



# RSST News

August 12, 2009

Please read the following information carefully and let us know if you have any questions. We will not be holding any summer sessions this year as ice was not available at times suitable for all ages. Please pass this on to any interested skaters you may know of. We will be sending out information often so make sure you continue to check your email.

## New Skate Canada Program Requirements

As we prepare for the upcoming season we will also be adapting to new requirements that Skate Canada has developed for Synchronized Skating. We will be explaining the program in detail at the Registration Night but some category names have changed so please be advised of the following:

- ❖ Pre-Novice – remains Pre-Novice
- ❖ Adult – becomes *Adult II*
- ❖ Masters – becomes *Adult III*
- ❖ Pre-Juvenile & Juvenile – could become *Beginner I, Beginner II, Elementary, or Juvenile* depending on the age of Skaters we have register for CanSynchro.

## Registration and Team Meetings

### Pre-Novice, Adult II and Adult III

**\*\*Monday, August 26 7:00 pm – please note this date has changed\*\***

Doug Wickenheiser Arena – Meeting Room #1

All New, Former, and Current Skaters Welcome!  
 An information meeting will be held to start to inform skaters and parents of the Skate Canada Program Requirement and this season's budgets, schedule and competitions. We will begin with a group meeting at 7:00 pm to discuss items relevant to the club as a whole and then break into team meetings to discuss and make decisions regarding each team. Refreshments will be served.

**Registration** will take place after the meetings. Registration forms for 2008/09 skaters will be receive registration forms that have been completed in advance for you. **Please bring your \$100.00 deposit, copy of birth certificate and you will receive 3 pieces of Westerns Clothing FREE!**

### **\*Adult III Schedule Change\***

**Please note that Adult III (Masters) first practice on August 25th has been cancelled.**

### CanSynchro Open House and Registration

Monday, Sept. 21<sup>st</sup> 5:45 – 6:45 pm

Al Ritchie Arena

This is a great opportunity for all new and current skaters to try Synchronized Skating. Skaters will have an opportunity to be on the ice and parents will attend an information meeting. We will discuss the program, fees, the Learn to Skate and Competition portions of the program. There will be time for parents to watch their skaters as well. **Registration** will take place after the meeting and refreshments will be served. Regular sessions will begin on Monday, Sept. 28<sup>th</sup> from 6:30 – 7:30 pm at the Mahon Arena. For the remainder of the season the session will be held at the Balfour Arena from 6:30 – 7:30 pm.

### Club Jackets

New Club Jackets have been selected. More details will be discussed at the meeting. Please be prepared to try on samples.

### World Synchronized Skating Championships

April 7-10, 2010 Colorado Springs, CO, USA

All event ticket including practice passes are \$50.00 Canadian (\$45.00 US plus \$1.00 processing fee)  
 Orders for tickets along with payment will be taken at registration night.

Please contact Lynn Valgardson for further details:  
[lynnvalgardson@gmail.com](mailto:lynnvalgardson@gmail.com).

## Schedules

### August - September 09 Pre-Novice/Adult II/Adult III

	Pre-Novice	Adult II	Adult III
<b>Thurs. Aug. 27</b>		7:30 - 8:45 pm	
<b>Mon. Aug. 31</b>		8:30 - 9:45 pm	
<b>Tues. Sept. 1</b>			7:30 - 8:45 pm
<b>Thurs. Sept. 3</b>			
<b>Tues. Sept. 8</b>			7:30 - 8:45 pm
<b>Thurs. Sept. 10</b>	7:30 - 8:45 pm	8:45 - 10:00 pm	
<b>Sept. 11,12,13</b>	Adult II / Adult III Choreography		
<b>Mon. Sept. 14</b>		7:30 pm Off Ice	
		8:30 - 9:45 pm	
<b>Tues. Sept. 15</b>			6:30 pm Off Ice
			7:30 - 8:45 pm
<b>Thurs. Sept. 17</b>		7:30 pm Off Ice	
	7:30 - 8:45 pm	8:45 - 10:00 pm	
<b>Sept. 19, 20</b>	PreNovice / Adult III Choreography		
<b>Mon. Sept. 21</b>		7:00 - 8:15 pm	
<b>Tues. Sept. 22</b>			6:30 pm Off Ice
			7:30 - 8:45 pm
<b>Thurs. Sept. 24</b>	6:30 pm Off Ice	7:30 pm Off Ice	
	7:30 - 8:45 pm	8:45 - 10:00 pm	
<b>Mon. Sept. 28</b>		7:45 - 9:00 pm	
<b>Tues. Sept. 29</b>			6:30 pm Off Ice
			7:30 - 8:45 pm

Balfour
Mahon
Al Ritchie
DWA

### Winter Season Oct. 1 - March 15

(Detailed Calendar to Follow)

<b>CanSynroskate</b>	Mondays Balfour	6:30 - 7:30 pm	(Sept. 28th at Mahon)
<b>Pre-Novice</b>	Thursdays DWA	5:45 Off Ice	
		6:45 - 8:15 On Ice	
<b>Adult II</b>	Mondays Balfour	7:45 - 9:00 pm	
	Thursdays DWA	7:15 Off Ice	
		8:30 - 10:00 On Ice	
<b>Adult III</b>	Tuesdays Balfour	7:00 Off Ice	
		8:00 - 9:30 On Ice	

## Choreography Schedules

### 2009 Masters Choreography Weekends

#### Sept 11-13 Mahon Arena

##### **Friday, Sept 11**

8:15 - 9:30 pm	On Ice
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##### **Saturday, Sept 12**

12:30 - 1:15	Off Ice
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1:30 - 3:00	On Ice
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7:00-7:45pm	Off ice
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8:00-9:30pm	On Ice
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##### **Sunday, Sept 13**

12:45-1:15pm	Off Ice
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1:45 - 3:15	On Ice
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#### Sept 19-20 DWA

##### **Saturday, Sept 19**

11:00 - 11:45 pm	Off Ice
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12:00 - 1:45 pm	On ice
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##### **Sunday, Sept 20**

12:45 - 1:15	Off Ice
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1:30 - 3:00	On Ice
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### 2009 Adult Choreography Weekend

#### Sept 11-13 Mahon Arena

##### **Friday, Sept 11**

6:00 - 8:00 pm	On Ice
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##### **Saturday, Sept 12**

9:30 - 10:00 am	Off Ice
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10:15 - 11:45 am	On Ice
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5:15 - 6:00 pm	Off Ice
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6:15 - 7:45 pm	On ice
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##### **Sunday, Sept 13**

9:15 - 10:00 am	Off ice
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10:15 - 12:00 pm	On Ice
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2:30 - 3:15 pm	Off Ice
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3:30 - 5:15	On Ice
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### 2009 Pre-Novice Choreography Weekend

#### Sept 19-20 DWA

##### **Saturday, Sept 19**

10:15 - 11:45 am	On Ice
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1:00 - 1:45	Off Ice
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2:00 - 3:45	On Ice
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5:15 - 6:00	Off Ice
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6:15 - 8:15	On Ice
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##### **Sunday, Sept 13**

9:30 - 10:00	Off Ice
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10:15 - 12:00	On Ice
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3:30 - 4:15	Off Ice
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4:30 - 6:00	On Ice
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