



Riverviewskatingclub.com

# SKATE TALK



## WINTER ACHIEVEMENT DAY—Feb 19th

**REMINDER  
SUNSWEEP  
TICKET MUST  
BE IN HAND  
BY WED  
FEB 16th**

**Ice show  
pictures  
and DVD's**

can be picked up from Cathy Beaulieu during CanSkate times or to make arrangements contact her at 866-038

**Wed Jan 12th  
session will be  
made up  
Wed Mar 2nd**

**Wed Feb 2  
session will be  
made up  
CanSkate— Feb 19  
Jr/Sr - Mar 14th**

On Saturday Feb 19th we will be hosting our Winter Achievement day in celebration of how far we have learned this season. Skaters in the Jr / SR and JR DEV programs will be performing solo's. Some of these skaters will be competing at Provincials in a couple weeks. It's a great opportunity for Friends and Family to come out and watch the performances of the skaters. Skaters that are thinking of becoming "figure skaters:" are encouraged to come early and watch as well as I'm sure it will be a great show. Starting at 11:30 the CanSkaters and Preschool skaters take to the ice for a fun mini meet. At 12:30 we will be having our awards presentation. Ribbons will be awarded to all that participate.

Tentative Schedule for the day

8:00 – 9:00	Synchro Practice (JR and SR lines)
9:00 – 9:45	Jr / Sr / JR DEV Practice time
9:45 – 10:00	FLOOD
10:00 – 11:30	JR/ SR / JR DEV Simulations
11:30 - 11:40	CanSkate / Preschool On-Ice Warm Up
11:40 – 11:50	Synchro Demonstration
11:50 – 12:30	CanSkate / Preschool Events
12:30 – 1:00	Awards and Free Skate <small>if time permitting</small>

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### How to keep in the loop

- Newsletter
- Facebook
- Website
- Bulletin Board
- Volunteer
- Calendar and newsletter on website
- Talk to an executive member
- attend club meetings



Sr Synchro Team takes on NFLD. Read about it on page 3



## FEBRUARY CANSKATE NEWS



On Saturday Feb 12th we will be video taping our CanSkate and Pre-school CanSkate sessions to submit to skate canada for evaluation on the Pilot program. The purpose of the video is to provide an accurate example of our current session format and all its key components (i.e., fast track,

fun zone, fundamental areas, station rotations, circuits, teaching aids, music, etc.) Details from the 45 clubs piloting the program will be analyzed and will be fine tuned for the final role out of the new CanSkate program for next season. **Dress in RED AND WHITE for our Valentines Day Party on Sat Feb 12th**

### MAKE UP DAYS

Ice was cancelled on Jan 12th and Feb 2nd because of winter storms. Make Up for Wed Jan 12th will be Wed March 2nd. . Make up for Feb 2nd CanSkate

session will be in conjunction with the Winter Achievement Day on Feb 19th

**WINTER ACHIEVEMENT DAY** Saturday Feb 19th. Invite your friends and family to come and watch the days events. All Wednesday and Saturday skaters are invited to attend the days events and earn ribbons in a fun meet. All skaters will walk away with a ribbon and a special treat from the day. Detailed schedule of the day will be posted on the website and bulletin board by Wed Feb 16th

## STARSKATE NEWS

**FUNDRAISING NOTES**—Make sure all sunsweep tickets have been put in the container in the canteen by Weds February 16 as they have to be returned to Sport Nova Scotia. And for synchro skaters, make sure you have turned in all money for your tickets is turned into Shona. And chocolate bar money is due ASAP.

**TEST CHAIR NOTES**—Attention all teststream skaters: talk to your coach about your wishes/plans for tests for the remain-

der of the season. The Valley Region is tentatively planning a Valley test day for March 26. Also, Riverview is planning a final test day for Wednesday May 4, 2011.

**GOOD LUCK** to skaters Participating in the Nova Scotia Star-Skate Championships in Amherst March 4-6

Competing are:

Chloe Harvie, Mia Simm, Alison Dill, Chelsea Beaulieu, Alyssa Cross, Jacob Beaulieu, Sarah Leopold, Danielle Pettipas,

Jessica Lake-Crossley, Kailey Wilock, Rebecca Swan, Randi MacPhee. Have fun and bring **back the GOLD!**

**SPRING INVITATIONAL SKATE** Is planned for April 16th. Announcement and applications should be out very soon. Remember **NO LATE ENTRIES** will be excepted.



