



# Gloucester Skating Club Glider

Where dreams begin...

Fall 2008

## President's Welcome

*Jody Langelier, President Gloucester Skating Club*

On behalf of the Board of Directors of the Gloucester Skating Club, I want to welcome all new and returning members and their families, and wish all our skater's a very successful year.

We have had a great start to the skating season with competitions at: Minto Summer Skate; Thornhill Summer Skate and Autumn Skate. GSC was well represented at all these competitions and we had some great results!

The Gloucester Skating Club can only function with the assistance of volunteers and as such we are requesting that anyone **interested in becoming a member of the Board of Directors** please contact the office. We are currently in need of volunteers to assist with Fundraising and to sit on the Fundraising committee.

I would like to take this opportunity to introduce you to the volunteers that are currently on the board:

- Treasurer – Laura Burchill
- Sr. Vice President – Harmony Madill
- Vice President, Skater Development – Sue Scherer
- Vice President – Melissa Gomes
- Hospitality – Rachelle Ferron
- Fundraising – Marlene Shepherd / Jerry McGuire
- Test Chair – Kelly Sheridan
- Skater Development – Kim Bondar
- Volunteers – Debbie Poisson
- Communications – Christina Comeau
- Synchro – Katy Hodgkinson
- Special Events – Mike Lacelle

We are currently in the process of recruiting an Office Administrator and Bookkeeper. We have appreciated the time and effort of both Heather McMahan, Office Administrator, and Christine Savage, Bookkeeper. We wish both of them all the best in their new endeavours!

Please remember to check out the Gloucester Skating Club website often. News, schedule changes and upcoming events will be posted on the website.

[www.gloucesterskatingclub.ca](http://www.gloucesterskatingclub.ca)

I'd like to wish all skaters **Good Luck** at the upcoming competitions. Have a great skate!

## Synchronized Skating at GSC

*Katy Hodgkinson, Synchro Chair*

The 2008-2009 Synchro season is under way at GSC and we are please to announce the addition of a **new team** to our Synchro family! Following a successful "Introduction to Synchro Workshop" back in May, the youth synchro team "**Kaleidoscope**" was formed. The team is coached by Meredith Rocchi, a Hamilton native who moved to Ottawa three years ago to study at the University of Ottawa. Meredith brings with her ten years of synchro experience having competed at the Novice, Junior and Senior levels at seven National Championships and two Junior World Championships. She is also a member of the Fine Line Adult Festival Team here at GSC. Kaleidoscope practices Tuesday evenings and welcomes skaters aged 11 years and younger. The theme for the teams' inaugural season is James Bond 007. For more information please contact the GSC office.

### Fine Line is celebrating their 10<sup>th</sup>

**Anniversary season.** A story about truth, beauty, freedom, but above all things, love – the team is skating to Bolero from the Moulin Rouge soundtrack. Coached by Natacha Saintonge and Lauren Capstick the team is competing at the Adult Festival level.

### The Gloucester Green Machine Adult

**Masters** team is skating to Rod Stewart, "Forever Young" this season, and is coached by Heather Byers.

Please mark **Sunday, December 14, 2008** on your calendar for the annual "**Synchro Showcase**" at the Bob MacQuarrie complex from 3:00-5:00 pm. This year's showcase will feature synchro teams from GSC and surrounding Ottawa area clubs.

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Expiry 12/31/08

## Looking for Volunteers! Parade of Lights – November 29

Gloucester Skating Club would like to continue the tradition of participating in the **annual Parade of Lights** in Orleans. To participate this year, GSC is in need of a Parade Committee, a float, two generators, decorations, and a crew! If you're available to help with this, please contact Mike Lacelle 613-834-1850.

## Parent Info Sessions Coming Soon!

Members from the GSC Board of Directors will share and review information regarding skating at GSC, and be available to answer questions. These sessions are held while skaters are on the ice. Watch the notice board and website for information.

Primary StarSkate - Parents  
November 4 - 5:15pm - 5:45pm.

Intermediate StarSkate - Parents  
November 5 - 6pm - 6:30pm

Advanced StarSkate and Competitive – Parents  
November 6 - 5:10pm - 5:40pm

## Nutrition Workshop for GSC Members Thursday, October 16<sup>th</sup>, 6:30pm - 8:00pm

*"PowerFuel" Nutrition Group Workshop*  
by Beth Mansfield from Peak Performance.

This interactive workshop will teach you how to practice sport nutrition for peak health and performance – so that you are refueled, ready to go, and achieving your sport and health goals. Get the ultimate edge on your competition! All Club members are welcome to attend. **Sponsored by our GM Club Coaching Grant.**

## International Competition in Ottawa!

Remember to get tickets to attend practices and competition events at Scotiabank Place for the **HomeSense Skate Canada International!**

Gloucester Skating Club will be doing a feature demonstration of the StarSkate Program prior to the Gala on the Sunday November 2, 2008, watch the notice board for details.



