



# Gloucester Skating Club Glider

Where dreams begin...

Summer 2007

## President's Podium

Is there anything better than chilling off for an hour or two in an icy, cold rink on a steamy, hot summer day? Well, that's what GSC's Summer School was all about—chillin' on the ice, having lots of time to practice, lots of time to learn some new tricks, and just being cool!

Summer is a new beginning, a fresh start, for many skaters, and for the Club too, with its new Board of Directors! Like the skaters, the Board of Directors begins their year long season, after the AGM in May; and like the skaters, we have goals in mind, and aspirations of what we would like to see for GSC's season ahead. Thank you to the all the GSC Board members for taking on such an important and necessary volunteer position at GSC!

As many of you are aware, GSC cannot exist without volunteer support- keeping the GSC organization going, helping with competitions, and the many special events the Club hosts over the year. Please do find a place at GSC to volunteer some time, and personal skill set. The Club only grows stronger when we all participate!

There are two positions on the Board of Directors needing to be filled. If you are interested, please contact me by calling the GSC Office. Or if you would have a special contribution you would like to make to GSC, please contact the Director (phone the office and leave a message) your specialty may fall under.

GSC has an exciting year ahead! Please do join us in the fun!

Yours in skating,

**Christina Comeau**  
GSC President

## Elizabeth Manley comes home to the Gloucester Skating Club!

*Elizabeth Manley will officially become part of the GSC professional coaching team in October 2007!*

The Gloucester Skating Club (GSC) is delighted to announce that Olympic and World silver medalist, Elizabeth Manley, is rejoining the GSC, this time as part of the professional coaching team.

In the early days of her figure skating career, Manley spent countless hours training at the GSC. In a new role at her home club, Manley will be coaching and training competitive athletes and skaters of all ages and abilities.

"It's an honour to return to my home after many years travelling professionally and living in the United States," explains Manley. "I wouldn't have gone anywhere but my true home, the Gloucester Skating Club, as they are such a big part of my success as an Olympic medalist. My heart has always been there and I'm so excited to return!"

Elizabeth Manley is the 1988 Olympic and World Silver Medallist, Olympic Freestyle Champion, three-time Canadian National Champion. Among many achievements in her professional career, she was three-time U.S. Open Champion, four-time World Cup Professional Champion, '92 Rock n' Roll Champion, star of Champions on Ice and Ice Capades, star of three major television specials, and has published two autobiographies. In 1998, Manley was made a member of the Order of Canada.

## GSC Coaching Staff Grows in Expertise

Warm welcomes to Justin and Chantal Bell, a husband and wife coaching team, who will join the GSC Professional Coaching staff this fall! Many will recognize Justin, as the dance partner during test days and practices to many of our skaters. Justin and Chantal bring with them valuable expertise, enthusiasm, and experience as former international Ice Dance Competitors. Look for their profiles in the showcase soon!

## TRUE SPORT LIVES HERE!

*The Gloucester Figure Skating Club is pleased to announce it has become part of the growing True Sport movement!*

*About True Sport*

**Join It. Show It. Live It. Grow It.**

Sport is a testing ground - not just for athletes and coaches, but also for communities and society as a whole. The way we play together shapes how we live together.

The vast majority of Canadians (over 90%) believe that sport can and should make a positive contribution to the development of our youth and the quality of life in our communities. But fewer than one in five believe that sport is living up to its potential. (2002 Canadian Public Opinion Survey on Youth and Sport)

Sport is never neutral. It can teach values and ethics – or not. It can help people develop a positive self-image and respect for others – or not. It can strengthen community life – or not. Sport can bring people together, foster friendships, reinforce healthy lifestyles, build civic pride and community participation. Or it can be about violence, drugs, cheating, winning at any cost. It's up to us.

Positive sport values may be alive and well in your group or community. But don't take this for granted. It's essential to actively support positive values, in simple and powerful ways. Join the growing ranks of teams, organizations, schools, communities, clubs and associations across Canada who are building a stronger, more positive sport culture through True Sport.

**True Sport is ...** a national Movement of communities and groups across Canada working to ensure a positive, meaningful and enriching experience for all who participate in sport. The True Sport Movement is based on the belief that good sport can help build lasting strengths in individuals, as well as healthy, vibrant communities and a more socially connected Canada. At the heart of True Sport there are four core values: **fairness, excellence, inclusion and fun.**

**It's a Movement powered by people like you...** athletes, coaches, officials, organizers, parents, teachers, and community leaders. People who know that sport can transform lives and communities. People who care about the positive values that sport embodies, like teamwork and commitment. People who want to see sport in Canada live up to its full potential.

