



OCTOBER 2019 SKATING NEWS

We would like to welcome all skaters to the ice for the 2019-2020 skating season as we look forward to a wonderful year filled with “Fun, Fitness, Family and Friends”!

Our younger skaters started on the ice last weekend and we ask for your patience while we work with these new skaters to get them assessed and organized into their groupings. Skater assessments continue throughout the season and skaters rewarded with ribbons and badges. Report cards are distributed twice throughout the season, first in December and the second in March.

CLUB UPDATES

Skate Canada’s CanSkate Program: CanSkate is Skate Canada’s flagship “learn to skate” program, focusing on teaching and mastering strong basic skills earlier to prepare skaters for all ice sports – hockey, ringette, speed skating and figure skating. On-ice delivery focuses on continuous movement emphasizing the use of dynamic group teaching concepts including the Fast Track, Fun Zone and station rotation all of which has been proven to increase practice opportunities and improve the rate of skill acquisition among skaters. Visual aids and music are used to create a fun, stimulating and welcoming environment. The program includes report cards and an exciting series of award ribbons to achieve, in addition to the Stage 1 to 6 badges.

Off-Ice Warm Up: The off-ice warm takes place the first 10 minutes of the session. The warm up area is located at the back corner of the arena on the entrance side. We do ask you to keep this area clear and that you **utilize the dressing rooms** provided to get skaters prepared to get onto the ice.

CanSkate Attire: Wear layers of warm, comfortable clothing such as tights, long johns, sweat pants, sweaters, jackets, mitts or gloves. **NO CHENILLE MITTS**, the pile sticks to the ice. Avoid snowsuits - although they are warm, they are too bulky, difficult to move in and very slippery when the skater falls and tries to get up. A detailed CanSkate information sheet was distributed last week by email and is available on the club website.

Name Tags: Name tags are provided for all skaters, and are to be worn during all on ice sessions. The name tags have skater tracking on the reverse and it is imperative that they remain at the arena. Please locate the applicable name tag and ensure your skater is wearing it on the ice. Name tags are removed by the PAs at the end of the session; however, if for any reason your child leaves the ice early, please replace the name tag on the applicable board.

Parent Seating Area: For the parents, we ask that once your child is safely on the ice, please be seated in the stands; this will enable your child to focus their attention on the Coach and their lesson. Please note: parents are to remain at the rink at all times while their skaters are participating in recreation programs.

Waiver of Liability/Concussion Awareness: All skaters are required to complete a Skate Canada and club waiver form and also the newly establish Ontario Concussion Awareness Policy – “Rowan’s Law”. If you have not completed these forms, please see us at the lobby of the arena.

Camera & Video Policy: Cameras and/or video cameras are only permitted for personal use. Photographing or taping of skaters other than family members without express written permission from the parent/guardian is prohibited.

Halloween Skate: **October 26th and 27th** marks the club’s first official celebration and theme day, Halloween. Skaters are invited to wear “skating friendly” costumes or dress in black and orange on both Saturday and Sunday.

Calendars/Newsletters: Monthly Calendars for all sessions are available on the club website: fhhsksating.com. We ask that you take note of the newsletters and calendars as special events and changes to the schedule are published via this means. Periodic updates are sent by email. Please ensure that we have your **correct** email address on file. If you find that you are not receiving Club Emails please let us know.

USED CLOTHING AND SKATE SALE: Looking for skates or skating attire, the used skate sale will take place October 5th and 6th 9:00-11:30 am. Constantine Arena.

- **FHHSC MEMBERS** are invited to bring items for sale to the arena Saturday by 9:00 am.
- All items are to be clearly marked with Name, Phone Number and Price.
- **10% of the proceeds** donated to the FHHSC

FROM THE FUNDRAISING CORNER

Fundraising monies are raised each year to assist with providing skaters incentives and rewards, to purchase equipment, to assist with activities, and to supplement end-of year ice show costs. Thank you to all our families for their efforts and support and we look forward to another successful and fun season.

Current fundraising campaigns underway are as follows:

Vesey's Seeds: Orders are due October 12-13 weekend. Vesey's Catalogues are available at the arena lobby. This is a great product and we encourage everyone to participate in the campaign. When Bulb/seed orders are received they will be distributed at the arena.

Festive Wreaths: Wreaths were included in the program packages this year. These wreaths are a long-lasting useful decorating item for the holiday season and are well received by family, friends, teachers, and those "hard-to buy-for". Additional wreaths may be purchased. Order forms for additional wreath purchase will be distributed shortly.

Oliver's Labels: This is an ongoing club fundraiser with a link that can be used at any time to help support our club. These labels are high quality, durable, and fun. Orders that will support the club can be placed at www.oliverslabels.com/fhhsc

Questions? Fundraising ideas? Please see Tyler Lavigne or contact via email: fhhskating@gmail.com

Thank you for your continued support



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Email: fhhskating@gmail.com

Club Website: fhhskating.com