



## GLOUCESTER SKATING CLUB FALL-WINTER 2017-2018 LETTER TO PARENTS / MEMBERS

\* Please read for important updates \*

### Message from Gloucester Skating Club

Welcome to the 2017/18 season! We warmly welcome the skaters and families who are new to our Gloucester Skating Club family, and thrilled to see our returning skaters and coaches.

AS GSC continues to improve our communication reach and registration processes, we hope that everyone is adjusting to the new registration system, Amilia, which, based on our testing and early user feedback, is much more user-friendly than our previous system. As a reminder, it allows the following: Easy set-up of family accounts, allows for real-time registrations, payment plan options, and pro-rating of fees when adding sessions already in progress. Fall/winter sessions run from September 5<sup>th</sup> to March 31<sup>st</sup>, we will be adding more programming in the month of April soon. Members have the option to spread payments out with an initial deposit on registration and monthly payments thereafter from September 15<sup>th</sup>, 2017 to February 15<sup>th</sup>, 2018. If you have a credit on account, please register and contact the office to request a correction to your monthly payments.

Our CanSkate program, the backbone of our Club, is back for another great season. Skate Canada has an introductory video for the CanSkate program, which was filmed at the Bob MacQuarrie Recreation Centre and features GSC skaters and coaches! You can see the video at the following link: <https://www.youtube.com/watch?v=9Z7KBWwpVgU>

The GSC Competitive Team has been training all summer and will be hosting their annual Used Skate and Clothing Sale on Saturday September 9<sup>th</sup>, 2017. The Competitive Skaters will also start to prepare for the 2018 Ontario Sectional Championships with the Competitive Team Program in the early Fall. Watch for more details on the GSC website at [www.gloucesterskatingclub.ca](http://www.gloucesterskatingclub.ca) and Facebook page.

We are proud of the growth and success of our Youth and Adult Synchronized Skating teams: Green Machine and Fine Line (Adult) and Kaleidoscope (Youth 2 teams), please see our website for specifics.

For our STARSkaters, their preparations are also underway for the STARSkate Competition February 22-25, 2018 to be held at GSC as well as STARSkate Enrichment Program (formerly known as the EOSIC Team program in January 2018).

On April 14<sup>th</sup>, 2018 our STARSkate Club Competition will be held. Running all of these great events, of course, takes a group of great volunteers, and that's where you come in! Volunteering for these events counts for your volunteer hour requirements with the Club, and connects you with our skating community. To find out more, please contact Dana Pement, our Director of Volunteers at [volunteer@gloucesterskatingclub.ca](mailto:volunteer@gloucesterskatingclub.ca)

This year we are offering a new feature – the GSC Social Membership. This membership allows the Club to build community spirit amongst our Skater families throughout the year

and gives you two great benefits: a \$40 banquet ticket discount (until Dec 31st) and the option to spread the cost using the monthly payment plan. The membership price is \$25 for Youth / \$30 for Adults and can be purchased for one Parent in addition to the member. Banquet tickets are \$40.

If you want to keep up on the activities and find out how you can get involved, check our [Facebook](#) page and Like Us! You will get all the latest news and see photos of all our skaters in action. You can also follow us on Twitter at @GSCSkaters.

### **Skating Calendar – Sep 5, 2017 – March 31, 2018 (Warmup Ice August 28 – 31)**

The Fall-Winter Cancellation Calendar will be available on the GSC website. Please check the GSC Bulletin Board and the News section of the GSC website for last minute updates or changes.

### **Off-ice Fitness Testing**

GSC is pleased to provide physical capacity tests for STARSkate and Competitive members. These tests provide a baseline to compare with future results. For members who have participated in physical capacity tests in the past, these test results will show improvements since the last test and/or further areas for improvement. The overall aim of these tests is to support optimal athletic development and performance. The results of these tests will be collected and privately distributed to each individual's coach, and securely stored for future personal comparison.

**Cost: Free** to all skaters participating in Gloucester Skating Club STAR/COMPETITIVE Skate program

### **Featured Figure Skating Training (On and Off-Ice: year round)**

- Off-Ice group classes – Off-Ice jumping, conditioning, core strengthening, flexibility, creative movement, dance, ballet (included in registration fees, coach included)
- Enrichment Off-Ice group classes – for Advanced and Competitive Skaters who are striving to gain a “competitive edge” in their training(will be offered at additional cost if demand is sufficient, coach included)
- Free Skate, Dance and skating skills (coaching fees extra)
- Our highly qualified coaches and off-ice instructors are also available for private or small group consultations. (See Brochure for contact information, coaching fees paid directly to the Coach)
- Off-Ice and on-ice harness is available for all levels (contact your coach, coaching fees apply)

### **Off-ice Training**

**Attendance and commitment** to an off-ice program is a **major** contributor to **accelerated skill development** and the overall enhancement of an athlete's on-ice performance and long-term development.

