



SMFSC Newsletter – August 2017 Edition

In this Issue:

President's Message

What's new?

Summer Program Recap

Dates to Remember

Club Contact:

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Office Hours Starting on September 13th:

Monday 6:15 – 7:30pm

Wednesday 6:30 – 7:40pm

Thursday 6:15 – 7:15pm

Saturday 10:45am – 12:00pm

Website: www.smfsc.ca

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

President's Message

Welcome everyone to the 2017/2018 Season of the Streetsville Meadowvale Skating Club.

We are Mississauga's Largest Skating Club and we have been teaching skills, technique and sportsmanship to all levels of skaters in our community for over 50 years. We offer dynamic and comprehensive range of programs year-round. SMFSC develops trusting relationships, recognizes the uniqueness of each skater, and motivates them to be creative, have a sense of belonging with independence, responsibility and respect.

Our Aim is "to help each Skater achieve his or her personal goals". We as a club promote a Healthy Lifestyle by teaching high quality skating skills in a friendly, accessible and team oriented environment. This is promoted through our Star 1-5 program, with flexible testing.

We are a not-for-profit Skate Canada sanctioned Club. We are able to run year round with the help and dedication of a Team of Volunteers who work in conjunction with our Professional Coaching Staffs.

This year we have new off-ice programs; Flexafit Bootcamp, Flexafit Plyometric Jump and Core conditioning. We want our new members who are moving up in levels to consider taking these programs to improve their technique and strength.

Once again welcome back to our returning Skaters and Hello to our new members. Here is to a successful and prosperous Season.

Mary Pat McBride

SMFSC President



What's new?

Parents Information Sessions

Are you new to the club and interested to know more about our CanSkate and STARSkate programs? Be sure to attend our Parents Information Sessions in September. More information will follow.

New Coaching Staffs

Susan Ritchie – Skate Canada Certified Provincial Coach

Alexandr Sinicyn – Dance Partnering

New Off-Ice Classes for STARSkaters

Welcome to the 2017 –2018 Skating season. We are excited to offer new off-ice programs this season focusing on core conditioning, flexibility, fitness, jump and rotation. Information of our off-ice program can be found at <https://www.smfsc.ca/pages/starskate/off-ice/>

Canpower Skate Level 1 Registration now opens

CanPower is an action-packed, high energy program that focuses on balance, power, agility, speed and endurance. Developed by a team of hockey, figure skating and ringette experts, CanPower is the only nationally regulated power skating program in Canada. For more information about SMFSC Canpower Program please visit <https://www.smfsc.ca/pages/canpower/schedule/>

Ice Show 2018

SMFSC bi-annual Ice Show will be held in May 2018. All of our CanSkaters, PreJunior Skaters and STARSkaters are invited to join in the fun and team spirit of this year's Ice Show. Our past and current skaters always rate this popular bi-annual event as among their best skating memories. Our skaters are truly the stars of the show, in an event that showcases the talents and achievements of each participant. More information will follow. Stay tuned.

Dress and 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. Alternatively, we will host our annual dress/skate sales on Sept 16 from 9:00-12:00pm at the front lobby of Meadowvale 4 rinks. See our website for details. <https://www.smfsc.ca/pages/starskate/Dress-Skate-Sale/>

SMFSC Youtube Channel

Do you know there is a SMFSC youtube channel? Check it out and you may find yourself in one of the videos! <https://www.youtube.com/channel/UCMurFEU0UqkFn8O49NhwI4A/videos>



Summer School Recap

Summer is a great time to put on extra hours in skating skills development. This year our club has a record number of skaters attending our summer school. In addition to working on skating skills, campers had a lot of fun participating in various theme days and hanging out with their friends. Enjoy the rest of the summer and see you all again in September.





Dates to Remember:

Date	Event
Sept 5, 2017	First day of STARSkate
Sept 16, 2017	Dress & Skate Sales Parents Information Sessions
Sept 23, 2017	PA Training
Sept 25, 2017	Canskate Pre-assessment for Monday skaters, 1 st day of Canskate
Sept 27, 2017	Canskate Pre-assessment for Sat, Wed, Thurs skaters (6:35pm)
Oct 9, 2017	Thanksgiving, no skating / no off-ice
Oct 31, 2017	Halloween, no skating / no off-ice
Nov 14, 2017	High Test Day, no skating / no off-ice
Dec 20, 2017	Last Day of Fall Session CanSkate
Dec 21, 2017	Family Fun Skate
Dec 23, 2017	Last Day of Starskate



Our Club Logo on the Rink 3 Ice

See you at Meadowvale Four Rinks in September