



London Skating Club March Newsletter 2017

**Our
110th
Year**

Editors: Zoe Espanol and Tania Granadillo

London Skating Club
P.O. Box 9011
Sub. Station 40
London, Ontario
N6E 1V0
(519) 681-2640
(Office Located in Earl
Nichols Arena)

Inside This Issue

Page 1:

- A Word From your
President
- Inside This Issue

Page 2:

- Our programs
- Upcoming Events

Page 3:

- Your Board
- Our programs (cont.)

Page 4:

- It's Showtime

Page 5:

- Test Results

Page 6:

- Competition Results

Page 7:

- Synchronicity Updates

Page 8:

- Synchro Try-outs
poster/info

Page 9:

- Scholarships, Bursaries &
Awards

Page 10:

- New spring Regristation
Deals
- Selecting a Private Coach

A Word From Your President

I hope everyone enjoyed the 2016/17 fall/winter season. This has been another year of growth and excitement for the London Skating Club. Once again, we have seen growth within our club, with increased membership, new program options and many successes from our skater.

We will be ending this very exciting year with an ice show to celebrate our 110th anniversary. This show will feature the London Skating Club skaters, current national junior pairs champions Evelyn Walsh and Trennt Michaud, with special guest three time World champion, two time Olympic silver medalist, and seven –time Canadian champion Elvis Stojko. Elvis will perform twice during the show and will host a meet and greet autograph session afterwards. Don't forget to get your tickets!!!

From the London Skating Club Board of Directors, coaching staff and skaters, we hope to see everyone at Thompson Arena on March 26th as we perform Canada Strong Proud and Free!

Michelle Parker
President

Did you know....
the current Junior Pairs Champions, Evelyn Walsh and
Trennt Michaud are from the London Skating Club?
Congratulations!

OUR PROGRAMS

CANSKATE: CanSkate is Skate Canada's flagship learn-to-skate program. It is based on Sport Canada's long-term athlete development (LTAD) principles and focuses on fun, participation and basic skill development.

CanSkate is designed for beginners aged 3 to adult who are taught in a group format by NCCP-trained professional coaches and assisted by trained program assistants. Skaters progress at their own rate through a complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. Coaches create a motivational environment and make sessions active using teaching aids and upbeat music. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.

CanSkate uses nationally tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills.

CANPOWER: Thank you Power Skating Parents and Skaters for a Successful 2016-2017 Season!

We provided this Winter our 3 Session Format to allow more specific training to all our ringette and hockey players. Our skaters range from Tyke age to Midget Triple AAA Level as well as include adults looking to improve their skating.

For those new to CanPower, we have a combined 75 years of coaching wisdom between our two instructors along with many qualifications and world experiences. Our Program has also many advantages and unique qualities to it. We have a Low Coach to Skater Ratio and the focus is on proper technique to maximize power, edges, agility, speed acceleration, and endurance. This is all done in a positive and encouraging setting.

Our Pre-Power and Level 1 saw many beginners come out to better their game. Pre-Power helps develop basic skating abilities in a power skating environment, including balance skills, forward and backward skating, stopping, turning and agility skills. WE saw many new faces this year on the ice and hope they will join us again in the future.

We are proud of ALL our players and their individual and team accomplishments. Many are still in playoffs and we wish them luck for their upcoming tryouts and look forward to seeing them again in the Fall. For those who want to pursue their training, we offer some private lessons on our Spring and Summer Sessions and please contact Carole or Lesley Robinson if you are interested.

UPCOMING EVENTS

March 26, 2017 @ 4:00 pm:
110th Anniversary Ice Show

March 27, 2017:
STARSkate Test Day

April 18, 2017:
Spring Session Begins

April 18 & 27, 2017:
Synchronicity Spring
Try-Outs

May 28, 2017:
Annual General Meeting and
Awards Night

June 12, 2017:
Spring Sessions Ends

June 13, 2017:
STARSkate Test Day

June 26, 2017:
Summer Session begins

August 6, 2017:
Summer Session ends

August 14-18 2017:
(Summer Skating Camp)

STARSKATE: Skills, Tests, Achievement, Recognition – this is what STARSkate is all about!

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.

