



LONDON SKATING CLUB

# IN THE LOOP



October-November 2012

IN THIS ISSUE

## President's Message

By Stephen Komarnicky

Smiles.

It's what I see when I look out at the rink. Smiles, they are on the skaters' faces both young and old. Smiles, on professional coaches and assistants faces. Smiles on the Board, and other volunteers that are the life blood of any organization. And, smiles by parents, even if their face is frowning and tired.

What makes all these people smile so much? Is it being active? Is it being with friends? Is it the feeling of accomplishment as they get badges, pass tests, or seeing their student or child succeed? The answer is yes. Sure, there are days any one of us would rather be somewhere else, we all have those days. But once here, once in the environment, it is like a light switch turns on and the smiles shine on through, so bright you would think we turned on more lights in the arena.

As the new season starts to get into full gear, I want to wish all of you a very successful year. Some of you are just starting to learn how to skate, some of you are figure skating and have competitions, some are on hockey teams and in our Power Skating program, some are on Synchronized Skating teams and some are in the Adult program and continuing to enjoy the sport of skating. No matter what part of the organization you are in, no matter if you are a participant, a coach, a volunteer or a parent; smile. Enjoy the moment, enjoy the friendships, enjoy the time away from pressures and deadlines in other parts of your life and smile. And, by smiling you will help others around you as a smile is very contagious. Your smile will multiply, guaranteed.



LSC Skaters Participate in Summit

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LSC Holds PA Training Session

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On October 2, 2012 London Skating Club launched CanPower Skate. With a world class coach and many excited skaters, the sessions are off to a very positive start! There is still time to join the best Power skating program in London!

Go to [www.londonskatingclub.com](http://www.londonskatingclub.com) for more information or to register now!



*"Most people have the will to win; few have the will to prepare to win."*

*Bobby Knight*

PROGRAM ASSISTANTS



PA Clinic

Program Assistants review skills and circuits at the LSC PA Clinic



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



## CanSkate Program Assistant Training Clinic

On Saturday September 22, a dedicated group of London Skating Club skaters attended a club-run training clinic with CanSkate head coach Amanda Eccles, to learn about their roles and responsibilities as this year's CanSkate Program Assistants.

Program Assistants are valuable members of our CanSkate team, who meet our skaters with a smile every time they step on the ice. The number one role of a CanSkate PA is to assist our professional coaches with program delivery.

At the training clinic, our new and returning PAs had fun learning about the structure of the **NEW** CanSkate program, including the Agility, Balance and Control circuits, Fun Zone and Fast Track. In the classroom, PAs were given tips on how to assist shy or uncertain skaters on the ice, and taught about the importance of positive feedback.

On the ice, PAs were introduced to the choreography of our newest warm-up and cool-down activities, shown how to properly set up circuits, demonstrate skills on the ice, and how to help lead station rotations.

Program Assistants gain valuable experience assisting beginning skaters on the ice, earn club credits or volunteer hours for school, and help to make the ice a welcoming and fun atmosphere for all of our CanSkaters.

By Kristin Chadwick



## Congratulations to This Month's CanSkate Colouring Contest Winners!



1<sup>st</sup> Place Sabine M. Canskate Wed. 6:15 Session



2<sup>nd</sup> Place Noah W. PreCanSkate Wed. 6:15 Session

Thanks to everyone who participated! Keep up your hard work and we look forward to all the amazing entries next month!

Don't forget to pick up this month's colouring sheets at your next CanSkate Session!

## October 18 2012 Test Results Congratulations Skaters!

Sr Bronze Elements	-Katie Edwards
Dutch Waltz	-Danica Stewart
Canasta Tango	-Kisha Estaris
Baby Blues	- Amanda Stevenson
	-Josh Chadwick
Fiesta Tango	-Julia Chadwick
Willow Waltz	-Olivia Pellizzari
Prelim Skills	-Julia Chadwick
	-Morgan Roobroeck
Jr Bronze	-Erin Cleary
Jr Silver	-Eleonore Julien
Sr Silver	-Mackenzie Murray

*Don't Miss The  
LSC Synchronicity Gala  
November 18<sup>th</sup> 2012  
Nichols Arena, 1-2:30pm  
Come out and see the  
2012-2013 LSC Teams showcase  
their new routines for the first  
time this season!  
Come see what synchronized  
skating is all about!  
\$2/person \$5/family*

## 2012-2013 Ice Cancellations London Skating Club as of October 2012:

Please double check your calendar as this list has been updated since the last newsletter.

Friday, November 30 – 5:15-7:15 pm – **Preliminary/Junior** cancelled. Hockey tournament

Saturday, December 1 – 9:15-11:05 am – **CanSkate/Beginner Synchro** cancelled. Hockey tournament

Thursday, December 6 – **All sessions** at Nichols cancelled. 5:15-9:05 pm

Monday, December 24 – **All session** cancelled. Christmas Eve.

