



Fergus Skating Club Skateline News

SEPTEMBER, 2017

DATES TO REMEMBER

President's Welcome

Welcome to all new and returning skaters and parents to the Fergus Skating Club!

It is wonderful to see so many smiling faces in our programs. A special thanks goes out to our special Coaches and important Program Assistants. Without these talented people, our programs could not run!

It's a busy time as our programs are just getting going. Our StarSkaters have been back on the ice a few weeks and we welcome our CanSkaters onto the ice this week!

Parents and Supporters, you are welcome to join us on October 11 for the next board meeting. The Fergus Skating Club runs on volunteer commitment where 'many hands make light work'. Many of our board members will

be leaving after this season so this is the perfect time to join us and work along side to help create a great experience for those in our community who want to learn to skate, improve their skating skills, or have a passion for figure skating.

If you have any questions or concerns, feel free to contact us.

Kelly Ann McKnight
www.fergusskatingclub.com

No Skating

Monday, October 9, 2017
Happy Thanksgiving

No Skating

Saturday, October 14, 2017
Tournament

Halloween Fun Days
October 25, 27 and 28 2017

Test Day

Friday, November 17, 2017



WELCOME TO OUR
2017-2018
EXECUTIVE BOARD

President:
Kelly Ann McKnight

Vice President:
Terri Dennis-Hobson

Secretary:
Linda Mae Ogilvie

Registrar:
Evelyn Brown

Treasurer:
Val Duimering

Test Chair:
Donna Starling

Call for Volunteers:

The Fergus Skating Club runs on volunteer strength, energy and commitment. Dedicated new members are needed each year to guide the focus of the Club and help create fun, engaging environments for all of our skaters.

This is your opportunity to get involved and make a difference!



Welcome CanSkaters!

Welcome back to our new and returning members. We look forward to a season of fun, friends and skill development on the ice. We'll enjoy theme days, incentives, ribbons, badges and progress reports.

We have many new Professional Coaches and Program Assistants joining our team this season. I know that their enthusiasm and skill will benefit our young skaters. Please read on for a profile of our Coaching Team.

Don't hesitate to speak with any of our Coaches after the session if you have any questions or contact Coach Patty at icex@rogers.com

Welcome Back
Reminders

- CSA approved hockey helmets MUST be worn up to and including Stage 5 for insurance.
- Skaters must wear name tags & coloured skate tags to each class to ensure organization.
- Professional coaches assess the progress of the groups daily. If the coach feels that a skater is above or below the general average of the group at any time during the course; the skater may be changed to a more suitable group.
- Only participants and coaches are allowed on the ice during the session.



- It helps to have a quick bathroom break prior to class. These breaks are essential for the comfort of our skaters. If a break is needed during the class, our programs assistants will bring your skater to the boards for your help. Please keep an eye on your skater.
- Skates with good fit and support are a must for comfort and progress. We recommend Edee's Skate Place for figure and hockey skates. She has a great trade-in program.
1-800-399-0282.
- If you have any questions please do not hesitate to ask. Feel free to talk to a Professional Coach after the session or a club volunteer is often at the table in the viewing area.
- Keep up to date on all Fergus Skating Club activities. Visit our website regularly at www.fergusskatingclub.com and subscribe to our newsletters for updates.





SKATING COACHES

Patty Lambertus :: certified Skate Canada coach (25+ years). Patty has coached several Competitive Singles Skaters from Pre-Juvenile all the way to the Senior level. She has coached numerous Skate Canada Gold test medallist in the disciplines of Skills, Dance and Freeskate as well as, Interpretive.

Amy Header Broom :: certified Skate Canada coach (NCCP Regional Coach – STAR certified and First Aid Certified). Amy has 8 years of professional coaching experience. She is a Skate Canada Gold Test Medalist in Free Skate, Skating Skills, Dance and Interpretive. She is a National Championships Competitor Senior Ladies in 2005 and 2006.

All our coaches work hard to make your child’s skating lesson a most enjoyable and fun experience. If you have any questions, do not hesitate to approach any of the coaches.

Patty Lambertus and Amy Header Broom :: Canskate Coach and Pro Coach
(519) 941-2777
icex@rogers.com

At the Fergus Skating Club:

- All certified Skate Canada programs
- Coached by certified professional member coaches of Skate Canada

All of the Fergus Skating Club Coaches are well trained figure skaters with professional careers that continue with years of further training 'continuous education' and Skate Canada National Certification.

Pre Canskate /Canskate:

- the focus is on Balance, Control, Agility (forward, backward and turns)
- report cards of progress
- 45 minute sessions Wednesday, Friday and Saturday
- small groups with professional instructions
- CanSkate prepares skaters for all skating sports – hockey, ringette as well as figure skating (StarSkate)

Program Assistants:

- nationally certified (training is offered at the Fergus Club)
- these talented young members (Preteen to Adult) assist Kidskate and Canskater on the ice

Fergus Skating Club Starskate:

- Starskate offers all disciplines of figure skating (Freeskate, Dance, Skating Skills, Interpretive Skating)
- Starskate has separate times for Junior and Senior sessions
- Starskate also offers some

combined sessions and classes so younger Starskaters may be inspired by the more advanced skaters



Halloween Fun Days

Attention all CanSkaters! Get ready to have some fun during regular classes on October 25, 27 and 28. Halloween activities, music & treats. Skaters and Program Assistants are invited to wear a 'safe-to-skate-in' costume to their class.

Junior / Senior STARSkaters are also invited to wear a 'safe-to-skate-in' costume to their sessions during Halloween week.



Team Fergus

After last year's success, the Fergus Skating Club is planning to gather a group of StarSkaters and CanSkaters and head out to three area competitions together.

We will have some fun and let our skaters gain competition experience. A team building lunch or dinner will be part of these events so plan to spend the day with your skating buddies! Most of all we will cheer on "Team Fergus".

The first competitions are the Keswick Invitational (November 24-26) and Skates Alive (December 16-17) in Milton, Ontario.

See you there!

NEW! Off-Ice Training Increase Flexibility, Build your Strength Dance | Move | Flow

FSC is excited to announce new classes to support skaters in their off-ice physical training.

Classes are designed with our coaches and other professional dance and yoga instructors. Skaters will be able to increase movement, flexibility, artistic & dance abilities.

These classes are highly recommended for all Star Skaters at any level.

Saturdays, 11:30-12:30 for 8 weeks. Oct 14-Dec.

[Visit our website for registration.](#)