At the London Skating Club skaters can join STARSkate in the Preliminary sessions once they have passed level 4 of CanSkate. They will work on level 5 and 6 while in there. Soon we will see changes from Skate Canada to the Startskate program which will be implemented at the LSC next fall. Stay tuned for more information regarding these changes.

ADULT: Adults Only StarSkate sessions are offered throughout the year at the London Skating Club.

Adult sessions include a group stroking lesson conducted by a NCCP certified professional Skate Canada Coach, as well as additional ice time for independent free skate and dance practice (either alone, or with individualized instruction from a professional coach). Ice time is divided into Stroking, Freeskate and Ice Dance segments.

In addition, adult STARSkaters are welcome to skate on any other StarSkate session for which they are qualified, including the new OPEN session, as well as Preliminary, Junior and Senior STARSkate sessions.

Your Board

President: Michelle Parker

Vice-President: Kristin
Chadwick

Past President: Stephen
Komarnicky

Treasurer: Mark Craig

Secretary: Marisa Sheardown

CanSkate: Marisa Sheardown

STARSkate: Tania Granadillo

Select: Rose Rubini

CanPowerSkate: Josée
Goudreault-Smale

SynchroSkate: Sherry
Jennings

Newsletter: Tania Granadillo

Coach Liaison: Brenda
Zawadzki

Coach : Paul McLean

Representative

Website : Kristin Chadwick

Administrator & IT

Fundraising: Sonia
Reis- Santos

H.O.M.E. Region: Shannine

Representative VanDinther

Test Chair: Amy Gleig

Volunteer: Shannine

Co-Ordinator VanDinther

Dress Sale: Shannine

Co-Ordinator VanDinther

Did you know....
our Intermediate Synchronized Skating
Team placed 8th at the National
Championships in Calgary?
Congratulations!

Silent Auction Donations:
At time of printing

Artistry in Motion
BMO – Kelly Alquire
Butterworth Skate Shop –
Butterworth Family
Christa Alquire-Cox
Columbia Sportswear Canada
Dance Essence
Dancewear Plus
Darlene and Brianne Mitro
Forest of Flowers – Wonderland
Road S.
Galla Designs
Hanford's Tire & Service
Heather Bowman & Jenyvette
Hsia
Heather Wright & Tina Main
Ice Moxie Skating Boutique -
Shannon Moxey
Jesse's Journey
Kelly & Al Farmer & Family
Kevan Proulx
London & Area Chapter –
Muscular Dystrophy Canada
London Honda
Motive Cosmetics by fayebaby –
Faye Eisan
Mr. Kelly Marshall
Pointe & Pick
Popilicious – Cake Pops
Sandi, Greg & Abby Donald
Shannine, Steve & Keira Van
Dinther
Spada's Village Salon & Spa –
Shari Spada
Summers Home Hardware
Toyotatown



Sunday, March 26th is the big event for the London Skating Club. Get your tickets early and don't be disappointed by going on the club website and ordering today.

The 110th Anniversary Ice Show will feature World Champion Elvis Stojko and our very own Junior Canadian Pair Champions along with our very own London Skating Club skater's.

We are proud to support our charity partners, Jesse's Journey & the London Chapter of Muscular Dystrophy Canada and the London Skating Club family with proceeds from the auction and show going to support these worthy causes.

Souvenir programs will be for sale at the show as well as flowers for that special skater in your house. Fred's photography will also be there so you can purchase your favourite pictures that were taken at dress rehearsal.

Check out the historical display from Eldon house and trace the club's historical roots back to this special tourist attraction that is such a big part of London.

There will also be an autograph session following the show with Elvis and our very own Canadian Junior Pairs Champs Evelyn Walsh & Trennt Michaud.

