

Gloucester Skating Club Glider

November 2009

Where dreams begin....

Wishing the GSC Competitive Team
GOOD LUCK and HAVE A GREAT SKATE!



Back Row:

Darlene Joseph (coach)
Sheilagh McCaskill (coach)
Ben Guthrie - Junior Men Northern Ontario Section
Elizabeth Turner - Pre-Novice Ladies
Laryssa Powidajko - Pre-Novice Ladies
Elizabeth Comeau - Novice Ladies
Maeve Giffin - Junior Ladies
Laura Liston - Novice Ladies
Arianne Gosselin - Novice Ladies
Patrick Goodman - Senior Men
Nathalie Roy (coach)
Jodie Bierko (coach)
Debbie Montgomery (coach)

Front Row:

Jillian Fournier - Pre-Novice Ladies
Kelsey MacLean - Pre-Novice Ladies
Michaela Feibel - Pre-Novice Ladies
Siobhan Larocque - Juvenile Ladies
Josh Allen - Juvenile Men
Nadine Slupeiks - Juvenile Ladies
Sara Kelly - Pre-Novice Ladies
Sonia Tang - Pre-Novice Ladies
Kirstyn Burchill - Pre-Novice Ladies

Absent:

Nikki Mattocks - Pre-Novice Ladies
Émilie Héroux - Novice Ladies
Sydney Baker - Pre-Novice Ladies
Elisabeth Dyer - Pre-Novice Ladies
Allie Hann-McCurdy & Michael Coreno - Senior Dance



WELCOME BACK GSC SKATERS!!!

Another skating season is upon us and there is lots going on at the club. All the skaters trained really hard over the summer and are ready for another competitive season. Congratulations to all skaters who competed at Minto Competition, Thornhill Competition and Autumn Skate. To see the results, please see our website at www.gloucesterskatingclub.ca.

GSC is hosting EOSIC!

We had our kick-off meeting on Oct. 22nd and have formed a fabulous committee. Anne Monaghan from Skate Canada - Eastern Ontario Section was in attendance to give us lots of advice on how to run a smooth competition. Our committee is already working hard to get things organized and on their way.

What's Coming Up at GSC...

- ✓ 2010 BMO Skate Canada Eastern Ontario Sectionals - Nov.13-14, 2009 in Napanee, ON
- ✓ Love to Skate - Dec. 5, 2009 in Carleton Place, ON
- ✓ GSC Test Date - Dec. 11, 2009 at Bob MacQuarrie Complex
- ✓ GSC Club Competition - Dec. 12, 2009
- ✓ Special Olympics - Jan. 16, 2010 in Frankford, ON

What is Dartfish?

Have you ever seen your coaches along the boards, taping your skaters? Well...., GSC is the proud owner of a really cool technology that allows coaches to videotape their skaters and see it frame-by-frame. This digital technology is called DARTFISH. It has revolutionized the way jumps are taught by coaches and though it will never replace talent, the imaging program is fine tuning the athlete's technical ability to maximize that talent as never before.

Dartfish's ultra-slow motion software, can measure the flight time and height and distance travelled on jumps, helping coaches calculate rotation time necessary for a jump to be completed. Cool, eh?!



EOSIC 2010 - Sponsorship

GSC is very excited to be hosting EOSIC 2010 next February 19-21, 2010 here at the Bob MacQuarrie Recreational Complex.

This highly successful and impressive event attracts over 500 talented skaters of all levels from all across Eastern Ontario to Gloucester for three days. The success of this event is testimony to the popularity of figure skating, as well as the outstanding continued support from skating clubs and the business community.

The local organizing committee is busy preparing for the event and we are actively looking for sponsors to help offset expenses.

If you own a business or know of a friend or family member who is an entrepreneur that would be interested in supporting figure skating we want to hear from them!

Become a Title, Gold, Silver, Bronze or Friend of Skating sponsor. Each sponsorship level comes with different benefits... A Friend of Skating sponsorship costs \$50 and includes:

- Business card advertisement in event program
- Recognition on sponsor page in event program
- Participation in medal presentation

For more information about EOSIC and sponsorship opportunities, please do not hesitate to contact the Club office at info@gloucesterskatingclub.ca or contact Harmony Madill, EOSIC 2010 chair at 613-260-2073.