Tuesday, December 25 – **All cancelled** – Christmas Day

Wednesday, December 26 – **All cancelled** – Boxing Day

Friday, December 28 – **Preliminary/Junior** cancelled – 5:15-7:05 – Hockey tournament

Saturday, December 29 – **CanSkate & Beginner Synchro** cancelled – Hockey tournament

Sunday, December 30 – **All programs** cancelled – 9:15 am – 10:05 pm – Hockey tournament

Monday, December 31 – **All cancelled.** New Years Eve

Tuesday, January 1 – **All cancelled** – New Years Day

Friday, January 11 – **Preliminary/Junior cancelled**, 5:15-7:05 – hockey tournament

Saturday, January 12 – **CanSkate & Beginner synchro cancelled** – 9:15-11:05 am – hockey tournament

Tuesday, January 22 – **Junior & Senior cancelled** – 6:45-9:05 pm – **Test Day**

Thursday, January 24 – **Preliminary, CanSkate & Senior** cancelled – 5:15-9:05 pm – **Test Day**

Friday, February 1 – **Preliminary/Junior cancelled** 5:15-7:15 – Hockey tournament

Saturday, February 2 – **CanSkate & Beginner synchro cancelled** 9:15-11:05 am – Hockey tournament

Friday, February 8 – **Preliminary/Junior cancelled** – Hockey tournament

Monday, February 25 – **All session cancelled.**

Wednesday, March 13 – **CanSkate cancelled** – 5:15-7:15

Thursday, March 14 – **Preliminary and CanSkate cancelled** 5:15-7:35

Saturday, March 16 – **CanSkate only cancelled** – 9:15-10:05 am

**Sunday, March 24 – Junior Olympics. Singles sessions from 9:15 am – 1:05 pm will run on a regular schedule. Junior Olympics in the afternoon TBA. Synchro may still need some of this ice. More info to follow.**

Monday, March 25 – **synchro cancelled** 5:15-9:20 due to **Test Day**

Wednesday, March 27 – **CanSkate, Senior cancelled** – 5:15-10:05 **Test Day**



A HAPPY  
NEW YEAR



**Last Day of the winter program is Thursday, March 28<sup>th</sup> due to the Easter weekend being early in 2013.**

## London Skating Club Skaters Perform at the Budweiser Gardens

By Krista Greenfield

On Monday evening, October 22<sup>nd</sup>, the 2012 Ontario Tourism Summit hosted a Welcome Reception at the Budweiser Gardens. Tourism London and Ontario's Southwest teamed up to present an evening in the round style party surrounding the ice surface, featuring food and beverage tasting from the region. A special skating exhibition was presented to promote the upcoming 2013 ISU World Figure Skating Championships. LSC's Mary Lou Marchant choreographed a performance of several skaters from Western Ontario clubs. The London Skating Club was highlighted by skaters **Leah Cia, Julia Chadwick, Kinsey Greenfield, the Synchronicity Intermediate Team** and LSC Coach **Paul McLean**. All skated beautifully and were proud representatives of the London Skating Club. Congratulations to all for a wonderful performance!



Photos by Rick Crampton



The promo code noted below can be used for purchasing single event tickets now for these championships. When you call or order on line, please use the promo code **LONDONSC**. The event organizers are awarding a pair of tickets to the Skate Canada Club that places the most orders using this promo code. GO LSC GO!!

"Thank you for your interest in our Club Promotion for the ISU World Figure Skating Championships 2013! The promo code for the London Skating Club is **LONDONSC** and can be used over the phone at 1.866.455.2849 or online at [www.budweisergardens.com/password](http://www.budweisergardens.com/password)."

Another exciting event in conjunction with these championships is if you have a skater in the club that is interested in being a flower retriever or helping with things such as ceremonies etc., please go to the link below. There are specific skating qualifications and age restrictions, so make sure you read carefully.

[http://www.worlds2013.ca/volunteer/volunteer\\_Underage\\_Tryout.html](http://www.worlds2013.ca/volunteer/volunteer_Underage_Tryout.html)

March should be an exciting time in London with this World Event happening right in our own backyard. Thanks for your support of this event and for your continued support of The London Skating Club.

October 11th, 2012 – Press Release

### For Immediate Release

The London Skating Club is excited for the upcoming competition season.

Several skaters from the London Skating Club kicked off the start of the season by competing in the Isabelle Henderson competition held September 22<sup>nd</sup> – 24<sup>th</sup> in Paris, Ontario.

Shelby Nielson placed 12<sup>th</sup> in Women's Novice, Kinsey Greenfield placed 5<sup>th</sup> in Women's Novice, Brittaney Everitt placed 3<sup>rd</sup> in Women's Novice, Shelby Komarnicky placed 6<sup>th</sup> in Junior Silver StarSkate, Deanna Gooden placed 6<sup>th</sup> in Senior Bronze StarSkate, Katie Edwards placed 7<sup>th</sup>

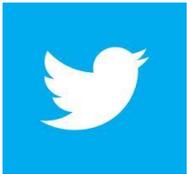
in Junior Bronze StarSkate and Emme Chute placed 4<sup>th</sup> in Junior Bronze StarSkate.