Title Sponsors: OMAC Mortgages, Toyotatown, and DM Automotive
Gold Sponsors: Drewlo Holdings and Impressions Printing, St. Thomas
Silver Sponsors: Farmer Family and West London Optometry – Bev Dodge
Bronze Sponsor: Hogarth Insurance Brokers – Nicole Kaiser

Congratulations to all those skaters who passed a test on February 7th and 8th. Here's a list of all those who passed their tests:

DANCE

Preliminary

Dutch Waltz:

Heela Ahmadazi
Matilde Castro
Ruby Fenton
Bailey Gardner
Ana Sofia Guitut
Kendall Loubert
Gabriela Perez
Noemie Trottier
Warren

Canasta Tango:

Brooke Forret
Tori Kares
Emma Stankiewicz

Baby Blues:

Caley Brown
Jessica Knight
Maddie Pollock

Junior Bronze

Swing:

Elli Alcatrao
Courtney Kares
Alanna Plank

Fiesta Tango:

Nayde Reis-Santos
Todd Weczorek

Willow Waltz:

Abby Donald
Jenyvette Hsia
Amanda Lynch
Sydney Plank

Madison Sheardown

Senior Bronze

Ten Fox:

Thaily-Anna Hoang
Louise Parker

Fourteen Step:

Avery Cox
Adrianna James-
Parker
Abigail McLean
Brenda Zawadski

Junior Silver

Amercian:

Geneva Herold
Keira VanDinther

Harris:

McKenna Spitzer

Rocker:

Gabriella Davey
Natalie Osika

Keats:

Zoe Espanol
Ken Gowan
Rachel Marshall
Morgan Roobroeck

Senior Silver

Paso Doble:

Sarah Semchism

Blues:

Andrea Jennings

Kilian:

Charlie Crocker
Anderson

GOLD

Quickstep:

Heather Crampton

Argentine Tango:

Emma Tiede

SKILLS

Preliminary:

Abby Moeller
Kyana Reis-Santos

Senior Bronze:

Thiayl-Anna Hoang
Abigail McLean
Kiya Stinson

Gold:

Sarah Semchism

INTREPRETIVE

Intro:

Victoria Parker

Silver:

Heather Crampton

Gold:

Stephanie Baxley
Julia Chadwick

FREESKATE

Program

Preliminary:

Abby Donald
Abby Moeller
Allienna Selk
Madison Sheardown
Lydia Zadorsky

Junior Bronze:

Avery Cox

Elements

Preliminary:

Abby Donald
Abby Moeller
Alienna Selk
Madison Sheardown
Lydia Zadorsky

Junior Bronze:

Geneva Herold
Louise Parker

Special Congratulations to Emma Tiede,
Heather Crampton, Sarah Semchism,
Stephanie Baxley and Julia Chadwick for
passing a Gold Test!!!

Competition Results

Jan 13-15 Charles Dover
Memorial Invitational

Name	Category/Flight	Place
Keira Van Dinther	Pre-Juvenile Women (103-U11 Flight 1)	2
McKenna Spitzer	Pre-Juvenile Women (104-U11 Flight 2)	3
Danijela Jelich	STAR 9 Women (108 Flight 1)	1
Taite Hulet Gatt	STAR 9 Women (109 Flight 2)	5

Jan 28-29 Pat Abela/
Lyle McPhedran Memorial Invitational

Name	Category/Flight	Place
Shelby Komarnicky	Gold Triathlon Women (1023/110/305)	4
Bev Dodge	Silver Women (130 ADULT IN)	2
Bev Dodge	Silver Women (123 ADULT FS)	1

Feb 17-19 Western Ontario Section
STARSkate Championships & Adult Showcase

Name	Category/Flight	Place
Patricia Andrew	Juvenile Women (503 U12) Free Program	1
Ella Rose DeMille	Juvenile Women (503 U12) Free Program	4
Keira Van Dinther	Pre- Juvenile Women (501 U11) Free Program	2
Shelby Komarnicky	Gold Women (505) Free Program	5
Keira Van Dinther	STAR 7 Women (303) Short Program	2
Stephanie Baxley	Silver Women (210 ADULT IN)	3

January 16-22 2017 Canadian Tire
National Skating Championships

Name	Category/Flight	Place
Evelyn Walsh and Trennt Michaud	Junior Pair	1

Feb 3-5 Dennis Silverthorne
Memorial Invitational

Name	Category/Flight	Place
Patricia Andrew	Pre-Novice Women (101 Short Program Gr. 1)	2
Taite Hulet Gatt	Pre-Novice Women (102 Short Program Gr. 2)	4
Kylie Smale	Pre-Novice Women (302 Free Program Gr. 2)	3
Ella Rose DeMille	Juvenile Women (411 U12 Gr. 1)	5
Patricia Andrew	Juvenile Women (412 U12 Gr. 2)	1
Taite Hulet Gatt	Juvenile Women (412 U12 Gr. 2)	2
Julia Chadwick	Silver Women (109 Interpretive Gr. 1)	3
Keira Van Dinther	Pre-Juvenile Women (423 WO Development Level 3)	3

SPECIAL CONGRATULATIONS TO ALL
OF THESE FANTASTIC SKATERS!!

