

SKATE TALK



September 2011 NEWSLETTER

A warm welcome to our skating family

We are now a full week into our Fall Session of programs and would like to welcome all returning and new skaters and their Families. We hope that this will prove to be a rewarding and fun year for all.

You will notice a few small changes around the rink during the coming weeks and we would like to take a moment to explain these changes.

Our biggest change this season is our calendar. We unfortunately have to close our season out a few weeks earlier than in the past due to the rink wanting to shut down earlier in April. Therefore we have had to adjust our yearly calendar to have three 10 week sessions instead of four 8 week sessions. Our executive and coaches spent many hours this past summer to work out details of how we could make the best of the situation. I huge hats off to these volunteers that have worked so hard in keeping our club alive and thriving.

Because of the calendar changes our sessions have been renamed

FALL (Sept—mid Nov)
WINTER (Mid Nov—1st Feb)
Spring (Feb—Mid April)

Our annual ice show will now fall at the end of Winter session. The tentative dates for the ice

show are now Sat Feb 4 and Sun Feb 5th. We feel this will be an exciting time for all club members to be able to show off their skills and have a lot of fun.

A few other little changes that you may notice are as follows—

Slight change of times in our learn to skate programs. With the addition of another group time for Intermediates and seniors on Wednesday we were able to move our CanSkate time back 15 minutes in hopes that it will help our CanSkate families be able to make a little later start time. We also have rearranged Preschool and CanSkate on Saturday session to help accommodate a Beginner Synchro session for skaters in CanSkate level 4 and higher that might want to try their hand at the fun exciting team sport of Synchronized skating.

You will also notice a few minor changes in the CanSkate program. The club is still piloting the CanSkate Program this season as it was felt this is a much superior program than the previous version of CanSkate. We are one of only 41 clubs across Canada running this new version of the program.

Our CanSkate sessions are now incorporating the ABC's of skating. The A station will focus on Agility skills such as jumping,

spinning skating fast and turning, quick stops and fast starts. Etc. The Balance stance will focus on skills within the Go Forward and Extreme Fundamental blocks. The Control Station focuses mainly on the Go Backward and Stop fundamentals. The spins / spirals and Hockey / Ringette skills are placed into which ever A, B or C station they fit best.

Also this year Skate Canada has mandated that all skaters in the CanSkate Program at a Stage 5 level or below must wear a CSA approved hockey or skate helmet. We have decided at the club level that it would be safer for our skaters if we made a policy that all our **CanSkaters and Preschool Skaters must wear helmets.**

So at a glance these are the most significant changes this season. We encourage you to stay informed with club happenings by watching the Bulletin board, our website (www.riverviewskatingclub.com). LIKE us on Facebook, or talk to the executive or one of our NCCP certified coaches. Our doors and ears are always open, as we want this to be the best experience we can for all of our skaters and their families.

FIGURE SKATE SUPPLIERS AND RECOMMENDED PLACES TO GET FIGURE SKATES SHARPENED

Skate on The Move
Sackville
865-7844
www.skatesonthemove.ca

Inside Edge
Dartmouth
462-7191
www.inside-edge.ca

FIGURE SKATING EQUIPMENT and CLOTHING SUPPLIERS

Skate on The Move
Sackville
865-7844
www.skatesonthemove.ca

Inside Edge
Dartmouth
462-7191
www.inside-edge.ca

Artistic Sole Dance & Active Wear
Hubley Center
Tantallon
www.artisticsole.ca

The Rite Fit
Dartmouth
463-8700
Mic Mac Mall



Skaters attend Summer Training Camps

A number of our Junior and Senior level skaters participated in off season summer training camps and schools. The skaters improved a lot and even earned some milestone tests.

Mia Simm and Alyssa Cross attended the "Barrie Seminar" held the end of June in Barrie, Ontario. Barrie is the a hotbed of figure skating in Canada. A very full week of classes were held both on-ice and

off-ice for skaters of all ages and levels from age 6 beginner level up to the experienced competitive skaters and even a group of adults were participants in the weeklong seminar.

Chloe Harvie, Mia Simm, Allison Power, Jessica Lake-Crossley, Danielle Pettipas, Jessica Vouligny and Alyssa Cross all spent time this summer at the St Margaret's Bay Summer Skating School. Jessica Lake Crossley was able to

complete her GOLD DANCE tests at the final test day held the end of August. Also passing tests were Jessica Vouligny and Alyssa Cross.

At the end of the summer Alyssa Cross and her pair partner Jacob Buckland attended the NS monitoring session in Kentville. They passed their Juvenile Pair competitive test. Alyssa and Jake are the only competitive pair team in the province.

