

Winter 2012

January/February

# Club Newsletter



## Hats Off to Skaters everywhere

Written by: Karen Thomas

Ok...i have a new appreciation for skaters. I have a confession to make. **I am a dropout!** Yes it is true... a skating dropout. My parents had me in skating lesson as a child and I quit after a few years, somewhere after the bunny hop and before the waltz jump, so while I can skate and can even stop, I am not as proficient as my children. (Ok I can still pass the 3 ½ year old, but not for long, because he is in his first year of lessons).

Hartney Skating Club has been talking about having adult lessons for quite some time and this are the year is the year we have started. For all you parents who have never tried a cross cut, they are tough and it amazes me how easy how our kids make them look!

How many clubs have adult skating programs? Who are you attracting and how is that working out? We would love to have some feedback on clubs who are running Adult CanSkate programs. I am amazed at what I have learned so far. Thanks to all the great coaches out there who take the time to teach and inspire everyone.

Ok for those of you wondering how did she get on the board if she doesn't know what an axel is....or a toe loop? It is a mystery. Now all my secrets are out. The board is always looking for interested volunteers no matter what your skating background.

### MARK YOUR CALENDAR

**Prairie Regional  
Synchronized Skating  
Championships**  
Feb 4-5, Souris

**Manitoba Open**  
Feb 17-19, Stonewall

**STARSkate  
Championships**  
March 2-3, Winkler

**Crocus Invitational  
Synchronized Skating**  
March 18, Hartney

**Skate Canada  
Manitoba  
Annual General  
Meeting**  
April 28<sup>th</sup>  
Winnipeg, Delta Hotel

**Skate Canada  
Manitoba  
Awards Gala Evening**  
April 28<sup>th</sup>  
Winnipeg, Delta Hotel

Newsletter written by Karen  
Thomas; edited by Shauna  
Marling

## 2012 Skate Canada Awards Nominations

Skate Canada Manitoba awards are due by January Don't miss nominating those great skaters and those volunteers your club can't live without.....skaters and volunteers and more...go to [http://www.mbskates.ca/Club\\_info.html](http://www.mbskates.ca/Club_info.html) and then look under documents.

Let's try to nominate someone from every category, for your region!



## Manitoba Skaters at Canadians



### Skate Canada Manitoba Sport Raffle 2011-12

Clubs still have time to sell Tickets, with the draw to be Made on April 28<sup>th</sup> at the AGM

Lots of fantastic prizes are Available...Contact Lois at the Section Office for more Information.

Ph: 204-925-5707

Email:

[Skate.admin@sportmanitoba.ca](mailto:Skate.admin@sportmanitoba.ca)

### BINGO

Clubs wanting another way to money raise money for their club – why not work a bingo. All you need is 7 volunteers and your club can earn \$1000. More information is on the website, about the criteria and process, or you can contact Lois at the Section Office.

Congratulations to our Manitoba Skaters Kate Charbonneau & Kaleigh Hole who competed in the Senior Women's event at the 2012 Canadian Figure Skating Championships in Moncton from January 20-22' 2012.

Wow! Fantastic skates ladies, with Kate placing 6 and Kaleigh placing 12. We are proud of you.



## NCCP Training Courses

### CanSkate Course (spring)

Location: Keystone Centre, Brandon

Date: April 13 - 15, 2012

Registration Fee: \$325.00

Deadline Date: March 9, 2012

[Registration](#)

### Primary STARSSkate Course (Spring)

Location: Winnipeg - Sport for Life Centre - Apr 13 – 14/1 2

Location: Morris Arena, Morris, MB - April 15, 2012

Registration: \$325.00

Deadline Date: March 9, 2012

[Registration](#)

### CanSkate Course (summer)

Location: Winnipeg Winter club

Date - August 24 - 26, 2012

Registration Fee - \$325.00

Deadline Date - July 13, 2012

These courses are a great opportunity to develop a coach in your area, or to continue to promote that love of skating in others. If you would like more information email Mary Elliot at [skate.pc@sportmanitoba.ca](mailto:skate.pc@sportmanitoba.ca)

## This Space is reserved for your skaters/club

Skate Canada Manitoba would love to hear from you!!

What does your club do that is special?  
How do you find volunteers?  
How do you honor volunteers?  
Create new programs?  
Have a great fundraising idea  
Promote your club, programs, and skaters

Share your ideas with our clubs, this newsletter lot of input came from the Southwest Region. So please email anything you would like to see go in the newsletter. [kattom@mymts.net](mailto:kattom@mymts.net)

## Message from the Chair

Well, hello to all.

