

# The Skater's Pick



Since 1938

Newsletter Edition  
December 2009

Questions? Idea's for our Newsletter?  
Please call the club at (905) 388-9050,

Visit: [www.hamiltonskating.org](http://www.hamiltonskating.org),  
or Drop off a note in our mailbox

Non-Profit and Sanctioned by  
Skate Canada

The Hamilton Skating Club is a non-profit organization, sanctioned by Skate Canada ([www.skatecanada.ca](http://www.skatecanada.ca)) and is primarily operated and governed by volunteers. Our skating and dry-land programs are designed and delivered by our highly experienced professional coaching staff and our Managing Director, Brenda Bradica.

This year is the 71st anniversary of the founding of the Hamilton Skating Club. The club was established in October, 1938. With a membership currently over 1000, we are one of the oldest and largest clubs in Canada

## Congratulations to our 2010 BMO Skate Canada Western and Eastern Competitors

The Hamilton Skating Club skaters (listed below) competed between Dec 2 to 6 at the BMO Skate Canada Western and Eastern Competition.

Aveline Pearson and Alexander Sheldrick (KW) won GOLD in Novice Pairs and are going onto the Canadian Junior Nationals being held in London, ON in January 2010.

Maysi Poliziani came 29<sup>th</sup> in Pre-Novice Ladies.

Detailed Results can be found at:  
[http://www.skatecanada.ca/en/events\\_results/results/2010/east\\_west/east\\_west2010.htm](http://www.skatecanada.ca/en/events_results/results/2010/east_west/east_west2010.htm)

## Dates to Remember

### *Dec 14 (week) - Skate with Santa Claus*

Santa Claus will be visiting the Pre-CanSkate, CanSkate and Pre-Test sessions on Mon Dec 14, Tues Dec 15, Fri Dec 18, Sat Dec 19, Sun Dec 20.

### *Dec 15, 27 - Test Days-T1-Comp. ONLY*

Skaters will be notified by their private coaches if they are scheduled for testing.

Test Days are Tues Dec 15 at Dofasco and Thurs Dec 17 at Hamilton.

All test fees are due 48 hours in advance of testing.

The Test Fee Schedule is posted on our HSC Bulletin Board.

### *Dec 19 to 20 - Olympic Torch Run (Hamilton segment)*

The 2010 Olympic Torch Run reaches Hamilton (from Brampton / Mississauga) on Saturday December 19, 2009. Activities start at 4:00 PM Sat Dec 19, 2009 at Dundurn National Historic Site (Dundurn Castle) and run till 9:00 PM. There will be NO PUBLIC PARKING at Dundurn Castle. The Torch Run will continue on Sun Dec 20, 2009 from Hamilton to St. Catharines.

### *Dec 20 - Program Assistant (PA) Training*

There will be a training session for the Program Assistants (PA) on Sun Dec 20, 2009 from 9 am to 11 am. Christmas treats to follow.

### *Dec 21 - Christmas Party for T1 to Competitive*

A Christmas Party will be held for the T1 to Competitive skaters on Mon Dec 21, 2009 from 4:00 PM to 7:00 PM. Bring your skates and appropriate clothing for off-ice activities. Please sign up at the office.

*Note: If your child cannot tie their own skates, please stay and assist.*

### *Dec 21 - Jan 3 - Christmas Break (No Skating)*

There will be no skating during the Christmas Break: December 21 to January 3 inclusive. The last day of skating is Sun Dec 20, 2009 and first day back is Mon Jan 4, 2010.

### *Dec 28 - 30 - Extra Ice Time for Charles Dover Competitors*

Extra Ice Time is available for skaters competing at the Charles Dover Competition in January 2010.

Please register and pay at the office to reserve your spot.

Day	Time	Level:	Cost
Mon Dec 28	4:30 PM to 6:00 PM	T1 to Competitive	\$15.00
Tues Dec 29	5:00 PM to 6:00 PM	CanSkate to Pre-Preliminary	\$10.00
	6:00 PM to 7:00 PM	Preliminary to Competitive	\$10.00
Wed Dec 30	4:00 PM to 5:00 PM	CanSkate to Pre-Preliminary	\$10.00
	5:00 PM to 6:00 PM	Preliminary to Competitive	\$10.00

### *Jan 15, 2010 - Skaters' Lottery Book Stubs*

Please return the lottery book stubs to the office before January 15, 2010 to have a chance to win the grand prize of a 2010 Ford Mustang.

## Reminders

### *Skate Canada Registration Cards*

These are available for pick up at the office. For any skaters competing or testing, you will require the skaters' Skate Canada Number which is found on this registration card.

### *Arena Closures (ie. Weather related)*

Arena closures are governed by The City of Hamilton's Culture and Recreation department. These circumstances are beyond our control and we thank you for your patience and understanding. The Hamilton Skating Club will update our voicemail indicating any closures and will attempt to post an update on our website as soon as it is known (example: due to winter storms, etc.). Please also listen to/watch the local radio / TV stations for any closures specific to Arenas - especially during the winter months.

