



Airdrie Skating Club Newsletter

March 2010

www.airdrieskatingclub.com

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Category of Links

www.airdrieskatingclub.com
www.skatecanada.ca
www.kidsport.ab.ca
www.canadiantire.ca/jumpstart

Contact Us

airdrieskatingclub@yahoo.ca
Phone: (403) 948-4230

2010 Spring Registration

Spring Power Skating Session

Ages 6-12 years

This program is designed to increase the skater's stride and skating skills. We emphasize the importance of balance to gain a powerful stride. The ability to master this alignment will ensure that the skater is utilizing all their power to skate faster, stronger and confidence. Previous skating mandatory - must be able to skate full stride down the length of the ice, must be able to skate width of the ice backwards.

Days: Tuesdays and/or Thursdays

Time: 6:30-7:00pm

Dates: April 20th to May 20th

Cost: \$120 FOR ONE DAY/WEEK OR \$200 FOR TWO DAYS/WEEK

Location: Plainsmen Arena

Limited spots available so register TODAY!

Please e-mail Tracy Jaman at airdrieskatingclub@yahoo.ca.

Adult Learn to Skate Session

New to the Airdrie Skating Club! This program is geared towards all levels of skaters, ages 18 to 108! During this 5 week program you will be taught the basics of skating: forward stride, backwards stride, stopping and turning. And much more depending on your ability! Our Professional Coaches will help you achieve your goals and increase your confidence in the skills you want to learn.

Days: Mondays and/or Wednesdays

Time: 6:30-7:00pm

Dates: April 19th to May 19th

Cost: \$120 FOR ONE DAY/WEEK OR \$200 FOR TWO DAYS/WEEK

Location: Plainsmen Arena

Limited spots available so register TODAY!

Please e-mail Tracy Jaman at airdrieskatingclub@yahoo.ca.

ASC Executive

President: Melissa Kerr

Vice-President: Melissa Kerr

Administrator: Tracy Jaman

Test Chair: Yvonne McLean

Registrar: Mandy Nolan

Treasurer: Sandy Marcoux

Fundraising: Shelley Lindsay

Director: Jen Devost

Director: Teree Hokanson

Director: Dawn Halvorson

Director: Andrea Hamm

StarSkate Spring School

Days: Monday thru Thursday

Time: 3:45-5:00pm

5:00-6:15pm

Dates: April 19th to May 20th

Limited spots available so register TODAY!

Registration Forms available online www.airdrieskatingclub.com

Please e-mail Tracy Jaman at airdrieskatingclub@yahoo.ca.

Spin Spiral Jump and Prelim Prep Spring School

Days: Mondays AND Wednesdays

Time: 3:45-5:00pm (Prelim Prep)

5:00-6:00 pm (Spin Spiral Jump)

Dates: April 19th to May 19th

Limited spots available so register TODAY!

Registration Forms available online www.airdrieskatingclub.com

Please e-mail Tracy Jaman at airdrieskatingclub@yahoo.ca.

Learn to Skate/Canskate Report Cards

Each skater was evaluated during the last 3 weeks of skating and report cards are available in the lobby during the week of March 8th, 2010. Any questions or concerns can be directed to:

Richelle Rothecker (403) 831-6267

r_rothecker@shaw.ca

Jo-Anne Douthwaite (403) 831-6939

jo_sk8coach@shaw.ca

StarSkate Test Days

March 19th from 9 am to 2pm for High Tests (Sr. Bronze and up)

March 26th from 9am to 1pm for Low Tests (Preliminary to Sr. Bronze)

If you are unable to attend any of the above please let your coach know immediately!

ASC Professional Coaches

Jo-Anne Douthwaite
NCCP Level 3 Trained

NCCP Level 2 Certified

CanPower Certified

12 years coaching experience

Phone: (403) 831-6939

Email: jo_sk8coach@shaw.ca

Bobbi Magee

NCCP Level 3 Trained - Dance

NCCP Level 2 Certified -Dance

10 years coaching experience

Phone: (403) 701-0892

bobbisk8@telus.net

Lynnell Moss

NCCP Level 3 Trained

NCCP Level 2 Certified

CanPower Certified

17 Years coaching experience

Phone: (403) 585-3986

Lynnellmoss@gmail.com

Chalsie Thomson-Nixdorff

NCCP Level 1 Certified

CanPower Certified

2 Years coaching experience

Phone: (403) 852-7559

c.thomson-nixdorff@live.ca

Richelle Rothecker

Canskate Certified

13 years coaching experience

Phone: (403) 831-6267

R_rothecker@shaw.ca

StarSkate Championships Results

Congratulations to all our skaters during the championships held in Airdrie March 4th to March 7th, 2010. The skaters represented our club extremely well and we are proud to inform you of their successes!

