at the Ontario Arena when they were photographed by Ken Dougan of the London Free Press. Left to right are Frances Harley, Susan Carling, Marg Pierce, Sara Granger and Pat Slade. Other junior members in the show included Francis Hall, Pamela Perkins, Brenda Wong, Roy Moore, Billy Dunning, Bonnie Galbraith, Carol Ann Clipperton, Diane Pollock, Catherine Rathburn, Dianne Beninger, Leslie Betts and Walter Blackburn Jr. Evelyn Bestow, a longtime member of the club who skated in the senior numbers recalls "This was the first show we had put on since early in World War 2. The club had been revived by Mrs. Charles Ivey in 1949 when artificial ice became available in the Ontario Arena at the Western Fair Grounds. Mrs. Ivey was a very good skater and an excellent organizer. Mrs. Bradley Granger (Sara's mother) who had been a Canadian Pairs Champion was a leading Member. Mrs. John Labatt was a very active member and she would have one of her servants bring refreshments and service them to the adult skaters. Many of the influential old London families belonged to the skating club. George Becher Harris founded the club at Eldon house in 1907 and Amelia was also a founding member and who skated in the club until the early forties. She also founded a woman's hockey team in the 1890's. Fancy Dress Carnivals were popular at the time and they skated at the Princess Rink located on the former Public Library site on Queens Avenue. Today the club uses the Nichols Arena as a headquarters and the adult skaters continue to enjoy the facilities at Thompson arena on the UWO campus.



January 29, 2005. These young skaters of the London Skating Club were captured as they prepared to perform in the 2005 Rotary Rink Ice Show at the Rotary Rink at the Covent Garden Market which featured Jennifer Robinson, the six-time Canadian Ladies Champion. Left to right are Shelby Komarnicky, Brittaney Everitt, Allison Tobin and Veronica Maurice.

Congratulations to the following London Skating Club members that competed in various competitions in 2004/5:

Editors note: the Great Lakes results were posted in the February Newsletter. My apologies to skaters I missed. Please let me know and I'll include you in the next newsletter.

Fall Festival (Hamilton Invitational), Hamilton, Ontario, September 24-26, 2004

Pre-Novice Ladies Flight 1
3rd Stephanie CLARKE
8th Jessica AVOLIO
WO Development Level 2 Ladies
7th Marissa BRADLEY

Isabelle Henderson Competitive Invitational, Cambridge, Ontario, October 22-24, 2004

WO Development Team Level 2
8th Marissa BRADLEY
STARSkate Preliminary
6th Jenna ZALESKI

Skate Canada - Western Ontario Sub-Sectionals Qualifying, Cambridge, Ontario, October 22-24, 2004

Novice Ladies - Flight 1
6th Stephanie BUONO
Pre-Novice Ladies - Flight 3
8th Jessica AVOLIO

Charles Dover Memorial Invitational, Grimsby, Ontario, November 5-7, 2004

STARSkate JR BRONZE FS GR E
6th Courtney STROM
STARSkate JUNIOR BRONZE MEN FS
2nd George TSZORTZIS
PREPRELIMINARY LIMITED FS GR A
8th Brittaney EVERITT
PREPRELIMINARY LIMITED FS GR C
4th Clara NICHOLAS
9th Shelby KOMARNICKY
PREPRELIMINARY LTD MEN FS
2nd Liam ORGAN
WOS LEVEL 1 FS LADIES
7th Maggie LAWRENCE

BMO Financial Group Skate Canada Sectionals - Western Ontario, Sarnia, Ontario, November 12-14, 2004

Senior Ladies Short Program and Free Skating
5th Harmonie WONG
Novice Ladies Short Program and Free Skating
15th Stephanie BUONO

