



Gloucester Skating Club Glider

Spring Edition 2007 April

The 16th Annual GSC Spring Festival

The Gloucester Skating Club would like to welcome all the skaters and their families to the 16th Annual Spring Festival!

We wish you personal success and a great skate!

Many special thanks to all the volunteers, who make this event possible!

GSC Values and Mission

Our Values....

Excellence, Commitment, Diversity, Community, Passion, Accountability, Fiscal Responsibility

Our Mission....

We are committed to personal excellence through skating. We support and strive to embrace the passion for skating in each individual within our community by providing a full range of quality programs, skilled and dedicated coaches, in a safe, fair and motivating environment.

EOSIC Results

An Impressive Showing for GSC Skaters! Well Done!

Pre-Preliminary Ladies

Katrina Pimental	Flight 1	14th		
Shaanen Willbond	Flight 4	9th		
Samantha Hollonds	Flight 4	14th		
Brittany Snow	Flight 5	10th		
Angela Facette	Flight 5	14th		
Nadine Slupieks	Flight 8	2nd	semi 4th	final 7th
Lauren Langelier	Flight 8	4th	semi 8th	

Preliminary Ladies

Katherine McCaull	Flight 1	7th		
Celina Salamani	Flight 3	3rd	semi 5th	final 9th
Shae-Lynn Beiresdorfer	Flight 4	7th		
Jocelyn Poisson	Flight 5	4th	semi 12th	
Rachel Leblanc	Flight 5	5th		
Victoria Canning-Choi	Flight 5	11th		
Alexandra Walters	Flight 6	8th		

Junior Bronze Ladies

Sara Kelly	Flight 1	3rd	semi 3rd	final 10th
Jillian Fournier	Flight 1	4th	semi 7th	
Kathryn Cyr	Flight 3	5th		
Sarah Bernabe-Pascua	Flight 4	1st	semi 3rd	final 5th
Sonia Tang	Flight 6	4th	semi 3rd	final 7th
Sarah Jaworski	Flight 7	3rd	semi 1st	final 4th
Nathalie Georges	Flight 8	13th		

Senior Bronze Ladies

Laryssa Powidajko	Flight 1	1st	final 7th	
Jessilyn Chiasson	Flight 1	9th		
Nikki Mattocks	Flight 2	1st	final 1st	
Michaela Fiebel	Flight 2	3rd	final 6th	
Nicole Francki	Flight 3	4th	final 15th	
Sydney Baker	Flight 4	2nd	final 10th	
Brittany Kelly	Flight 4	9th		

Junior Silver Ladies

Kacy Ganz	Flight 2	10th		
Julia Francki	Flight 3	6th		
Ariane Gosselin	Flight 3	9th		

Men's Events

Mathieu Harter	Pre-Prel Men Flight 2	6th		
Malcolm Jones	Junior Bronze Men	8th		
Jeremy Ploughman	Junior Bronze Men	10th		

Junior Bronze Dance

Jocelyn Poisson/Marc-Alexandre Hudson	4th
Montana Jones / Malcolm Jones	6th

Triathlon Events, Men and Ladies

Ariane Gosselin	Bronze Women Triathlon			
Skills	5 th	Interpretive	8th	Final 7th
Karina Boisvert	Bronze Women Triathlon			
Skills	6th	Interpretive	6th	Final 8th
Kyle Carriere	Silver Men Triathlon			
Skills	1st	Interpretive	1st	Final 1st
Michele Hunt	Silver Women Triathlon			
Skills	7th	Interpretive	4th	Withdrew
Harmony Madill	Gold Women Triathlon			
Skills	1st	Interpretive	1st	Final 1st

Biathlon Events

Catherine Paquette/Karina Boisvert	Silver Biathlon Compulsory Dance	5th
Catherine Paquette/Karina Boisvert	Bronze Biathlon Creative Dance	4th

Skills Events

Celina Salamani	Junior Bronze Skills	1st
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Congratulations!

These skaters qualified at EOSIC to move onto the National or All-Ontario Championships held in March. We're very proud of all of you!

Kyle Carriere

EOSIC 2007 Silver Triathlon Men's Champion and National STARSkate Silver Triathlon Men's Champion

Harmony Madill

EOSIC 2007 Gold Triathlon Ladies Champion National STARSkate Gold Triathlon Ladies - 6th Place

Nikki Mattocks

EOSIC 2007 Senior Bronze Ladies Champion Trillium All-Ontario Championships - 7th place

Congratulations, to the skaters who qualified at Sectionals (held in November), to compete at the Trillium Cup held in Waterloo, ON in March.

