

Peterborough Figure Skating Club Newsletter

November Issue

Winter Registration Pre-Can and Canskate

Our first session of Pre-Can and CanSkate ends at the end of December.

Registration for our second session beginning in January will take place on

November 22nd and 29th from 6:00-7:00 at the Memorial Center.

PFSC Clothing will be available soon! Your Board is looking into offering a variety of items that you will be able to purchase for your skater!



Parent PFSC Communication

- Read the PFSC bulletin board
- Keep up-to-date with our website - www.peterboroughfsc.ca
- Join our Facebook group - Peterborough Figure Skating Club
- Need new equipment? Join our Facebook group - PFSC Skating Exchange Buy and Sell
- Look for posters at rink side of updates
- Send us an email at info@peterboroughfsc.ca.



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Skater Fit Session

Where: Kenner

When: December 9

Two sessions will be available 1:00-2:00 and 2:00-3:00

Cost: \$15.00

If your Intro-StarSkate or StarSkate (including Elite) skater is interested you must register and pay in advance. Please see Lori Heffernan for more details. 705-768-7411 or lcoolsmithers@hotmail.com

Skater Fit classes are a sport specific program designed for figure skaters and focus on proper warm up, and dynamic sport specific components. This class will cover core strength, cardiovascular conditioning, power, balance, flexibility, and plyometric exercises.

Your Board of Directors

President – Tara Paul

Vice-President – Erica Diamond

Treasurer – Kim Morello

Secretary – Lori Heffernan

Coaches Representative – Bonnie Lynn (Martin) Porter

Test Chair – Angela Simmons

Synchronized Skating Chair – Lynn Raycroft-Little

Director – Hallie Atter

Director – Chandos Hickey

Director – Jyoti Chandra

Your PFSC Coaches

Lori Atkins

Dawn Cumby-Dallin

Janice Haig-Ireland

Celina Kosmala

Brigitte Mackey

Cindy Mein-Moloney

Kortney Morello

Jessica Pritchard

Diane Sargent

Kim Wilson

Consultants

Karen Westby-Bulger and Bonnie Martin-Porter

Synchro Coaches

Erin Kent

Val Kent

Jessica Pritchard

During the early years of skating, in our PreCanSkate, CanSkate and IntroStar programs, our club coaches share in the development of our skaters by teaching in groups. After earning their CanSkate stage 4 badge, you may want to start to consider some private or semi-private lessons with any of our coaches. When considering hiring a coach start by looking at our coaches' biographies on our website, this will give you some insight into what levels they teach and disciplines (dance, freeskate, skills) and gives you a starting point to contact coaches that you feel fits the needs of your child.