Jr Bronze Freeskate Runoff

Kaylee Marcoux 11th (Flight C)

Michelle Devost 21st (FS Flight C)

Jade Craig 6th (Flight D)

Angela Kerr 18th (Flight D)

Preliminary 11 & Over Freeskate Runoff

Alexis Montgomery 7th (Flight B)

Kalbie Hokanson 10th (Flight B)

Marie-Eve Bastien 7th (Flight F)

Preliminary 10 & Under Freeskate FINAL

Brooke McAvena 7th

Pre Preliminary 11 & Over Freeskate Runoff

Emily Nolan 13th (Flight A)

Pre Preliminary 10 & Under Freeskate FINAL

Emma Dowie 9th

Gold Women Interpretive

Katie Hlushak 10th

Pre-Intro Women Interpretive FINAL

Katie Lyn Devereaux 1st

Bronze Women Triathlon

Hailey McLean 1st

Gala 2010 "Viva Las Vegas"

Plainsmen Arena

Picture Day - March 11th - 3:45-6:45pm (for skaters involved in Gala only)

Dress Rehearsal - March 25th - 3:30-6:00pm

Gala Night - March 27th - 7:00-9:00pm Plainsmen Arena

Come see the Airdrie Skating Club skaters dazzle us with their outstanding skating performances during our **2010 Viva Las Vegas GALA NIGHT**. The skaters involved in the Gala are from our Spin Spiral Jump, Prelim Prep, Group Star and StarSkate/Competitive programs. Many of these skaters are also our Program Assistants that have helped out our younger skaters on the ice throughout the season. This is a very exciting night for skaters and families so we hope you'll come out and enjoy the performances!

Tickets for the Gala will go on sale in the lobby the week of March 8th, 2010. Contact Shelley Lindsay @ (403) 801-0276 for tickets. Tickets are \$2.00 per person and all proceeds go towards the Airdrie Food Bank.

Volunteers - if interested in helping please contact Jo-Anne Douthwaite @ (403) 831-6939 or jo_sk8coach@shaw.ca

Coaches Corner

What is Stroking?

This program is designed for the primary-senior group and private skaters and is instructed daily. The focus changes daily and incorporates the following:

- Edges
- Turns
- Cardio
- Creative Movement
- Flexibility

The goal as coaches is to implement the Skate Canada approach, as well as allowing the coach the freedom to decide what to focus on during the time period. As a coaching staff, we believe in the fundamentals of skating as this is essential to the development of a well-balanced skater. Cardiovascular training is highly important however we do not want this to be our daily focus. There will be times when developing control of edges and body positioning without speed will need to be achieved. It's a work in progress for all the levels of skating, and the skater's benefit from the various aspects of the stroking sessions.

ASC BOARD NEWS

Effective February 7, 2010, Terry Thomas stepped down from her role as Club President. Melissa Kerr, Club Vice President will fulfill the duties of President for the remainder of the skating season. An official election will be held at our A.G.M. on Friday, April 16.

YOU ARE INVITED...

2010 AIRDRIE SKATING CLUB'S ANNUAL AWARDS NIGHT / A.G.M.

We would like to invite all of our skaters (from Learn-to-Skate and up) and their families to join us for an evening out and a delicious supper.

We will be celebrating the accomplishments of our Spin Spiral Jump, Preliminary Prep, Group Star Skate and Star Skate/Competitive skaters this past year. There will be great food, awards and lots of fun!

**Friday, April 16, 2010 7:00 p.m. - 9:00 p.m., Royal Canadian Legion
(Airdrie) - 503 3rd Ave SE , Airdrie**

*Please RSVP via e-mail by WEDNESDAY, MARCH 31 to:
airdrieskatingclub@yahoo.ca*

*****Be sure to include your NAME and NUMBER OF GUESTS (AS WELL AS THEIR NAMES) THAT WILL BE ATTENDING WITH YOU*****

ADMINISTRATOR'S CORNER

REGISTRATION FOR FALL PROGRAMS...I WILL E-MAIL OUT THE CURRENT MEMBERSHIP WITH REGISTRATION DATES (SHOULD BE IN AUGUST). THE REGISTRATION INFORMATION WILL ALSO BE POSTED ON OUR WEBSITE (www.airdrieskatingclub.com) so PLEASE check the website too.

*I hope everyone has a great summer and I hope to see you all back next session. ☺
Tracy Jaman (airdrieskatingclub@yahoo.ca)*



