

November 2011

Volume 2, Issue 2



# Olds Skating Club Newsletter

*“For Fun, Fitness & Achievement”*

## Skating – What is it ALL about?

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Check OFSC Bulletin Boards for ongoing information.

- Auxiliary Ice Viewing Area
- Lower Arena Hallway
- Upstairs Entrance

### Contact OFSC

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President  
403-335-9629

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oldsskate@hotmail.com

Visit our web site at  
[www.oldsfigureskatingclub.com](http://www.oldsfigureskatingclub.com)

**SKATE CANADA** is a national leader who is committed to the development of personal excellence through participation in skating.

### Mission

Skate Canada is dedicated to providing Canadians the opportunity to participate in skating throughout their lifetime for fun, fitness, and achievement.

**Programs** Every Skate Canada skating program complements the others and allows for unrestricted movement and development through the system. All programs are taught by professional coaches certified through the National Coaching Certification Program (NCCP) and they are offered at member clubs and skating schools across the country.

Skate Canada programs are based on a Participant Development Model and an Athlete Development Model.

**CanSkate** is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. CanSkate is the feeder program to all other Skate Canada Skating Programs.

### Program Structure

The CanSkate program focuses on the development of six fundamental movements organized in six stages of learning, with an optional 7th level for skaters who want to move into figure skating. The skills are arranged in progressions, from very simple to the more complex. Each stage has a primary focus. Once the skills on each

stage are mastered, a badge is awarded. The series of badges include Stage badges, Fundamental Movement badges and Fitness badges.

### The names of the STAGE badges are:

- Stage 1 - Balance
- Stage 2 - Glide Forward
- Stage 3 - Glide Backward
- Stage 4 - Edges
- Stage 5 - Power
- Stage 6 - Speed
- Stage 7 (optional) - Pre-Preliminary

### The names of the FUNDAMENTAL MOVEMENT badges are:

- Go Forward
- Go Backward
- Stop
- Turn
- Spin
- Jump

### The names of the FITNESS badges are:

- Fitness I
- Fitness II

We wanted you to have an overview of the programs. If you have any questions or comments stay tuned for your chance to be a "MYSTERY Viewer".

## Helmet use as accepted by the national Skate Canada Organization -adopted 1/Oct/11



### GENERAL HELMET USE

All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure all CanSkate and Adult CanSkate participants up to and including Stage 5 must wear a CSA approved hockey helmet while on the ice.

This policy also applies to all other Skate Canada programs, therefore anyone who lacks good control/balance when skating

forward, backward and has difficulty stopping, as well as maneuvering around obstacles on the ice must wear a CSA approved hockey helmet.

Clubs and skating schools must ensure this policy is enforced during all skating activities including competitions, carnival days or any other special on ice activities throughout the season for this level of skater.

This policy is a minimum standard. Sections, at their discretion, may impose a higher standard which all clubs and skating schools within the sections' boundaries must adopt and implement.



### HELMET USE DURING A COMPETITION OR TEST DAY

A skater beyond a CanSkate Stage 5 level that chooses to wear a CSA approved hockey helmet during a competition or test day will not be subjected to any deductions in relation to the use of a CSA approved hockey helmet.

#### OFSC Minutes

Any club member wishing to receive OFSC meeting minutes, can contact

Denise Hodgson

556-1478

As a group OLDS SKATING CLUB follows Skate Canada's stance on helmet use.

**We're on the Web**  
[www.oldsfigureskatingclub.com](http://www.oldsfigureskatingclub.com)



CANSKATE



CANPOWERSKATE



STARSKATE

## Star Skate Coach

Patsy Ann Jones

1958 is the year I started coaching. Oh my gosh. Now we are into the 2010-2011 season.....You do the math.

Yes I got my "50 year pin" a couple of years ago now. All my training was done in Australia, where I taught both Australian and New Zealand Champions. Did several television shows and lear to skate programs from the National stations. Performed and produced many, many Ice Shows over the years, both in Australia and Canada. I have reached Gold Status in all forms of figure skating and have also been known to run several successful hockey schools.

I expect total commitment from my students and accept only their very best effort. This attitude has been very beneficial and rewarding, over the years with a great deal of my students successfully reaching Gold level and now able to move onto an even higher level of Diamond status. Several former students are now successfully coaching, evaluating and judging, which makes me very proud of their achievements.

A world of advice, work hard and enjoy your skating, it is something you can do forever and you can do it all over the world.



**NEEDED!** We are hosting an upcoming CanSkate competition, 10 December, 2011 from 9-2pm.

**Check the Downstairs bulletin board for jobs and sign up sheets.**

We are also asking for a SPONSORSHIP of \$500, for the competition. The sponsor would become involved with the medal presentation and have recognition throughout the event. If you know of an interested business or individual please have them contact the co-hairs, Shannon Powell / Marieke Huyzer .  
(powellshan@gmail.com / huyzer@xplornet.com)

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# Meet Your Coaches

## CanSkate Program HEAD COACH

Jacqueline Berild

I am a 2011 graduate of Olds High School, and I am planning on furthering my education at the University of Alberta next fall. I have been skating since Kindergarten and this year I am towards getting my Gold Dances. I have been a PA for 8 years, and last year I was an assistant Can-Skate coach.

I have obtained my Phase One Coaching Certificate which enables me to coach CanSkate. I am really glad I could start my coaching career at the Olds Skating Club, and I plan to coach for many years. Besides skating I have participated in soccer and lacrosse. I enjoy music; play guitar, bass clarinet, and the piano.

The 2011/2012 skating season will be a blast!



## CanSkate + GROUP COACH

Carol McLean-Pion

I live in Bowden , work at Olds College and have a small cake decorating business.

I taught CanSkate, CanFigure, Novice and Power skating in Calgary for 15 years, hold my NCCP Level 2 Coaching Certificate, Skate Canada CanSkate Professional Coach Certificate, Skate Canada CanPower Certificate and Annie's Edges Seminar (1998).

I have always had a love for skating but my passion for teaching/coaching came from having a great coach and mentor, that was Patsy Ann Jones, she was my first professional coach many years ago. I loved every moment of coaching at my Calgary club and heartbroken when I had to retire due to the way to long, winter commute.

I look forward to putting the skates back on and sharing the fun of skating with students once again!

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## Coming Events

Nov 11/11	NO SKATING
Nov 21/11	Fall Financial Review 5-6pm concourse
Dec 10/11	Edge of Excellence CanSkate Competition
Dec 19/11	Registration for Winter Session 4:30-5:30pm
Dec 21/11	Skate with Santa (ALL Skaters WELCOME)
Dec 21/11	Last Day of Skating
Dec 21/11	Registration for Winter Session
Jan 9 /12	First Day of Winter Skating
Mar 25/12	Winter Carnival
Mar 28/12	Last Day of CanSkate

### Club Jackets / Pants

Christmas is coming.... Would your skater like a CLUB Jacket or Pants????? To get this done before Christmas we ask that you buy an item you'd like embroidered. We will then take it to the company where our logo is. The logo looks like the one above and can be done in different colours.

We have done yellow on black club jackets in the past. It shows up REALLY good. Please have them available for December 1, 2011.

If you're interested please contact Lisa Land via email—[landcon@telusplanet.net](mailto:landcon@telusplanet.net).

**Skate with  
Santa  
December 21**

**FOR FUN, AND ACHIEVEMENT.**

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