Laura Liston
2007 Trillium Cup - Pre-Novice Ladies - 6th Place

Kim Ficara
2007 Trillium Cup - Novice Ladies - 10th Place

Congratulations to these skaters for having been selected by the Eastern Ontario Section, to attend the JumpStart Seminar in Napanee, Ontario, Monday April 2, 2007

Lauren Langelier,
Nadine Slupieks,
Rachel Leblanc

EOSIC Raffle and Draw Winners!

Congratulations to
Joe Rivas, who won the GAM Skates and Blades;
and Jennifer Walters, who won the
Suites at Albert & Bay.

GSC Annual Banquet

The GSC Annual Banquet will take place on Friday, May 11, 2007 at the Greyhawk Golf Club in Carlsbad Springs. The fun filled evening will include the GSC Awards Ceremony, Dinner, Silent Auction, and Dance. The evening will commence at 7:00pm. Please watch for sign-up details on the GSC Bulletin Board and GSC Website.

Eastern Ontario Sectional News and GSC

The Eastern Ontario Section will celebrate sectional athletes at the Annual Achievement Awards Luncheon on May 6 in Kingston, ON.

Congratulations to the following GSC Members who have been selected as the 2006-2007 EOS Award Winner for:

Eastern Ontario Competitive Athlete of the Year
Elizabeth Comeau

Eastern Ontario StarSkate Athlete of the Year
Karina Boisvert

Joe Bierko Golf Tournament

By Jodie Bierko

COME AND JOIN THE FUN AT THE 7TH ANNUAL JOE BIERKO MEMORIAL GOLF TOURNAMENT!

The 7th Annual Joe Bierko Memorial Golf Tournament will be held on Saturday, June 2 at the Hammond Golf and Country Club. The proceeds from the tournament go towards the JOE BIERKO MEMORIAL SCHOLARSHIP.

The scholarship is awarded annually to a deserving GSC skater or skaters, who are registered in an undergraduate program in a Canadian university or college. The criteria for the scholarship contain three of Joe's values for a skater which are: the candidate maintains a high standard in figure skating, a high standard in school, and a willingness to volunteer at the club or out in the community. In the past 6 years many scholarships have been awarded to very deserving skaters.

The success of the tournament determines the amounts of the scholarships, so please come out and enjoy a game of golf, a bar-b-que steak dinner, and great prizes. If you're not a golfer please feel free to join us for the dinner and door prizes.

Watch for more information on the GSC Bulletin Board and on the Website. Application forms for the scholarship are available through your coach after June 1 of each year.

Synchronized Skating News

By Katy Hodgkinson, Director of Synchro

Congratulations to Fine Line Adult Festival Team on a 10th place finish at the Canadian National Championships in Chicoutimi!

Fine Line is sad to report that Tanya Staples, our long-time team manager and friend, is leaving the team for new career opportunities in California. We would like to take the time to thank Tanya for all of her hard work and dedication both to the team and the club over these past years. You will be missed, but we wish you and your family the best of luck and happiness.

Green Machine and Fine Line will be running Spring and Summer skills sessions, with try-outs for the 2007-2008 season being held at the end of May for Fine Line. For more information on either program, please contact the club.

GSC Youth SYNCHRO Team

The Gloucester Skating Club is investigating the possibility of forming a youth synchronized skating team, beginning this Fall, 2007. The complete details regarding age and skating level have yet to be finalized (dependant upon survey response). However, at this point we are looking for parental input as to whether or not your child/skater would be interested in becoming a member of a youth synchronized skating team at the Gloucester Skating Club.

Synchronized skating is a hugely popular event, and is the "team sport" of figure skating. If you think that your child would be interested in synchronized skating, please contact Jennifer Walters (Volunteer Coordinator, Gloucester Skating Club) at 613-841-9746 or ijmad5@rogers.com. She will compile the responses and present them at the next Board meeting. All participants in this survey will be updated as to the feasibility of forming such a team. Thank you very much for your responses!

Summer Skating School

*A different location of the
Pre-Summer and Summer Program*

Our home rink, the ORC, (Elizabeth Manley Rink and the Orleans Arena) will be undergoing an extensive renovation this summer. The shutdown of the 2 rinks will commence at the end of our Spring School (May 18, 2007) and continue until approximately July 23 - 29, 2007.

We have been fortunate enough to move our summer school to the Ray Friel Complex for Pre-Summer Ice and the first 4 weeks of the summer skating school. We will then return to the ORC for the final 3 weeks, after the Renovations have been completed.