AUGUST TEST DAY RESULTS

GSC congratulates all skaters who passed their tests on Aug. 11/09.

DANCE:

<i>Prelim. Dnce - Dutch Waltz</i>	<i>Prelim. Dance – Baby Blues</i>	<i>Jr. Bronze Dance – Swing</i>	<i>Jr. Bronze Dance – Fiesta</i>	<i>Jr. Bronze Dance – Willow</i>
Cassidy Freill	Jonathan Ho	Stephanie Psutka	Katrina Pimental	Erica Hersey
Virginia Freill	Joseph Phan (Asticou)	Maren Savard-Gudjonsdottir	Erika Fisher	Talia Fisher
Emma Bondar	Chantal Prouse		Sarah Ezekiel	
<i>Prelim. Dance - Canasta Tango</i>	Makiya Plant		Emilie Courchesne	
Jonathan Ho	Siobhan Larocque			
Joseph Phan (Asticou)				

<i>Sr. Bronze Dance– Ten Fox</i>	<i>Sr. Bronze Dance– Ten Fox</i>	<i>Sr. Bronze Dance– European</i>	<i>Sr. Silver Dance – Kilian</i>	<i>Sr. Silver Dance – Paso Doble</i>
Vanessa Chamberland (Asticou)	Brittany Snow	Emily Shearer (Rideau)	Jillian Fournier	Amber Brennan (Maniwaki)
Meighan Sheridan			Amber Brennan (Maniwaki)	
Kaitlyn Butterfield				
Ashleigh Hyland (Kemptville)				

SKILLS:

<i>Prelim. Skills</i>	<i>Jr. Bronze Skills</i>	<i>Sr. Bronze Skills</i>	<i>Jr. Silver Skills</i>	<i>Sr. Silver Skills</i>
Talia Fisher	Kaitlyn Butterfield	Meighan Sheridan	Victoria Canning-Choi	Nicole Brake
Vanessa Chamberland (Asticou)	Brittany Snow	Ashleigh Hyland (Kemptville)	Tori-Lynn Temple (Campbell River)	Sara Kelly
Erika Fisher	Montana Jones	Erica Hersey		Brittany Kelly
Sarah Ezekiel				

FREESKATE:

<i>Preliminary Program</i>	<i>Jr. Bronze Program</i>	<i>Sr. Bronze Elements</i>	<i>Jr. Silver Program</i>	<i>Gold Elements</i>
Emilie Courchesne	Erika Fisher	Tori-Lynn Temple (Campbell River)	Breanne Stewart (Rideau)	Sara Kelly
Cassidy Freill	Sarah Ezekiel			Silvana Adamy (Nepean)
Virginia Freill	Vanessa Chamberland (Asticou)	<i>Sr. Bronze Program</i>	<i>Jr. Silver Elements</i>	
Sarah Campbell	Ariane Peladeau (Russell)	Tori-Lynn Temple (Campbell River)	Breanne Stewart (Rideau)	
	<i>Jr. Bronze Elements</i>			
	Shaanan Willbond			

INTERPRETIVE:

<i>Introductory</i>	<i>Bronze</i>			
Sarah Bernabe-Pascua	Amber Brennan (Maniwaki)			
Amber Brennan (Maniwaki)				

OUR NEXT TEST DAY WILL BE DECEMBER 11, 2009.

H1N1 Letter

Dear Skating Family,

There has been a lot of news lately on the best prevention and treatment against H1N1 Infection but unlike other medical conditions, the information is changing quickly and often conflicting from week to week. It is sometimes difficult to know what is true and what to do!

*Currently, Skate Canada is advising that all clubs increase member **awareness** of proper hygiene to reduce the transmission of respiratory infections like H1N1 and seasonal flu. We are not recommending any additional measures such as infection surveillance or enforcement of cancellations of lessons, competitions or social events at this time. If these Skate Canada recommendations change based on government notification, we will issue another communication to keep you up to date.*

We encourage you to post the information we have included below at your club.

Here is a list of good prevention habits and ideal infection control that you should practice at home and in the arena:

- **Hand Washing Hygiene**
 - Frequently
 - Thoroughly
 - Water and/or Sanitizer
- **The Sleeve Sneeze**
 - Catch those germs on garments not hands, face or air spray
- **Distance between Buddies**
 - Meet and greet without hand and face contact
 - Three feet or an arms length between buddies
- **The Wipe-Down Brigade**
 - Frequent cleaning with anti-viral cleaning solutions
 - Make all surfaces that have hand contact easy to wipe

Skate Canada is keeping up to date with the provincial Health Ministries as they advise on best practice for each province. You can too by visiting www.fightflu.ca.