(Reprinted with permission from True Sport. Visit [www.truesportpur.ca](http://www.truesportpur.ca) to learn more)

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## GLOUCESTER SKATING CLUB

## 2007-2008 BOARD OF DIRECTORS

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### President

Christina Comeau

### Past President

Kathy Ganz

### Treasurer

Laura Burchill

### Vice President

Melissa Gomes

### Vice President

Jody Langelier

### Vice President/Skater Dev.

Sue Scherer

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### Communications

Kristin Wood

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Peter Ho and  
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### Director of Synchro

Katy Hodgkinson

### Director of Hospitality

Eleanor Zeindler

### Director of Test

Francis Boteler

### Director at Large/ Athlete Rep

Harmony Madill

### Director of Website

Yue Tang

### Director of Volunteers

Vacant

### Director of Special Events

Vacant

## Introducing our new GSC Athlete Rep!

Hello everyone! My name is Harmony Madill and it is with great pleasure that I introduce myself as your Athlete Representative on the GSC Board of Directors. This is a new position created this year and it is intended to give the athletes an opportunity to become involved in the future growth of the club and to share their needs and concerns when decisions are made and programming is developed for skaters.

For those of you who don't know me, I became a member of the GSC in 2001 while attending my second year of University here in Ottawa. I have been figure skating for the past 20 years, and used to compete at the junior competitive level for the Northern Ontario Section. I have since graduated and now work for the federal government full time; however, despite having a full schedule I always manage to find the time to skate. I continue to compete in the Gold Ladies Triathlon event and I have been lucky enough to represent the Eastern Ontario Section at the StarSkate Nationals for the past two years. I love the sport of figure skating because it provides so many opportunities for all different ages, skill and goal levels, even for those of us who haven't lost our competitive drive after all these years!

I look forward to my new role on the Board of Directors and to meeting each of you in the coming months. If you have any skating questions or suggestions for special athlete events, please do not hesitate to come see me.

See you at the rink!

*Harmony*

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## FLUIDS & FOODS BEFORE COMPETITION

*Pre-exercise nutrition provides...*

***Energy, physical comfort, and mental alertness***

### **Targets:**

- Optimal fluid intake
- High carbohydrate, moderate protein, and low fat

### **Why?**

- To maximize fluid levels and prevent dehydration
- To supply food that is quickly and easily digested
- To ensure energy to train or compete
- To prevent hunger before and during exercise

### **Timing and meal/snack size are related.**

Generally allow:

- 3-4 hours for a large meal to digest
- 2-3 hours for a smaller meal
- 1-2 hours for a small snack or blender/liquid meal or, whatever your own tolerance indicates

### **CAUTION!**

**Spicy, gas producing, fatty, and/or fibre-rich foods may cause discomfort. Products containing caffeine may also be problematic.**

### **TIP**

***Experiment with fluids and foods in training to find out what, and how much, is comfortable for you. Never try new foods or drinks before or during competition!***

## BEFORE EXERCISE — focus on fluid and carbohydrates

### FLUIDS

- Drink 400-600 mL of fluid 2 to 3 hours prior.
- Drink 150-350 mL fluid about 15 minutes before exercise, depending on your comfort and sport.
- Eat a meal or snack, high in carbohydrate, 2 to 4 hours prior.

**CONVERSION TIP:** 250 mL = 1 cup = 8 oz.

### CARBOHYDRATES

- Ideal carbohydrate foods include whole grains, vegetables, fruit, juices, milk, yogurt, soy drinks, and legumes.
- Legumes are fibre-rich and can be gas-producing. If you have a “nervous stomach” before events, choose lower-fibre grain products, juice, pureed foods, or a meal replacement beverage.

## MEAL IDEAS

### *From home or on the go...*

The amount and type of food will vary according to the amount of time available between the meal/snack and the start of training or competition. Allow time for digestion.



- Toast/bagel with jam, peanut butter, juice, yogurt
- Oatmeal/cereal, milk, raisins, juice
- Pancakes with a little syrup/spread, ham, juice
- Grilled chicken sandwich, juice
- Lean meat sandwich, carrots, milk, oatmeal raisin cookie, fruit
- Minestrone soup, cheese, crackers, vegetable juice
- Chili, bagel, milk
- Pasta with tomato/lean meat sauce, applesauce, chocolate milk
- Lentil soup, crusty roll, salad with a little dressing, soy beverage

### **Snack ideas:**

- Fruit (fresh, canned, or juice)
- Fruit yogurt
- Low-fat muffin, juice, or applesauce
- Yogurt, social tea biscuits, juice
- Pita with hummus, vegetable juice
- Fig or oatmeal cookies, fruit, milk

### **Snacks for backpack or car:**

- Dry cereal
- Cereal, sport, or energy bars
- Juice boxes or fruit cup
- Crackers
- Dried fruit
- Trail mix with cereal

**From these guidelines, make a list of the drinks and foods that work for you.**

- Plan ahead and be prepared.
- Carry pre-exercise food.
- Avoid bacterial contamination of meals and snacks. Keep cold foods cold and hot foods hot. Bacteria reproduce quickly at room temperature.
- Before exercise, choose foods which are higher in carbohydrate and lower in protein and fat. This will allow quick absorption of carbohydrate energy from the food into the body. Include protein and fat sources during meals and snacks at other times during the day.

