

The Rink Link

VOLUME 1, ISSUE 1

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President's Message

Tis the Season...

From CanSkate to Competitive, it's been a busy fall! As our membership had requested, we launched the first phase of on line registration. Many of our Rec coaches and Co-coordinators, Program Assistants, staff and volunteers worked beyond their normal CanSkate responsibilities to help get everyone on the ice quickly and safely on the first days of programs.

On the competitive front, KWSC has been represented well at a variety of international competitions and Nationals are still to come!!

Staff, Board of Directors and Volunteer Committees have also been busy working on FreeSkate Festival, re-launch of Showcase, enhancements to The Athletic Centre, strategic planning initiatives and club policy requirements. That is only the short list!

In the midst of all this activity and responsibility, I take great joy in watching all the day to day skating activities, as coaches and skaters work on developing skills and the foundation for success. When all is said and done, providing that opportunity is what is most important!

KWSC is blessed to have a strong administrative team that works in conjunction with a volunteer Board of Directors and contracted coaches to provide the best possible skating experience, no matter what the level or long term goals may be.

Please keep in mind that KWSC is a membership based organization that relies on volunteer participation to provide

Fast Facts

2011 Child Fitness Tax Credits will be available for pickup late January. Due to online registration this year some customers will have two profiles and therefore two receipts. For this transition year we require customer to come to the office to pick up their receipts. Next year receipts (2012) will be available through the Skate Canada Website.

Congratulations



Katherine Bobak and Ian Beharry, win silver at the 2011 Junior Grand Prix Final. Held December 8—11, 2011 in Quebec City.



Tanner Pearson, former Twin City Hockey Skating School member is currently the Player of the Month in the Ontario Hockey League as well as the League Top Points Leader.

enhanced activities, financial stability, accountability and programs or events beyond the basics of skating. If you don't already, please do consider offering your time and talents.

As the calendar year comes to and end, it does provide a great opportunity to give thanks and look ahead into the new year, thinking of all the possibilities of what may be achieved, if we set our minds to it.

My thanks to ALL Skater's, Parents, Members, Coaches and Staff for your on going contributions to our success. There is much more to come!

Merry Christmas, Happy Holidays and Best Wishes for the New Year!

Steve Ingle
President KWSC Board of Directors

SPORTSWORLD ARENA

We are very pleased to announce that beginning January 7th, 2012 we will be offering Parent & Tot, Preschool, Pre Power & Canskate Programs at **Sportsworld** Arena on Saturday mornings.

Register online at www.kwsc.org

Winter registration will be accepted until

January 17th, 2011

KWSC Freeskate Festival

For many years KWSC has hosted a club performance opportunity. It has changed over the years from an end of season celebration and club competition to a preview warm-up for Sectionals. A number of years ago this event moved to its current timing in mid December. It is now called the Freeskate festival and is an opportunity for skaters to skate in a fun and friendly environment for themselves, families and friends. The day offers a variety of skating events from the first solo experience for a skater to a very fun team event.

The 2011 version takes place at the Carolyn Fedy Skating Centre on Saturday, December 17th. It will be an all day event with a variety of fun events to skate in and watch. All are welcomed to attend and cheer on their KWSC team members and friends.

KWSC would like to thank the many volunteers for making this event possible for our skaters. We hope to see as many members as possible in their best cheering voices!

Regular Office Hours

Monday	Closed
Tuesday	2:00—2:00pm 4:00—7:00pm
Wednesday	By appointment
Thursday	12:00—2:00pm 4:00—7:00pm
Friday	12:00—2:00pm
Saturday	9:30—12:00pm 1:00—3:30pm

Special Dates

December 29	— Last day for online registration
December 23—26	- No Skating
December 31—January 1	—No Skating
January 7	—Start of Winter Recreation Programs
January 17	—Last Day to Register for Rec Programs
February 13	—Test day
February 20	—No Skating (Family day)
February	—STAR and COMP Spring Registration
March	—Rec Programs Spring Registration
March 24	— Showcase

Synchronized Skating

The KWSC Synchronized skating season is well underway and our teams are energetic, enthusiastic and spirited. This is an exciting year for our synchro program as we work to revive and rebuild synchronized skating at KWSC!

