

NEWSLETTER



3rd Season

2

MARCH 2008

Special Points of Interest:

- *High Test Day March 20, Midland & Low Test Day March 19th Creemore*
- *Spring School SK8 Georgian Bay March 31st Wasaga Stars Arena*
- *Thornhill April 11, 12 & 13*
- *Sudbury April 11, 12, & 13*

OFFICIAL SKATING SCHOOL OF WASAGA BEACH

Fundamental skills, control, technique, balance, power, agility, speed and endurance.



Develop the power of your stride and success will follow.

OPEN HOUSE MAY 3RD

WASAGA STARS ARENA

SK8 Georgian Bay Open House is set for May 3rd. This is an opportunity to invite families to skate free for 1 hour and to put their name in a draw to win a free session of their choice, a free private lesson with the coach of their choice and receive information on programs, equipment and facilities. The SK8 Georgian Bay staff will be delivering information on the following topics Canskate, Power skating, Starskate, Stroking, Harness lesson, skate sharpening demonstration, skate fitting, and skating apparel etc. It will be a great time to meet the professional staff of SK8 Georgian Bay. HOPE TO SEE YOU THERE.....

THORNHILL

I will be booking rooms at the Holiday Inn for the nights of April 11th & 12th and will forward a list of my student's last names to the hotel. They have been informed that each student will call and confirm under SK8 Georgian Bay. Also if any other skaters would like to join, rooms are still available. You too, can call and register under SK8 Georgian Bay. We have received a sport's rate of \$99.00 per night. Holiday Inn Hotel & Suites Toronto - Markham 7095 Woodbine Avenue, Markham 1-800-holiday 905-474-0444

SK8 Georgian Bay would like to wish all skaters good luck competing in Sudbury April 11, 12 & 13

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CONGRATULATION

Tyler Westbrook was the winner of the SK8 Georgian Bay power skating session at Collingwood Skating Club annual carnival draw .

Nicole Pandolfi was the winner of the SK8 Georgian Bay Gift Certificate Value \$130.00 for the Elmvale Skating Club Skate-a-thon.

HATS-OFF

To all the skaters in the Collingwood Club great carnival March 2nd. Congrats to all the SK8 G Bay skaters who were competing this past weekend in Milton Holly Pike 2nd, Nicole Dwyer 7th, Kristinna Santini 2nd, Hannah Whitley 7th, Brittany Bilous 6th, Elliott Graham 1st, Lauren Collins 1st, Aimme Collins 3rd, Amber Gould 5th, Michaela Verstraten 1st, Chelsea Mulvale 7th and Jennifer Murley who competed in North Bay placing 7th.



COACH OF THE MONTH



Rose Kusiar

A leader in the world of powerskating! Rose was born and raised in Collingwood and began her skating career at the age of two. After she completed her Gold Dances, she retired from competition to become a professional skating coach. She has been teaching Figure Skating for 35 years and

Power Skating for the last 28 years. Rose teaches year round in the communities of Thornbury, Collingwood and Wasaga Beach. Rose is happy to teach all age groups and all levels. She looks forward to many more years of teaching, especially with her two grandchildren.

Email Rose: michael.kusiar@sympatico.ca

TAKE NOTE: ERRORS IN THE BROCHURE!!!

Wasaga Beach

Off - Ice WAJS - 4 time should be 6:25 - 7:25pm

Collingwood

Pre-Power CPP-4

AUGUST 11 - 22nd 10:30- 11:30 AM!!!

CSS-2 & CAS - 2 time should be 11:40 - 1:40 pm

GUEST SKATING FOR THORNHILL OR SUDBURY IS AVAILABLE March 31st, April 2nd, 3rd 6-8pm, April 7th 6-7pm and April 10th 5-6pm.

GUEST SKATING \$25.00 FOR 2 HOURS \$15.00 FOR 1 HOUR, 1 DAY MEMBERSHIP \$140.00 &

PAYMENT PLAN IS AVAILABLE PLEASE CONTACT Jan Hulme

COACHES CORNER

Look, act and feel like a skater!!!

(appropriate dress, hair & posture)

Parents are a skater's most important audience, attendance just once or twice a week will inspire your skater's performance and work habits. No one has a more direct influence on the progress of a skater than a parent's support and encouragement.

MARCH 2008

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8 <i>Elmvale Carnival</i>
9	10	11	12	13	14	15
16	17	18	19 <i>Low Test</i>	20 <i>High Midland</i>	21 <i>Good Friday</i>	22
23	24	25	26	27	28	29 <i>Stayner Carnival</i>
30	31 <i>Spring School Wasaga Beach</i>					

APRIL 2008

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	Thornhill & Sud- bury	
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

WHAT IS NEW

SK8 Georgian Bay is pleased to announce the launch of a new contest for skaters. We are looking to find the Best of the Best Can Skaters in Georgian Bay to become a member of the Star Canskate Team in Georgian Bay. Each SK8 Georgian Bay coach will submit a skater who they feel shows strong talent and their name will be put in a draw to win a free Canskate or Advance Canskate session for 2008. The Star Canskate team will also be invited, free of charge, to attend all SK8 Georgian Bay 2008 seminars. Information and nominations form are available from your SK8 Georgian Bay coaches to submit names by March 15th 2008.

Spring, summer and fall will have off-ice training classes for all skaters.

Jason Monck and Azure Perkins will be teaching spin and jump classes.