Pre-Season Ice :

June 11 - June 28, 2007 - Ray Friel Rink 2

Summer School:

July 3 - July 27, 2007 - Ray Friel Rink 3

Summer School:

July 29 - Aug 17, 2007 - ORC, Manley Rink

Please note there is no Skating on the following Holidays

Monday, July 2, 2007 (Week 1)

Monday, August 6, 2007 (Week 6)

Due Date for Summer School Applications is May 17, 2007

Look out for some Summer Fun!

GSC Wave Swim at Ray Friel - date to be finalized and posted on GSC Website and Bulletin.

GSC Summer Seminar - Anne Schelter, Creator of "Annie's Edges", will be conducting an on-ice workshop during July.

For Parents

Learning about the Sport of Figure Skating

In order to help parents learn more about the sport of figure skating, and the Gloucester Figure Skating Club; the GSC Parent Information Handbook can now be found on-line, at the GSC Website (see link below) under the heading "Parent Info." Hardcopies of this handbook can also be found outside the office doors. To keep costs down, limited copies will be made available.

To further assist parents, articles of interest have been appearing in this year's newsletters, and these too can be found at the GSC Website, under "Newsletters."

Additional items of interest to parents may also be located in the "Parent's Info" section on the Website... www.gloucesterskatingclub.ca.

The articles to follow are also intended for the parent audience, to help parents understand better some of the practices and principals behind certain aspects of the sport.

And now, as parents, if only we could figure out which jump is which...we'll get to that soon....look for it in upcoming issues.

Talent Identification and Development A Guide for Coaches, Clubs and Parents

By Skate Canada

What is talent?

Talent is often defined as an aptitude for a specific activity (in this case, figure skating). Talent for figure skating can be determined in many different ways. A good general guide is Skate Canada's Athlete Development Model, which tracks ideal athlete progression from entry into the system through to elite levels of performance and competition. Various characteristics to look for are also included later in this document.

Who is responsible for talent identification?

The answer to this question depends at what level athlete is being considered. Skate Canada coaches must be involved in the talent identification and development process throughout the system to make it work. As the primary contact with our skating members, coaches need to be aware of the various opportunities available to talented athletes and must be aware of the various factors to be considered in talent identification.

The role of the club is equally as important. The club must provide opportunity to athletes who have been identified as talented. This could be through the rewarding of BMO Financial Group Spirit of Skating medals or other such mechanisms.

The following outlines the various programs and stages within Skate Canada's Talent Identification and Development plan. Each stage indicates the target group and the main group(s) involved in delivery.

Why is it important to identify talent?

It is the responsibility of the Skate Canada coach to ensure that all skaters reach their full potential. Talented athletes may be held back if they are not identified and provided with the opportunity to excel. This will result in a premature departure from the sport and an overall negative experience. It is necessary to identify talented skaters so that they can be encouraged to enter an accelerated program. By identifying and providing opportunity to talented athletes, you are also encouraging athletes that have not been included in the opportunity to work harder and strive for higher levels of achievement. Competition breeds excellence and should not be something from which we shy away!

As a coach, what should I look for?

Again, this depends on the level of the athlete, but identifying talent need not be a mysterious process left only to elite coaches. In fact all coaches have a responsibility to identify and encourage gifted skaters. There are no hard and fast rules for the identification process. Each child is an individual and that is something that needs to be taken into account.

CanSkate

There are a few key factors to consider:

- Acquisition & Progression of Skills
*Does the athlete learn new skills faster than their peers?
Is the skater commonly first to finish assigned circuits or exercises?
Do they move faster than the rest of the group?*
- Tenacity/Determination
*Does the skater show a lack of fear?
Are they willing to try anything?
Does the skater show perseverance when a skill does not come easily?*
- CanSkate Challenge Skills
Can the skater perform the challenge skills at their particular level?
- Leadership
Does the athlete tend to lead the group naturally? Do they like to 'take charge'?

STARSkate / Competitive Skate

As most coaches know and have experienced, technical ability alone does not make a skater successful. There are a number of other factors to consider. Below is a list of some aspects that a coach should consider. It is not necessary that a skater have all of the qualities outlined, however they should show the technical characteristics listed along with at least three to four of the other factors.

- Has naturally soft knees
- Demonstrates good basic stroking potential
- Has an ability to rotate and likes to rotate
- Skates with speed
- Expresses enjoyment of skating
- Indicates a love of jumping
- Enjoys the pursuit of new skills and excellence
- Has courage and likes to try new things
- Likes excitement - is a thrill seeker
- Learns quickly
- Demonstrates a good work ethic
- Shows persistence
- Has a competitive instinct
- Is musical and has rhythm

We've identified talented skaters, so now what?

