



# IN THE LOOP!



## **A Message from the Editor:**

**Good Day Mate,**

**It has been a pleasure being a part of the LSC Board of Directors for the last couple of years, however this year is going to be a little bit different as I am currently living in Australia, travelling and attending teacher's college here next year! This is where I am going to need my readers help! Since I am no longer in the country, I am going to need everyone's help to keep me informed about what is happening at the club! Therefore, if you want anything to be published throughout the year please send the information to [Breanne\\_layne10@hotmail.com](mailto:Breanne_layne10@hotmail.com)**

## **Message from the President:**

As another year comes to a close at the London Skating Club, it is once again time to reflect on the year that was. The year started off in a very challenging and concerning manner. As an organization, we find ourselves in an awkward position where we need to sign contracts for ice before we can send out the registration forms. As such, we depend on historic trends and looking at projected skaters at the various levels that needs to assume how many skaters will return. And even that is not good enough as it also depends on when the coaches will be available or what nights the skaters non-skating activities will take them away from the arena. It is very much like driving into a fog bank with the farther one tries to look the harder it is to see clearly.

Spring, Summer and Fall each had financial challenges as we found a slight drop in participation and also the mix of skaters changed, leaving some programs at capacity while others were below capacity. Add to the mix the introduction of the HST in July and the cost of skating climbed into double digits for the third consecutive year. When Winter registrations started it was obvious we were going into another tough time. But because the Winter session is by far the longest of the four seasons, any below capacity sessions cost the club thousands of dollars. So the board had to act fast and know we would disappoint a few members. To the boards credit, they made the tough call and reduced a few sessions that were in doubt. And in the end, we ended up having a success full year all things considered. The four CanSkate sessions were all filled to capacity by the end of the year with the help of some innovative registration ideas we implemented, and many of the other sessions ended up with fairly high registrations as well. The Club Membership ended the season north of 550 members, the highest in the past few years. So hats off to the board, coaches and volunteers that helped to pull off the successful year.

The skaters themselves also had a successful year. Once again the Synchronized Skating teams competed very well, resulting in many good finishes at competitions which resulted in many medals and a national silver medal. The younger single skaters had a successful season with many competitors participating, many medals and terrific results in the competitions and one advancing in the competitive stream to that levels finals. And the Adult single skaters ended the successful run with terrific results including a Gold medal at the National Championships.

And the volunteers had a fun and enjoyable season. From volunteering to be on the board or committees, to volunteering to work competitions to helping with individual activities, we all had fun helping, socializing and seeing the skaters smile and enjoy themselves. The season ending event that included the Junior Olympics and the Jeff Buttle seminar was the icing on top of the cake - a very fun time for the participants, the parents, the volunteers and the coaches alike. It was very nice to see all aspects of the club come together at the end of the long season and finish with a bang as we did.

As we move into the beginning of yet another year, it is time to look for new challenges, new opportunities and new ways we all can help to move this sport along. I strongly encourage you all to find a way to get involved this coming year. Some can only give an hour or two, some many more. And others can get involved by helping with some of the many fundraising opportunities. No matter what you can offer, get involved. You will never regret the feeling of satisfaction you will feel when a skater comes up to you and flashes a big smile your way. Pure heaven.

Stephen Komarnicky  
LSC President

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***Thank you to Kinsey Greenfield and the Intermediate Synchronicity Team for representing the London Skating Club at the HOME Show! You made us PROUD!***



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Programs at Nichols Arena will begin on Monday, June 27<sup>th</sup> (evening program), and Tuesday, July 5<sup>th</sup> (day program). For more information and how to register, check out the London Skating Club website at [www.skatingclub.com](http://www.skatingclub.com), pick up a brochure at Earl Nichols Arena, 799 Homeview Road, or contact the London Skating Club Office at 519-681-2640 or [londonsc@execulink.com](mailto:londonsc@execulink.com)

London Skating Club is proud to announce that on Saturday, February 26, 2011, at the BMO Canadian Synchronized Skating Championships that were held at the Powerade Centre, in Brampton Ontario, London's very own, Synchronicity Intermediate Synchronized Skating Team from the London Skating Club skated to a great finish winning the Silver Medal at the Canadian Championships.

In addition to their silver medal performance, the Intermediate team set a national record during this event, achieving the highest national score ever – 71.40 by an Intermediate Synchronized skating team for one skate in an intermediate event. The team also received the Spirit Award at the Canadian Championships.

The team consists of 18 skaters ranging in age from 13-23 years of age. The team is coached by Traci Wells and is assisted by Breanne Layne and co- managed by Shari Hatfield and Donna Hooper.

The London Skating Club, celebrating 104 years of skating in London, is one of the largest and oldest skating clubs in Canada. The club is proud to be the home of not only the 2011 Silver Canadian Synchronized Intermediate Skating Champions, but is also home to the 2010 Intermediate Canadian Champions, the 2010 Canadian Adult Champions and the 2011 Pre-Novice Provincial Silver Champions and the 2010 Pre-Novice Provincial Champions.

The London Skating Club is provincially, nationally and world recognized having produced not only champion synchronized skaters at the provincial and national level, but also producing many skaters who have gone on to represent Canada at the World Championships several years in a row bringing back many world medals to Canada. The London Skating Club is also proud to have produced many accomplished singles skaters.