Our Juvenile team, *The Diamonds on Ice*, includes 9 returning skaters and welcomes 3 new ones this season. We have introduced a Beginner team, *The Gems on Ice*, this year to build a bridge between our Snowball program and our competitive teams. *The Gems* have been very successful at recruiting new members and currently have 13 young skaters! *The Diamonds* and *The Gems* enjoy spending time together on the ice and off the ice as well.

Synchro skating provides an opportunity to develop skating skills, form new friendships and learn the value of team work and responsibility. Team building and social activities are an important part of our program and we always look for new ways to have fun together and promote our program!

The diamonds will compete three times this year in addition to exhibition opportunities as they arise. The Gems will join The Diamonds and compete once later in the season. Watch for updates of both team on our new synchro bulletin board inside the rink!



Contact Susan Ritchie at sritchie@kwsc.org for more information on Spring 2012 Synchronized Skating

L.T.A.D – Long Term Athlete Development

A number of years ago Skate Canada took a step towards bringing skating in line with the concept of “Long Term Athlete Development”. Skate Canada looked at its skating programs from the very beginning of CanSkate through to the Olympians. The message was clear, “what is the plan that takes a skater from one to the other”. Over a 3 to 4 year process many skating and learning experts were assigned to look at various “stages” in a skater/athletes life.

All areas on and off the ice were researched and Skate Canada has now formed the plan that has been gradually taking effect for the past few seasons. KWSC has been very fortunate to be on the ground floor with two of our coaches Carolyn Allright and Paul MacIntosh sitting on various committees that help analyze and develop and now implement these new strategic steps.

The full Long Term Athlete Development Plan can be reviewed on the Skate Canada website in the members’ only section.

What will we see at KWSC?

KWSC is currently a Pilot Club for the new CanSkate program. This Pilot has been in process for 2 years with modifications being made as clubs and skating experts report successes and challenges to Skate Canada. We are very lucky to be part of this program and are considered a leading edge deliver of recreational skating in Canada.

KWSC is and will continue to increase its Talent Identification process at our CanSkate and Pre-School programs; this is evident with an increased offering of our Enrichment program in the winter of 2012.

KWSC StarSkate programming is a program that already aligns very well with the LTAD plan and as a result it will see few changes to its ice schedule and content however a change in the delivery of off-ice programming will be noted through the rest of winter programming and into the spring programming.

KWSC Competitive Skate will react to the new age and stage timelines that Skate Canada will introduce in the fall of 2012. KWSC spring programming will reflect the changes in level of skating, ages of skaters and content of programming. Full details of these programming changes will be sent to all Star and Competitive skaters early in 2012.

KWSC embraces the changes Skate Canada has put in place from our CanSkate programming through to our World Class athletes as well as skaters who are “Active for Life”

STAR & COMPETITIVE SKATERS OFF ICE EVALUATIONS & COMPETITIVE FITNESS TEST RESULTS

Athletics Manager, Dale Bellaire, will be providing feedback on the OFF ICE component of your child’s skating program for all STAR skate, COMP DEV, JR COMP and SR COMP programs. Evaluations will be done over the next few weeks and a copy of your child’s Evaluation Form will be sent home with your child and a copy given to your child’s skating coach during the week of December 19th. Junior Competitive and Senior Competitive Skaters will also receive a copy of their Fitness Test at this time. Dale will be available to meet with any parents, skaters and coaches who wish a meeting during the first and second week of January. Please call Dale at 519-886-5972 x230 or email her at manager@theathleticcentre.ca to schedule a time to meet.



“We are what we repeatedly do.

Excellence, therefore, is not an act but a habit.”

Aristotle

Rec program update

“Take the CanSkate Quiz”

In 1998 Skate Canada made colossal changes to the CanSkate program. KWSC adopted and endorsed them fully. In 2012 Skate Canada is launching some modifications to that program. We at KWSC are proud to be one of 43 clubs in Canada selected to pilot this program. We are in our second year of running the pilot program and we hope you have noticed some changes. Test your knowledge in this brief CanSkate Quiz. Answers are found in the upside down box above.