## SPRING REGISTRATION FOR ALL CLUB PROGRAMS

Sat Feb 19th  
10-12:30

And  
Wed Feb 23rd  
6-8pm

Spring Session  
starts  
March 5th

## PROGRAM ASSISTANT NEWS

A special thanks and a helping hand awards to our PA's and helpers that have given extra of their time over the last month while a lot of our Senior skaters and PA's were away at Synchro commitments. Your efforts have not gone unnoticed.

As we wind down our Winter 2 Session please consider voting for Shinning Star Awards. See Lee-Anne or Cathy to put your nominations in so they can be counted in the final tally.

**Dress in RED AND WHITE for our Valentines Day Party on Sat Feb 12th. We will also be doing our video to submit to Skate Canada for the Pilot Program.**

The days assignments are as follows:

Fun Zone: Shaylene  
Fast Track: Kaylee  
Practice Station: Emma  
Teaching Station Jess V  
Stage 1 & 2— Steve / Sarah  
Stage 3 & 4 —Denise / Danielle  
Stage 4&5&6— Randi / Jess LC

Attendance: Mia (Then help with Teaching Zone)

**MARKER HELPERS:**

Teaching Zone— Cassie  
Practice Zone— Allison Power

Fun Zone— Chelsea

**PRESCHOOL HELPERS**

Emma / Jess V / Steve / Danielle / Alyssa / Randi / Cassie/ Sarah

**DEV SYNCHRO**

Jessica LC / Mia / Allison Power

**PLEASE ONLY ASSIGNED HELPERS ON THE ICE. If you can't be there that day please let Lee-Anne Know ASAP**

## SYNCHRO KICKLINE



### TEAMS COMPETE IN PEI

Well our teams had a very successful and eventful January. Both teams represented us proudly at the PEI synchronized skating festival in Charlottetown Jan 16th. The Jr team brought home the bronze medal from the event. The Senior team had a personal best skate and won the Cheer part of the competition. Valuable lessons were learned by both teams as they prepare for their coming competitions. On Sat Feb 15th at the hotel we were able to hold our first team dinner. A lot of fun was had and we revealed our Synchro Buddies. Synchro buddies was a fun activities that paired the skaters up and they were to write a special note of encouragement for the weeks leading up to PEI. Jr and Sr Team members were randomly drawn out of hat and given their "synchro Buddy" in early November. Special mention goes to Shaylene Vouigny as it seems everyone thought she was their buddy!



### SENIOR TEAM TAKES ON NFLD

Jan 28th our Sr team member set out on a trip of a lifetime to NFLD. After a bumpy ride into St. John's we headed on our way to the hotel for a quick stop and then onto our official practice. After the practice we headed downtown to enjoy a quick bite at Birdie Molloy's Pub and Eatery. Sat Jan 29th we woke up to NO POWER! Hair and make up were done in the hallway of the hotel with emergency lighting as our only source of light. Once the power came back on it was time to head to the rink to perform. The first skate of the day the girls were understandably a little nervous but

they were able to hold their own. The team was less than 1 point away from 3rd place. The team hung out at the rink until their second performance in the afternoon while team managers braved the storm and subway to bring food back to the skaters. The second skate had a few errors but considering the circumstances the girls were given all could walk away from the performance and feel a great sense of accomplishment. Saturday night the skaters were able to unwind



and get ready for a day of sight seeing. Sunday we woke up to sunny skies. The day started with a scenic drive to the Peter Pan Statue in Bowering Park. We had some issues with the ducks (and Swan's ~ Sarah!) but we got through it..as a team.

Then we were off to lunch at Rumelstiltskins. After lunch we made quick stops at Signal Hill (which the girls got to test out their ice sliding skills) The Fluvarium (We were able to explore the secret life of a river and its ecosystem.) and The Rooms (The Provincial Art Gallery and Museum.) At The Rooms the skaters were able to take part in a workshop where they learned how to turn textiles into artwork. After our tour of The Rooms we made our trip back to the St. John's Airport and had a less turbulence flight home.

Memories of that special weekend in NFLD will not fade quickly. The team had 2 amazing performances at the Glacier in Mt Pearl. The team finished in 4th place but come back rejuvenated and inspired to reach even higher. Our team was the only team at the competition that was not representing NFLD. After the competition the team members/ coaches and chaperone were able to spend a day touring and seeing the sites in St. John's. A word of thanks to team manger Shona Lake on organizing all the details and making this trip possible.

