



Newsletter Fall 2010

The Success of our Club is in Your Hands

On behalf of the WFSC Board of Directors, we welcome you all to another successful year of skating with us. We hope everyone has adjusted to skating again and hope the new skaters haven't hurt themselves too much!! It has been great to see the new young Canskaters just learn how to balance on their own two feet or a junior level skater practicing the first solo dance.

We have some exciting events coming up for you to enjoy so please keep an eye for our special flyer on the notice board or post on the rink glass near the change room and of course on the club website at www.wfsc.ca

Remember, that we are here to help you in any way that we can so please do not hesitate to contact us! The club cannot function without volunteers, so please come in the office and see what you can contribute to our club.

Volunteers jobs must be signed up, as well as music room volunteer once a month. Volunteer cheques for elite and levels are mandatory and in breach of 'member in good standing'.

Here is the news and events coming up for the autumn/winter season.

CLUB JACKET

The club jacket order has been placed. It would take 4-6 weeks for delivery. You will soon be getting details about when to pick up your order. Please keep your eye on the notice board for dates.

HALLOWEEN SKATING CLASSES

This is the time of the year for our skaters to spook the skating coaches. These classes were very popular and fun event for all who took part last year and was well received by the skaters. Dress up in your Halloween costume and join in the fun.

ELITE AND LEVEL FEES DUE DATE

We would like to remind you that the next payment is due November 15, 2010. Please let us know if your banking info has been changed. First test day is scheduled for Wednesday, November 17, 2010 (no Canskate sessions). Times will be announced. No skating November 18, 19, and 20 due to CVHA hockey tournament. The club did not charge fees for these dates.

HOLIDAY FAMILY FUN SKATING PARTY

We will have our annual Holiday Family Fun Skating Party for all our members on Thursday, December 16 at 7:30 p.m. - 8:45 p.m. Mark it on your calendar. St Nicholas will be on the ice too

MEET OUR NEW OFFICE ADMINISTRATORS.

Please join us to welcome Veronica in the office Monday to Thursday and Victoria is returning Friday and Saturdays.

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| Office Hours | Mon, | Tues, | Thurs 5-8 | Wed | 4:30-7:30 | Fri | 4:00-5:30 | and | Sat. | 9:30-3:30 |
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PLEASE REMEMBER TO SIGN UP FOR MUSIC ROOM VOLUNTEER HOURS – MINIMUM ONCE EVERY 2 MONTHS. SIGN UP SHEETS ARE IN THE SKATING OFFICE.

COACHES TIP FOR ELITE AND LEVEL SKATERS

Remember: You need to practice like you compete and compete like you practice. Hard work really does pay off.

RULES FOR SKATERS:

- ❖ Be on time and stay until the end of all sessions. You must give prior notification to your coach if you cannot be on time or have to leave early. If you must leave a session you must have permission of your coach.
- ❖ Continuous skating or movement. Skaters must be working with intensity on skating manoeuvres.
- ❖ Skaters are not to be working the music box.
- ❖ No talking! Skaters are to be skating not socializing.
- ❖ Do not interrupt the coaches. If skaters or parents interrupt another skater's lesson they will be charged a lesson for the time taken away from the skater. (Junior skaters can interrupt own coach for guidance, but please be respectful and brief.)
- ❖ If skaters cannot follow these rules they will be asked to leave the session.

Junior Skaters: As coaches we realize that junior skaters do not come to the ice already knowing what to practice during a session. It is a learning process and through our group classes and individual lessons the skater learns how to practice and get the most from a session. Remember, it does not happen overnight. We hope that our parents encourage and explain the rules as outlined above to the skater and try not to coach them from the stands. Skaters have to rely on their self and problem solve on their own when skating and competing. If you would like more guidance given to your skater, please set up more lessons with your private coach. All the rules are the same for all skaters and in this way fair play and consistency is maintained in our club. Our goal is to train great skaters as fast and fun as possible and we have proven methods of delivery. Thank you for your understanding.

- ❖ Please remember ice etiquette, your coach can guide you with this as there is an order that should be followed while skating.
- ❖ Lastly, the club is trying to maintain a status that you are all figure skaters and you represent the club. With this in mind, all skaters need to be **wearing proper figure skating clothes**. Lulu lemon, TNA, etc. and track pants are not acceptable. You need to have tight clothing around your ankles, so coaches can view your skates and assist you with your technique.

We hope this has helped. We welcome all your feedback. We can be reached by phone or email at (905) 856 6740 or president@wfsc.ca.

Have a great skating season.

WFSC Board of Directors.