## GSC's Club Number – 1000503

From time to time you may need GSC's Club Number for competition registration forms. Take note of the number and for future reference the club number is up on the website under **About Us**.

## Skaters and Coaches

We wish Ice Dance team **Allie Hann-McCurdy** (from Gloucester) and **Michael Coreno** (from Delphi, Ontario) much success on their upcoming competitive season! This young dance team will represent Canada at **Skate America, October 23-26**, and the **Cup of Russia, November 20-23!** Check your television listings and check for live web streaming to catch this **international skating duo**, who appeared in the **Gloucester Ice Show in May!**

**Elizabeth Manley** has been named **Skate Canada Athlete Ambassador** for the *HomeSense Skate Canada International Competition* here in Ottawa. Elizabeth will be working with the athletes during this event.

**Coaches, Justin and Chantal Bell** have recently retired from the business of coaching, and will be sadly missed by all of us at the Gloucester Skating Club. We would like to wish our very best to them and their family with their new home and business (a coffee shop) in St. Jovite, Quebec.

**GSC Novice skater, Kim Ficara**, age 18, has accepted a position with **Disney on Ice**, and left in late September to begin show practice in California. We wish Kim all the best on her new adventures! A full story on Kim can be found at East Ottawa on-line - <http://www.eastottawa.ca/article-248048-Disney-on-ice-beckons-for-eastend-skater.html>

Keep an eye on the Showcases! Skaters who have participated will be profiled throughout the year. The **Skater Profiles** will include a brief bio and photo of each skater. Thank you to all the skaters who returned their questionnaires!

In May, **Sheilagh McCaskill**, coach and CanSkate Director at GSC was recognized by Skate Canada as one of the top CanSkate Coaches in Canada! Congratulations Sheilagh- well done and we're proud to have you as GSC's CanSkate Director!

Also in May, from the Eastern Ontario Section - **Darlene Joseph** was recognized by the section as **Volunteer Coach of the Year** and **Donna Bierko** was awarded the **Section Officials Award**. Both have made lasting contributions to skating in the Eastern Ontario Section- congratulations- we're proud to have you at Gloucester Skating Club.

Though the news may seem a little late, **congratulations to Amanda Kate Tracy** who won the HomeSense StarSkater of the Month in March 2008.

## Competitive Team

GSC Competitive Team earned approximately \$750.00 towards their Competitive Team program with the GSC Annual Skate and Clothing Sale held in September.



The GSC Competitive Team program, with skaters competing at Eastern Ontario Sectionals - Pre-juvenile to Senior skaters, will run Sunday Oct 5, 19, 26th, 2008.

Make sure to come out and cheer on the Competitive skaters at their send-off **Gala Performance on Sunday, October 26<sup>th</sup> between 10:00am - 1:00pm in the Orleans Arena.**

Competitive skaters will compete at the upcoming Eastern Ontario Sectional Championships in November 14 - 16, 2008 in Bowmanville, Ontario – it is the first stage of qualifying for Eastern Challenge, Junior Nationals, and Canadians. We wish the GSC Competitive skaters much success!

## GSC is Seeking SPONSORS!

If you have a business or know of a business that would like to make a contribution to the Club in some way and in return have their business recognized, please contact the Gloucester Office. GSC is able to **recognize our sponsors** through the newsletter, the website, the showcases, and during Spring Fest, GSC's annual invitational competition.

## GSC Fundraising Committee

The GSC Fundraising Drive has already begun. Order forms have been going out to all our skaters, parents and community. This Fall we are promoting: Milk Chocolate, Gourmet Coffee and Luxury Soaps. We are counting on your support to make this event a success!

This year **Boston Pizza** will sponsor the Gloucester Skating Club as long as we provide them with receipts. They will **donate 10% of all receipts they receive from the GSC.** Please drop off your receipts at the office. If the office is closed, please just drop them in the mail slot.

The **Fundraising Committee is also encouraging new members to join our team.** This is a great way to earn volunteer hours and to have fun. If you are interested or have ideas that you'd like to share please email Jerry McGuire at: [jerrymcguire1@me.com](mailto:jerrymcguire1@me.com).

**Update on FundScrip** - Collectively parents participating in FundScrip have **earned over \$680** since it was started this summer. **FundScrip** - Turn everyday purchases into earnings - earnings which can be put towards **your skater's ice costs** or other charges that have been put on their account!

Register with FundScrip and then purchase gift cards from retailers in virtually every category from grocery and gas to department and specialty stores. With each gift card purchase, FundScrip pays a percentage back to you (ranges from 2% to 15% depending on the retailer)! The Club is pleased to offer our members 100% profit on earnings. The campaign runs until December 31, 2008. For more information about the program and to register visit [www.fundscrip.com](http://www.fundscrip.com). And all FundScrip information is under its own tab at the GSC website.



## Workshops and Seminars

Skaters **Jillian Fournier** and **Sonia Tang** attended the **EOS Youth Camp** in Napanee September 13 - 14, a 2 day workshop.