Synchronicity updates

Winterfest, which took place at the beginning of January produced the following results:

Novice - 10th place

Adult 1 - 6th place

Capers, which took place at the end of January saw teams achieve personal bests!

Placings are as follows:

Beginner 1 Stars - 7th place

Beginner 1 - 5th place

Beginner 2 - SILVER in the Gold Final

Elementary - 4th in the Gold Final

Novice - 4th place

Intermediate - 4th place

Adult 3 - 5th place

Mid March at regionals in North York, the placings are as follows:

Beginner 1 - BRONZE

Beginner 2 - 4th place

Elementary - 5th place

Novice - 5th place

Intermediate - 4th place

Adult 1 - BRONZE

Nationals in Calgary at the end of February produced the following results:

Novice - 7th place

Intermediate - 8th place.



London Skating Club's *Synchronicity*



2017 – 2018 Tryouts



6 (or younger) – 9 year olds (Birth Years: 2008 – 2011 or before) *If born after 2011, attendance is at the coaches discretion*	5:00 – 5:50 pm April 18 & 27, 2017	Earl Nichols Arena \$ 25
10 – 13 year olds (Birth Years: 2004 – 2007)	6:00 – 7:20 pm April 18 & 27, 2017	Earl Nichols Arena \$ 50
14 – 18 year olds (Birth Years: 1999 – 2003)	7:30 – 8:50 pm April 18 & 27, 2017	Earl Nichols Arena \$ 50

Try-out fee covers all try-outs, prices will not be pro-rated

Decisions about the categories fielded, will be based on numbers of eligible skaters in each category

MUST pre-register online only at:

<http://www.londonskatingclub.com/pages/Synchronicity/Register>

Synchronicity is looking to field the following teams:

*Beginner 1, Beginner 2, Elementary, Pre-Juvenile,
Juvenile, Pre-Novice, Novice, Intermediate*



For more information, contact us at: synchronicity@londonskatingclub.com

Scholarships, Bursaries & Awards

The London Skating Clubs supports skaters, pairs and teams that qualify for provincial STARTSkate Championship.

There is also support for skaters, pairs and teams that qualify for a National Championship.

For more information contact your convener.



Evelyn Bastow Awards

To encourage and support the love of skating the following awards are available based on results in the current skating year and awarded at the annual LSC Awards Night. The amount awarded per award varies.

- Competitive skater or pair/dance pair competing at Western Challenge Event and qualifying for Canadians
- Synchronized Skating Team competing at Regionals and qualifying for Canadians
- Adult Synchronized Skating Team competing at Adult Canadians
- Skater or pair/dance team pair competing at Canadians and placing in the top 50% in men's, ladies, pairs or dance
- CanSkate Skater of the Year
- Test Skaters – Three Gold Tests Passed
- Test Skaters – Gold Free Skates Passed
- Test Skaters – Fourth and Fifth Gold Test Passed
- Adult Single Skaters competing and finishing in the top three at Adult Canadians
- STARSkate For skaters competing at Star Skate and qualifying for provincial finals
- Love of Skating Award

The Mary Burdon Post- Secondary School Scholarship Bursary is open to any eligible Western Ontario Section skaters that meet the posted criteria. Note: with the merging of the four Ontario Sections the funds available to Skate Canada Clubs that fall within the former WOS boundaries.

Mary Burdon passed away in 2015 and part of Mary's wishes along with family and friends that a bursary be established in her name.

Mary volunteered for over 62 years in many capacities with Skate Canada and the London Skating Club including being a judge, data specialist, volunteer, board member and President of London Skating Club.

