

JANUARY 2010

FROM THE EDGE

Our Monthly Newsletter...For Your Information!



Happy New Year!

Welcome to a new year of skating fun! The Executive and Coaches of Federation Skating Club welcome back all returning skaters and their families, and are happy to see some new faces join our Club! We hope you had a relaxing and joyful holiday season, and are as excited as we are to get 2010 started on the ice!

A special thank you to all the volunteers who helped out with our year-end holiday parties at the arenas!

For those of you who are new to the Club, our monthly newsletter is an important way we reach skaters and their families with information they need to know to make the season a success. Take time to read the newsletter, which is handed out at the first lesson of every month and also posted for your reference on-line at www.federationskatingclub.com.

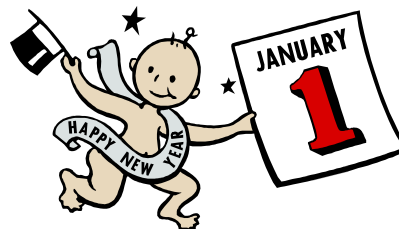
Reminder: Safety First

Let's start the New Year off right! Please note that:

- Players' boxes must be kept clear for safety reasons. Please watch lessons from the bleachers.
- Skaters and coaches need to concentrate on lessons: please talk to them outside lesson time.
- Skaters are permitted on the ice only when the Zamboni gates are closed and a Coach has given permission for skaters to go on the ice.
- Only registered skaters are permitted on ice.
- Skaters will **NOT** be allowed on the ice without an appropriate helmet (see right).
- Gum, candy, and scarves are a choking hazard: please leave them in the dressing room.

Private Lessons

Private lessons are a great way to fast-track skaters' progress, and are available for every skater (5 years of age and up) and skill level. For information on coaches' qualifications and contact information, check out the Coaches' page on www.federationskatingclub.com. Contact the coach of your choice directly to book your private or semi-private lessons.



REMINDER: Kinsmen Lessons

Please note the following lesson time changes, due to scheduled hockey tournaments.

On **Jan.23rd ONLY**, Kinsmen lessons will move to Tipton Arena (10828-80 Ave) & start later:

Class	Regular Kinsmen Lesson	Jan. 23 rd Tipton Lesson Time
CanSkate	9:30-10:15am	10:45-11:30am
	10:15-11:00am	11:30am-12:15pm
Pre-CanSkate	9:30-10:00am	10:45-11:15am
	10:00-10:30am	11:15-11:45am
	10:30-11:00am	11:45am-12:15pm

There will be **NO LESSONS** at Kinsmen Arena on **Saturday, Feb.6th** and **Saturday, Feb.13th**. Kinsmen Saturday classes run two weeks further into March than our other arenas to make-up for these missed weeks.

Helmet Policy

All skaters enrolled in Pre-CanSkate, CanSkate, and Power Skating are required to wear a Canadian Standards Association (CSA) approved skating or hockey helmet. Bicycle helmets are designed for single-impact, primarily side collisions and are **NOT** acceptable.

Ice-Show: Getting Ready...

In preparation for the year-end ice show in March 2010, all skaters should be prepared with **black pants** and a **black shirt**. Avoid the rush and dig these items out of your closet now! All skaters are expected to have hard, **plastic skate guards** for the ice show.

Event Calendar

Winter Session Start & End Dates

Kinsmen Saturdays: Jan. 2 – March 20*

Tipton Saturdays: Jan. 2 – March 13

Tipton Sundays: Jan. 3 – March 7

Tipton Tuesdays: Jan. 5 – March 23

Tipton Wednesdays: Jan. 6 – March 10

**Lessons on Jan. 23rd will take place at Tipton Arena and begin at 10:45am.*

**There will be no lessons at Kinsmen Arena on Saturday, Feb. 6th and Saturday, Feb. 13th due to scheduled hockey tournaments.*

Annual Ice Show

Rehearsal: March 20th, 2010

1:45-3:15pm @ Tipton Arena

Showtime: March 21st, 2010

1:30-4:30pm @ Confederation Arena

Contact Us

Mail:

Federation Skating Club

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Web: www.federationskatingclub.com

Our Arenas

Confederation: 11204 – 43 Avenue

Kinsmen: 1979 – 111 Street

Tipton: 10828 – 80 Avenue

Edmonton Region Fun Meet

The Fun Meet is a chance for skaters to show what they have learned in a fun competition that focuses on their achievements. The Club encourages all skaters to participate and contributes to their competition costs.

Fun Meet Days: February 5-7th, 2010

Arena: Millwoods Recreation Centre

Cost:

- CanSkate Events: The 1st event and coaching fee covered by the Club.
- StarSkate Events: The 1st event fee will be covered by the Club. The Coach will bill the skater directly.
- Team Events: Costs will be divided amongst team members.

How to Participate:

- Request & complete a registration form. Telephone the Club if you do not know your Skate Canada number.
- Note: Please make all cheques payable to Federation Skating Club.
- Return completed forms to Coaches Lora or Crystal by Saturday, January 9th, 2010.

For all Fun Meet questions, contact Coach Lora at the arena or by email at lgingera@hotmail.com.

The Fed: Who are we?

The Executive Committee

Apart from coaches, who are paid to teach lessons, the Club is run ENTIRELY by volunteers and would NOT operate without them. Interested in volunteering? Let us know!

President: Pauline Halko, 780-489-0971

Vice President: *Vacant*

Secretary & Registrar: Tammy Peters

Treasurer: Kate Wan

Test Chair: Irena Sowinsky

Gaming Chair: Greg Currie

Publicity & Ice Allocation Chair: Marian Weber

Ice Show Chair: Shivani Sherman

The Coaches

Club coaches are certified by Skate Canada and by the National Coaching Certification Program. You will see them on the ice wearing purple jackets. Feel free to talk to your skater's coach.

Head Coach: Lora Gingera, lgingera@hotmail.com

Coach: Roya Damabi **Coach:** Crystal Halko

Coach: Morgan Laird **Coach:** Brianne Lovstrom

Coaches are assisted on ice by Program Assistants (PAs). PAs are more advanced skaters trained by Club Coaches to help out with on-ice activities.