1. What is the name of the “map” or “path” that your skater is following on the ice?
2. Give some examples of skills that are placed on the circuit?
3. This Learn to Skate program gives your skater the opportunity to pursue any skating sport. What skills have you noticed from hockey?
4. What skills address flexibility in your skater?
5. What percentage of time is your skating continually moving while on the session?
6. What are pylons, pool noodles, balls, dice, plungers, etc. called?
7. What is the area around the perimeter of the ice called that your skater gets to go fast in?
8. What are the badges called that are used for assessment?
9. How many stages are there?
10. What are our young volunteers wearing red fleece jackets called?

How did you do? More importantly...How are we doing? Our coaches are excited about the changes and are having fun implementing them. One change you may notice is the new Report Card with skills now moved to different stages. This does mean that your skaters have had to “catch up” or learn different skills that were not previously on their badge. Please be patient during this transition time as the standards have changed to be successful at some skills.

1. CIRCUIT 2 SPIN, JUMP, TURN, STOP, FORWARD AND BACKWARD SKATING, 3 V STARTS, 180 AND 360 DEGREE TURNS, SPEED DRILLS & 2 FOOT STPS, DRAGS, SPIRALS, LUNGES, OUR GOAL IS 90% TEACHING AIDS 1 FAST TRACK 8 STAGES 9 610 PROGRAM ASSISTANTS

Nothing Says
Happy Holidays better
than Skating Lessons.

We still have spots
available for our
Winter Recreational
Programs

To register online click
[here](http://www.kwsc.org/online-registration.html)
<http://www.kwsc.org/online-registration.html>

The Athletic Centre

OPEN HOUSE

We are pleased to announce that **The Athletic Centre** renovations are nearing completion and that everything is on track to be completed by year-end. We will be hosting an **OPEN HOUSE** on **Saturday January 7th from 1:00 – 4:00 pm** and hope you will join us. Drop by our freshly painted facility and check out our new Spinning Room and Office. We have made these changes to maximize our space and better service the KWSC skaters and our other members. We will be serving a variety of refreshments and KWSC Skaters, MEMBERS, Friends and Family of KWSC and TCHSS registered skaters are invited to come in for a complimentary workout or try one of our free classes offered as follows:

1:15 – 2:00 pm Intro Pilates
2:15—3:00pm Fitness Boxing by Syd
3:15 – 4:00 pm Youth Conditioning

We will also have our regular schedule of SKATER off ice classes so feel free to drop in and meet your child's instructor and watch your child in their off ice class.

We look forward to seeing you on January 7th!

GIVE THE GIFT OF FITNESS THIS HOLIDAY SEASON

Did you know that more than half of people who make New Year's resolutions end up breaking them? One of the most common New Year's Resolutions is to improve your health by getting fit or losing weight. **Let us help you keep your 2012 New Year's Resolution.** Why not take advantage of the **discounted Athletic Centre fitness memberships** offered to family members of KWSC and TCHSS registered skaters. Sign up for our **three month introductory membership for \$90 + HST.** Do you need a little extra motivation and a plan? Starting in January we will also be offering a number of fitness classes complimentary with your membership including Pilates, Senior Stretch & Tone (55+),

Spinning and Youth Conditioning (12+). Visit our website at www.theathleticcentre.ca for more information or to download a brochure or registration form. We also have a number of different **Personal Training Packages** available to get you started in the right direction. For our existing members there are discounts available for multiple memberships from the same household.



"The only way of finding the limits of the possible is by going beyond them into the impossible."

Recreational Skater of the Month



Victoria Armstrong is this month's Recreational Skater of the month. We caught up with her and asked her what she likes about skating and this is what she had to say. "I like the warm up at Enrichment Skating, especially learning to do crossovers. My favorite thing to do is the spiral. I really liked practicing for the ice show, especially holding hands with another skater to do a drag.

At preschool skating lessons I really liked having George for my instructor."

If you would like to be featured as our next Recreational skater of the month send your submission to mcooper@kwsc.org Tell us why you love to skate. Don't forget to enclose a picture of you skating as well.

Showcase 2012... ICELIST...ICELIST...ICELIST

Meet the Showcase Co-chairs, Alison Smerchinski and Hilary Camilleri.

Alison has been involved with the club for 12 years as a parent of young skaters and as a volunteer. She currently has two daughters skating with the club. Alison is also the Grand River Skating Council Vice Chair and our KWSC representative.