Are you having fun this season? Have you met and made new friends?

As so many of you are busy with your clubs, take the time to enjoy every moment. I have had the pleasure of attending all levels of Skating competitions this winter, from Regional competitions to recently returning from Canadians in Moncton. Watching the youngest skater competing for the very first time to watching our seasoned skaters at their prime is equally inspiring and an enormous pleasure knowing that so many of you, coaches and volunteers are making this happen.

I encourage each one of you to consider taking a role as board member at your club or at our Section Board. We are a friendly crew and value each volunteer. The enthusiasm I see at our rinks indicates that there are special people in our Section who are passionate to provide excellence for all levels of skaters and for this I, along with the Board are extremely grateful.

As each skater strives to reach their goal this winter, be it a CanSkate badge, a test, a competition, or a club recruiting a board, I wish you all the best.

Regards

Miranda Edwards

## CanSkate Development & Delivery Clinic's

A number of clinics were held throughout the province this fall (Altona SC, Hartney SC, Roblin SC, St .Andrews SC, Skate Winnipeg, to name a few). Below is a review from one of the clubs.

Hartney Skating Club held a CanSkate Development and Delivery Clinic @ the Hartney Arena on October 22, 2011 with Megan Svistovski as the Clinician. We had 4 Program Assistants, 7 Junior Program Assistants, 1 Coach and 3 Executive participate in the clinic.

The exciting changes to the CanSkate Program were reviewed and the important roles that everyone plays to provide a successful program to the skaters that are learning to skate! We had fun learning new dance moves on and off the ice! The Coach and Program Assistants tried out some new circuits and have now implemented into our CanSkate Program.

Hartney Skating Club was very fortunate to receive the CanSkate Development and Delivery Clinic Grant for the South West Region.




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***“Calling all clubs: Send me your top 10 things you would like to see at the AGM (or top 5 or 2 if you are really struggling) to [kattom@mymts.net](mailto:kattom@mymts.net)***



## Annual General Meeting Weekend Events

### Friday April 27<sup>th</sup>

St. James Civic Centre – 7-10 pm  
Coaches Only Session

The New CanSkate – Facilitated by  
Megan

Svistovski & Dana McKee (more  
information to follow)

### Saturday April 28<sup>th</sup>

Annual General Meeting - AM  
Delta Hotel

Delegate sessions – PM  
Delta Hotel

Coaches Annual General Meeting &  
workshops – PM

Official's workshop - PM

Gala Awards Evening – PM

More information to follow on all of  
the events listed above.

This is your AGM, so what can we do  
to make it better. Let's hear your  
ideas. [kattom@mymts.net](mailto:kattom@mymts.net)

Email me about what you would like  
to see for sessions.

Does your club do something  
amazing that you want everyone to  
know about?

## Sponsorship renewed for 5 more years

Skate Canada Manitoba is proud to announce that we have signed a new sponsorship agreement with the Victoria Inn Hotel and Convention Centre.

The 2012 room rate is \$109.99 plus taxes for a standard room.

If your club members require Victoria Inn Cards, please contact the Section Office and some can be mailed out to the club for all members.



## 2012 Skate Canada Manitoba is looking for nominations for the Board of Directors

It is that very exciting time of year again. The Skate Canada Manitoba Board of Directors is seeking nominees to join our board.

As previously explained, the ability to do or recognize an axel is not required.

### What is required?

Passion for the sport of figure skating.

The rest you will learn as you go and we on the board would love to help you.

Interested, got a question? Email me at [kattom@mymts.net](mailto:kattom@mymts.net)

Or send questions and nominations to Tammy Dunbar: [tdunbar@mymts.net](mailto:tdunbar@mymts.net)

More nomination information will be sent out directly to clubs and will be posted on our website [www.mbskates.ca](http://www.mbskates.ca)

## Start a new team program

Skate Canada Manitoba's Synchronized Skating Committee is in its 3<sup>rd</sup> year of assisting 2 new Synchro Teams starting up in the 2011-12 skating season. Applications were circulated in the fall and 2 clubs were successful – Stonewall Skating Club and the Hartney Skating Club. The coach facilitators were Sherrill Creasy and Megan Maxwell.

