

The COACHES PAGE!

WHAT IS ON OUR WEBSITE?

Have you visited skatecanada-centralontario.com lately? If you click onto Coaches on the home page you will find a wealth of information at your fingertips including:

- Information on NCCP and CBET
- Information and forms for the Continuous Education Program (CEP)
- New Updates from Skate Canada (National Office)
- Information on How to get your Photo ID Card
- The latest information on upcoming seminars and notes from past seminars, as well as meeting notification and minutes from past meetings.
- Contact information for your Area Coaches Rep and, **NEW** this year, a place where Club Coaches Reps can go to enter in their Club's information directly!!!
- Copies of last year's newsletter.
- Classified ads where clubs are advertising for coaches and a place for coaches to advertise themselves.
- All events (dates and locations) offered by COS.
- Test day information.
- Club program information.

And most important.....

- **TECHNICAL INFORMATION PAGE!!!**

The Technical Information Page contains:

- Well balance program criteria, Level of Difficulty, Scale of Values and Principles of Calculation for SINGLES, PAIRS and DANCE.
- STARSkate Well Balanced Program criteria and technical package.
- ISU Communications.
- Synchronized Updates.



Our website has lots of info for you.

AND MORE!

The Coaches page is updated constantly to bring you the latest information. Please 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 the COS office
1-877-267-0081 or 905-760-9100 ext 224
patti@skatecanada-centralontario.com
OR
Monica Lockie - mjlockie@rogers.com

Coach Area Reps 2005-2006

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 coaches seminar at a location near you! Each Area Rep has been given the task of 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

Western - Karen Moore & Cathy Champagne-Baker

Midway West - Lorraine Graham & Nancy McDonnell - Lemaire

Northwestern - Colleen Harrison

Metro East - Vesna Markovich

Northeastern - Tracey Zwiers

Metro West - Ann Fisher

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 Artistic 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 15th

January 24th

February 17th

March 9th

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

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

Toll Free : 1-877-267-0081 ext 227

Local: 905-760-9100 ext 227

Fax: 905-760-9104

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 for this year is as follows:

- Under the age of 14 as of July 1, 2005
- Must have competed at Sectionals or Pre-Juvenile at Summer Skate or Octoberfest.
- Skaters placing first at Sectionals 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.

New Under 14 Series this year.

Sectionals Survey

In November, our Section hosted it's first Sectionals Championships under the new CPC System.

We want to hear your comments, suggestions and feedback on how you feel that things went.

Please visit the Coaches Page on our website to input your feedback.

Thanks

COS OFFICE

CHRISTMAS HOURS

The Skate Canada - Central Ontario office will be closed as of noon on Friday December 23rd, 2005 and reopen on Tuesday January 3rd, 2006.

REMINDER TO COACHES:

Please ensure skaters have a CD and back up cassette when entering competitions.

General Coaches Meeting

We will be offering two General Coaches Meetings this year. Our first one will take place on:

Wednesday, December 7th,
11:00 - 1:00 pm,
at the COS office
111 Snidercroft Road, Unit A,
Concord, ON L4K 2J8



Coaches Meeting, Wed. Dec 7th at COS office. 11:00 - 1:00 pm

The Agenda will contain an update from Skate Canada, Review of Skate Better Seminars, Under 14 Series Seminars, Spring Coaches Seminar, ACGM in Markham, Feedback

Our second General Meeting will be held in April. Details will be posted on the website.

Minutes from all Coaches meeting will be posted on the website along with any background documents (ie memos from Skate Canada).

HATS OFF

To the Coaching Staff at Mariposa Winter Club & Richmond Training Centre for a wonderful selection of food and hospitality at both Octoberfest and Sectionals this year.

AMAZING JOB!!!

Club Coach Reps:

If you are the Coach's Rep for your club, please ensure that your coaches:

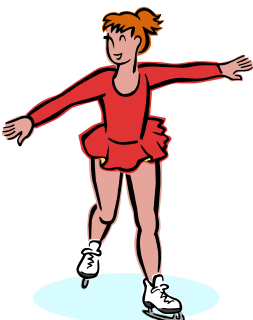
- All are registered with Skate Canada.
- Receive all information about upcoming seminars, competitions and updates from the COS website, your Area Rep or Coaches Chair.
- Ensure your club coaching list has been submitted by visiting the coaches page (Click Coaches Rep). If it has not been submitted, there will not be a "Thank You" beside your club's name. To submit your list, simply click on your club's name and enter in your coaches information.
- Provide any feedback to your Area Rep and use your Area Rep as a source of information and contact.

Coaches - We need your help at Challenge

COS is hosting the Eastern and Western Challenges again this year. As the 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 most crucial times are Wednesday, Nov 30th (evening), Thursday, Dec 1st (all day).

Thanks so much!



The COACHES PAGE!

Visit our Website often.

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

**"The mind determines
what is possible. The
soul surpasses it.**

Pilar Coolinta

Great Quotes from Great Sports Heroes

Chirs Evert

The consistency of her performance and her steady baseline play made Chris Evert one of the most successful women in professional tennis. She won at least one major singles championship every year for 13 consecutive years which is a record. An exemplary professional in her relations with her colleagues, the press and the public, she was the first player to win 1,000 single matches as well as 150 tournaments, and the first woman to earn \$1 million in prize money. Her winning percentage, .8996, is the highest in the history of professional tennis.

"If you can react the same way to winning and losing, that's a big accomplishment. That quality is important because it stays with you the rest of your life and there's going to be a life after tennis that's alot longer than your tennis life."

Plan Ahead

This year, the Skate Canada Annual Convention and General Meeting will be held in Markham on May 25 - 28th.

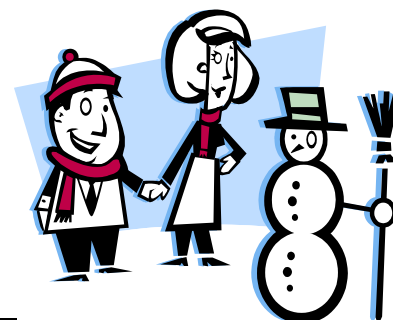
A COS Coaches seminar with Audrey Wiesiger (creator of the Grassroots to Champion program) is planned for May 24th.

The Coaches Seminar for the ACGM is planned for May 25th.

More details will become available ASAP.

COS is celebrating it's 50th Anniversary this year with an ICE SHOW to be held on May 12th at the Hershey Center, Mississauga with many special guests and exciting skating. Plan to attend! Tickets will be on sale shortly through Ticketmaster and the Hershey Centre Box office.

This year's COS Annual General Meeting & Awards Ceremony is scheduled for Saturday May 13th at the Delta Meadowvale Resort and Conference Centre in Mississauga.



Supporting Skate Canada - Central Ontario



Skating Events in Ontario are sponsored, in part, by Skate Ontario and funding from the Ministry of Citizenship, Culture and Recreation.