

# BFSC Newsletter

Volume 1, Issue 1

Fall 2009

## Message from the President:

I would like to welcome all new and existing members back to the 2009/10 skating season here at BFSC. It should be a very exciting year filled with fun. This year we will be, along with the world, focusing on the Winter Olympics and eagerly watching our country's skating stars take on the rest of the world. Here at home, we have the opportunity to see where the beginnings of those Olympic dreams got started. I would like to dedicate, this upcoming season to "Getting the Dream Started". We are a place where skills are learned, goals are made and met, and dreams are started in the hearts of our young skaters. What an exciting opportunity for us all, to be a part of!

## Calling All Volunteers

We are looking for parent volunteers to run and/or assist for Winter Gala, please email [lucyskate@live.com](mailto:lucyskate@live.com) if you are interested.

Winter Gala – Tuesday December 15th, 2009

## FUNDRAISER

Personalized Name Tags For Sale \$3.00 each.

Please see the website for details or look at the bulletin boards for further information. [www.bfsc.net](http://www.bfsc.net)

**Boston Pizza** – Visit Boston Pizza on Hwy 2 Bowmanville. If you write down your name and BFSC on the back of your receipt & place it in the drop box, Boston Pizza will donate 10% back the Club! See bulletin board for further details.

## How to Choose a Coach

The selection of a coach is an important one and should be thoughtfully considered. The combination of personalities between skater and the coach is very important to determine whether the arrangement will be a successful one. The coach should be a good role model both on and off the ice and foster positive growth in the skater. Your skater will spend a lot of time with their coach. Many skaters go their entire career with the same coach.

Stay tuned for a special upcoming night for parents which will highlight information on your young skater(s) and help to understand the figure skating world, selecting coaches and many other great topics.



## Did You Know...

BFSC is a not for profit, volunteer run organization. We would like to thank our volunteers on the Executive and all of our parent volunteers who continue to make BFSC a great place to Skate.

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Come Skate with Us!  
Come Skate with Us!  
Come Skate with Us!

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## COACHES CORNER

Summer has flown by, and although we are sad to see the warm summer weather go, we are very excited to have begun our BFSC Fall/Winter skating season once again!! The sessions are up and running, competition season is on its way, the October test day is around the corner and the coaches and Executive are hard at work planning the exciting things in store for this season.

Recap of CSA/BFSC Spring/Summer skating:

Over the summer, the new Clarington Skating Academy in conjunction with the Bowmanville FSC held their spring/summer on and off ice sessions throughout June, July and August. It was a huge success! The skaters and coaches worked their tails off, on and off the ice, set their short and long term goals, nutrition, mental training, jump/spin technique, new programs, choreography etc. The skaters built great friendships and team spirit. The daily competition simulations were extremely beneficial. The test days had a 98% pass rate, the skaters, improved greatly and thoroughly enjoyed themselves.

Lucky Duck Contest:

Through the summer's daily goal setting, the coaches awarded ballots for a weekly draw for our "lucky duck" contest. The winners received a stuffed mascot "lucky duck" that they will bring with them to all of the Competitions this year to bring luck to all of the BFSC skaters. The weekly winners were Carly Ramsay, Kaitlyn White, Amber Trail, Jenna Wilson, Krystyna Hamilton and Lauren Mulders. Congratulations girls!! Don't forget to bring your lucky ducks to the upcoming competitions.

Special Thanks go out to:

Thanks so much, to Erika Chew for doing an amazing job on our off ice fitness training as well as daily goal setting with all of our skaters. Thanks to Kerry Grady for taking time out of her busy schedule to come in to talk to our young athletes on proper nutrition and hydration. The skaters got a lot out of it and we really appreciate it. Thanks to all of our BFSC and CSA skaters for their hard work and expertise. We are so lucky to have such a great group of talented, hard working coaches and choreographers. Thanks to Kent Grice for coming in to do harnessing with all of our skaters. Thanks to Ellen Gould for coming in to do dartfish video analysis with all of our skaters. Thanks to Josee Chouinard and the Granite Club skaters for coming in to train with us. Josee's passion and enthusiasm to all of our skaters was so motivational. Thanks to Debbie Pinet for organizing and running our test days. Thanks to Caroline Mackeen for running the Theatre On Ice classes every Thursday. The skaters had a blast and absolutely loved the classes!!

### REMINDERS

**TEST DAYS FOR LOW COMP OCTOBER 19, 2009**

**TEST DAYS FOR HIGH COMP OCTOBER 21, 2009**

## COACHES CORNER CON'T....

Important Notice to all BFSC Skaters and Parents:

Thank you so much to our BFSC Executive. We are so fortunate to have such an amazing, hard working group of Executive members. Each and every one of them puts so much volunteer time into all of our BFSC skaters.

We are also very lucky that our Club has allowed sessions to run with just 10-12 skaters. If a session needs to be cancelled due to lower numbers registered per session, please be understanding. We can not pay for the price of ice time and still keep our prices reasonable with too few of skaters per session. We at BFSC pride ourselves with offering quality sessions and quality coaching. Please trust us and allow us as Professionals to do our job. We promise you that we always do our best to provide your child with the best training environment possible. If you have any questions regarding anything throughout the year, feel free to ask your coach.

Session Maximums;

Level 1 - 26-28 skaters

Level 2 - 24-26 skaters

Level 3 - 24 skaters

Competitive - 18-20 skaters

Each year our registration numbers vary. When session registration is low, then some icetime must be cancelled and sessions combined. This is very normal and is still extremely productive for all of the skaters. Some days they will be the best skater on the ice, and must take the responsibility of working hard to show the lower level skaters how to train. Some days they will be the lower level skater and must work harder to keep up with the higher skaters. With each scenario comes a valuable training tool and ultimate motivation for the skaters. Expecting that your son or daughter should only skate with the highest end of their session is actually stunting their growth and development as an individual and as an athlete. With a solo sport like figure skating, skaters must learn self-discipline and motivation at an early age. Proper respect for others and etiquette is extremely important. Your coach will impress this importance to you as well. In order for your child to improve quickly and develop a great love for this sport, you must trust and support your coach and Club with their figure skating decisions for your child.

Reminder to all BFSC members:

Lobby talk is unacceptable. Anyone choosing to take part in negative talk about any skater, coach, BFSC member or Executive member is not acceptable. This behavior will not be tolerated. We, at BFSC, choose to operate in a positive, productive manner towards continued growth and development of all BFSC skaters at every level.

Please remember...this is about the kids ☺

Here's to the beginning of another successful year at the Bowmanville Figure Skating Club.

Happy Skating!!!!

From, Tracy Tutton  
Director