Skaters are required to be at the rink 20-30 minutes prior to their on-ice session to do a proper off-ice warm-up. Skaters are **required** to have **a skipping rope** for all off-ice classes.

- **Water bottle:** Everyone having a water bottle allows the group to stay in one place during the session and keep everyone well hydrated, which is essential for young people, especially athletes. Drinking lots of water helps a skater's body to function at its best by helping muscles work more efficiently and cool down more effectively after hard workouts.
- **Towel (small hand towel would work or small bath towel):** We use this towel to help with flexibility exercises.
- **Proper running shoes (good arch support):** It is very important for skaters to have appropriate foot wear during off-ice. Skaters' feet need to be well supported while they are running and jumping. Proper footwear also helps **prevent injuries**, not only to their feet, but to their whole body; the position of our feet set up the alignment of all our joints.
- **Snacks:** Proper and adequate nutrition is crucial to staying healthy and having enough energy to train and recover. Some skaters are coming straight from school, skating and then coming to off-ice, so it's really essential that they have quick and healthy snacks to munch on in between skating and off-ice. Throwing granola bars, dried fruit, fresh fruit, or whole wheat crackers (to mention a few) would be a great idea. Ideally, to help skaters' bodies to recover well after training, they should try to drink at least 500ml-750ml of water and have a snack or meal within 1 hour of the end of their session(s).

**Fundraising** is an integral and important part of the Gloucester Skating Club as it helps to keep ice and program costs reasonable for everyone, at every level of skating. The Club supports the following ongoing fundraisers.

Spread the word throughout your community! For details please go to the Fundraising tab at [www.gloucesterskatingclub.ca](http://www.gloucesterskatingclub.ca).

- Donations The Club has two fundraising campaigns: the Skater Development Fund and the Coach Good Will Fund. For more details on how we use these funds, go to GSC Registration/Store "Please Donate".
- Gifts We collect in kind donations and gift cards for silent auctions, raffles, skater gifts, etc.
- Business Partnerships If you have, or know of a business that could partner with the GSC, or have some great fundraising ideas, please let us know.
- Grants/Sponsorships The Club needs your help in applying for grants and gaining sponsorships.

If you have any gifts or expertise, or know of someone who can help, please contact our Fundraising Director at [fundraising@gloucesterskatingclub.ca](mailto:fundraising@gloucesterskatingclub.ca).

Other fundraising initiatives:

- FundScrip This program allows you to earn 2-3% on gift cards ordered for items you buy on a regular basis (example groceries, gas). This amount is applied directly to your

Skater account. Some families earn more than \$200 per year! For details please check out the Fundraising tab at [www.gloucesterskatingclub.ca](http://www.gloucesterskatingclub.ca).

- Nevada tickets – Purchase Nevada tickets at Mac’s on the corner of Youville and Jeanne D’Arc, and you support GSC.
- Used Skate and Clothing Sales – Saturday September 9, 2017 and Jan (date TBD) - These fundraisers directly support the 2017-18 COMPETITIVE & STARSKate Enrichment Teams. Now is the time to go through your closets and find old skates, dresses, sweaters, or any skating attire that you no longer use or wear. Information about the sale is available on the GSC website Programs + STARSKate tab.
- Broadway Bar & Grill Fundraiser - The Broadway Bar & Grill in Orleans (1968 Portobello Blvd) is the newest GSC supporter! Next time you enjoy a meal at the restaurant be sure to save your receipts and bring them into the GSC Office. Broadway will donate 10% of pre-tax sales made by Club members and their families at the end of the year.
- Boston Pizza Fundraiser – Every time you eat at the Innes location, write “Gloucester Skating Club” on your receipt and drop it in the box and the entrance. GCS will get a % back on your bill.

## YOUTH AND ADULTS SYNCHRONIZED SKATING

The Gloucester Skating Club has two Youth and three Adult Synchro Skating Teams, for more information check our GSC website or contact the team managers at:

**Kaleidoscope (Youth)** [kaleidoscope.synchro@gloucesterskatingclub.ca](mailto:kaleidoscope.synchro@gloucesterskatingclub.ca)  
**Fine Line** [fineline.synchro@gloucesterskatingclub.ca](mailto:fineline.synchro@gloucesterskatingclub.ca)  
**Green Machine** [greenmachine.synchro@gloucesterskatingclub.ca](mailto:greenmachine.synchro@gloucesterskatingclub.ca)

### RecSkate / Active For Life

Open to skaters looking to continue in the sport of figure skating in a group setting. Skaters develop a variety of figure skating skills in a fun, safe, recreational environment! Skaters progress at their own speed as our coaches assess skaters on a continual basis. Our trained and certified coaches provide an environment focused on fun that creates a positive learning environment. Skaters develop skills in the following areas: free skate, dance, skating skills and synchronized skating.

Skaters must have **completed CanSkate stage 6** or possess the equivalent skating ability.

See you at the rink! Enjoy the rest of Summer 2017.

Gloucester Skating Club