

Olympic Fever is
Here!



Junior Nationals



Sonia Cheung and
Chad Mathieu



Joel Bond



Ben Guthrie

CANADIANS



Kaitlyn Weaver and
Andrew Poje

In the months of
November and
December, these
coaches achieved
the following
certification:

CanSkate—Trained
Megan Sherwood
CanSkate—Certified
Isabelle Lapierre
Melissa Sargent

Volunteer Development Project

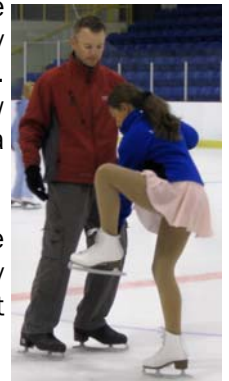
Another season is well underway and we thoroughly enjoyed seeing so many of you at the Fall Region Meetings. We came away from the meetings with several great ideas for future workshops. Thank you to all who submitted a Workshop Evaluation; your feedback is very important to us.

This year, to make the 2010 Annual General Meeting and Alumni Reunion more accessible to our clubs, the Volunteer Development Project Team is launching some exciting incentives. Return airfare to Sudbury will be provided for one club representative from each of the Sunset and Thunder Country region clubs. A draw will be held at your Region's Interclub competition. A club representative must be in attendance at the Interclub to be eligible for this draw. For clubs with less distance to travel, we are offering a \$25.00 gas card for each club that attends the meeting. We will post more details regarding these incentives on our website very soon.

As an additional bonus, we have reserved 25 guest rooms at the Radisson Hotel for clubs located 60 kms or more from Sudbury. The rooms will be available after March 1st. Keep watching our website for further booking information.

Sunset Country Region News—Kathryn Makl

Sunset Country held a skaters development seminar this fall in Fort Frances. Paul Matheson was the guest facilitator, working with the skaters on edges, spirals and field movements. There were two off-ice instructors who the skaters thought were awesome. The instructors worked them hard but also incorporated a level of fun. The skaters could not wait for their next session with the two facilitators! Many skaters remarked that this was the best seminar that they have attended. The coaches that attended found it informative and picked up many new tips and techniques. We would definitely recommend Mr. Matheson as a facilitator. Thank you to the Section for partially funding this seminar.



The Keewatin Club is excited to be hosting Interclub this year. They have an interesting idea for the skaters' social. It will be a scrapbooking party followed by movies, music, pizza and pop. The place to be Saturday night will be the Super 8 hotel.



Coach Reminders—Nancy McAllister

- In order to be covered by the terms of the insurance policy, a registered coach may rent extra ice to provide additional instruction to only Skate Canada members. During this extra ice, at no time may the Skate Canada coach instruct group lessons or provide a group program such as CanSkate. Extra ice may not be scheduled on a routine basis.
- If for some reason the club's coaches' representative can not make the board meeting, an alternate representative from the coaching staff may attend the meeting.
- The European and American Waltzes are now set pattern dances and are to be evaluated based on the set pattern in the Rule Book (See Members Only.)
- If your First Aid expires during the skating season, make sure to forward a copy of the new certificate to Skate Canada, otherwise, you will be listed as "inactive" and will no longer be covered by insurance.
- Did you know that Ontario is leading the way nationally in terms of integrating Skate Canada clubs with Special Olympics?
- Include a Special Olympics component in your existing CanSkate program or offer additional CanSkate session for Special Olympic athletes. In addition, encourage competitive Special Olympic skaters to train with Skate Canada certified coaches.



We are still looking for alumni skating pictures to be placed on a "Name that Skater" wall. There will be prizes for the top three correct entries. You can email or mail your pictures to Caralee at volunteer@scno.net. Plans are underway to have a "Name that Skater" picture wall at the Alumni Reunion in Sudbury on May 1.



An interactive game will be unveiled at Festival of STARS. Northern Ontario skating trivia questions are still needed so send your question and answer to Caralee at volunteer@scno.net.