Skaters **Kaitlyn Ball**, **Siobhan Larocque**, **Lauren Langelier**, **Hailey Fournier**, **Chelsea Sheridan** and **Shaanen Willbond**, all attended the **JumpStart Seminar** on September 13 - 14 in Napanee, Ontario.

In July, **Elizabeth Comeau**, **Nikki Mattocks**, and **Benjamin Guthrie** attended the **Ontario Provincial Training Camp** in Kitchener-Waterloo.

## Skating Resources

Peak Performance, Beth Mansfield recently gave a workshop for the Competitive GSC skaters on "Powering Nutrition for the Athlete." Beth will offer another workshop on October 16 for all GSC members. Here's a copy of a yummy recipe Beth shared with the skaters.

### Ingredients for a fuelling snack pack

- 1 big bag of multigrain cereal - O's by Heritage Path - available in the organic section of Loblaws or one box of multigrain cheerios
  - 1 big bag of salted stick pretzels
  - 1 big bag of sweetened cranberries (called cranraisins)
  - 1 big bag of trail mix (without peanuts if you have a peanut allergy)
  - 1 big bag of chocolate chips
  - 1 box of plastic snack size bags (these are smaller than sandwich size bags).
- This should suffice to make 30-40 bags easily.

For additional resources:

<http://www.peakperformance.on.ca/>



## Results and Tests

Competition Results are being posted when possible on the GSC Bulletin Board and GSC Website.  
Autumn Skate results to follow soon!

GSC held a Test Day on August 12, 2008. **Congratulations to all skaters who passed their tests!**

<i>Prelim. Skills</i>	<i>Jr. Bronze Skills</i>	<i>Preliminary Dance - Dutch Waltz</i>	<i>Preliminary Dance - Canasta Tango</i>	<i>Preliminary Dance - Baby Blues</i>
Erica Hersey	Victoria Canning-Choi	Maren Savard-Gudjonsdottir	Maren Savard-Gudjonsdottir	Maren Savard-Gudjonsdottir
Kaitlyn Butterfield		Briet Savard-Gudjonsdottir	Briet Savard-Gudjonsdottir	Briet Savard-Gudjonsdottir
Meighan Sheridan		Chloe Bondar	Chloe Bondar	Josh Allen
Angela Facette		Erica Fisher	Alison Pratt	

  

<i>Jr. Bronze Dance - Fiesta</i>	<i>Jr. Bronze Dance - Willow</i>	<i>Sr. Bronze Dance - Ten Fox</i>	<i>Preliminary Elements</i>	<i>Sr. Bronze Elements</i>
Erica Hersey	Meighan Sheridan	Angela Facette	Briet Savard-Gudjonsdottir	Jennifer Frail (Dartmouth)
Amanda-Kate Tracey	Lauren Langelier			
	Hailey Fournier			

  

<i>Interpretive - Introductory</i>	<i>Interpretive - Bronze</i>	<i>Sr. Silver Dance - Starlight Waltz</i>	<i>Gold Dance - Argentina Tango</i>	
Maeve Giffin	Maeve Giffin	Christina Bulger	Arianne Gosselin	
		Kennedy Mason (Goulbourn)		

**Our next Test Day at GSC will be held on December 12, 2008**

## What's Upcoming at GSC

Nutrition Workshop – Thursday, October 16th, 6:30pm - 8:00pm at Bob MacQuarrie Complex.  
 Competitive Team Training, and Gala – Sunday's in October. Gala Performance October 26, Bob MacQuarrie Complex.  
 GSC Board Meetings – November 5, December 3, at 7pm.  
 Skate Canada International in Ottawa – October 30 – November 2, Scotiabank Place, Ottawa.  
 GSC Parent Information Sessions – November 4, 5, 6. See notice board for details.  
 BMO Skate Canada Sectionals Eastern Ontario Sectionals – November 14-16, Courtice/Bowmanville.  
 Parade of Lights – November 29, Orleans.  
 BMO Skate Canada Eastern Challenge – December 3-7, Mississauga.  
 Carleton Place Love to Skate – December 6, Carleton Place, ON.  
 GSC Test Day – Friday, December 12, 2008.  
 GSC Club Competition - Saturday, December 13, 2008.  
 Synchro Showcase – December 14, Bob MacQuarrie Complex.  
 Special Olympics and Invitation Competition – January 10, Kemptville, ON.

### Websites to check out!

Skate Canada - [www.skatecanada.ca](http://www.skatecanada.ca)  
 Eastern Ontario Section - [www.skate-eos.on.ca](http://www.skate-eos.on.ca)  
 Skate Today - [www.skatetoday.com](http://www.skatetoday.com)  
 International Skating Union - [www.isu.org](http://www.isu.org)

**Recycling Facilities** now available! The City of Ottawa has set a 40% diversion target for its 200+ facilities where recycling is available. If you use juice boxes or disposable water bottles, please put empty waste in the recycle containers, *not* the garbage. Plastic bottles, pop cans, and paper products are all recyclable. Let's all do our part to protect the environment!