Photo Credit to Karen Rowland-Marshall

## AWARDS – 2011

The following awards were presented at the Jr Olympics that were held on April 3rd and announced at the AGM:

LSC CanSkate Skater of the Year – Nicole Gallo  
LSC Most Improved CanSkate Skater – Autumn Baker  
BMO CanSkate Skater of the Year – Elya Wardini  
BMO Champion – Patricia Andrew  
BMO Champion – Elizabeth Gentile  
Preliminary Skater of the Year – Marina Busigin & Alexandria Caetano  
Preliminary Most Improved Skater of the Year – Kyla Trinh & Ella Bester  
Program Assistant of the Year – Omar Helbah & Abdel Fadel

The following awards were presented at the AGM:

### LSC CLUB AWARDS:

MOST IMPROVED JUNIOR SKATER: Angela Lee

JUNIOR SKATER OF THE YEAR: Kaitlin Farren & Erin Tucker

MOST IMPROVED SENIOR SKATER: Natalie Kenzie

SENIOR SKATER OF THE YEAR: Kinsey Greenfield

LSC SKATER OF THE YEAR: Shelby Komarnicky

LSC COACH OF THE YEAR: Traci Boland & Amanda Eccles

### LSC SYNCHRO AWARDS:

Beginner II: Hannah Fenn

Elementary: Morgan Roobroeck

Juvenile: Megan McLellam

Pre-Novice: Lauren Shepherd

Intermediate: Laura Whaley

Adult I: Jordan Innanen

## **SKATE CANADA GOLD AWARDS**

### **First Gold Awards:**

Pam Carrothers – Gold Dance

Katie Graham – Gold Skating Skills

Natalie Kenzie – Gold Skating Skills

Kabrena Riley – Gold Skating Skills

Abbey Smith – Gold Skating Skills

Madeline Tobin – Gold Skating Skills

Vanessa Tran – Gold Skating Skills

### **First & Second Gold Awards:**

Kinsey Greenfield – Gold Interpretive & Gold Free Skate

### **Second Gold Awards:**

Shelby Crampton - Gold Interpretive

Emily Galan – Gold Interpretive

### **Second & Third Gold Awards:**

Brooke Marshall – Gold Interpretive & Gold Free Skate

## **LSC SPECIAL RECOGNITION AWARDS**

### **Recipients:**

- **Pre-Novice Synchronicity** – Silver Medal at 2011 Ontario Regional Synchronized Skating Championships
- **Intermediate Synchronicity** – Silver Medal at 2011 Canadian Intermediate Synchronized Skating Championships.
- **Pam Carrothers** – Bronze Medal win in Interpretive at the 2011 National Adult Championships.
- **Bev Dodge** – Gold Medal win in Interpretive & Silver Medal win at the 2011 National Adult Championships.

- **Donna Hooper** – LSC Volunteer of the Year
- **Kelly Marshall & Darlene Mitro** – 25 year coaching recognition
- **Jamie Oderkirk** – Thank you and best wishes for coaching dedication to LSC as she heads to Queen’s University in Kingston to attend Teacher’s College
- **Michelle Rothwell** – Preliminary Supervising Coach – retiring from skating after 20 years as a LSC coach.

**Evelyn Bastow Gala Bursary Fund Bursaries:**

Nicole Gallow – CanSkate Bursary  
 Kinsey Greenfield & Brooke Marshall - Gold Free Skate Bursary  
 Pam Carrothers – Adult Bursary – 3<sup>rd</sup> Adult Nationals  
 Beverly Dodge – Adult Bursary – 1<sup>st</sup> & 2<sup>nd</sup> Adult Nationals  
 Pre-Novice Synchronicity – Synchro Bursary – 2<sup>nd</sup> Regionals  
 Intermediate Synchronicity – Synchro Bursary – 2<sup>nd</sup> Canadians



**Congratulations to Tammy Arn and Shannon Moxey who both gave birth to beautiful baby boys;  
 Logan Arn and Chase Moxey**



## **GoodLife Fitness FREE TEEN FITNESS PROGRAM 2011**

***Did Your Teen Leave an Impression on Your Couch Last Summer?  
Great News.... They Can Make an Even Bigger Impression on Their Health  
This Summer!***

**Press Release** Source: GoodLife Fitness Clubs On Thursday April 14, 2011, 8:00 am EDT

LONDON, ONTARIO--(Marketwire - 04/14/11) - GoodLife Fitness is offering a FREE Teen Fitness Program from coast-to-coast this summer for youth between the ages of 12 and 17-years-old.

Teens can utilize all GoodLife Fitness Clubs between 8 a.m. and 4 p.m., 7 days a week in July and August to stay fit and have fun this summer. Registration will begin for the program at [www.goodlifefitness.com](http://www.goodlifefitness.com) on June 1, 2011.

We've all heard the news. Overweight and obese teenagers are tipping the scales at an alarming rate-one of the predictors of an unhealthy future for this generation. According to the Canada Health Measures Survey 2010 that's over 26 per cent of children and youth. Additionally, 60 per cent of Canadian youth do not get the required daily physical activity for optimum growth and development and 93 per cent of children and youth are not meeting Canada's physical activity guidelines (Canadian Society for Exercise Physiology).

"At GoodLife, we are passionate about helping all Canadians become fit and healthy and we know the importance of starting healthy habits at a young age," said David Patchell-Evans, GoodLife Founder & CEO. "We piloted the Teen Fitness Program in most of our clubs last summer."

"In some communities across Canada, such as Ottawa, there was an extraordinary response where thousands of teens got on-board and enjoyed the positive benefits of fitness," said Tracy Glennon, Director of Operations for GoodLife Fitness. "My own daughter Kate and her friends took part last year and had an amazing time trying new experiences such as Group Cycling classes and welcomed the great orientation the club teams gave them to strength training. Teen Fitness gave us the opportunity to do something cool and fun together as a family."

GoodLife Fitness

Teen Fitness Connection