Region Participation Award at Festival of STARS

Points will be awarded to reach region based on their skaters' results.

| | | | |
|------------------|-----------------------|-----------------------|-----------------------|
| Dance/Pairs | 1 st 6 pts | 2 nd 4 pts | 3 rd 2 pts |
| Free Skate | 1 st 3 pts | 2 nd 2 pts | 3 rd 1 pts |
| Interpretive | 1 st 3 pts | 2 nd 2 pts | 3 rd 1 pts |
| Special Olympics | 1 st 3 pts | 2 nd 2 pts | 3 rd 1 pts |
| Triathlon | 1 st 9 pts | 2 nd 6 pts | 3 rd 3 pts |



*Belong to something bigger than yourself
Work with others towards a common goal
Do your part
Take pride in doing your job well
Work hard to make your ideas take shape in reality
Help build something of lasting value.
....words from a wise man.*

Gold Test Achievements

Marathon FSC
Rebecca Harasym
Free Skate and Interpretive

Thunder Bay FSC
Amanda Mannella
Interpretive

Kirkland Lake SC
Caroline Gionet
Interpretive

Timmins-Porcupine FSC
Erika Nakashoji
Gold Dance

**Achievement Awards
Nomination Deadline is
January 22**

Near North Region News—Kit O'Brien

As this busy holiday season unfolds, the Near North Region Board would like to take this opportunity to wish all members a joyous New Year with great skating and safe traveling. It will be a busy winter for us! Remember to check competition dates on the SCNO website. This website has an amazing amount of valuable information, whether you are a skater, coach, club executive or just a parent. Check it out!

We are lucky to have many competitions in our region! Powassan's Funskate and Port Carling's Santa Skate have come and gone. The Near North Interclub is coming up quickly on January 8th and 9th in Humphrey (just south of Parry Sound), and there are entries from every club in the region! We then have Cranberry Capers on January 30th and finally Make it A Date in North Bay on February 26th to 28th.

Huntsville Figure Skating Club hosted the Northern Ontario Sectionals this fall and hats off to their organizing committee for doing a great job even with the arena under construction! At Sectionals, the following skaters from our region qualified for the Skate Canada Challenge event in December and Ontario Winter Games in March: Sarah Latimer, Jacob Cryderman and Katherine Malcolm. Congratulations skaters! We know the amount of dedication, training, and expense that is required to skate competitively. We are very proud of you!

A reminder to all clubs to look at the Skate Canada Volunteer Achievement Award. Nominate deserving volunteers in your club, region, and section. There are fabulous people out there donating their time so let us recognize them.

Remember to read through the region information package for frequently asked questions, and remember your region board is always available to you.

Thanks to the clubs that have let the region board know the date of their next club executive meeting. We have been to Parry Sound and Sturgeon Falls and hope to come to your club's meeting in the new year.

THANK YOU to all our volunteers at every level.



Thunder Country Region News—Tara Patterson

Thunder Country Region Board would like to congratulate all the skaters who participated at Challenge from our region:

Pre-Novice Women — Rebecca Harasym 43rd

Pre-Novice Men — Jarret Melanson 24th and Zachary Porter 28th

Junior Women — Riley Rogowski 35th

Junior Men—Benjamin Guthrie 16th

A job well done by all skaters; we are very proud of our skaters!

Upcoming competitions in our region include:

Thunder Country Interclub
January 23 to 25
Schreiber

Thunder Bay Open
February 26 to 28
Thunder Bay

The competition announcements are posted on the SCNO website.

Thunder Country Region Board would like to wish all clubs, region board, skaters and parents a safe and happy New Year!

Ontario Promotional Contest Tickets

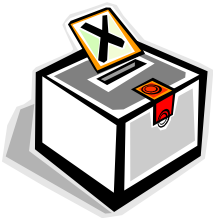
For clubs who ordered tickets, please return the ticket stubs and payment to the Section Office by **February 10**.

The draw will occur on March 13 at the Ontario STARSkate Provincial Championship in Kingston.



SCNO ANNUAL GENERAL MEETING

May 1
Radisson Hotel
Sudbury



Activities Include:

- **Workshop**
- **Meeting**
- **Elections**
- **Achievement Awards**
- **Alumni Reunion**