John McKay Memorial Invitational, Mooretown, Ontario, November 26-27, 2004

WO Development Level One Ladies
10th Maggie LAWRENCE
STARSkate Silver Interpretive Ladies
2nd Allison PROUDFOOT
WO Development Team Level Two Ladies
6th Marissa BRADLEY
STARSkate Senior Silver Ladies
5th Cara HORAN
STARSkate Gold Ladies
1st Julia HORAN
3rd Heather LAUDER
8th Kellie MARR
STARSkate Gold Interpretive Ladies
1st Heather LAUDER
STARSkate Junior Bronze Men
2nd George TZORTZIS
STARSkate Junior Silver Ladies
8th Allison PROUDFOOT
STARSkate Junior Bronze Ladies Flight 1
7th Stephanie NEALE
STARSkate Junior Bronze Ladies Flight 2
4th Alex KRAUEL
STARSkate Preliminary Ladies Flight 2
2nd Jenna ZALESKI
WO Pre-Preliminary Limited Ladies Flight 1
7th Patricia LAYLO
WO Pre-Preliminary Limited Ladies Flight 2
1st Cara NICHOLAS
7th Shelby KOMARNICKY
WO Pre-Preliminary Limited Ladies Flight 4
2nd Noelle SOARES
WO Pre-Preliminary Limited Ladies Flight 5
7th Brittaney EVERITT
WO Preliminary Limited Ladies Flight 5
1st Natasha DOLBECK
WO Preliminary Limited Ladies Flight 7
3rd Kelly PREVETT

Gold Medallion Synchronized Skating Invitational, Niagara Falls, Ontario, December 12, 2004

Festival Pre-Novice
2nd Synchronicity
Festival Open Flight 109
3rd London Synchronicity
Festival Open Flight 118
2nd London Synchronicity

**Lloyd Ogilvie Memorial Synchro Invitational,
Aylmer, Ontario, January 8-9, 2005**

Festival Pre-Juvenile Qualifying
8th Synchronicity
Open
3rd Synchronicity
Festival Pre-Juvenile Silver Final
3rd Synchronicity

**Bernie Deveau Memorial Synchro Invitational,
Leamington, Ontario, January 29-30, 2005**

Pre-Juvenile - Flt #1
5th Synchronicity Pre-Juvenile
Development Team
Pre-Juvenile - Flt #2
3rd Synchronicity Pre-Juvenile
Pre-Novice - Flt #2
2nd Synchronicity
Pre-Juvenile - Silver Final
1st Synchronicity Pre-Juvenile
6th Synchronicity Pre-Juvenile
Development Team
Pre-Novice - Gold Final
3rd Synchronicity

**Lyle McPhedran Memorial Invitational, Sarnia,
Ontario, February 4-6, 2005**

STARSkate Gold
4th Kellie MARR
WO Preliminary Ltd
6th Julia HOWARD
CanSkate C
2nd Kabrena RILEY
WO Pre-Preliminary Ltd
1st Noelle SOARES
STARSkate Preliminary
4th Jenna ZALESKI
STARSkate Jr. Bronze
3rd Stephanie NEALE

**WO Boston Pizza STARSkate Interclub
Championships, Fort Erie, Ontario, February 19-20,
2005**

Flt 1 Jr. Bronze Trillium
6th Alexandra KRAUEL
Flt 2 Jr. Bronze Trillium
14th Stephanie NEALE

Silver Triathlon STARSkate
5th Allison PROUDFOOT
Gold Triathlon STARSkate
6th Heather LAUDER
Flt 1 Gold Trillium
9th Julia HORAN
Flt 3 Sr. Silver Trillium
6th Cara HORAN

Flt 4 Preliminary Trillium
4th Jenna ZALESKI
Jr. Bronze Men Trillium
9th George TZORTZIS
Interpretive Adult
3rd Louise KARCH
Jr. Bronze Adult
2nd Louise KARCH

