

OCTOBER 2009

FROM THE EDGE

Our Monthly Newsletter...For Your Information!



Welcome!

Welcome to a new skating season!

Our Club newsletter is an important way that the Club communicates information to our skaters and their families. Coaches will hand out newsletters to skaters at the first lesson of every month. Please make sure that you receive and read your Club newsletter. The newsletter contains information on Club programs, events, and schedule updates. There is also a section called *Skate Watch* that provides you with helpful tips and tricks on how to get the most out of your skates and the skating season.

Copies of the newsletter are also available electronically on the Club's website at www.federationskatingclub.com. The website is a great resource if you are looking for monthly ice schedules, program descriptions, coaches contact information, and more.

Thank you for choosing Federation Skating Club! The Club Executive Committee and Coaches wish you all a safe, fun, and challenging skating season!

Safety First!!!

Please be mindful of the following:

- 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 skaters and coaches before or after lesson time.
- Skaters are permitted on the ice 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.
- If you want to go on the ice, you must be wearing an appropriate helmet (see section on helmets).
- Please spit out gum and candy before skating; they are a choking hazard.



Proper Skating Attire

Skating is a cold sport! Skaters will learn more and have more fun if they are dressed properly. Skaters should wear clothes that allow them to move freely and keep warm. Please make sure your skater has gloves or mittens – it's slippery out there!

Skaters need to be able to see – keep long hair tied back or tucked into the helmet out of skaters' eyes. Clothes that can get caught easily or items that can fall on the ice should be avoided. Scarves, long necklaces, long skirts, small hairpins, etc. should not be worn.

Elbow/knee pads are not recommended as they restrict skaters movement and may make it difficult for them to get up if they fall.



Helmets

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** suitable for skating. Skaters will **NOT** be allowed on the ice without an appropriate helmet – for everyone's safety.

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.

Event Calendar

Fall Session Start & End Dates

Tipton Tuesdays: Oct 6. – Dec. 8, 2009
Tipton Wednesdays: Oct. 7 – Dec. 16
Kinsmen Saturdays: Oct. 10 – Dec. 12
Tipton Saturdays: Oct. 10 – Dec. 12
Tipton Sundays: Oct. 11 – Dec. 13

Note: Christmas parties will take place at each arena on the last lesson day.

Holiday Break – No Lessons

Dec. 17th, 2009 – Jan. 1st, 2010

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 9
Tipton Wednesdays: Jan. 6 – March 10

**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
1:15-4:15pm @ Kinsmen Arena
Showtime: March 21st, 2010
1:30-4:30pm @ Confederation Arena

Contact Us

Mail:

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Our Arenas

Confederation: 11204 – 43 Avenue

Kinsmen: 1979 – 111 Street

Tipton: 10828 – 80 Avenue

New CanSkate Format!

If you've been with the Club before, you'll notice that things look a little different on the ice this season. To enable our skaters to move more and experience different coaching styles, we're trying out a new circuit format. Skaters will start at their "homeroom" group, and then rotate among different stations – each focusing on a different skill appropriate to the group's ability.

Homeroom coaches will be responsible for their homeroom class's attendance, report cards, and handouts.

Report Cards

Coaches distribute report cards to their skaters on the last lesson of each 10-week skating session. If you have a report card from previous years, please hand it in to your coach or an Executive member as soon as possible.

The Fed: Who are we?

The Executive

The Executive Committee is the group of parent volunteers that runs the Club. Apart from coaches, who are paid to teach lessons, the Club is run ENTIRELY by volunteers and would not be able to operate without them.

President: Pauline Halko, 780-489-0971

Vice President: Vacant

Secretary & Registrar: Tammy Peters

Treasurer: Kate Wan

Test Chair: Dawn Fedina

Gaming Chair: Greg Currie

Publicity & Ice Allocation Chair: Marian Weber

Ice Show Chair: Shivani Sherman

The Coaches

All 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 or set up a convenient time to chat.

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). You will see them on the ice wearing blue jackets. PAs are more advanced skaters trained by Club Coaches to help out with activities on the ice – they are Coaches' helpers.

SKATEWATCH: SPECIAL FIRST LESSON EDITION

HOW TO FIT & CARE FOR SKATES

- When buying skates, make sure they fit the skater's feet as they are now. Buying skates that are a size too big so the skater can grow into them may cause injury and negatively affect their skating ability.
- Many skate shops have programs where you can take your used skates back and trade them for a new-to-you pair, or put them towards some of the cost of a new pair of skates.
- Go to a reputable skate shop and get fitted properly; they will look at your skates for free and tell you if they fit properly.

How to Tie Skates:

1. Loosen the laces from the top all the way down to the bottom of the skate.
2. Place the foot inside the skate making sure it is lying flat on the foot bed.
3. Tighten the laces in the lower half of the skate first – make sure to tighten each criss-cross of the laces.
4. Make sure the tongue is straight, tucked into the skate evenly on both sides, and does not slip under the laces.
5. Tighten the top laces so that the skate fits snugly around the ankle. You should only be able to fit one finger down inside between the skate and the leg.
6. Tuck long laces into the sides of the skate to keep them out of the way.

Tying Tips:

- Never wrap long laces around the ankles – this can cut-off circulation and can cause injury when a skater falls. If the laces are too long, cut them shorter, tuck them inside the skate, or tuck them into the laces.
- If you wear hockey skates, you can buy special laces coated with a thin layer of wax. The wax stops your laces from slipping so that they stay done up nice and tight.
- If you wear figure skates, you may want to buy a thinner pair of laces – they will stay done up better and tighter than thicker laces.
- If your feet keep cramping when you skate or they get cold all the time, you may be tying them too tight around your toes or you may be wearing socks that are too thick – there may not be enough room in your skate for air to circulate around your toes to keep them warm.
- Do your feet hurt while skating? This is normal the first few times you try to skate or if you have new skates – but if it doesn't stop, try going to the skate shop and get your skates fitted properly. Special insoles can support the arches in your feet and may give you a better fit.

General Skate Care:

- Use hard, plastic skate guards to protect the blades. Plastic guards protect blades from rust, dirt, and scratches so that blades last longer and do not need sharpening as often. Skate guards should be worn from the dressing room to the ice. When storing skates in a skate bag, make sure to remove the hard, plastic guards to prevent rust. Store skates using soft, cloth blade covers instead.
- How often do you need to sharpen your skates? It depends on how often you skate, and how you skate. If it feels like you are slipping around a lot, cannot stop easily, or hold an edge, you may need your skates sharpened. To check, try running the flat of your nail across the blade – it should leave a scrape; if it doesn't, your skates may be on the dull side.

