

# The Skater's Pick

News from the Hamilton Skating Club

summer 2009



## Office Hours (Sept 8-April 1/10)

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](mailto:info@hamiltonskating.org)

[www.hamiltonskating.org](http://www.hamiltonskating.org)

Coming soon!!!

Brand new, updated website!!!

[www.hamiltonskating.org](http://www.hamiltonskating.org)

(same address, new and improved)

## Summer School: June 29 – August 14, 2009.

All programs are full. Thank you for your support and interest.

There is a barbecue every Wednesday at lunch. A hot dog and a drink costs \$3 and a hamburger and drink is \$4.

**Fa11/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.**

## Competition results

### ISU Adult Championships

Barb Tkach, one of our adult skaters competed in the ISU International Adult Figure Skating Competition in Oberstdorf, Germany on May 28 - 31, 2009. She placed **FIRST** in Silver Ladies IV Free Skating and **THIRD** in Silver and Bronze Ladies IV Artistic despite injury. We are very proud of her! She represented Canada and the Hamilton Skating Club beautifully.

### Summer Sizzle: Aug. 7 – 9, 2009, Waterloo

Please check the Skate Canada, Western Ontario Section

<http://www.skating-wos.on.ca/results.htm> for complete results.

## Guest Skating Tickets



session

Guest tickets are available at the office. A booklet of tickets is \$75.00 for 5 tickets. **Summer Day** fee is \$17.00 per session.

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

Did you know? This year is the 71<sup>st</sup> 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.

## New program!!

During the Summer, the Hamilton Skating Club is offering a Performance & Life Skills Program (PLSP) as a part of the off-ice programming. Developed and ran by Lucas Fairs, a performance enhancement consultant, the purpose of this PLSP is to introduce and nurture mental training and life skills that can help improve the performance and quality of life of the skaters. This weekly program starts on July 8, - August 12, 2009 and is held every Wednesday. Each of the skaters will have the opportunity to learn and discuss different topics, like focus, relaxation, positive thinking and imagery. Skaters will be introduced to different exercises and skills that they can practice on a daily basis. Through this program, we hope to continue to create a healthy & successful sports experience for each and every one of the skaters who skate at the Hamilton Skating Club. If there are any questions regarding the PLSP, please feel free to contact Lucas at [lwfairs@gmail.com](mailto:lwfairs@gmail.com).  
"What you believe you become"

## "Look for the Good Things in This Day"

### 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.

**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.geyerstudio.com](http://www.geyerstudio.com). Photos may be purchased on-line and 25% of the proceeds go to the Hamilton Skating Club. Thank you Lee for your great pictures and for your support.

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

