



# RSST News

September 14, 2009

## 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.

## Fundraising

Attached to this email is a schedule for fundraising opportunities this season. Please email Michelle Statz @ [MJSTATZY@SASKTEL.NET](mailto: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.

All Adult II, Adult III and Pre-Novice Skaters must do a Sweat Equity or \$200.00 will be added to your fees. If you have not already signed up for a sweat equity position, please do so prior to September 21, 2009.

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

## Program Assistants Required

We are looking for eager volunteers, Adult, and Pre-Novice skaters to help on the ice with the CanSynchro Program.

With the keen interest we have had in this program we are going to need lots of help. The program will run on Mondays at the Balfour from 6:30 - 7:30. Our Open House is on Monday Sept 21st at the Al Ritchie from 5:45 - 6:45. Let Trish Goffin or Amy Ripplinger know if you can help.

## Postdated Cheques

Postdated cheques for Adult II, Adult III and Pre-Novice skaters will be collected by your Team Managers on your choreography weekends. Your Team Managers will send out a note with your team's budget amount for the season. They will also have information regarding credits if you have any to carry over from the previous season.

All postdated cheques may be dated for any day of the month but all fees must be paid in full by March 1, 2010.

## 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

1:30 - 3:00	Masters	On Ice
3:30 - 4:15	Pre NV	Off Ice
4:30 - 6:00	Pre NV	On Ice

## Schedules

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

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

<b>CanSynroskate</b>	Mondays Balfour	6:30 - 7:30 pm
<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

### Pre-Novice and Adult III

<b>Sat Sept 19</b>		
<b>DWA</b>		
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
<b>Sun Sept 20</b>		
9:30 - 10:00	Pre NV	Off Ice
10:15 - 12:00	Pre NV	On Ice
12:45 - 1:15	Masters	Off Ice