The first step in beginning this process is to create a plan within the club. Without a plan it may be difficult to proceed with talent identification and development on an on-going basis due to changes within the club structure. The best approach is to develop something formally and have it endorsed officially by the club executive. This should include selection criteria for the various opportunities to which you adhere when making decisions.

Components that could be included within the club plan are:

- Identification of persons responsible for talent identification (the coaches)
- Identification of a process for approaching skaters and parents - who is responsible for this, when and how is it to be done
- Development of a complete information package for the skater and parents
- Identification of opportunities the club will make available to talented skaters at each level

One of the biggest challenges you may face is the perception that some athletes are being given more than others. This is true, but fair does not always mean equal! As a parent, it would not be acceptable if every student in a classroom were given the same mark on a project or the same final mark for a class so as to avoid recognizing the various levels of competency. The same should hold true for opportunities within skating for talented athletes. Programs should still be offered for all athletes, but some athletes will require more in order to reach their full potential. It is evident that it will require more ice time, off-ice training and competitive opportunity to win the Olympics then to complete the Gold Skating Skills. To avoid these issues as much as possible, ensure that criteria that have been established for various opportunities are steadfast and well communicated.

What opportunities can we provide for our talented CanSkate athletes?

First of all, it is not necessary for the club to spend a great deal of money on a new program. Clubs can easily adapt their current programs in a positive way to help encourage gifted skaters.

- Approach the gifted skater's parents. This should be done according to the plan that was put in place by the club. It may be done directly by the coach or via a member of the club executive. If a coach is selected to approach the skater and their parents directly, it is important to ensure that they are not already receiving private or semi-private instruction from another coach. If the skater is only taking group lessons in CanSkate then it is acceptable to approach them directly.
- Group the gifted skaters together. By doing this the skaters will be motivated and challenged by other gifted skaters. It is not necessary for the skaters to be on the same stage. Within CanSkate it is easy to work with a group of skaters on a variety of different stages. All the club may need to do to accommodate this is to provide the group with their own Program Assistant.

However anything above that, such as extra ice or coaching, will also be a positive step.

- Provide challenge to the gifted skaters. Adopt a "try this" approach within the sessions.
- Fast track talented skaters. Remember that skaters with talent can move up to the test program without completing every stage of CanSkate. Remember that skaters are not expected to complete every skill at each stage in order to move up, but they must have a solid and complete base before progressing onto STARSkate, or they will only become 'stuck' and discouraged in the beginning stages of that program.
- Provide the parents of gifted skaters with information. This may be done via handouts, an information session, a one-on-one discussion or interview. Be sure to allow them the opportunity to ask questions and seek guidance as needed.
- Participate in the BMO Financial Group Spirit of Skating Medal program, by nominating a CanSkater of the Year and forwarding to the Section for consideration for Section CanSkater of the Year.
- Provide the club's CanSkater of the Year and other Spirit of Skating medal winners with a feature in a club carnival or ice show at the end of the season. If the club has had a group of athletes in a special class, provide them the opportunity to demonstrate their skills at club competition (if not included) or any public performance.
- Introduce an off-ice training component for all CanSkate participants, but provide access to the session for your talented athletes at no extra cost.

What opportunities can we provide for our talented STARSkate and/or Competitive Skate athletes?

Recent research has shown that talent is not just a natural gift, but also rather a product of some natural "ability" plus "opportunity". Opportunity in this case refers to quality coaching and skating experiences, and quality training. Clubs and coaches can work together to incorporate such opportunities into the training of skaters that have been identified as having talent / natural ability.

- The use of group and semi private lessons - to help parents spend their money more wisely, to allow the skater to spend more time with the coach, to allow the gifted skaters to challenge and benefit from each other
- Develop a team approach to coaching the gifted skater. Become more of a manager. Be open to consultation from experts. One coach cannot be an expert in all aspects of skating. Gifted skaters need the best coaching and direction available and it is your job to ensure that happens.
- Provide quality competitive experiences. Select competitions and events that will challenge them.
- Offer quality performance opportunities such as simulations, ice shows and exhibitions.
- Develop a plan for the gifted skater. Complete proper goal setting. Be sure to evaluate progress and adjust as necessary. Use the Athlete Development Model as a guideline, keeping in mind that children do grow and mature at different rates.
- Complete appropriate Skate Canada tests. It is best for the long-term development of the skater to allow them to progress at their own rate.
- Begin a more extensive off-ice training program than what was done in CanSkate. Athletes need to develop basic physical fitness right from the beginning. Do not wait until you identify a weakness.
- Have the skater participate in classes which offer some type of movement to music
- Enroll the skater in workshops and seminars with guest coaches. Many Sections provide excellent opportunities of this type.
- Be knowledgeable of the various opportunities that exist within the Section or at the National level (as outlined in the chart earlier) and know the selection criteria for each. If an athlete meets the criteria, make sure they apply.

