



OFSC Newsletter

“For Fun, Fitness & Achievement”

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Check OFSC Bulletin Boards for ongoing Information.

1. Auxiliary Ice Viewing Area
2. Lower Arena Hallway

Contact OFSC

Leah Jones
President
403-506-6881

E-mail:
oldsskate@hotmail.com

Visit our web site at
www.oldsfigureskatingclub.com

Family Christmas Party

Attention all PreCan-Skate and CanSkate skaters and their families!



Come skate with Santa on Monday, December

17, 2008 from 3:45–4:30 p.m. Monday and Wednesday skaters are most welcome to join in the FUN with Santa!

After the Skate With Santa, the festivities continue!! Each family is asked to bring a small plate of cookies to share with the group. Olds Figure Skating Club will be providing hot chocolate to go with the

cookies. Enjoy the yummy goodies, warm up with a hot drink and take some time to visit with the other skaters and their families.

Remember that the last day for skating before Christmas is:

PreCanSkate and
CanSkate- Dec. 17
StarSkate—Dec. 18

Olds Figure Skating Club has a locked drop-box located downstairs in the Arena across from the office. This box can be used for comments or concerns, dropping off registration forms/ payments and any other communications that may come up throughout the year.

Winter Registration

A date for Registration for the upcoming winter session has not yet been set, but will take place in the next couple of weeks in the arena concourse. Registrations will be taken for PreCanSkate, CanSkate

and STARSkate programs.

For more information contact, please visit the website at:
www.oldsfigureskatingclub.com or check the bulletin board down-

stairs in the lower hallway of the arena. If you are unable to get to the arena during registration time, you can leave completed forms and payment in the locked drop-box (also in lower hallway of arena).

Tips For A Successful Test Day from your coaches

1. Get a good night's sleep the night before—no late nights!!
2. Eat a good breakfast. This will help your body feel strong enough to get you through your test and any nervous feelings. Eat something with complex carbohydrates and protein: i.e. French toast, pancakes and an egg, toast/bagel and peanut butter/cream cheese. Fill in the gaps with fruit.
3. Drink enough fluids: milk, juice, water.
4. Be at least one hour early. Sometimes the test day runs early.
5. Upon arrival at to arena, check in and pay for tests/partner.
6. Bring what you need to warm up: a jump rope, mat to do stretches on, a water bottle.
7. Start putting skates on 20 -30 minutes prior to event time to be sure they are tied comfortably.
8. Arrive looking like a champion (Judges love it when you take a little extra care just for them). That means:
 - Clean skates AND LACES
 - Tidy warm up Jacket that closes and does not swing open
 - NO UNDERWEAR SHOWING
 - The best dress that you have
 - Clean tights without holes
 - Gloves or mitts that are small and tidy, not big floppy ones
 - Hair should be pulled back neatly
 - Appropriate makeup applied but makeup is not required
9. Be courteous to the Judge and whoever is organizing the day.
10. Be attentive to your time or call for warm up on ice.
11. Wait for test results before leaving the arena.
12. After skater tests, results will be handed to your coach once they have been recorded. This can take 10–30 minutes. Your Coach will then re view your test papers with skaters.
13. Testing area should be quiet. Skaters and family should talk in Lobby area—not skating area.
14. Skaters and parents should not approach the judge unless he/she invites them to do so.
15. Remember, Judges are volunteers. Treat them With respect.
16. Be sure to keep emotions in check and remember your sportsmanship.



OFSC Minutes

Any club member wishing to receive

OFSC meeting minutes, can

contact Lisa Bauer at 556- 8623

STARSkate Talent Night

Monday, Jan. 19/09

6:30 - 8:30 p.m.

Main Ice Surface

OFSC hosts STARSkate Talent Night for two reasons: first of all, it provides the STARSkate athletes with the opportunity to perform their solos in front of an audience before they go on to competitions and test days. This can be a daunt-

ing task for figure skaters, so it is important that they are able to run through their programs in a low-key, familiar setting first. Secondly, not all of the STARSkaters get the opportunity to perform a solo at the Carnivall due to time limitations. So Talent Night gives everyone the chance to shine and show the community

their skills, effort and the hard work they've put into perfecting their solos.

The STARSkaters can perform Interpretive, Freeskate, Dance, Skills or Elements solos at Talent Night. The solos range from 1-3 minutes, depending on the stream and the level of the skater.