Hartney's experience is chronicled below

We have nine very excited girls who can't wait to go to their first competition at North/South Westman Regionals next week in Carberry. The team is skating at the elementary level and have been practising hard since October.

What a great opportunity to add a new dimension to your club. It gives your skaters an opportunity to have a team Sport. For those of you who have never been to a synchro competition, it is unlike anything any sporting event you will have ever experienced. Teams are rewarded for cheering and their spirit as well as their skating. If you have never been to a synchro competition, I encourage you to check one out. You will be hooked. Thanks Skate Canada Manitoba for funding our team. For more information on starting a synchro team, contact Marj Beddall at [beddall@mts.net](mailto:beddall@mts.net)



*Synchronized skating or "synchro" is a specialized discipline of skating involving 8 or more skaters performing various group formations and maneuvers*

## Coaches Corner with MaryAnn Penner

We are in the midst of Regional Competition season! I hope your skaters have a good learning opportunity that will help them prepare for the STARSkate Championships (Pre Prelim and higher). The winter is going fast but still lots of events to go to between competitions and test days.

Each Regional Competition will host a coaches meeting, as well as meetings are being planned for MB Open and STARSkate Championships.

Mark your calendar for the 2012 Coaches AGM to be held the weekend of the Skate Canada Manitoba AGM April 28 in Winnipeg.

Over the last year we have had a lot of new coaches take the Phase 1 and Phase 3 courses. Please remember to be a mentor to these young Coaches and help them build their profession.

Watch Skate Canada Member's only site for updates as we are upon a major changes with the Competitive Restructuring. We will continue to bring you updates as they become available at the upcoming Coaches meetings.

Remember your first point of contact is your Regional Coaches Representative. All the best with training your skaters over the next few months!



## CanSkate Colouring Contest

Wow. There are some great artists out there. It is definitely challenging and I would give you all a prize if I could. All the wonderful pictures will be posted at the AGM. I would certainly trade in my skates for any of these colourful pairs.

Winners for the fall colouring contest.

**Emma-Leigh Ward** Pre-School Category Winner from the Killarney Figure Skating Club

**Melissa Moran** K-2 Category Winner from Skate Gillam

**Dana Korkola** Grade 3 & Over Category Winner from Skate Gillam



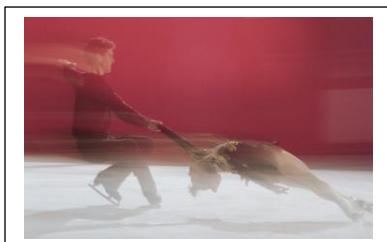
CanSkaters still have a chance to win – the Feb/March picture is available at [www.mbskates.ca](http://www.mbskates.ca).

Skate Canada Manitoba is excited by all your fabulous pictures and can't wait to see your entries for the February/March contest. Pictures may be downloaded off the Skate Canada Manitoba website during the months the contest is on.

Contest is open to members of Skate Canada Manitoba Clubs.

Age categories are preschool, K-2, and grade 3 and over. Children must be a registered CanSkater to win and only one entry per skater. Pictures will not be returned. Skaters may enter each contest, but may only win once per year.

Mail to: Karen Thomas, Box 471, Hartney, MB, R0M 0X0  
Next contest deadline is March 30, 2012.



## STARSkate Essay Contest

Skate Canada Manitoba is pleased to announce the annual essay contest. This year's topic is what inspires you to continue skating? Essays must be up to 500 words long and are for registered Skate Manitoba skaters only. Please send all entries to Karen Thomas, Box 471, Hartney, MB, R0M 0X0. Contest closes March 31, 2012

**Skate Canada Manitoba received many great essays as part of the contest.**

### Winners are:

Under 9 category: Paige Kassian

<http://www.mbskates.ca/documents/WhySkatingisInspiring-PaigeKasian9andunderwinner.pdf>

Under 11 category: Janelle Dziobia

<http://www.mbskates.ca/documents/JanelleDziobaessaycontestwinnerunder11.pdf>

Under 13 category: Avery Albrecht

<http://www.mbskates.ca/documents/AveryAlbrechtessaywinnerunder140001.pdf>

I wish we had room in the newsletter to display all these great essays, but it would be very long. So look for the essays at the AGM, So many great reasons to come to the AGM, how could you not come? Congratulations to all the winners, and thanks to all contest participants.