Flu-Proofing the Skating Rink:

- *Keep magazines, books, cloth toys etc. out of lounge areas – they are difficult to wipe down*
- *Wipe down counters and surfaces frequently and have disposable cleaning cloths available*
- *Dressing rooms should not be overcrowded and each skater should have six feet of space*
- *Have lots of facial tissue on hand and lots of plastic lined garbage disposal cans*
- *Hand sanitizer should be available in every washroom, lounge area, food area and entrance way*
- *Make sure that towels, gloves, pillows and other items are not shared between skaters*
- *Hugs can easily be replaced by friendly non-contact greetings like elbow bumps, peace signs and air kisses*
- *Always give permission for someone who is not feeling well to stay at home, pressure to perform or attend could lead to infections being in the rink unnecessarily.*

Wishing you a healthy skating season,

*Dr. Julia Alleyne
Chief Medical Officer*

*William Thompson
Chief Executive Officer*



Gloucester Skating Club

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Email:

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We're on the Web!
www.gloucesterskatingclub.ca

Websites to check out:

- Skate Canada:
www.skatecanada.ca
- Eastern Ontario Section:
www.skate-eos.on.ca
- Skatebuzz: www.skatebuzz.ca
- Skate Today:
www.skatetoday.com
- International Skating Union:
www.isu.org

Hospitality:

Our hospitality director, Rachelle Ferron, is looking for donations of any "working" small appliances for competitions, test days, etc...

If you have anything you would like to donate, please contact Rachelle at rachelleferron@rogers.com.

Have you heard about FundScrip?

Fundscrip is the program that turns everyday purchases into earnings. By registering for this program you can earn money on the items that you normally buy on a regular basis while helping to support your athlete's development financially. A win-win situation!

Through this program you can 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).

Once a month the Club then applies the earnings to participating skater accounts to be applied towards ice fees. Earnings are based on the purchases for the month.

The Club is pleased to offer our members 100% profit on earnings through to the end of 2009. We will be introducing a participation fee at the start of the new year. Watch for details on the GSC web site (under the Fundscrip tab).

If you are interested in this program and would more information on how the program works and how to register please visit the GSC web site for details. Information about the Fundscrip program is also available on the Fundscrip web site www.fundscrip.com.

Note: The Fundscrip program is open to Starskate, Competitive, and synchro skaters only.

VOLUNTEERING

To the Parents of Star Skaters and Competitive Skaters -

The Gloucester Skating Club (GSC) has now entered its 2009-2010 skating season and has had a few opportunities for parents and skaters to start accumulating their volunteer hours to count towards the mandatory hours. Your volunteer Board of Directors has started contacting some of you to fill key positions and help identify all required positions for the remainder of this skating season.

In order to simplify and ease the task to fill-in all required volunteer positions, a sign-in board with activities, dates and times will be placed in the lower hallway leading to the dressing rooms by the GSC bulletin board starting Monday, November 9th and ending Friday, November 20th and will remain there during the club operations. Note that the sign-in board may be moved to the coach's room when other activities are held at the Bob MacQuarrie Recreation Complex i.e. during hockey tournaments, etc.

This will ensure that all club families will have an opportunity, on a first come first serve basis, to fulfill their mandatory hours in activities that will suit their interests and times. Should you have a special interest in an activity not posted, which you believe the GSC could benefit from, such as fund raising, marketing, or sponsorship, do not hesitate to contact one of the members of the Board of Directors.

Please do not forget to have your **Member Volunteer Tracking Form** completed and signed by a committee/board member following each activity. **Once your 15 hours are completed**, (minimum 6 hours to be served towards EOSIC), return the tracking form to the office and your post-dated cheque will be returned to you.

"Together we all Win – So Volunteer."

Jacqueline Reekie (613) 834-5014

Anne Ezekiel (613) 830-0257

Gloucester Skating Club Board of Directors
www.gloucesterskatingclub.ca

Reminder to all Skaters & Parents: Due to recent thefts in the dressing rooms, please make sure the doors remain locked during skating sessions.