*Reprinted with permission from the Coaching Association of Canada [www.coach.ca](http://www.coach.ca)*

**Welcome to the GSC office  
Heather!**

The GSC is pleased to welcome Heather McMahon as part of the administrative staff in the club office.

Heather started at GSC as a skater in 1983, became a Canskate coach in 1991, and a club coach in 1999.

Heather loves being a part of the club and has volunteered at many events for the club including ice shows, competitions, summer fun days, and test days. She has taught kids from pre-school to the senior competitive test and enjoys seeing the progression of the skaters over the years.

At one time or another her entire family has been a part of the club in some capacity, either in skating, volunteering or being a member of the board.

Special thanks to GSC administrator Brendalee Beauchamp, who will be staying on with the club until November!

**GSC OFFICE HOURS**

Monday to Thursday 10:00-3:00  
Monday & Thursday evenings 4:30-7:30  
Tuesday evening 4:00-7:00  
Office closed Wednesday evening,  
Friday, and Sunday  
Office phone: 613-830-1610

**Figure 8 Autumn Skate  
Volunteers Needed!**

**Who:** Ice Captains &  
Dressing Room Attendants  
**Why:** Figure 8 Autumn Skate  
**When:** Sept.20-24, 2007  
**Where:** Jim Durrell Arena



Ice Captains and Dressing Room Attendants are very important people. They are the ones who greet the skaters as they get on the ice and make sure that they get on and off the ice at the appropriate times.

If you are interested in volunteering at the Figure 8 Autumn Skate 2007 event, and being part of a great group of volunteers, please contact me at [information@dcf-fdc.ca](mailto:information@dcf-fdc.ca) to let me know your availability.

**For those volunteers who volunteer a minimum of four hours over the weekend, a portion of the profit made from the event will be returned back to the club.**

I hope that I will be able to work with you over the weekend.

Sincerely,

**Donna Bierko**  
Ice Captains / Dressing Room Attendants Chair  
Figure 8 Autumn Skate 2007

**DO YOU LIKE HELPING OTHERS? IF SO, WE NEED YOU!**

**Are you a high school student who is looking for somewhere to complete your mandatory volunteer hours? Are you a generous individual who is willing to spare a few hours every once in a while to give back to your community?**

**If so, please call the GSC office and sign up to be on the volunteer roster! When there are upcoming events and activities that require volunteer positions to be staffed, we'll give you a call to see if you're available.**

## Joe Bierko Memorial Scholarship

### *GUIDELINES FOR PROCESSING OF SCHOLARSHIP APPLICATIONS*

1. Application forms to be reviewed annually and any required changes made by the end of March.
2. Application forms may be obtained from the GSC Club Office or from members of the Bierko family. It is up to the candidate to obtain an application form.
3. Candidates who have previously received The Joe Bierko Memorial Scholarship are not eligible to reapply.
4. Applications are to be submitted to  
The Joe Bierko Memorial Scholarship Committee  
c/o 1489 Briarfield Crescent  
Orleans, ON, K4A 1W6.  
**Applications must be received by August 15th .  
No late applications will be accepted.**
5. The applications will be reviewed by the end of August to verify that each application is complete and includes the required supporting documentation. The applicant will be contacted if any clarification is required or if any required documentation is missing.
6. The Scholarship Committee will meet in the Fall to determine the recipient(s) of the scholarship. The Committee consists of:
  - 1) a Bierko family member;
  - 2) a member of the Gloucester Skating Club Coaching staff;
  - 3) a person from the business sector; and
  - 4) a person from the field of education.
7. Decisions will be made by the end of the December 31. All applicants will be notified of the committee's decisions.

## *Joe Bierko Memorial Scholarship*

### *ELIGIBILITY CRITERIA*

1. Applicants must be an active home club member of the Gloucester Skating Club for a minimum of two full skating years.
2. Applicant must have skated in a Gloucester Skating Club program within the last three years.
3. Applicants must be accepted to attend a university or college in Canada.
4. Applicants must be registered in 1st , 2nd or 3rd year of an undergraduate program at a University or a diploma or trades program at a College.
5. Previous recipients of the Joe Bierko Memorial Scholarships are not eligible to reapply for the scholarship.

### **DATES TO REMEMBER**

Tuesday, August 14 Test Day

Tuesday, Sept 4	Fall School begins
Sept 8 & 9	EOS Youth Camp
Saturday, Sept 15	Skate & Dress Sale
Sept 21-23	Autumn Skate

October 12 Fall Test Day

November 2-4 EOS Sectionals

*If you have information you would like published in the next edition of the Gloucester Glider, please contact Kristin Wood by leaving a message at the GSC office 613-830-1610.*