



Gatineau Valley Skating Club

October 2012 Newsletter



Welcome to the 2012/2013 skating season of the Gatineau Valley Skating Club.

This season we have 3 professional Skate Canada Coaches on staff as well as a dance partner:

Katie Skerkowski-Brydges: our Head Coach has been coaching for 10 years and traveling all the way from Renfrew to our Club for 7 seasons now.

Rebecca Peck: has been coaching for 4 years now and is also a long time member of our Club.

Lorna Babb: has returned to our Club this year as a coach and has over 20 years of coaching experience.

Nichols Lebel: has returned to our club this year as a dance partner for our STAR skaters.

The following is a brief explanation of what each program has to offer your child. If you have any questions, or would like more information on any program, please contact any member of the Executive Committee.

CanSkate

CanSkate has a fresh new look on and off the ice. On-ice delivery focuses on continuous movement, emphasizes the use of newer and more dynamic group teaching concepts including the Fast Track, Fun Zone and station rotation all of which has been proven to increase practice opportunities and improve the rate of skill acquisition among skaters. More visual aids and music are used to create a fun, stimulating and welcoming environment. The new look also includes new report cards and an exciting new series of award ribbons to achieve, in addition to the Stage **1 to 6** badges. It is given **Saturday mornings from 10:00 to 10:50 am** and/or **Tuesday evenings from 7:00 to 7:50 pm** by **Katie Skerkowski-Brydges** and **Rebecca Peck**. We ask that skaters use Dressing Room #2 and that they get on the ice at the middle doors for safety reasons. Each skater is given a name tag and we ask that the name tags for the CanSkate program be left at the rink after each session. Important messages or badges may be left in the back of the pouch before the start of lessons.

StarSkate program

This program is for skaters who are ready to take private lessons and are working towards tests sanctioned by Skate Canada. It is offered three days a week, **Tuesday and Thursday evenings** and on **Saturday mornings**. Just as in any other program, there are different levels starting with **Preliminary, Junior Bronze, Senior Bronze, Junior Silver, etc.** all the way up to **Gold**, which are in **Free Skate, Dance and Skating Skills**. In order to move to the next level, skaters must pass tests that are judged by Skate Canada Judges in the three different categories. These tests are being offered throughout the Region for skaters when their coaches feel they are ready to be tested. We host one to two test days a year in our own club.

Ice etiquette

Just a reminder of some guidelines to help protect your child/children and those around them:

1. Long hair **MUST** be tied back (in the event of a fall, long flowing hair can create a serious hazard).
2. Skates must be worn when on the ice.
3. Parents are not to be on the ice unless specifically invited by the coach.
4. No food, drink or gum is allowed on the ice.
5. Helmets (hockey CSA certified) are required for **ALL** children **8 years or younger** as well as those in **stages 1-5 regardless of age**.
6. Dress warmly in clothes that allow freedom of movement (i.e. no jeans) and wear mitts.
7. All skaters must wait at the door for a coach before going onto the ice surface.
8. A skater will be asked off the ice if he/she is disruptive during a lesson.

Halloween:

We will be having a Halloween Party on Saturday, October 27 for Saturday skaters and Tuesday, October 30 for Tuesday night skaters. Skaters may wear their costumes to skate in. **Please** no masks, accessories or long costumes.

Fundraiser:

In order for the Club to continue to offer the programs at an affordable rate, it is necessary for us to do some fundraising. Our first fundraiser was the chocolates/fundraising fee. For those who took chocolates, could you please return the money to a member of the Executive by the end of October. Our second fundraiser, our annual spaghetti supper, is happening on **Saturday, November 3, 2012 at the Tulip Valley Restaurant starting at 4:00pm**. Tickets are \$10 each. Please see a member of the Executive to purchase your tickets no later than **October 30**.

Competition:

For those skaters interested in competitions, there is one January 12th in Pembroke. Skaters eligible for this competition are those who have at least passed their Stage 3 badge up to those in STAR skate who have passed the complete Preliminary Free Skate Test. For Canskaters, please talk to Katie for more information and for Star skaters please talk to your coach.

Website:

The Club has a great website that was developed and maintained by our Head Coach, Katie. Visit www.webstarts.com/GVSC for Club news, event results as well as pictures. Thank you to Katie for all her time and effort in keeping this site up to date.

Volunteers:

Our Club is run by a volunteer Executive team and we are always looking for people to help with music, distributing handouts, photocopying, etc. If you have some spare time and are willing, please speak to an Executive member. We would be happy to find a job to suit your talents. If you are unable to volunteer throughout the year, think about volunteering for our end of year Ice Show. We will require volunteers to decorate the night before, work the door, sell raffle tickets, take down decorations, etc.

We will have our Annual General Meeting in May and we have 3 Executive positions up for election: Vice-President, Secretary and Treasurer. Without these volunteers, the Club could not exist! So please step forward and join the team. More information will follow in the spring.

Club Executive for 2012/2013 season:

Kelly Plunkett, President (819-422-3565)
Christina Thompson, Vice President (819-422-1581)
Lana Noel, Treasurer (819-459-8863)
Debbie Picard, Secretary (819-422-3315)
Susan Carroll, Member at Large (819-459-2864)
Trudy Field, Member at Large (819-422-1882)
Lauralee Peck, Past President

Your comments and suggestions are always welcome! Please feel free to contact any member of the Executive.