**Pat Abela Memorial Invitational, Windsor, Ontario,
February 25-27, 2005**

Pre-Novice Ladies Short Program
7th Stephanie CLARKE
8th Jessica AVOLIO
Novice Ladies Short Program
1st Stephanie BUONO
Pre-Novice Ladies Free Program Fl #1
3rd Stephanie CLARKE
Pre-Novice Ladies Free Program Fl #2
5th Jessica AVOLIO
Novice Ladies Free Program
5th Stephanie BUONO
WO Pre-Preliminary Limited Ladies Fl #1
4th Cara NICHOLAS
WO Junior Bronze Limited Ladies Fl #4
2nd Courtney STROM
WO CanSkate A Ladies 6 & under Fl #1
1st Haley KRIZ
WO CanSkate A Ladies 8 & over Fl #1
2nd Veronica MAURICE

**Futures Unlimited – Central, Thamesford, Ontario,
March 5-6, 2005**

WO CanSkate C Flight 1
1st Shelby KOMARNICKY
WO CanSkate C Flight 3
4th Cassandra HARRIS
WO CanSkate C Flight 5
4th Sarah ORGAN
WO CanSkate C Flight 6
5th Ashley DIXON
WO CanSkate C Flight 7
1st Kabrena RILEY
WO CanSkate C Flight 9
2nd Hailley WALTER
3rd Alyssa FARR
WO CanSkate C Flight 10
2nd Elizabeth LOURENCO
4th Michelle BLACK
WO CanSkate B Men
1st Liam ORGAN
STARSkate Preliminary
2nd Natasha DOLBECK
WO Pre-Preliminary Ltd Flight 1
1st Maggie LAWRENCE
3rd Cara NICHOLS

WO Pre-Preliminary Ltd Flight 2
9th Lucy WANG
WO Pre-Preliminary Ltd Flight 3
2nd Brooke MARSHALL
WO Pre-Preliminary Ltd Flight 5
2nd Noelle SOARES
WO Pre-Preliminary Ltd Flight 6
6th Kristi MORRIS
WO Preliminary Ltd Flight 3
6th Jenna LANDRY
WO Preliminary Ltd Flight 4
1st Julia HOWARD
3rd Emily ZRINI
WO Preliminary Ltd Flight 9
6th Katie CHILTON
WO CanSkate A Age 6 & Under
3rd Alexa PRAVONGVIENGKHAM
WO CanSkate A Age 7 Yrs
9th Brittany NEWLOVE
WO CanSkate A Age 8 & Over Flight 1
1st Veronica MAURICE
WO CanSkate A Age 8 & Over Flight 3
5th Kylie MCDONALD
WO CanSkate B Flight 1
1st Brittaney EVERITT
WO CanSkate B Flight 2
6th Cheryl-Jean TOLLOLA
WO CanSkate B Flight 4
1st Alexandria DESANDO
WO CanSkate B Flight 5
5th Patricia LAYLO
WO CanSkate B Flight 6
6th Nicole CROWTHER
WO CanSkate B Flight 11
4th Mackenzie CLEMENTS
WO CanSkate B Flight 12
7th Samantha SIMMONS
WO CanSkate B Flight 13
6th Alexandra CAPLING
WO CanSkate B Flight 14
2nd Clarisse FATA
WO CanSkate B Flight 16
2nd Natasha BLANCO
WO CanSkate B Flight 17
5th Shayna SMITH
WO CanSkate B Flight 18
4th Katie GRAHAM
WO CanSkate B Flight 19
5th Rebecca SULLIVAN
WO CanSkate B Flight 20
3rd Rebecca BREAU
WO CanSkate B Flight 21
1st Michelle AMRI
5th Sarah LOUNSBURY
WO CanSkate B Flight 22
8th Amanda RANIERI

**Bert Winfield Synchronized Skating Invitational, St.
Mary's, Ontario, March 12-13, 2005**

Festival Pre-Juvenile Flight 2
6th Synchronicity Pre-Juvenile
Development Team
Festival Pre-Juvenile Silver Final
10th Synchronicity Pre-Juvenile
Development Team