**"Life gives us brief moments with another...but sometimes in those brief moment we get memories that last a life time..."**

# IMPORTANT DATES

Feb / March 2011

Download your full Winter #2 Session Calendar from the club website [www.riverviewskatingclub.com](http://www.riverviewskatingclub.com)

Also check out our NEW Facebook Page for weekly updates and information



## INSIDE EDGES—Member Profile

Riverview Skating Club is very lucky to have some pretty amazing people on our team. These amazing individuals are always willing and eager to help our club in what ever way possible. Whether fundraising, setting up CanSkate Sessions, being on the ice helping kids in our learn to skate programs and our Junior Programs, or offering their tips to better our programs, and club. They do it all! We are very fortunate to have some pretty dedicated skaters and parents that help our club run smoothly, keep an eye in the next newsletter for yet another amazing individual.

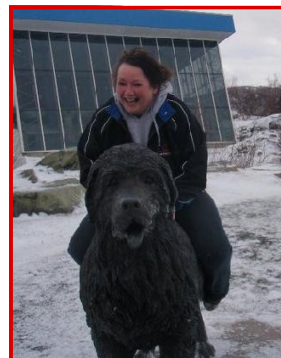
### Meet our Club President Joan Dawson .

Joan has been a member of our club executive form many years. She has filled various roles over the course of the years Basically where ever she was needed. This year we are very fortunate that she stepped up an became our President. She has made great strides in having people work together for the betterment of the skaters.

Joan and Kevin have four kids between them, with Danielle being the youngest at home. All four kids have been rink rats, the boys both played hockey and the girls both skated. In fact, Tracey just got married in the Brooklyn rink in September.

Joan works as an office manager for Stan the Rad Man, the business owned by her partner, Kevin Munroe.

They are campers, and head out for week-



ends a few times each summer in their motor home. Their favorite trip each year is to Stanfest down in Canso which is the part of Nova Scotia that Kevin grew up in.

Joan is an avid reader, and partic-

ularly loves westerns and historical novels set in the American frontier or Scotland.

Joan loves to garden, and in addition to working on her yard, she plants her own vegetables each year.

Joan has a great sense of humor, and a positive attitude, which makes her just the right kind of person for our President- always willing to roll up her sleeves and dig into whatever project is on the go.

## You are headed to a Figure Skating Competition..Now what??

Written by Susi Wehri-McLaughlin (USFSA Website)

You should plan to arrive at the competition site least one hour before the scheduled event. Check-in at the registration table, turn in your music with the proper label - containing name, skating club/program, event name. Always have a back-up copy available (either with a coach or chaperon). Find your coach/instructor to let them know you have arrived and where you will be. Try to find a place to sit either in the stands or with friends and let your coach know where you are. Sometimes rinks will have assigned dressing rooms for skaters to get ready and leave their belongings. Never leave your skates unattended. Be fully dressed and ready to begin your off-ice warm-up routine (jumping jacks, jogging in place, stretching routine) at least 30 minutes before your scheduled event. Put your skates on, walk through your routine rink side or in the lobby if you can find a quiet spot and start mentally preparing for your performance. It is important to stay warm at this point in time so wear a sweater and gloves or bring a blanket with you.



before it is your warm-up time. Figure out your on-ice warm-up routine (stroke around, how many of each jump, which spins to practice and if you want to do a run through of all or part of your program) and discuss this with your coach. There is normally not enough time for coaching during your 3-5 minute warm-up period so unless there is a serious problem, use your time wisely and keep going. You can refresh your thoughts and reminders with your coach after your warm-up. When it is your turn to compete, step out onto the ice, have confidence in yourself, try your best, take each element one at a time (one element is not your entire routine) and most

Now it is your turn. Walk over to the Ice Captain and check in. They will tell you where you need to wait and how long

importantly have fun and smile to the judges and audience at least once. After your performance, your coach should give you some brief feedback about your performance. Be proud of yourself and stay to cheer on the others in your group. You can learn a lot by watching the other competitors. After the conclusion of the event, the accountants will tally the scores from the judges and the final standings will be posted over the starting order sheet in the lobby. Keep your skates on since the award ceremony should follow shortly after the posting of the results. No matter what the final outcome is, you should always be a good sport. Congratulate the winner and congratulate the others for good efforts. There is only one winner per event and everyone will have their good days and could be better days. This is the nature of figure skating so always be proud of your performance and learn from each experience.