September / October Events

Sat	Sept 10	All Club Programs START
Sat	Sept 17	Farmer Days
Wed	Sept 21	Farmer Days
	Sept 30-Oct 3	NB Fall Skate
Sat	Oct 8	Fitness Week
Wed	Oct 12	Fitness Week
Wed	Oct 26	Halloween Party and Bring a Friend Day
Sat	Oct 29	Halloween Party and Bring a Friend Day

CANSKATE / PRESCHOOL EQUIPMENT GUIDELINES

SKATES - Please ensure your child's skates fit properly. CanSkaters should wear laced hockey or figure skates that provide **good ankle support** and are tied tightly around the ankle and instep. Please do not wrap the laces around the ankle. Avoid buying a larger size skate in anticipation that the skater will "grow" into it and please **avoid plastic molded skates**. Only use one sock in the skate. Skates should be sharpened in advance of the session and sharpened after approximately 10 hours of skating. Do not remove the picks from figure skates. For insurance and safety reasons a CSA approved hockey/skating helmet is mandatory for skaters in the CanSkate Program. Bicycle helmets are **not** acceptable.

CLOTHING - Do not overdress your skater. Warm, layered clothing is recommended. Bulky outerwear (snowsuit), as well as plastic kneepads, are cumbersome and slippery when learning to skate. We suggest cloth splash pants for CanSkaters. StarSkaters should wear appropriate clothing that permits movement (no jeans) with long hair tied back. Warm mittens or gloves are required. Please avoid scarves.

NAME TAGS- Name Tags can be picked up 15 minutes before the session at the table in the front lobby. Name tags will be collected at the end of each session for updating if needed and returned the next day to the table.

GETTING ON THE ICE - Once the ice surfacing is finished, a Coach or Program Assistant will open the doors to the surface and skaters may go on the ice. A coach must be on the ice and the zamboni doors must be closed before skaters are allowed on. Skaters will then be led through a warm up, followed by assignment to their group. For safety reasons, we ask that parents then proceed to the spectator area.

WHILE SKATERS ARE ON THE ICE - Parents are requested to stay behind the glass but to remain in the rink at all times. If you wish to videotape or take pictures you are asked to do it from the bleachers. Not from the badge station (Players Box)

EXITING THE ICE - At the end of the session all skaters are asked to exit from the door closest to the main arena doors. Parents should wait at this door. Handouts will be given at this location

STORM DAYS & HOLIDAYS

We skate most holidays and on storm days unless the arena is closed. In the event of inclement winter call the rink for confirmation. Very rarely do we cancel session. If we do we do everything possible to call everyone.

INSIDE EDGES—Skater Profiles

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.

Briana Sexton

Briana always has a smile on her face and was our most dedicated and most improved Jr CanSkate PA last season.

Briana is 8 years old, in Grade 3 and attends Falmouth District School. She started skating at age 6 at Riverview Skating Club and quickly progressed to Junior Development and now Junior Starskate.

This is her second year as a Junior Starskater, working on her Preliminary Free skate, Dance and Skills. Last year she completed her first dance, the Dutch Waltz.

Helping out with the CanSkate and Preschool CanSkate every week as a Junior PA is a great



way for her to show the young ones how much she enjoys

skating as well given her the opportunity to be proud that she has had a part in their success as a skater.

This year Briana decided she wanted to join the Riverview Junior Synchronized skating team and is extremely excited to be travelling to PEI for the Friendship Competition in January.

Besides skating Briana plays soccer, basketball, piano and is a member of the Windsor Bluefins swim team in the summer. Briana earned a bronze medal in the under 8 girls backstroke at summer swim provincials (out of almost 100 swimmers in the age category)

In her spare time she enjoys reading, drawing, baking, playing with friends and helping her dad

Joshua Lake-Crossley Memorial Skating Award

Joshua Lake-Crossley 1997-2009

Josh did not live a long life, but he lived a full life. Despite being born with a heart condition he pursued his dreams of being an athlete. He skated with Riverview Skating Club for 3 years in the CanSkate program. He represented Riverview at CanSkate competitions, winning medals in elements and speed skating events. He started playing hockey in 2002 with the West Hants Warriors where he stood out for his fast skating and break away goals. He made his move to being a goalie with the Novice Advance team in 2005. In 2008 when his Atom AA team won the Provincial Championship Josh was named to the All Star Team as the 1st line goalie. Joshua loved to skate: at the rink, on a pond, or even on rollerblades in the basement with his sister Jessica. The Joshua Lake-Crossley Memorial Skating award celebrates his passion and enthusiasm for skating, hockey and life.

Awarded for a competitive spirit combined with an enthusiasm and passion for skating. Sponsored by Riverview Skating Club & West Hants Minor Hockey Association.

Bishop Lake was the second recipient of this annual reward on April 3, 2011. On hand to make the presentation was Mark Bishop (Coach for West Hants Warriors Minor Hockey), Lee-Anne Cross (Head Coach for Riverview Skating Club), and Joshua's family (Jessica Lake-Crossley, Shona Lake and Greg Crossley)



Bishop Lake is the son of Troy and Sarah Lake of Lakelands. He is an 11 year old student in Grade 6 at Uniacke District School. Bishop will be working towards his Canskate level 6 this year. In addition to skating, he starts hockey for the first time this fall at the Atom level. During the summer Bishop plays softball with the Uniacke District Softball Association. Bishops other interests include learning to play guitar, his series of YouTube videos on Gus the English Bulldog (under funnycookie44) and gaming.