In 2008 Mary received the Province of Ontario Syl Apps Special Achievement Award and in 2015 was appointed Honorary Official Status by the Skate Canada Board of Directors for distinguished contributions to Skate Canada, and the Outstanding Volunteer London Sporting Community Award to name a few of her accolades. Mary also taught at Clarke Road SS for 34 years and volunteered with Drayton entertainment and IODE

To date, the Mary Burdon Bursary Committee has handed out scholarship awards for post-secondary education totaling \$7,500.

The Application and more details are available on the London Skating Club website at <http://www.londonskatingclub.com/pages/Members-Info/Awards-and-Bursaries/>

We are pleased that so many of our skating families have multiple skaters, or individual skaters that recognize the benefit of skating multiple days a week. In order to make skating a bit more affordable for these families, we have increased discounts for skaters skating 3 sessions or more a week, and have also increased our discounts for families with 3 or more skaters in their immediate family.

Multi Session Discounts:

If an individual skater registers for more than one eligible full season program (synchro tryouts excluded) in Spring 2017, the following discounts will apply

- 2 Sessions 5%
- 3 Sessions 10%
- 4+ Sessions 15%

Multi Skater (family) Discount

-5% off ALL programs, if 3 or more members of an immediate family register for skating programs (immediate family members include parents and all dependent children living at the same address)
All of these discounts and pricing adjustments will be automatically added to your invoice if the qualifications are met.

Selecting a Private Coach

At the London Skating Club, we are very proud of our coaching team. All coaches are NCCP Certified members of Skate Canada (National Coaching Certification Program). NCCP courses provide coaches with training in a wide variety of areas. Private lessons with a professional coach are a very important aspect of your child's skating development. Please feel free to contact the coach of your choice directly for further information. We highly recommend every one!

All skaters - from beginners through to the highest competitive level - benefit from private instruction. Skaters choose private instruction for a variety of reasons:

- To help skaters to understand and develop his/her strengths
- To target and improve areas of weakness
- To assist skaters through the various test levels
- To develop skills/talent in the various skating disciplines
- For competitive skaters who wish to compete at recreational levels or higher

How do I choose a private coach?

- Have a list of questions to ask the coach
- Ask parents who already have a skater taking private lessons
- Ask a board member for information
- Call potential coaches to arrange an interview
- Conduct an informal interview over the phone

-Come out and watch private lessons to see skaters and coaches in action

-Select a coach carefully. Choose the right person for their teaching and coaching abilities, but also consider that the Coach will be the role model for your child.

- The Coach will be spending considerable time with your child, so it should be someone your child feels comfortable with.

-Coaches are the experts. Work together with your coach to create realistic goals and objectives for your child.

-Take time when selecting a coach. Remember that a picture is worth a thousand words. Watch the coaches teaching other children and see how they interact and present themselves.

-Coaching fees may vary according to the certification level an experience of the coach. Ask what the fees are up front so there are no misunderstandings later.

Please note that it is the Parent and/or Skater's responsibility to initiate the discussion of private instruction. LSC Coaches and Board Members may not directly refer a specific coach for private lessons nor solicit an arrangement for private lessons, as per the Skate Canada Code of Ethics.

Looking for New Board Members!

The London Skating Club Board of Directors is looking for new volunteers to join the team. Each year the Board has members that complete their commitment and thus need new volunteers to take their spots, and this year is no different. The roles are assigned by the Board based on the Club's needs and each Volunteers desire to fit those needs. While we always need and welcome a wide variety of skills, this year we also need those with skills in Webpage Management, Registration Database Management and Marketing. For the Webpage and Registration Database we use a third party software Uplifter that is used by many Skating Clubs across Canada and is linked to the Skate Canada database.

If any of you are interested in joining the Club's Board or if you have questions about joining the board, please email Stephen Komarnicky at skomarnicky@londonskatingclub.com

Special Thanks To All Those Who Contributed To The Newsletter

Breaking News!

Results from 2017 Skate Ontario Championships

Patricia Andrews 2nd Juvenile Women U12

Keira Van Dither 2nd STAR 7 Women , 5th Juvenile Women U11



LONDON SKATING CLUB

Learn for Fun. Live to Skate. Skate for Life.

A Skate Canada member club since 1907.

