



RSST NEWS

August 27, 2009

CanSynchro Open House and Registration

Monday, Sept. 21st 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. 28th 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.

Fundraising

Attached to this email is a schedule for fundraising opportunities this season. Please email Michelle Statz @ MJSTATZY@SASKTEL.NET to sign up if you haven't already done so. Please note that CanSynchro skaters **do not** have to sign up for these fundraisers at this time. Those skaters will have the opportunity to sign up for sweat equities, if required, after the Open House on Sept 21.

Fundraisers starting soon are chocolate almonds, a steak night, and Home & Gift/PartyLite/Tupperware.

Schedules

Next week...

Mon Aug. 31	Adult II	Balfour	8:30-9:45
Tues Sept. 1	Adult III	Balfour	7:30-8:45
Thurs Sept. 3	Pre-Nov	Balfour	7:30-8:45
Thurs Sept. 3	Adult II	Balfour	8:45-10:00

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

Mon Aug. 31	Adult II	8:30 - 9:45 pm	Balfour
Tues Sept. 1	Adult III	7:30 - 8:45 pm	Balfour
Thurs Sept. 3	Pre-Nov	7:30 - 8:45 pm	Balfour
Thurs Sept. 3	Adult II	8:45 - 10:00 pm	Balfour
Tues Sept. 8	Adult III	7:30 - 8:45 pm	Balfour
Thurs Sept.10	Pre-Nov	7:30 - 8:45 pm	Balfour
Thurs Sept.10	Adult II	8:45 - 10:00 pm	Balfour
Mon Sept.14	Adult II	7:30 pm Off Ice 8:30 - 9:45pm	Mahon
Tues Sept.15	Adult III	6:30 pm Off Ice 7:30 - 8:45 pm	Balfour
Thurs Sept.17	Pre-Nov	7:30 - 8:45 pm	Balfour
Thurs Sept 17	Adult II	7:30 pm Off Ice 8:45 - 10:00pm	Balfour
Mon Sept. 21	Adult II	7:00 - 8:15 pm	Al Ritchie
Tues Sept. 22	Adult III	6:30 pm Off Ice 7:30 - 8:45pm	Balfour
Thurs Sept. 24	Pre Nov	6:30 pm Off Ice 7:30 - 8:45pm	Balfour
Thurs Sept. 24	Adult II	7:30 pm Off Ice 8:45 - 10:00pm	Balfour
Mon Sept. 28	Adult II	7:45 - 9:00 pm	Mahon
Tues Sept. 29	Adult III	6:30 pm Off Ice 7:30 - 8:45pm	Balfour

Winter Season Oct 1 - March 15

CanSynroskate	Mondays Balfour	6:30 - 7:30 pm
Pre-Novice	Thursdays DWA	5:45 Off Ice
		6:45 - 8:15 On Ice
Adult II	Mondays Balfour	7:45 - 9:00 pm
	Thursdays DWA	7:15 Off Ice
		8:30 - 10:00 On Ice
Adult III	Tuesdays Balfour	7:00 Off Ice
		8:00 - 9:30 On Ice

Choreography Schedules

Adult II and Adult III

Friday Sept 11		
Mahon Arena		
6:00 - 8:00 pm	Adult	On Ice
	Flood	
8:15 - 9:30 pm	Masters	On Ice
Sat Sept 12		
9:30 - 10:00 am	Adult	Off Ice
10:15 - 11:45 am	Adult	On Ice
12:30 - 1:15	Masters	Off Ice
1:30 - 3:00	Masters	On Ice
5:15-6:00 pm	Adult	Off Ice
6:15-8:00pm	Adult	On ice
7:00-7:45pm	Masters	Off ice
8:15-9:30pm	Masters	On Ice
Sun Sept 13		
9:15 - 10:00	Adult	Off ice
10:15 - 12:00 pm	Adult	On Ice
12:45-1:15pm	Masters	Off Ice
1:45 - 3:15	Masters	On Ice
2:30 - 3:15 pm	Adult	Off Ice
3:30 - 5:15	Adult	On Ice

Pre-Novice and Adult III

Sat Sept 19		
DWA		
10:15 - 11:45 pm	Pre NV	On Ice
11:00 - 11:45 pm	Masters	Off Ice
12:00 - 1:45 pm	Masters	On ice
1:00 - 1:45	Pre NV	Off Ice
2:00 - 3:45	Pre NV	On Ice
5:15 - 6:00	Pre NV	Off Ice
6:15 - 8:15	Pre NV	On Ice
Sun Sept 20		
9:30 - 10:00	Pre NV	Off Ice
10:15 - 12:00	Pre NV	On Ice
12:45 - 1:15	Masters	Off Ice
1:30 - 3:00	Masters	On Ice
3:30 - 4:15	Pre NV	Off Ice
4:30 - 6:00	Pre NV	On Ice

Competitions

January 16 & 17 Rosebowl Calgary, AB
 February 5 & 6 Regionals Morris, MB
 March 19 & 20 Crocus Morden, MB

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)
 Please contact Lynn Valgardson for further details:
 lynnvalgardson@gmail.com