Talent Night is free to the

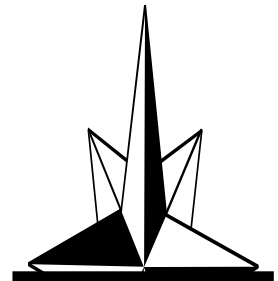
Talent Night con't

Public with a silver collection available. There will also be a skater gift draw and 50/50 sales. Please mark this date on your calendar and come out and support our local athletes in their quest for fun, fitness and achievement!

Reminder to Skaters: The Personal Information Forms are due Monday, December 15th. Please contact Teddi Sincennes if you didn't receive one (556-8891). Also, individual pictures for the Talent

Night Program will be taken on Dec. 15th at your regular ice time. Thank you in advance!

Teddi Sincennes
Talent Night Coordinator



To keep up to date visit these web sites!

Skate Canada
Alberta/NWT/
Nunavut

www.skateabnwtun.com

Skate Canada
www.skatecanada.ca

Use your Skate Canada membership number to Log In to Members Only Area!

Carnival Update

Our club's Carnival will be held on Sunday, March 15th, 2009 at 2 p.m. on the main ice surface with this year's theme being "Colours".

Our carnival co-chairs, Shannon Powell and Barb Hofforth, have

posted the sign-up sheets for carnival jobs on the bulletin board downstairs at the arena.

There are a variety of jobs to do from parent reps of each skating group to decorating to organizing photos on

dress rehearsal day and much, much more. Now is your chance to pick your favourite job!

Many hands make light work. Thank you in advance for your support!

OFSC Executive 2008-2009

President—Leah Jones
Vice President - Lisa Land

Treasurer—Sandra Doi

Secretary—Lisa Bauer

Membership—Delin Millang
Bev Dunn

Test Chair—Pauline Berild
Fundraising—Kathi Chant

Carnival Co-Chairs—
Shannon Powell
Barb Hofforth

Talent Night - Teddi
Sincennes

Website Design - Kendra
Holland
Ice Committee - Rosemary
Parrot
Costume Bank Coordin.—
Collette Winter
Coaching Rep. - Patsy Ann
Jones
Publicity-Shannon Mertens

Coming Events



FOR FUN,
FITNESS AND
ACHIEVEMENT.

We're on the Web
www.oldsfigureskatingclub.com

- ◆ Dec. 11/08 OFSC Executive Mtg., 7p.m. @ Perry Appraisals
- ◆ Dec. 17/08 Skate with Santa/Family Christmas Party
3:45–4:30 p.m. on Main Ice
- ◆ Dec. 17/08 Low/Int. Test Day @ Cremona
- ◆ Dec. 17/08 Last skating day for PreCanSkate & CanSkate
- ◆ Dec. 18/08 Last skating day for StarSkate
- ◆ Jan. 5/09 First Day of Winter Session skating classes
- ◆ Jan. 16-18/09 Central Region Fun Meet @ Caroline
- ◆ Feb. 5/09 Low/Int. Test Day @ Didsbury
- ◆ Feb. 16/09 High Test Day @ Delbourne
- ◆ Feb. 27-Mar. 1/09 STARSkate Championships @ Whitecourt
- ◆ Mar. 15/09 Olds Figure Skating Club Carnival 2 p.m. Main Ice
- ◆ Mar. 20-22/09 Central Region Open @ Rocky Mountain House
- ◆ April 3-5/09 Chinook Invitational Competition @ Lethbridge

Skate Care Tips



Merry

Christmas

And

Happy New Year

- Sharpen your skates about every 20 hours that you use them.
- Have your skates sharpened by a specialist in figure skates.
- Do not use an automatic skate sharpening machine.
- Avoid nicking or excessive wear on your skate blades.
- Use hard guards when walking on floors.
- Step over the threshold when going on the ice or getting off. Some are made from steel.
- Use different ways to stop so that you wear all edges of your skates at the same time.
- Never let your skates rust.
- Always dry off your blades when you get off the ice.
- Use your fingers along both sides to remove snow as soon as you get off and before you put on hard guards.
- When done for the day wipe down your skates with a towel.
- Wipe off the blades and the mounting surfaces.
- Always store your skates with soakers on.
- Never leave the hard guards on.
- Clean out the grit in your hard guards.
- Replace guards and soakers when they show signs of wear.

