



RSST News

August 4, 2009

Welcome to RSST 2009-10 Skating Season! Summer isn't over yet but it is time to start thinking about the upcoming season. We hope everyone has taken time to rest and prepare for another exciting season. 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 every two weeks 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
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. Practices start on Aug. 25th – please see the schedule on page 2.

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.

Choreography Weekend Dates

- ❖ Adult II – Sept 11, 12, 13 at Mahon Arena
- ❖ Adult III – Sept 11, 12, 13 at Mahon Arena
- Sept 19 & 20 at Doug Wick Arena
- ❖ Pre-Novice – Sept 19 & 20 Doug Wick Arena
- ❖ CanSynchro – Oct 17 & 18 Doug Wick Arena

Detailed schedules to follow – watch for details!

Schedules

August-September 2009 Pre-Novice/Adult II/Adult III

	Pre-Novice	Adult II	Adult III
Tues. Aug 25			7:30 - 8:45 pm
Thurs. Aug. 27		7:30 - 8:45 pm	
Mon. Aug. 31		8:30 - 9:45 pm	
Tues. Sept. 1			7:30 - 8:45 pm
Thurs. Sept. 3			
Tues. Sept. 8			7:30 - 8:45 pm
Thurs. Sept. 10	7:30 - 8:45 pm	8:45 - 10:00 pm	
Sept. 11,12,13	Adult II / Adult III Choreography		
Mon. Sept. 14		7:30 pm Off Ice	
		8:30 - 9:45 pm	
Tues. Sept. 15			6:30 pm Off Ice
			7:30 - 8:45 pm
Thurs. Sept. 17		7:30 pm Off Ice	
	7:30 - 8:45 pm	8:45 - 10:00 pm	
Sept. 19, 20	PreNovice / Adult III Choreography		
Mon. Sept. 21		7:00 - 8:15 pm	
Tues. Sept. 22			6:30 pm Off Ice
			7:30 - 8:45 pm
Thurs. Sept. 24	6:30 pm Off Ice	7:30 pm Off Ice	
	7:30 - 8:45 pm	8:45 - 10:00 pm	
Mon. Sept. 28		7:45 - 9:00 pm	
Tues. Sept. 29			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)

CanSynroskate	Mondays Balfour	6:30 - 7:30 pm	(Sept 28-Mahon)
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	

Please email rsst@accesscomm.ca if you have any questions!