Recognizing and rewarding talent early will give athletes the opportunity to attain personal excellence – the ultimate goal of all Skate Canada members!

Nutrition

Like with any sport, proper nutrition and rehydration are keys for a developing athlete to successfully train and compete.

Further resources will be shared in upcoming issues of the newsletter. Here are some great resources to get you started on eating and rehydrating for sport!

Nancy Clark's Sports Nutrition Guidebook – Third Edition*

This book covers every nutritional topic for active people and information is presented in logical and easy-to-understand format. It includes a section on eating disorders. The topic is dealt with practically and sensitively. Check out the yummy recipe section at the end of the book

Canada's Food Guide

The quintessential guide to proper nutrition!

www.dietitians.ca

Web site provides good basic nutritional information and also provides excellent information on finding a good dietician. Site also provides some good resources and links. It can be difficult to navigate, but worth the time & effort.

Nutrition for Children: Play Hard, Eat Right

The American Dietetic Association's Play Hard, Eat Right gives insight into your active 6- to 12-year-old's changing nutrition needs and provides the tools you need to help your child get a head start, including the latest dietary guidelines for child athlete, tips on selecting nutritious fast food, important information on nutrition and your child's growth, body weight, and development. Also includes tips to help you provide adequate nutrients--carbohydrates, protein, fat, vitamins, and minerals--for a child athlete.

Nutrition for Serious Athletes

As a competitive athlete, you know that what you eat and drink can significantly affect performance. And when you compete at a high level, the types, amounts, and timing of foods, fluids, and supplements is especially critical. Nutrition for Serious Athletes combines the latest research and the training experiences of top athletes to provide detailed eating plans for strength, power, and endurance sports.

Disney on Ice.

The recent Disney on Ice Show at Scotiabank Place included a former GSC Skater, Matt MacMurdo and a cast of talented skaters. Matt continues his travels with Disney On Ice for the Fourth Year. Also in town these past few weeks were former GSC skaters on a break from another Disney On Ice Show, Sacha Lalonde and Andrew Campbell, who are now back on tour heading to South America and Puerto Rico.

Skate for Diabetes Update

By Sheilagh McCaskill

Our 2007 "Skate for Diabetes" Skate-a-thon raised an amazing \$8,000! Congratulations to Bryce Halls for raising the top amount this year. Bryce will be receiving a \$500 gift certificate to Figure 8/Hockey One. The Juvenile Diabetes Research Foundation would like to thank all of our participants over the past six years. We have raised over \$41,000 in total to help fund research in the fight to find a cure for diabetes!

GSC's CanSkate Program

Now that the 2006/2007 CanSkate season is winding down, I'd like to take the opportunity to thank the coaches and program assistants for make this season the best ever! Our highest registration to date proves that the Gloucester Skating Club is a fun place to learn how to skate!

News from the GSC Board of Directors

The Gloucester Skating Club's Annual General Meeting will be held May 16th

GSC Board of Directors

President- Kathy Ganz
Treasurer- Laura Burchill
Senior Vice President- Christina Comeau
Vice President- Pauline Salamani
Vice President- Judith Halls
Hospitality- Eleanor Zeindler
Website- Yue Tang
Test chair- Frances Boteler
Director at Large- Marlene Shepard
Volunteer Coordinator- Jennifer Walters
Director of Special Events- Melissa Gnomes
Director of Synchro- Katy Hodgkinson
Communications and Public Relations- TBA

Office Hours

Monday thru Thursday 10 a.m. - 3 p.m.

Monday and Thursday evenings 4:30 p.m. - 7:30 p.m.

Tuesday evenings 4 p.m. - 7p.m.

Saturdays 12:30 p.m. - 4:30 p.m.

The office is closed Wednesday evening, Friday and Sunday.

Office phone: 613-830-1610

Dates to Remember

Gloucester Skating Club's Annual Spring Festival- April 13-14

GSC Annual Banquet and Awards- May 11

GSC Board of Directors AGM- May 16

GSC Spring School ends- May 17

GSC Test Day- May 16

Joe Bierko Memorial Golf Tournament - June 2

Resources

www.isu.org

www.skatecanada.ca

www.skate-eos.on.ca

www.gloucesterskatingclub.ca

If you have any information to share or would like to see in the GSC Newsletter please contact Christina Comeau, by leaving a message with the GSC office, 830-1610.