Hilary has been involved with the club for 5 years. Currently both her daughters skate at KWSC. She is are looking forward to providing a positive and memorable experience for skaters of all levels!!

Meet the Artistic Director, **Rebecca Babb**. Rebecca has coached with KWSC for 11 years with skaters from pre-school to world competitors. She has been a part of showcase in the past as a skater and choreographer, and most recently directed and choreographed the 2011 Stars on Ice summer camp. She also has two daughters skating at KWSC. Sophie is in Junior Star and Norah is in Enrichment. Rebecca and her brother Josh were the 1998 Junior Canadian Ice Dance champions! We are fortunate to have Rebecca directing and choreographing Showcase 2012.

Message from our Artistic Director, Rebecca Babb.

"Every skater has a song that they love. A song that speaks to them...makes them happy...makes them feel...and makes them want to skate! Let us introduce you to the 2012 KWSC Showcase Performance of ICELIST! This years show will explore the songs that make up a skaters playlist. This non-stop show made up of amazing skating from our KWSC club members will be our best showcase yet! This is one of those rare opportunities where the KWSC membership comes together to share and show what they love....SKATING! Let the party begin!"



Allison Smerchinski
Co-Chair

Rebecca Babb
Artistic Director

Hilary Camilleri
Co-Chair

I can't wait to see and work with all of this years skaters in ICELIST 2012 on March 24th.

Registration for ICELIST and volunteer recruitment has begun. Please contact Alison at 519-497-7653 or via showcase@kwsc.org
Registration forms available at www.kwsc.org/showcase.html



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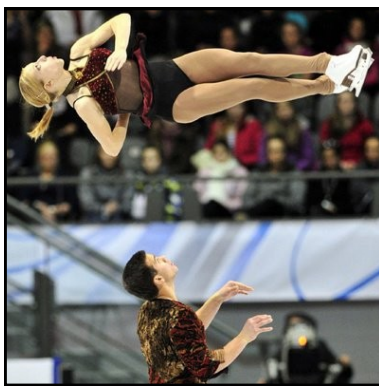
Carolyn Allwright
callwright@kwsc.org

Twin City Hockey Coordinator

Bob Mackowski
bmackowski@twincityhockeyskating.ca



Champions of Tomorrow



Katherine Bobak & Ian Beharry set new Canadian Junior Record at the Junior Grand Prix Final



Kaitlyn Weaver & Andrew Poje finish 4th at Grand Prix final with two spectacular skates.

Good Luck to our skaters who will be representing KWSC at the 2012 Nationals Championship hosted in Moncton N.B January 16—22, 2012

Senior Pairs

Kirsten Moore-Towers & Dylan Moscovitch
Taylor Steele & Rob Shultz

Senior Dance

Olga Lioudvinevitch & Ben Mulder

Junior Pairs

Katherine Bobak & Ian Beharry
Mary Orr & Anthony Furiano
Shalena Rau & Phalen Simpson



Skaters who participated in the Sectionals send off October 22, 2011 picture courtesy of Danielle Earl.

Twin City Hockey Skating School

Twin City has started a new realignment of programs. We will now be issuing progress reports to each player at the end of each nine week period. This report will acknowledge which session a skater should register for in the future.

Power 4 and 5 will be an Elite session where there will no longer be 9 and 10 year olds allowed as we are building a program that challenges players up to their draft year, Minor Midget, as skating is an essential part to a player's success.

Twin City is offering a Christmas special to all its current members in the program and others that would like to enhance their training through private instruction. Please check our website, all the information is there for your review.

Twin Cities will be offering a camp to prepare players for the early tryouts in spring. There will be a camp running March 26th to 30th, 2012, Carolyn Fedy Skating Centre at Rim Park. This will be available to all rep players only as a pre-tryout training camp. Visit our website late January for more details.

Join Twin City Hockey Skating School and experience the edge!

Bob Mackowski
TCHSS Program Coordinator



Brent Pederson # 16 for your Kitchener Rangers. Former member of this past summers OHL Elite



Bob Mackowski—Program coordinator and the official power skating coach of your Kitchener Rangers.



Keith McCarthy—Head Instructor with Twin City Hockey Skating School

www.twincityhockeyskating.ca