



On the Edge....

The COS Office

WHAT THEY DO FOR US?



Who is Who at the office and Who do we call for What???

We have some answers for you!!!

Gary Oswald - Executive Director -
We should contact him if you have any questions regards to Team COS, Club Administration, Conflict Management, Marketing and Sponsorship and Contract Negotiation.

Patti White - Manager, Programs and Services
She is our main contact for all Coaching issues, Skater Development and Technical inquiries. Patti will be going on maternity leave as of January 19th, 2007 and *Erin D'Eon* will be replacing her for one year.

Julie Keown - Event Coordinator
Julie is the main contact for all event related questions.

Irma Orzeck - Event Registrar
Irma is the person on the other end of the phone when asking about registration for any of COS events.

Patrick Way - Judges Bureau Coordinator
Patrick will answer all your questions relating to test days and evaluator/judges issues.

Marta Szalay - Financial Administrator
Marta will solve all your questions related to invoicing.

WHERE CAN YOU GO FOR INFORMATION?

Our COS Coaches Page is a great source of information!

www.skatecanada-centralontario.com

And click on COACHES PAGE (in blue)

The Coaches Page is updated constantly to bring you the latest information. Check it often.

If we are missing information, or you would like to other topics added to our page - please let us know.

Contact Patti White at COS office 1-877-267-0081 or 905-760-9100 ext 224, or Monica Lockie at mjlockie@rogers.com.



Our website has lots of info for you.

Coach Area Reps 2006-2007

Area Reps have been set up again this year. These coaches have volunteered their time to help spread information, poll coaches, act as a resource person, and represent your area's concerns and interests. NEW THIS YEAR—Your Area Rep will be offering a seminar for coaches at a location near you! Each Area Rep has been tasked with offering a Continuous Education Seminar for coaches in their area. All seminars will be open to all coaches. Contact your area rep for more details. Once finalized, all seminars will be posted on our website.

Area Reps:

Midway East - Amanda Montgomery & Allie Biederman

Midway West - Lorraine Graham & Nancy McDonnell - Lemaire

Metro West - Ann Fisher

Metro East - VACANT (Who would like to fill this position?)

Western - Karen Moore

Northwestern - Colleen Harrison

Northeastern - Tracey Zwiers



For Contact information see "Coaches Rep" on the Coaches Page of our Website.

Test Day News!

Some changes have been made to our Centralized Test Days this year.

ALL Interpretive Tests and Diamond Dance Tests will be tested on your regular High Test Days.

Competitive Tests will remain on Centralized Days. A list of all Competitive Test Days is posted on our Website (skatecanada-centralontario.com) on the Test Chairman Page.

The Dates for the Competitive Test days for the Winter Season are:

December 6, 2006 YRSA
January 24, 2007 CIA
February 21, 2007 Scarboro
March 23, 2007 RTC

See the Website for more details, submission form and deadline dates.

For further information on Test Days, contact Patrick Way at COS office.

1-877-267-0081 or
 905-760-9100 ext 227
 patrick@skatecanada-centralontario.com



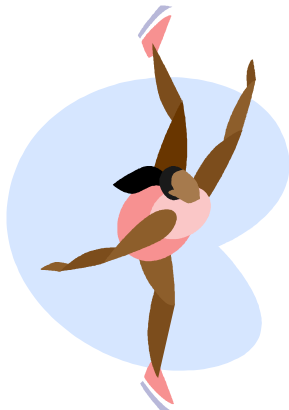
Under 14 Series (formerly Under 12 Seminar)

The Skater Development Committee has made some changes to the Under 12 seminar series this year. In order to include more eligible skaters the eligibility is as follows for this year:

- Under the age of 14 as of July 1, 2006.
- Must have competed at Sectionals or Pre-Juvenile at Summer Skate or Octoberfest.
- Skaters placing 1st at Section will be named to the "A" or "B" team.

There will be an entry fee of \$85.00, and seminars will be offered in February, March and April.

More information will be available soon. Check the Athlete Development link on our website.



*Send in your registration for this Under 14 Seminar Series by **January 29, 2007***

Coaches Spring Seminar

Plans are underway for our Annual Spring Coaches Seminar.

This year we will be featuring

Guest Coaches:

Manon Perron &

Lee Barkell

Stay tuned for more details.

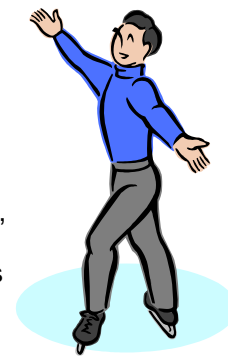
IN THE WORKS!

SKATE EXTREME SEMINARS

This year COS will be running 2 pilot programs. These seminars will consist of on ice "Challenges" and off ice sessions.