Christine Adams will be teaching the fitness classes. Christine Adams has over 12 years in the fitness industry. She is a Personal Trainer, Post-Rehab Fitness Trainer, Nutrition and Wellness Specialist, Group Fitness Instructor in Step, Aerobics, Spinning, Strength and Sculpt Aqua fitness. To add to this long list she also specializes in instructing

Zumba, Pilates, Yoga, Older Adult Fitness, FITKIDSFUN! - Exercise and nutrition for children, Founder, developer. Christine is a Motivational Guest Speaker and Former "Trainer of Trainers" YMCA and PRO Trainer for Can-Fit-Pro. (Teaching and examining others to be Personal Trainers and Nutrition and Wellness Specialists)

ATTENTION ALL MOMS Fitness classes with Christine Adams 5-6pm Wednesday or Thursday for 5 weeks!!! April 2nd to May 1st in Wasaga Beach or May 21st to June 19th in Collingwood.

DISCOUNTS!!!

WHEN YOU SKATE A 3 DAY SPRING AND 4 WEEKS OF SUMMER, THE FALL SESSION IS 1/2 PRICE!

WHEN YOU SKATE A 3 DAY SPRING AND 4 WEEKS OF SUMMER CAMP THE FALL SESSION IS \$150.00...WOW!!!

SK8 FOR LIFE IN GEORGIAN BAY

We're on the Web

www.sk8georgianbay.com



FOR SALE

- NEW 3 1/2 Graf Richmond Boot only \$400.00
- NEW 3 1/2 Graf Edmonton Special Boot only \$500.00
- NEW 3 1/2 Graf Hockey Graf 705 \$250.00
- NEW 12 1/2 Youth Don Jackson Freestyle \$100.00
- NEW 2 Gam 130 Boot & Blade \$195.00
- NEW 2 Gam 150 Boot \$175.00
- NEW 9" Sterling Blade \$40.00
- USED 9 1/2 Coment Blade \$30.00
- USED 8 1/2 Kingston Blade \$25.00
- USED 9 1/2 Lausanne Blade \$25.00
- NEW Mondor tights XL \$10.00

**SKATING SHARPENING
EDGES
JASON MONCK
835-3013**

**AZURE-DEE'S
SKATING DRESSES
RENT OR BUY
735-2753
796-0072**

ATTENTION

**LOOKING
FOR SUMMER
COUNCILLORS
AND A COOK FOR POWER
SKATING CAMP AUGUST
25TH - 29TH**

CONTACT : Jan Hulme
jhulme@sympatico.ca

SK8 Georgian Bay clothing is available to order please contact Jan Hulme.

TIPS

Avoid buying a larger size for skater to "grow into".

- Moulded plastic skates are not recommended.
- Look for blades that are screwed on rather than riveted, so that the blade can be moved if necessary. If the blade is riveted make sure it is straight and centered. The foot should not fall to one side.
- A leather boot is preferable to vinyl.
- Make sure the boot does not have any wrinkles.

EQUIPMENT

Most department and sports stores sell skating equipment in a variety of price and quality ranges. Before buying skates, check carefully for:

- Proper fit
- Firm ankle support
- Good quality leather
- Correct blade placement

CLOTHING

- Clothing should provide warmth, allow for movement and provide some protection from falls
- Layering of sweat suits, sweaters, jackets and long underwear or leotards is recommended

HOW SKATES FIT

Wear only one pair of tights (the same pair that will be worn when skating)

1. Partially lace boots through instep.
2. Slide foot forward so toes can touch the front but are not cramped.
3. Stand with weight equally distributed over both feet.
4. Bend knees.
5. The space at the back of the heel should be no more than a pencil width.

Tie laces loosely over the toe and front of the boot and snugly over the ankle and instep.

Skates should fit snugly around the ankle and heel with some room for movement of toes.

There should be no looseness or creases in the boot. The tongue should be well padded and wide enough to cover the front of the ankle and stay in place.

Walk around in the skates off the ice; they should feel comfortable.



CARE OF SKATES

Always wear protective guards when walking off-ice.

Dry blades and sole plate completely with a cloth after use.

Always remove guards before storing skates.

Unlace skates sufficiently before removing them so that the back of the boot will not break down or rip.

Air out boots after use (depending on usage and care).

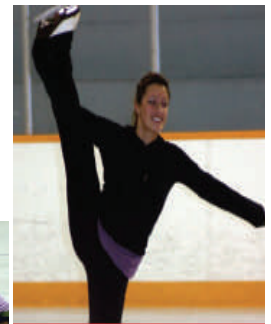
SKATE SHARPENING

Sharpen skates as soon as they are purchased.

Use a good skate sharpening company.

Re-sharpen skates after approximately 30 hours of skating (depending on usage and care).

The bottom pick should not be removed - the pick is part of the design of figure skates and is essential for proper balance.



SUCCESS



4 Life

HELMETS

- Hockey helmets are strongly advised for beginner skaters of any age.
- Fit should be snug.
- Both the strap and the helmet should be adjustable.
- Look for helmets made of hard plastic with a thick layer of sponge.
- Look for helmets approved by the Canadian Standards Association (CSA) as they are safest and of the best quality

SAFETY POINTS FOR SKATERS

Get up quickly after falling down

Look in the direction of travel when skating backwards

No pushing, playing tag or bumping into others or the boards

No food, gum or candy on the ice

Coaches and club administrators and/or CanSkate coordinators should be advised of any skaters with special medical conditions