

# Muskoka Skates

## BRACEBRIDGE SKATING CLUB NEWS



## WELCOME TO OUR FIRST ISSUE

**TO SAY THAT WE ARE EXCITED IS AN UNDERSTATEMENT!** We are ready for a new season and things are heating up. Ice is in, Coaches are on board, and the schedule is set. It is time to energize our skaters to learn, grow and most of all have fun in developing skating skills and artistic capability in a safe, caring, team oriented environment.

There are some new faces in the club and some old familiar ones.

We would like to introduce our new Head Coach Jeff Trott. He's only been living in Bracebridge for two short years but he is thrilled to bring his big city energy, style and nationally competitive coaching advice to our young skaters. He has spent some time selecting his crack team of skating specialists including Toronto Native Christine Whyte who brings her talents in Ice Dance and Skating skills to the table. Of course, Liz Beane is returning with her expert free skating expertise and we even have Ms. Hannah Carty making her coaching debut as the Principal Coach to our newest Rising Star's gifted figure skating programme. She will be assisted by Joshua Kiers, a competitive singles skater who is also brand new to the club and will be representing Bracebridge Skating club during his competitive season.

Jeff plans to reinvent the club culture by adding all new exciting programs such as Rising Stars, Theatre on Ice, Adult Learn to Skate, Hockey Skills and even Off Ice training including Fitness and Dance with local dance competitive dance champion Lily Whittle. It's going to be a fantastic year for the club and we are so happy that your skater has chosen to work with the best team of coaches Muskoka has to offer.

### CONTENTS:

WELCOME!

CANSKATE UPDATE

SKATER OF THE MONTH

SAVE THE DATE

COACHES CORNER

EQUIPMENT

RISING STARS

FUNDRAISING



Our monthly Gift basket raffle tickets available for \$5 or 5 for \$20 in support of the club!

Basket is available for viewing in our display case in the lobby. Tickets available for purchase by any board member. Winner announced in the next news letter. Good luck!



# CANSKATE

**The Bracebridge Skating Club would like to extend a warm welcome to everyone joining up for the 2019/2020 skating season. It is definitely a fantastic time to be a part of the BSC. We have a dedicated team of Skate Canada trained and certified coaches as well as some of the club's best skaters as our Program Assistants who are excited to help each of you excel and have fun on the ice!**

**Name Tags:** Each skater will be given a name tag with their name and coloured sticker indicating their group colour. Please pick up and drop off your name tags at the CanSkate desk in the lobby of the arena.

**Session Format:** We begin our sessions with an upbeat musical group warm-up followed by a series of group lessons all structured to work on specific agility, balance and control skills. Each of these skillsets all laid out in easy to follow circuits designed by the National Governing Body of Skating in Canada, Skate Canada. Following the thirty minute lessons we do a group activity that gets all the skaters socializing together and then we cool down with a slow deep stretch.

**Watching your skater:** It can be daunting for your young skater to have a sea of faces waving and cheering them on right next to the ice. Therefore, we suggest that you grab a coffee (or some snacks) from our local canteen (The "Lord of the Fries") and find a comfortable seat in the stands where you will have a great view of your skater!

**What to wear:** Please ensure that your skater has a CSA approved helmet and quality skates. We normally recommend meeting with a skate fitting specialist at the Canadian Tire store in either Gravenhurst or Bracebridge to ensure a proper fit. Please note that a non CSA approved helmet or ill fitting helmet will result in your skater being asked to leave the ice and come back with proper safety attire.

## SKATER OF THE MONTH

**Dexter is a recent graduate of the CanSkate program and was nominated last year as Bracebridge Skating Club's CanSkater of the year!**

**He is pleased to come back to the club again this year with a few changes. He has swapped out his Hockey skates for Figure Skates! And by doing so was offered an invitation to join our new Rising Stars programme!**

**One thing for sure we are going to see some awesome new skills from him this season. Go get em buddy!**



# Save the date

OCTOBER 1 - PA TRAINING DAY

ON CANSKATE - 5:35 ON ICE

OCTOBER 8 - **CANSKATE BEGINS!**

OCTOBER 8- FUNDRAISING DONS BAKERY

PICK UP FORMS AVAIL. DROP OFF ORDERS NOV 6

OCTOBER 15 - CANSKATE INFO SESSION 5:40 PM

OCTOBER 16 - CANSKATE INFO SESSION 6:30 PM

OCTOBER 18 - 20 - **CRANBERRY FESTIVAL**

VOLUNTEERS NEEDED

OCTOBER 25-27 SKOKIE SKATE -

COMPETITION, HUNTSVILLE

OCTOBER 29/30 **HALLOWEEN** - DRESS UP IN  
YOUR SKATE FRIENDLY COSTUME (NO CAPES)

## COACHES CORNER



Christine Whyte and the Star 1/2 skaters in their listening position.

“By giving skater’s a *listening position* it shows the coach that the athlete is ready to be assessed and is fully present in the moment.”

- Jeff Trott

# Equipment

We always suggest a comfortable boot and blade combo for our athletes who wish to possibly begin competitive figure skating. Something like the Jackson Cameo available at Canadian Tire is a solid bet.

The boot allows for maximum support as well as a quality blade that contours specifically toward young athletes who perhaps someday dream of one day being competitive figure skaters.





# RISING STARS ACADEMY

We will be handing out invitations to our new program during the first few weeks of CanSkate but our coaching staff will be doing talent identifying all season long. The Rising Star Program is a CanSkate enrichment program for skaters ages 4-7 who are at stage 2 and higher who show an obvious talent and interest for Competitive Figure Skating. The program focuses on free skating skills and uses prizes and games in a fun learning environment to teach the fundamentals. We also include a thirty minute off ice dance and fitness class, special event invitations, Christmas show number, a year end team competition and after pizza party . It's a fun high energy class taught by competitive figure skaters in search of the next great "Rising Star"!

## Don's Bakery Fundraiser

This year we are so excited to be using the Famous Don's Bakery for our fall season fundraiser! These cookies and tasty treats are a huge hit with the whole family and will be available for Pick up (in the arena lobby) on Nov. 26. Just in time for all that December baking!

Please pick up your Order Forms from the Canskate desk in the lobby either Tuesday or Wednesday evenings between 4:30 - 7PM.

Let's get out there and sell some kits for a terrific cause - and make this year's fundraiser the best ever!



If you have any comments or wish to submit anything for next months newsletter please email Head Coach Jeff at: [jeff@bracebridgeskatingclub.com](mailto:jeff@bracebridgeskatingclub.com)



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