



December 2011

DVFSC Test Skater

Box 6813, Drayton Valley, AB T7A 1S2

email: dvfscnewsletter@gmail.com

How to Keep Informed:

- check your email
- Watch for monthly newsletters on the bulletin board
- check the website www.dvfigureskatingclub.com

Executive:

Our executive is a volunteer group of parents. Meetings are held the first Monday of the month. Please feel free to contact us or attend a meeting if you have concerns. Next Meeting: Jan 9, 2012 7 p.m. Curling Rink Lounge

Merry Christmas

And

Happy New Year

*From the Drayton
Valley Figure Skating
Club!*

Tentative TEST Days: (subject to change)

December 9 - High and Low Test

February 3 - Low Test

March 16 - High Test

April 13 - Low Test

Message from the Coaches!

It was great to see the skaters' hard work pay off at the competition. Our club was represented well. We took home 14 medals. Keep up the good work as test days and the Ice Show are coming up!

Please remember to check the electronic or whiteboards to see which locker rooms we are in.

Remember NO BOYS ALLOWED in the change rooms!

December Important Dates:

Monday, Dec 5 - Extra Group Test Session 4 - 4:45 p.m.

Friday, Dec 9 - Test Day - No Group Test

Saturday, Dec 10 - NO ICE due to hockey tournament

Monday, Dec 12 - Extra Group Test Session 4 - 4:45 p.m.

Friday, Dec 16 - Solo Night and Christmas Pot Luck

Skating starts January 3, 2012 Regular sessions January 7, 2012 We will have morning ice again starting in January.

January Adult Skate Session:

New session for Adult skate will start Jan 21, 2012 and run for 6 weeks for \$75. There will be two levels including a Learn to Skate and a Jump Spin and Dance. Times will be Saturdays 9 a.m. - 10 a.m. with $\frac{1}{2}$ hour instructional time. Contact Brandy 780-241-0309 or Amber 542-3002 to register.

Ice Show Preparation:

Preparations for the big show have begun. Line Moms will be contacted in the new year by our volunteer chair with details on costumes and duties.

Competitions:

Star Skate Championships - Whitecourt
February 23 - 26, 2012

Peace Section Open - Grande Prairie
March 23, 2011

Skate Canada Policies:

Skate Canada governs the policies of our figure skating club. To keep you informed of some of these, we are attaching the Parent Code of ethics. Please take the time to read it. We will be publishing other policies in the following months.

Northwest Region Open Competition and Zone 5 and 6 Winter Games Runoff

The Competition was a huge success with 260 skaters from 20 different clubs. Thank you, your husbands, grandparents and friends for your help! A special thank you to our organizer Karen Capinuk for all her time and efforts.

Solo Night and Christmas Party!

The Solo Night and Christmas Party will be Friday, Dec 16 from 5 - 6:30 p.m. A POT LUCK dinner will follow in the boxing room in the basement of the rink. Watch for a food sign-up sheet on the music room door. The boxing room will be open at 4:00 p.m. for you to drop off your food items. **You will need to bring plates, utensils to eat from and serving utensils for your pot luck item.**

SKATERS GIFT EXCHANGE - BRING GIFT AND RECEIVE A GIFT (\$15 limit)

This gift is to be wrapped and marked with the age group (9 and under or 10 and up) that it is meant for.

This event is open to all the Skater's friends and family. We are also accepting Santa's Anonymous Gifts. If you wish to participate please bring an unwrapped toy.

Fundraisers!

CHRISTMAS WREATHS AND BIRD SEED

Thank you for your support in our recent fundraiser. All wreaths have arrived and been distributed. A special thank you to Amanda Tremblay and all the volunteers for your time and space in your garage. We have extra wreaths available if you need another or if yours was damaged please call Amanda 780-542-9532.

Program Assistants

Wow, Canskate is half way through the season! Thank you to all the girls who have helped make this program look great! Our first team builder of the year was attended by about half of the Program Assistants. We had a few laughs over some bowling and pizza and also discussed a few checkpoints. Here are a few important points: (Please have your daughter read these with you!)

1. Remember to always keep the skaters moving. Explain, demonstrate, then skate.
2. No jumps, spins, or spirals as you have your own sessions to practice your skills.
3. Everyone needs to help with taking the cart, hangers, and teaching aids off the ice. We are pressed for time at the end of the sessions as there is no flood, so we need everyone's help.
4. If you happen to get hurt please tell the head coach that you need to leave the ice and we will take over your group.
5. Please keep the games for the end of the session. The head coach has allotted specific time to play games and the end of the session, please keep your station time to teaching skills and circuits.

All in all everyone is doing great and we would like to thank you for being on time for each and every session, we appreciate it.

Our next team builder will be shortly after Christmas. December tends to fill up quickly with numerous activities so we would like to plan a PA Christmas party for the first week of January as the hustle and bustle has come and gone. Please watch for more details.

December and January PA Schedules have been put in the mail slots. There will be one addition of Saturday January 7, Joanne will call you to assign your shift. If there are any changes that need to be made to your shifts please contact Joanne.

Thank you to all PA's and parents (drivers!) for making this program a success!

Joanne, Trina and Sara

Picture Day: Sunday February 26, 2012



PARENT CODE OF CONDUCT

Skate Canada is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents and the manner in which parents conduct themselves in the Skate Canada environment.

In this code "parents" shall refer to "parents and guardians". This code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this code at all times while participating in any Skate Canada club or school, competition, or activity.

- All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect.
- Parents shall always model positive and responsible behaviour and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude.
- Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the club, skating school, Section or Skate Canada.
- Parents shall refrain from any behaviour, or comments, which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their son/daughter offering praise for competing fairly, participation and skill development.
- Parents shall model and encourage their son/daughter to maintain a healthy balance between skating and life. (i.e., school, other activities, social life, etc.)
- Parents shall model and encourage balanced, healthy food choices and subscribing to an active and healthy lifestyle.
- Parents shall set high, but reasonable expectations for their son/daughter's participation in skating focusing on development and enjoyment for the child.

- Parents shall instill confidence in their son/daughter's ability and skill development, always avoiding comparisons with other skaters.
- Parents shall celebrate the acquisition of skills and goals achieved by their son/daughter.
- Parents, along with the professional coach and the athlete, shall be considered members of a team whose main concern is the child's overall progress and development. Parents shall respect that the professional coach is responsible and empowered for the on-ice and off-ice development of the athlete. A parent's role shall be to take a healthy interest in their child's progress and development and be responsible for the child's nutrition, rest, adherence to off-ice training regimen set by the coach or other fitness professional, overall health, life-balance, and moral and emotional support.
- Parents shall ensure their son/daughter wears proper skating clothing and equipment.
- Parents shall never provide alcohol or drugs to minors in a Skate Canada environment.
- Parents shall never provide or advocate the use of performance enhancing drugs or substances.
- Parents shall avoid any conduct, which brings their club, skating school, Section or Skate Canada, into disrepute, including but not limited to abusive use of alcohol, non-medical use of drugs and gambling.
- Parents shall openly support and uphold this code of conduct policy and take action and steps to ensure other parents follow and uphold this code of conduct policy.
- Parents shall adhere to the policies, procedures, rules, standards, and ethics of Skate Canada at all times.

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