

The Skater's Pick

News from the Hamilton Skating Club

September 2009



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

Mon. & Tues. 3:00-9:00 PM

Wed. 9:00 AM-1:00 PM

Fri. 3:00-7:30 PM

Sat. 8:30-1:00 PM

Email- info@hamiltonskating.org

www.hamiltonskating.org

Check it out!!!

Brand new, updated website!!!

www.hamiltonskating.org

(Same address, new and improved content, updated regularly)

Fall/Winter Session runs from Sept. 8, 2009 – April 1, 2010

Please note: PreSchool, CanSkate and CanPower & TeenSkate/Adult(Learn to Skate) start the week of Oct.5, 2009 –March Break 2010

Registration forms are now available.

Note: No skating Fri. Sept. 25 – Sun. Sept. 27 (competition), Mon. Oct. 12 (Thanksgiving).

Test days will be held October 21 & 22 and mid December - check the web site for exact dates.



Registration and Skate/Dress exchange Saturday, September 12 and 19, 9 am - noon in the Board room.

Did you know? 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.

Volunteers needed:

Skating clubs run with the help of dedicated volunteers. There are many opportunities for you to get involved. Please speak to Brenda Bradica, one of the members of the Board of Directors, drop us a note in the office or send us an e-mail to tell us how you might be able to help. We specifically need **ice captains** for the Isabelle Henderson Memorial Invitational competition here at the Mountain Skating Centre **September 25 - 27**. The ice captain stands at the entrance door to the ice surface and ensures that the skaters are ready to take to the ice for their warm-up and for their program. We will need **6 adults per day for 3 shifts**: 6:45 am - 11:30 am, 11:30 am - 4 pm and 4 pm to close. We will make sure that you will see your own child skate, so don't worry about missing out. In fact, you will be right in the middle of the action. Don't be afraid to volunteer even if you don't have a background in skating. It feels great to be involved and it is fun.

Competition results

Summer Sizzle: Aug. 7 - 9, 2009, Waterloo
Figure Skating Boutique Summer Skating Championships- Aug.13-16-Thornhill
Please check the **Skate Canada, Western Ontario Section** <http://www.skating-wos.on.ca/results.htm> or COS website for complete results.

Guest Skating Tickets



Guest tickets are available at the office. A booklet of tickets is \$75.00 for 5 tickets.

Tickets must be purchased in advance & handed into the music booth. No guest skating on full sessions.

Safety

All skaters should have **skate guards** - either the hard plastic ones or soft guards, labelled with your name. These should be readily available for use in case of evacuation of the arena for a fire alarm or loss of power.

Ear phones or headsets **should not** be used during skating as they prevent the skater from hearing what is going on around them.

Questions? Please call the club at (905) 388-9050 or visit: www.hamiltonskating.org

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Money: Please note that there will be charges of \$10.00 for changes in registration for sessions once the skating sessions begin, \$10.00 for re-issue of tax receipts and \$40.00 for NSF cheques (that is what the bank charges us).



Skating Carnival photos

Carnival performance photographs from VIVA LAS VEGAS performed in April 2009 are available for viewing and purchase at www.geverstudio.com. Photos may be purchased on-line and 25% of the proceeds go to the Hamilton Skating Club. Thank you, Lee, for great pictures and for your support.

Fundraising

Skaters' Lottery books:

Skaters' Lottery tickets will be distributed. Payments for the tickets was included in registration, so, sell the tickets and make your money back, or, just fill your name in and hope that you win one of the great prizes.



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.

Fundraiser & Family Dinner Dance

Saturday April 17, 2010 at Leander Boat Club

NOW Accepting donations for the prize table.

Tickets will be available soon, please check the club Notice board.

Mark it on your calendar and plan to attend and enjoy a family evening.

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Off-ice training

We are fortunate at our club to have a dedicated off-ice training room with great certified instructors and lots of new equipment. The schedule for classes is printed in the brochure and is included in the price of registration. Dry land training is important in developing the full abilities of our skaters. (It is fun, too.)

Team Wear

We have many options available for skaters and coaches and parents and other supporters of the Hamilton Skating Club to proudly show who we are. Many skaters wear these items regularly for practice sessions and at competitions. We look great off and on the ice.

Track Suits

Our black and red club track are available at Skater's Wish 83 Bigwin Rd. (905) 575-4840 Jacket-\$57.00 & Pants \$22.00 plus a small cost for customizing with embroidery.

Lululemon Teamwear

If you are interested in ordering a 'Shape Up Jacket' (girls and women) or an 'On The Move Jacket' (men) please contact Jen Hoadley (jen_hoadley@hotmail.com) or sign up on the list posted at the arena. Pants are also now available. HSC members receive a 30% discount on all Teamwear apparel, so the jackets are \$80 with the embroidered crest or \$75 without the crest for children under 15 and about \$5 extra (taxes) for over 15 years old. See website for more details and sizing on Lululemon athletic apparel - <http://www.lululemon.com/home>

Summer session news:

During the 2009 summer, 3 new initiatives were accomplished: a summer camp for all day skating and activities, 3 days of fall competition preparation from Sept. 1 - 3 and a Performance & Life Skills Program (PSLP). This program was part of the off-ice programming and was developed and ran by Lucas Fairs, a performance enhancement consultant. The purpose of PLSLP was to introduce and nurture mental training and life skills to help improve the performance and quality of life of the skaters. Each of the skaters had the opportunity to learn and discuss different topics, like focus, relaxation, positive thinking and imagery and were introduced to different exercises and skills that they can practice on a daily basis. This program contributed to creating a healthy & successful sports experience for each and every one of the skaters who skate at the Hamilton Skating Club.

Once again this year, barbecues were held weekly and funds were raised to help support our skaters. Thank you to Brenda Bradica and volunteers Ed Bradica, Andrea Thompson, Kelsey, Bev Kukhta-Jackson, Brad and Mike for dedicating their time and talent for this endeavour.

Future Newsletter Items

If you have articles or ideas for our newsletter, please e-mail them to info@hamiltonskating.org or drop them into the box by the office door.

Questions? Please call the club at (905) 388-9050 or visit: www.hamiltonskating.org