## Fall / Winter Session Update

### *Pre-CanSkate & CanSkate - Waiting List*

- ❖ Our PreSchool, CanSkate sessions are full -waiting list is available OR Please try our Eastwood program (*see below*)

### *Can-Power - Space Available*

- ❖ This program focuses on balance, power, agility, speed and endurance skills, all of which are especially important for hockey and ringette players.
- ❖ This program runs on Friday nights from 7:45 PM to 8:30 PM

### *Pre-CanSkate & CanSkate Program at Eastwood Arena : Jan 17 to Mar 7*

The Hamilton Skating Club is pleased to be running another Pre-CanSkate and CanSkate Program in 2010.

The program will run at the Eastwood Arena on Sundays from 1:15 PM to 2:00 PM starting Jan 17 to Mar 7.

### *Registration Information*

Registration is now being taken at the Hamilton Skating Club for all the programs listed above.

For more information on registration or information, please contact Brenda at (905) 388-9050 or [info@hamiltonskating.org](mailto:info@hamiltonskating.org).

## Donations needed for our Dinner / Dance (April 17, 2010)

Yes, we are still months away from our Dinner / Dance, being held at the Leander Boat Club; however, our committee has already been working on this event for some time now.

This is a reminder that we are looking for donations for our Dinner / Dance Prize Table. Some examples of possible donations are gift cards, a dinner for two out, services / products that you can provide (i.e. RMT 1 hour massage, cleaning services for 2 hours, dog/cat grooming), DVD Player, TV, computer monitor, boom box, gaming accessory kit, etc..

If you would like to make a donation, please let us know at [info@hamiltonskating.org](mailto:info@hamiltonskating.org) or let Brenda know.

## Introduction to our Dry-Land Training Instructors

Dry land training is important in developing the full abilities of our skaters.

Our Dry-Land Instructors are as follows:

- ❖ Louis, Rebecca and Steve are from SST (Sports Specific Training)
- ❖ Irena is from the Hamilton Conservatory For the Arts (focus: Ballet)
- ❖ Donna is the former owner of Donna's Fitness and now a personal trainer

## Are you new to Competitions?

If this is the 1<sup>st</sup> year your child is competing, you must be wondering what you need to do to make it a successful experience for them.

Your child's private coach will have spoken to you regarding putting together a "solo" that will be used in the competition. Depending on the progress of your child, your private coach will indicate when / where the competition is and provide you with a registration form with which you must submit your registration fee (fee is dependant on level of competition).

Your child will also need a "competition dress / outfit". Depending on the requirements, you may be able to find an "off the shelf" dress/outfit or may need to get it made (for the smaller sized children / boys). Your coach will give you some ideas / guidelines on what they would like (ie. Colour, style, etc..).

Girls: Depending on the age, many will wear some makeup appropriate for their age, and hair should be tidy and away from the face (ponytail, bun, etc..).

Boys: Hair should be tidy and should not distract from the performance.

On the day of the competition, you will be required to arrive at least 1 hour early to register your child, and the music (CD will be provided by your coach). Your coach will give you further directions on what time they will take the skater for warm up. After your child has skated, he/she will be returned to you by the coach. You must wait 15 - 30 minutes for the results to be posted as medals will not be mailed for absent skaters.

## Competition results

For competition results, please check the Skate Canada, Western Ontario Section <http://www.skating-wos.on.ca/results.htm>.

Our club has had a good showing at both WO Sectionals and the John McKay Memorial Invitational (a Development Team qualifying competition).

- ❖ John McKay Memorial Invitational Nov. 28 - Nov 29. (Tilsonburg)
- ❖ WO Sectionals Nov. 12 - 15 (Sarnia)
- ❖ Isabelle Henderson Memorial Skating Invitational : Sept. 25 - 27 (Hamilton)

## Introduction to Testing - "Junior Bronze"

Each level of testing generally consists of (3 or more) dances, skills, and freeskate. Skaters in the StarSkate Intermediate sessions (Test 2) are working towards their Junior Bronze qualifications. The Junior Bronze Dances consists of the Swing Dance, Fiesta Tango, and Willow Waltz. The Freeskate is testing on a 2 or 2.5 minute solo with jumps up to and including the Axel, and flying spins. Skills testing is on Threes & Power Mohawks, Power Circles I, Change 3's.

## On-Going News

### *Office Hours (Sept. 8, 2009 - April 1, 2010)*

Mon. & Tues.	3:00 PM - 9:00 PM
Wed.	12:00 PM - 4:00 PM
Fri.	3:00 PM - 7:30 PM
Sat.	8:30 AM - 1:00 PM
Email	<a href="mailto:info@hamiltonskating.org">info@hamiltonskating.org</a>
Website	<a href="http://www.hamiltonskating.org">www.hamiltonskating.org</a>

### *Fundraising - Boston Pizza Receipts*

If you go to Boston Pizza, please save your receipt and bring it into the skating office or write "Hamilton Skating Club" on the back of your receipt and deposit in a box provided at the Upper James Boston Pizza location.

### *Website Updates*

Please keep checking back on our website for new content each month.