



# *The Petawawa Skating Club Newsletter*

## **OCTOBER 2008**



**The 2008-2009 coaching staff**

On the picture from left to right, coaches Tracey Fromm, Maureen Mills-Sauvé, Stephanie Wallace (Head coach), Kathy Buckley, Kandis Higginson and Lise McNanny

## **The coaches' corner**

*It is a pleasure, and honour to be coaching in Petawawa this year. I am married to Michel Sauve. I love traveling, coaching and learning. I am a rehabilitation professional specializing in prevention, treatment of injuries, as well as, working with the geriatric population. My education includes Coaching Diploma from Seneca College of A.A.T., B.A., BSc degrees from University of Ottawa. I am working on my level 4 NCCP tasks.*

*Through*

*Skate Canada, I have achieved a gold level CEP status.*

*I have competed in Arm Forces Competitions across Canada, and at the Sectional level. My coaching skating includes Clubs in the Ottawa Valley, Ottawa and area, and the GTA, at Club and Sectional level. I also coach and volunteer for the Special Olympics. I have coached power skating at the younger levels, and with teams and individuals at Jr.A, SnrA, international and semi pro levels. Presently, I am available to coach at all levels, and will be skating on the adult synchro team this year.*

*By Maureen Mills-Sauvé, PSC coach*

As a young girl with 4 brothers, my first love was hockey. However growing up in Amherst Nova Scotia in the 70/80s, there was no girl's hockey at that time, so off to the Amherst Figure Skating Club I was sent. I am told even though I was only in skating a couple of years, I was quite a talented skater. I progressed through 8 badges, and was practicing for my preliminary figures. Sadly due to a test day error, I was never tested. During my last 2 years of High School I came back as a Volunteer with the club, served on the executive and took my

Amateur Coaching Course. In my first year of college, I coached with the Lawrencetown Skating Club, in the Annapolis Valley in Nova Scotia. Last year I decided to take up coaching again, and from November 07 to May 08, I assisted the Petawawa Skating Club as a Program Assistant. In August I took my CanSkate coaching course and I am now a "Coach in Training". Once I complete my assignments, and polish a couple of skills, I will be a CanSkate coach "Trained" as well as a Can Power Skate Coach "Trained".

By Tracey Fromm, PSC coach

*I started skating at the age of 6 and loved it ever since. I've been with the Club for 12 years, I started volunteering with the KidSkate/CanSkate when I moved here.*

*I then took the NCCP Level 1 course in 1999 and was a qualified Coach in the fall of 2001. I coached in Deep River for a year and in Pembroke for 5 years, however Petawawa was always priority.*

*I'm happy to be back for another year of skating and fun, can't wait to see you on the ice.*

*By Lise McNanney, PSC coach*

I've been in skating for the last ten years and started my skating in Barry's Bay, the very same club I've started my coaching. I've skated at Barry's Bay, Eganville, Arnprior (Off School), Petawawa all sessions, Pembroke. Still a newbie in the coaching department but was very successful in the Interclub Competition bringing home two trophies. I also took students to Spring school and so far have 100% success rate in testing.

I'd like to add that I couldn't have done this without my two coaches Stephanie Wallace and Kathy Buckley as they've always been there and still to this day I can phone for help if needed their what skating is all about as they make it fun!

By Kandis Higginson PSC coach

# Good to know!

**The Petawawa Skating club Winter Programs will start on Tuesday October 14<sup>th</sup>.**

## **Bingo**

The Petawawa Skating Club operates bingo events at Bingo Country in Pembroke and receives shares of the profits in return. These shares are essential in minimizing the cost of our Club's programs. If anyone is interested in helping with the operation of these events please contact Jeff Martin at 613-687-0331. We are always looking for volunteers! Upcoming events include October 19th (evening) and November 7th (midnight).

## **PSC pins and Jackets**

Petawawa Skating Club pins are available at \$3.50 each. If interested, contact Jeff Martin at 613-687-0331.



The Club will be ordering jackets this fall. Outer shells are \$55.00 and fleece jackets (can be zipped in as a liner) are \$45.00. Contact any executive member if you are interested.

## **Important**

Parents or guardians who have a child attending a skating session at Kidskate or Canskate levels are asked to stay in the arena at all time, until the session is over for security purposes. This is part of the Petawawa Skating Club regulations.

## **The TRUE SPORT principles**

**It would be nice to keep these principles in mind, as the skating season goes on...**

### **Go For It**

Always rise to the Challenge.  
Discover how good you can be.

### **Play Fair**

Play honestly and obey the rules.  
Winning is only real when competition is fair.

### **Respect others**

Respect teammates, competitors and officials both on the field and off. Win with dignity and lose with grace.

### **Keep It Fun**

Have a good time  
Keep a positive attitude and contribute to a positive atmosphere.

### **Stay Healthy**

Respect your body. Keep in shape.  
Avoid unsafe activities.

### **Give back**

Do something that helps your community.

**Do not hesitate to visit our web site!**

[www.petawawaskatingclub.com](http://www.petawawaskatingclub.com)

Bernard Sénéchal  
Publicity