## Southwestman Regional Seminar

On Saturday November 19<sup>th</sup>, 2011, **Boissevain Skating Club** hosted its first Southwest Regional Skating Seminar with clinician Tammy Fournier-McKay. High Performance Team members Kirsten Gutenberg and Tori Thiessen assisted throughout the day. Forty skaters from the Region participated, as well as several coaches. On-ice sessions included stroking and jumps, spins and transitions/field moves and creative movement.

The off-ice portion of the Seminar was held in the renovated upper floor of the arena. Our clinician was Sasha Boyd from Virden. Her interpretive clinic involved getting the kids to become more comfortable in their own creativity through acting and improvisation.

Morning and afternoon snacks, as well as lunch, were provided by the Boissevain Skating Club. Each skater was presented with a bag of treasures which contained items and coupons that were generously donated by businesses in the community.

It was a great day and a great learning experience for everyone!



## National Coach Apprenticeship Program

ISU Grand Prix Final, December 2011 Quebec City, Quebec  
Attended by Tammy McKay

With the interest of further education and motivation, I applied and was selected to participate in the National Coaches Apprenticeship program held in Beautiful Quebec City.

From Thursday till Sunday afternoon we were immersed in skating! Not only observing the Best, but learning from the Best.

We were lead though this course by Olympic Coaches, Manon Perron and Michelle Leigh. They shared their stories, experiences, knowledge, strategies and expertise.

While in the stands watching every event, both Junior and Senior we had Technical Specialists call for us in each discipline. Raoul Leblanc. Shae Zukiwsky. Patrice Lauzon. Richard Gauthier.

Some of our off ice presentations included:  
National and International Benchmarks with Mike Slipchuk- Director of High Performance for Skate Canada

Media Relations with Barb McDonald- Director Corporate Communications for Skate Canada

Components and Motivation with Julie Marcotte- NCCP Level 3 Coach and Choreographer

Mental Toughness with Richard Gauthier- Level 4 World and Olympic Coach

Yearly Planning with Michelle Leigh and Manon Perron

Preparing for an International Competition with Manon Perron

Athlete Preparedness with Patrice Lauzon -World and Olympic ice Dancer along with her wife and partner Marie-France Dubreil

Psychology of Coaching with Wayne Halliwell - world -renowned high performance athletics consultant.

It really was an honor to be amongst the 27 Coaches from across Canada taking in this Apprentice Program offered by Skate Canada.

I look forward to sharing my report at our Skate Canada Manitoba Coaches AGM in April.

A Big thank you to Jeff Partrick (Director of Coaching and Skating Programs) and his staff for all the time and effort that went into the NCAP.

It really was an experience of a life time.

## UNSUNG HEROES--CALLING ALL TECHIES YOUNG AND OLD

As each year goes by we lose some of our volunteers. As the new season approaches we are in need of new people who would like to be trained as Data Specialists.

This is a position that is not recognized by most people as we are the ones that are in the back ground for most competitions.

We are the ones that get all the paper work ready for the judges to complete a competition and the ones that process the results.

For anyone that would like to become a data specialist and are comfortable around computers, please contact the Manitoba Section office or email me at [amber@mymts.net](mailto:amber@mymts.net).

I will be holding a training clinic in the fall for all of our Data Specialist, old and new.

Please, if you can find the time, please sign up. We are in special need of new volunteers in the Norman and Parkland regions.

Doreen Brown  
Data Specialists Chair

## Who are you gonna call?

Why Lois or Shauna or Mary!

Our invaluable office Staff at Skate Canada Manitoba keeps the office running smoothly. Reach them by phone or email...

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**Shauna Marling (204) 925-5708**  
[skate.exec@sportmanitoba.ca](mailto:skate.exec@sportmanitoba.ca)

**Lois Kreutzer (204) 925-5707**  
[skate.admin@sportmanitoba.ca](mailto:skate.admin@sportmanitoba.ca)

**Mary Elliott (204) 925-5709**  
[skate.pc@sportmanitoba.ca](mailto:skate.pc@sportmanitoba.ca)

Fax: 204-925-5924  
Website: [www.mbskates.ca](http://www.mbskates.ca)

145 Pacific Ave.  
Winnipeg, MB. R3B 2Z6

## Officials News

Skate Canada Manitoba hosted a Primary & Juvenile judging clinic in November. The clinician was Julia Mullins from NOS, 14 participants took part – 7 were from Manitoba.

