



## SMFSC Newsletter – December 2016 Edition

### In this Issue:

What's New?

Congratulations to KIS Competitors

What is Pre-Junior Group?

Boots & Blade Care

Stroking Program Recap

Dates to Remember

Club Contact:

Member Services Administrator: Karen Hornsby

Email: [info@smfsc.ca](mailto:info@smfsc.ca)

Office Hours Starting on September 6<sup>th</sup>:

Monday 5:30 – 7:30pm

Wednesday 5:30 – 7:30pm

Thursday 5:45 – 7:15pm

Saturday 10:45am – 12:10pm

Website: [www.smfsc.ca](http://www.smfsc.ca)

<https://www.facebook.com/SMFSC/>

### What's New?

**Family Fun Skate** – Our annual family fun skate will be on December 22<sup>nd</sup> from 6:20 – 8:10pm. Members are invited to bring the whole family and join us for an evening of fun skate, bake goods, hot chocolate, and visits from special guests. Admission is a box of Kleenex and a non-perishable food item for food bank or a toonie.

**Canskate fun skate:** 6:20 – 7:10pm

**Starskate fun skate:** 7:20-8:10pm

Let's Skate



**Adult Learn to Skate** – Session will start on Friday, Jan 13, 2017 at 7:00-7:50pm for four weeks. Learn how to skate or improve your skills in a fun and supportive environment. Session cost: \$80.00. Coach: Stephanie Falconi.

**Quest & Star Quest Event** – It's offered by Skate Canada National Performance Center aimed to provide an opportunity for the development of skaters for the next level of performance. Please see link for details <http://www.skatecanada-centralontario.com/Storyboard/Quest.pdf>

**Jump into Skating Seminar** – It will be held at Beaverton Skating Club with Monica Lockie. Please see link for details <http://www.beavertonskatingclub.com/>

**Changes in Skate Canada Tests** – We have updated our website to explain the changes and implementation of STAR 1 – 5 Programs & Assessments. We strongly encourage you to go to <https://www.smfsc.ca/pages/starskate/test-days/> to understand how Skate Canada tests will be conducted in our club.

**Dress & Skate Sales** – Are you looking for used skates/apparels or having something to sell? Now you can shop at the comfort of your home by posting/viewing items on SMFSC online Community Sales Facebook. See link for details <https://www.smfsc.ca/sites/files/SMFSC%20Community%20Sale.pdf>



# Congratulations to KIS Competitors

Congratulations to all skaters, coaches and parents who participated in the 2016 K.I.S. Invitational. Our club earned the highest points overall and we are very proud of your achievement. This would not be possible without your hard work and determination. Thank you!







## What is Pre-Junior Group?

The Pre-Junior Group program aims to provide skaters a smooth transition from Canskate to STARSkate. The objective is to provide young skaters an opportunity to further develop advanced fundamental skating skills in a group lesson format while introducing them the mindset of practicing independently during the individual practice time. Skaters will receive 3 consecutive 10 min group lessons by our club coaches. The remaining 20 min is individual practice time and /or private lesson with your base coach. This program is suitable for skaters who are in CanSkate stage 5 and 6. Skaters will learn proper technique in stroking, edges, turns, field movements and dance skills.

*By: Amanda Kolapak  
SMFSC Coach*



*SMFSC Coach Linda Carson giving group Lesson to  
Pre-Junior Group*

Pre-Junior group is offered on Monday at 5:50 pm and Wednesday at 5:40 pm. For inquiries please talk to your base coach or email [info@smfsc.ca](mailto:info@smfsc.ca)

## Boots & Blade Care

1. Dry the blades after every skate with a proper towel
2. Boots should be aired out every night after skating
3. Never put plastic skate guards back on after drying blades, a soft guard should be used to protect the blades during transitions
4. Hot and cold don't mix, in the summer months be sure to air out blades to avoid rusting
5. Check screws periodically, tighten loose screws if necessary
6. Use plastic skate guards when walking around in your skates off ice. Even a small dirt can damage the fine edges on your blades
7. Blades should be sharpened a minimum of once a month, and should be sharpened one week before test day or competition
8. DO NOT take your skates to local hardware stores for sharpening! Sharpening is a cross between an exact science and an art form. Untrained professionals in this field will destroy your investment in your skates and harm your skating significantly.



*Allen Carson is also a skate sharpening professional.  
Allen can sharpen figure skates as well as blade mounting,  
stretch and punch boots, and replacing screws.*

*By: Allen Carson  
SMFSC Coach*



## Stroking Program Recap



Our four weeks stroking program, led by Stephanie Falconi, provided an opportunity for skaters to work on their skating skills. Stephanie taught the importance of proper posture, helped skaters to correct improper stroking techniques and organized the lesson in a fun and engaging environment. Skaters had very good feedback with this program. Stay tuned for another stroking program in the coming season.





**Dates to Remember:**

Date	Event
Dec 21, 2016	Last Day of Fall Session Canskate
Dec 22, 2016	Family Fun Skate
Dec 23, 2016	Last Day of Starskate
Dec 24 – Jan 8, 2017	Winter Break, All sessions closed
Jan 9, 2017	All sessions open
Feb 7, 2017	High Test Day, All sessions closed
Feb 20, 2017	Family Day Holiday, All sessions closed
Mar 12, 2017	Last Day of Winter Canskate
March 13 – 18, 2017	March Break, All sessions closed
March 20, 2017	All sessions open

Merry Christmas  
And  
Happy New Year

