



# Skate Talk

A newsletter for Members of Riverview Skating Club  
A member of Skate Canada-Nova Scotia  
www.riverviewskatingclub.com

October 2008



## CONGRATULATIONS!

Gill Baldwin, Jessica Lake-Crossley and Sarah Leopold traveled to Sackville NB the weekend of Oct 3-5<sup>th</sup> to compete at the NB Fall Skate. Jessica won her interpretive event and Placed 2<sup>nd</sup> in her Free skate event. Sarah and Gill represented the club proudly in their events as well.

Good Luck to Gill Baldwin as she prepares for Sectionals (Provincial competition for Competitive stream skaters) to be held in Dieppe NB the weekend of Nov 7-9<sup>th</sup>.

## IMPORTANT DATES NOT TO MISS!

Oct 11 <sup>th</sup>	Synchronized Skating Programs to be started
Oct 29 <sup>th</sup>	Halloween Party & BRING A FRIEND DAY 5:30 – 6:20 Winter # 1 Registration 6-8pm
Nov 1 <sup>st</sup>	Halloween Party & BRING A FRIEND DAY 10:40 – 11:30 Winter # 1 Registration 9-11:30am

## VOLUNTEER OPPORTUNITIES

1. Distribution of club's flyers to all of the local elementary schools and Preschools.
2. Provide lunch items for the PA training session on Oct.25<sup>th</sup>
3. Bring A Friend Day Greeters. We need parent volunteers to help welcome the friends to the club and make sure each skater receives a name tag

## Looking to buy/sell skating Items?

There are a number of items posted on the Club Bulletin Board for sale. Also if anyone who wishes they may place their items in the seniors room during registration times. Please make sure all items are clearly marked with Contact name, phone number and price.

## BRING A FRIEND DAY INVITATION

Directions for invitations..

1. Add your friends name to the invitation
2. Circle which session (Wed or Sat) you and your friend will be coming too.
3. Cut out along the dotted line
4. Hand out to your friend/s more the merrier!
5. Make sure your friends know what to bring
6. Come for some spooky fun and games. When you arrive on Party day make sure your friends receive a name tag and follow you to your group

(More invitations are available at the badge station.)  
Parents please NOTE all "friends" Must wear a helmet and mittens or gloves



-----  
*Add friends name above*

**You are INVITED to our**



**At the Riverview Skating Club  
Newport Rink**

**Wednesday Oct 29<sup>th</sup> 5:30 – 6:20**

Or

**Saturday November 1<sup>st</sup> at 10:40 – 11:30**

Bring your skates, Helmet and a pair of mittens

**Don't forget to dress up!**

(make sure you can skate in your costume)

## EQUIPMENT RECOMMENDATIONS

**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 up to and including Stage 3 Bicycle helmets are **not** acceptable.

**CLOTHING** - Do not overdress your skater. Warm, layered clothing is recommended. Bulky outerwear (snowsuits), 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.

## Riverview Skating Club

### Winter # 1 Registration

Winter # 1 Sessions start Nov 3<sup>rd</sup> and continue until early January.

Wednesday Oct 29<sup>th</sup>  
6-8pm

Saturday November 1<sup>st</sup>  
9 – 11:30am

Registering for the following club programs:

PreSchool CanSkate	3-4 years learn to skate
CanSkate	5 and older learn to skate
Jr Development	(intro to figure skating)
Junior & Senior	
Development Synchronized Skating	
Adult Ice time and private lessons available as well	

Come **LEARN TO SKATE** with us!

For detailed descriptions of club programs see our website at [www.riverviewskatingclub.com](http://www.riverviewskatingclub.com)

## Synchronized Skating UPDATE

We are now officially a synchronized skating club! The following guidelines were put into place by the coaches to help select members for each team. We are still recruiting for the development syncro team. But Membership into the PreJuv/Juv team and the PreNovice team will only be at the discretion of the club coaches from this point forward for this coming year.

**DEVELOPMENT TEAM** - Skaters must have completed a min of Stage 4. This team will not be competing this season but they will be putting together a number for the club ice show at the end of the year. The goal is to use this team as a feeder program into our PreJuv / Juvenile Team. The skaters on this team will still be involved in every aspect of the Syncro experience from developing cheers to participating in competitions as spectators and the cheering section so when they have the chance to compete at the "Big" competitions they will have the knowledge of what it is all about. There may be opportunities for this team to skate various exhibition performances as well

Skaters can join this team up until Jan10th 2009  
Saturdays 11:30 - 12:15  
Fee's: 3 equal payments of \$50.00 Fall, Winter #1 & Winter #2

**PREJUV / JUVENILE TEAM** - Skaters must be able to demonstrate Fwd and Bwd Crosscuts, swing rolls, progressives and chasse's. Our goals for this team are to compete at Valley Regional's and Eastern Challenge Festival to be held at the Halifax Metro Center (1st time in many many years for Nova Scotia to host it) Skaters must be committed to the team and only miss a minimum number of practices. There may be opportunities for this team to skate various exhibition performances as well

**PRENOVICE TEAM** - Skaters must be able to demonstrate 3 turns, Brackets, Rockers, Counters and Twizzles. Strong general skating skills and Field movements are also recommended for this team. Our goals for this team are to compete at Valley Regional's and Eastern Challenge Festival to be held at the Halifax Metro Center (1st time in many many years for Nova Scotia to host it) Skaters must be committed to the team and only miss a minimum number of practices. Next season we hope to move up a level and possibly compete for a berth at the National Championship. There may be opportunities for this team to skate various exhibition performances as well

Deadline to register for the PreJuv/Juv and PreNovice Teams was Oct 4th, 2008. Skaters must commit to the full season.

Saturdays 11:30 - 12:30 with the possibility with extra practices at various times TBA  
Fee's 3 equal payments of \$85.00 Fall, Winter #1 & Winter #2