We congratulate our competitors on their success at these competitions. It is just the beginning of the season and we are excited to see our skaters taking part in these competitions. Many of our competitors skate year round, several days a week in order to prepare for these events. They are truly committed to the sport of figure skating.

The London Skating Club is a proud member of Skate Canada and is one of the largest and oldest clubs in Canada.

LSC has been a proud part of the London & surrounding community for 106 years!

The London Skating Club operates out of various rinks throughout The City of London, and offers programs in Learn to Skate (CanSkate), StarSkate Figure Skating, CanPowerSkate, Adult and Synchronized Skating Programs. For more information on the LSC or skating programs please contact Administrative & Promotions Coordinator, Kelly Farmer or Special Events/Awards & Recognition Coordinator, Rouchelle Gooden at 519-681-2640, e-mail: [londonsc@execulink.com](mailto:londonsc@execulink.com) or visit [www.londonskatingclub.com](http://www.londonskatingclub.com)



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**Don't Miss This Amazing Sale and Help Fundraise for LSC at the Same Time!**

**Samko and Miko Toy Warehouse  
WESTERN FAIR GROUNDS, PROGRESS  
BUILDING 900 KING STREET, LONDON,  
NOVEMBER 16 to NOVEMBER 21**

When you are cashing out be sure to tell the cashier you are with the London Skating Club and get your receipt stamped. Turn your receipts in to the LSC office C/O Tina Farren before January 5<sup>th</sup> 2013 and the LSC will receive fundraising dollars thanks to your purchases!

**Make sure you get your stamp! It couldn't be easier!**



**Keep Watching The Dress Sale For The Perfect Christmas Gift For Your Skater!**

**Or Clean Out Your Closets and make a little extra money before Christmas!**

**Ask At Your Session To View The Newest Selection! Items Added Weekly!**

**For more information contact Tamara Blaney at [tamarablaney@gmail.com](mailto:tamarablaney@gmail.com).**



## Did You Know?

**Waltz Jump:** Generally the first rotational jump that skaters learn. The skater takes off from a forward outside edge, completes 1/2 revolution in the air, and lands on the back outside edge of the opposite foot.

**Twizzle:** A traveling turn on one foot with one or more rotations which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the skating foot with the free foot in any position during the turn then placed beside the skating foot to skate the next step.

London Skating Club is overseen by a Board of Directors who spends countless hours making sure everything runs smoothly! Get to know them below! Ask them about their role on the Board next time you see them at the rink!

### 2012-2013 London Skating Club Board of Directors

**President:**

Stephen Komarnicky, komarn@golden.net or  
skomarnicky@trojanuv.com

**Vice President:**

Coleen Noel, thenoels@rogers.com

**Past President/Home Representative:**

Mary Burdon, mburdon@execulink.com

**Treasurer:**

Shelley Galvin, shelley.galvin@pwes.ca

**Secretary:**

Cathy Kriz, rchkriz@rogers.com

**Canskate Convener:**

Kristin Chadwick, kristinchadwick76@gmail.com

**Jr./Sr./Day Ice/Competitive Convener &**

**Board Rep. Synchro:**

Anne McDougall, amcdougall@uwo.ca

**Preliminary/CanPower Convener:**

Matt Gallo, mgallo@office.ldcsb.on.ca

**Coach Liaison:**

Krista Greenfield, gkgreenfield@porchlight.ca

**Coach Rep:**

Alyssa Nicholls, Alyssa\_nicholls@hotmail.com

**Test Chair:**

Lisa Maurice, elizabeth.maurice@lhsc.on.ca

**Volunteer Co-Ordinator/PA Recruitment & Communications Co-Ordinator**

**(Newsletter, Website, Dress Sale):**

Tamara Blaney, tamarablaney@gmail.com

**Club Special Event Co-Ordinator & Awards & Recognition:**

Rouchelle Gooden, gm.waverley@diversicare.ca

**Fundraising:**

Tina Farren, tinafarren@hotmail.com

**Equipment Co-Ordinator:**

David Proudfoot, david@proudfeet.ca

**Adult Convener:**

Joe Checuti, joe.checuti@rogers.com

#### **A Special thanks to the many contributors of this month's newsletter.**

If you have ideas or contributions for next month's newsletter please direct your questions or submissions to Tamara Blaney at [tamarablaney@gmail.com](mailto:tamarablaney@gmail.com) before the 25<sup>th</sup> of the month.

We would love to publish photos of your skater at competitions, during practice or on their session!

Is it your skaters birthday? Let us know and we'll send them greetings in the newsletter!

Does your skater have a special thought or message for their coach? Send in your comments and we'll publish them.

#### **Administrative /Registrar & Promotions Co-Ordinator:**

Kelly Farmer, londonsc@execulink.com and/or  
kfarmer@execulink.com