



SKATE AMHERSTBURG

November 2009 Newsletter

CANSKATE NEWS

Registration for the winter session of Canskate will be Monday Nov.23rd & Thursday Nov.26th from 5-7pm. Winter session begins Monday Jan.4,2010.

Canskate session on Thursday November 19/09 will be cancelled due to skate testing that day. Please mark your calendars!!

JR,INT & SENIORS

Test day is scheduled for **Thursday November 19/09**. Please see bulletin board for your individual time(s). Best of luck to all skaters!

For those of you that are participating in competitions this year, **no** cassettes will be accepted. Music must be on a CD with no label only marker.

Confirmation for competitions will **no** longer be e-mailed. Skaters must check the WOS website at www.skating-wos.on.ca to find out their flight schedule.

E-MAIL ADDRESS

If you have any questions, concerns or need further information at anytime through out the season please contact Skate Amherstburg at: skate_amherstburg@yahoo.ca

SPORTS DAYS

Come dressed in your favourite sports apparel for all sessions November 23rd and 26th.



SYNCHRO NEWS

Anyone interested in participating on a Synchronized Skating Development team should contact Sharon at skate_amherstburg@yahoo.ca. This team would skate on Tuesday from 4-5pm beginning January 5th until April 6th for a total of 14 weeks. Skaters must have passed CanSkate Badge six and be working on their preliminary dances. A minimum of 16 skaters will be required to run this program. The cost will be \$142. Skaters signed up for Cansynchro on Friday nights may transfer and apply their remaining balance to the fee.

Skates for Canskaters

Skates should fit properly, a skater should be able to wiggle their toes in their skates and they should provide firm ankle support (see photo below).

Lace up skates are preferred, skates that have buckles or straps loosen making it difficult to balance.

Moulded skates should be avoided as they are inflexible in

Checking the fit

Pull laces of the boots very loose through the instep

Slide the foot forward to the front of the boots so that the toes touch the end but are not cramped

Have skater stand with weight evenly distributed over both feet

Bend knees but do not lift heels

The space at the back of the heel should be no more than a finger.

the cold and allow a skater less control.

New skates purchased at the store need to be sharpened.

Skates should be sharpened periodically.

The bottom toe pick should NOT be removed. This is part of the design of figure skates; it is used for performance of some skills and is essential to proper balance.



Poorly Equipped Skater

Properly Equipped Skater

Please sign & return this part of your newsletter to be eligible for our monthly prize draw from the treasure chest. Look for your golden ticket in your mailbox and show it to a Skate Amherstburg Board member to claim your prize.

Sign and return to be eligible for the November Newsletter draw.

Skater's Name: _____

Group(circle)

Canskate

Junior

Intermediate

Senior