Congratulations to: Rebecca Bayes, Amber Lotz, Carlyne Cybulsky, Danielle Henzel, Karley Didyk, Lizann Gabutt who received their Primary STARSkate promotion and to Sarah Islielson who received her Juvenile promotion.

Watch for a Pre-Novice/Novice Judges clinic to be held in conjunction with Manitoba Open. Registration and more information will be posted on the website [www.mbskates.ca](http://www.mbskates.ca)

## Fundraising Tails...



Submitted by Heather Korlak – President Beausejour SC

Just read your mouse story about fundraising (from September 2011 newsletter). It reminded me of last year when our club was selling chocolates for fundraising. A family couldn't pick up their chocolates until the next skating session, so we stored them in our club "closet", inside the arena. We were visited by a lovely family of mice, who not only opened every \$2.00 box of almonds, but ate them all as well. Once sated with chocolate, they then began to nest in the CanSkate props box.

Needless to say, it was disgusting and we learned that little mice enjoy chocolate covered almonds. I thought I should write and illustrate a children's book called "The Skating Mouse Family", complete with delicate watercolour paintings of a little mouse in figure skates, to raise funds to cover the lost supplies!

## Bits and Bites...

**SOCAN** – just a reminder that fees are due each year, each club pays a fee for the music used during their sessions (this is collected by Skate Canada at the beginning of the year). Any other activity such as a competition, fun skate, ice show, carnival, year-end review needs to be paid directly to SOCAN. These fees go to the people who create the music and perform it and we all know skating would not be the same without the music.

**SANCTIONS** – Don't forget your sanctions for any ice show, carnival, year-end review, competition – forms can be found at [www.mbskates.ca](http://www.mbskates.ca)

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*The Grassroots Bursary Trust would like to remind you to save the date of Saturday April 21<sup>st</sup>. The Ice Show and Dinner will be held at the Winnipeg Winter Club. Ice Show 3:00 pm; Cocktails at 4:30, Dinner at 5:30 pm. More information will follow*

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## Skate Canada Manitoba Merchandise

<http://www.mbskates.ca/Merchandise.html>. Love that new logo...want a new coffee cup or sweater with the great new Skate Canada Manitoba logo and show everyone you are proud of your section, See website above, or available at the AGM as well.



## 2012 Skate Canada Manitoba Sectional Championships

The Host Committee would like to thank all of the generous supporters for this year's event

### **GOLD MEDAL SPONSORS:**

Nordal's Auto Body Glass  
Great Finds Winnipeg

### **SILVER MEDAL SPONSORS:**

Winnipeg Summer Skating School

### **BRONZE MEDAL SPONSORS:**

Lighting Dynamics Electric

### **AMETHYST VOLUNTEER/ HOSPITALITY SUPPORTERS**

Bothwell Cheese  
Aqua-Tech: Pools Spa Bath

### **CELEBRATIONS FUNDRAISING RAFFLE SPONSORS:**

Lisi's Ranch House Restaurant  
Earl's St. Vital Centre  
Booster Juice Kenaston Common and Pembina and Grant  
Supper Central  
The Round Table  
Applebee's on Grant Ave  
Bistro 7 1/4  
Fude  
Montana's: St. Vital Centre  
D Jay's Restaurant  
Olympia Diner  
Double D's Cheesecake and Coffeehouse  
Bonfire Bistro  
Pony Corral on Wilton Street

## Skate Canada Manitoba – Section Sponsors

We are proud to have the following companies/organizations as our Section Sponsors – we ask that you support them where ever you can.

### *Funding Partners*



### *Sponsors*



## Role Models

Thanks to all skaters who take the time to mentor and inspire younger skaters. For those at the Virden Fun Skate it was amazing to watch Kaleigh Hole and Paige Lawrence and Rudi Swiegers skate and enthral the crowd.

I know we had two enthusiastic girls from the Carberry synchro team who delighted in sharing in the sport of synchro with newcomers. I know that many more of you are role models and you may not be aware that someone in your club is looking up to you. You might not be aware and how they watch you skate and how much a kind word from you will motivate them to keep going or try harder. Keep up the good work Manitoba.

## Board of Directors

Your board of directors works hard to provide wonderful skating programs; they can be seen working in the background at many competitions. Do you know who your board members are; they love to hear from you. All board members are listed in the directory and the website. <http://www.mbskates.ca/Contact.html> SO please drop us a line.