Watch for more information **COMING SOON** on the COS website!

News from Skate Canada



New Skate Canada Professional Coach Apparel – Exclusive to registered Skate Canada coaches only! Skate Canada will soon launch their new line of coach clothing featuring a variety of quality items ranging from \$39 to \$99 – ½ zip sweater, down filled vests, down filled jacket, mid length insulated jacket, mid length jacket with full lining (shell type). An email blast will be sent to registered coaches and staff in attendance at Eastern/Western Challenge will be wearing some samples and distribute flyers/order forms on-site. In addition to finding this apparel on Skate Canada website, a mailing to coaches is also in the works.

Coaches' Meeting at 2007 Eastern/Western Challenge – The Skating Programs Department held a coaches' technical meeting on November 29 from 20:00 – 22:00 at the Crown Plaza in Moncton, NB. Coaches who were at the event were encouraged to attend. The meeting focused on programs updates and proposed changes regarding the competitive tests stream, qualifying structure, and the CPC implementation plan and timelines.

Continuous Education Program (CEP) – Second cycle in full swing! Encourage coaches to participate and maybe have copies of the CEP statement (attached) available on-site. Skate Canada is very pleased with the coach's participation in the first cycle than ran from Sept, 1 2004 to Aug 31, 2006 and their achievement of either a Bronze, Silver or Gold status. Kudos to all participants!

2006-07 Level 4/5 tasks: You could briefly outline the planned tasks and/or distribute the attached flyer and have coaches contact Isabelle Cayer, Competitive Coaching Programs Manager for more information at 1-888-747-2372 ext.2532 / icayer@skatecanada.ca or for registration purposes coaches can contact Shannon Youmelle, Skate Canada's Coaching Administrator at ext. 2572 / syoumelle@skatecanada.ca



HATS OFF

To the Coaching Staff at Mariposa & RTC
for a wonderful selection of food and hospitality at both
Octoberfest and Sectionals this year.

AMAZING JOB!!!



Coaches - We need your help at Junior Nationals

COS is hosting the Junior Nationals this year. As hosting section, it is our job to man the Coaches Registration Table. If you are able to volunteer some hours to help register Coaches at this event, please contact Monica Lockie at mjlockie@rogers.com. The event is scheduled to be held in Brampton at the Powerade Centre on February 1st - 3rd, 2007

The most crucial times are Wednesday January 31 and Thursday February 1, 2007.

Thanks so much!



NCCP Courses are being scheduled for Spring/Summer 2007.
Once the brochure is complete, it will be posted to the
COS website on the Coaches page.
Look for it by the end of March!

The COS Office

Visit our Website often. www.skatecanada-centralontario.com

Skate Canada—Central Ontario
111 Snidercroft Road, Unit A,
Concord, ON., L4K 2J8

Phone: 905-760-9100
Phone: 1-877-267-0081
Website: skatecanada-centralontario.com

**LOOKING FOR A NEW
SECTION
COACHING REP!**

In May 2007 we will elect a new COS Coaches Rep.

Coaches who may be interested in this role are invited to "Shadow" many duties until the end of the season.

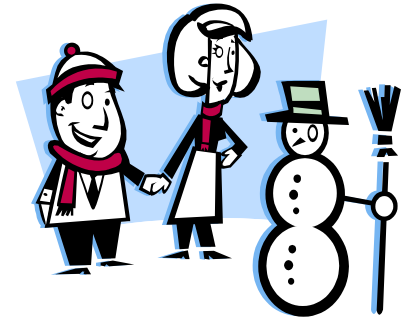
Please contact:

Monica Lockie at
mjlockie@rogers.com
for more information.

Positive Thinkers Have 12 Qualities in Common

1. They have confidence in themselves
2. They have a very strong sense of purpose
3. They never have excuses for not doing something
4. They always try their hardest for perfection
5. They never consider the idea of failing
6. They work extremely hard towards their goals
7. They know who they are
8. They understand their weaknesses as well as their strong points
9. They can accept and benefit from criticism
10. They know when to defend what they are doing
11. They are creative
12. They are not afraid to be a little different in finding innovative solutions that will enable them to achieve their dreams

Susan Polis Schutz



Coaches Awards

Please note that the 2007 Skate Canada Achievement Award nomination forms have been mailed to all Skate Canada - Central Ontario clubs. The nominations deadline is January 17, 2007

Happy Holidays from COS!

*On behalf of the
Board of Directors and staff of Skate Canada - Central Ontario,
we wish you the best for this holiday season.
Just a reminder that the COS office will close at
12 noon on Friday December 22nd
and will reopen at
9:00 AM on Tuesday January 2nd, 2007.*